

Endorsements

BIDDLE

Publishing Company

Order Form

Please send

_____ copies of *Community Integration Workbook* at \$14.95 each \$ _____

Sales in Maine, add 5% sales tax + _____

Shipping, add \$3.50 (fourth class) for any number of books. + _____

Priority shipping, add \$6.00 for first book, \$1.00 for each additional book. + _____

Total enclosed \$ _____

Send check payable to:

Biddle Publishing Company
PMB 103
13 Gurnet Road
Brunswick, Maine 04011

Or order online at:

www.biddle-audenreed.com

For inquiries regarding discounts on multiple copies, contact the publisher.

Stephen Fraley's workbook is a map, a plan, a design for any teacher, group leader, or coach.

Greta Cohan, Professor

Stephen Fraley gives people in transition the tools to succeed and prevent a return to their negative and harmful habits. He also gives them hope and the knowledge that they have it within themselves to be positive forces in society. *Community Integration Workbook* is a must for any person in transition.

Tekla Miller, former warden

While there is no secret formula that can automatically heal the wounds or restore the trust or self-confidence that has been lost, this practical, common sense guidebook asks all the right questions, which, when all is said and done, is all we can ask a book like this to do.

Robert Siegel, Prison program volunteer

Stephen Fraley has certainly put his heart, soul, experience, and vision into *Community Integration Workbook*. I believe that the use of this workbook will be the vehicle to inspire many people to change the direction of their lives.

Rev. Dr. Lester Cousin, Pastor

This workbook should be widely used by all those working with clients who must make the difficult transition from dependency to effective and responsible self-determination.

Mark L. Chapman, Ph.D., Professor

Community Integration Workbook

by **Stephen Fraley**



A Guide for Those Determined to Overcome Such Challenges as Unemployment, Homelessness, Chronic Welfare, Drug Addiction, and Criminal Behavior, and for the Counselors Helping Them Make a Healthy Transition into Mainstream Society

Community Integration Workbook speaks directly to those readers who are looking to change their lives for the better, and who find themselves in groups of likeminded souls, groups facilitated by professional or paraprofessional counselors. It is also an effective tool for guiding the individual counseling of similar clients.

The purpose of this book is to provide a counseling guide, emphasizing the transition from institutions like prison, jail, halfway houses, homeless shelters, inpatient alcohol and substance abuse treatment facilities, mental hospitals, and various therapeutic communities. It will also be helpful to those transitioning from welfare dependence into the mainstream of society. Focusing on another critical need in today's world, *Community Integration Workbook* is an excellent resource to facilitate the community integration of soldiers returning from tours of duty in foreign wars. Some of them gravitate to the other institutions mentioned above due to their feelings of alienation and depression.

Although the author wrote this book with group counseling in mind, the material and suggestions herein

are equally effective in individual counseling of those clients. *Community Integration Workbook* was designed to provide guidance to those who find themselves caught up in the vicious and painful cycles of unemployment, homelessness, chronic welfare, drug addiction, crime, and mental health challenges. There are no magic bullets within the pages of this book, but you will find some easy-to-use common sense tools for those wanting to change and for those tireless people who have dedicated their lives to helping them change.

This book describes and discusses the twelve sessions of the Community Integration program, which include:

1. Orientation
2. Family Concerns
3. Interpersonal Relations
4. Education and Career Development
5. Decision Making
6. Health
7. Substance Abuse
8. Budgeting
9. Employment I
10. Employment II
11. Criminal Justice Supervision
12. Recidivism

Change is always an option.



Stephen Fraley is Program Coordinator of Fathers Count, a Family Services of Westchester program. His educational background includes: A.A. in Liberal Arts and Science-Humanities, Westchester Community College; B.S. in Social Science [Psychology], Canisius College; M.P.S. in Ministry [Counseling, Teaching], New York Theological Seminary; and work toward an M.S. in Adult Education, Buffalo State College. He also teaches at Westchester Community College. Stephen Fraley champions the concept of life-long growth and thrives on the dynamics of the therapeutic relationship.