# TRIP APPENDIX

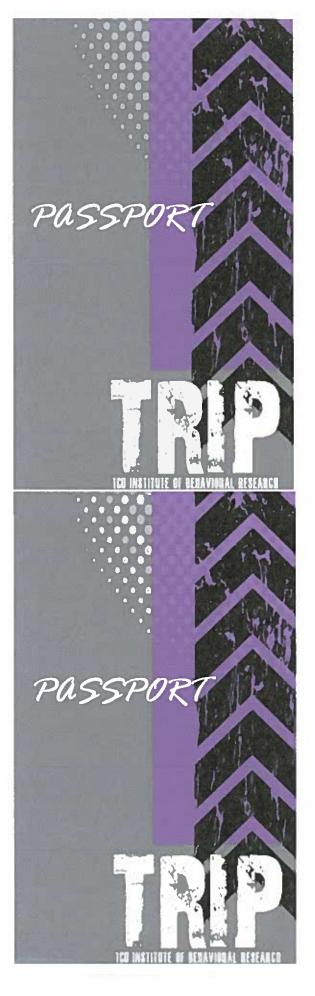
# Appendix 3

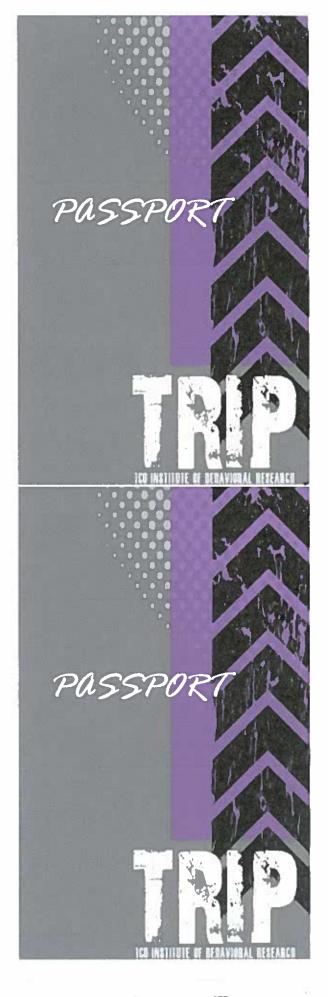


Fidelity Resources

# TRIP Session Tracking Start-up Form

				DATES (	OF SESSIO	<b>DATES OF SESSION COMPLETION</b>	NOIL		
CLIENT ID	TREATMENT	MAP 1	MAP 2	NUDGE 1	NUDGE 2	GAME 1	GAME 2	WORK IT 1	WORK IT 2
		2							
		*:							
			16						





Appendix 3 — Fidelity Resources

### TRIP PASSPORT TRIP PASSPORT Name -Name ---**GAME 1** MAP 1 MAP 1 **GAME 1** MAP 2 **GAME 2** GAME 2 MAP 2 **NUDGE 1 WORK IT 1 WORK IT 1 NUDGE 1 NUDGE 2 WORK IT 2 NUDGE 2** WORK IT 2 TRIP PASSPORT TRIP PASSPORT Name ---Name -**GAME 1** MAP 1 MAP 1 **GAME 1 GAME 2** MAP 2 **GAME 2** MAP 2 WORK IT 1 **NUDGE 1 NUDGE 1 WORK IT 1**

**WORK IT 2** 

**NUDGE 2** 

**WORK IT 2** 

**NUDGE 2** 

Form	Counselor ID	Group ID	Facility ID	
SCORE THE TOTAL PROPERTY.				

# TRIP Fidelity Checklist

Mapping It Out -- Part 1

Date:			
	MO	DAY	YR

	ANSW	FILL IN ONE ANSWER FOR		FILL IN ONE ANSWER FOR EACH QUESTION	
	EACH Q	UESTION		<b>Group Interest</b>	
	No	Yes	Low	Medium	<u>High</u>
Did you cover	(1)	(2)	(1)	(2)	(3)
1. Opening Board Brain Map?	0	0	0	0	0
2. Check-in Thoughts/Issues Map?	0	0	0	0	0
3. Draw Me Icebreaker (Cognitive Trick)?	0	0	0	0	0
4. Mapping 101 Instruction/Practice?	0	0	0	0	0
5. Valuable Friends Guide Map?	0	0	0	0	0
6. Wrap Up/Review Thoughts/Issues Map?	0	0	0	0	0

800823100				
	Almost Never	Very Little	About Average	Very Often
C. GENERAL	(1)	(2)	(3)	(4)
I was able to help the group stay focused and working.	. 0	0	0	0
2. I was able to manage group distractions				
or tensions.	. 0	0	0	0
3. I felt confident and self assured.	. 0	0	0	0
4. I followed each activity with a brief group discussion	. 0	0	0	0
5. I summarized key points after each activity/discussion	. 0	0	0	0
6. I used board/flip chart to map out group ideas	. 0	0	0	0
7. I used maps effectively to organize group discussions	0	0	0	0
Clients in Attendance (Client ID)				

Form	Counselor ID	Group ID	Facility ID	
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# TRIP Fidelity Checklist Mapping It Out -- Part 2

Date:			
	MO	DAY	YR

	ANSW	IN ONE ER FOR UESTION	В.
Did you cover	<u>No</u> (1)	<u>Yes</u> (2)	<u>L</u>
1. Opening Board Brain Map?	0	0	C
2. Check-in Thoughts/Issues Map?	0	0	
3. Ash Adams DVD (Cognitive Trick)?	0	0	C
4. Mapping Practice?	0	0	C
5. Personal Strengths Guide Map?	0	0	C
6. Wrap Up/Review Thoughts/Issues Map?	0	0	C

	FILL IN ONE ANSW FOR EACH QUESTI	
	<b>Group Intere</b>	st
Low	Medium	High
(1)	(2)	(3)
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0

	Almost Never	Very Little	About Average	Very Often
C. GENERAL	(1)	(2)	(3)	(4)
I was able to help the group stay focused and working.	0	0	0	0
I was able to manage group distractions or tensions.		0	0	0
3. I felt confident and self assured.	. 0	0	0	0
4. I followed each activity with a brief group discussion		0	0	0
5. I summarized key points after each activity/discussion	0	0	0	0
6. I used board/flip chart to map out group ideas	0	0	0	0
7. I used maps effectively to organize group discussions	. 0	0	0	0
Clients in Attendance (Client ID)	<del>                                     </del>			
			<u></u>	

Form Counselor ID	Group ID		Facility ID		
TRIP Fi		Checkli	ist		
	A. FILL IN ANSWEF EACH QUI	RFOR	FC	LL IN ONE ANSWI OR EACH QUESTION Group Interes	N
	No	Yes	Low	Medium	High
Did you cover	(1)	(2)	(1)	(2)	(3)
1. Opening Board Brain Map?	0	0	0	0	0
2. Check-in Thoughts/Issues Map?	0	0	0	0	0
3. Slap Jack Icebreaker (Cognitive Trick)?	0	0	0	0	0
4. Inner/Outer Nudge Guide Map?	0	0	0	0	0
5. Positive/Negative Guide Map?	0	0	0	0	0
6. Nudge Game Plan Guide Map?	0	0	0	0	0
7. Wrap Up/Review Thoughts/Issues Map?	0	0	0	0	0
C. CENEDAL		Almost Never	Very Little	About Average	Very Often
C. GENERAL		(1)	(2)	(3)	(4)
I was able to help the group stay focused and working.	••••••	0	0	0	0
I was able to manage group distractions or tensions.		0	0	0	0
3. I felt confident and self assured.			0	0	0
4. I followed each activity with a brief group dis	100		0	0	0
5. I summarized key points after each activity/di			0	0	0
6. I used board/flip chart to map out group ideas			0	0	0
7 Luced mans effectively to organize group disc			0	0	0

# ADD COMMENTS ON BACK

Clients in Attendance (Client ID)

Form	Counselor ID	Group ID	Facility ID	

# **TRIP Fidelity Checklist**

The Art of Nudge -- Part 2

Date:			
	MO	DAY	YR

	A. FILL IN	R FOR	B. FILL IN ONE ANSW FOR EACH QUESTI			
	EACH QUESTION		EACH QUESTION Group In		terest	
	No	Yes	Low	Medium	High	
Did you cover	(1)	(2)	(1)	(2)	(3)	
1. Opening Board Brain Map?	0	0	0	0	0	
2. Check-in Thoughts/Issues Map?	0	0	0	0	0	
3. Ash Adams DVD (Cognitive Trick)?	0	0	0	0	0	
4. Nudge Case Studies?	0	0	0	0	0	
5. Negative Nudge Guide Maps?	0	0	0	0	0	
6. Wrap Up/Review Thoughts/Issues Map?	0	0	0	0	0	

	Almost Never	Very Little	About Average	Very Often
C. GENERAL	(1)	(2)	(3)	(4)
I was able to help the group stay focused     and working.	. 0	0	0	0
I was able to manage group distractions or tensions.	. 0	0	0	0
3. I felt confident and self assured.	0	0	0	0
4. I followed each activity with a brief group discussion	. 0	0	0	0
5. I summarized key points after each activity/discussion	0	0	0	0
6. I used board/flip chart to map out group ideas	. 0	0	0	0
7. I used maps effectively to organize group discussions	0	0	0	0
Clients in Attendance (Client ID)				

TRIP Fid	-		st			
Date: MO DAY YR	Did Peer	Mentor(s)	Participate'	? O No	0 Ye	
	A. FILL IN ANSWE EACH QU	R FOR	B. FILL IN ONE ANSWER FOR EACH QUESTION  Group Interest		ON	
	No	Yes	Low	Medium	 High	
Did you cover	(1)	(2)	(1)	(2)	(3)	
1. Opening Board Brain Map?	0	0	0	0	0	
2. Check-in Thoughts/Issues Map?	0	0	0	0	0	
3. Game Introduction Senior Peers?	0	0	0	0	0	
4. Downward Spiral Game Session?	0	0	0	0	0	
5. Reflection Cards Activity?	0	0	0	0	0	
6. Wrap Up/Review Thoughts/Issues Map?	0	0	0	0	0	
		Almost Never	Very Little	About Average	Very Ofte	
C. GENERAL		(1)	(2)	(3)	(4)	
I was able to help the group stay focused and working.	,	0	0	0	0	
			_	_		
2. I was able to manage group distractions or tensions.		0	0	0	0	
2. I was able to manage group distractions			0	0	0	
2. I was able to manage group distractions or tensions.	······	0	_		_	
I was able to manage group distractions or tensions.      I felt confident and self assured.	cussion	0	0	0	0	
<ol> <li>I was able to manage group distractions or tensions.</li> <li>I felt confident and self assured.</li> <li>I followed each activity with a brief group disc</li> </ol>	cussion	O O	0	0	0	
<ol> <li>I was able to manage group distractions or tensions.</li> <li>I felt confident and self assured.</li> <li>I followed each activity with a brief group disc.</li> <li>I summarized key points after each activity/disc.</li> </ol>	cussion	O O O O	0	0	0	
<ol> <li>I was able to manage group distractions or tensions.</li> <li>I felt confident and self assured.</li> <li>I followed each activity with a brief group disc.</li> <li>I summarized key points after each activity/disc.</li> <li>I used board/flip chart to map out group ideas.</li> </ol>	cussion	O O O O	0 0 0	0 0 0	0 0	
<ol> <li>I was able to manage group distractions or tensions.</li> <li>I felt confident and self assured.</li> <li>I followed each activity with a brief group disc.</li> <li>I summarized key points after each activity/disc.</li> <li>I used board/flip chart to map out group ideas.</li> <li>I used maps effectively to organize group disc.</li> </ol>	cussion	O O O O	0 0 0	0 0 0	0 0 0	

	ırd Spira	l Part 2		O No	O Van	
MO DAY YR	Dia Peer	Mentor(s)	Participate?	' O <i>No</i>	O Tes	
		N ONE ER FOR UESTION	FOR EACI		NE ANSWER I QUESTION Interest	
	No	Yes	Low	Medium	High	
Did you cover	(1)	(2)	(1)	(2)	(3)	
1. Opening Board Brain Map?	0	0	0	0	0	
2. Check-in Thoughts/Issues Map?	0	0	0	0	0	
3. Triangle Icebreaker (Cognitive Trick)?	0	0	0	0	0	
4. Personal Spirals Game Card Creation?	0	0	0	0	0	
5. Writing on the Wall Group Map?	0	0		0	0	
6. Wrap Up/Review Thoughts/Issues Map?	0	0	0	0	0	
		-		v umumulmaknak ni umannas i umlihan asa .	-	
		Almost	Very	About	Very	
C. GENERAL		Never	Little	Average	Ofter	
C. GENERAL  1. I was able to help the group stay focused			•		*	
I was able to help the group stay focused and working.		Never (1)	Little	Average	Ofter	
I was able to help the group stay focused and working.      I was able to manage group distractions		<u>Never</u> (1)	Little (2)	Average (3)	Ofter (4)	
I was able to help the group stay focused and working.      I was able to manage group distractions or tensions.	************	Never (1)	Little (2)	Average (3)	(4)	
I was able to help the group stay focused and working.      I was able to manage group distractions or tensions.      I felt confident and self assured.		Never (1)	(2)	Average (3)  O O	(4)  O  O	
<ol> <li>I was able to help the group stay focused and working.</li> <li>I was able to manage group distractions or tensions.</li> <li>I felt confident and self assured.</li> <li>I followed each activity with a brief group distraction or tensions.</li> </ol>	cussion	Never (1)	(2)  O O O	Average (3)  O O O O	Ofter (4)	
<ol> <li>I was able to help the group stay focused and working.</li> <li>I was able to manage group distractions or tensions.</li> <li>I felt confident and self assured.</li> <li>I followed each activity with a brief group discount of the self assured activity/discount of the self assured.</li> </ol>	cussion	Never (1)	(2)  O O O O O	Average (3)  O O O O O	Ofter (4)	
<ol> <li>I was able to help the group stay focused and working.</li> <li>I was able to manage group distractions or tensions.</li> <li>I felt confident and self assured.</li> <li>I followed each activity with a brief group distraction or tensions.</li> <li>I summarized key points after each activity/distraction.</li> <li>I used board/flip chart to map out group ideas.</li> </ol>	cussion	Never (1)	(2)  O O O O O O O	(3)  O  O  O  O  O  O	Ofter (4)	
<ol> <li>I was able to help the group stay focused and working.</li> <li>I was able to manage group distractions or tensions.</li> <li>I felt confident and self assured.</li> <li>I followed each activity with a brief group disc.</li> <li>I summarized key points after each activity/disc.</li> <li>I used board/flip chart to map out group ideas.</li> <li>I used maps effectively to organize group disc.</li> </ol>	cussion	Never (1)	(2)  O O O O O	Average (3)  O O O O O	Ofter (4)	
<ol> <li>I was able to help the group stay focused and working.</li> <li>I was able to manage group distractions or tensions.</li> <li>I felt confident and self assured.</li> <li>I followed each activity with a brief group distraction or tensions.</li> <li>I summarized key points after each activity/distraction.</li> <li>I used board/flip chart to map out group ideas.</li> </ol>	cussion	Never (1)	(2)  O O O O O O O	(3)  O  O  O  O  O  O	Ofter (4)	
<ol> <li>I was able to help the group stay focused and working.</li> <li>I was able to manage group distractions or tensions.</li> <li>I felt confident and self assured.</li> <li>I followed each activity with a brief group disc.</li> <li>I summarized key points after each activity/disc.</li> <li>I used board/flip chart to map out group ideas.</li> <li>I used maps effectively to organize group disc.</li> </ol>	cussion	Never (1)	(2)  O O O O O O O	(3)  O  O  O  O  O  O	Ofter (4)	
<ol> <li>I was able to help the group stay focused and working.</li> <li>I was able to manage group distractions or tensions.</li> <li>I felt confident and self assured.</li> <li>I followed each activity with a brief group disc.</li> <li>I summarized key points after each activity/disc.</li> <li>I used board/flip chart to map out group ideas.</li> <li>I used maps effectively to organize group disc.</li> </ol>	cussion	Never (1)	(2)  O O O O O O O	(3)  O  O  O  O  O  O	Ofter (4)	
<ol> <li>I was able to help the group stay focused and working.</li> <li>I was able to manage group distractions or tensions.</li> <li>I felt confident and self assured.</li> <li>I followed each activity with a brief group disc.</li> <li>I summarized key points after each activity/disc.</li> <li>I used board/flip chart to map out group ideas.</li> <li>I used maps effectively to organize group disc.</li> </ol>	cussion	Never (1)	(2)  O O O O O O O	(3)  O  O  O  O  O  O	Ofte (4)	

Form Counselor ID Group ID Facility ID
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# TRIP Fidelity Checklist Work It -- Part 1

Date:			
	МО	DAY	YR

	A. FILL IN ONE ANSWER FOR		В.	FILL IN ONE ANSWER FOR EACH QUESTION	
	EACH QUESTION			<b>Group Interest</b>	
	No	Yes	Low	Medium	High
Did you cover	(1)	(2)	(1)	(2)	(3)
1. Opening Board Brain Map?	0	0	0	0	0
2. Check-in Thoughts/Issues Map?	0	0	0	O =	0
3. Ash Adams DVD (Cognitive Trick)?	0	0	0	0	0
4. Work It Instruction/Mapping?	0	0	0	0	0
5. Work It Guide Map?	0	0	0	0	0
6. Wrap Up/Review Thoughts/Issues Map?	0	0	0	0	0

	Almost Never	Very Little	About Average	Very Often
C. GENERAL	(1)	(2)	(3)	(4)
I was able to help the group stay focused     and working.	0	0	0	0
I was able to manage group distractions or tensions.	. 0	0	0	0
3. I felt confident and self assured.	. 0	0	0	0
4. I followed each activity with a brief group discussion	0	0	0	0
5. I summarized key points after each activity/discussion	. 0	0	0	0
6. I used board/flip chart to map out group ideas	0	0	0	0
7. I used maps effectively to organize group discussions	. 0	0	0	0
Clients in Attendance (Client ID)				

Form Counselor ID	Group	ш	Facility l	ID O		
Date: MO DAY YR	delity rk It I		st			
		IN ONE ER FOR		FILL IN ONE ANSWER FOR EACH QUESTION		
		UESTION	10	Group Interest		
	No	Yes	Low	Medium	High	
Did you cover	(1)	(2)	(1)	(2)	(3)	
1. Opening Board Brain Map?	0	0	0	0	0	
2. Check-in Thoughts/Issues Map?	0	0	0	0	0	
3. Alphabet Icebreaker (Cognitive Trick)?	0	0	0	0	0	
4. Work It Review/Paired Activity?	0	0	0	0	0	
5. Work It Yourself Mapping?	0	0	0	0	0	
6. Wrap Up/Review Thoughts/Issues Map?	0	0	0	0	0	
C. GENERAL		Almost Never	Very Little	About Average	Very Often	
I was able to help the group stay focused		(1)	(2)	(3)	(4)	
and working.		0	0	0	0	
I was able to manage group distractions or tensions.		0	0	0	0	
3. I felt confident and self assured.			0	0	0	
4. I followed each activity with a brief group dis	es.		0	Ō	0	
5. I summarized key points after each activity/di			0	0	0	
6. I used board/flip chart to map out group ideas			0	0	0	
7. I used maps effectively to organize group disc			0	0	0	
Clients in Attendance (Client ID)						
OHOME IN THEOREMS (OHOME ID)						

### ADD COMMENTS ON BACK

Form Counselor ID TRIP Fi	Group II idelity ( Peer Ment	Checkli	Facility I		
MO DAY YR	ANSWER FOR EACH QUESTION		FC	LL IN ONE ANSW DR EACH QUESTI Group Intere	ON
0.1	No	Yes	Low	Medium	High
Did you cover	(1)	(2)	(1)	(2)	(3)
1. Game Introduction?	0	0	0	0	0
2. Downward Spiral Game Session?		0	0	0	0
3. Reflection Cards Activity?		0	0	0	0
4. Triangle Icebreaker (Cognitive Trick)?		0	0	0	0
<ol> <li>Personal Spirals Game Card Creation?</li> <li>Role of peer mentor?</li> </ol>	0	0	0	0	0
		Almost	Very	About	Ver
C. GENERAL		Never	Little	Average	Ofte
<del> </del>		(1)	(2)	(3)	(4)
<ol> <li>I was able to help the group stay focused and working.</li> <li>I was able to manage group distractions</li> </ol>	•••••••	0	0	0	0
	*****	0	0	0	0
or tensions.					
or tensions.		0	0	0	0
or tensions			0	0	0
or tensions	scussion	0	_	_	_
or tensions	scussion	0	0	0	0
or tensions	scussion	0 0	0	0	0
or tensions.  3. I felt confident and self assured.  4. I followed each activity with a brief group discount of the self assured.  5. I summarized key points after each activity/discount of the self assured.  6. I used board/flip chart to map out group ideas.  7. I used maps effectively to organize group discount.	scussion	0 0	0	0 0	0
or tensions.  3. I felt confident and self assured.  4. I followed each activity with a brief group disconnected to the self assured.  5. I summarized key points after each activity/disconnected to the self-self-self-self-self-self-self-self-	scussion	0 0	0	0 0	0
	scussion	0 0	0	0 0	0