

T.E.M.P.O

Transformation through Education, Motivation and Personal Orientation

Substance Abuse and Relapse Prevention Program

Contact Person:

Master Correctional Counselor Aleta Jett

Program Location:

Pre-Trial Classrooms I & II

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 (8) 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:

Between 4 and 5 months

Class Times: Monday & Thursday 6:00 – 7:30 pm and Tuesday & Friday 6:00 – 7:30 pm

Tempo runs two nights a week for 17 weeks (34 sessions). Each session is 1.5 hours long, Providing 51 hours of class time.

GOAL:

The primary goal of TEMPO is to address addiction through education, identify underlying emotional mal-adjustments, and to emphasize the importance of Relapse Prevention Training in Recovery. We will provide the participant with information to help them understand the disease of addiction and the importance of progressive recovery and relapse prevention planning with the ultimate goal of living a happier, healthier, more productive, sober lifestyle

PROGRAM STRUCTURE

The duration of the program is four to five months. The program is broken down into 24 units, one unit a day twice a week. Each student will also attend 10 class sessions: Pharmacology, Anti-Social Thinking, Assertiveness, and Rational Emotive Therapy.

PROGRAM GOALS

1. Address substance abuse.
2. Identify underlying emotional mal-adjustments.
3. Reduce recidivism.
4. Education.
5. Increase Self-Esteem.
6. Learn positive alternatives to chemical dependency.
7. Identify addictive personality traits
8. Work hand-in-hand with the Department of Corrections to address and understand alternatives to incarceration.
9. Recognize and understand the progression of recovery from abstinence to maintenance.
10. To provide clients with information to help them arrest the disease of addiction and to live happy, productive, sober lives.
11. To introduce and expose clients to self-help 12-Step Meetings. Hopefully this will give clients time to understand meetings, find positive support, and become aware of what the 12-steps actually are.

Further, as an individual works his way through the program, he completes certain clinical tasks. They are: an Emotional/Behavioral/Social Assessment, a History of Use, do 16 hours of community service, a ten page Recovery Story, and write a letter to a support agency in the community. Finally, the client creates a Relapse Prevention Plan, which is gone over and approved by his facilitators and the T.E.M.P.O. Director.

COMPLETION REQUIREMENTS

CLASSES

Pharmacology 3 sessions
Anti-Social Thinking 2 sessions
Assertiveness 2 sessions
Rational Emotive Therapy 3 sessions

UNITS

1. The Phases of Recovery
2. Deactivation of Craving
3. Your Dangerous Situations
4. Preparing for Stressful Situations
5. Having Good Times without Drugs
6. Issues of the Recovering Family
7. The Goals of Group Membership
8. Free at Last: Abstinence from Other Drugs
9. What To Do About Relapse
10. A More Open Recovery
11. Saying No to Common Drug Offers
12. Relating to Active Drug Users
13. Assessing Your Social Life
14. Making a New Friend
15. Presenting Your Past Employment
16. A Job That Meets Your Needs
17. Handling On-The-Job Problems
18. Coping With Pain and Prescription Medication
19. Having The Best Group We Can
20. Love and Intimate Relationships
21. Aids: Issues of Recovering People
22. Recovery and Community Service
23. Looking Ahead: Plans, Goals, and Dreams
24. Recovery Stories

CLINICAL TASKS

1. Emotional/Social/Behavioral Assessment
2. History of Use
3. Community Service (16 hours)
4. Recovery Story (10 page)
5. Relapse Plan (5 page)