



# R1 SUPPORTS SUD/ODU GRANTS & FUNDING APPLICATIONS

## Evidence-based Interactive Curriculum



COMMUNITIES WE SERVE		
<p><b>Substance Use Disorder (SUD) &amp; Mental Health Recovery and Treatment Programs:</b></p> <ul style="list-style-type: none"> <li>▪ Federal, State, and County Departments of Behavioral Health and SUD Programs</li> <li>▪ Hospitals and Healthcare Systems</li> <li>▪ Private Addiction Treatment Programs</li> <li>▪ Veterans / Military</li> </ul> <p><b>Criminal Justice System / Corrections:</b></p> <ul style="list-style-type: none"> <li>▪ Drug Courts</li> <li>▪ Jails, Prisons, Sheriff's Departments</li> <li>▪ Transition / Returning Citizens</li> </ul>	<p><b>Community Programs:</b></p> <ul style="list-style-type: none"> <li>▪ Prevention / Public Education</li> <li>▪ Harm Reduction</li> <li>▪ Recovery Community Organizations (RCOs)/ Recovery Community Centers</li> <li>▪ Recovery Residences</li> <li>▪ Youth-at-Risk</li> </ul> <p><b>Educational Institutions:</b></p> <ul style="list-style-type: none"> <li>▪ High Schools</li> <li>▪ Colleges / University</li> <li>▪ Accreditation Organizations</li> </ul>	<p><b>Other SUD/ODU</b></p> <ul style="list-style-type: none"> <li>▪ Peer Recovery Coach Training Programs</li> <li>▪ Mental Health Organizations (Mental Health America, BHAP)</li> <li>▪ Federally Qualified Health Centers (FQHC)</li> <li>▪ OTP and OBOT Programs</li> <li>▪ Core Service Agencies</li> <li>▪ Payers and Managed Behavioral Healthcare Organizations (MHBOs)</li> <li>▪ Single State Agencies (SSAs)</li> <li>▪ Healthcare Information Exchanges (CRISP)</li> <li>▪ Addiction Recovery Medical Home (ARMH)</li> <li>▪ Care Transition Programs (Partners In Care Network)</li> </ul>

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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
<ul style="list-style-type: none"> <li><input type="checkbox"/> Workforce Engagement &amp; Retention</li> <li><input type="checkbox"/> Client / Patient Engagement &amp; Retention</li> <li><input type="checkbox"/> Standardized, Evidence-based Curriculum</li> <li><input type="checkbox"/> Workforce Skill and Knowledge Development</li> <li><input type="checkbox"/> Clinical Supervision</li> <li><input type="checkbox"/> Personalized Treatment and Recovery Plans</li> <li><input type="checkbox"/> Team Building</li> <li><input type="checkbox"/> Boundaries Risk Management</li> <li><input type="checkbox"/> Outcomes Measurement</li> <li><input type="checkbox"/> Streamlined Documentation</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Prevention Programs / Public Education</li> <li><input type="checkbox"/> Medically Monitored Withdrawal (Detox)</li> <li><input type="checkbox"/> Partial Hospitalization (PHP)</li> <li><input type="checkbox"/> Intensive Outpatient (IOP)</li> <li><input type="checkbox"/> Outpatient (OP)</li> <li><input type="checkbox"/> Medication Assisted Treatment (MAT)</li> <li><input type="checkbox"/> Residential</li> <li><input type="checkbox"/> Alumni</li> <li><input type="checkbox"/> Recovery Community Organizations/ Centers</li> <li><input type="checkbox"/> Family Programs</li> <li><input type="checkbox"/> Recovery Residences</li> <li><input type="checkbox"/> Harm Reduction</li> <li><input type="checkbox"/> High Schools / Universities</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Clients / Patients in Service</li> <li><input type="checkbox"/> Clinical Directors</li> <li><input type="checkbox"/> Clinical Supervisors</li> <li><input type="checkbox"/> Clinicians</li> <li><input type="checkbox"/> Counselors</li> <li><input type="checkbox"/> Peer Supervisors</li> <li><input type="checkbox"/> Peer Support Providers</li> <li><input type="checkbox"/> Recovery Coaches</li> <li><input type="checkbox"/> Psychology Technicians</li> <li><input type="checkbox"/> Social Workers</li> <li><input type="checkbox"/> Community Service Workers</li> <li><input type="checkbox"/> Physicians</li> <li><input type="checkbox"/> Nurses</li> <li><input type="checkbox"/> Teachers / Educators</li> </ul>	<ul style="list-style-type: none"> <li>▪ <a href="#">Workforce Training</a> <ul style="list-style-type: none"> <li>○ Virtual</li> <li>○ In-Person</li> </ul> </li> <li>▪ <a href="#">Practitioner Kits / Engagement Tools</a></li> <li>▪ <a href="#">R1 Group Kit Bundles</a></li> <li>▪ <a href="#">R1 Topic Kit Bundles</a></li> <li>▪ <a href="#">R1 Discover™ User Licenses</a> – online interactive curriculum</li> <li>▪ <a href="#">One-on-One Engagement Tools</a></li> <li>▪ <a href="#">Train-the-Trainer Program</a> – Build internal capability</li> <li>▪ <a href="#">Posters / Visual Aides</a></li> <li>▪ <a href="#">Implementation Consulting Services</a></li> </ul>

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R1 PACKAGES	TARGET GROUPS	WORKFORCE TRAINING*	R1 DISCOVER LICENSES	GROUP KIT BUNDLES	PRACTITIONER BUNDLES	TRAIN-THE-TRAINER**
<b>\$250,000</b>	<ul style="list-style-type: none"> <li>Multi-Locations &amp; Programs</li> <li>All ASAM Levels of Care</li> <li>Workforce Training Organizations</li> <li>Telehealth Programs</li> </ul>	<b>1000</b> Seats	<b>5000</b> Users	<b>240</b> Kits	<b>50</b> Kits	<b>10</b> Seats
<b>\$100,000</b>	<ul style="list-style-type: none"> <li>Multi-Locations &amp; Programs</li> <li>All ASAM Levels of Care</li> <li>Includes Virtual OP/IOP Programs</li> </ul>	<b>200</b> Seats	<b>2500</b> Users	<b>120</b> Kits	<b>20</b> Kits	<b>5</b> Seats
<b>\$50,000</b>	<ul style="list-style-type: none"> <li>Multi-Locations &amp; Programs</li> <li>All ASAM Levels of Care</li> <li>Includes Virtual OP/IOP Programs</li> </ul>	<b>100</b> Seats	<b>1000</b> Users	<b>72</b> Kits	<b>10</b> Kits	<b>3</b> Seats
<b>\$25,000</b>	<ul style="list-style-type: none"> <li>2-3 Locations &amp; Programs</li> <li>All ASAM Levels of Care</li> <li>Includes Virtual OP/IOP Programs</li> </ul>	<b>60</b> Seats	<b>500</b> Users	<b>36</b> Kits	<b>5</b> Kits	<b>2</b> Seats
<b>\$10,000</b>	<ul style="list-style-type: none"> <li>Single Location &amp; Program</li> <li>All ASAM Levels of Care</li> </ul>	<b>40</b> Seats	<b>100</b> Users	<b>12</b> 1Kits	<b>3</b> Kits	<b>1</b> Seats













Contact us to customize the packages that are right for you.

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## Evidence-based Interactive Curriculum

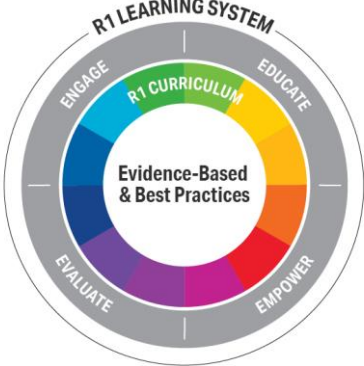
No.	R1 Topic Title	R1 Topic Model	Evidence-base / Thought Leadership	R1 Topic Description
1	<a href="#">Stages of Change</a>		James O. Prochaska, Carlo C. DiClemente	Use the leading five (5) Stages of Change model. Explores the question: What stage am I in?
2	<a href="#">Recovery Capital</a>		William 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	<a href="#">Phases of Addiction</a>		Elvin Jelinek , Max Glatt	Uses the five (5) phases of the Jellinek Curve. Explores the question: What phase am I in?
4	<a href="#">Healthy Boundaries</a>		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	<a href="#">Defense Mechanisms</a>		Sigmund and Anna Freud, George Vaillant	Uses Vaillant's 4 Level Classification. Explores the question: Ho do I protect my Self?
6	<a href="#">Consequences of Addiction</a>		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	<a href="#">Relapse Triggers</a>		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	<a href="#">Relapse Phases &amp; Warning Signs</a>		Terence Gorski	Uses the Gorski ten (10) phase model for relapse warning signs. Explores the question: Am I on a path toward relapse?
9	<a href="#">Emotions &amp; Feelings</a>		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	<a href="#">Values</a>		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	<a href="#">Career Interests</a>		John Holland	Uses the six (6) RIASEC Codes. Explores the question: What type of work suits me best?
12	<a href="#">Affirmations</a>		Claude Steele	The Practice of Positive Thinking. Explores the question: How can I practice positive self-talk?

See [www.R1Learning.com](http://www.R1Learning.com) for more details



# R1 SUPPORTS SUD/ODD GRANTS

## Evidence-based Interactive Curriculum


The R1 Learning System	R1 Learning – About Us
	<p><b>R1 Learning</b> 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 &amp; wellness, substance use disorder, and life skills.</p> <p><b>Enables organizations and programs</b> 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.</p> <p><b>Engages, educates, and equips practitioners and coaches</b> 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.</p> <p><b>Engages, educates, and empowers individuals</b> 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.</p>

R1 Solutions	Needs We Address
<ol style="list-style-type: none"> <li>Workforce Training (<i>Clinicians, Peers, Recovery Coaches, Social Workers, Techs, Staff</i>)               <ul style="list-style-type: none"> <li>Train-the-Trainer</li> </ul> </li> <li>R1 Learning System – Interactive Curriculum               <ul style="list-style-type: none"> <li>Hands-On Engagement Tools – Discovery Cards Group Kit bundles, Topic Kit Bundles</li> <li><b>R1 DISCOVER™</b> – On-line Curriculum for Telehealth / Digital Health Strategies</li> </ul> </li> <li>Outcomes Measurement – Recovery Capital Assessment</li> </ol>	<ol style="list-style-type: none"> <li>Engagement &amp; Retention               <ul style="list-style-type: none"> <li>Workforce / Staff</li> <li>Clients in Service</li> </ul> </li> <li>Workforce Skill and Knowledge Gaps (<i>Clinicians, Peers, Recovery Coaches</i>)</li> <li>Clinical and Peer Supervision</li> <li>Outcomes Measurement – Recovery Capital Assessment</li> <li>Risk Management – Boundary Management, Cultural Awareness</li> </ol>

### R1 Curriculum Topics:

Substance Use Disorder (SUD)	Mental Health	Life Skills
<ul style="list-style-type: none"> <li>Stages of Change (for Substance Use Disorder)*</li> <li>Recovery Capital*</li> <li>Phases of Addiction*</li> <li>Relapse Triggers*</li> <li>Relapse Phases &amp; Warning Signs*</li> <li>Consequences of Addiction*</li> <li>Substance Use — Do I have a problem? (<i>DSM Criteria</i>)</li> <li>Co-Occurring Disorders with Substance Use</li> </ul>	<ul style="list-style-type: none"> <li>Stages of Change (for Behavioral Change)*</li> <li>Emotions &amp; Feelings*</li> <li>Healthy Boundaries*</li> <li>Affirmations *</li> <li>Defense Mechanisms*</li> <li>Adverse Childhood Experiences (ACEs) / Risk Factors</li> <li>Emotional Triggers</li> <li>My Recovery Team</li> <li>Mindfulness</li> <li>Trauma</li> </ul>	<ul style="list-style-type: none"> <li>Values*</li> <li>Career Interests *</li> <li>Cultural Competence</li> <li>Character</li> <li>Learning Styles</li> <li>Physical Health</li> <li>8 Dimensions of Wellness</li> <li>Resilience</li> <li>Communication</li> <li>Spirituality</li> <li>Work Fundamentals</li> <li>Financial Fundamentals</li> </ul>

\*Available

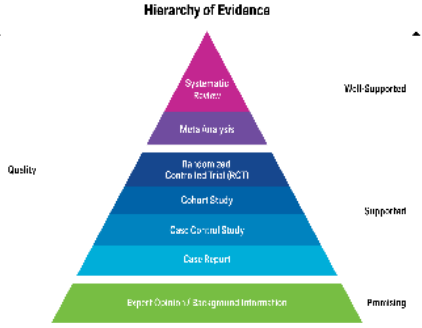

R1 DISCOVER™	Features
	<ul style="list-style-type: none"> <li><b>A library of curriculum topics</b> for mental health &amp; wellness, substance use disorder, and life skills</li> <li><b>Interactive Discovery Cards activities</b> for each topic</li> <li><b>2-minute topic videos</b> introducing evidence-base and best practice models (<i>see examples below</i>)</li> <li><b>Interactive results and reports</b> for self-directed learning, one-on-one coaching and counseling, and group settings</li> <li><b>Knowledge checks</b> for both individuals and practitioners</li> <li><b>Analytic dashboards</b> – user profiles, usage reports, results history, population analytics</li> <li><b>Workforce training</b> with CEU credits (<i>on roadmap</i>)</li> <li><b>Language packages</b> – increase access and tools for under-served populations (<i>on roadmap</i>)</li> </ul>

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## Evidence-based Interactive Curriculum


Evidence-Base	R1 Curriculum Background
  	<p><b>Evidence-based practice</b> 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.</p> <p>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&amp;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.</p> <p>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.</p> <p>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.</p> <p>Visit the R1 Learning website to learn more: <a href="https://r1learning.com/evidence-base-1">https://r1learning.com/evidence-base-1</a></p>





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## Evidence-based Interactive Curriculum

### Recovery Capital Assessment (R1 RCA):

R1 RCA	Recovery Capital	Outcomes Measurement
	 <p>© 2021, R1 LLC</p>	<p>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: <a href="https://r1learning.com/r1-recoverycapital">https://r1learning.com/r1-recoverycapital</a></p>

### About R1:

 <p><b>Tom Karl</b> R1 Founder &amp; CEO</p>	<p><b>Tom Karl – Workforce Development Expert:</b> 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.</p>	
	<p><b>R1 Learning, LLC</b> Commonwealth of Virginia EIN: 82-2137247 Phone: +1 (202) 643-7102 Email: <a href="mailto:R1Team@R1Learning.com">R1Team@R1Learning.com</a> <a href="http://www.R1Learning.com">www.R1Learning.com</a></p>	<p><b>Headquarters:</b> R1 Learning 1815 N. Utah Street Suite 100 Arlington, Virginia 22207</p>





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## 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.

**Personalized Results**  
Identify My Stage of Change

**Video Library**

**Interactive Activities**

#### R1 Practitioner Kits



#### R1 Topic Kit Bundles



#### R1 Topic Kits

Stages of Change Topic Kit – 1 deck \$64.95	Recovery Capital Topic Kit – 1 deck \$64.95	Phases of Addiction Topic Kit – 1 deck \$64.95	Healthy Boundaries Topic Kit – 1 deck \$64.95
Defense Mechanisms Topic Kit – 1 deck \$64.95	Consequences of Addiction Topic Kit – 1 deck \$64.95	Relapse Triggers Topic Kit – 1 deck \$64.95	Relapse Phases & Warning Signs Topic Kit – 1 deck \$64.95
Emotions & Feelings Topic Kit – 1 deck \$64.95	Values Topic Kit – 1 deck \$64.95	Career Interests Topic Kit – 1 deck \$64.95	Affirmations Topic Kit – 1 deck \$64.95

#### Group Kit Bundles



#### R1 Group Kits



#### R1 Posters

**Stages of Change**  
What stage am I in?

**PRECONTEMPLATION**  
Build awareness for my need to change

**CONTEMPLATION**  
Increase my desire for change and decrease my costs

**PREPARATION**  
Control and plan

**ACTION**  
Implement and live my plan

**MAINTENANCE**  
Integrate change into my lifestyle

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