

CONTENTS

Figures and Tables.....	xi
Acknowledgments	xiii
CHAPTER 1	
Introduction: Welcome to the Equip Program	1
Background.....	4
New in This Revised and Expanded Edition.....	8
Evidence That EQUIP Fulfills Its Mission to Promote Responsible Thinking and Acting.....	10
Beyond This Book.....	14
CHAPTER 2	
Getting Started: Implementing EQUIP.....	15
Comprehensive Program Statement and Operational Procedures.....	16
Adolescents and Staff	17
Organizational Structure.....	37
Concluding Comment	57
CHAPTER 3	
Motivating High-Risk Adolescents Through Peer-Helping to Work and Grow Toward Responsible Thinking and Acting	59
Background and Challenge.....	60
Mutual Help Group Meetings.....	61
EQUIP’s “Deep” and “Broad” Mutual Help Meetings	62
Handouts	91
CHAPTER 4	
Equipping Motivated High-Risk Adolescents: An Overview	127
EQUIP’s Three-Component Cognitive Behavioral Curriculum	128
The Three Ds: An Illustrative Case Study.....	130
Remedying the Limitations.....	133
Concluding Comment	136

CHAPTER 5

Equipping With Skills to Manage Anger and to Correct Thinking Errors	137
Background.....	138
Anger Management Sessions.....	141
Anger Management Session 1. Evaluating and Relabeling Anger and Aggression	143
Handout: Evaluating and Relabeling Anger and Aggression.....	147
Anger Management Session 2. Key Role of Mind in Anger, Monitoring Mind and Body, and Reducing Anger	148
Handout: Anatomy of Anger (AMBC).....	152
Handout: Self-Talk Anger Reducers.....	153
Anger Management Session 3. Monitoring and Correcting Thinking Errors	154
Handout: Anthony’s Thinking Errors.....	158
Self-Help Handout: Problems and Thinking Errors Log.....	159
Self-Help Handout: Positive Log	160
Anger Management Session 4. Mindfulness: Relaxation Techniques for Reducing Anger.....	161
Anger Management Session 5. Powerful Self-Talk Techniques for Reducing Anger: Thinking Ahead to Consequences and Think of the Other Person (TOP).....	164
Anger Management Session 6. Achieving Constructive Consequences.....	168
Anger Management Session 7. Self-Evaluation	171
Anger Management Session 8. Reversing.....	173
Handout: Things I Do to Aggravate Others.....	175
Handout: Reversing	176
Anger Management Session 9. Victims and Victimizers	177
Handout: Victims and Victimizers	181
Anger Management Session 10. Grand Review.....	182
Handout: The Mind of a Victimizer	186
Following Session 10: Jaylen’s Lifetime of Thoughts and Actions.....	187

CHAPTER 6

Equipping With Social Skills	191
Activities and Materials	194
Equipping With Social Interaction Skills	195
Format of the Social Skills Meeting: Four Phases.....	197
Handout: Social Skills Practice Form.....	203
Skill 1: Expressing a Complaint Constructively	204
Handout: Expressing a Complaint Constructively	206
Skill 2: Caring for Someone Who Is Sad or Upset.....	207
Handout: Caring for Someone Who Is Sad or Upset	209

Skill 3: Dealing Constructively With Negative Peer Pressure	210
Handout: Dealing Constructively With Negative Peer Pressure	212
Skill 4: Avoiding Fights or Assaults.....	214
Handout: Avoiding Fights or Assaults.....	216
Skill 5: Helping Others	217
Handout: Helping Others.....	219
Skill 6: Preparing for a Stressful Conversation.....	220
Handout: Preparing for a Stressful Conversation	221
Skill 7: Dealing Constructively With Someone Angry at You	222
Handout: Dealing Constructively With Someone Angry at You	224
Skill 8: Dealing Constructively With Someone Accusing You of Something.....	225
Handout: Dealing Constructively With Someone Accusing You of Something.....	227
Skill 9: Expressing Care and Appreciation	228
Handout: Expressing Care and Appreciation	229
Skill 10: Responding Constructively to Failure	230
Handout: Responding Constructively to Failure	231

CHAPTER 7

Equipping With Mature Moral Judgment (Social Decision Making)	235
Moral Judgment Stages and Developmental Delay	236
Social Decision-Making Meetings.....	238
Life Problem Situations	239
Session 1 Handout: The Prisoner’s Adviser’s Life Problem Situation	248
Session 2 Handout: Micah’s / Renee’s Life Problem Situation	249
Session 2 Handout: Mark’s / Maria’s Life Problem Situation.....	252
Session 3 Handout: Jeff’s / Angela’s Life Problem Situation	254
Session 4 Handout: Raymond’s / Kesha’s Life Problem Situation.....	256
Session 5 Handout: Elijah’s / Bonita’s Life Problem Situation	258
Session 6 Handout: Tyler’s Life Problem Situation.....	260
Session 7 Handout: Kenneth’s / Marla’s Life Problem Situation	261
Session 8 Handout: Ryan’s / Kayla’s Life Problem Situation	263
Session 9 Handout: Reggie’s / Regina’s Life Problem Situation.....	265
Session 9 Handout: Mike’s Life Problem Situation.....	267
Session 10 Handout: Courtney’s Life Problem Situation.....	268

CHAPTER 8

Up or Down? The Final Equipment Meeting	273
Handout: Up or Down?	275

CHAPTER 9

Motivating and Equipping High-Risk Adolescents in Community Agencies 277

EQUIP Program Adaptations in the Schools277

EQUIP Program Adaptations in Community Agencies278

Concluding Comments282

APPENDIXES

Appendix A: Social Reflection Questionnaire 290

Appendix B: Sample How I Think (HIT) Questionnaire items, per category293

References295

About the Authors 299

Subject Index 301

Name Index 309

FIGURES AND TABLES

FIGURES

1.1 Mean Incident Report Frequencies by Month for Experimental and Control Groups	12
1.2 Mean Frequency of Unexcused Absences From School by Month for Experimental and Control Groups	13
5.1 The Clown—or Clowns?—in the Ring	145
6.1 Virtual Immersion Technique	200
7.1 Reasons for Decisions on Raymond’s Life Problem Situation	244

TABLES

2.1 Agency Comprehensive Program Statement	30
2.2 Agency Operational Procedures	33
2.3 Basic Agency Evaluation Checklist	54
2.4 Responsible Adolescent Performance Plan (RAPP)	56
3.1 Coach’s and Observer’s Evaluation Form: Mutual Help Meeting	122
4.1 The EQUIP Curriculum in a Nutshell	146
5.1 The 10-Session Format for Equipping With Skills to Manage Anger and to Correct Thinking Errors	141
5.2 Correcting Anthony’s Thinking Errors	156
5.3 Thinking Ahead to Consequences	165
5.4 Facilitator’s and Observer’s Evaluation Form: Anger Management	184
6.1 The 10-Skill Format for Equipping With Social Interaction Skills	194
6.2 Four Phases of Social Interaction Skills Learning	196
6.3 The 10 Social Interaction Skills in Virtual Immersion Videos	201
6.4 Facilitator’s and Observer’s Evaluation Form: Social Skills Learning	232
7.1 Stages in the Development of Moral Judgment	237
7.2 Completed Social Decisions Chart: Raymond’s Life Problem Situation	242
7.3 Facilitator’s and Observer’s Evaluation Form: Social Decision Making	269