



Certificate of Completion

This certificate is awarded to

Edwin Hutchinson P68859

For Successfully Completing
SUBSTANCE ABUSE TREATMENT GROUP

THE ABOVE PARTICIPANT COMPLETED THE SUBSTANCE ABUSE COMPONENT OF SUBSTANCE USE DISORDER TREATMENT (SUDT) AT SAN QUENTIN. WHICH CONSISTED OF 105 SESSIONS OF COGNITIVE BEHAVIOR THERAPY GROUPS OVER THE COURSE OF FIVE MONTHS. THESE GROUPS UTILIZED COGNITIVE BEHAVIORAL THERAPY, AND FOCUSED ON IDENTIFYING UNDERLYING ISSUES OF DRUG ABUSE AND MALADAPTIVE BEHAVIOR, IMPACT OF THEIR DRUG USE ON THOSE AROUND THEM, AND THE PREPARATION AND REINFORCEMENT OF RELAPSE PREVENTION PLANS.

THIS SESSION CONCLUDED ON 7/20/2018

[Redacted Signature] 7/25/18
Program Director Date

[Redacted Signature] 7/26/18
Correctional Counselor III Date

[Redacted Signature] 7/25/18
Supervising Counselor Date

[Redacted Signature]
Group Facilitator Date

Thinking



If you think you're beaten, you are.
If you think you dare not, you don't.
If you'd like to win,
But you think you can't,
It's almost a cinch you won't.
If you think you'll lose, you're lost,
For out in the world you'll find
Success begins with a fellow's will,
It's all in the state of mind.
If you think you're outclassed, you are.
You've got to think high to rise.
You've got to be sure of yourself before
You can ever win a prize.
Life's battles don't always go
To the stronger or faster man,
But soon or late, the man who wins,
Is the one who thinks he can.

—Walter D. Wintle