R1 SUPPORTS SUD/OUD GRANTS & FUNDING APPLICATIONS
Evidence-based Interactive Curriculum

COMMUNITIES WE SERVE

Substance Use Disorder (SUD) & Mental Health
Recovery and Treatment Programs:
- Federal, State, and County Departments of Behavioral Health and SUD Programs
- Hospitals and Healthcare Systems
- Private Addiction Treatment Programs
- Veterans / Military

Criminal Justice System / Corrections:
- Drug Courts
- Jails, Prisons, Sheriff's Departments
- Transition / Returning Citizens

Community Programs:
- Prevention / Public Education
- Harm Reduction
- Recovery Community Organizations (RCOs)/ Recovery Community Centers
- Recovery Residences
- Youth-at-Risk

Educational Institutions:
- High Schools
- Colleges / University
- Accreditation Organizations

Other SUD/OUD
- Peer Recovery Coach Training Programs
- Mental Health Organizations (Mental Health America, BHAP)
- Federally Qualified Health Centers (FQHC)
- OTP and OBOT Programs
- Core Service Agencies
- Payers and Managed Behavioral Healthcare Organizations (MHBOs)
- Single State Agencies (SSAs)
- Healthcare Information Exchanges (CRISP)
- Addiction Recovery Medical Home (ARMH)
- Care Transition Programs (Partners In Care Network)

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Needs Assessment: Check the boxes below that describe your needs, programs, and target groups and contact us today at https://r1learning.com/contact.

YOUR NEEDS	YOUR PROGRAMS	YOUR TARGET GROUPS	R1 SOLUTIONS

❑ Workforce Engagement & Retention	❑ Prevention Programs / Public Education	❑ Clients / Patients in Service	▪ Workforce Training
			   o Virtual
			   o In-Person

❑ Client / Patient Engagement & Retention	❑ Medically Monitored Withdrawal (Detox)	❑ Clinical Directors	▪ Practitioner Kits / Engagement Tools
❑ Standardized, Evidence-based Curriculum	❑ Partial Hospitalization (PHP)	❑ Clinical Supervisors	▪ R1 Group Kit Bundles
❑ Workforce Skill and Knowledge Development	❑ Intensive Outpatient (IOP)	❑ Clinicians	▪ R1 Topic Kit Bundles
❑ Clinical Supervision	❑ Outpatient (OP)	❑ Counselors	▪ R1 Discover™ User Licenses – online interactive curriculum
❑ Personalized Treatment and Recovery Plans	❑ Medication Assisted Treatment (MAT)	❑ Peer Supervisors	▪ One-on-One Engagement Tools
❑ Team Building	❑ Residential	❑ Peer Support Providers	▪ Train-the-Trainer Program – Build internal capability
❑ Boundaries Risk Management	❑ Alumni	❑ Recovery Coaches	▪ Posters / Visual Aides
❑ Outcomes Measurement	❑ Recovery Community Organizations/ Centers	❑ Psychology Technicians	▪ Implementation Consulting Services
❑ Streamlined Documentation	❑ Family Programs	❑ Social Workers	
	❑ Recovery Residences	❑ Community Service Workers	
	❑ Harm Reduction	❑ Physicians	
	❑ High Schools / Universities	❑ Nurses	
		❑ Teachers / Educators	

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R1 PACKAGES	TARGET GROUPS	WORKFORCE TRAINING*	R1 DISCOVER LICENSES	GROUP KIT BUNDLES	PRACTITIONER BUNDLES	TRAIN-THE-TRAINER**
$250,000	- Multi-Locations & Programs - All ASAM Levels of Care - Workforce Training Organizations - Telehealth Programs	**1000** Seats	**5000** Users	**240** Kits	**50** Kits	**10** Seats
$100,000	- Multi-Locations & Programs - All ASAM Levels of Care - Includes Virtual OP/IOP Programs	**200** Seats	**2500** Users	**120** Kits	**20** Kits	**5** Seats
$50,000	- Multi-Locations & Programs - All ASAM Levels of Care - Includes Virtual OP/IOP Programs	**100** Seats	**1000** Users	**72** Kits	**10** Kits	**3** Seats
$25,000	2-3 Locations & Programs - All ASAM Levels of Care - Includes Virtual OP/IOP Programs	**60** Seats	**500** Users	**36** Kits	**5** Kits	**2** Seats
$10,000	- Single Location & Program - All ASAM Levels of Care	**40** Seats	**100** Users	**12** 1Kits	**3** Kits	**1** Seats

Contact us to customize the packages that are right for you.
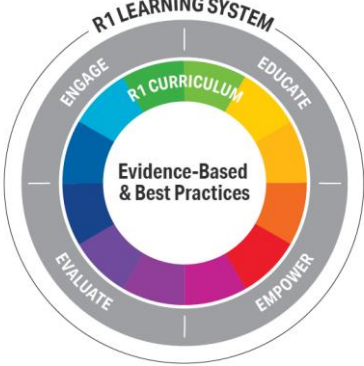
No.	R1 Topic Title	R1 Topic Model	Evidence-base / Thought Leadership	R1 Topic Description
1	Stages of Change		James O. Prochaska, Carlo C. DiClemente	Use the leading five (5) Stages of Change model. Explores the question: What stage am I in?
2	Recovery Capital		William White, Dr. David Best	Uses the eight (8) dimensions of the Recovery Capital Assessment. Explores the question: What do I need to build to sustain recovery?
3	Phases of Addiction		Elvin Jelinek , Max Glatt	Uses the five (5) phases of the Jellinek Curve. Explores the question: What phase am I in?
4	Healthy Boundaries		Henry Cloud, John Townsend, Pia Mellody, Charles Whitfield	Includes five (5) Boundary Management Practices and eight (8) types of boundaries. Explores the question: How can I build and maintain healthy relationships?
5	Defense Mechanisms		Sigmond and Anna Freud, George Vaillant	Uses Vaillant's 4 Level Classification. Explores the question: Ho do I protect my Self?
6	Consequences of Addiction		Abraham Maslow	Uses the twelve (12) Life Needs model for consequences assessment and advanced coping skills. Explores the question: How has my life become unmanageable?
7	Relapse Triggers		Terence Gorski	Uses Gorski's High Risk Situations. Includes five (5) relapse triggers categories. Explores the question: What do I need to look out for?
8	Relapse Phases & Warning Signs		Terence Gorski	Uses the Gorski ten (10) phase model for relapse warning signs. Explores the question: Am I on a path toward relapse?
9	Emotions & Feelings		Plutchik, Handle, Mellody, Gorski, Lazarus, Scherer	The Practice of Emotional Regulation. Includes eight (8) types of emotions and ten (10) Emotional Regulation Practices. Explores the question: How can I build and maintain my emotional well-being?
10	Values		Dr. Shalom Schwartz	Uses the Schwartz's Values Model highlighting ten (10) values types. Explores the question: What are my values – am I living them?
11	Career Interests		John Holland	Uses the six (6) RIASEC Codes. Explores the question: What type of work suits me best?
12	Affirmations		Claude Steele	The Practice of Positive Thinking. Explores the question: How can I practice positive self-talk?

See www.R1Learning.com for more details

R1 SUPPORTS SUD/OUD GRANTS
Evidence-based Interactive Curriculum

The R1 Learning System	R1 Learning – About Us
	R1 Learning is an education company providing interactive curriculum that engages and retains individuals in service, increases practitioner effectiveness through workforce training, and generates data for measuring outcomes. R1 delivers greater engagement for the leading evidence-based and best practice models and theories for mental health & wellness, substance use disorder, and life skills. **Enables organizations and programs** to deliver a standardized, modular, and scalable library of curriculum through a consistent and repeatable process that maximizes the use of evidence-based practices and builds the foundation for measuring outcomes. **Engages, educates, and equips practitioners and coaches** with tools and resources to increase their knowledge, skill, and effectiveness to deliver evidence-based practices to a wide-range of populations in a variety of settings. **Engages, educates, and empowers individuals** to increase their knowledge in fundamental behavioral health and life skills topics, express themselves more effectively, and build the skills for change toward health and wellness.

R1 Solutions	Needs We Address

1. Workforce Training *(Clinicians, Peers, Recovery Coaches, Social Workers, Techs, Staff)*
  o Train-the-Trainer
2. R1 Learning System – Interactive Curriculum
  o Hands-On Engagement Tools – Discovery Cards Group Kit bundles, Topic Kit Bundles
  o **R1 DISCOVER™** – On-line Curriculum for Telehealth / Digital Health Strategies
3. Outcomes Measurement – Recovery Capital Assessment
	1. Engagement & Retention
	  o Workforce / Staff
	  o Clients in Service
	2. Workforce Skill and Knowledge Gaps *(Clinicians, Peers, Recovery Coaches)*
	3. Clinical and Peer Supervision
	4. Outcomes Measurement – Recovery Capital Assessment
	5. Risk Management – Boundary Management, Cultural Awareness

R1 Curriculum Topics:

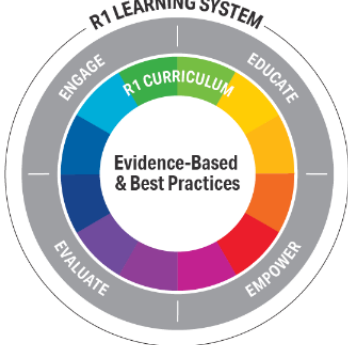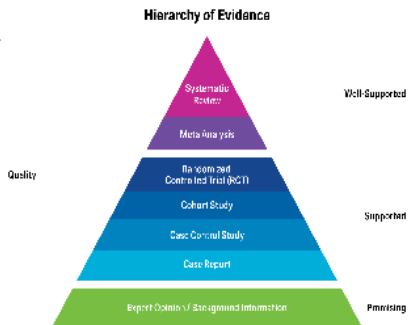| Substance Use Disorder (SUD)	Mental Health	Life Skills
▪ Stages of Change (for Substance Use Disorder)* ▪ Recovery Capital* ▪ Phases of Addiction* ▪ Relapse Triggers* ▪ Relapse Phases & Warning Signs* ▪ Consequences of Addiction* ▪ Substance Use — Do I have a problem? *(DSM Criteria)* ▪ Co-Occurring Disorders with Substance Use	▪ Stages of Change (for Behavioral Change)* ▪ Emotions & Feelings* ▪ Healthy Boundaries* ▪ Affirmations * ▪ Defense Mechanisms* ▪ Adverse Childhood Experiences (ACEs) / Risk Factors ▪ Emotional Triggers ▪ My Recovery Team ▪ Mindfulness ▪ Trauma	▪ Values* ▪ Career Interests * ▪ Cultural Competence ▪ Character ▪ Learning Styles ▪ Physical Health ▪ 8 Dimensions of Wellness ▪ Resilience ▪ Communication ▪ Spirituality ▪ Work Fundamentals ▪ Financial Fundamentals

*Available

R1 DISCOVER™	Features
	▪ **A library of curriculum topics** for mental health & wellness, substance use disorder, and life skills ▪ **Interactive Discovery Cards activities** for each topic ▪ **2-minute topic videos** introducing evidence-base and best practice models *(see examples below)* ▪ **Interactive results and reports** for self-directed learning, one-on-one coaching and counseling, and group settings ▪ **Knowledge checks** for both individuals and practitioners ▪ **Analytic dashboards** – user profiles, usage reports, results history, population analytics ▪ **Workforce training** with CEU credits *(on roadmap)* ▪ **Language packages** – increase access and tools for under-served populations *(on roadmap)*

Evidence-Base	R1 Curriculum Background
	Evidence-based practice means a practice or treatment, that has been scientifically tested and subjected to clinical judgment and determined to be appropriate for the treatment of a given individual, population, or problem area. The R1 Learning System was created to deliver on the Surgeon General's diagnosis – that effective treatment consists of evidence-based behavioral treatments, fully and properly implemented, and used with ongoing fidelity to the research evidence. Topics in the R1 Learning System were specifically chosen from the leading strategies for behavioral change and drawn from major guidance documents such as SAMHSA's TAP 21 guide of Addiction Counseling Competencies, the IC&RC counselor and peer support certification requirements, as well as the state-level licensing and certification bodies. R1 collaborates with the original researchers and authors of the EBP where possible to ensure that R1's content and training fully align with the evidence base. R1 Learning topic content examples include Stages of Change (Prochaska, DiClemente), Recovery Capital (Best, Cloud, Granfield, White), Relapse Prevention (Gorski), Values (Schwartz), Affirmations (Steele), Phases of Addiction (Jellinek, Glatt), Defense Mechanisms (Vaillant), Substance Use Disorder (DSM – APA), Career Interests (Holland), etc. The R1 interactive curriculum is grounded in proven behavioral health models, adapted from the work of the original authors and experts and supported by research. The R1 Learning System combines this content with tools, training, and additional resources to enable effective implementation and use of evidence-based practices such as motivational interviewing (MI) and cognitive behavioral therapy (CBT). The central content and tools of the system, the Discovery Cards, provide a hands-on (and hi-tech with R1 DISCOVER), concrete approach that enables both practitioners and clients to learn and apply these theories to real-life situations and circumstances. R1's tools are effective and easily adapted for different populations and settings and by practitioners at all levels of knowledge, skill, and experience. By combining the most effective content with a structure for effective implementation, R1 fosters greater engagement with treatment, counseling, and coaching — empowering individuals to live a healthy and purposeful life. Visit the R1 Learning website to learn more: https://r1learning.com/evidence-base-1

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Recovery Capital Assessment (R1 RCA):

R1 RCA	Recovery Capital	Outcomes Measurment
		R1 Learning is partnering with Dr. David Best to deploy an evidence-based and best practice set of Recovery Capital solutions and a powerful engagement platform to help individuals, programs, networks, and communities create systemic change. The R1 RCA calculates individual Recovery Capital in five evidence-based and validated assessment categories that quantify Personal, Social and Community components. Learn more at: https://r1learning.com/r1-recoverycapital

About R1:

|	
Tom Karl **R1 Founder & CEO**	**Tom Karl – Workforce Development Expert:** Tom Karl founded R1 as the result of his own personal experiences in addiction and recovery. The idea for the R1 Learning System and the Discovery Cards came to Tom following a recurrence of use and hospitalization when he noted a lack of practical tools in addiction treatment settings. He has used the creation of the tools to help him better understand himself and address his own personal challenges. Through R1, Tom's goal is to put impactful self-discovery tools into the hands of individuals in recovery and empower them to change their lives. Tom has 25+ years of experience in workforce development, learning and development, and employee engagement, working with global companies, government agencies, and education institutions. Tom is active in the recovery community and volunteers with patient engagement programs.
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R1 SUPPORTS SUD/OUD GRANTS
Evidence-based Interactive Curriculum

R1 PRODUCTS AND SERVICES

R1 Workforce Training

R1 Discover™ Interactive Curriculum
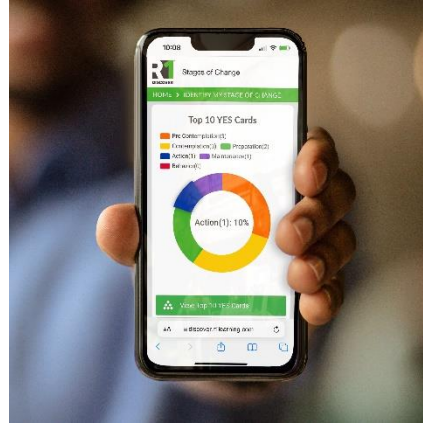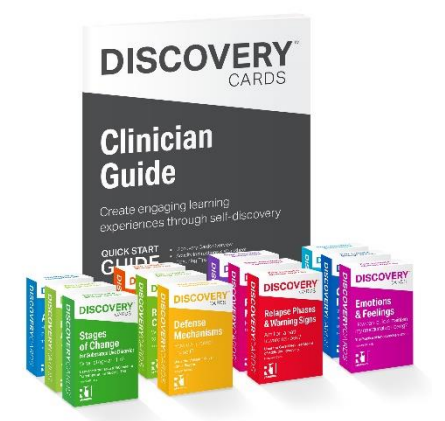

ENGAGEMENT SOLUTIONS

R1's interactive educational platform generates data for outcomes measurement.

Video Library

Interactive Activities

Personalized Results

R1 Practitioner Kits

R1 Topic Kit Bundles

R1 Topic Kits

Group Kit Bundles

R1 Group Kits

R1 Posters

Visit the R1 Store