

LEARNING

DISCOVERY



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For Mental Health and the Opioid I Substance Use Crisis

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### **R1LEARNING.COM**

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## The R1 Advantage

### R1 delivers greater engagement for the leading evidence-based practices and theories in substance use disorder and other mental health conditions. The R1 content 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 tools are effective and easily adapted for different populations and settings and by practitioners at all levels of knowledge, skill, and experience.



**LEARNING** 

### **R1 Founder & President**

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 relapse 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 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.

#### **R1LEARNING.COM**

### Engagement

We are all about engagement. Learning through self-discovery, creating an emotional connection and commitment to oneself and others, making choices, and taking action toward meaningful change.



### Empowerment

We are all about tools. Creating hands-on, technology driven, multi-language engagement tools that empower practicioners and individuals to discover what is most important for them next. Tools enable individuals to learn, practice, and apply new knowledge and skills immediately and effectively.





#### Education

We are all about learning. Creating engaging learning experiences that build vocabulary and reach different learning styles. We provide training, Learning Labs, certification, and tools that allow individuals to absorb, process, comprehend, and retain information at an accelerated rate.



### Evaluation

We are all about making an impact. Metrics matter. We help increase:

- Engagement
- Satisfaction
- Learning Comprehension
- Learning Retention
- Achievement / Outcomes
- Program Retention

# **PRACTITIONER KITS**

### Shop at R1DISCOVERYCARDS.COM



#### Clinician Kits include:

- 1 Clinician Guide Quick Start
- Discovery Cards decks (6, 9 or 12) decks) - in a variety of topics
- Infographic models for each **Discovery Cards topic**

A clinician's hands-on resource in the office, on the shelf, and ready for in-the-moment counseling or quick client assignments.

# DISCOVERY Recovery Coach Guide

### **Recovery Coach Kits include:**

- 1 Recovery Coach Guide Quick Start
- Discovery Cards decks (6, 9 or 12) decks) - in a variety of topics
- Infographic models for each **Discovery Cards topic**

A coach's hands-on resource on the road or in the office, always ready for in-the-moment coaching or guick client assignments.

# **Posters & Visuals**



### Apps – On Roadmap



# **DISCOVERY**CARDS<sup>™</sup>

### Topic examples from our online catalog



- Stages of Change\* Phases of Addiction\*
- Relapse Triggers\*
- Relapse Phases & Warning Signs\*
- Consequences of Addiction\*
- Recovery Capital Substance Use
- Disorder
- Pain Management
- Recovery Treatment Options

- Mental Health Conditions
- Emotions & Feelings\*
- Healthy Boundaries\* Affirmations\*
- Defense Mechanisms
   Health Physical
- Cultural Competence
   Learning Styles
- Trauma
- Cognitive Behavioral Therapy (CBT)
- Risk & Protective Factors

- Career Interests\*
- Values
- Character
- 8 Dimensions of Wellness

- Financial Stability
- Career/ Work Basics
- Communication
- Home Management
- Spirituality

Visit R1DISCOVERYCARDS.com for a complete list of topics \*currently available

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### Self-Discovery Tools

**Create engaging learning experiences** 

### **GROUP KITS**<sup>\*</sup> available for each topic

Everything you need to run an effective session:

**Remember...** When working with a group, make sure each group member has their own deck to allow for personalized profile building.



### Discovery Card Decks

6 or 12 deck versions include:

- Sorting Cards
- Model Definition Cards
- Activity Cards

#### One Facilitator Guide, includes

- Topic Model Overview
- Card deck summary What's in the deck
- Activity instructions and worksheets
- Coaching Tips

\*Purchase additional decks to match your typical group size.

# **Facilitator Guides** (for each topic) guide you through the Discovery Cards system, explaining what's in the deck and how to use it.



**Discovery Cards –** Each deck includes color-coded cards structured around a best practice or evidence-based model.

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The Model Defined – Model Definition Cards explain the model and its color-coded categories in easy-to-understand terms.

### **DISCOVERY**CARDS<sup>®</sup> What's in the Deck

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DISCOVERY	Stages of Change	Stages of Change	Stages of Change	Stages of Change	Stages of Change
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Stages of Change Data tage and 10 <sup>2</sup>	Quitting is not something I'm interested in doing right now	l want to quit but not right now	l am planning ways to cut down or quit	I am connecting with others and building a new network of sober friends	l love my sober life and act daily to keep it

### Self-Assessment Process



Self-Discovery – Sorting Cards provide a process for selfassessment and an opportunity for powerful insights and discussions.

### Activity 1: What Stage Am I in?

**Emotions & Feeling** 

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**Relapse Triggers** 

Phases of Addiction

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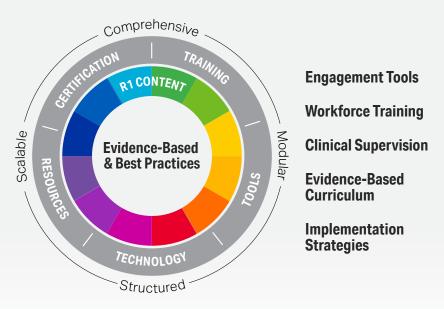
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Activities – Each deck includes engaging activities that encourage self-discovery and set the stage for meaningful discussions.

### R1LEARNING.COM

### **Evidence-Based & Best Practice Resources**

### **R1 Learning System**



### TRAINING

Instructor-led on-site and virtual seminars for practitioners and client groups

### TOOLS

The Discovery Cards, Practitioner Kits, and Group Kits covering a variety of topics

### TECHNOLOGY

Apps, assessments, video library, and online resources on product roadmap

### RESOURCES

Enterprise licenses available to enable broad content use

### CERTIFICATION

R1 Trainer certification and Continuing Education (CE) credits for each of the R1 topics

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