

## IMPORTANT PARTICIPANT INFORMATION

**Reserve your seat by calling:**

1<sup>st</sup> Step Referral Services  
**734-485-6161**  
Mon-Fri 9-5 pm  
Space is limited – call early

**BTC Program Location:**

1<sup>st</sup> Step Referral Services  
110 Pearl Street  
Ypsilanti, MI 48197

**About the Program:**

1. Sessions start promptly at scheduled time. Late arrivals will not be admitted.
2. Program must be completed within 30 days.
3. Cancellations must be made at least 72 hours in advance to avoid a No Show fee.
4. Only one re-schedule permitted.

**Payment:**

1. Payment is due before the start of programming.
2. Cash or Money Order is accepted.
3. Credit card/debit payment is accepted in advance. A 4% processing fee applies.
4. No refund after a seat is reserved.

**Notification:**

1. “No Show” information is sent to Referring Organization.
2. One notification of completion is forwarded to an authorized person if all information is submitted at time of programming.
3. Certificates of Completion are issued at end of program.

**No Show Fees Apply to All  
Missed Sessions**

### DIRECTIONS

**From I-94:** Take exit #183 (Huron St.) towards Ypsilanti. / Pass Michigan Ave. / Turn left on Pearl Street. / Arrive: 1<sup>st</sup> building on the right.

**From Michigan Ave:** Turn north on Huron Street / Turn left on Pearl Street. / Arrive: 1<sup>st</sup> building on the right.

**ONE BLOCK EAST OF AATA TRANSIT CENTER**

**FREE parking available off Huron Street  
between Michigan Ave and Pearl Street  
And, at meters after 6 pm.**

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110 Pearl Street  
Ypsilanti, MI 48197

## PARTICIPANT BROCHURE

*Breaking the Cycle*  
**-BTC-**

A Complete Program of Change

- ① PREVENTION
- ② EDUCATION
- ③ INTERVENTION



*Helping Clients Meet Their Full Potential*

**734-485-6161**

1<sup>st</sup> Step Referral Services  
www.1<sup>st</sup>-step.com

# BREAKING THE CYCLE PROGRAMMING

## Breaking the Cycle Substance Abuse Issues

## Managing Anger Constructively Anger Management

## If Nothing Changes Thinking Errors & Decision Making

**BTC- 1** 6 Hours

- Self-Defeating Learned Behaviors
- The 5 Stages of Change
- Legalities
- The Disease Concept
- Biosocial Implications
- Journaling: Change Behavior Plan
- Post-Knowledge Quiz

**MAC- 1** 6 Hours

- *Self-Defeating Learned Behaviors*
- *The 5 Stages of Change*
- *Denial Systems*
- *Trigger Thought Themes*
- *Niagara Falls Metaphor*
- *Journaling: Change Behavior Plan*
- *Post-Knowledge Quiz*

**INC- 1** 6 Hours

- *Self-Defeating Learned Behaviors*
- *The 5 Stages of Change*
- *A-B-C Model of Change*
- *Triangle of Self-Obsession*
- *8 Basic Human Needs*
- *Journaling: Change Behavior Plan*
- *Post-Knowledge Quiz*

## Breaking the Cycle -2 Follow Up Sessions / Coping Skills

**BTC-2** 8 Hours

<ul style="list-style-type: none"> <li>• <i>Compliance vs. Positive Change</i></li> <li>• <i>Autobiography in 5 Short Chapters</i></li> <li>• <i>Balancing 6 Major Life Areas</i></li> <li>• <i>Personal Values and Mission Statement</i></li> <li>• <i>168 Hours</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Four Agreements</i></li> <li>• <i>Relationship Blueprint</i></li> <li>• <i>Journaling: Life &amp; Coping Skills</i></li> <li>• <i>Application of Assignments</i></li> <li>• <i>Commitment to Positive Change</i></li> </ul>
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## Breaking the Cycle -3 Instructor Intervention & Review

**BTC-3** 4+ Hours

<ul style="list-style-type: none"> <li>• <i>Client-Specific Support Programming:</i> <ul style="list-style-type: none"> <li>- <i>Self-Study Assignments</i></li> <li>- <i>Journaling Exercises</i></li> <li>- <i>Additional Application</i></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <i>Support System Development</i></li> <li>• <i>Instructor-Led Progress Review</i></li> <li>• <i>After-Care Planning</i></li> </ul>
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When you call to enroll, you will need to inform us of:

- ✓ Level-1 Session you will be attending:  
BTC-1 or MAC-1 or INC-1
- ✓ Enrollment in BTC-2 and BTC-3 Sessions
- ✓ Program start date: Locate calendar @ [www.1st-step.com](http://www.1st-step.com)
- ✓ Name & contact information for person referring you, if applicable