

## 4C FRAMEWORK™ - CORE SERVICES

### CORE PROGRAM - INDIVIDUAL (VIRTUAL)

**\$800\*/client**

- |  |              |
|--|--------------|
| • Four 1-hour individual sessions                                  | 4 hours      |
| • Five 30-minute individual coaching touchpoints, between sessions | 2.5 hours    |
| • 1-hour group Intro workshop                                      | 1 hour/month |
| • Certificate of Completion  |              |
| • Professionally-facilitated ongoing Community Support Meetings    | 1 hour/month |

### STRUCTURE

- Build successful transition planning by integrating with your program as well as integrating the first two session into the final two weeks of your program
- The following two sessions take place weekly when the individual is integrating back into their home environment
- Supported by exercises and learning materials
- Our Alumni Support Group is a monthly virtual community meeting

### STAFF TRAINING & SUPPORT - GROUP (VIRTUAL)

**\$5,000\*/group**

- |   |                       |
|---|-----------------------|
| • Four 5.5-hour group sessions                                | 22 hours              |
| • Individual 30-minute coaching touchpoints, between sessions | 1.5 hours/participant |
| • Mentorship & Coaching                                       |                       |

### STRUCTURE

- Maximum 5 participants per group
- 2-week program
- Practice building successful integration and transition planning by integrating the 4C Framework personally
- Develop and engage in a shared language, while learning the structure and philosophy behind the 4C Framework

### ROYALTY FOR INDEPENDENT DELIVERY OF THE PROGRAM

- Facilitating the transition to staff delivery of a 4C Framework program \*inquire to learn more



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## 4C FRAMEWORK™ - PROGRAM REQUIREMENTS

### INTEGRATION REQUIRES

- **Understanding** of the treatment program
  - What the 4C Sessions are integrating upon
- **Overlap**
  - 4C Sessions begin while client is still in the safe, controlled environment of the treatment center
- **Hand-off** process
  - Create a continuum of care
  - Warm intro from trusted individuals
- **Clear, consistent, communication** processes and touchpoints
- **Teamwork** mentality
  - 4C Sessions are part of the greater whole
  - Building a shared approach and shared language
- **Community resource** conversations

### PARTICIPATION REQUIRES

- **Warm hand-off** to Continuing Care, the 4C Framework, and the facilitator(s)
- **Means to join** virtual sessions (ex. computer, tablet, cell phone) consistently and on time
- **Means to access printed materials** (ex. printing client packages when workbooks are not purchased)
- **Dedicated time**, and has access to a comfortable, private space for each session
- **Meets participation expectations** (ex. engages with the 4C Framework materials)
- **Sequential sessions**
- **Policies:** understanding and adherence to cancellation, no-show, and completion policies
- **Communication** is clear and proactive



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## 4C FRAMEWORK™ - ONBOARDING PACKAGE

### ESSENTIAL ONBOARDING

**\$600\***

- **Team introduction & Onboarding**
  - Familiarizing the team with our program and laying the groundwork for successful collaboration. Build trust and shared language, and develop a hand-off process for continuum of care.
- **Program Conversations**
  - Ensure mutual understanding of programming approaches, processes, workflows, resources etc.
- **Community Resource Clarification**
  - Establish an outline of practical continuing care resources in community.
- **Workflow Development**
  - Partnership in developing administration and operations workflow, including scheduling to optimize client experience, communications workflows, etc.
- **Integration Interviews**
  - With key stakeholders for inclusivity and cultural sensitivity and resource development

### ADDITIONAL SUPPORT STRUCTURES AVAILABLE

**\$90/hour  
/ATS staff**

- **Recurring Meeting Cadence(s)**
  - Weekly Team Meeting
  - Monthly Leadership Meeting
- **Stakeholder Interviews**
  - Community Partners

\*Plus applicable taxes

## 4C FRAMEWORK™ - ADD ON SERVICES BREAKDOWN

### IT SYSTEMS ONBOARDING FOR CLIENTS

**\$150\*/client**

- Individual session to support client's tech literacy with an introduction to the IT systems used to schedule and join sessions

1 hour

### **DELIVERABLES**

- Setup and practice access to email, calendar, booking tools, and completing surveys

### COMMUNITY RESOURCE DEVELOPMENT LIASON

**\$90\*/hour**

- Conduct integration interviews with key stakeholders
- Develop rapport & collaboration on practical continuing care resources in community

### BOOSTER ONGOING SUPPORT

**\$250\*/month**

- Extension of our virtual Alumni Support Group - additional group meeting structure and worksheets that support building on tools and resources from the core program

1 hour/month

### **STRUCTURE**

- After completion of the core program, in combination with the Alumni Support Group, the additional booster session creates two group sessions per month
- Supports continuing engagement with the 4C Framework materials
- Many studies show booster sessions increase the likelihood of program adherence
- Participants benefit from group sessions where they practice vulnerability in community safe space, learn from their peers which increases relevance and applicability, and experience group accountability
- Encourages further engagement with and builds community

### WORKBOOK

**\$45\*/book**

- Comprehensive workbook includes all worksheets and exercises for the core program, as well as ongoing exercises and prompts for continuing engagement with the framework
- The workbook encourages integration and empowerment by placing the tools directly in the individual's hands where they can build reliance on their own individualized system



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**4C FRAMEWORK™ - ADD ON SERVICES BREAKDOWN**

**4C DEEP DIVE - INDIVIDUAL**

**\$2,000\*/client**

- Eight 1-hour individual sessions
- Eight 20-minute coaching touchpoints
- Prerequisite\* completion of Core Program

8 hours

2.67 hours

**STRUCTURE**

- Engage in conversational sessions to
- Develop a deeper understanding of the role of each C in your life
- Develop a deeper awareness of the resources and approaches that are available and resonate with you
- Practice implementing strategies and reflecting on impact
- Build an action plan to continue to work with the 4C Framework

**ADMINISTRATIVE TRAINING & COACHING**

**\$100\*/hour**

- Minimum 4 weekly sessions with administrative professional
- Additional hours charged at hourly rate

4 hours total

**DELIVERABLES**

- Review role and responsibilities and the metrics by which performance is measured
- Explore tools and processes to support increased efficiency and efficacy
- Develop and practice 'soft' skills to support career growth
- Establish goals and develop and begin implementation of an action plan to support progress
- Guided report generation to share and communicate progress, recommendations, etc.

**ORGANIZATIONAL DEVELOPMENT**

**\$100\*/hour**

- Interview, planning, and implementation
  - Interview, assessment, and deep dive sessions
  - Recommendations and scoping to set targets and timelines
  - Strategic implementation action plan
  - Support & coach progress
- Additional hours charged at hourly rate

20 hours total

- 5 hours approx
- 5 hours approx
- 5 hours approx
- 5 hour approx

**DELIVERABLES**

- Develop internal & external systems to support impactful operations in alignment with the content being taught to clients and team values
- Understand and become intentional about internal cultural and it's systemic impact
- Action plan to support learning and implementing new skills and approaches
- Generate tangible support mechanisms to uphold systems and support the team

\*Plus applicable taxes



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## 4C FRAMEWORK™ - ADD ON SERVICES BREAKDOWN

### THERAPEUTIC PROGRAM CONSULTATION

- 10 hours of interview, and planning calls
  - Interview, assessment, and deep dive sessions
- Gap Analysis report and presentation
  - Recommendations and scoping to set targets and timelines
- Strategic implementation action plan
- Workshops & progress coaching
- Support investigating source materials and
- Additional hours charged at hourly rate

**\$200\*/hour**

40 hours total

- 10 hours approx
- 10 hours approx
- 5 hours approx
- 10 hours approx
- 5 hours approx

### DELIVERABLES

- Generate a high-level overview of program as a whole
- Investigate Green, Yellow, and Red flags in alignment After the Storm's Best Practices rubric
- Develop a strategic action plan with immediate and long term goals, and define milestones and metrics
- Participate in workshops curated to coach skills in alignment with established gaps and goals
- Receive support in identifying quality source materials and evidence-based practices

\*Plus applicable taxes