The purpose of this document is to provide a brief overview of Living in Balance based on the information available in The Substance Abuse and Mental Health Services Administration’s (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP). The content presented in this brief was retrieved from SAMHSA’s NREPP. For detailed descriptions of the outcomes and research mentioned, the quality of research rating, full program information, and a list of studies reviewed, visit http://www.nrepp.samhsa.gov/.

Living in Balance (LIB)

What is it?
Moving From a Life of Addiction to a Life of Recovery is a manual-based, comprehensive addiction treatment program that emphasizes relapse prevention. LIB consists of a series of 1.5- to 2-hour psychoeducational and experiential training sessions. The manual includes 12 core and 21 supplemental sessions. LIB can be delivered on an individual basis or in group settings with relaxation exercises, role-play exercises, discussions, and workbook exercises. The psychoeducational sessions cover topics such as drug education, relapse prevention, available self-help groups, and sexually transmitted diseases (STDs). The experientially based or interactive sessions are designed to enhance the client’s level of functioning in certain key life areas that are often neglected with prolonged drug use: physical, emotional, and social well-being, adult education opportunities, vocational development, daily living skills, spirituality/recovery, sexuality, and recreation/leisure. These sessions include a large amount of role-play with time to actively process personal issues and learn how to cope with everyday stressors.

Who is it for? What presenting problems does it address?
Adults in outpatient correctional faculties, ages 26-55 years old with issues related to alcohol, crime/delinquency, drugs, treatment/recovery, and violence.

What outcomes are addressed in the research?
1. Treatment retention
2. Treatment exposure
3. Regular cocaine use
4. Regular alcohol use
5. Regular use of other drugs
6. Illegal activities
7. Drug sales
How much does it cost?

*The following information may have been updated by the developer and may not reflect the current costs or availability of items. Check with the implementation point of contact for current cost information and implementation requirements.

1. Core curriculum package (includes outcome tools): $500 each
2. Additional facilitator guide: $99 each
3. Materials for supplemental sessions: $595 for all 21, or $32 per session
4. Materials for co-occurring disorders sessions: $295 for all 10, or $32 per session
5. 2-day, on-site training: $4,400 plus travel
6. 2-day, off-site training: $400 per participant
7. Technical assistance: $100 per hour

For additional information and resources on Living in Balance, visit:

- SAMHSA’s National Registry of Evidence-based Programs and Practices: Living in Balance (LIB)

- Hazelden Publishing - Living in Balance
  [http://www.hazelden.org/bookstore](http://www.hazelden.org/bookstore)

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