

Introduction to Program Materials & Resources

The program materials are designed for online access. In all, there are approximately 60 psychoeducational videos (each from 4 – 9 minutes in length), approximately 120 cognitive behavioral exercises (at least 2 for each video), some handouts, and 4 audio guided meditations. These materials are organized into the 6 program levels. All of these materials are available for your use.

1. **Using the Materials.** All of the materials are free for you to use in your programs. It is best to use the hyperlinks provided in these documents to access the materials. The audio and video files (.mp3, .mp4) are designed to be delivered from the CSCYouth.com shell. This is because of the way that the visual and other media are licensed. Please do not download these but feel free to copy the hyperlinks and use them at your will. The exercises are fillable .pdf files. You can download these and edit them if needed. It is best to download them and tell the youth to download as well because they are easier to use on your home machines. They should work on computers and mobile devices. Most files will require an Adobe pdf Reader which is free and available for both computers and mobile devices. The data-base pdf files will require copying and pasting into a spreadsheet program.
2. **Program Materials Descriptions.** The program is designed around 6 program levels; each representing steps toward accepting, understanding, and taking steps to control the dynamics involved in the charges that led to the youth entering the SRT program. For a brief description of the levels see the Guide to Program Levels (<http://CSCYouth.com/tracking/levels.pdf>) system that tracks the progression through the program. Based on these levels, the Program Materials Descriptions outline all of the materials. Every audio, video, exercise, and handout is described in these materials. Hyperlinks are provided for every program material so you can download them.
 - a. Level 1 Program Materials: All Level 1 Material Descriptions are in the following document http://CSCYouth.com/program/level1_resources.pdf
 - b. Level 2 Program Materials: All Level 2 Material Descriptions are in the following document http://CSCYouth.com/program/level2_resources.pdf
 - c. Level 3 Program Material: All Level 3 Material Descriptions are in the following document http://cscyouth.com/program/level3_resources.pdf
 - d. Level 4 Program Materials: All Level 4 Material Descriptions are in the following document http://CSCYouth.com/program/level4_resources.pdf
 - e. Level 5 Program Materials: All Level 5 Material Descriptions are in the following document http://CSCYouth.com/program/level5_resources.pdf
 - f. Level 6 Program Materials: All Level 6 Material Descriptions are in the following document http://CSCYouth.com/program/level6_resources.pdf
3. **Program Materials Spreadsheet** (http://cscyouth.com/tracking/prog_mats.pdf). The spreadsheet pdf will require resizing after you download it because there are a lot of materials available. Nevertheless, it is easier to use a spreadsheet because using individual level documents to plan your group session becomes unwieldy when too many individual documents are used. Consequently, the pdf entitled Prog_Mats contains a list of all program materials organized by the levels in the program. There are four types of resource contained in the spreadsheet for each level of the program.

- **Audio Guided Meditations.** These activities are probably more useful in individual treatment due to their length. The guided meditations use a double-embedded metaphor strategy to lay out a guided storyline with embedded suggestions that can influence theta levels of the brain. Only levels 3, 4, 5, and 6 have such exercises.
- **Psychoeducational Videos.** Each level has a set of videos that provide information to help the youth understand various aspects of problematic sexual behavior and their own situation. The spreadsheet provides the name of each video followed with columns that contain the hyperlink for each video. You can copy the link and distribute it to the youth. The videos can be watched on computers and mobile devices.
- **Worksheets.** Each video has about 2 worksheets that apply the psychoeducational information provided in the presentation. These materials are in the columns that follow the video. Worksheets are developed as fillable pdf documents to make them accessible.
- **Handouts.** Some videos have handouts that can help the youth understand and/or access information as needed. These materials are in the columns that immediately follow the worksheets.

All of these materials were unfunded so were created with no compensation to the developers. Given that they were free for Washtenaw County, they are free for you as well. We tried to ensure a high-quality product, yet there will be some imperfections that you will find. After two years of development, the developers, Mark Ragg (http://cscyouth.com/program/Ragg_info.pdf) and Paul Majeske (http://cscyouth.com/Majeske_info.pdf), have elected to stop working and refining the materials and share them as promised to the County, they are also available at no expense to you.