

# INTEGRITY

*Integrity means wholeness. The family manifests a genuine change of heart and attitude. The student and family are constantly learning and consistently demonstrating internal control. Individual and family values become part of daily living and decision making. The student displays leadership and is an example to the community around her. The family is sincere in therapy and active in transition planning*

## **Student Assignments**

## **Date**

## **Signature**

1. Earn the Choices and Accountability (4.1), one bead assigned from your therapist, and one of your choice, for a total of three beads.

\_\_\_\_\_

\_\_\_\_\_  
Values Coach

2. Write what Integrity means to you and share in a community setting. Identify a time when you weren't living with Integrity, as well as a time that you have recently.

\_\_\_\_\_

\_\_\_\_\_  
Values Coach

3. Discuss your core issue and meaning in a general group. Include what you have done to overcome your ego-defense mechanisms, and what tools you now use instead.

\_\_\_\_\_

\_\_\_\_\_  
Values Coach

4. Find a quote that is meaningful to you in relation to Integrity. Share what it means to you with your Values Coach, and in a Family Therapy session.

\_\_\_\_\_

\_\_\_\_\_  
Values Coach

5. Pay attention to examples of Integrity being displayed (with yourself or others) and record them everyday for three weeks.

\_\_\_\_\_

\_\_\_\_\_  
Values Coach

6. Plan and lead a Rec Therapy task focused on honesty and integrity.

\_\_\_\_\_

\_\_\_\_\_  
Rec Therapist

7. Complete the Women's Health Module. \_\_\_\_\_  
Nurse

8. Complete the Nutrition Module. \_\_\_\_\_  
Dietitian

9. Complete School Requirements. \_\_\_\_\_  
Teacher

10. Demonstrate through peer feedback (4.2) that the majority of your peers are in favor of you earning Integrity Phase. \_\_\_\_\_  
Treatment Team

11. Demonstrate maturity and insight, and manifest a genuine change of heart. Pass this off through an interview with Treatment Team. \_\_\_\_\_  
Treatment Team

**Parent Assignments:**

12. Identify 5 ways the parents could reinforce their daughter's core issue, and 5 ways they can reinforce her core meaning. \_\_\_\_\_  
Therapist

13. Write what Integrity means to you and share in a family therapy. Identify a time when you weren't living with Integrity, as well as a time that you have recently. \_\_\_\_\_  
Therapist

14. Complete one bead assigned by your Therapist. \_\_\_\_\_  
Therapist

15. Pay attention to examples of Integrity being displayed (with yourself or others) and record them everyday for three weeks. \_\_\_\_\_  
Therapist

**Family Assignments:**

16. Each family member re-write their personal prioritized values list (4.3) and definitions. \_\_\_\_\_  
Therapist

17. Complete the Value Based Rules and Consequences Worksheets. (4.4) \_\_\_\_\_  
Therapist

18. Resolve a problem without the help of your Therapist. Use five principles you've learned at New Haven. \_\_\_\_\_  
Therapist

**Transition Preparation**

19. As a family begin working on a Relapse Prevention Plan. (4.5) \_\_\_\_\_  
Therapist

20. Student explores peer relationships and support systems in family therapy. \_\_\_\_\_  
Therapist

21. During your home passes focus on the following as a family:  
a. Start researching options for a therapist, school, activities, AA, etc.  
b. Hold family community meetings.  
c. Plan and carry out a family service project.  
d. Have family dinners.  
e. Make some changes to your physical surroundings in order to create a new environment.  
f. Continue creating/strengthening your support system.  
g. Implementation of your family rules and consequences.  
h. Plan and carry out a family activity. \_\_\_\_\_  
Therapist

22. Parents will review with their Therapist the Home Works© support services. \_\_\_\_\_  
Therapist