Creates Engaging Learning Experiences Through Self-Discovery.

R1LEARNING.COM

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 R1content 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.

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.
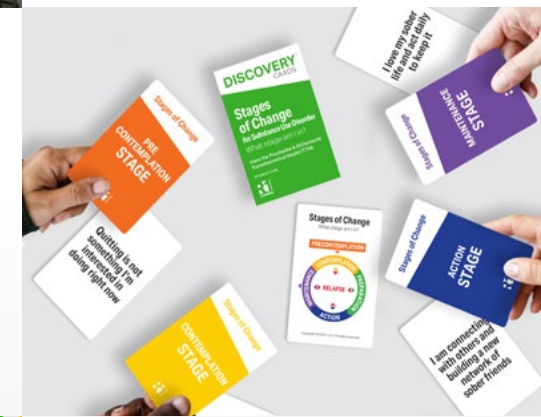
Education

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.

R1 LEARNING LAB

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.

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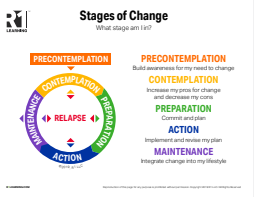
Recovery Coach Kits include:
- 1 Recovery Coach Guide – Quick Start
- Discovery Cards decks (6, 9 or 12 decks) – in a variety of topics
- Infographic models for each Discovery Cards topic

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

Posters & Visuals	Apps – On Roadmap

DISCOVERYCARDS™

Topic examples from our online catalog

Substance Use Disorder / Addiction	Behavioral Health	Life Skills
▪ Stages of Change*	▪ Mental Health Conditions	▪ Career Interests*
▪ Phases of Addiction*	▪ Emotions & Feelings*	▪ Values
▪ Relapse Triggers*	▪ Healthy Boundaries*	▪ Character
▪ Relapse Phases & Warning Signs*	▪ Affirmations*	▪ 8 Dimensions of Wellness
▪ Consequences of Addiction*	▪ Defense Mechanisms	▪ Health – Physical
▪ Recovery Capital	▪ Cultural Competence	▪ Learning Styles
▪ Substance Use Disorder	▪ Trauma	▪ Financial Stability
▪ Pain Management	▪ Cognitive Behavioral Therapy (CBT)	▪ Career/ Work Basics
▪ Recovery Treatment Options	▪ Risk & Protective Factors	▪ Communication
		▪ Home Management
		▪ Spirituality

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

Self-Discovery Tools
Create engaging learning experiences

GROUP KITS* 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:
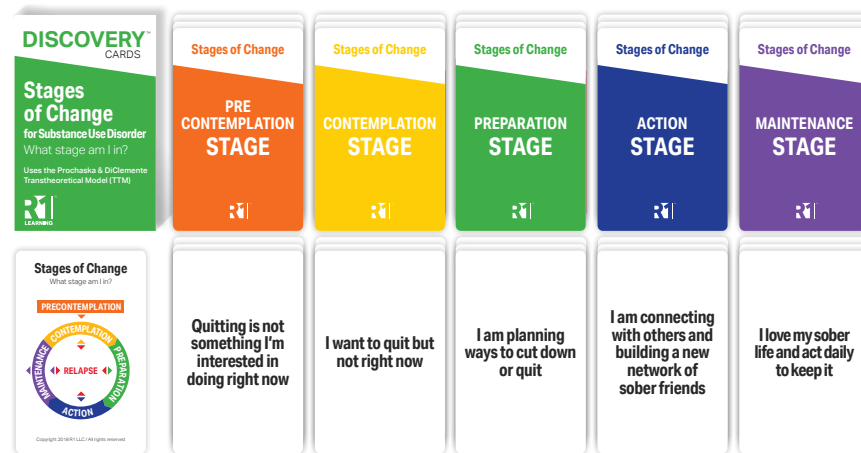- Sorting Cards
- Model Definition Cards
- Activity Cards

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.

DISCOVERYCARDS™
What's in the Deck

	Stages of Change	Stages of Change	Stages of Change	Stages of Change	Stages of Change
DISCOVERY CARDS — Stages of Change for Substance Use Disorder	PRE CONTEMPLATION STAGE	CONTEMPLATION STAGE	PREPARATION STAGE	ACTION STAGE	MAINTENANCE STAGE
Stages of Change — PRECONTEMPLATION, CONTEMPLATION, PREPARATION, RELAPSE, ACTION diagram	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

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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.
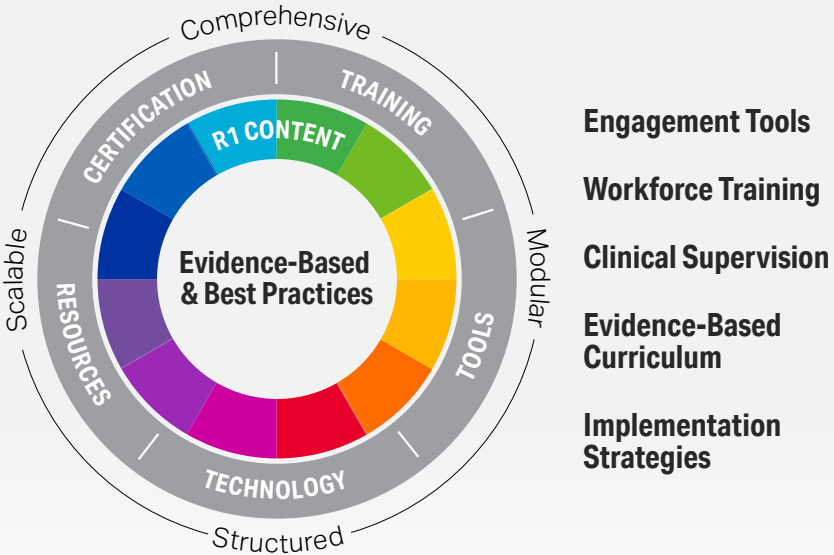
Activity 1: What Stage Am I in?

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

Engagement Tools

Workforce Training

Clinical Supervision

Evidence-Based Curriculum

Implementation Strategies

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

R1LEARNING.COM