


2019 CATALOG

PREVENTION

INTERVENTION

TREATMENT

RECOVERY



Solutions
spanning the entire
continuum of care for

EDUCATORS and
PROFESSIONALS

A healthy lifestyle starts here.

Discover effective resources from Hazelden Publishing that span the entire continuum of care. From prevention programs for students at a variety of grade levels, to evidence-based treatment and recovery programs written by the top experts in their fields, our innovative resources treat the whole person.

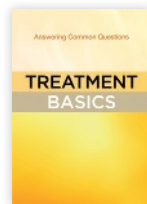
NEW AND UPDATED

Prevention 3-20

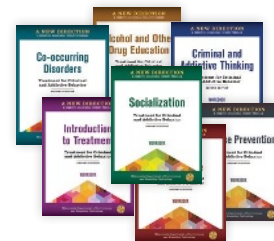


Too Good for Drugs
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Intervention & Treatment 21-54



Treatment Basics
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A New Direction
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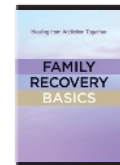
Recovery 55-60



MORE
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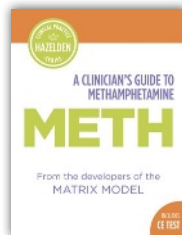


Living Skills
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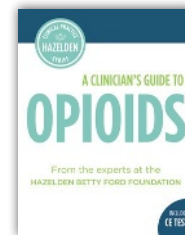


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A Clinician's Guide to Opioids
Page 71

Find what you're looking for with these icons

ADULTS **YOUTH** **CRIMINAL JUSTICE**

Look for this icon to see what programs are available in an online subscription!



TREATMENT ONDEMAND



PREVENTION

Our evidence-based programs provide prevention strategies to help keep students on track to a bright future.



YOUTH



Developed by the Mendez Foundation

Too Good for Drugs is an evidence-based social and emotional learning program that teaches and reinforces five core skill sets:

1. Goal setting
2. Decision making
3. Identifying and managing emotions
4. Effective communication
5. Bonding and relationships

As grade levels progress, students are able to apply the five core skill sets within the context of alcohol and other drug use prevention by:

- Understanding the negative impact of alcohol and other drug use on reaching goals
- Making responsible decisions and understanding consequences of actions
- Practicing refusal strategies for handling peer pressure

training

Training to ensure fidelity in implementing *Too Good for Drugs* is available through Hazelden Publishing.

Visit hazelden.org/producttraining for more information.



A holistic to substance

GRADES K-3

Even the youngest students participate in interactive activities and games to reinforce social and emotional skills, like making healthy decisions; identifying emotions; and being a good friend.

Students are also introduced to the safe use of medicine and learn to differentiate between healthy and harmful substances for our bodies.



ITEM PRICE	KINDERGARTEN	GRADE 1
CURRICULUM KIT*	3451 \$179.95	3453 \$179.95
ADDITIONAL 30 WORKBOOKS	3452 \$39.95	3454 \$39.95

*Curriculum Kit includes a teacher's manual, 30 workbooks, plus all the tools you'll need for program implementation.



approach abuse prevention in schools

GRADES 4-5

Students continue to develop social and emotional learning skills such as understanding the effect of unmanaged emotions, communicating effectively, and discerning between positive and negative friendships.

The curricula for these grade levels also include information on the negative effects of alcohol and other drugs on kids' bodies and behavior. Drugs covered include prescription medications, opioids, alcohol, tobacco, nicotine (including Electronic Nicotine Delivery Systems), and marijuana.



GRADES 6-8

Students continue to evolve their cognitive, social, and emotional skills.

Hands-on interactive games and group learning sessions help students apply their skills to real-life scenarios involving peer pressure, goal setting, and healthy relationships.

Students also start to learn about substance misuse and addiction. The curricula offer expanded information on drugs, including alcohol, tobacco, nicotine (including Electronic Nicotine Delivery Systems), marijuana (plus the effects of THC regardless of how it is consumed), prescription medications, street drugs, and opioids.



GRADES 9-12

The high school curriculum helps students apply cognitive, social, and emotional skills as they face new challenges, such as academic pressure, dating, and an increase in peer pressure to use alcohol and other drugs.

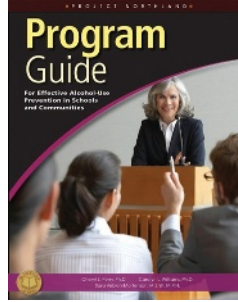
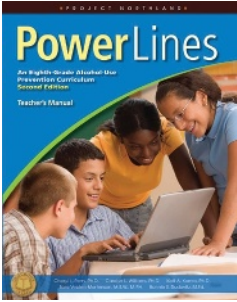
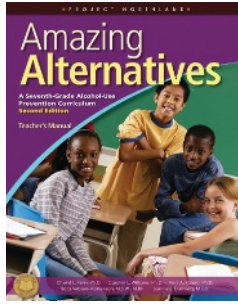
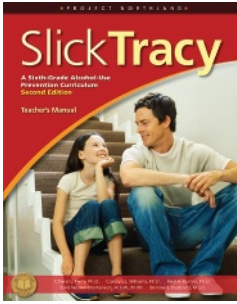
This curriculum includes specific activities on the stages of adolescent addiction, as well as information about alcohol, nicotine (including Electronic Nicotine Delivery Systems), marijuana (plus the effects of THC regardless of how it is consumed), prescription and over-the-counter drugs, opioids, and street drugs.



GRADES 5-8 NEWLY UPDATED!

GRADE 2	GRADE 3	GRADE 4	GRADE 5	GRADE 6	GRADE 7	GRADE 8	GRADES 9-12
3455 \$179.95	3457 \$265.95	3490 \$265.95	3493 \$265.95	3496 \$265.95	3504 \$265.95	3507 \$265.95	3511 \$395.95
3456 \$39.95	3594 \$39.95	3491 \$49.95	3609 \$49.95	3613 \$49.95	3614 \$49.95	3726 \$49.95	3512 \$49.95





Project Northland **SECOND EDITION**



YOUTH

By Cheryl L. Perry, PhD; Kelli A. Komro, PhD; Carolyn L. Williams, PhD; Sara Veblen-Mortenson, MSW, MPH; and Bonnie S. Dudovitz, MEd

Project Northland is an evidence-based alcohol-use prevention curriculum for middle school students. This model uses proven strategies to shift families, students, and communities toward no-use norms for underage drinking. *Project Northland* includes compelling and relevant story lines with reproducible resources, including parent materials.

Slick Tracy Grade 6
2831 | \$229.00

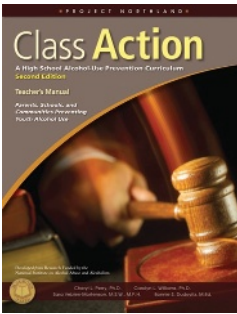
Program Guide
2830 | \$195.00

Amazing Alternatives Grade 7
2827 | \$179.95

Project Northland Classroom Curriculum Package
Includes Slick Tracy, Amazing Alternatives, Power Lines, and Program Guide.

Power Lines Grade 8
2826 | \$229.00

4324 | \$625.00



Class Action

A High School Alcohol-Use Prevention Curriculum

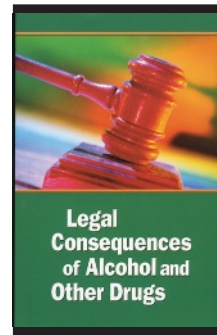
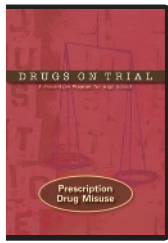
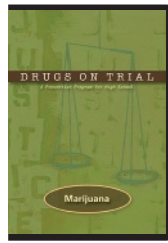
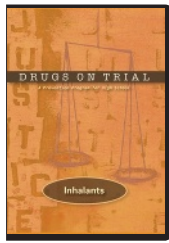
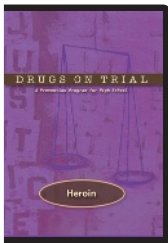


YOUTH

By Cheryl L. Perry, PhD; Carolyn L. Williams, PhD; and Sara Veblen-Mortenson, MSW, MPH; and Bonnie S. Dudovitz, MEd

Evidence-based program created specifically for high school students, *Class Action* addresses the many issues associated with teen alcohol use. Includes eight *Class Action* cases, putting alcohol-related behaviors “on trial.”

3988 | \$795.00



GRADES 9-12 **YOUTH**

Legal Consequences of Alcohol and Other Drugs

From underage drinking violations and drug possession to drinking-and-driving accidents and assault, this straightforward video shows the serious social and legal ramifications of teen alcohol and other drug use.

7945 | \$119.00 *Facilitator guide and DVD.*

Drugs on Trial **GRADES 9-12** **YOUTH**

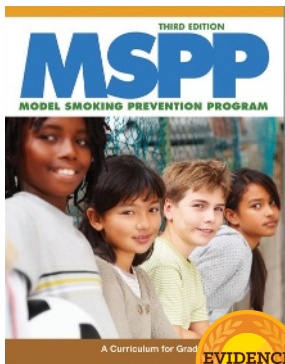
A High School Drug Prevention Curriculum

Expand *Class Action* with *Drugs on Trial*. Following the legal case-book theme, each module addresses the dangers and consequences associated with commonly misused substances. Each title includes a CD and a CD-ROM with a facilitator guide, attorney files, and reproducible materials. Parent information available in English and Spanish.

Marijuana	Prescription Drug Misuse	Heroin	Inhalants
4853 \$76.95	4852 \$76.95	4173 \$76.95	3879 \$76.95



Educate students to prevent alcohol and other drug use



Model Smoking Prevention Program **THIRD EDITION** **YOUTH**

*Model Smoking Prevention Program** (MSPP) is perfect for counselors and prevention coordinators who are addressing the prevention of tobacco use among kids in grades 5–8. Divided into six 45-minute sessions each, the curriculum includes cooperative learning groups, large-group discussions, interviews, role-plays, media, reports, and goal setting. This comprehensive program also includes a peer leader component, pre- and post-tests, community action manual, and a set of parent pamphlets.

3020 | **\$249.95** Includes facilitator manual and CD-ROM with all reproducible handouts, forms, tests, guides, and manuals.

337830 | **\$19.95** 30 Talking About Tobacco parent pamphlets.

*Formerly called the Minnesota Smoking Prevention Program (MSPP)

training

MSPP

Implement this program with fidelity and be prepared to deliver the MSPP curriculum with confidence!

Visit hazelden.org/producttraining for more information.

**NOW EXPANDED TO INCLUDE
cigarettes, small flavored cigars,
smokeless tobacco, and alternative
tobacco products such as electronic
cigarettes, hookahs, and snus.**

Stop dating violence before it starts

SECOND EDITION

Safe Dates YOUTH

An Adolescent Dating Abuse Prevention Curriculum

By Vangie Foshee, PhD, and Stacey Langwick, PhD

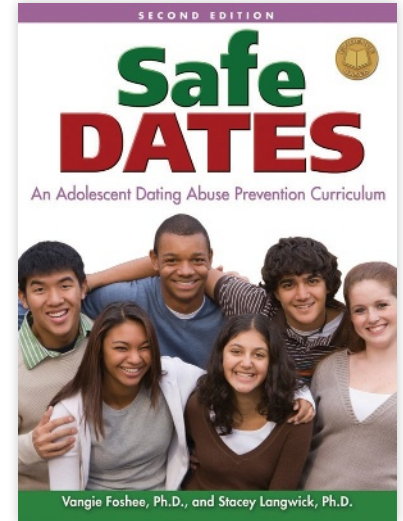
Safe Dates is the leading evidence-based program proven to reduce sexual and physical violence.

The *Safe Dates* curriculum:

- Is ideal for middle school and high school students
- Uses stories and interactive role plays on current topics to engage students
- Includes an engaging parent program to encourage parent participation and support
- Complements *Respect WORKS!*, a proven, primary prevention model that complies with Title IX guidelines
- Decreases physical and sexual dating violence on campus by a reported 56–92 percent

9863 | \$245.00 Includes a manual and CD-ROM.

SE9863 | \$175.00 per school HAZELDEN ONDEMAND three-year digital subscription.



Ending Violence Healthy Relationship Curriculum

Ending Violence is ideal for use in classrooms, juvenile justice settings, or community-based youth agencies, and you can present this curriculum in a single day or over a semester. Includes student, adult, and classroom materials.

3997 | \$108.00

training

Training to ensure fidelity in implementing *Safe Dates* is available through Hazelden Publishing.

Visit hazelden.org/producttraining for more information.

School Policy Kit

This resource is especially useful for Title IX coordinators or school staff tasked with establishing or modifying dating abuse policies with current legal guidelines.

3984 | \$54.95

Speak. Act. Change. Youth Advocacy Kit

Empower students to use their voices to stop dating violence. Designed to encourage students 13 and older to participate in service learning and become peer leaders in advocating for change.

3983 | \$49.95

BEST VALUE!

3985 | \$374.95

Dating Violence Prevention Collection

Mobilize your entire school to prevent dating abuse with the entire dating violence prevention collection, which includes:

- *Safe Dates* school-wide prevention model
- *Ending Violence* classroom curriculum
- *School Policy Kit* to guide policy change
- *Speak. Act. Change.* to encourage student advocacy



SECOND EDITION

Voices

YOUTH



A Program of Self-Discovery and Empowerment for Girls

By Stephanie S. Covington, PhD

Today we are hearing more about girls and bullying, the pressures of social media, early puberty, gender exploration, human sex trafficking, and binge drinking. Texting, social media, and online or “in real life” friends are part of the changes in girls’ social lives. These, as well as trauma and abuse, are some of the topics included in *Voices*, an evidence-based program designed to help girls understand their self, learn how to connect with others, live a healthy life, and look forward to their journey ahead.

This 18-session program advocates a strength-based approach with therapeutic strategies, including psycho-educational, cognitive-behavioral, and expressive arts to encourage girls to celebrate their true selves.

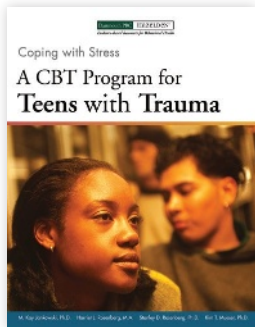
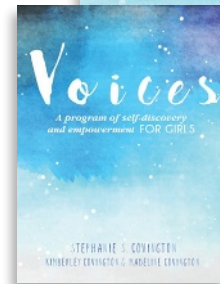
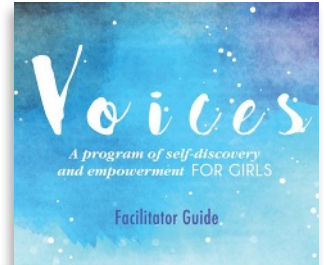
Ideal for schools, community organizations, treatment, mental health, and juvenile justice, *Voices* guides you in creating a safe space, encouragement, structure, and the support teen girls need on their journeys of discovery. An integral part of the program, the participant journal utilizes the process of interactive journaling, an NREPP-listed, evidence-based approach.

4815 | \$198.50 Facilitator guide and 10 participant journals

4816 | \$115.00 Package of 10 participant journals

4812 | \$95.00 Facilitator guide with one participant journal

4814 | \$11.50 Participant journal



Coping with Stress

YOUTH



A CBT Program for Teens with Trauma

By M. Kay Jankowski, PhD; Harriet J. Rosenberg, MA; Stanley D. Rosenberg, PhD; and Kim T. Mueser, PhD

A flexible and effective curriculum for treating teens suffering from the symptoms of trauma. Teach the core skills within a few sessions, and participants can begin addressing their symptoms immediately. *Coping with Stress* is also effective in treating teens struggling with depression, anxiety, substance use disorder, anger, and behavioral problems.

3899 | \$105.00 Includes facilitator guide, participant handbook, and reproducible facilitator and participant resources.

Help incoming students make a safe and healthy transition to college

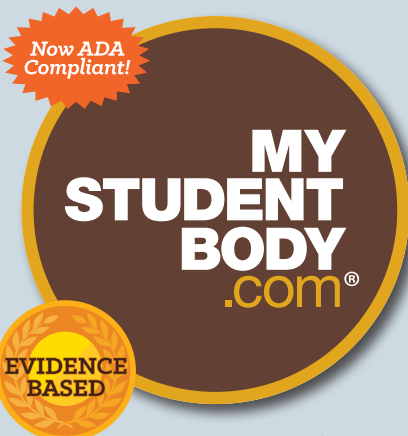
MyStudentBody (MSB) is a comprehensive, evidence-based online program that guides college students through essential prevention courses on topics such as:

- **Alcohol use**, including articles on binge drinking and an interactive blood-alcohol calculator.
- **Other drug use**, with information specific to marijuana use by young adults.
- **Sexual violence**, using dynamic content to engage students, improve outcomes, and meet Campus SaVE Act requirements.

Call **877-872-8371** for a free trial.

Unlimited student access for **only \$3,500* per campus!**

*Prices valid for new contracts only. Restrictions may apply.



1 out of every 7 kids is bullied

How the *Olweus Bullying Prevention*



IDENTIFY

the impact of bullying at your school.

By surveying your student body before and after implementation, you have an ongoing measurement of the effectiveness of your school's bullying prevention efforts.



IMPROVE

students' social-emotional skills through class meetings.

The *OBPP* classroom curricula lesson plans are designed to engage students in social-emotional learning to increase awareness and acceptance of each other.





The OBPP fits any school budget

Getting started is easy and affordable with cost-effective print packages and digital subscriptions!



AVERAGE COST BREAKDOWN FOR

A SCHOOL OF 500 STUDENTS WILL NEED



30 TEACHER GUIDES

(ONE PER TEACHER)

12 SCHOOLWIDE GUIDES

(ONE PER BULLYING PREVENTION COORDINATING COMMITTEE MEMBER)



Program works

IMPLEMENT

a framework for school-wide support.

Ensure everyone in your school community follows the same process for addressing bullying with evidence-based guidance for staff and teachers.

INSPIRE

staff with ongoing education.

Continue to develop and sharpen the professional skills of your teachers and staff to sustain results.

HAZELDEN **Now Available in Spanish** ON DEMAND

Looking for affordable and accessible?

At more than **50% off the cost of print materials***, give your entire staff 24/7 access to the tools they need with our digital subscription.

The OBPP Core Subscription

Implement OBPP with fidelity and improve outcomes

INCLUDES

- Schoolwide Guide
- Teacher Guide
- UNLIMITED online Olweus Bullying Questionnaires
- Now available in Spanish

The OBPP Supplemental Subscription

Easy access to lesson plans and classroom materials

INCLUDES

- All classroom materials
- Community Youth Organization Guide
- EXCLUSIVE bonus materials uploaded regularly

Olweus Bullying Prevention



The OBQ was used to measure results of the largest bullying prevention study ever done in the United States.

IDENTIFY the impact of bullying at your school.


Survey Students

The Olweus Bullying Questionnaire (OBQ) is a simple, cost-effective way to ask students about the status of bullying in your school. The results give you the information you need to focus your bullying prevention efforts.

Online Surveys
SAVE OVER
40%!

Printed with Scanning Services

For younger students, printed surveys may work best. Simply administer the paper copies and then ship them to Hazelden Publishing for processing.

292130 | \$43.95 30 questionnaires 
292330 | \$43.95 Spanish; 30 questionnaires

Interactive Whiteboard

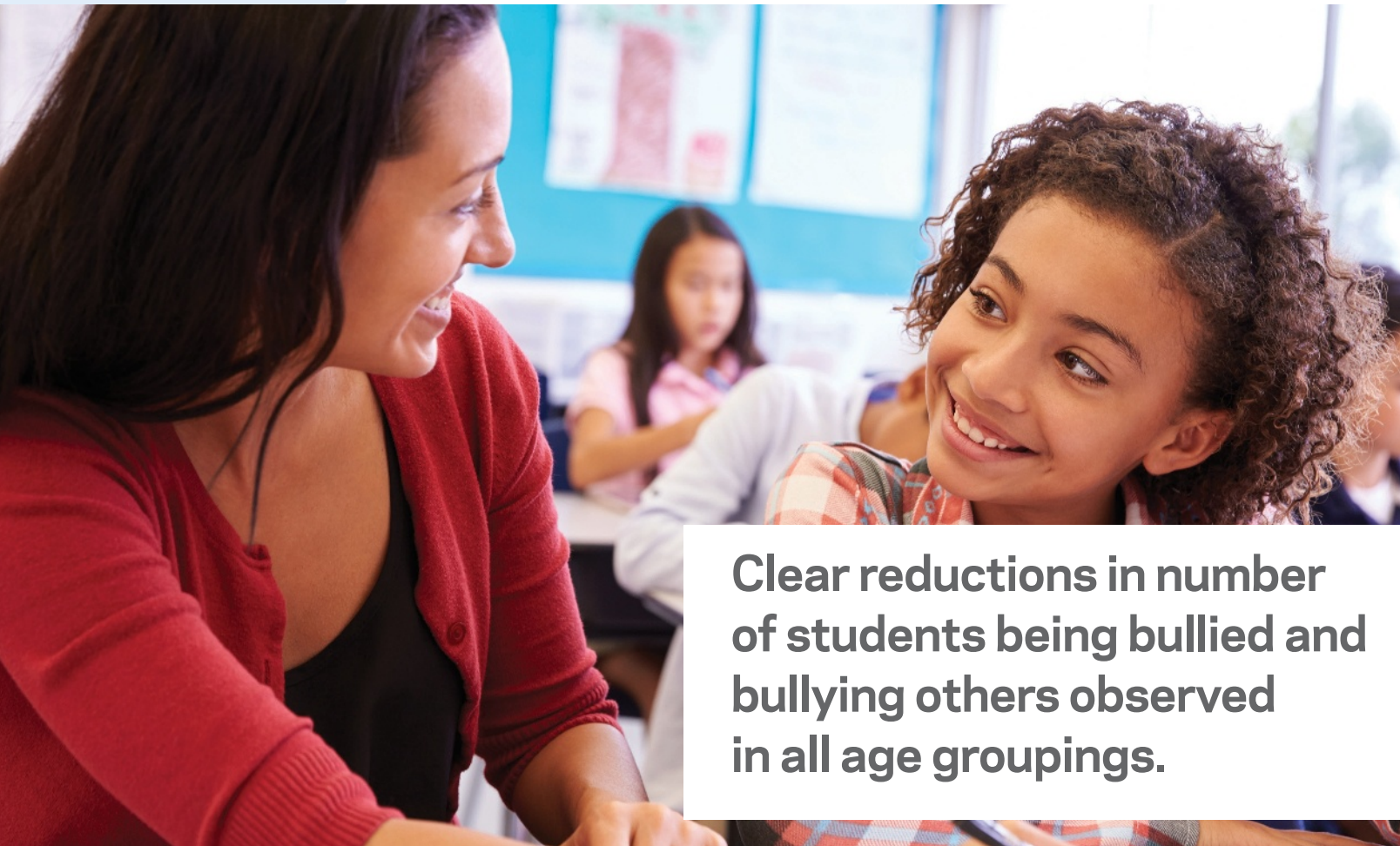
Students see the questions on your interactive whiteboard and then mark their responses on answer sheets. Send the sheets to Hazelden Publishing for processing.

303330 | \$37.95 30 answer sheets and digital access to the survey

Online

Save staff time and the expense of shipping and processing printed questionnaires by surveying students online. You can implement online surveys independently, as part of an Olweus Bullying Prevention Program (OBPP) print package, or upgrade to an OBPP digital subscription.

2754 | \$1.00 per student



Clear reductions in number of students being bullied and bullying others observed in all age groupings.

Program



Research shows that **OBPP increased student empathy and decreased willingness to join in on bullying over a three-year period.**

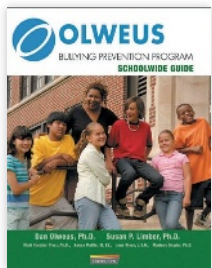
IMPLEMENT a framework for school-wide support.

These evidence-based tools provide the best practices for *OBPP* implementation on both a classroom and a school-wide level.

At the heart of successful *OBPP* implementation is a school's Bullying Prevention Coordinating Committee. This committee typically consists of 8 to 13 members and includes:

- School administrator (principal or assistant principal)
- Teacher representatives from each grade
- Counselor and/or school-based mental health professional
- Parents (non-staff members)
- Non-teaching staff (e.g., nurse, bus driver, athletics director or coach, cafeteria worker, playground supervisor, school resource officer)
- Community representative

Through the work of this cross-functional team, bullying prevention efforts can align across the entire school community, creating systemic changes in school climate.



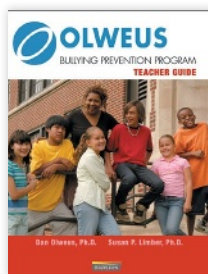
Schoolwide Guide

School leadership and Bullying Prevention Coordinating Committee members will benefit from step-by-step instructions on how to implement the *OBPP* in an entire school setting. Based on the findings of more than 35 years of bullying research, the tips and strategies in this guide make program implementation easy.

0542 | \$98.95 Includes manual with CD and DVD.

QUANTITY DISCOUNTS

10-29 | \$87.00 ea. **50-99 | \$73.00 ea.**
30-49 | \$76.00 ea. **100+ | \$69.00 ea.**



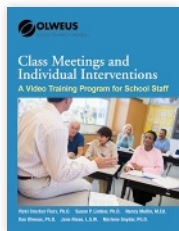
Teacher Guide

Teachers play critical roles in the *OBPP* including monitoring students for bullying behavior, facilitating classroom lessons about bullying, and intervening in bullying situations. This guide includes videos and reproducible tools that support staff in these roles.

0541 | \$62.95 Includes manual with CD and DVD.

QUANTITY DISCOUNTS

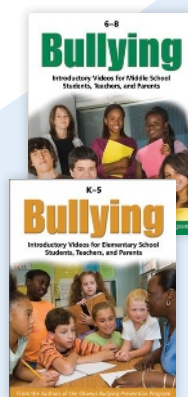
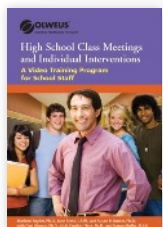
10-29 | \$54.95 ea. **50-99 | \$46.95 ea.**
30-49 | \$48.95 ea. **100+ | \$44.95 ea.**



Class Meetings and Individual Interventions

By the authors of the Olweus Bullying Prevention Program
 Prepare your staff to facilitate effective class meetings and to intervene when bullying occurs. All grade level packages include videos and facilitator's guides.

4726 | \$214.95 Grades K-8
2638 | \$195.00 Grades 9-12



Bullying

Introductory Videos for Elementary and Middle School Students, Teachers, and Parents

By the authors of the Olweus Bullying Prevention Program

These videos introduce bullying prevention strategies using age-appropriate language and grade-specific concepts. Each grade level collection includes two videos—one for students and one for faculty and parents.

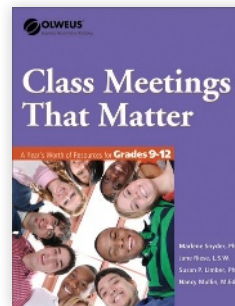
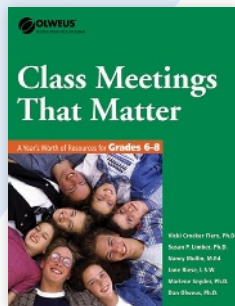
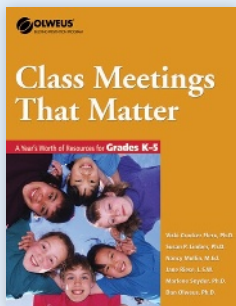
3031 | \$119.00 Grades K-5
3032 | \$119.00 Grades 6-8



Research shows that across all grades, OBPP increased students' belief that teachers addressed bullying.

IMPROVE students' social-emotional skills through class meetings.

Engage children and youth as active partners in creating and maintaining a safe school climate with regular class meetings or circle discussions. In this core component of OBPP classroom curricula, teachers (with the support of administrators) set aside class time to discuss bullying, peer relations, and other social and emotional issues with students. These meetings foster mutually respectful relationships between adults and children and among peers, and provide tools for students to address bullying and other social problems. A student advisory group can also be formed to focus on bullying prevention and provide feedback to adults. OBPP classroom curricula is available in age appropriate packages for grades K-5, 6-8, and 9-12.

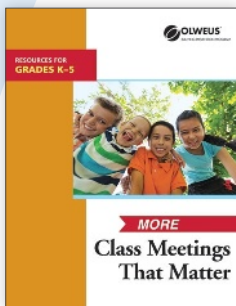


Class Meetings That Matter

By the authors of the Olweus Bullying Prevention Program

Engage students in social and cognitive learning in the classroom. Each manual contains a year's worth of lesson plans that broaden bullying topics to include relationships, communications, promoting acceptance, and other important topics.

- 4727 | \$86.95 Grades K-5
- 4738 | \$86.95 Grades 6-8
- 3981 | \$86.95 Grades 9-12



MORE Class Meetings That Matter

By the authors of the Olweus Bullying Prevention Program

This easy-to-use manual provides new ideas and topics to extend class meeting efforts and engage students in social and emotional learning.

In addition to other bullying-related topics, *More Class Meetings That Matter* focuses on helping students understand what disabilities are (both visible and invisible), promoting acceptance of all students, and aiming to reduce the high rates of bullying behavior experienced by students with disabilities.

Topics include:

- Peer relationships
- Communication
- Respecting differences and promoting acceptance

- 3616 | \$62.95 Grades K-5
- 3617 | \$62.95 Grades 6-8
- 3618 | \$62.95 Grades 9-12



Cyber Bullying

By Susan P. Limber, PhD; Robin M. Kowalski, PhD; and Patricia W. Agatston, PhD

Specifically written for grades 3-5 and 6-12, these curricula inform students about how to maintain respectful interactions with peers using today's current technology.

- 7406 | \$119.00 Grades 3-5
- 7407 | \$119.00 Grades 6-12



Research shows that **OBPP** increased student empathy and decreased willingness to join in on bullying over a three-year period.

INSPIRE staff with ongoing education.



Training for a school's Bullying Prevention Coordinating Committee (BPCC) and staff and ongoing technical assistance are offered by the Institute on Family and Neighborhood Life at Clemson University.

Consultation

Ongoing telephone consultation for at least one full school year (18-24 months preferred) with an OBPP Certified Trainer-Consultant.

The purpose of consultation is to provide ongoing assistance in the implementation of program elements, with particular attention to troubleshooting challenges that may arise, and helping to maintain the program over time.

Training

A two-day training offered to members of a school's BPCC that typically takes place at the school, district administrative offices, or a convenient location in the community.

Training helps ensure that the BPCC at each school has the necessary information, support, and strategies to successfully launch and sustain the OBPP with fidelity.

TRAINING OBJECTIVES

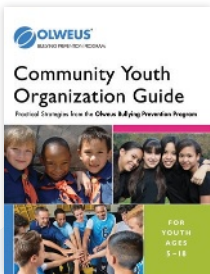
- Increase participants' knowledge about the nature, prevalence, and impact of bullying among children and youth (including impact on academic achievement, mental and physical health).
- Through interactive learning, familiarize participants with all core elements of the OBPP and strategies for bullying prevention and intervention.
- Develop skills to build awareness among students and staff of various roles played in bullying situations and to encourage positive behaviors as witnesses.
- Develop skills to intervene effectively in incidents of bullying with both students and parents of those involved.
- Develop a plan (including a timeline) to implement the OBPP in the school with fidelity.

Trainer Certification Courses (TCC)

TCCs are available throughout the year for those interested in becoming an OBPP certified trainer. Locations vary.

Call **864-656-6271** or email **June Jenkins** at june2@clemson.edu for more information

Extend the reach and effectiveness of your bullying prevention beyond school walls



Community Youth Organization Guide

Expand your school's bullying prevention program beyond the classroom by encouraging other community organizations to support your efforts. Ideal for youth recreation leagues, scouting programs, after-school programs, and more.

7686 | \$79.00 Includes manual and CD-ROM of reproducible materials.

training

Training specific to Community Youth Organizations (CYO) is available to provide youth-serving organizations with practical strategies to prevent bullying, reduce incidents of bullying, and enrich peer relationships in out-of-school settings. In addition

to the traditional certification track, CYO leaders can attend a **two-day training** to prepare them to train their staff in bullying prevention, or staff can participate in **online training modules**.

FOR MORE INFORMATION

CALL: **864-656-6271** EMAIL: **June Jenkins** at june2@clemson.edu

Peaceful School Bus

GRADES K-12

By *James Dillon, MS, school principal and certified OBPP trainer*

Create a climate of respect and cooperation on buses and decrease unwanted behavior with a whole-school program that involves students, teachers, administrators, and parents in team-building exercises. Older and younger students develop mentoring relationships and appropriate bus behaviors.



2633 | \$139.95 Includes a facilitator guide, CD-ROM of reproducible materials, and program overview on DVD.

SUICIDE **Tragic.**

Hazelden *Lifelines*®

A comprehensive suicide awareness and

Lifelines

A Suicide Prevention Program

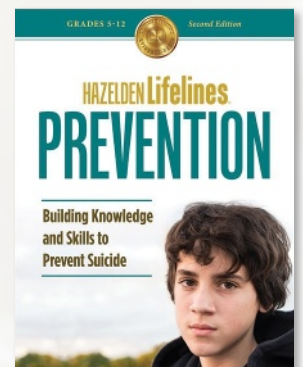
By Maureen Underwood, LCSW; John Kalafat, PhD; and the
Maine Youth Suicide Prevention Program, led by the Maine CDC

Take a proactive approach to addressing suicide prevention with students, staff, and parents/guardians. This newly updated and revised program engages the entire school community in understanding the most effective strategies for preventing suicide through easy-to-follow lessons.

Updates and revisions to *Lifelines Prevention* include:

- Expanded content to include grades 5-6 and 11-12, in addition to 7-10
- Updated language to reflect best practices and contemporary youth culture
- Content addressing the impact of social media on suicide risk and prevention efforts
- A new video led by *Lifelines* author Maureen Underwood with accompanying handouts describing suicide warning signs and how to do a “warm hand-off”

3500 | \$239.95 Includes facilitator guide, a USB flash drive containing reproducible materials, and two DVDs.



Show them
the future
they can't see.

Students at risk for suicide or those coping with a recent tragic death in the community can have a difficult time seeing beyond the present. *Hazelden Lifelines* empowers teachers, school staff, and parents to prevent an action that would cause an otherwise bright future to disappear, and helps students trying to make sense of a recent loss understand that they are not alone.

Irreversible. Preventable.

YOUTH



Listed on
NREPP



responsiveness program

Lifelines Intervention Helping Students at Risk for Suicide

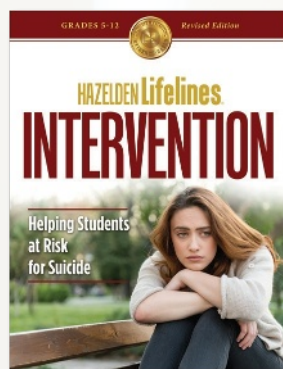
By Maureen Underwood, LCSW; Judith Springer, PsyD;
Michelle Ann-Rish Scott, MSW, PhD

This program prepares teachers, staff, and students to respond to signs of suicide—before it's too late. This manual supports the school's role in intervention: identification and assessment of students at risk, referral of high risk students for additional resources, and enhancement of protective factors.

Updates and revisions to *Lifelines Intervention* include:

- Expanded content to include grades 5-6 and 11-12, in addition to 7-10
- Updated language to reflect best practices and contemporary youth culture
- Content addressing the impact of social media on suicide risk and prevention efforts
- Handouts describing suicide warning signs and how to do a “warm hand-off”
- A structured “Return to Learn” approach for reintegrating students after a suicide-related incident

3505 | \$164.95 Includes facilitator guide and a USB flash drive containing videos and reproducible materials.



Lifelines Postvention Responding to Suicide and Other Traumatic Death

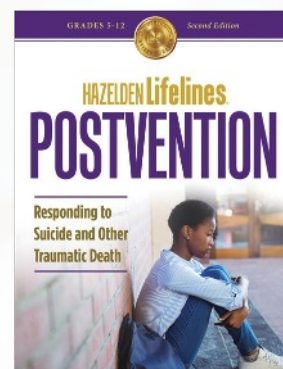
By Maureen Underwood, LCSW; Fred T. Fell, LPS, NCSP; Nicci A. Spinazzola, LMFT, LPC, BCETS; in partnership with the Society for the Prevention of Teen Suicide

A practical and easy to use resource for any school or community organization that wants to be prepared to respond to suicide or any type of traumatic death that profoundly affects a school population.

Updates and revisions to *Lifelines Postvention* include:

- Expanded content to include grades 5-6 and 11-12, in addition to 7-10
- Updated language to reflect best practices and contemporary youth culture
- Content addressing the impact of social media on suicide risk and prevention efforts

3510 | \$124.95 Includes facilitator guide and a USB flash drive containing videos and reproducible materials.



training

Training to ensure fidelity in implementing *Lifelines Trilogy* is available through Hazelden Publishing.

Visit hazelden.org/producttraining for more information.

BEST VALUE!

The complete *Hazelden Lifelines* collection

3515 | \$429.95 Includes all three components.

SE3974 | \$350.00 Three-year subscription.



hazelden.org/lifelines

Great teaching begins with understanding each as a learner — and as a person.



BARR™

Same Students. Same Teachers.
Better Results.

BARR — Building Assets, Reducing Risks — is a strengths-based model that provides schools with a comprehensive approach to meeting the academic, social, and emotional needs of all students. Schools within the BARR Network harness the power of relationships and data to become more equitable, ensure that no student is invisible, and remove both academic and non-academic barriers to learning.

BARR has been proven to create statistically significant impacts in 19 areas of academic performance and outcomes for students, teachers, and schools, including especially powerful results narrowing opportunity gaps for students of color and students from low-income families.

Real Results

Tested through 12 within-school randomized controlled trials and a 20-year single school study, BARR has quietly become **one of the most consistently-proven school improvement models in the country.**

On average, BARR schools see a **34.5% reduction in failure rate** after one year of implementation.

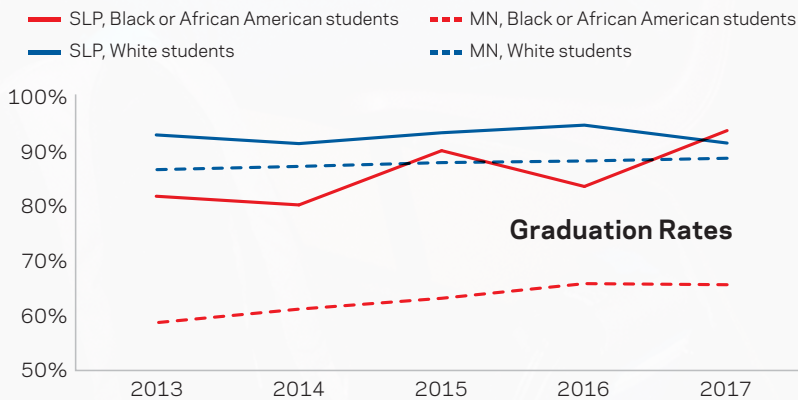
An evaluation by the **American Institutes for Research (AIR)** found that the BARR model leads to better academic performance, fewer course failures, more courses attained, and better relationships.

student



BARR Closes the Gap in Graduation Rates

St. Louis Park Senior High School (MN) was the first school to pilot the BARR model, and has been implementing it for 20 years. During that time, St. Louis Park closed its opportunity gap in graduation rates, surpassing persistent statewide disparities. In 2014, it was recognized with ACT's National College and Career Transition Award.



THE MODEL



STRATEGY ONE

Focus on the whole student



STRATEGY TWO

Provide professional development for teachers, counselors, and administrators



STRATEGY THREE

Use BARR's I-Time Curriculum to foster a climate for learning



STRATEGY FOUR

Create cohorts of students



STRATEGY FIVE

Hold regular meetings of the cohort teacher teams



STRATEGY SIX

Conduct risk review meetings



STRATEGY SEVEN

Engage families in student learning



STRATEGY EIGHT

Engage administrators

Marijuana and opioid prevention and education resources

DIGITAL SUBSCRIPTION **BASED ON THE ORIGINAL COMMUNITY ACTION MOBILIZATION PRODUCTS**



Opioids and Marijuana ADULTS YOUTH School Resources for Prevention and Education

Provide your staff with unlimited access to the resources they need to talk with students about the risk of using opioids and marijuana.

This new digital subscription was curated just for educators and includes lesson plans, fact sheets, videos, communication tools, and more, for around \$30 per year, per school.

SE9017 | \$99.99 per school | three-year subscription



To order call
877-872-8371.

training

The Role of Schools in Interventions
A one-day training for schools impacted by the opioid epidemic/marijuana legalization.
For information on a custom training solution, please email training@hazeldenbettyford.org.

COMPLETE TOOLKITS



Heroin and Prescription Painkillers A Toolkit for Community Action

This UPDATED toolkit reflects the most current opioid information and has been EXPANDED to include resources to help educators prevent opioid use among teens and support students who have lost loved ones to this epidemic.

3369 | \$110.00 Includes manual, DVD, and CD-ROM.

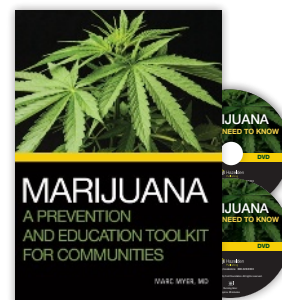


Marijuana

A Prevention and Education Toolkit for Communities

With rapidly changing attitudes about—and legalization of—marijuana, educate your community with current information.

3368 | \$110.00 Includes manual, DVD, and CD-ROM.



**COMMUNITIES
ARE STRONGER
THAN EPIDEMICS**

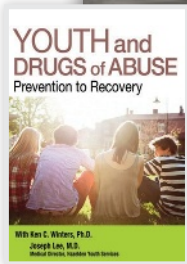
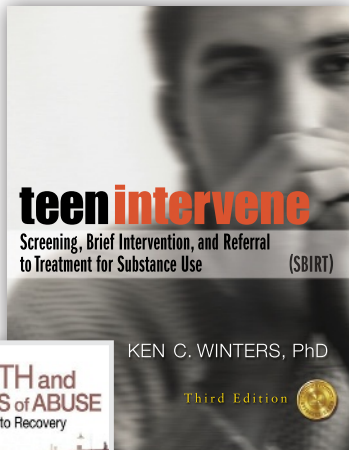


INTERVENTION & TREATMENT

From addiction treatment programs to trauma and PTSD therapy, we offer evidence-based resources for primary care, addiction and mental health clinics, educational and correctional settings.



Break unhealthy cycles early



THIRD EDITION

Teen Intervene YOUTH

Listed on
NREPP

Screening, Brief Intervention, and
Referral to Treatment for Substance Use (SBIRT)

By Ken C. Winters, PhD

Effective in a variety of education, mental health, youth treatment, and juvenile justice settings, *Teen Intervene* is a must-have program to interrupt the cycle of unhealthy and risky behavior in teens. Designed specifically for kids 12–19 years old, *Teen Intervene* helps students self-identify their possible substance use disorder and develop a plan to change.

Teen Intervene walks facilitators step-by-step through personalized sessions of change theory, motivational interviewing, and cognitive-behavioral therapy. These easy-to-use, practical instructions help teens and their parents play an active role in making positive changes and choices.

- Full SBIRT model
- Three or four session options, 50 minutes or less
- Evidence-based CRAFFT tool
- Complies with DSM-5 criteria
- Bonus Youth and Drugs of Abuse video
- Eight CE hour test

2330 | **\$395.95** Includes facilitator guide, CD-ROM with reproducible worksheets, eight CE hour test, Youth and Drugs of Abuse DVD/CD-ROM with video and fact sheets.



training

Improve your screening and intervention strategies with adolescents and young adults by joining a two-day training event with Ken C. Winters, PhD, author and renowned expert in the field of adolescent substance use disorder.

Visit hazelden.org/producttraining for more information.

An easier way to assess your clients

FOR ADULTS

BHI-MV™

Behavioral Health Index-Multimedia Version



FOR YOUTH

CHAT™

Comprehensive Health Assessment for Teens

These online, self-administered client health assessment tools provide an overview of client functioning in multiple key life domains. BHI-MV works for adult clients, while CHAT can be used with clients ages 13–18.

To learn more about BHI-MV™ or CHAT™, call **877-872-8371** or visit hazelden.org/asimvchat.





TREATMENT **ON** DEMAND

Our top-performing programs are now available as convenient online subscriptions!

Deliver more benefits for your organization and clients than the traditional print format by subscribing instead of buying. Think of your subscription as the equivalent of giving every clinician a personal copy of the evidence-based program they can access 24/7, along with hundreds of fact sheets and numerous videos.

ACCESSIBLE | FLEXIBLE | AFFORDABLE | RELEVANT



PREMIER

Provides access to evidence-based materials paired with additional client resources.

- Living in Balance
- The Matrix Model
- Co-occurring Disorders
- The Matrix Model for Teens and Young Adults
- Twelve Step Facilitation
- Twelve Step Facilitation for Teens and Young Adults

As low as \$1,799 per year



FOCUS

Affordable access to more resources focused on specific drugs, population needs, and treatment tracks.

- Recovery Management
- Trauma
- Opioids
- Living Skills
- Marijuana

As low as \$599 per year



VIDEO

Easy, 24/7 access to collections featuring our top videos with client handouts for a more engaging experience.

- Adults in Treatment
- Youth in Treatment
- Families in Treatment

As low as \$999 per year



FREE TWO-WEEK TRIAL!
hazelden.org/treatmentondemand

A fresh start without marijuana

Marijuana Brief Intervention ADULTS YOUTH

By Jan Copeland, PhD

The full Screening, Brief Intervention, and Referral to Treatment (SBIRT) model in *Marijuana Brief Intervention* helps determine each client's severity of use, raise awareness of consequences, and provide an incentive for positive change. It also includes a referral process that can be used when more intensive treatment services are appropriate. Highly customizable, the program can be tailored to meet individual participant's needs through a one-session, four-session, or six-session format.

Sessions address:

- Preparing for change
- Managing withdrawal
- Relapse prevention
- Strategies for change
- Problem solving

Ideal for use in a variety of settings, including primary care, addiction and mental health clinics, colleges and universities, and correctional settings, this easy-to-implement program is both affordable and effective.

2900 | **\$395.95** Includes a screening tool, facilitator guide, referral form, reproducible participant workbook and journal on CD-ROM, 20-minute video, and supplementary materials.



CANDIS ADULTS YOUTH

A Marijuana Treatment Program for Youth and Adults

By Eva Hoch, PhD

Developed in Germany by Dr. Eva Hoch, an award-winning and internationally renowned expert in the treatment of cannabis use disorder, *CANDIS* is the only English language program of its kind available.

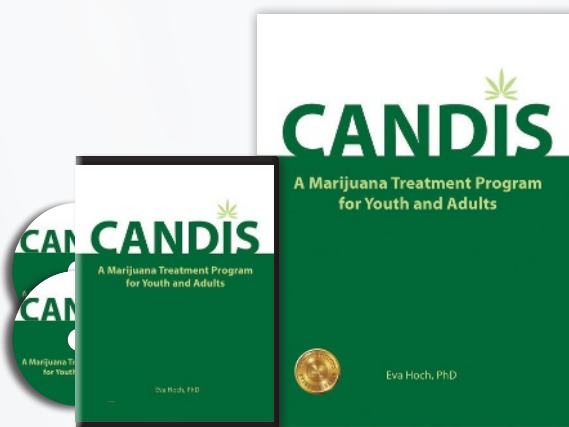
Using motivational enhancement therapy, cognitive-behavioral therapy, and contingency management, the program is comprised of 10 90-minute sessions, which can be shortened to 50-minute sessions if needed. Three main objectives for participants are to:

1. Realize they have a problem with cannabis
2. Accept therapy and participate in treatment
3. Obtain abstinence and gain relapse prevention skills

The *CANDIS* program begins with a client assessment and continues with 10 sessions.

Research studies have proven the effectiveness of this evidence-based program, and it is now available in the United States. Regardless of your setting or program type, you will find this manualized program both effective and easy-to-use.

3635 | **\$595.00** Includes 175-page manual, CD-ROM with reproducible client worksheets and fact sheets, and 20-minute video on DVD that includes an overview on marijuana.





This evidence-based program provides guidance in employing cognitive-behavioral therapy, motivational interviewing, and stages of change to help manage, reduce, and stop marijuana use in youth and adults.

training

Training to ensure fidelity in implementing *Marijuana Brief Intervention* and *CANDIS* is available.

Visit hazelden.org/producttraining for more information.

Evidence-based and abstinence-oriented, CANDIS is an effective, affordable tool for helping both youth and adult clients overcome their dependence on cannabis.

The path to Twelve Step

Research proves that belonging to a Twelve Step fellowship group increases the chances of long-term recovery from addictions, and is also helpful with treating compulsive behaviors and mental health disorders. Twelve Step Facilitation (TSF) is an evidence-based approach that together with active involvement in a Twelve Step group, helps both youth and adult clients succeed as they move from treatment into recovery.

ADULTS | YOUTH



Listed on NREPP



Twelve Step Facilitation Program

4035 | \$415.95 Includes the Twelve Step Facilitation Handbook (without CE test); Twelve Step Facilitation facilitator guide, reproducible materials on CD-ROM and session videos on DVD; 10 client workbooks; and 25 medallions.



Twelve Step Facilitation for Co-occurring Disorders Program

7045 | \$415.95 Includes the Twelve Step Facilitation Handbook (without CE test); Twelve Step Facilitation for Co-occurring Disorders facilitator guide, reproducible materials on CD-ROM and session videos on DVD; 10 client workbooks; and 25 medallions.



BEST VALUE!

SAVE 22%

Twelve Step Facilitation collection

Includes BOTH the Twelve Step Facilitation Program and the Twelve Step Facilitation for Co-occurring Disorders Program.

8050 | \$599.95 Includes the Twelve Step Facilitation Handbook (without CE test); one each of the TSF and TSF for Co-occurring Disorders facilitator guides with reproducible materials on CD-ROM and session videos on DVD; 10 each of the client workbooks for TSF and TSF for Co-occurring Disorders (20 workbooks total); and 25 medallions.

Learn more by visiting: hazelden.org/tsf

recovery starts here

The edition's straightforward instructions allow for quick, seamless administration, and program flexibility.

Facilitators can:

- Apply content to any substance use disorder or compulsive behavior
- Use other treatment modalities alongside *TSF* for an integrated, holistic approach
- Provide instruction for both independent or group administration for both youth and adults
- Invite loved ones to participate in conjoint program sessions
- Adapt the format to meet the needs of special populations

The *TSF* program is modular, with four core program topics (assessment, acceptance, surrender, and getting active in Twelve Step fellowships) and five elective program topics (genograms; enabling; people, places, and routines; emotions; and spirituality).

The *TSF for Co-occurring Disorders* program offers specialized sessions that address the unique needs of this population.

About the author

Joseph Nowinski, PhD, has held positions as assistant professor of psychiatry at the University of California San Francisco, associate adjunct professor of psychology at the University of Connecticut, and supervising psychologist, Correctional Health Care Division, University of Connecticut Health Center. He has authored books for many different audiences.

PROGRAM COMPONENTS SOLD SEPARATELY

Twelve Step Facilitation Handbook

3601 | **\$49.95** Softcover book, 216 pp.

3602 | **\$89.95** Softcover book, 216 pp. with CE test included.

Twelve Step Facilitation—Facilitator Guides

3718 | **\$324.95** Twelve Step Facilitation facilitator guide.

6185 | **\$324.95** Twelve Step Facilitation for Co-occurring Disorders facilitator guide.

Twelve Step Facilitation—Client Workbooks

352210 | **\$79.95** 10 Twelve Step Facilitation client workbooks, 104 pp.

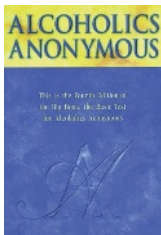
602410 | **\$79.95** 10 Twelve Step Facilitation for Co-occurring Disorders client workbooks, 104 pp.

training

Learn how to deliver the *Twelve Step Facilitation* program and achieve the best outcomes by scheduling onsite training at your setting!

Visit hazelden.org/producttraining for more information.

Conference-Approved Literature



BEST SELLER

Alcoholics Anonymous FOURTH EDITION

The *Big Book* has served as a lifeline to millions worldwide. Includes 24 new personal stories that reflect AA's growing diversity. **OP**

ALCOHOLICS ANONYMOUS WORLD SERVICES, INC.

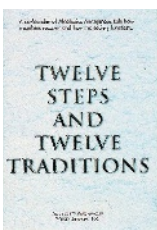
2021 | **\$13.95** Hardcover, 575 pp. (pictured)

202120 | **\$239.00** Case of 20 hardcover books

2053 | **\$12.95** Softcover, 575 pp

205320 | **\$229.00** Case of 20 softcover books

Additional formats available online at hazelden.org/bookstore.



Twelve Steps and Twelve Traditions

Used by AA members and groups around the world, this book lays out the principles by which AA members recover and by which the fellowship functions and maintains its unity. **OP**

ALCOHOLICS ANONYMOUS WORLD SERVICES, INC.

2080 | **\$13.95** Hardcover, 192 pp. (pictured)

2081 | **\$11.95** Softcover, 192 pp.



BEST SELLER

Narcotics Anonymous

This fundamental text was written by addicts, for addicts, and about addicts. It sets forth the NA principles used by hundreds of thousands of addicts in recovery. **OP**

4842 | **\$15.95** Hardcover, 289 pp. (pictured)

484224 | **\$359.00** Case of 24 hardcover books

4843 | **\$14.95** Softcover, 289 pp.

484328 | **\$389.00** Case of 28 softcover books

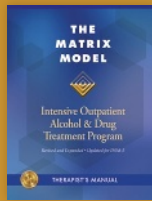
4740 | **\$14.50** Spanish translation

Choose the Matrix that works for your clients

Whether your client is youth or adult, family or law-involved, Matrix Model treatments address the many factors that contribute to alcohol and drug abuse. The specialized needs of the client are reflected in all of our individualized treatment plans.

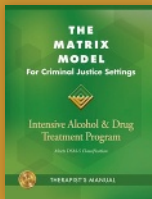
INTENSIVE OUTPATIENT TREATMENT

The Matrix Model



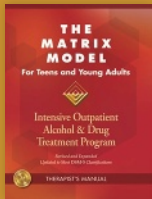
HELP FOR LAW-INVOLVED CLIENTS

The Matrix Model for Criminal Justice Settings

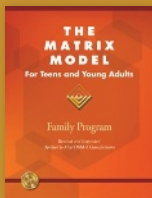


HELP FOR TEENS AND THEIR FAMILIES

The Matrix Model for Teens and Young Adults



The Matrix Model Family Program



The Matrix Model® ADULTS



Intensive Outpatient Alcohol and Drug Treatment Program

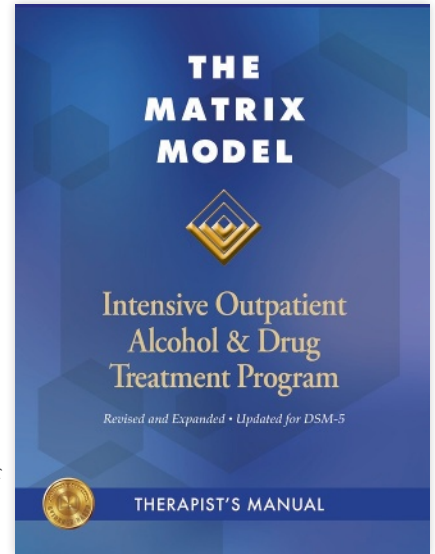
The *Matrix Model* program spans 16 weeks of sessions in an open group format designed to give people the knowledge, structure, and support they need to achieve abstinence from alcohol and other drugs, and initiate a long-term program of recovery.

This intensive outpatient program (IOP) is a structured treatment experience that addresses core clinical areas within five components: individual/conjoint sessions, early recovery skills group, relapse prevention group, family education group, and social support group, with the option of adding site-groups if desired. Weekly urine analysis and breath-alcohol testing is an essential part of the program. By participating in *The Matrix Model*, people can:

- Achieve a greater understanding of their substance use disorders
- Realize positive changes in their behaviors and attitudes
- Include their significant family members and others in the treatment process
- Learn about recovery skills for substance use disorders and self-help programs
- Become involved in recovery support groups
- Practice resocialization skills in a safe and familiar environment

For people who are undergoing medication-assisted treatment, the updated *Matrix Model* program now provides essential guidance and support for such participants and their families.

7596 | \$695.00 Includes an evidence-based therapist manual with a section on integrating medication-assisted treatment, three videos for use with the family education group, reproducible client handouts and workbooks, printed stickers and a calendar for tracking alcohol- and drug-free days, and medallions.



Sessions focus on:

Individual and Conjoint Sessions

Individual and Conjoint Sessions with Medication-Assisted Treatment

Early Recovery Skills

Relapse Prevention

Family Education

Social Support

Site-Specific Groups

Urine and Breath-Alcohol Testing

THE MATRIX MODEL

The Matrix Model[®] for Criminal Justice Settings **ADULTS**



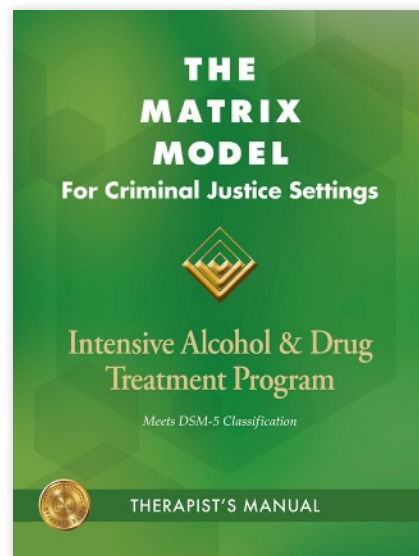
Intensive Alcohol and Drug Treatment Program

The Matrix Model for Criminal Justice Settings is an easy-to-deliver, evidence-based treatment program that combines education on substance use, and information about criminal thinking and behaviors.

The program uses materials developed and evaluated by the Clare | Matrix Institute, with extra components for treating criminal offenders. Its clinical strategies address basic needs, criminality, anger and hostility, identity issues, resistance, boundaries, and creating a therapeutic alliance. It also addresses resistance and promotes engagement, developing pro-social activities, peer support, self-management, and relapse prevention skills.

Six sets of sessions are covered, with step-by-step instructions for conducting them: Individual/Conjoint Sessions, Early Recovery Skills Group, Relapse Prevention Group, Family Education Group, Adjustment Group, and Social Support Group. The manual also covers how to arrange for urine analysis and breath-alcohol testing.

7430 | \$695.00 Includes a therapist manual with an optional section on medication-assisted treatment (MAT), reproducible client handouts, PowerPoint presentation on MAT, three videos to use with the Family Education group, printed stickers and a calendar for tracking alcohol- and drug-free days, and medallions.



Sessions focus on:

Individual and Conjoint Sessions

Individual and Conjoint Sessions with Medication-Assisted Treatment

Early Recovery Skills

Relapse Prevention

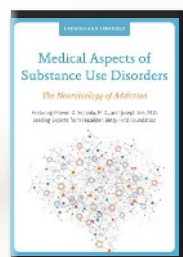
Family Education

Adjustment

Social Support

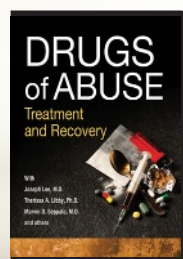
Urine and Breath-Alcohol Testing

Enhance adult sessions with videos that reinforce key concepts



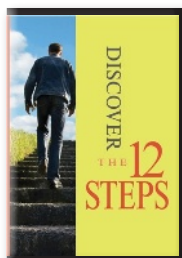
Medical Aspects of Substance Use Disorders
The Neurobiology of Addiction
1728 | \$275.00

SEE PAGE 53 for details



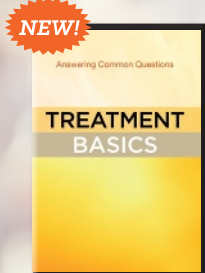
Drugs of Abuse
Treatment and Recovery
4418 | \$399.00

SEE PAGE 53 for details



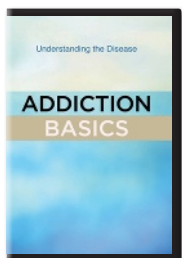
Discover the 12 Steps
7593 | \$399.00

SEE PAGE 53 for details



Treatment Basics
Answering Common Questions
4242 | \$225.00

SEE PAGE 52 for details



Addiction Basics
Understanding the Disease
3488 | \$225.00

SEE PAGE 52 for details

The Matrix Model® for Teens and Young Adults

ADULTS YOUTH



MEETS ASAM CRITERIA

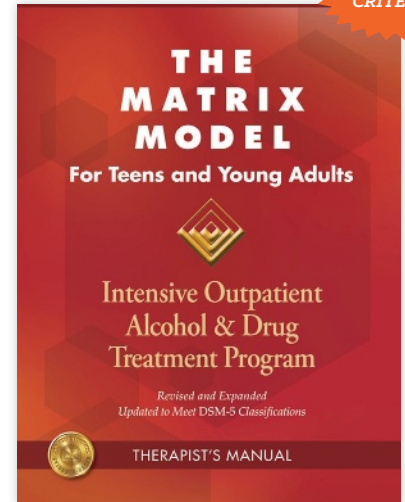
Intensive Outpatient Alcohol and Drug Treatment Program

By Jeanne L. Obert, MSM, LMFT; Paul Brethen, MA, LMFT; and Michael J. McCann, MA

The Matrix Model for Teens and Young Adults is an intensive outpatient program (IOP) built on the evidence-based model used in *The Matrix Model*, a best-selling program backed with more than 20 years of research. It addresses four core clinical areas that are essential when working with a youth population: individual family therapy, early recovery, relapse prevention, and family education. It also includes social support and urine analysis and breath-alcohol testing as essential components. Easily adaptable to support many levels of care in a variety of settings, the program can be completed in 16 weeks but can also be extended up to 12 months to support continuing care and aftercare.

Through the use of cognitive-behavioral therapy and motivational interviewing, young clients learn how to analyze events and change thoughts, behaviors, and lifestyle related to drugs use. The value of Twelve Step and other peer support group participation is also reinforced.

3536 | \$695.00 Includes therapist manual, instruction for urine or breath testing, CD-ROM with reproducible client worksheets and handouts, lecture videos on DVD, 12-week Matrix Model Family Program (\$449.00 value), calendar stickers, and medallions.

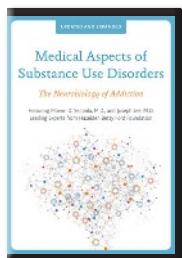


- 16-session Young Adult Early Recovery Skills Group to meet ASAM criteria for clients 18 and older.
- Individual and Family Sessions with Medication-Assisted Treatment
- Easily adapted to support many levels of care in both outpatient and residential settings
- Updated information on today's drugs of abuse, including emerging issues such as opioids and new forms of marijuana.
- Meets DSM-5 classifications
- Includes the updated 12-session *Matrix Model Family Program* (see next page)

Sessions focus on:

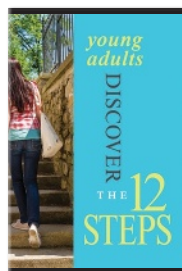
- Individual and Family Sessions
- Individual and Family Sessions with MAT
- Early Recovery Adolescent Group
- Early Recovery Young Adult Group
- Relapse Prevention
- Family Program
- Youth Education
- Urine and Breath testing

Enhance teen and young adult sessions with videos that reinforce key concepts



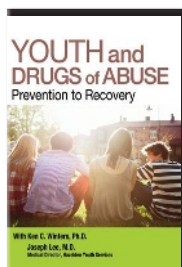
Medical Aspects of Substance Use Disorders
The Neurobiology of Addiction
1728 | \$275.00

SEE PAGE 52



Young Adults Discover the 12 Steps
7592 | \$399.00

SEE PAGE 53



Youth and Drugs of Abuse
17516 | \$249.00

SEE PAGE 53

BEST VALUE!

GET ALL 3 DVD's AND SAVE \$248!

3541 | \$675.00 *Medical Aspects of Substance Use Disorders, Youth and Drugs of Abuse, and Young Adults Discover the 12 Steps*

The Matrix Model® Family Program EVIDENCE BASED YOUTH

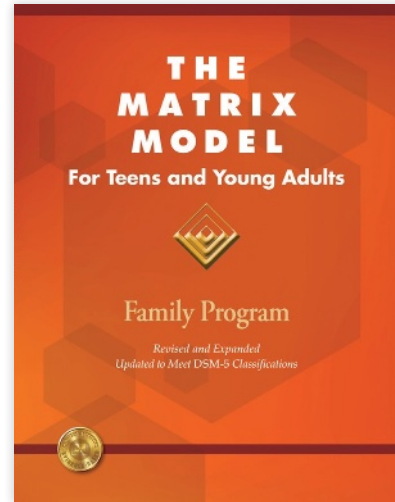
Alcohol and Drug Education Program for Patients and Families

By Jeanne L. Obert, MSM, LMFT; Paul Brethen, MA, LMFT; and Michael J. McCann, MA

Research has proven that when young people have family involvement during their recovery from addiction, their treatment outcomes are significantly improved. But it can be a real challenge when the teen or young adult has likely caused problems at home, and family members are confused, angry, and feeling helpless.

Ideal for a variety of settings such as treatment, juvenile justice, and mental health, *The Matrix Model Family Program* includes 12 sessions—delivered one session per week. It is easy to implement as a stand-alone program or as an enhancement to an existing program. Proven effective, this comprehensive program helps family members take an active role in every stage of recovery, which improves outcomes for your young clients.

3538 | **\$449.00** Includes a therapist's manual, CD-ROM with reproducible worksheets and handouts, and DVD with three lecture videos: Roadmap for Recovery, Triggers and Cravings, and Families in Recovery.



training

Education and training are available to ensure fidelity in The Matrix Models. The Clare | Matrix Institute has trained facilities in all 50 U.S. states and over 30 countries worldwide.

The Clare | Matrix Institute also provides these additional specialty trainings:

- Key Supervisor Training
- Criminal Justice Training
- Alaskan Native/American Indian Matrix Model Training
- Motivational Interviewing

Visit clarematrix.org for more information.

For study outcomes, visit hazelden.org/teenmatrix.

Sessions focus on:

Education on the stages of recovery

Creating healthy families

The adolescent brain and addiction

Developmental issues for teens

Dealing with triggers and cravings

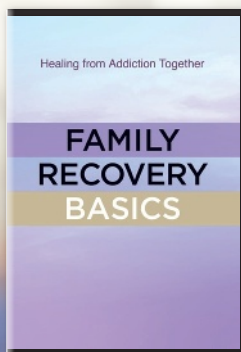
Understanding relapse

Dealing with family conflict

Setting healthy boundaries

Addiction in the family

Includes up-to-date information on today's drugs of abuse including prescription medications, synthetics, e-cigarettes, and more.



Family Recovery Basics

Healing from Addiction Together

Addiction is often perceived as an individual's struggle. The reality is that addiction affects the lives of everyone in its path. *Family Recovery Basics* is ideal for educating families in a variety of settings, including health care, addiction treatment, mental health treatment, correctional facilities, community groups, and colleges. See page 59.

Comprehensive, flexible and



Living in Balance **ADULTS**

Moving from a Life of Addiction to a Life of Recovery

Living in Balance is an evidence-based program that draws from cognitive, behavioral, and experiential treatment approaches with a strong emphasis on relapse prevention. The program uses didactic education and instruction, written exercises, group process interaction through role-plays and discussion, relaxation and visualization exercises, and group-oriented recreational therapy exercises.

FLEXIBLE AND CUSTOMIZABLE

Designed to be effective in both group and individual settings, it can be used in all levels of care and program types: inpatient, outpatient, hospital, treatment, mental health, and corrections.

COMPREHENSIVE

There are 47 sessions, each covering one specific topic. Addiction-related topics include relapse prevention, drug education, and self-help. In addition, sessions addressing physical health, psychosocial health, and living skills help clients be more successful in recovery by addressing all major areas of living. (See session list on page 33.)

EVIDENCE-BASED

Developed by Danya International and tested as part of a NIDA-funded project, *Living in Balance* is a clinically validated, evidence-based program that has been proven to retain clients longer in treatment and reduce alcohol and other drug use. (Visit hazelden.org/livinginbalance for research.)

training

Training to ensure fidelity in implementing *Living in Balance* is available through Hazelden Publishing.

Visit hazelden.org/producttraining for more information.

Meets DSM-5
classifications

evidence-based

The *Living in Balance* program includes three separate, yet related, curricula. Each curriculum includes a printed facilitator guide, client sessions with printable worksheets, and meditation and visualization audio files on CD-ROM.

Core Program

Best used to build a solid foundation of essential education and skills for clients new to treatment and recovery from alcohol and other substance use disorders.

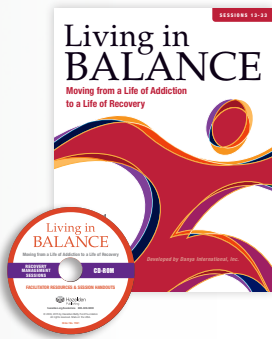
7690 | **\$599.00** Manual, 88 pp., and CD-ROM with 366 pp. of session materials and audio files.



Recovery Management

Used to help clients who already have a solid foundation in recovery to learn the skills that will help them thrive in ongoing recovery.

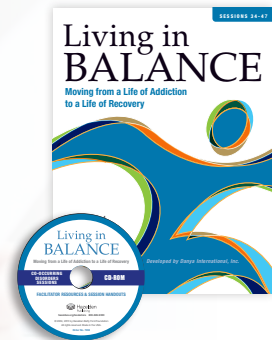
7691 | **\$695.00** Manual, 66 pp., and CD-ROM with 782 pp. of session materials and audio files.



Co-occurring Disorders

For clients who already have a solid foundation in recovery but who need strategies to manage co-occurring substance use and mental health disorders.

7692 | **\$395.00** Manual, 60 pp., and CD-ROM with 345 pp. of session materials and audio files.



BEST VALUE!

The complete *Living in Balance* program

SAVE \$298.00 by purchasing the *Core Program*, *Recovery Management Sessions* and *Co-occurring Disorders Sessions* in one comprehensive package.

7700 | **\$1295.00**

Session Topics

CORE PROGRAM

12 sessions

- Definitions, Terms, and Self-Diagnosis
- Alcohol and Other Drug Education
- Triggers, Cravings, and Avoiding Relapse
- Planning for Sobriety
- Alcohol and Tobacco
- Spirituality
- Sex, Drugs, and Alcohol
- Stress and Emotional Well-Being
- Skills for Reducing Stress
- Negative Emotions
- Anger and Communication
- Relapse Prevention

**OVER
365 PAGES
OF SESSION
MATERIALS!**

RECOVERY MANAGEMENT

25 sessions

- Introduction to Self-Help Groups
- The Twelve Steps
- Sexually Transmitted Diseases
- Focus on AIDS
- Nutrition and Exercise
- Physical Wellness
- Problem Solving
- Attitudes and Beliefs
- Family Matters
- You and Your Parents
- Educational and Vocational Goals
- Money Management
- Insurance and Consumer Credit
- Child Development and Parenting Skills
- Human Needs and Social Relationships
- Sexual Abuse
- Compulsive Sexual Behavior
- Addiction and Loss
- Grief: Responding to Loss
- Spirituality and Personality
- Advanced Relapse Prevention
- Medication-Assisted Treatment and Twelve Step Recovery
- Chronic Pain and Opioids
- Chronic Diseases
- Older Adults

**OVER
780 PAGES
OF SESSION
MATERIALS!**

CO-OCCURRING DISORDERS

10 sessions

- Effects of Drug Use on Mental Health
- What Are Co-occurring Disorders?
- Comprehensive Treatment and Medications for Substance Use Disorders
- Phases of Dual Recovery
- Twelve Steps for Co-occurring Disorders
- Mutual Self-Help Groups and Co-occurring Disorders
- Important Issues about Mental Health Medications
- Relapse Prevention I: Building a Recovery Support System
- Relapse Prevention II: Making the Best Decisions
- Seeking Help for Co-occurring Disorders

**OVER
345 PAGES
OF SESSION
MATERIALS!**

Help survivors of trauma

FOR **PROFESSIONALS**

Moving from Trauma-Informed to Trauma-Responsive

ADULTS

YOUTH



A Training Program for Organizational Change

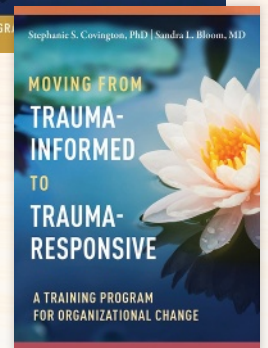
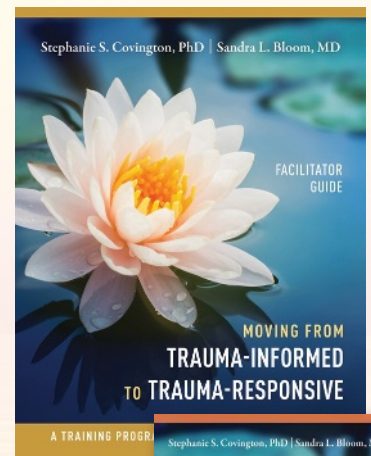
By Stephanie S. Covington, PhD, and Sandra L. Bloom, MD

While many organizations are trauma-informed, becoming trauma-responsive means looking at every aspect of an organization's programming, environment, language, and values and involving all staff in better serving clients who have experienced trauma. *Moving from Trauma-Informed to Trauma-Responsive* provides program administrators and clinical directors with key resources needed to train staff and make organizational changes to become trauma responsive. This comprehensive training program involves all staff, ensuring clients are served with a trauma-responsive approach.

With this 10-step training, your team will:

- Gain knowledge of stress, adversity, and trauma
- Understand the impact of organizational stress and trauma
- Understand the concept and structure of a Guide Team
- Assess and improve clients' first experience with your organization
- Assess and improve your organization's physical space
- Assess and improve your organization's sense of safety
- Understand the leadership qualities and skills needed to initiate trauma-responsive organizational change
- Create a shared language and tools to address trauma
- Implement evidence-based, trauma-specific curricula
- Have each staff person create a personal self-care plan

3769 | **\$595.00** Includes facilitator guide, USB flash drive with reproducible materials.



Stephanie S. Covington, PhD, is an internationally renowned clinician, author, organizational consultant, and lecturer. Dr. Covington specializes in the development and implementation of gender-responsive and trauma-informed services in the public and private sectors.

Sandra L. Bloom, MD, is an author, a board-certified psychiatrist, and an associate professor of Health Management and Policy at the Dornsife School of Public Health, Drexel University. Dr. Bloom served as founder and executive director of the Sanctuary programs, inpatient psychiatric programs for the treatment of trauma-related emotional disorders. Since 2005, more than 350 social service, juvenile justice, and mental health organizations have been trained in the Sanctuary Model.

recover and heal

FOR WOMEN

SECOND EDITION

Beyond Trauma

ADULTS

YOUTH



Listed on
NREPP

A Healing Journey for Women

By Stephanie S. Covington, PhD

Beyond Trauma: A Healing Journey for Women is an evidence-based, 12-session program created by Dr. Stephanie Covington to help women and girls recover from the effects of trauma in their lives. Ideal for use in a wide variety of settings including treatment, mental health, and corrections, the program's goal is to help women understand what trauma is, explore how trauma has affected them, and learn coping mechanisms to help them feel grounded and safe so they can heal. The program is based on principles of relational therapy, and uses cognitive-behavioral techniques, mindfulness, and expressive arts.

- Meets *DSM-5* classifications
- Includes session modifications for the program to work with adolescent girls
- Deep integration of mind-body approaches to healing throughout the program, including a yoga option

BEST VALUE!

Beyond Trauma collection

2500 | \$595.00 Includes facilitator guide, facilitator training videos, 20 participant workbooks, and a participant video.

Individual components

3080 | \$89.95 Facilitator guide, 496 pp.

3090 | \$10.95 A Healing Journey participant workbook, 184 pp.

3255 | \$159.00 Facilitator guide and 10 A Healing Journey workbooks

309010 | ~~\$109.50~~ \$84.00 Package of 10 A Healing Journey workbooks



training

Trainings on all of our trauma-focused programs are available to ensure they are implemented with effectiveness and fidelity. We offer a variety of training options that can tailor to your organization's structure and scheduling.

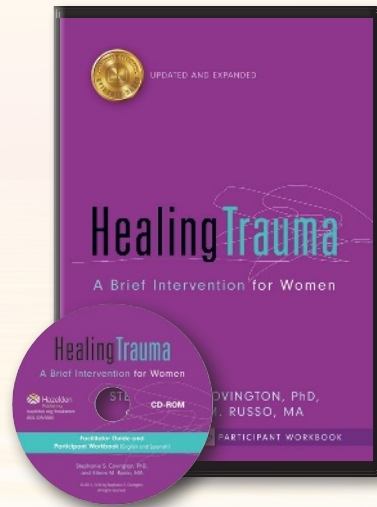
Visit hazelden.org/producttraining for more information.

Gender- and trauma-responsive

FOR WOMEN

Gender-responsive brief interventions

- Designed for groups in outpatient, residential, and correctional settings
- New statistics, discoveries, and insights in the field, particularly around neuroscience
- Integration of grounding, self-soothing, and reflection activities, including yoga poses
- Special considerations for criminal justice settings



Healing Trauma **ADULTS**

A Brief Intervention for Women

By Stephanie S. Covington, PhD, and Eileen M. Russo, MA
Healing Trauma is a six-session adaptation of the best-selling, evidence-based program *Beyond Trauma: A Healing Journey for Women*. It addresses the unique challenges that women with trauma face in a way that is both sensitive and understanding.

4051 | **\$149.95** CD-ROM with facilitator guide and workbook in both English and Spanish.

BEST VALUE!

Healing Trauma and Exploring Trauma collection

4000 | **\$249.95** Includes all components from both programs.

Helping Women Recover **ADULTS**

A Program for Treating Addiction

By Stephanie S. Covington, PhD

This revised edition of Dr. Stephanie Covington's innovative, evidence-based program integrates theories of women's psychological development, trauma, and addiction to meet the needs of women with substance use disorders.

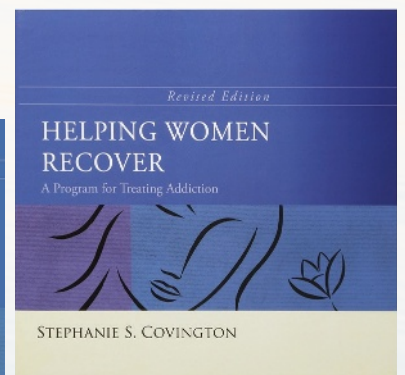
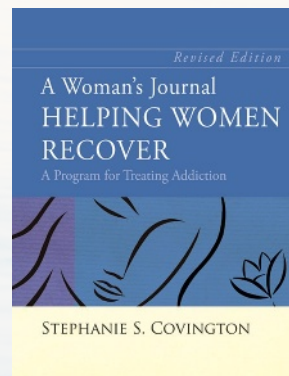
The comprehensive, 17-session curriculum contains four modules that address triggers for relapse:

- Self • Relationships • Sexuality • Spirituality

The user-friendly and self-instructive materials are a step-by-step facilitator guide and a participant journal that is filled with self-tests, checklists, and exercises to guide each participant in creating a personalized guide to recovery.

2596 | **\$205.00** Curriculum

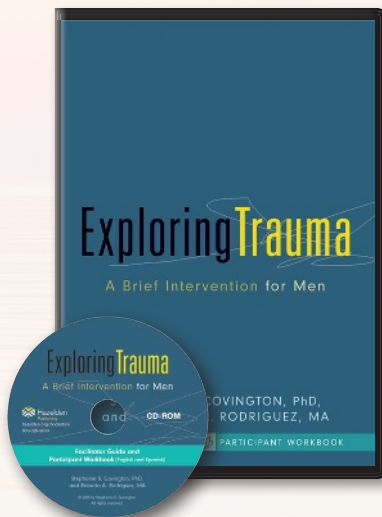
2597 | **\$35.00** Journal



treatment programs



FOR **MEN**



Exploring Trauma **ADULTS** A Brief Intervention for Men

By Stephanie S. Covington, PhD, and Roberto A. Rodriguez, MA, LAMFT, LADC

Exploring Trauma is a six-session evidence-based, gender-responsive program that addresses the trauma experiences of men. The program is designed to help men begin to recover and find ways to grow, build resilience, experience life more fully, and engage in deeper, more meaningful relationships.

4052 | **\$149.95** CD-ROM with facilitator guide and workbook in both English and Spanish.

training

Trainings on all of our trauma-focused programs are available to ensure they are implemented with effectiveness and fidelity. We offer a variety of training options that can tailor to your organization's structure and scheduling .

Visit hazelden.org/producttraining for more information.

Helping Men Recover **ADULTS**

A Program for Treating Addiction

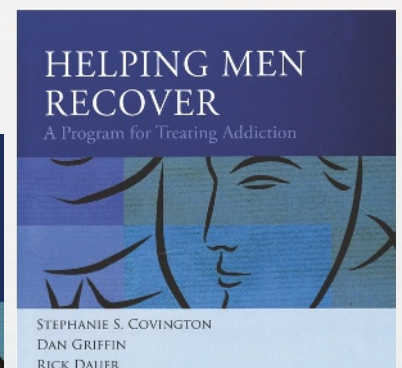
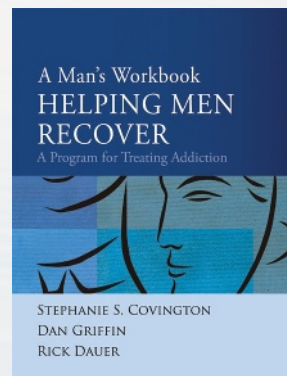
By Stephanie S. Covington, PhD, Dan Griffin, and Rick Dauer

Helping Men Recover addresses issues that many men struggle with, especially if they are experiencing problems with alcohol or other drugs. The program is organized into four sections, or modules: Self, Relationships, Sexuality, and Spirituality. These are four areas that men consistently identify as the triggers for relapse and the areas of greatest challenge in their recoveries. Within the four modules, specific topics are covered, including:

- Self-awareness and identity
- How men are socialized in our society
- The impact of the family of origin
- Grounding and relaxation techniques
- Communication
- Power, violence, and abuse
- Relationships
- Trauma and addiction
- Sexual identity
- Healthy sexuality
- What spirituality is

3019 | **\$195.00** Curriculum


3960 | **\$30.00** Workbook



COR-12: Comprehensive Opioid

An innovative new approach for substance use disorder

The impact of the opioid epidemic is felt in families, law enforcement, health care, schools and virtually every segment of society. Addressing this crisis effectively will require an integrated, cross-discipline effort. COR-12 blends science with the enduring lived experience of personal and family recovery, resulting in the delivery of long-term, wraparound services tailored to an opioid-dependent person's needs in an abstinence-based system of care.



"It is essential, now, that we get it right, that we integrate rather than isolate systems of care, including MAT and biopsychosocial care... Integrating the Twelve Steps with Medically-Assisted Treatment for Opioid Use Disorder...is all part of a Recovery Oriented System of Care and that is the kind of thinking and approach we need now."

NAATP referenced COR-12 in its press release regarding the use of MAT.

Response with the 12 Steps

treatment providers

EDUCATION

Creating safe and supportive communities

The COR-12 approach includes a comprehensive set of evidence-based techniques and services, designed to support and empower professionals.

Community Mobilization Event

Join forces with community leaders in health care, treatment, education, and law enforcement—along with community coalition groups—to help individuals become aware of the dangers of heroin and prescription painkiller misuse, as well as highlight the hope of recovery from addiction.

Beyond the Waiver: Training for Medical Professionals

Physicians, nurses, and other practitioners have important roles to play in combating opioid abuse, which may feel new and uncomfortable. This training will help participants understand the risks and known benefits of treating pain with opioids, as well as identify patients at risk for addiction and when to refer opioid-dependent persons to appropriate levels of care.

TREATMENT

Blending science with the enduring lived experience of personal and family recovery

COR-12 Discovery Session with Leaders

A comprehensive understanding of clinical systems and patient/client needs is essential to the delivery of effective training and consultation services. Our on-site discovery offering ensures that projects are collaborative and that the solutions provided are of the highest quality.

COR-12 Action Planning for Success

This session for agency leadership provides the dedicated time and space for planning to develop new services or expand current programs as they relate to the treatment of opioid use disorders. Leaders will address opportunities and challenges related to implementing a recovery-oriented Medication-Assisted Treatment (MAT) program.

COR-12 Implementation Training for Staff

This training provides clinicians with the knowledge, skills, and tools to more successfully provide services for persons with opioid use disorders in a person-centered, recovery-oriented system of care.

COR-12 Implementation Support Services

Access to our clinical and administrative leaders provides your clinical team with expert consultation around any issues that come up while attempting to implement a recovery-oriented MAT program.

RECOVERY

Building a culture of recovery

Recovery Support Town Hall

This town hall focuses on understanding evidence-based practices for the effective recovery management of individuals with opioid use disorder and debunks the myth that using medication during recovery is not recovery.

Let us help you restore hope to your community
by tackling the opioid epidemic together.

Get started today.

877-872-8371 | training@hazeldenbettyford.org

Discover Freedom from Criminal

COMING SUMMER 2019



ADULTS

CRIMINAL JUSTICE

A New Direction A Cognitive-Behavioral Therapy Program

Created in partnership with the Minnesota Department of Corrections, *A New Direction* (AND) is a flexible, evidence-based, Cognitive-Behavioral Therapy (CBT) program that helps law-involved clients challenge their thinking in order to change their criminal and addictive behavior patterns—an approach proven to significantly reduce recidivism. It addresses the critical aspects of life that influence decisions and equips clients with new coping skills, eliminating destructive behaviors while supporting successful long-term recovery.

About the updated program:

- Modular program design allows for flexible implementation from intake through supervised release
- Revised workbooks and all new companion videos guide participants through each of the seven core topics
- A strengths-based instructional approach uses simple, inclusive language, and comprehension is reinforced in each workbook with quick reviews, reflection exercises, and thinking reports
- Videos work hand-in-hand with each workbook to solidify messaging and enhance participant understanding using genuine, inspiring interviews with current and past participants who have changed their lives through the AND program
- A facilitator guide and accompanying video include recommendations from skilled clinicians, session guidelines for easy-to-use group delivery, fidelity checklists, outcome measurement tools, and best practices recommended by the Minnesota Department of Corrections
- Reproducible handouts and quality assurance tools are easily accessible from a USB flash drive
- Workbooks are available in English and Spanish, and videos have English and Spanish closed captions

A New Direction is effective for a wide variety of criminal justice settings—from prisons to jails to community programs—and is easily customizable to meet individual facility and budgetary needs. The program meets most federal funding requirements, including residential substance use disorder treatment.



NEW VERSION
Now Available
for Preorder

training

Call 877-872-8371 to learn more about training for *A New Direction*.

and Addictive Thinking

A New Direction COMPLETE COLLECTION

4700 | \$5,659.00

5 Facilitator guides
1 DVD of each module
100 Workbooks of each module
25 bronze medallions

Individual Kits

Kit: 1 Facilitator guide
100 Workbooks, 1 DVD

Additional Workbooks

1-99 | \$6.95 ea.
100+ | \$5.95 ea.

Additional DVDs

Introduction to Treatment

Introduce clients to a therapeutic community and the key concepts they will tackle in order to challenge behavior patterns.

8842 | \$809.00

6704

9043 | \$225.00

Criminal and Addictive Thinking

Explore core beliefs and distorted thinking behind substance use disorder and criminal behavior.

8841 | \$949.00

6703

9042 | \$395.00

Alcohol and Other Drug Education

Understand the science behind addiction and criminal behavior.

8843 | \$809.00

6702

9040 | \$225.00

Relapse Prevention

Address triggers and cravings, and create a prevention plan to help avoid relapse.

8844 | \$809.00

6705

9045 | \$225.00

Socialization

Learn about the importance of building healthy relationships and ongoing social support.

8845 | \$809.00

6706

9046 | \$225.00

Preparing for Release

Plan ways to manage ongoing recovery and improve lifestyle management.

8846 | \$809.00

6707

9044 | \$225.00

Co-occurring Disorders

Integrate treatment of co-occurring substance use and mental health disorders.

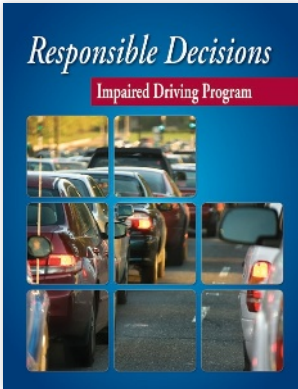
8847 | \$809.00

6701

9041 | \$225.00

Additional Facilitator Guides 6690 | 1-4 \$89.00 ea. | 5+ \$69.00 ea.

Help impaired drivers change behaviors



Responsible Decisions ADULTS

Impaired Driving Program

Responsible Decisions, published by The Change Companies®, is a flexible, evidence-based impaired driving program that guides professionals in motivating offenders in core topics designed to prevent driving under the influence. Each program module uses Interactive Journaling®, encouraging responsible decision making and influencing positive behavior change.

This program works effectively for a range of participants, from first to multiple offenders. All resources can be used with Level I or II education interventions or as components of substance use disorder treatment programming for impaired driving offenders.

Program components:

- Align with common state impaired driving education standards
- Offer a personalized roadmap for good decision making
- Incorporate a colorful, engaging *Interactive Journaling*® format
- Include personal change plans, which can be spread across course hours
- Measure participant understanding and feedback with pre- and post-tests and course evaluations

About the *Impaired Driving: Awareness* DVD

This 18-minute video that takes a close-up view of the impact of impaired driving is divided into segments that can be played independently to enhance discussions and engagement.



Comprehensive Curriculum

All topics in a single facilitator guide and journal

BEST VALUE!

- 6338 | \$35.00 *Comprehensive facilitator guide*
- 6337 | \$181.00 *Comprehensive journal, package of 25*
- 6339 | \$70.00 *Impaired Driving: Awareness video*

Comprehensive Curriculum Collection

6340 | \$286.00 Includes facilitator's guide, Impaired Driving: Awareness DVD, and 25 workbooks.

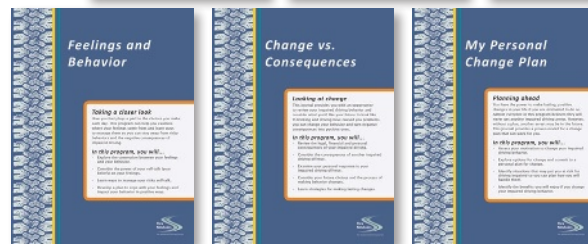
The Flex Modules

Topic-specific facilitator guides and journals

6749 | \$100.00 *Facilitator guides package of 6 topics*

Topic-specific journals | \$37.50 *Packages of 25*

- | | |
|---|--|
| 6743 <i>Why Am I Here?</i> | 6746 <i>Feelings and Behavior</i> |
| 7002 <i>Spanish Translation</i> | 7005 <i>Spanish Translation</i> |
| 6744 <i>Alcohol Drugs Driving and You</i> | 6747 <i>Changes vs. Consequences</i> |
| 7003 <i>Spanish Translation</i> | 7006 <i>Spanish Translation</i> |
| 6745 <i>Use, Misuse and Problem Use</i> | 6748 <i>My Personal Change Plan</i> |
| 7004 <i>Spanish Translation</i> | 7007 <i>Spanish Translation</i> |
| 6339 \$70.00 <i>Impaired Driving: Awareness video</i> | |



BEST VALUE!

The Flex Modules Collection

6750 | \$395.00 Includes 25 workbooks from each module, set of 6 facilitator guides, and Impaired Driving: Awareness DVD.

Integrating Dialectical Behavior Therapy with the Twelve Steps **ADULTS**

A Program for Treating Substance Use Disorders

By Bari K. Platter, MS, RN, CNS, and Osvaldo Cabral, MA., C.A.C. III

This one-of-a-kind group program incorporates dialectical behavior therapy and Twelve Step Facilitation. Combined, these widely used, evidence-based therapies provide a dynamic treatment modality to help strengthen a client's recovery from substance use disorder.

The program works by teaching participants to use a variety of skills in times of distress and to recognize the usefulness of those skills in recovery. They can practice these skills in groups and on their own, guided by program worksheets. These learned skills create balanced behavioral patterns that relate to many Twelve Step concepts, which are referenced throughout the program to help reinforce what is learned.

1. Mindfulness Skills

Clients learn skills to quiet the mind and trust their own perceptions, judgments, and decisions by practicing and acquiring certain skills.

2. Distress Tolerance Skills

These sessions teach clients how to successfully cope with stressful situations and unwanted emotions instead of doing something that makes things worse.

3. Interpersonal Effectiveness Skills

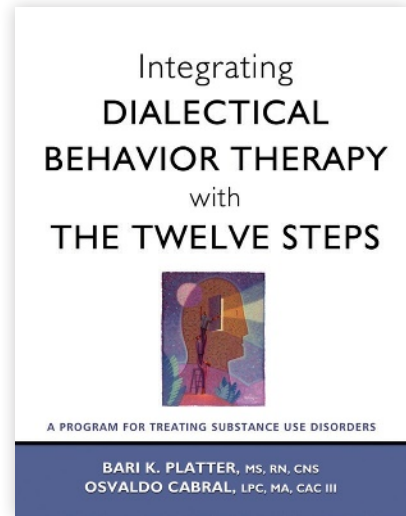
Participants are taught how to communicate more effectively with other people with the goals of achieving interpersonal effectiveness, coping with conflict, keeping relationships, and negotiating with others.

4. Emotion Regulation Skills

Experiencing and expressing emotions without lashing out, shutting down, or behaving in a way that is outside of our spiritual values are the goals of this module while teaching participants that they have choices other than using substances to manage their emotions.

Whether implemented in residential treatment settings, intensive outpatient programs, or in an extended care format, *Integrating Dialectical Behavior Therapy with the Twelve Steps* provides everything needed—the guidelines, session outlines, client worksheets, and handouts—to help professionals customize an evidence-based program that meets clients' needs.

4679 | \$595.00 Includes a facilitator manual with an introduction and session guide, client worksheets, and reproducible client handouts on CD-ROM.



training

Training to ensure fidelity in implementing *DBT with TSF* is available through Hazelden Publishing.

Visit hazelden.org/producttraining for more information.

Addiction Treatment for Adolescents and Young Adults



- Specialized treatment for young people 12–25
- World-class, evidence-based treatment for co-occurring disorders
- Residential and Outpatient
- Sober Living

HazeldenBettyFord.org/Youth
800-257-7800

 Hazelden Betty Ford
Foundation

CRIMINAL JUSTICE

The Hazelden Community Corrections Program

Hamilton Beazley, Helen Harberts, MN Dept of Corrections

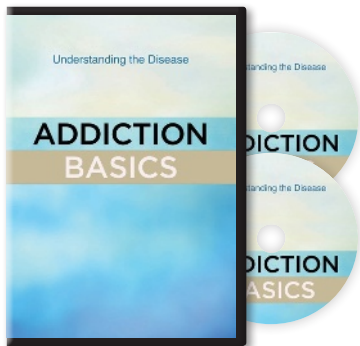
This comprehensive program includes three workbooks: the *Client Recovery Workbook* helps clients learn how to stay clean and sober; the *Client Life Skills Workbook* teaches clients how to create a blueprint to make the necessary changes; and the *Client Cognitive Skills Workbook* teaches socialization skills that enable clients to reintegrate into their community.

Ideal for any corrections setting, including community corrections programs, probation, jail, drug court, and state and federal institutions, the *Hazelden Community Corrections Program* gives your clients concrete strategies for living a productive, responsible, and sober life.

4261 | **\$295.00** Includes 3 CD-ROMs that include reproducible workbooks.



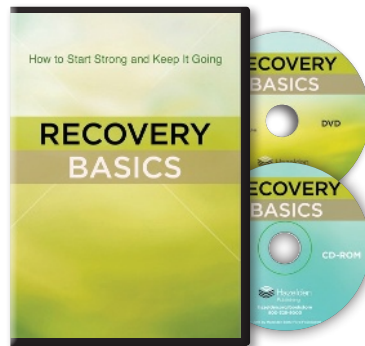
Our complete Basics collection



Addiction Basics

Understanding the Disease

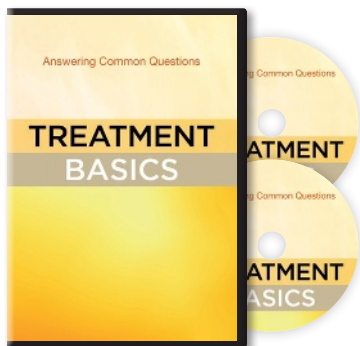
Dispel the myths of the disease with seven video segments. See page 52.



Recovery Basics

How to Start Strong and Keep it Going

Help clients understand the strategies and tools they need to keep recovery going. See page 59.



Treatment Basics

Answering Common Questions

Educate staff, patients and others on the process of substance abuse treatment. See page 52.



Family Recovery Basics

Healing from Addiction Together

Ideal for educating families in a variety of settings. See page 59.

Trauma and PTSD treatment

Based on research, built for the real world

Cognitive-Behavioral Therapy for PTSD

ADULTS



A Program for Addiction Professionals

Increase your effectiveness and positive outcomes when working with clients who have issues related to trauma and PTSD by implementing this affordable and easy-to-facilitate program.

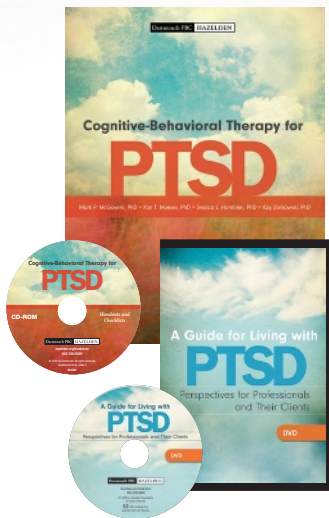
CBT for PTSD is a research-driven approach for persons with trauma-related psychological symptoms. Codeveloped by the Dartmouth Psychiatric Research Center (PRC) and Hazelden Publishing, leaders in the field of evidence-based programs for co-occurring disorders, this robust program is built on scientific evidence and designed to be delivered by real-world clinicians in real-world settings. The program includes:

- Six core sessions plus three optional sessions, goals, timing for both individual and group sessions, and client handouts
- Tips and suggestions throughout to help you maximize effectiveness
- Background information on trauma, PTSD, and CBT; practical considerations before and during the program; and additional resources to support your work

Also included is *A Guide for Living with PTSD* video. Through compelling testimonials and guidance from researchers at Dartmouth Psychiatric Research Center and the Department of Veterans Affairs National Center for PTSD, this video educates clinicians, clients, and their families on the history, epidemiology, challenges, and treatment of trauma and PTSD.

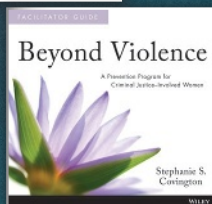
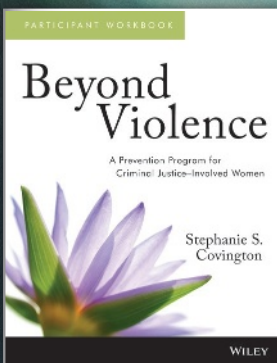
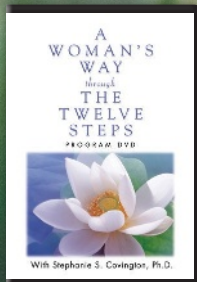
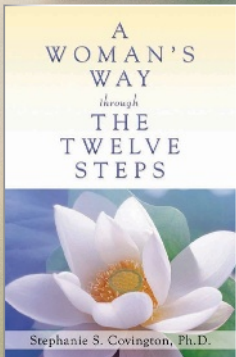
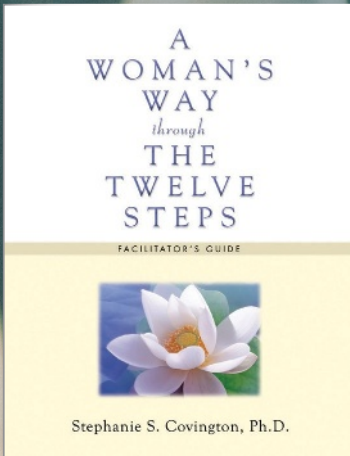
3320 | **\$269.00** Includes a 208 pp. therapist manual, CD-ROM with reproducible client handouts and checklists, and A Guide for Living with PTSD video.

3358 | **\$149.00** A Guide to Living with PTSD video on DVD sold separately. 56 min.



Includes the Life Events Checklist and PTSD Checklist (PCL/PCL-5) for determining whether clients meet DSM-5 criteria.





A Woman's Way through the Twelve Steps ADULTS

By Stephanie S. Covington, PhD

Geared specifically to women, this curriculum brings a feminine perspective to the Twelve Step program. Based on an open exploration and a flexible interpretation of the Twelve Steps, this new perspective takes into account the psychological development of women as it relates to addiction and recovery, as well as the social and cultural factors that affect women.

Facilitator Guide

The guide describes the most effective ways to conduct the program, which is a 13-session curriculum of experiential activities and discussions, focusing on the themes in each of the Twelve Steps.

7544 | \$89.95 *Softcover, 208 pp.*

Softcover Book and Workbook

The book offers inspiring stories of how women have traveled through the Steps and what works for them. The workbook helps to increase understanding of the lessons in the book and brings them to life with simple exercises and journaling activities.

0714 | \$27.95 *Includes softcover book (264 pp.) and workbook (104 pp.).*

Video

The video begins with an introduction to the program, followed by the author leading participants through discussions and exercises that address complex issues, such as shame, isolation, and abuse.

7543 | \$225.00 *DVD, 65 min.*

BEST VALUE!

The complete A Woman's Way through the Twelve Steps collection

7542 | \$495.00 *Includes a facilitator guide, DVD, 10 softcover books, and 10 workbooks.*

SAVE ALMOST \$100.00

Beyond Violence ADULTS CRIMINAL JUSTICE

A Prevention Program for Criminal Justice-Involved Women

By Stephanie S. Covington, PhD

Beyond Violence is an evidence-based manualized curriculum designed to serve women in criminal justice settings with histories of aggression and/or violence. It deals with the violence and trauma they have experienced, as well as any they may have perpetrated. This four-level model of violence prevention considers the complex interplay between individual, relationship, community, and societal factors, and also addresses the risk factors for experiencing and/or perpetrating violence. This model is used by the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO), and was used in the Prison Rape Elimination Act (PREA) research on women in prison. This is a 20 session (40 hour) intervention that consists of a facilitator guide, participant workbook and DVD.

3778 | \$195.00 *Facilitator guide with DVD.*

3777 | \$35.00 *Participant workbook.*

Help motivate women and give them hope for the future



Moving On **ADULTS** **CRIMINAL JUSTICE**



A Program for At-Risk Women

By Marilyn Van Dieten, PhD

Taking an educational and cognitive skills-building approach, *Moving On* is an evidence-based program influenced by three complementary approaches: relational theory, motivational interviewing, and cognitive-behavioral intervention.

The program:

- Is flexible and open ended, which allows for continuous intake
- Can be administered to groups or individuals in community corrections as well as institutional settings
- Has demonstrated positive outcomes in reducing risk for criminal behavior

Moving On is a flexible and comprehensive program that can be delivered in as little as 9-13 weeks.

Module includes:

- Transitions: Motivation to Get Started
- Listening and Being Heard: Communication Skills for Healthy Relationships
- Building Healthy Relationships: The Impact of Unhealthy Relationships and Domestic Violence
- Expressing Emotions: Expressing and Celebrating Emotions
- Making Connections and Staying Healthy: Relationship with Self and Connection with Others
- Transitions: Preparation for Moving Out of the Program

7920 | **\$565.95** Includes five facilitator guides, reproducible handouts, program manual, and DVD.

training

Moving On

Training is an integral part of *Moving On*. With training provided by Orbis Partners, you will:

- Develop an in-depth understanding of the program
- Learn effective implementation, assessment, and evaluation strategies and tools
- Model segments of the program with other participants
- Deliver the program with fidelity and ease

Contact Orbis Partners at **888-682-7720** to learn more.

An integrated, evidence-based for treating nonsevere co-occurring disorders

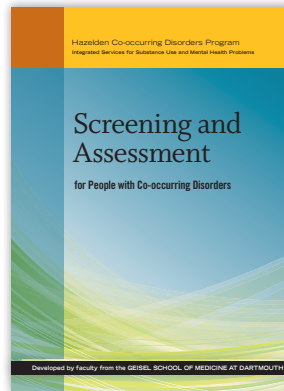
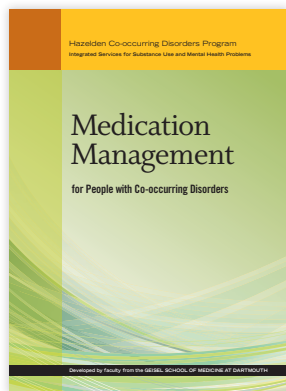
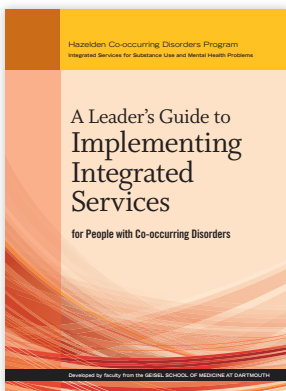
Hazelden's Co-occurring Disorders Program (CDP)

ADULTS



Ideal for both addiction treatment and mental health programs, *Hazelden's Co-occurring Disorders Program* includes all the tools necessary to meet the needs of agency leaders, clinicians, clients, family members, and other stakeholders while striving to provide the best possible treatment outcomes for people with co-occurring disorders.

Dartmouth PRC HAZELDEN



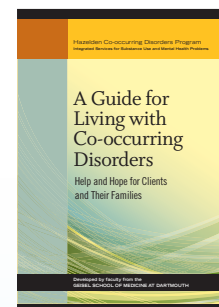
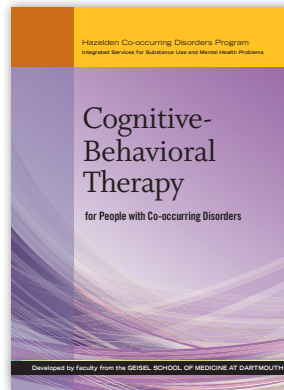
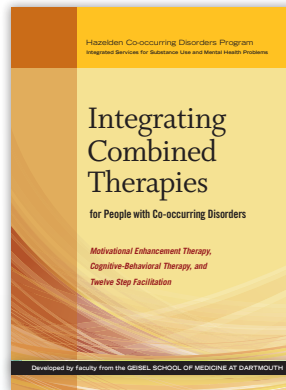
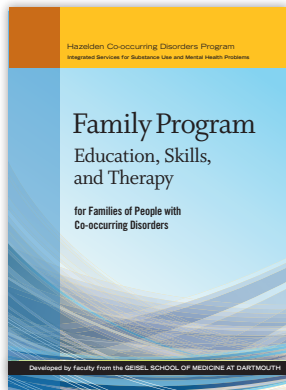
FOR CLINICAL TEAMS

Evaluate the unique needs of every client you serve and provide evidence-based treatment services.

FOR PROGRAM DIRECTORS AND AGENCY LEADERSHIP

Assess effectiveness and establish benchmarks needed to deliver the best co-occurring disorder services by the same team, within the same organization.

Practical | Structured | Evidence-Based | Affordable



training

Have an expert help your team apply the practices outlined in *Hazelden's Co-occurring Disorders Program* to your clinical environment. This program training will leave your team prepared to implement CDP with fidelity and ease.

For more information, call **877-872-8371**.

approach

A Leader's Guide to Implementing Integrated Services

Intended for key agency leaders, this guidebook offers the DDCAT treatment program assessment tool along with everything a clinical administrator needs to assess the seven key areas of organizational effectiveness. Complete instructions for implementing the *Hazelden's Co-occurring Disorders Program* are also included.

7678 | **\$49.00** Softcover, 192 pp.

Each curriculum includes a clinician guide, clinician forms, and reproducible patient handouts

Screening and Assessment

A must-use tool that helps clinicians evaluate patients with an effective, protocol-driven method.

7679 | **\$105.00** Softcover, 89 pp.

Integrating Combined Therapies

Key evidence-based practices described with appropriate modifications for people with co-occurring disorders.

7680 | **\$169.00** Softcover, 233 pp.

Cognitive-Behavioral Therapy

Utilizes cognitive-behavioral therapy principles to address the most common psychiatric problems in addiction treatment settings.

7681 | **\$120.00** Softcover, 136 pp.

Medication Management

Contains vital, current information about the complex issues of medication management, including medication compliance and other psychological concerns of the patient.

7682 | **\$105.00** Softcover, 112 pp.

Family Program

Helps clinicians involve patients and their family members in an integrated treatment approach that includes a 12-week program with other families.

7683 | **\$189.00** Softcover, 224 pp.

A Guide for Living with Co-occurring Disorders

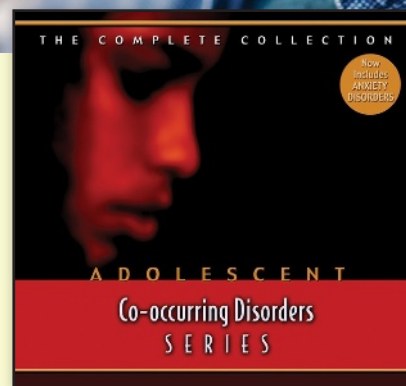
This video educates patients and families on the treatment of co-occurring disorders and ways that clients can better manage their recovery from both disorders.

7677 | **\$129.00** DVD, 83 min.

BEST VALUE!

The entire CDP collection for only \$829.00

7684 | **\$829.00** Includes 5 curricula, DVD, and A Leader's Guide to Implementing Integrated Services.



YOUTH

Adolescent Co-occurring Disorders Series

Written by leading experts in the treatment of adolescent co-occurring disorders, this important resource presents authoritative information about substance use and mood disorders, and substance use and disruptive behavior disorders. Implementation training is available. To learn more visit hazelden.org/producttraining.

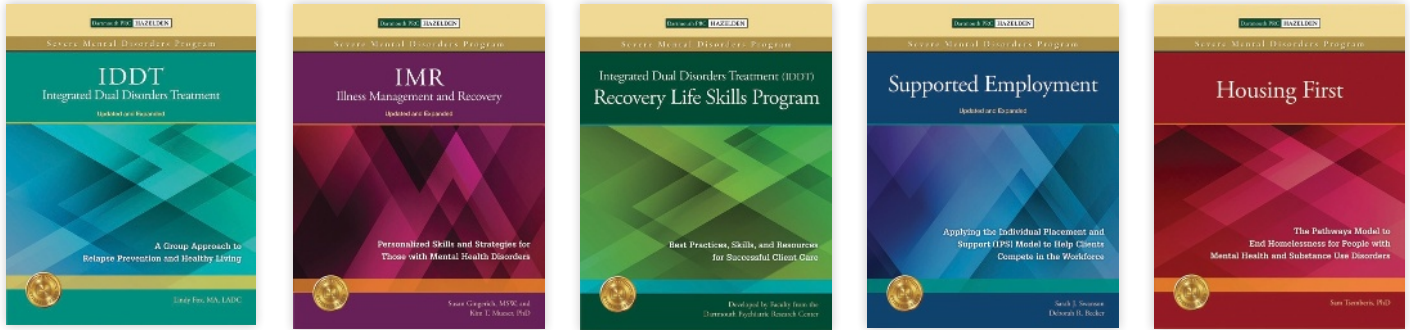
Programs include:

- Substance Use and Anxiety Disorders
- Substance Use and Adjustment Disorder
- Substance Use and Conduct Disorder
- Substance Use and Attention-Deficit/Hyperactivity Disorder
- Substance Use and Oppositional Defiant Disorder
- Substance Use and Mood Disorders

0391 | **\$295.00** Includes the Anger Management facilitator guide and workbook along with over 470 pages of facilitator guides, workbooks and client handouts included in the individual programs.

Integrated treatment

for severe mental health and substance use disorders



Severe Mental Disorders Program

ADULTS



Dartmouth PRC HAZELDEN

Evidence-based and developed by Dartmouth Psychiatric Research Center, leaders in the study of co-occurring disorders, the *Severe Mental Disorders Program* gives your organization the guidance and tools needed to successfully treat co-occurring severe mental health and substance use disorders at the same time by the same team.

Integrated Dual Disorders Treatment (IDDT)

Align the work of departments and transform your agency into an integrated treatment provider.

2034 | \$105.00 Includes a manual and CD-ROM with reproducible handouts.

Illness Management and Recovery (IMR)

Help clients identify personal recovery goals and develop self-management skills.

9957 | \$189.00 Includes a manual, CD-ROM with reproducible handouts, and a video produced by SAMSHA.

The IDDT Recovery Life Skills Program

Conduct group sessions to help clients prevent relapse and develop life skills to support recovery.

2075 | \$149.00 Includes a manual and CD-ROM of reproducible record sheets and handouts.

Supported Employment

Use the Individual Placement and Support model to help clients obtain meaningful jobs based on their field of interest.

2024 | \$99.00 Includes a manual and CD-ROM with reproducible handouts.

Housing First



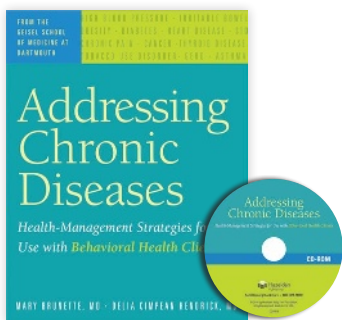
Introduce the evidence-based Housing First approach to help clients obtain housing followed by supportive treatment services.

2026 | \$189.00 Includes a manual and DVD.

BEST VALUE!

Severe Mental Disorders Complete Collection

3022 | \$595.00 Includes all components in the Severe Mental Disorders Program along with Implementing Evidence-Based Practices in Behavioral Health.



Addressing Chronic Diseases

ADULTS

Health-Management Strategies for Use with Behavioral Health Clients

By Mary Brunette, MD, and Delia Cimpean Hendrick, MD

Developed by medical professionals, *Addressing Chronic Diseases* focuses on chronic health conditions often seen in behavioral health clients. It is designed to be easily understood by medical and nonmedical professionals as well as laypeople, and sessions can be facilitated by a clinician, counselor, coach, or peer support member. It can be used in any treatment setting.

9869 | \$169.00 Includes clinician manual and reproducible client materials on CD-ROM.

Help clients choose positive alternatives to negative thoughts and actions

Rational Emotive Behavior Therapy ADULTS

The *Rational Emotive Behavior Therapy (REBT)* program, a cornerstone of psychotherapy since the 1950s, is based on the principle that individuals can change their actions by changing their thinking patterns.

Hazelden's *REBT* program applies these principles with booklets, workbooks, and videos based on key topics. This collection encourages self-directed learning and is an excellent resource in treatment and recovery.

Materials for 50 clients include:

- 450 booklets (50 each of nine titles)
- 450 workbooks (50 each of nine titles)
- All nine videos in the series
- All eight audio CDs
- Clinician's DVD
- Five clinician's guides
- Five sets of power cards

0597 | \$2,995.00 Complete collection.

SAVE OVER \$2,000.00
with the complete *REBT* program.



Individual Topics

	BOOKLETS \$3.95 each	WORKBOOKS \$2.75 each	VIDEOS \$99.00 each		BOOKLETS \$3.95 each	WORKBOOKS \$2.75 each	VIDEOS \$99.00 each
Anger	2875	2884	2504	Self-Esteem	2880	2889	2639
Anxiety and Worry	2876	2885	2506	Shame	2881	2890	2640
Depression	2877	2886	2507	Perfectionism	2882	2891	2641
Grief	2878	2887	2508	Understanding	2883	2892	
Guilt	2879	2888	2509				

0563 | \$695.00
Set of eight DVDs

The Co-occurring Disorders Series ADULTS



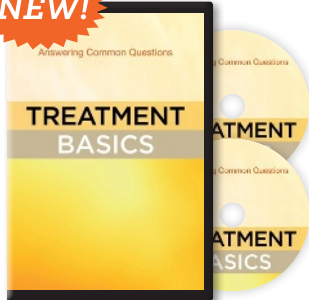
Customize co-occurring disorders treatment plans easily and cost effectively. Each topic-specific collection includes a DVD and a CD-ROM of reproducible client materials with a facilitator guide, client workbook, discussion guide, and family pamphlet. Personal stories assure clients that they are not alone and that recovery is possible.

\$99.00 each

- 7504 | Understanding Obsessive-Compulsive Disorders and Addiction
- 7505 | Understanding Bipolar Disorder and Addiction
- 7506 | Understanding Depression and Addiction
- 7507 | Understanding Major Anxiety Disorders and Addiction
- 7508 | Understanding Dissociative Disorders and Addiction
- 7509 | Understanding Suicide and Addiction
- 7510 | Understanding Borderline Personality Disorder and Addiction
- 7511 | Understanding Personality Problems and Addiction
- 7512 | Understanding Schizophrenia and Addiction
- 7513 | Understanding Post-traumatic Stress Disorder and Addiction
- 7514 | Preventing Relapse

Video-based curricula for

NEW!



Treatment Basics ADULTS

Answering Common Questions

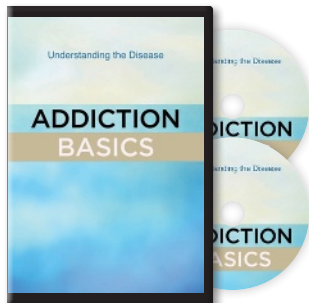
This DVD program educates clinical staff, patients, and anyone else involved in an addiction treatment setting on the process of substance abuse treatment in order to motivate timid patients, inform care providers, and disarm harmful stigmas. Participants will learn how to identify if treatment is necessary, what kind of help is available, what to expect during withdrawal, how to find success in treatment, and more.

Video segments include:

- Do I Need Help?
- How Can I Be Successful in Treatment?
- How Do I Support My Loved One?
- What Kind of Help is Available?
- How Do I Take Care of Myself While My Loved One is in Treatment?
- What Will Withdrawal Be Like?

SEE PAGE 59 FOR RECOVERY BASICS

4242 | \$225.00 Includes seven videos with approximately 90 minutes of total runtime. Also includes a printable facilitator guide and a set of reproducible client fact sheets.



Addiction Basics ADULTS

Understanding the Disease

Ideal for people who are wondering if they (or a loved one) may have a problem, *Addiction Basics* dispels the myths surrounding the disease. Industry experts and people in recovery provide insights in their own words, sharing a message of truth and hope. Some topics include harmful use versus addiction, risk factors, the cycle of addiction, how it affects the family, the relationship between addiction and co-occurring diseases, getting help, and much more.

Video segments include:

- Introduction to Addiction: A Brain Disease
- How Does Addiction Happen?
- How Does Addiction Affect Your Life and Relationships?
- What is Addiction?
- How Does Addiction Affect Your Body?
- How Does Addiction Affect Your Thinking?
- How Do You Get Help for an Addiction?

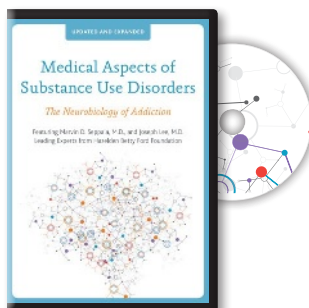
SEE PAGE 59 FOR FAMILY RECOVERY BASICS

3488 | \$225.00 Includes seven videos with approximately 90 minutes of total runtime. Also includes a printable facilitator guide and a set of reproducible client fact sheets.

BEST VALUE!

Save \$95 by purchasing the Basics Collection

5810 | \$580.00 Includes one each of *Addiction Basics*, *Treatment Basics*, and *Recovery Basics*



Medical Aspects of Substance Use Disorder ADULTS YOUTH

The Neurobiology of Addiction

By Joseph Lee, MD, and Marvin D. Seppala, MD

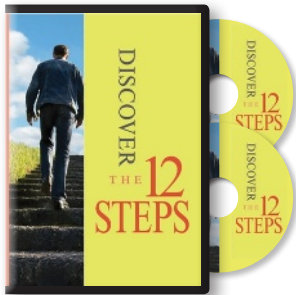
Medical Aspects of Substance Use Disorders is an educational series for adults and adolescents that provides information on the neurobiology of addiction, or how alcohol and other drugs affect the brain and central nervous system. Using the simplest terms, this seven-video series explains the changes in brain chemistry, helping us understand fully why it can be so difficult to overcome a severe substance use disorder.

Video segments include:

- Introduction
- Opioids
- Sedatives
- Stimulants
- Hallucinogens
- Cannabinoids
- Conclusion

1728 | \$275.00 Includes seven videos with approximately 25 minutes of total runtime. Also includes a printable facilitator guide and a set of reproducible client fact sheets.

treatment and recovery



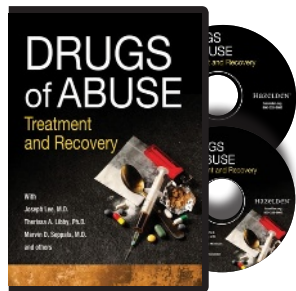
Discover the 12 Steps ADULTS

Discover the 12 Steps is a series of videos, led by real people in recovery, who share insights on what a Twelve Step program is, how to find a group, what to expect, and more. Each step has a guide, video, fact sheet, and discussion questions included.

Video segments include:

- Introduction • Step 2 • Step 4 • Step 6 • Step 8 • Step 10 • Step 12
- Step 1 • Step 3 • Step 5 • Step 7 • Step 9 • Step 11 • Conclusion

7593 | **\$399.00** Includes seven videos with approximately 62 minutes of total runtime. Also includes a printable facilitator guide and a set of reproducible client fact sheets.



Drugs of Abuse ADULTS

Treatment and Recovery

In *Drugs of Abuse*, doctors and clinicians join individuals in recovery to discuss the symptoms and consequences of substance use disorder treatment and life in recovery. Use this series of 13 videos to deliver education on symptomatology, pharmacology, neurobiology, treatment, and recovery management.

Video segments include:

- The Disease of Addiction • Stimulants • Opiates • Withdrawal and Pharmacology • Living Recovery
- Alcohol • Marijuana • Prescription Drugs • Synthetics
- Nicotine • Hallucinogens • Getting Help and Inhalants

4418 | **\$399.00** Includes 13 videos with approximately 90 minutes of total runtime and a set of reproducible handouts.



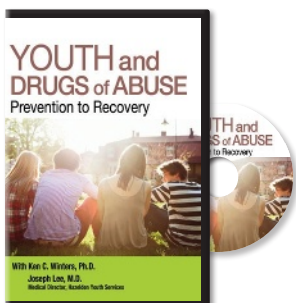
Young Adults Discover the 12 Steps YOUTH

Use this series of 14 videos to explain the Twelve Steps in a way that is easy for young adults and their families to understand. Also includes a facilitator guide, client fact sheets, and discussion questions for each Step.

Video segments include:

- Introduction • Step 2 • Step 4 • Step 6 • Step 8 • Step 10 • Step 12
- Step 1 • Step 3 • Step 5 • Step 7 • Step 9 • Step 11 • Conclusion

7592 | **\$399.00** Includes 14 videos with approximately 60 minutes of total runtime. Also includes a printable facilitator guide and a set of reproducible client fact sheets.



Youth and Drugs of Abuse YOUTH

Delivers education on alcohol and drug use, signs of addiction, effects on the brain and body, positive alternatives to use, and how to get help and treatment. Also includes facilitator guides and fact sheets for both the parent and teen programs.

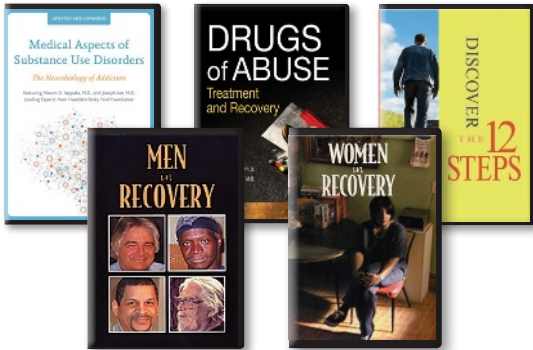
Video segments include:

- To Use or Not to Use • Making the Choice Not to Use
- Getting Help • Taking Care of Your Body and Brain

7516 | **\$249.00** Includes 14 videos with approximately 62 minutes of total runtime. Also includes a printable facilitator guide and a set of reproducible client fact sheets.

VIDEO COLLECTIONS OnDemand

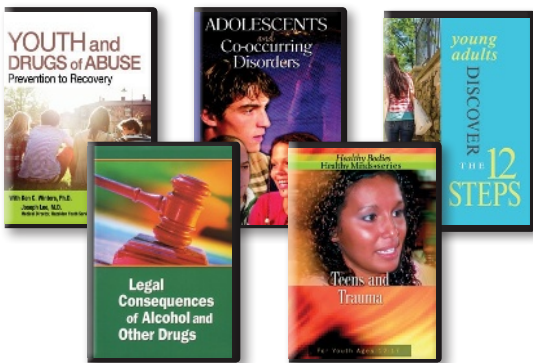
Online access to stream videos and print client materials!



Adults in Treatment

COLLECTION INCLUDES:

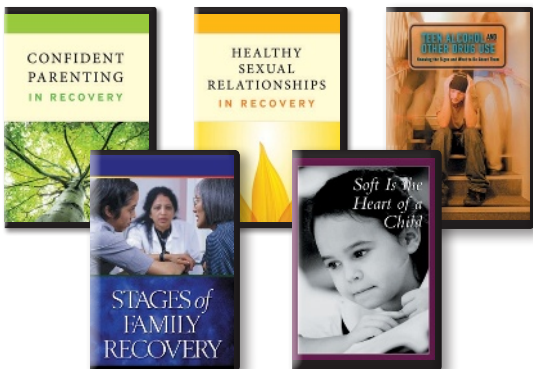
- Medical Aspects of Substance Use Disorders
- Discover the 12 Steps
- Drugs of Abuse
- Myths of Addiction
- Introduction to Twelve Step Groups
- The Science of Meth
- Restless, Irritable and Discontented
- Men in Recovery
- Women in Recovery
- Older Adults in Recovery



Youth in Treatment

COLLECTION INCLUDES:

- Medical Aspects of Substance Use Disorders
- Young Adults Discover the 12 Steps
- Youth and Drugs of Abuse
- Teens and Trauma
- Adolescents and Co-occurring Disorders
- Legal Consequences of Alcohol and Other Drugs
- Done Drinking: Getting Straight, Staying Sober
- Preventing Relapse: Taking the Necessary Steps
- Adolescents and Marijuana
- Body Image Trap
- Choices and Consequences



Families in Treatment

COLLECTION INCLUDES:

- Confident Parenting in Recovery
- Healthy Sexual Relationships in Recovery
- Stages of Family Recovery
- Teen Alcohol and Other Drug Use
- Parenting Skills: Setting Rules and Limits
- Parenting Skills: Handling Anger
- Parenting Skills: Building Trust
- Soft is the Heart of a Child
- Family Issues for the Chemically Dependent

**FREE
TWO-WEEK
PREVIEW!**

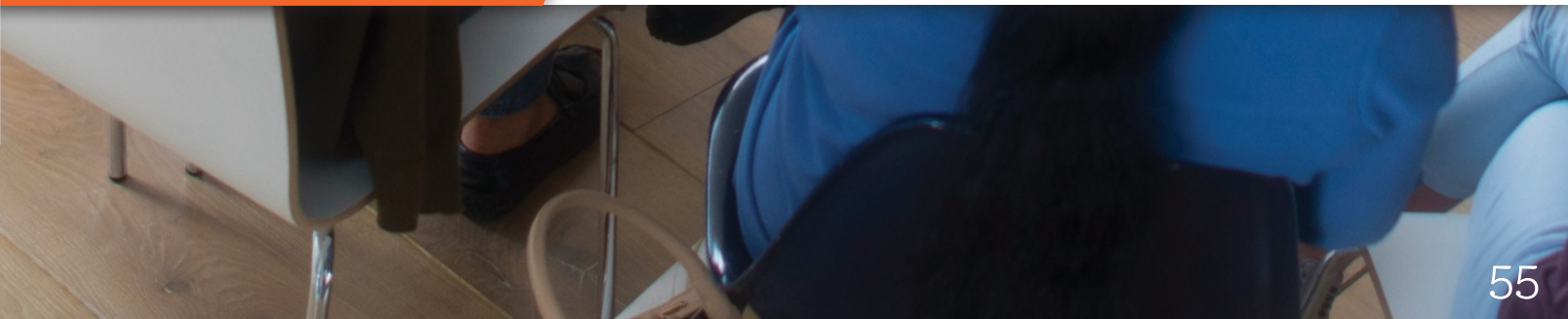
hazelden.org/treatmentondemand

877-872-8371



RECOVERY

Help your clients stay resilient after treatment with effective programs that offer evidence-based recovery support and living skills for use with both adults and adolescents in primary care, addiction and mental health clinics, educational, and correctional settings.



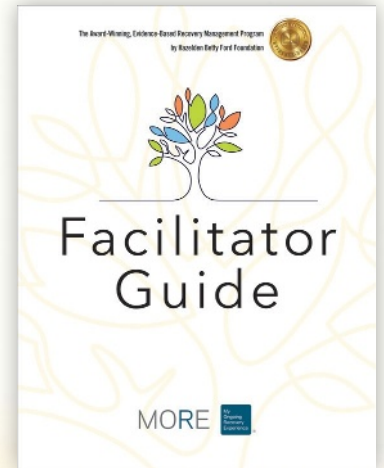
Recovery management developed by the experts at the Hazelden Betty Ford Foundation

My Ongoing Recovery Experience



Most addiction relapses occur within the first eighteen months of recovery. Research suggests that if an individual remains abstinent for at least one year after treatment, they have a better chance of maintaining lifelong sobriety. *My Ongoing Recovery Experience (MORE)* utilizes current research to help clients maintain their abstinence as they make the transition out of a highly structured treatment environment and into recovery. Originally released as a web-based program, this version of *MORE* offers organizations a print alternative that includes a facilitator guide, DVD, and three workbooks that each cover a different topic. *MORE* is designed for use in aftercare or continuing care programs, but can also be used in addiction treatment, corrections, or community treatment settings to enhance treatment readiness and engagement. Topics covered include:

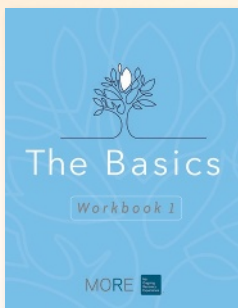
- Creating a safe living environment
- Improving spirituality
- Moving toward advanced relapse prevention skills
- Enhancing engagement in peer support



MORE takes clients through the following three workbooks that cover life skills, accountability, and personal growth:

The Basics

Workbook One helps clients build a stable lifestyle to support recovery. Starting with the basics, it includes lessons on how to make a safe living environment and create healthy daily routines. It

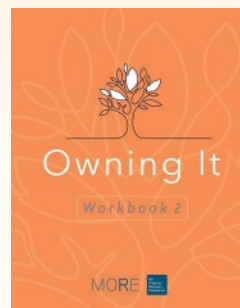


also covers lessons on the Twelve Steps, the importance of going to meetings, and how a sponsor can help with recovery. Clients will learn about powerlessness as the foundation of Step One, relapse basics, the warning signs of relapse, how to create a relapse prevention plan, and how to deal with a relapse if it does happen.

Owning It

Workbook Two helps clients make a daily habit of practices and skills that support recovery. Clients will learn to replace old routines with healthy habits and dig deeper into foundational recovery skills. Topics

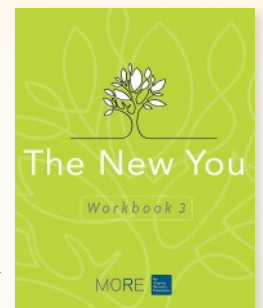
in this workbook include relapse prevention, utilizing peer support, improving relationships and communication skills, tips on healthy diet and exercise, and how to put the concepts of Steps One and Two into action. This includes accepting the disease of addiction and moving from self-reliance toward accepting support from others to utilize their wisdom and experience in recovery.



The New You

Workbook Three offers deeper guidance on putting recovery principles into action and seeing the work pay off in significant personal growth. Clients should start to

see growth and transformation in their life as they continue deeper work in recovery principles, such as understanding the Twelve Steps, working Step Three, deepening their spiritual practice, focusing on improving daily habits and thinking patterns and better managing the key recovery components of their daily schedule.



Individual Workbooks

- 1-9 Workbooks \$6.59 ea.
10 or more Workbooks \$5.59 ea.

6113 | The Basics—Workbook 1

6115 | Owning It—Workbook 2

6117 | The New You—Workbook 3

BEST VALUE!

The entire *MORE* collection

6132 | \$260.00 Includes facilitator guide, DVD, and 10 of each client workbook.



"MORE has been a tremendous help for me, guiding and helping me with the daily struggles of my first year of sobriety. This has been the best year of my life."

—A grateful alum

Recovery Support for your clients

MORE[®] Suite of Recovery Management Tools for Adults and Adolescents!

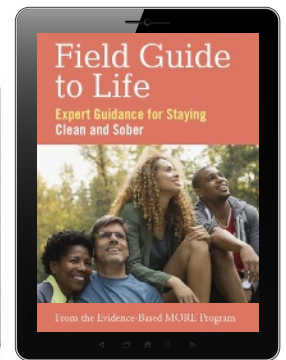
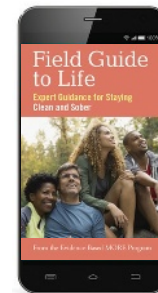
Get a full year of recovery support with the award-winning **Field Guide to Life** app. Follows each of the Twelve Steps and provides daily strategies to help adults early in recovery stay focused on positive actions.



The White House
Behavioral Health Patient Empowerment Challenge!



ONLY \$7.99!

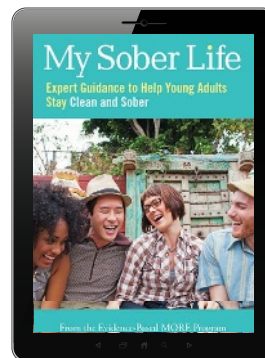


BULK PURCHASING AVAILABLE

Provide an app for all your clients by purchasing the MORE[®] Suite in bulk. Call Hazelden Publishing at 800-328-9000 to learn more.

My Sober Life

The **My Sober Life** app helps 13- to 26-year-olds in recovery use the life skills, peer support, and spiritual focus needed to stay alcohol and drug free.



ONLY \$7.99!

Meet individual client needs with new, flexible program options

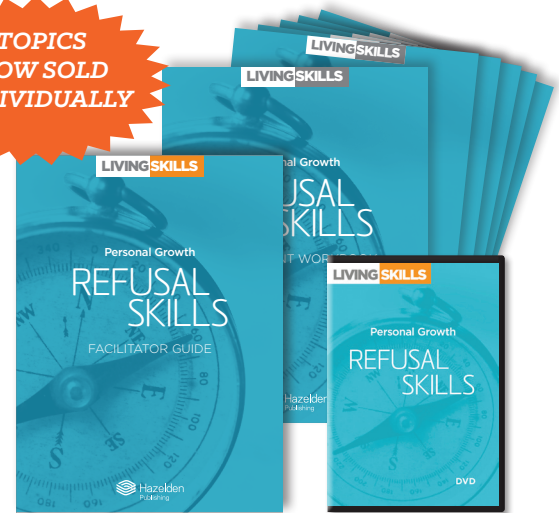
Living Skills ADULTS

Personal growth and practical guidance for everyday living

Living Skills is a robust collection of videos, workbooks, and guides that provides education and guidance on the application of daily life skills. The program is divided into 12 sessions—each available for individual purchase—that cover topics essential to healthy daily living. Personal Growth sessions focus on intrinsic personal development skills, while Practical Guidance sessions educate program participants on external skills to help them thrive in their communities. Through exercises, discussions, and role-play—whether in a group or one-on-one—*Living Skills* addresses the underlying emotional, behavioral, and cognitive barriers that keep people from living a healthy and fulfilling life. Both effective and affordable, this program is ideal for use in a variety of settings including treatment, recovery, corrections, or mental health.

Purchase the full *Living Skills* collection, or choose the sessions that best fit your needs. Each session package includes a facilitator guide, DVD, and ten workbooks.

TOPICS NOW SOLD INDIVIDUALLY



Individual Sessions

Personal Growth

These sessions focus on internal skills that promote personal development and working well with others, like making decisions effectively and setting clear, attainable goals.

	SESSION PACKAGE	1-9 WORKBOOKS: \$4.49 EA.	10+ WORKBOOKS: \$3.49 EA.
Making Decisions	6776	7082	
Values and Responsibilities	6777	7087	
Refusal Skills	6778	7126	
Interpersonal Skills	6779	7129	
Parenting and Child Development	6780	7132	
Setting and Attaining Goals	6781	7147	

Practical Guidance

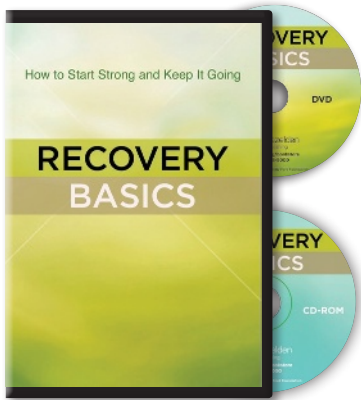
These sessions focus on external factors that affect success in daily life, from implementing proper hygiene and self-care practices to establishing a career.

Looking for Work	6771	7015	
Managing Money	6770	7011	
Securing Housing	6772	7041	
Hygiene and Self-care	6773	7047	
Education	6774	7054	
Sexual Health	6775	7065	



BEST VALUE!

The *Living Skills* complete collection
6790 | \$2,445.00 Includes all 12 facilitator guides, 12 DVDs and 10 workbooks for each topic



Recovery Basics **ADULTS**

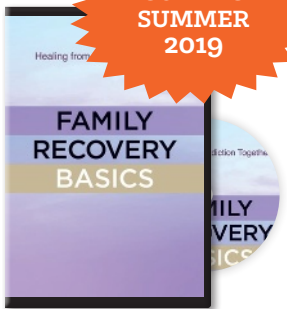
How to Start Strong and Keep It Going

Help your clients understand the strategies and tools they need when small choices can have big consequences. In this engaging series of six videos, mental health expert Amanda Klinger, PsyD, LP, from the Hazelden Betty Ford Foundation discusses specific techniques that address cravings, triggers, negative influences, conflicting emotions, shame, guilt, and relapse in a way that is easy to understand.

Topics include:

- Starting Your Recovery
- Managing Thoughts and Feelings
- Keeping It Going
- Preventing Relapse
- Building Healthy Relationships
- Managing Your Day

2420 | **\$225.00** Includes six videos with 70 minutes of total runtime. Also includes a printable facilitator guide and reproducible client fact sheets for adults and for adolescents.



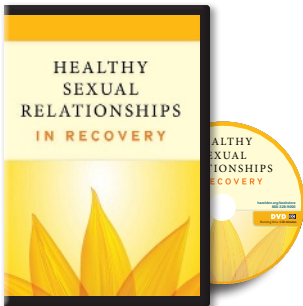
Family Recovery Basics **ADULTS**

Family Recovery Basics addresses the many questions and concerns families face when a loved one suffers from a substance use disorder. With a unique combination of recovery expertise and personal experiences, this video collection provides insight into the struggles families of addiction encounter, as well as healthy responses and strategies for hope and healing.

Topics include:

- Is There a Problem?
- Response
- Family Healing
- Impact
- Personal Healing
- Introduction to Family Recovery

4362 | **\$225.00**



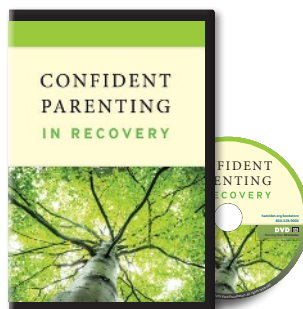
Healthy Sexual Relationships in Recovery **ADULTS**

Many people who suffer from mental health and/or substance use disorders have not experienced a healthy sexual relationship in their lives and don't know how to talk about it. This impactful video series can help start the conversation in a way that is relatable and easy to understand. It covers why people have sex, how to set boundaries, pornography, and sex in the Digital Age, as well as providing the facts on sexually transmitted diseases and contraception. It can help your clients achieve healthy sexual relationships in recovery.

Topics include:

- What is a Healthy Sexual Relationship?
- The Problem of Relationship Abuse
- Taking Care of Your Sexual Health
- Common Issues in a Sexual Relationship
- Recovery and Sexual Relationships

2465 | **\$225.00** 17-video series with 110 minutes of total runtime.



Confident Parenting in Recovery **ADULTS**

Parenting isn't easy and for people in recovery, it can be especially challenging. With insights on how to leverage strengths and overcome shortcomings, mothers and fathers in recovery can become more confident in their parenting. This series of videos leads people through how coming back after treatment affects children and their families, the traumatic effects of growing up with an addicted parent, breaking the cycle of dysfunctional parenting, and more.

Topics include:

- An Intro to Parenting
- Child Development
- A Parent's Addiction—A Traumatic Experience for Children
- Parenting Styles
- Parenting Basics
- Parenting in Recovery

2485 | **\$225.00** 29-video series with 90 minutes of total runtime.

Recovery support and relapse prevention



The Relapse Prevention Program **ADULTS** **YOUTH**

An Evidence-Based Approach

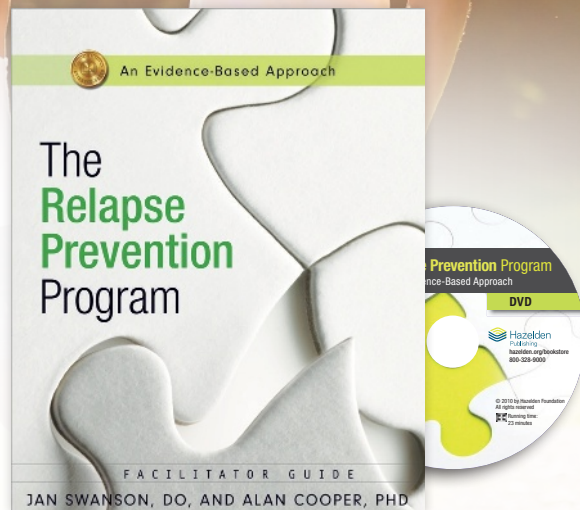
By Jan Swanson, DO, and Alan Cooper, PhD

The urge to use alcohol or other drugs can be triggered by many factors, including work-related stress, family problems, mental health disorders, physical pain, and social or environmental events. Any one of these risk factors can set off a relapse.

Based on G. Alan Marlatt's widely used, evidence-based protocols, *The Relapse Prevention Program* (formerly titled *Relapse Prevention Skills: Helping Clients Address High-Risk Factors*) helps clients identify high-risk situations, work on responses and coping skills, and explore lifestyle factors that may increase vulnerability. By following this model, clinicians can customize a program to each client's unique needs and minimize the risk of relapse.

Ideal for use in a variety of settings with both adults and adolescents, this nine-unit program can be used in either individual or group sessions. It can be used as a stand-alone program or as a supplement to an existing program.

2350 | **\$249.00** Includes a facilitator guide, client guides, and worksheets on a CD-ROM; and a video that demonstrates successful ways to address common and critical risk factors that can lead to relapse.



Nine units focus on the core relapse prevention skills that are addressed in the Marlatt model:

- Your High-Risk Factors
- Negative Feelings
- Cravings
- Pleasant Emotions (or Feeling Good)
- Physical Discomfort or Illness
- Testing Personal Control
- Social Pressure to Drink Alcohol or Use Other Drugs
- Having Fun with Others
- Conflict with Others





CLIENT RESOURCES

Nobody said recovery would be easy, however, resources from Hazelden can be just what's needed to get through the rough patches. Help them find the encouragement and support they need with books and gifts that inspire lifelong recovery and personal growth.

CLIENT RESOURCES

Best-loved meditation books continue to provide inspiration and encouragement.



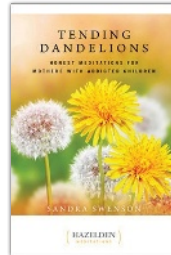
Cornerstones

Daily Meditations for the Journey into Manhood and Recovery

By Victor La Cerva, MD

Offering guidance, inspiration, spirituality, affirmation, and new definitions of manhood upon which to build a new life, each meditation in this collection was crafted to support a journey of recovery to become your best possible self.

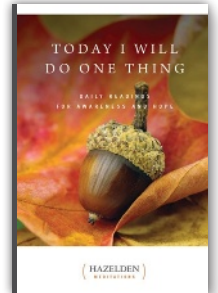
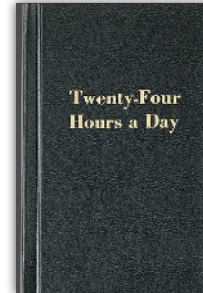
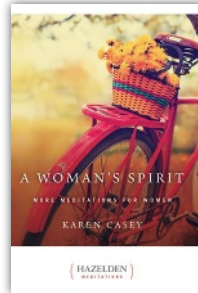
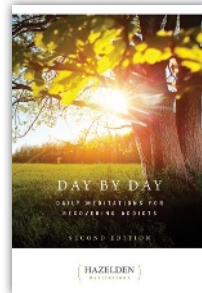
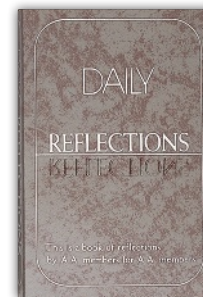
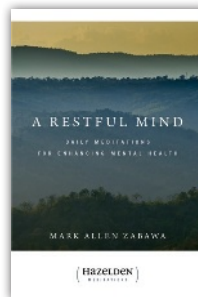
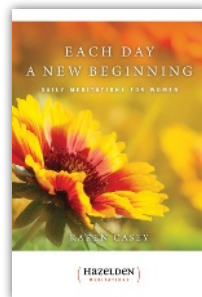
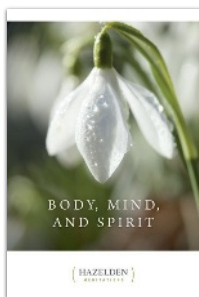
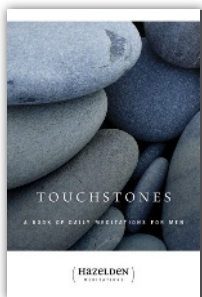
3518 | \$16.95 Softcover, 400 pp.



Tending Dandelions

Tending Dandelions is a vital source of wisdom, support, and strength that helps us begin our own journey of recovery. These meditations continue the tradition of Hazelden's beloved meditation books by providing moments of recognition, confession, and healing for those who are realizing that recovery rarely follows a neat or comfortable path.

3481 | \$15.95 Softcover, 264 pp.



Touchstones BEST SELLER
A Book of Daily Meditations for Men
5029 | \$15.95 Softcover, 400 pp.

Body, Mind, and Spirit
Daily Inspirations for Healing and Wholeness
7802 | \$15.95 Softcover, 384 pp.

Each Day a New Beginning
Daily Meditations for Women
By Karen Casey
1076 | \$15.95 Softcover, 400 pp.
1851 | \$18.95 Journal, 400 pp.

A Restful Mind
Daily Meditations for Enhancing Mental Health
By Mark Allen Zabawa
4411 | \$15.95 Softcover, 400 pp.

Daily Reflections
A Book of Reflections
ALCOHOLICS ANONYMOUS WORLD SERVICES, INC.
AA CONFERENCE-APPROVED LITERATURE OP
2013 | \$14.95 Softcover, 400 pp.

Keep It Simple
Daily Meditations for Twelve-Step Beginnings and Renewal
5066 | \$15.95 Softcover, 416 pp.

A Day at a Time
Daily Reflections for Recovering People
0018 | \$15.95 Hardcover, 384 pp.
7602 | \$15.95 Softcover, 384 pp.
4736 | \$14.95 Spanish translation, 384 pp.

Just for Today
4721 | \$13.50 Softcover, 400 pp.

Day by Day SECOND EDITION
Daily Meditations for Recovering Addicts
1099 | \$15.95 Softcover, 384 pp.
1902 | \$10.95 Institutional version Softcover, 384 pp.

A Woman's Spirit
More Meditations for Women
By Karen Casey
5433 | \$15.95 Softcover, 400 pp.

Twenty-Four Hours a Day
5093 | \$14.95 Softcover, 400 pp. (pictured)
1050 | \$15.95 Hardcover, 400 pp.

Today I Will Do One Thing
Daily Readings for Awareness and Hope
By Tim Mc.
1400 | \$15.95 Softcover, 416 pp.

Create a custom-designed medallion for your group or organization

For a price that's comparable to off-the-shelf medallions, you can custom order medallions with your own logo, artwork, photo, or text designed specifically for your clients. In six weeks you'll receive your medallions in a beautiful golden-bronze antique finish. Minimum order of 100. Choose from round, square, 3/4", oval, or key tags.



Keep It Simple

Butterfly Medallion

The other side features the Serenity Prayer.

9298 | \$2.95 ea.

929825 | ~~\$73.75~~ \$65.00 Pkg. of 25



Praying Hands Medallion

The Serenity Prayer backs this beautiful medallion. Coin in antiqued bronze.

1748 | \$2.75 ea.

174825 | ~~\$68.75~~ \$65.00 Pkg. of 25



Life Is a Journey Medallion

On the other side: "Spiritual and emotional growth is not a journey of a thousand days or a journey of a lifetime. It is a journey of one day at a time."

9254 | \$2.75 ea.



Change Medallion

This medallion features the motivational phrases "Change," "Change attitude," "Change thinking," and "Change behavior" to carry you through the day.

729825 | ~~\$73.75~~ \$65.00 Pkg. of 25



AA Twenty-Four Hours a Day Commemorative Medallion

This antiqued bronze medallion inspires those in recovery to live one day at a time. On the other side, the words from the Sanskrit proverb: "Today, well-lived, makes every hope."

9305 | \$2.95 ea.

930525 | ~~\$73.75~~ \$65.00 Pkg. of 25



Serenity Tree Medallion

On the other side, the phrase: "Serenity isn't freedom from the storm; it's the peace within the storm." Antiqued bronze; measures 1-5/16" in diameter.

4765 | \$2.75 ea.



Change the Sails Medallion

On one side: "I am powerless but not helpless." On the other: "We can't control the direction of the wind, but we can adjust our sails."

9291 | \$2.75 ea.



Enjoy the Journey Medallion

Welcome those beginning the recovery process with this medallion. On the other side: "Recovery is a process, not an event."

9253 | \$2.75 ea.

Veteran Bronze Medallion

Medallions, or challenge coins as they are called in the military, are valued symbols of achievement and recognition. This antiqued bronze medallion recognizes a very special achievement. On one side are the words "Veterans in Recovery," an eagle, and a field of stars and stripes. On the other side: "I came with hope, worked and learned. I have a new life, a life that I've earned."

9451 | \$2.75 ea.



Free to Breathe Medallion

This antiqued bronze medallion gives hope and reinforces the motivation to maintain recovery for individuals addicted to nicotine. Side one is illustrated with pine trees and the words, "Ask for Help, Relax, Heal." The Serenity Prayer is on the other side.

9321 | \$2.95 ea.



Hispanics in Recovery Medallion

This medallion shows the symbol of the phoenix rising from the flames with the words "Hispanics in Recovery" in Spanish on one side. The reverse side has the Serenity Prayer inscribed in Spanish.

9293 | \$2.75 ea.



AA Anniversary Medallion

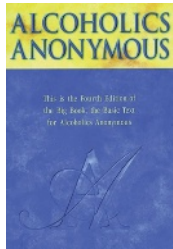
This antiqued bronze medallion features the time-honored Twelve Step program phrase "To Thine Own Self Be True," and "Unity, Service, Recovery" on one side, and the Serenity Prayer on the other. For medallions with anniversary years, order online at hazelden.org/bookstore.

9300 | \$2.95 ea.



CLIENT RESOURCES

TWELVE STEP RESOURCES



Additional formats available online at hazelden.org/bookstore.

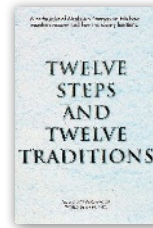
BEST SELLER

Alcoholics Anonymous FOURTH EDITION

The *Big Book* has served as a lifeline to millions worldwide. Includes 24 new personal stories that reflect AA's growing diversity. **OP**

ALCOHOLICS ANONYMOUS WORLD SERVICES, INC.

- 2021** | **\$13.95** Hardcover, 575 pp. (pictured)
- 202120** | ~~**\$279.00**~~ **\$239.00** Case of 20 hardcover books
- 2053** | **\$12.75** Softcover, 575 pp
- 205320** | ~~**\$239.00**~~ **\$229.00** Case of 20 softcover books



Twelve Steps and Twelve Traditions

Used by AA members and groups around the world, this book lays out the principles by which AA members recover and by which the fellowship functions and maintains its unity. **OP**

ALCOHOLICS ANONYMOUS WORLD SERVICES, INC.

- 2080** | **\$13.95** Hardcover, 192 pp. (pictured)
- 2081** | **\$11.95** Softcover, 192 pp.

BEST-SELLING PROGRAM

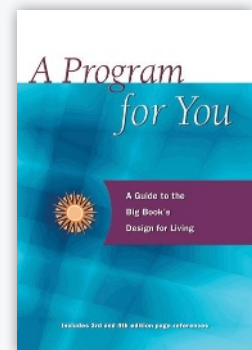
A Program for You

A Guide to the Big Book's Design for Living

This book provides a thorough understanding of the Twelve Steps and helps readers discover positive, powerful answers to their questions about life free of addictive behaviors.

This celebration of the basic text of Twelve Step recovery breathes new life into the *Big Book's* timeless wisdom. Thoroughly annotated, written with down-to-earth humor and simplicity, and providing a contemporary context for understanding, *A Program for You* helps us experience the same path of renewal that Bill W. and the first one hundred AA members did.

- 5122** | **\$15.95** Softcover, 192 pp. (pictured)
- 5746** | **\$15.95** Spanish translation, 192 pp.



Big Book Workbooks

These three workbooks feature information to reinforce important points in *A Program for You* and include exercises for self-examination and disclosure.



Title	English	Spanish
<i>Living with Your Higher Power</i>	5421 \$6.95 Steps 1–3	5740 \$6.95 Steps 1–3
<i>Living with Yourself</i>	5422 \$6.95 Steps 4–7	5741 \$6.95 Steps 4–7
<i>Living with Others</i>	5423 \$6.95 Steps 8–12	5742 \$6.95 Steps 8–12
<i>All 3 Workbooks</i>	0827 \$15.95	0854 \$16.95

Quitting Workbooks

Your Personal Recovery Plan series

These workbooks will help you identify the people, places, and things related to your alcohol or substance use, and also provide tips, exercises, and a personal action plan to start the journey to recovery.



Quitting Meth By Mark T. Sheets, MA, CCDCR 2093 \$6.95 40 pp.	Quitting Alcohol By Cardwell C. Nuckols 2613 \$6.95 52 pp.	Quitting Marijuana By Cardwell C. Nuckols 2157 \$6.95 40 pp.
Quitting Heroin By Cardwell C. Nuckols 2094 \$6.95 48 pp.	Quitting Cocaine By Arnold M. Washton, PhD 7304 \$5.95 40 pp.	

Narcotics Anonymous Resources

BEST SELLER

Narcotics Anonymous

This fundamental text was written by addicts, for addicts, and about addicts. It sets forth the NA principles used by hundreds of thousands of addicts in recovery. **OP**

4842 | \$15.95 Hardcover, 289 pp. (pictured)

4843 | \$14.95 Softcover, 289 pp.

4740 | \$14.50 Spanish translation



Living Clean

Welcomes members new to recovery and rekindles the passion of longer-term NA members. **OP**

NA WORLD SERVICES, INC.

4139 | \$13.95 Hardcover

4138 | \$11.95 Softcover

The Narcotics Anonymous Step Working Guides

Questions and narratives prompt thorough discussions of the Twelve Steps. **OP**

4724 | \$10.95 Softcover, 124 pp.

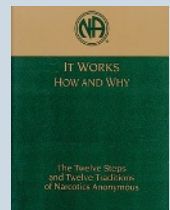
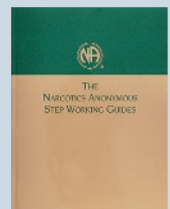
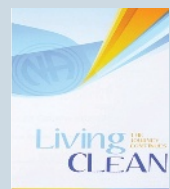
It Works: How and Why

The Twelve Steps and Twelve Traditions of Narcotics Anonymous

Features 24 chapters focusing on the Steps and Traditions used by NA. **OP**

4722 | \$13.50 Hardcover, 224 pp. (pictured)

7493 | \$10.95 Softcover, 224 pp.



Getting Started in AA

By Hamilton B.

This comprehensive guide offers practical suggestions for staying sober; summaries of AA principles, concepts, and slogans; and a brief historical overview of AA.

1308 | \$15.95 Softcover, 232 pp.



The Little Red Book

Filled with practical information for those first few days of sober living, or for renewal at any time along the recovery path, this little book is the original study guide to the Twelve Steps. The workbook is a helpful training tool in the practical applications of recovery—the “doing and living” of the Twelve Steps.

1030 | \$14.95 Hardcover, 160 pp. (pictured)

1034 | \$12.95 Softcover, 160 pp.

1028 | \$14.95 Workbook, 160 pp.

0284 | \$27.95 Includes The Little Red Book and The Little Red Book Study Guide



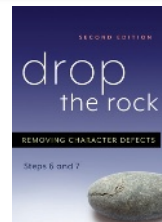
BEST SELLER

Drop the Rock Removing Character Defects

By Bill P., Todd W., and Sara S.

An in-depth look at Steps Six and Seven that combines personal stories, practical advice, and powerful insights.

4291 | \$14.95 Softcover, 128 pp.

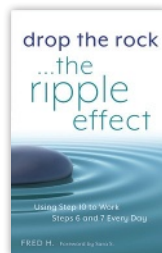


Drop the Rock . . . The Ripple Effect Using Step 10 to Work Steps 6 and 7 Every Day

By Fred H.

Drop the Rock . . . The Ripple Effect provides multiple perspectives from people successfully working a Twelve Step Program, highlighting Step 10 as a key to a sober life free of fear and resentment and filled with serenity and gratitude.

9743 | \$14.95 Softcover, 120 pp.

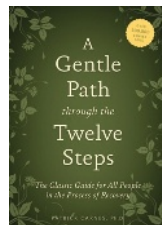


A Gentle Path Through the Twelve Steps The Classic Guide for All People in the Process of Recovery

By Patrick Carnes, PhD

With updated and expanded concepts and a focus on the spiritual principles that lead to lifelong growth and fulfillment, this recovery classic invites a fresh generation of readers to the healing and rewarding experience of Twelve Step recovery.

2558 | \$18.95 Softcover, 340 pp.

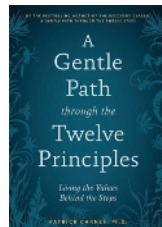


A Gentle Path Through the Twelve Principles Living the Values Behind the Steps

By Patrick Carnes, PhD

Renowned addiction expert Patrick Carnes, PhD, author of *A Gentle Path through the Twelve Steps*, outlines twelve guiding principles to help those in recovery develop an essential skillset for life.

2557 | \$16.95 Softcover, 340 pp.



A Man's Way Through the Twelve Steps

By Dan Griffin, M.A.

This book uses interviews with men in various stages of recovery, excerpts from relevant Twelve Step and other literature, and the author's own experience to explain the Steps.

4734 | \$15.95 Softcover, 288 pp.



Recovery Now A Basic Text for Today

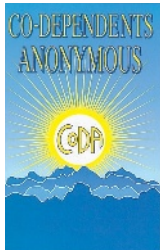
By Anonymous

Combines current research with the timeless wisdom of *Alcoholics Anonymous*, *Narcotics Anonymous*, and other Twelve Step literature, making it an indispensable book for anyone in recovery, regardless of gender, sexual orientation, culture, age, or religious beliefs. An ideal companion to the *Big Book* and other program guides.

4265 | \$9.95 Softcover, 180 pp.



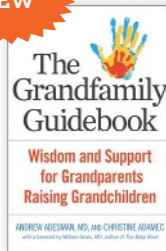
CLIENT RESOURCES



Co-Dependents Anonymous

Stories and Twelve Step principles uniquely pertinent to anyone coping with codependency and searching for freedom and peace. **OP**

4180 | \$13.95 Softcover

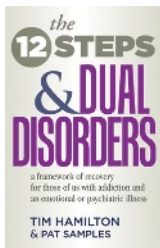


The Grandfamily Guidebook Wisdom and Support for Grandparents Raising Grandchildren

By Andrew Adesman, MD and Christine Adamec

The Grandfamily Guidebook offers just the right mix of expert advice and insights gathered from thousands of grandparents who are raising grandchildren. It offers advice on everything from engaging with birthparents, to managing legal and financial considerations, challenges with school and social life, and your own self-care.

3620 | \$17.95 Softcover



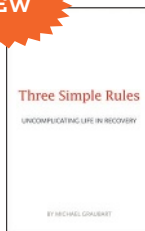
The 12 Steps & Dual Disorders

By Tim Hamilton and Pat Samples

This multiformat program offers a gentle, spiritual, and supportive approach to recovery for those with dual disorders.

1519 | \$12.95 Softcover, 112 pp.

1553 | \$6.95 Workbook, 48 pp.

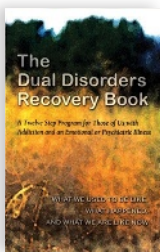


Three Simple Rules Uncomplicating Life in Recovery

By Michael Graubart

If sobriety were easy, everybody who wanted to be sober would be. If we want to have meaningful lives, there are just three things we need to focus on: Trust God. Clean house. Help others.

3655 | \$15.95 Softcover, 150 pp.



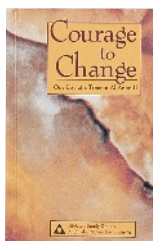
The Dual Disorders Recovery Book

A Twelve Step Program for Those of Us with Addiction and an Emotional or Psychiatric Illness

Personal stories and expert advice offer strength, hope, and experience to those suffering from a co-occurring addiction and mental health disorder.

1500 | \$15.95 Softcover, 264 pp.

Al-Anon Family Groups Conference-Approved Literature

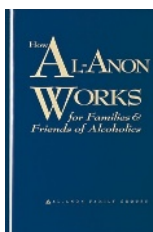


Courage to Change One Day at a Time in Al-Anon

Daily meditations feature a Step, Tradition, slogan, or other tool to help family members who have lived with an alcoholic or addict. **OP**

3070 | \$16.50 Hardcover, 384 pp.

3126 | \$16.00 Spanish translation, 380 pp.

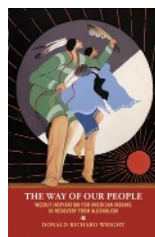


How Al-Anon Works For Families & Friends of Alcoholics

This introduction to the Al-Anon fellowship reveals how families of alcoholics can face the challenges of dealing with a chemically dependent loved one or friend. **OP**

4954 | \$11.00 Hardcover, 404 pp.

Native American Resources



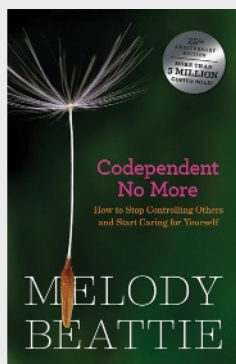
The Way of Our People Weekly Inspiration for American Indians in Recovery from Alcoholism

By Donald Richard Wright

Written by an Ojibwe Elder and alcohol and drug counselor, these inspirational meditations, prayers, and stories speak directly to American Indians about their everyday experiences of recovery from alcoholism. Ojibwe and Twelve Step spiritual principles and practices, together with stories from the rooms of AA meetings, portray an authentic experience of the challenges and rewards of living sober for Native people.

3973 | \$15.95 Softcover, 200 pp.

Melody Beattie's Codependency Collection



NEW YORK TIMES BEST SELLER

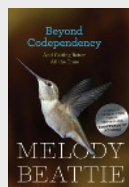
Codependent No More How to Stop Controlling Others and Start Caring for Yourself

This modern classic and international best seller is a simple, straightforward map through the otherwise tangled world of codependency.

5014 | \$16.95 Softcover, 276 pp.

6296 | \$15.95 Spanish translation

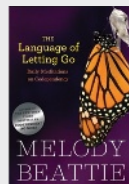
7909 | \$15.95 Workbook, Softcover, 200 pp.



Beyond Codependency And Getting Better All the Time

5064 | \$16.95 Softcover, 276 pp.

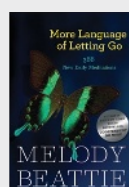
7091 | \$15.95 Spanish translation, 344 pp.



BEST SELLER

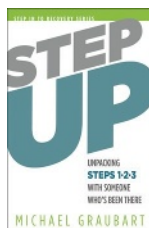
The Language of Letting Go

5076 | \$17.95 Softcover, 408 pp.



More Language of Letting Go 366 New Daily Meditations

1976 | \$17.95 Softcover, 432 pp.



Step Up

Unpacking Steps 1-3 with Someone Who's Been There

By Michael Graubart

Twelve Step programs can sometimes be intimidating. Before you walk into that meeting, you want to know the scoop and what it's really like to work a Twelve Step recovery program. Michael Graubart is here to tell you.

3411 | \$15.95 Softcover, 200 pp.



Practicing the Here and Now

By Herb K.

How do we unlock and experience the teachings of Step Eleven? Herb K. helps us realize that working—and living—this vital recovery "maintenance Step" doesn't have to be as much of a challenge as commonly thought.

8996 | \$15.95 Softcover, 160 pp.

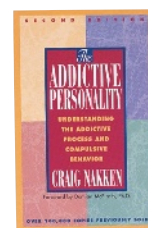


Walk the Talk with Step 12 Staying Sober through Service

By Gary K.

With passion and insight, Gary K. incites each of us to define our own paths of service and experience the rewards of community and connection.

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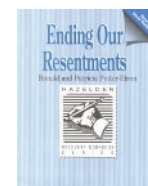
The Addictive Personality

Understanding the Addictive Process and Compulsive Behavior

By Craig Nakken, foreword by Damian McElrath, PhD

How does the addictive personality develop? Is it largely a matter of genetics? Environment? Culture? Nakken explores these and other intriguing questions about the addictive process.

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Ending Our Resentments

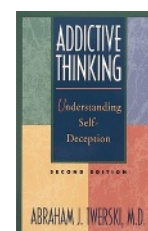
A Hazelden Recovery Issues Workbook

By Ronald T. Potter-Efron and Patricia S. Potter-Efron

An action-plan format helps clients work through resentments and identify relapse triggers.

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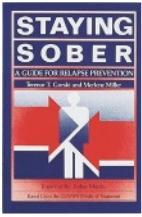
Addictive Thinking SECOND EDITION Understanding Self-Deception

By Abraham J. Twerski, MD

Reveals how self-deceptive thought can undermine self-esteem and threaten the sobriety of a recovering individual.

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CLIENT RESOURCES



Staying Sober A Guide for Relapse Prevention

By Terence T. Gorski and Merlene Miller

The authors discuss the addictive disease and its physical, psychological, and social effects. They also identify sobriety-based symptoms, outline management techniques to lower the risk of withdrawal, and explore mistaken beliefs about relapse. **OP**

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7469 | \$25.00 Workbook, 272 pp.

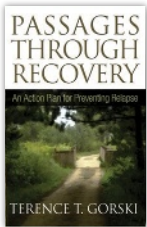


Six Essentials to Achieve Lasting Recovery

By Sterling T. Shumway, PhD, LMFT and Thomas G. Kimball, PhD, LMFT

Presents six guiding principles that are key to a lasting recovery, how they relate to the Twelve Steps, and why they work.

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Twelve Things Series

By Allen Berger, PhD, clinician, and popular Twelve Step speaker and workshop facilitator



12 STUPID THINGS THAT MESS UP RECOVERY

Avoiding Relapse through Self-Awareness and Right Action

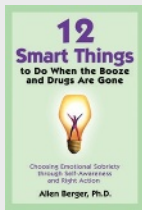
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Avoiding Relapse through Self-Awareness and Right Action

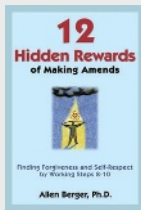
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Finding Forgiveness and Self-Respect by Working Steps 8-10

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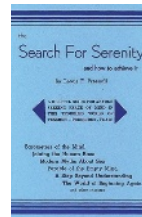
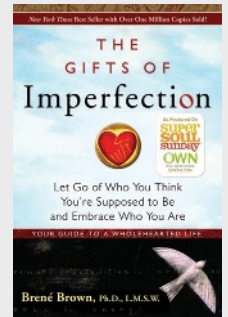
NEW YORK TIMES BEST SELLER

The Gifts of Imperfection Let Go of Who You Think You're Supposed to Be and Embrace Who You Are

By Brené Brown, PhD, LMSW

Help clients break feelings of inadequacy and shame, and learn to accept their imperfections with courage, compassion, and connection.

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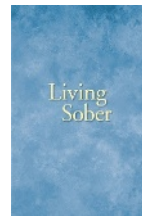
The Search For Serenity And How to Achieve It

By Lewis F. Presnall

This classic book describes some of the practical ways to replace misery with serenity and is a helpful guide for anyone seeking peace of mind. **OP**

UTAH ALCOHOLISM FOUNDATION

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Sound advice written in clear language that helps those in recovery live sober lives. **OP**

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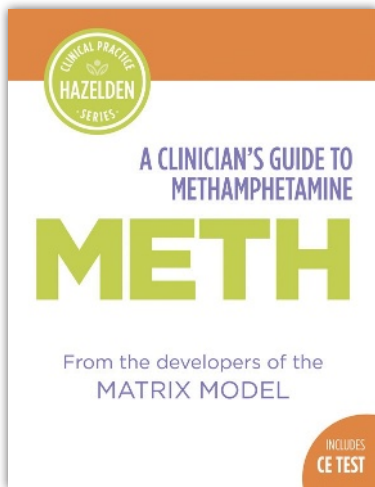
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- A new chapter on continuing care planning
- New case studies to address specific challenges in treatment of clients with a methamphetamine use disorder

3557 | \$89.99 Softcover guide, 125 pp., CE test **10 CEs**

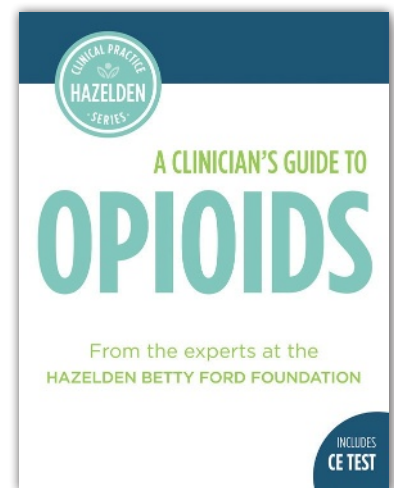
A Clinician's Guide to Opioids

NEW!

This comprehensive resource, developed by experts at the Hazelden Betty Ford Foundation, educates healthcare providers on proven best practices in the treatment of opioid use disorders. This guide covers the following topics:

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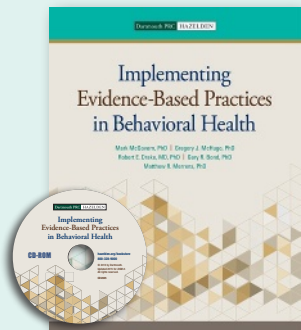
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By Mark McGovern, PhD; Gregory J. McHugo; Robert E. Drake, MD, PhD; Gary Bond; and Matthew R. Merrens, PhD

In this innovative and reader-friendly guide, leaders from the Dartmouth Psychiatric Research Center (PRC) examine the implementation of evidence-based practices in behavioral health and offer practical strategies for bringing these practices into routine clinical settings.

By using the specific processes, strategies, and tools provided, key administrative and clinical staff can:

- Lay out the stages of implementation, along with activities and strategies needed
- Assess implementation, including identifying the measures for use with specific evidence-based practices
- Apply the “checklist approach” to the tasks of implementation
- Show how motivational interviewing, psychoeducation, cognitive-behavioral interventions, and community-integration interventions can work as building blocks for implementing complex, agency-wide evidence-based practices for clients with severe mental health disorders

2025 | **\$39.95** Softcover, 177 pp., and CD-ROM of reproducible implementation tools, task checklists, and fidelity scales.

FIFTH EDITION

Diagnostic and Statistical Manual of Mental Disorders **ADULTS**

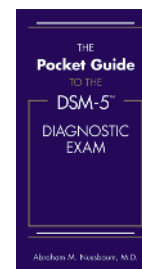
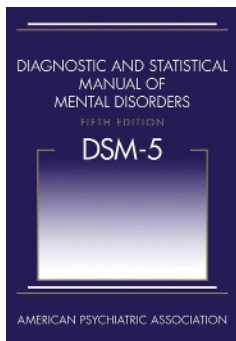
The *DSM-5* is intended to serve as a practical, functional, and flexible guide for accurately diagnosing and treating mental health disorders. This latest version of the manual is a tool for clinicians, an essential educational resource for students and educators, and a reference for researchers.

7534 | **\$160.00** Softcover, 991 pp.

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Written for all levels of experience, this handy guide will enable interviewers to effectively and efficiently employ *DSM-5* as part of a comprehensive diagnostic interview.

7595 | **\$72.00** Softcover, 281 pp.



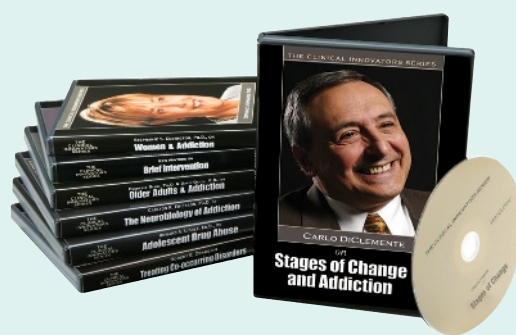
Hazelden’s Clinical Innovators Series **ADULTS**

Have front-row access to leaders who define the standards in addiction treatment by owning the *Clinical Innovators Series*. Each of the seven titles included in this collection comes with a video workshop, a clinician manual, and a post test approved for continuing education hours upon successful completion.

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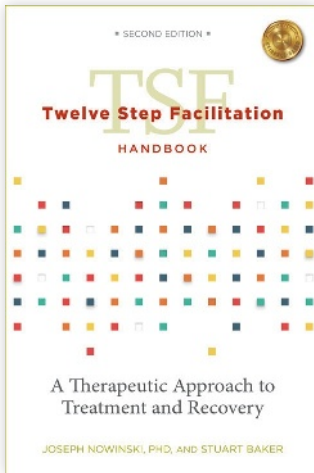


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Twelve Step Facilitation Handbook ADULTS YOUTH

A Therapeutic Approach to Treatment and Recovery

By Joseph Nowinski, PhD, and Stuart Baker

Listed on SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP), the Twelve Step Facilitation program, which includes the *Twelve Step Facilitation Handbook*, is an invaluable resource for understanding the effectiveness of the Twelve Steps and showing the importance of outcome-based treatment in modern health care. Beginning with a history of Project MATCH, this handbook introduces the scientific basis for *TSF* and goes on to highlight new research, describe the program's theoretical applications, and explain new features included in this second edition. Includes:

- Explanation of revised session topics
- Advice for common misconceptions about *TSF*
- Guidance on volunteer- and peer-assisted facilitation
- Recommendations for individual and group administration
- Applications for all substance use disorders

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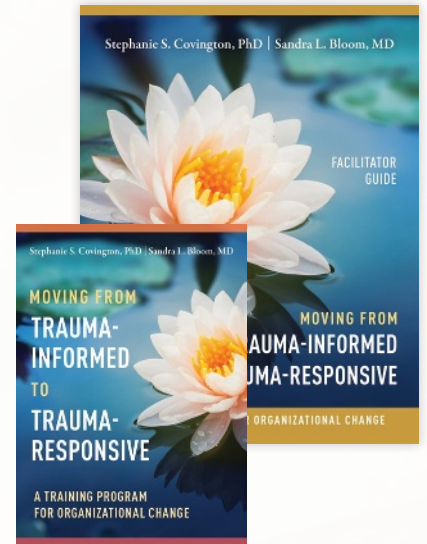
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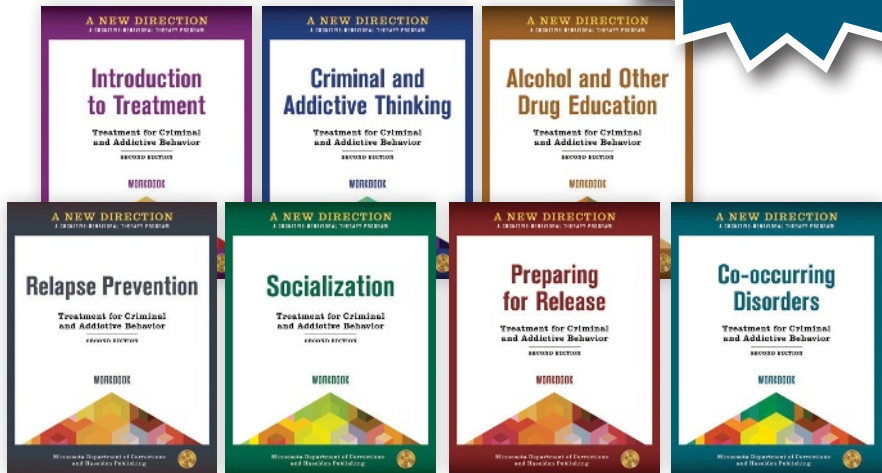
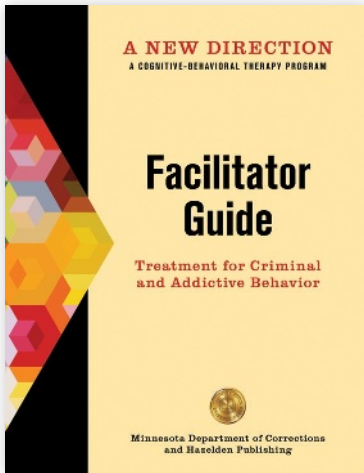
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