



Curriculum Outline

SATURDAY 8:00 am-12:00 pm **WHAT'S THE PROBLEM?**

- Insight 1: Introduction & Expectations
- Insight 2: Operating/Working While Impaired: A Closer Look
- Insight 3: Influences & Considerations of use
- Insight 4: All About AODA
- Insight 5: BioPsychoSocial Aspects of AODA
- Insight 6: Progression of a Problem
- Insight 7: Self Assessment & Review

SATURDAY 12:30 pm-4:30 pm **WHAT'S THE SOLUTION?**

- Insight 8: Stages of Change
- Insight 9: Feelings & Defenses
- Insight 10: Communication
- Insight 11: My Vision of the Future
- Insight 12: Making Mindful Choices
- Insight 13: Setting Limits
- Insight 14: Individual Change Plan & Consultation



Program Cost

Cost of Program

Registration fee is \$200.00 for this 1 day closed group.

Participants must pay in advance to be scheduled for class.

A student may reschedule the class on one occasion and must do so the Thursday before the start of class or a refund will not be given.

Payment is accepted by cash or credit and is not insurance reimbursable.



**Baeten Counseling and
Consultation Team, S.C.**

2920 South Webster Avenue
Green Bay, WI

Phone: 920-632-4471

www.Baetencounseling.com

Insight for Change



Provided By:



**State Certified Outpatient Mental
Health and Substance Abuse
Clinic
DHS 75**

**TO REGISTER FOR THE
CLASS CALL:**

(920) 632-4471



Insight for Change Educational Program

Baeten Counseling & Consultation Team,, S.C. is offering an 8 hour educational program that complies with requirements for individuals with a drug free workplace policy violation, school policy violation or other legal offenses related to their misuse of alcohol or other drugs. Classes are less than 10 students and facilitated by Licensed AODA professionals.

Eligibility for this program also includes any individual who could benefit from a psycho-educational modality to supplement ongoing therapy or counseling. This may include individuals cited with other substance related disorders, multiple underage drinking violations (ages 18+), or safety sensitive personnel who have tested positive for alcohol or drugs and have been referred to a substance use education program.

Eligibility Requirements

1. The individual does not have a significant substance use disorder requiring treatment.
2. Must be at least 18 years of age to participate.
3. The individual must make the commitment to complete the entire program to receive certificate of completion.
4. The individual must attend with a willingness to participate.
5. The individual agrees to attend the class **substance free**.
6. The individual must meet all requirements of referral stipulations.
7. Fee for course must be paid to register.

Additional assessment, sessions, or urine drug screening can be provided for additional fee(s).

Program Outcomes

- Learn about the relationship between number and types of alcohol leading to levels of impairment.
- Learn about the effects of alcohol on the body, well-being, and driving/working.
- Understand the continuum of use, misuse, abuse, and addiction and the link to mental health.
- Understand and learn about the interactions between emotions and cognitions for better life control.
- Evaluate lifestyle choices and learn how mindfulness can promote overall success in life areas.
- Identify lifestyle habits and the link between their current reality and desired goals.
- Identify a personal change plan and learn how to implement it.