

Crosswalk - R1 Learning and SAMHSA TAP 21 Core Competencies

SAMHSA TAP 21		R1 Content																			
		Current Catalog										Forthcoming Topics									
Chapter	Competency	Stages of Change	Recovery Capital	Phases	Healthy Boundaries	Defense Mechanisms	Consequences of Addiction	Relapse Triggers	Relapse Warning Signs	Emotions & Feelings	Career Interests	Substance Use Assessment	Cultural Competence	Co-Occurring Disorders	Risk Factors	12 Step Programs	Treatment Options	Trauma	Family Support	Maximizing Groups	
Transdisciplinary Foundation I - Understanding Addiction	1	Understand a variety of models and theories of addiction and other problems related to substance use.																			
	2	Recognize the social, political, economic, and cultural context within which addiction and substance abuse exist, including risk and resiliency factors that characterize individuals and groups and their living environments.																			
	3	Describe the behavioral, psychological, physical health, and social effects of psychoactive substances on the person using and significant others																			
	4	Recognize the potential for substance use disorders to mimic a variety of medical and mental health conditions and the potential for medical and mental health conditions to coexist with addiction and substance abuse.																			
Transdisciplinary Foundation II - Treatment Knowledge	5	Describe the philosophies, practices, policies, and outcomes of the most generally accepted and scientifically supported models of treatment, recovery, relapse prevention, and continuing care for addiction and other substance-related problems.																			
	6	Recognize the importance of family, social networks, and community systems in the treatment and recovery process.																			
Transdisciplinary Foundation III - Application to Practice	9	Understand the established diagnostic criteria for substance use disorders, and describe treatment modalities and placement criteria within the continuum of care.																			
	10	Describe a variety of helping strategies for reducing the negative effects of substance use, abuse, and dependence.																			
	11	Tailor helping strategies and treatment modalities to the client's stage of dependence, change, or recovery.																			
	12	Provide treatment services appropriate to the personal and cultural identity and language of the client.																			
	14	Be familiar with medical and pharmacological resources in the treatment of substance use disorders.																			
Transdisciplinary Foundation IV - Professional Readiness	16	Recognize that crisis may indicate an underlying substance use disorder and may be a window of opportunity for change.																			
	18	Understand diverse cultures, and incorporate the relevant needs of culturally diverse groups, as well as people with disabilities, into clinical practice.																			
	19	Understand the importance of self-awareness in one's personal, professional, and cultural life.																			
Practice Dimension I - Clinical Evaluation	20	Understand the addiction professional's obligations to adhere to ethical and behavioral standards of conduct in the helping relationship.																			
	24	Establish rapport, including management of a crisis situation and determination of need for additional professional assistance.																			
	25	Gather data systematically from the client and other available collateral sources, using screening instruments and other methods that are sensitive to age, developmental level, culture, and gender. At a minimum, data should include current and historic substance use; health, mental health, and substance-related treatment histories; mental and functional statuses; and current social, environmental, and/or economic constraints.																			
	26	Screen for psychoactive substance toxicity, intoxication, and withdrawal symptoms; aggression or danger to others; potential for self-inflicted harm or suicide; and co-occurring mental disorders.																			
	27	Assist the client in identifying the effect of substance use on his or her current life problems and the effects of continued harmful use or abuse.																			
	28	Determine the client's readiness for treatment and change as well as the needs of others involved in the current situation.																			
	29	Review the treatment options that are appropriate for the client's needs, characteristics, goals, and financial resources.																			
	30	Apply accepted criteria for diagnosis of substance use disorders in making treatment recommendations.																			
	31	Construct with the client and appropriate others an initial action plan based on client needs, client preferences, and resources available.																			
	33	Select and use a comprehensive assessment process that is sensitive to age, gender, racial and ethnic culture, and disabilities that includes but is not limited to:																			
Practice Dimension II - Treatment Planning	34	Analyze and interpret the data to determine treatment recommendations.																			
	35	Seek appropriate supervision and consultation.																			
	37	Use relevant assessment information to guide the treatment planning process.																			
	38	Explain assessment findings to the client and significant others.																			
	39	Provide the client and significant others with clarification and additional information as needed.																			
	40	Examine treatment options in collaboration with the client and significant others.																			
	41	Consider the readiness of the client and significant others to participate in treatment.																			
	44	Identify appropriate strategies for each treatment goal.																			
Practice Dimension III - Referral	45	Coordinate treatment activities and community resources in a manner consistent with the client's diagnosis and existing placement criteria.																			
	46	Develop with the client a mutually acceptable treatment plan and method for monitoring and evaluating progress.																			
	48	Reassess the treatment plan at regular intervals or when indicated by changing circumstances.																			
	49	Establish and maintain relationships with civic groups, agencies, other professionals, governmental entities, and the community at large to ensure appropriate referrals, identify service gaps, expand community resources, and help address unmet needs.																			
	50	Continuously assess and evaluate referral resources to determine their appropriateness.																			
	51	Differentiate between situations in which it is most appropriate for the client to self-refer to a resource and situations requiring counselor referral.																			
Practice Dimension III - Referral	52	Arrange referrals to other professionals, agencies, community programs, or appropriate resources to meet the client's needs.																			
	53	Explain in clear and specific language the necessity for and process of referral to increase the likelihood of client understanding and followthrough.																			
	54	Exchange relevant information with the agency or professional to whom the referral is being made in a manner consistent with confidentiality rules and regulations and generally accepted professional standards of care.																			

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		Stages of Change	Recovery Capital	Phases	Healthy Boundaries	Defense Mechanisms	Consequences of Addiction	Relapse Triggers	Relapse Warning Signs	Emotions & Feelings	Career Interests	Substance Use Assessment	Cultural Competence	Co-Occurring Disorders	Risk Factors	12 Step Programs	Treatment Options	Trauma	Family Support	Maximizing Groups
Practice Dimension IV - Service Coordination	57	Obtain, review, and interpret all relevant screening, assessment, and initial treatment planning information.																		
	58	Confirm the client's eligibility for admission and continued readiness for treatment and change.																		
	61	Coordinate all treatment activities with services provided to the client by other resources.																		
	62	Summarize the client's personal and cultural background, treatment plan, recovery progress, and problems inhibiting progress to ensure quality of care, gain feedback, and plan changes in the course of treatment.																		
	64	Contribute as part of a multidisciplinary treatment team.																		
	65	Apply confidentiality rules and regulations appropriately.																		
	66	Demonstrate respect and nonjudgmental attitudes toward clients in all contacts with community professionals and agencies.																		
	67	Maintain ongoing contact with the client and involved significant others to ensure adherence to the treatment plan.																		
	68	Understand and recognize stages of change and other signs of treatment progress.																		
	69	Assess treatment and recovery progress, and, in consultation with the client and significant others, make appropriate changes to the treatment plan to ensure progress toward treatment goals.																		
72	Conduct continuing care, relapse prevention, and discharge planning with the client and involved significant others																			
74	Apply placement, continued stay, and discharge criteria for each modality on the continuum of care.																			
Practice Dimension V - Counseling	76	Facilitate the client's engagement in the treatment and recovery process.																		
	77	Work with the client to establish realistic, achievable goals consistent with achieving and maintaining recovery.																		
	78	Promote client knowledge, skills, and attitudes that contribute to a positive change in substance use behaviors.																		
	79	Encourage and reinforce client actions determined to be beneficial in progressing toward treatment goals.																		
	80	Work appropriately with the client to recognize and discourage all behaviors inconsistent with progress toward treatment goals.																		
	81	Recognize how, when, and why to involve the client's significant others in enhancing or supporting the treatment plan.																		
	82	Promote client knowledge, skills, and attitudes consistent with the maintenance of health and prevention of HIV/AIDS, tuberculosis, sexually transmitted diseases, hepatitis C, and other infectious diseases.																		
	83	Facilitate the development of basic and life skills associated with recovery.																		
	84	Adapt counseling strategies to the individual characteristics of the client, including but not limited to disability, gender, sexual orientation, development level, culture, ethnicity, age, and health status.																		
	85	Make constructive therapeutic responses when the client's behavior is inconsistent with stated recovery goals.																		
	86	Apply crisis prevention and management skills.																		
	87	Facilitate the client's identification, selection, and practice of strategies that help sustain the knowledge, skills, and attitudes needed for maintaining treatment progress and preventing relapse.																		
	88	Describe, select, and appropriately use strategies from accepted and culturally appropriate models for group counseling with clients with substance use disorders.																		
	89	Carry out the actions necessary to form a group, including but not limited to determining group type, purpose, size, and leadership; recruiting and selecting members; establishing group goals and clarifying behavioral ground rules for participating; identifying outcomes; and determining criteria and methods for termination or graduation from the group.																		
	90	Facilitate the entry of new members and the transition of exiting members.																		
91	Facilitate group growth within the established ground rules and movement toward group and individual goals by using methods consistent with group type.																			
92	Understand the concepts of process and content, and shift the focus of the group when such a shift will help the group move toward its goals.																			
93	Describe and summarize the client's behavior within the group to document the client's progress and identify needs and issues that may require a modification in the treatment plan.																			
94	Understand the characteristics and dynamics of families, couples, and significant others affected by substance use.																			
95	Be familiar with and appropriately use models of diagnosis and intervention for families, couples, and significant others, including extended, kinship, or tribal family structures.																			
96	Facilitate the engagement of selected members of the family or significant others in the treatment and recovery process.																			
97	Assist families, couples, and significant others in understanding the interaction between the family system and substance use behaviors.																			
Practice Dimension VI - Client, Family, and Community Education	99	Provide culturally relevant formal and informal education programs that raise awareness and support substance abuse prevention and the recovery process.																		
	101	Sensitize others to issues of cultural identity, ethnic background, age, and gender in prevention, treatment, and recovery.																		
	102	Describe warning signs, symptoms, and the course of substance use disorders.																		
	103	Describe how substance use disorders affect families and concerned others.																		
	104	Describe the continuum of care and resources available to the family and concerned others.																		
	105	Describe principles and philosophy of prevention, treatment, and recovery.																		
Practice Dimension VII - Documentation	112	Record progress of client in relation to treatment goals and objectives.																		
	113	Prepare accurate and concise discharge summaries.																		
Practice Dimension VIII - Professional and Ethical Responsibilities	114	Document treatment outcome, using accepted methods and instruments.																		
	115	Adhere to established professional codes of ethics that define the professional context within which the counselor works to maintain professional standards and safeguard the client.																		
	118	Recognize the importance of individual differences that influence client behavior, and apply this understanding to clinical practice.																		
	119	Use a range of supervisory options to process personal feelings and concerns about clients.																		
	123	Develop and use strategies to maintain one's physical and mental health.																		

Crosswalk - R1 Learning and Matrix Intensive Outpatient Model

Session #	Topic Area	Session Topic	Available R1 Topics	On R1 Roadmap
1	SCH 1	The Importance of Scheduling		
2	SCH 2	Daily/Hourly Schedule		
3	CAL 1	Marking Progress		
4	CAL 2	Calendar		
5	ERS 1A	Triggers	Consequences of Addiction	
6	ERS 1B	Trigger-Thought-Craving-Use	Relapse Triggers	
7	ERS 1C	Thought Stopping Techniques	Relapse Warning Signs	
8	ERS 2A	External Trigger Questionnaire	Consequences of Addiction	
9	ERS 2B	External Trigger Chart	Relapse Triggers	
10	ERS 3A	Internal Trigger Questionnaire	Consequences of Addiction	
11	ERS 3B	Internal Trigger Chart	Relapse Triggers	
12	ERS 4A	12-Step Introduction		12 Step Principles
13	ERS 4B	The Serenity Prayer and the 12 Steps of Alcoholics Anonymous		12 Step Sayings
14	ERS 5	Roadmap for Recovery	Recovery Capital	
15	ERS 6A	Five Common Challenges in Early Recovery	Emotions & Feelings	Fun in Recovery
16	ERS 6B	Alcohol Arguments		
17	ERS 7A	Thoughts, Emotions, and Behavior	Emotions & Feelings	
18	ERS 7B	Addictive Behavior	Values	
19	ERS 8	12-Step Sayings		
20	RP 1	Alcohol		
21	RP 2	Boredom		
22	RP 3A	Avoiding Relapse Drift	Relapse Triggers	
23	RP 3B	Mooring Lines Recovery Chart		
24	RP 4	Work and Recovery	Consequences of Addiction	
25	RP 5	Guilt and Shame	Emotions & Feelings	
26	RP 6	Staying Busy		
27	RP 7	Motivation for Recovery	Consequences of Addiction	
28	RP 8	Truthfulness		
29	RP 9	Total Abstinence		
30	RP 10	Sex and Recovery		
31	RP 11	Anticipating and Preventing Relapse	Consequences of Addiction	
32	RP 12	Trust		
33	RP 13	Be Smart, Not Strong		
34	RP 14	Defining Spirituality		
35	RP 15	Managing Life, Managing Money		
36	RP 16	Relapse Justification I		
37	RP 17	Taking Care of Yourself	Emotions & Feelings	
38	RP 18	Emotional Triggers	Consequences of Addiction	
39	RP 19	Illness		
40	RP 20	Recognizing Stress	Emotions & Feelings	
41	RP 21	Relapse Justification II	Consequences of Addiction	
42	RP 22	Reducing Stress	Emotions & Feelings	
43	RP 23	Managing Anger	Emotions & Feelings	
44	RP 24	Acceptance	Values	
45	RP 25	Making New Friends	Values	
46	RP 26	Repairing Relationships	Emotions & Feelings	
47	RP 27	Serenity Prayer		
48	RP 28	Compulsive Behaviors	Emotions & Feelings	
49	RP 29	Coping With Feelings and Depression	Emotions & Feelings	
50	RP 30	12-Step Programs		
51	RP 31	Looking Forward; Managing Downtime		
52	RP 32	One Day at a Time		
53	RP 33	Drug Dreams During Recovery		
54	RP Elective A	Client Status Review		
55	RP Elective B	Holidays and Recovery		
56	RP Elective C	Recreational Activities		

Available R1 Topics

- Stages of Change
- Recovery Capital
- Phases of Addiction
- Healthy Boundaries
- Defense Mechanisms
- Consequences of Addiction
- Relapse Triggers
- Relapse Warning Signs
- Emotions & Feelings
- Values
- Career Interests
- Affirmations

R1 Topics Roadmap

- Trauma
- Cultural Competence
- Co-Occurring Disorders
- 8 Dimensions of Wellness
- Substance Use Disorder
- 12 Step Principles
- Risk Factors
- Recovery & Treatment Ops
- Pain Management
- Spirituality
- Mindfulness Practices
- MAT
- Health Practices
- Fun in Recovery
- CBT
- 12 Step Sayings
- Character
- Financial Stability

Crosswalk - R1 Learning and Living in Balance

Session #	Session Topic	Available R1 Topics	On R1 Roadmap
1	Definitions, Terms, and Self-Assessment	Stages of Change, Recovery Capital	Co-Occurring Disorders, 8 Dimensions of Wellness
2	Alcohol and Other Drug Education	Healthy Boundaries	Substance Use Disorder
3	Triggers, Cravings, and Avoiding Relapse	Defense Mechanisms, Consequences of Addiction, Relapse Triggers, Relapse Warning Signs	12 Step Principles, Risk Factors
4	Planning for Sobriety	Relapse Triggers	Recovery & Treatment Ops
5	Alcohol and Tobacco		Pain Management
6	Spirituality		Spirituality
7	Sex, Alcohol, and Other Drugs		Mindfulness Practices
8	Stress and Emotional Well-Being	Emotions & Feelings, Values	MIAT
9	Skills for Reducing Stress	Emotions & Feelings	Health Practices
10	Negative Emotions	Emotions & Feelings	Fun in Recovery
11	Anger and Communication	Emotions & Feelings	CBT
12	Relapse Prevention Basics	Relapse Triggers, Relapse Warning Signs	12 Step Sayings
13	Introduction to Self-Help Groups		Character
14	The Twelve Steps		Financial Stability
15	Sexually Transmitted Diseases		
16	Focus on AIDS		
17	Nutrition and Exercise		
18	Physical Wellness	Recovery Capital	
19	Problem Solving		
20	Attitudes and Beliefs	Values, Career Interests	
21	Human Needs and Social Relationships	Values, Career Interests	
22	Family Matters	Recovery Capital, Values	
23	You and Your Parents	Recovery Capital, Values	
24	Child Development and Parenting Skills	Recovery Capital, Values	
25	Educational and Vocational Goals	Values, Career Interests	
26	Money Management		
27	Insurance and Consumer Credit		
28	Sexual Abuse	Emotions & Feelings	
29	Compulsive Sexual Behavior	Emotions & Feelings	
30	Addiction and Loss	Emotions & Feelings	
31	Grief: Responding to Loss	Emotions & Feelings	
32	Spirituality and Personality	Values	
33	Advanced Relapse Prevention	Relapse Triggers, Relapse Warning Signs	
34	Medication-Assisted Treatment and Twelve Step Recovery		
35	Chronic Pain and Opioids		
36	Chronic Diseases		
37	Older Adults		

Available R1 Topics

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- Recovery Capital
- Phases of Addiction
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- Defense Mechanisms
- Consequences of Addiction
- Relapse Triggers
- Relapse Warning Signs
- Emotions & Feelings
- Values
- Career Interests
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