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Substance Abuse and Behavioral Health Treatment

A New Freedom offers comprehensive, flexible, and cost-effective substance abuse curriculum workbooks and behavioral health treatment resources for adult and juvenile correctional programs. These innovative state-of-the-art materials provide quality programming at very reasonable cost.

We provide over 250 substance abuse curriculum workbooks, program activity materials, and similar resources to over 400 correctional facilities and programs nationwide. Our programs are especially affordable, as we provide you the rights to make unlimited copies for use on site.

Our resources address the most critical personal, environmental, and community risk factors, and build on the most important protective factors and assets. They are based on evidence-based concepts of cognitive-behavioral therapy (CBT), motivational enhancement (MET), the social learning model, and key coping and problem solving skills for both positive social development and relapse prevention (self-efficacy). The substance abuse curriculum workbooks are easy to implement by counselors, and even peer staff. Our resources include lesson plans, DSM-IV-based treatment planning support, behaviorally-stated objectives and links to state curriculum guidelines to support classroom-based programs. They have been used in numerous RSAT and other grant programs in adult and juvenile correctional settings.

Our materials include gender-specific materials for women, and over 50 workbooks are available in Spanish. We also provide ice-breaking and "program start-up" activities appropriate to different age groups and certain workbooks are also provided in several versions for adult and juvenile men and women. Many workbooks are appropriate for correctional in-cell use, and an extended set of resources supports the community reintegration process, focusing on the key risk factors affecting recidivism.

We are happy to provide specific quotations, and invite you to review the program overviews and sample materials on this site.

Adult Male Resources

Resources for adult males. Topics include substance abuse, behavioral health, life skills, community reintegration, gang intervention, anger, aggression, violence, and in-cell study.

[\[more\]](#)

Juvenile Male Resources

Treatment resources for young men's correctional programs.

Topics emphasized are substance abuse, life skills, community reintegration, reducing violent tendencies, and in-cell programs. [\[more\]](#)

Adult Female Resources

Resources for women's issues. Women's Issues, an extended series of more than thirty female-specific workbooks addressing a wide range of issues including relationships,

Spanish Language Resources

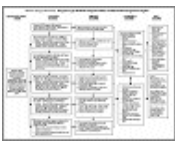
Spanish language substance abuse and treatment program resources. Una Libertad Nueva includes comprehensive programs for adults and juveniles, including nearly 40 workbooks (available in both English and Spanish versions).

[\[more\]](#)

Life Skills

Resources for improving life skills. Pathways to Daily Living and our Interpersonal Communications Skills programs include more than 100 one-hour lesson, with detailed lesson plans, client worksheets, and skill-building activities. They are supplemented by Problem Solving program resources, and the Vocation/Employment Preparation program. [\[more\]](#)

In-Cell Study



Our logic model in PDF format.
[\[Part 1\]](#)[\[Part 2\]](#)

women-specific substance abuse and recovery issues, domestic violence, prostitution, family concerns, and eating disorders. [\[more\]](#)

Juvenile Female Resources

Treatment resources for young women's correctional programs. These programs have proven extremely successful (two programs report recidivism/relapse rates of 11% and 15%). [\[more\]](#)

Returning Home

Program resources for community reintegration, pre-release, parole, and aftercare. [\[more\]](#)

Anger/Aggression/Violence

Resources to address anger, aggression, and violence issues for correctional programs. [\[more\]](#)

Behavioral Health and Dual Diagnosis

Behavioral Health and Dual Diagnosis Treatment resources for the correctional setting. [\[more\]](#)

A workbook-based cognitive change program. It provides inmates with an understanding of the thoughts and feelings which have contributed to their addictions, dependencies, and other behavioral problems. [\[more\]](#)

Vocational Programs

Materials are designed for community and correctional programs (adult and juvenile versions available). Developed for clients who do not have extensive work histories, these workbooks and lessons guide the process of self-examination, confidence-building, preparation, job-seeking, interviewing, and keeping a job. [\[more\]](#)

Drug Court and Diversion

Available for [adults](#) and [juveniles](#).

Design a Custom Curriculum

Let us help you design a curriculum or contact us about a [phone consultation](#). [\[more\]](#)

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