



Building Skills for Change™
R1LEARNING.COM

The R1 Advantage



R1 LEARNING

R1 delivers greater engagement for the leading evidence-based practices and theories in substance use disorder and other mental health conditions. The R1 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 provides training, tools, technology, and resources to enable the effective implementation and use of evidence-based practices such as motivational interviewing (MI) and cognitive behavioral therapy (CBT). The R1 solutions are effective and easily adapted for different populations and settings and by practitioners at all levels of knowledge, skill, and experience.



R1 Founder & CEO

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.

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ENGAGE

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.

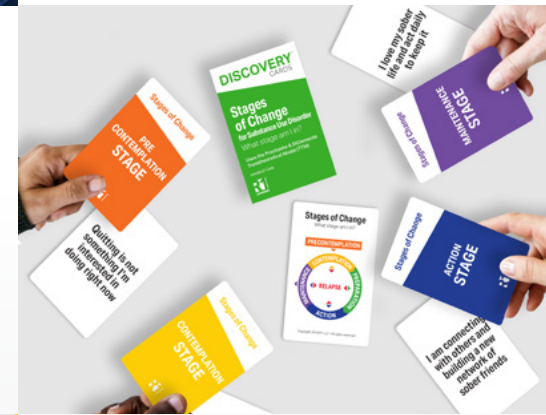


EDUCATE

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

EMPOWER

We are all about tools. Delivering hands-on, concrete, and vocabulary-based engagement tools that empower practitioners 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.



EVALUATE

We are all about making an impact. Metrics matter. Learn about our approach to measuring outcomes using the R1 Recovery Capital Assessment developed by Dr. David Best. The R1 Learning System is the engagement, education, and data generation platform of the future.

R1 TRAINING

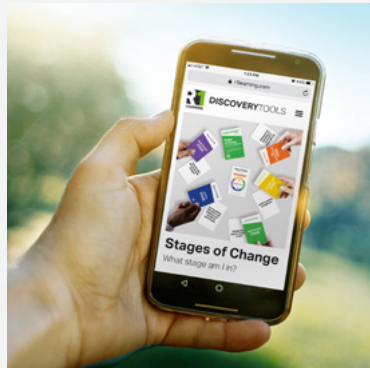


On-site & Virtual

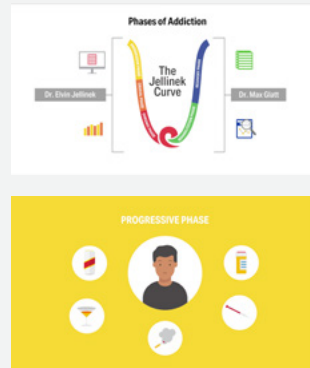


Train-the-Trainer

R1 TECHNOLOGY



Interactive Activities



Video Library

R1 TOOLS



For Clinicians, Coaches, & Peers



Group Kits for Each Topic

R1 CURRICULUM

Topic examples from our online catalog



Substance Use Disorder /Addiction

- Stages of Change*
- Recovery Capital*
- Phases of Addiction*
- Relapse Triggers*
- Relapse Phases & Warning Signs*
- Consequences of Addiction*
- Substance Use – Do I have a problem?*
- My Recovery Team
- Treatment & Recovery Options
- Pain Management

Mental / Behavioral Health

- Emotions & Feelings*
- Healthy Boundaries*
- Affirmations*
- Defense Mechanisms*
- Mental Health Conditions**
- Cultural Competence**
- Trauma
- Adverse Childhood Experiences (ACEs)**
- Mindfulness
- Risk & Protective Factors
- Cognitive Behavioral Therapy (CBT)

Life Skills

- Career Interests*
- Values*
- Character**
- Physical Health & Wellness**
- 8 Dimensions of Wellness
- Work Fundamentals
- Financial Fundamentals
- Home Fundamentals
- Spirituality
- Communication

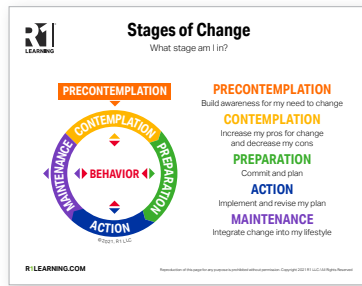
Self-Discovery Tools

Hands-on, interactive, and experiential learning

GROUP KITS* available for each topic

Everything you need to run effective sessions

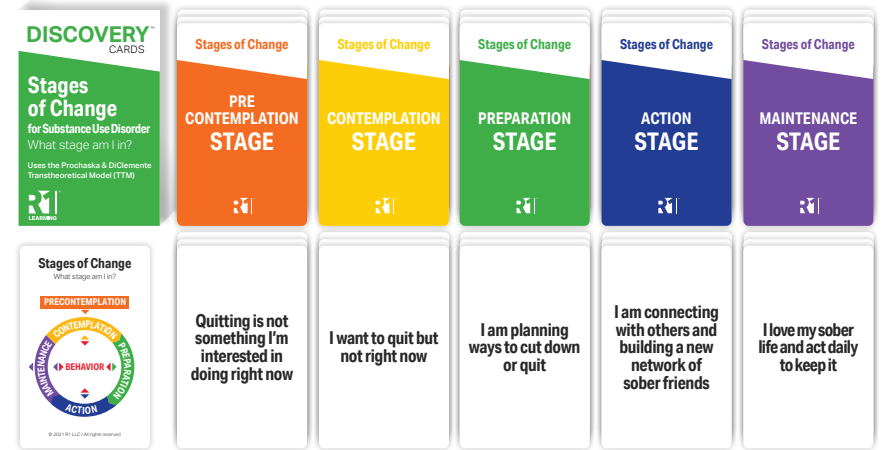
Remember... When working with a group, make sure each group member has their own deck to allow for personalized profile building.



Group Kits include model infographic

DISCOVERY CARDS™

What's in the Deck



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.



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

Self-Assessment Process



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

Activity 1: What Stage Am I in?

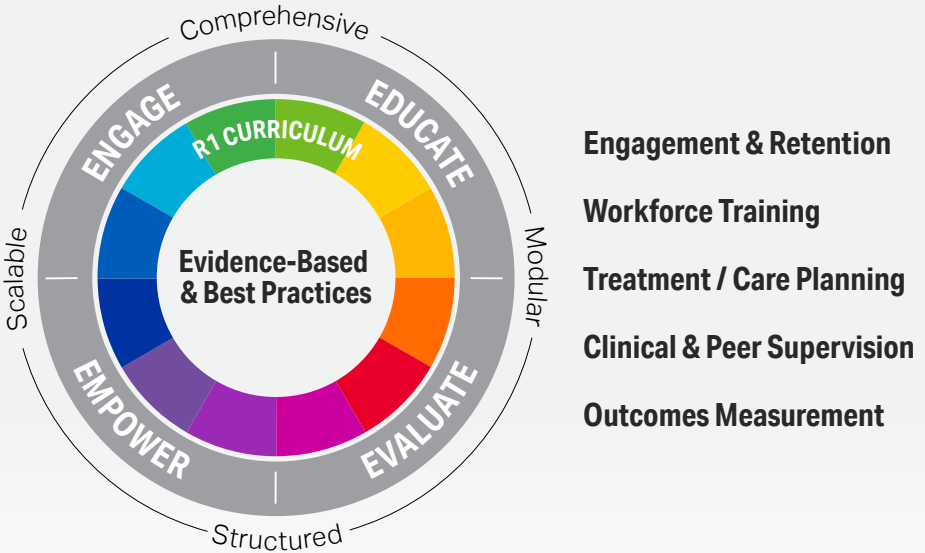


Activities – Each deck includes engaging activities that encourage self-discovery and set the stage for meaningful discussions.

This page uses Stages of Change as an example – each Discovery Cards deck has a model, sorting cards, and activities targeted to its topic.

Evidence-Based & Best Practice Resources

R1 Learning System



TRAINING – On-site and virtual instructor-led workforce training options. Train-the-Trainer programs available to build internal capability and sustainability.

TOOLS – Hand’s on, concrete, and vocabulary-based tools that reach multiple learning styles. The Discovery Cards, Topic Kits, Group Kits, Practitioner Kits, and product bundles are available in a variety of topics.

TECHNOLOGY – Engaging and interactive online apps with topic activities, videos, and personalized reports. Advanced analytic packages and multi-languages on product road map.

RESOURCES – Articles, Facilitator Guides, Activity Worksheets, and posters are available for each topic.

ENTERPRISE LICENSES – Cost-effective annual subscriptions available for organizations and practitioners.