R1 LEARNING

Evidence-Based & Best Practice Resources

For Mental Health and the Opioid / Substance Use Crisis

Innovative Interactive Curriculum

R1LEARNING.COM

The R1 Advantage

R1 Learning 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 practices for mental health & wellness, substance use disorder, and life skills. 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 through his own experiences in substance use treatment and recovery as he noted a lack of practical tools in his 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.
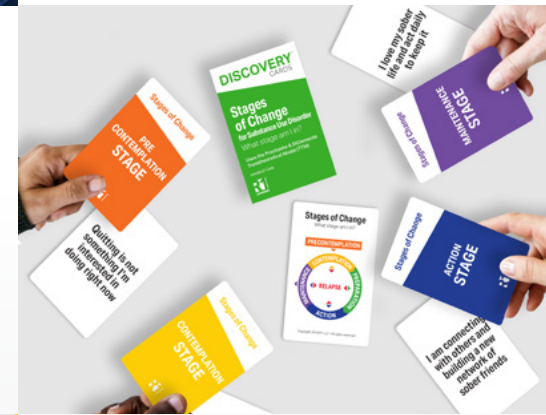
EDUCATE

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 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.

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.
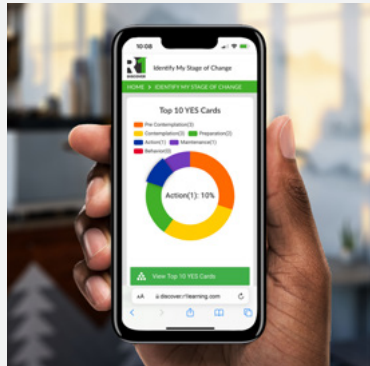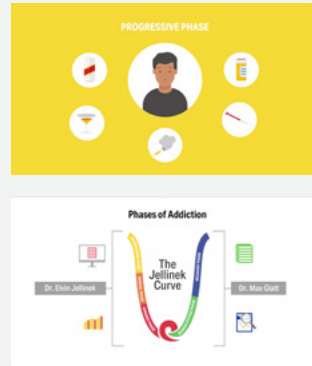
R1 TRAINING

On-site & Virtual

Train-the-Trainer

R1 DISCOVER APP

Interactive Activities

Video Library

R1 TOOLS

For Clinicians, Coaches, & Peers

Group Kits for Each Topic

R1LEARNING.COM

R1 CURRICULUM
Topic examples from our online catalog

DISCOVERY CARDS:
- Stages of Change for Substance Use Disorder — What stage am I in? Uses the Prochaska & DiClemente Transtheoretical Model (TTM)
- Recovery Capital — What do I need to build to sustain recovery? Uses the R1 RCA Model by Dr. David Best
- Phases of Addiction — What phase am I in? Uses the Jellinek Curve
- Healthy Boundaries — How can I build & maintain healthy relationships? The Practice of Boundary Management
- Co-occurring Disorders — What do I need to address for my mental health?
- Defense Mechanisms — How do I protect my Self? Uses Vaillant's 4-Level Classification
- Consequences of Addiction — How has my life become unmanageable? Uses Maslow's Hierarchy of Needs
- Relapse Triggers — What do I look out for?
- Relapse Phases & Warning Signs — Am I on a path toward relapse? Includes Gorski's High Risk Situations
- Emotions & Feelings — How can I build & maintain my emotional well-being? The Practice of Emotional Regulation
- Substance Use — Do I have a problem? Uses the American Psychiatric Association DSM-V Criteria
- Values — What are my values — am I living them? Uses the Schwartz Values Model
- Career Interests — What type of work suits me best? Uses the Holland RIASEC Model
- Affirmations — How can I practice positive self-talk? The Practice of Positive Thinking
- Character — Which traits can I strengthen? The Practice of Character Building Uses the OCEAN Model

Substance Use Disorder / Addiction	Mental / Behavioral Health	Life Skills
▪ Stages of Change*	▪ Emotions & Feelings*	▪ Values
▪ Recovery Capital*	▪ Healthy Boundaries*	▪ Career Interests
▪ Phases of Addiction*	▪ Affirmations*	▪ Cultural Competence*
▪ Relapse Triggers*	▪ Defense Mechanisms*	▪ Character*
▪ Relapse Phases & Warning Signs*	▪ Co-occurring Disorders**	▪ Physical Health*
▪ Consequences of Addiction*	▪ Emotional Triggers**	▪ Learning Styles*
▪ Substance Use – Do I have a problem?**	▪ Cultural Competence**	▪ 8 Dimensions of Wellness**
▪ My Recovery Team**	▪ Trauma	▪ Resilience**
▪ Treatment & Recovery Options**	▪ Adverse Childhood Experiences (ACEs)**	▪ Spirituality**
▪ Medication Assisted Treatment (MAT)**	▪ Mindfulness**	▪ Financial Stability**
	▪ Risk & Protective Factors**	▪ Home/Shelter**
	▪ Cognitive Behavioral Therapy (CBT)**	▪ Social Relationships**
		▪ Work Basics**
		▪ Communication**

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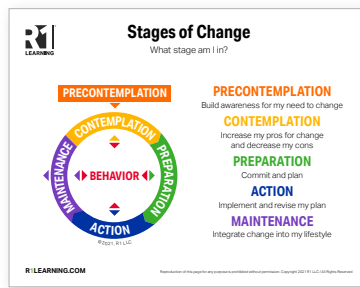*currently available **coming soon

Self-Discovery Tools
Hands-on, interactive, and experiential learning

GROUP KITS* available for each topic
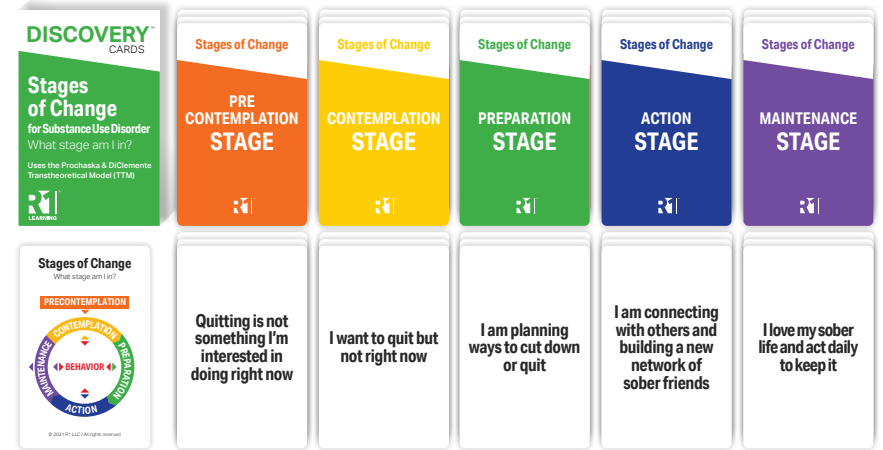**Everything you need to run effective sessions**

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

Stages of Change
What stage am I in?

PRECONTEMPLATION — **PRECONTEMPLATION** Build awareness for my need to change
CONTEMPLATION Increase my pros for change and decrease my cons
PREPARATION Commit and plan
ACTION Implement and revise my plan
MAINTENANCE Integrate change into my lifestyle

DISCOVERYCARDS™
What's in the Deck

Stages of Change	Stages of Change	Stages of Change	Stages of Change	Stages of Change	Stages of Change
Stages of Change for Substance Use Disorder — What stage am I in? Uses the Prochaska & DiClemente Transtheoretical Model (TTM)	**PRE CONTEMPLATION STAGE**	**CONTEMPLATION STAGE**	**PREPARATION STAGE**	**ACTION STAGE**	**MAINTENANCE STAGE**
Stages of Change — What stage am I in?	Quitting is not something I'm interested in doing right now	I want to quit but not right now	I am planning ways to cut down or quit	I am connecting with others and building a new network of sober friends	I love my sober life and act daily to keep it

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.

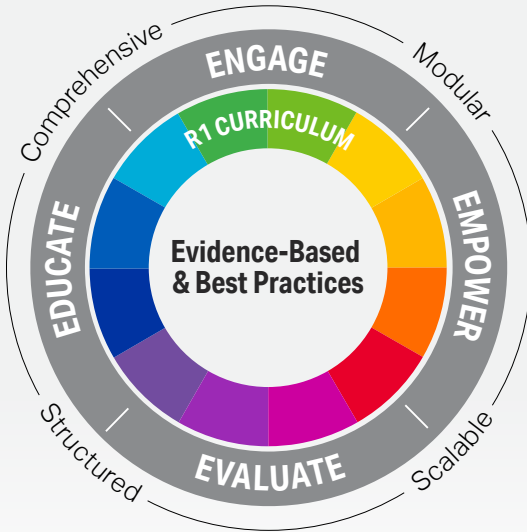### Activity 1: What Stage Am I in?

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.

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Innovative Interactive Curriculum

R1 Learning System

Engagement & Retention

Workforce Training

Treatment / Care Planning

Clinical & Peer Supervision

Outcomes Measurement

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 R1 Discover app 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 and individual practitioners.

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