

New Start Program

Substance Abuse and Relapse Prevention Program

Emphasis on Alcohol Abuse

Contact Person: Aleta Jett

Master Correctional Counselor Aleta Jett

Program Location:

Pre-Trial Classroom 1

Eligibility:

Clients must submit an application to be put on a waiting list. To receive an application, please talk with your counselor or write to Ms. Jett. If you have a STRD of less than (5) eight month from the receipt of your application, you are court ordered or recommended by the Parole/Pardon board you name will be placed at the top of the waiting list.

Length: 1.5 Months

Class Times Mondays and Wednesdays 1:00 – 2:30

New Start runs two days a week for 6 weeks (12 sessions). Each session is 1.5 hours long, providing 18 hours of class time.

GOAL:

The goal of New Start is to help participants learn that recovery is a skill and help them address common issues they will be confronted with once they leave the correctional setting such as dealing with drug/alcohol offers, common triggers leading to cravings and family matters.

New Start Program Goals

1. Cessation
2. Comfort and Encouragement
3. Preparation for Long-Term Treatment
4. Initial Foundation Building
5. Positive Membership
6. Resolving Time Conflicts and Obstacles to Treatment
7. Completing the Program

New Start Topics In order of presentation

1. Orientation (30 minutes)
2. Erecting the Walls
3. Closing the Doors to Addiction
4. Problems & Progress
5. Addiction & Denial
6. Making the Most of Treatment
7. Coping With Dangerous Situations
8. Family and Partners in Early Recove
9. Making Changes
10. A Road Map To Recovery