

<b>Week One</b>	<b>October 12</b> Class 1 Units: 1 <b>FC</b>	<b>Orientation – Defining Membership</b> <ul style="list-style-type: none"> <li>The Purpose of ARRIVE – A Therapeutic Harm Reduction Program</li> <li>Introduction to Groups and Services</li> </ul>	Joe Turner Dana Diamond Victor Velazquez Counselors
	<b>October 14</b> Class 2 Units: 2 <b>TB: 3 units</b>	<b>Group Activities</b> <ul style="list-style-type: none"> <li>Group Activity: HIV, Identity, &amp; Community</li> <li>Group Activity: HIV Timeline</li> </ul>	Victor Velazquez Denise Drayton Counselors
	<b>October 16</b> Class 3 Units: 2 <b>TB: 3 units</b>	<b>Positive Thinking vs. Negative Thinking (Create Student Goals)</b> <ul style="list-style-type: none"> <li>Stigma of HIV &amp; Addiction</li> <li>Self-esteem &amp; HIV</li> </ul>	Denise Drayton
<b>Announcement by Shayra Vega: Community Outreach Training Wednesday October 21, 2020</b>			
<b>Week Two</b>	<b>October 19</b> Class 4 Unit 3 <b>FC</b>	<b>Immune System</b> <ul style="list-style-type: none"> <li>The Human Immune System – Components, Terminology &amp; Function</li> <li>The Immune Response</li> <li>HIV Transmission</li> </ul>	Victor Velazquez
	<b>October 21</b> Class 5 Units: 3 <b>FC</b>	<b>The Beast Within</b> <ul style="list-style-type: none"> <li>The Addictive Personality – The Beast Within</li> <li>The Zen Bull – Mastering The Beast</li> <li>Coping Skills</li> </ul>	Howard Josepher
	<b>October 23</b> Class 6 Units: 2 <b>TB: 3 Units</b>	<b>History of HIV &amp; STIs</b> <ul style="list-style-type: none"> <li>HIV/AIDS &amp; STI's – History, Definitions, &amp; Modes of Transmission</li> <li>Risk Factors for Exposure &amp; Infection</li> </ul>	Victor Velazquez
<b>Community Outreach Training on Wednesday October 28, 2020</b>			
<b>Week Three</b>	<b>October 26</b> Class 7 Units: 3 <b>FC</b>	<b>Safer Sex Practices &amp; Drug Paraphernalia Cleaning</b> <ul style="list-style-type: none"> <li>Safer Sex Techniques</li> <li>Condom Negotiation</li> <li>Drug Paraphernalia Cleaning</li> </ul>	Denise Drayton
	<b>October 28</b> Class 8 Units: 3 <b>FC</b>	<b>Stages of HIV and Co-factors to Disease Progression</b> <ul style="list-style-type: none"> <li>Characteristics of HIV</li> <li>Stages &amp; Symptoms of HIV</li> <li>Co-factors To Disease Progression</li> </ul>	Victor Velazquez
	<b>October 30</b> Class 9 Units: 2 <b>TB: 3 Units</b>	<b>PrEP/PEP &amp; ETE</b> <ul style="list-style-type: none"> <li>Defining PrEP &amp; PEP</li> <li>What Do We Mean By Ending The Epidemic (ETE)?</li> </ul>	Denise Drayton
<b>Week Four</b>	<b>November 2</b> Class 10 Units: 2 <b>TB: 3 Units</b>	<b>Domestic Violence (Mid-cycle Evaluations)</b> <ul style="list-style-type: none"> <li>DV &amp; HIV</li> <li>DV &amp; Substance Use</li> </ul>	Denise Drayton
	<b>November 4</b> Class 11 Units: 3 <b>FC</b>	<b>The Links Class (Read Back of Mid-Cycle Evaluations)</b> <ul style="list-style-type: none"> <li>The Links Between Addiction &amp; Depression</li> <li>Psychological Distress &amp; Recovery</li> <li>Methods For Relapse Prevention</li> </ul>	Howard Josepher
	<b>J November 6</b> Class 12 Units: 3 <b>FC</b>	<b>Mainstream Medications (Counselor Evaluations)</b> <ul style="list-style-type: none"> <li>Review: How HIV Infects the T-Cells</li> <li>HIV Mainstream Medications</li> <li>The Doctor/Patient Relationship</li> </ul>	Victor Velazquez

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<b>Week Five</b>	<b><i>Veteran's Day Holiday: classes run Monday, Tuesday &amp; Friday</i></b>		
	<b>November 9</b> Class 13 Units: 2 <b>TB: 3 units</b>	<b>Learning To Control Anger</b> <ul style="list-style-type: none"> <li>▪ Anger Management As A Form of Relapse Prevention</li> <li>▪ Dealing With Anger In The Face of HIV</li> </ul>	Denise Drayton
	<b>November 10</b> Class 14 Units: 2 <b>TB: 3 units</b>	<b>Presentation Skills</b> <ul style="list-style-type: none"> <li>▪ Keys To Developing Communication Skills</li> <li>▪ Communication Tips</li> </ul>	TBA
<b>November 13</b> Class 15 Units: 3 <b>FC</b>	<b>Stress Management</b> <ul style="list-style-type: none"> <li>▪ Stress: Definition &amp; Reaction</li> <li>▪ HIV &amp; Stress: Managing Stress</li> <li>▪ Relaxation Techniques</li> </ul>	Victor Velazquez	
<b>Week Six</b>			
	<b>November 16</b> Class 16 Units: 2 <b>TB: 3 Units</b>	<b>Student Presentations – <i>Practicum</i></b> <ul style="list-style-type: none"> <li>▪ Conduct A Presentation On HIV</li> <li>▪ Conduct A Presentation On Addiction</li> </ul>	Dana Diamond Victor Velazquez
	<b>November 18</b> Class 17 Units: 3 <b>FC:</b>	<b>HIV in Communities of Colors</b> <ul style="list-style-type: none"> <li>▪ HIV &amp; Cultural Competence</li> <li>▪ HIV in the LGBT Community</li> <li>▪ HIV &amp; Immigration</li> </ul>	Victor Velazquez
<b>November 20</b> Class 18 Units: 3 <b>FC</b>	<b>Hepatitis Overview</b> <ul style="list-style-type: none"> <li>▪ Hepatitis A, B, &amp; C Overview</li> <li>▪ HIV &amp; HCV Co-infection</li> <li>▪ Personal Care – Testing &amp; Treatment</li> </ul>	Victor Velazquez	
<b>Week Seven</b>	<b><i>Thanksgiving Day Holiday: Classes Run Monday, Tuesday &amp; Wednesday</i></b>		
	<b>November 23</b> Class 19 Units: 2 <b>TB: 3 Units</b>	<b>Stages of Recovery</b> <ul style="list-style-type: none"> <li>▪ Self Help &amp; Relapse Prevention</li> <li>▪ Stages of Change – Trans-theoretical Models of Behavior Change</li> </ul>	Denise Drayton
	<b>November 24</b> Class 20 Units: 3 <b>FC</b>	<b>Drugs, Social Justice &amp; Radical Recovery</b> <ul style="list-style-type: none"> <li>▪ Brief History of Drugs &amp; Drug Treatment in the United States</li> <li>▪ How Race &amp; Gender Affect Drug Treatment &amp; Recovery</li> <li>▪ Principles of Harm reduction Within the Exponents Model</li> </ul>	Joe Turner
<b>November 25</b> Class 21 Units: 2 <b>TB: 3 units</b>	<b>Your Recovery and Support Plan (Post Knowledge Survey)</b> <ul style="list-style-type: none"> <li>▪ Staying on Track with new Knowledge</li> <li>▪ Next Steps: Introduction to Supportive Programming</li> <li>▪ Two (2) Hour Team Breakdown</li> </ul>	Victor Velazquez Counselors	
<b>Week Eight</b>			
	<b>November 30</b> Class 22 Units: 2 <b>TB: 3 units</b>	<b>Dealing with Separation</b> <ul style="list-style-type: none"> <li>▪ Stages of Group Development</li> <li>▪ Dealing with Separation As A Trigger To Relapse</li> </ul>	Denise Drayton
	<b>Decemeber 2</b> Class 23 Units: 2 <b>TB: 3 Units</b>	<b>Returning Activity (Return Student Goals)</b> <ul style="list-style-type: none"> <li>• Understanding The Impact of HIV and Addiction</li> <li>• Developing an Effective Relapse Prevention Plan</li> </ul>	Dana Diamond Victor Velazquez w/ Counselors
	<b>Decemeber 3</b> Units: 1	<b>Make-up Class: A Cycle In Review</b>	TBA
<b>Decemeber 4</b> Class 24 Units: 0 <b>TB: 3 units</b>	<b>GRADUATION DAY:</b>  <b>~Practicm</b>	Exponents Staff	

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