

Week One	Monday October 18 Class 1 Units: 3 FC	Orientation – Defining Membership <ul style="list-style-type: none"> The Purpose of ARRIVE – A Therapeutic Harm Reduction Program Introduction to Groups and Services 	Joe Turner Dana Diamond Victor Velazquez Dianco Holder Counselors
	Wednesday October 20 Class 2 Units: 2 TB: 3 units	Group Activities <ul style="list-style-type: none"> Group Activity: HIV, Identity, & Community Group Activity: HIV Timeline 	Victor Velazquez Dianco Holder Counselors
	Friday October 22 Class 3 Units: 2 TB: 3 units	Positive Thinking vs. Negative Thinking (Create Student Goals) <ul style="list-style-type: none"> Stigma of HIV & Addiction Self-esteem & HIV 	Victor Velazquez Dianco Holder
Week Two	Announcement by Shayra Vega: Community Outreach Training Wednesday October 27, 2021		
	Monday October 25 Class 4 Unit 3 FC	Immune System <ul style="list-style-type: none"> The Human Immune System – Components, Terminology & Function The Immune Response HIV Transmission 	Victor Velazquez
	Wednesday October 27 Class 5 Units: 2 TB: 3 Units	History of HIV & STIs <ul style="list-style-type: none"> HIV/AIDS & STI's – History, Definitions, & Modes of Transmission Risk Factors for Exposure & Infection 	Victor Velazquez
	Friday October 29 Class 6 Units: 3 FC	Stress Management <ul style="list-style-type: none"> Stress: Definition & Reaction HIV & Stress: Managing Stress Relaxation Techniques 	Dianco Holder
Week Three	Monday November 01 Class 7 Units: 3 FC	Safer Sex Practices & Drug Paraphernalia Cleaning <ul style="list-style-type: none"> Safer Sex Techniques Condom Negotiation Drug Paraphernalia Cleaning 	Dianco Holder
	Wednesday November 03 Class 8 Units: 3 FC	Chronic Illness, COVID-19 & Addiction <ul style="list-style-type: none"> What is Chronic Illness? Where are we at with COVID-19? How Chronic Illness & COVID-19 Impact Addiction 	Victor Velazquez
	Friday November 05 Class 9 Units: 2 TB: 3 Units	PrEP/PEP & ETE <ul style="list-style-type: none"> Defining PrEP & PEP What Do We Mean By Ending The Epidemic (ETE)? 	Dianco Holder
Week Four	Monday November 08 Class 10 Units: 2 TB: 3 Units	Domestic Violence (Mid-cycle Evaluations) <ul style="list-style-type: none"> DV & HIV DV & Substance Use 	Dana Diamond
	Wednesday November 10 Class 11 Units: 3 FC	The Links Class (Read Back of Mid-Cycle Evaluations) <ul style="list-style-type: none"> The Links Between Addiction & Depression Psychological Distress & Recovery Methods For Relapse Prevention 	Victor Velazquez
	Friday November 12 Class 12 Units: 3 FC	Mainstream Medications (Counselor Evaluations) <ul style="list-style-type: none"> Review: How HIV Infects the T-Cells HIV Mainstream Medications The Doctor/Patient Relationship 	Victor Velazquez

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Week Five	Monday November 15 Class 13 Units: 3 FC	Financial Literacy and Recovery <ul style="list-style-type: none"> Why Financial Literacy is important Understanding Credit How Addiction Impacts Financial illiteracy 	Dianco Holder
	Wednesday November 17 Class 14 Units: 2 TB: 3 units	Communication Skills <ul style="list-style-type: none"> Keys To Developing Communication Skills Communication Tips 	Dianco Holder
	Friday November 19 Class 15 Units: 3 FC	Stages of HIV and Co-factors to Disease Progression <ul style="list-style-type: none"> Characteristics of HIV Stages & Symptoms of HIV Co-factors To Disease Progression 	Victor Velazquez
Holiday Schedule: Exponents closed for Thanksgiving Holiday on Friday November 26th			
Week Six	Monday November 22 Class 16 Units: 2 TB: 3 Units	Learning To Control Anger <ul style="list-style-type: none"> Anger Management As A Form of Relapse Prevention Dealing With Anger In The Face of HIV 	Dianco Holder
	Wednesday November 24 Class 17 Units: 3 FC:	HIV in Communities of Colors <ul style="list-style-type: none"> HIV & Cultural Competence HIV in the LGBT Community HIV & Immigration 	Victor Velazquez
	Friday November 26 Class 18 Units: 3 FC	Exponents Closed For Thanksgiving Holiday	Closed
Week Seven	Monday November 29 Class 19 Units: 3 FC	Hepatitis Overview <ul style="list-style-type: none"> Hepatitis A, B, & C Overview HIV & HCV Co-infection Personal Care – Testing & Treatment 	Victor Velazquez
	Wednesday December 01 Class 20 Units: 3 FC	Drugs, Social Justice & Radical Recovery <ul style="list-style-type: none"> Brief History of Drugs & Drug Treatment in the United States How Race & Gender Affect Drug Treatment & Recovery Principles of Harm reduction Within the Exponents Model 	Joe Turner
	Friday December 03 Class 21 Units: 3 FC	The COVID-19 Vaccines <ul style="list-style-type: none"> What Is A Vaccine? How Do The COVID-19 Vaccines Work? What Impact Does The COVID-19 Vaccine Have on The Body? 	Victor Velazquez
Week Eight	Monday December 06 Class 22 Units: 2 TB: 3 units	Stages of Recovery <ul style="list-style-type: none"> Self Help & Relapse Prevention Stages of Change – Trans-Theoretical Models of Behavior Change 	Dianco Holder
	Wednesday December 08 Class 23 Units: 2 TB: 3 Units	Dealing with Separation (Return Student Goals) <ul style="list-style-type: none"> Stages of Group Development Dealing with Separation As A Trigger To Relapse 	Victor Velazquez
	Friday December 10 Class 24 Units: 0 TB: 3 units	GRADUATION DAY: Both on site & Virtually via Zoom <i>~Practicum</i>	Exponents Staff

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