



HOME R1 STORE SOLUTIONS CLIENTS ABOUT R1 CONTACT

Evidence-Based & Best Practice Resources

For Mental Health and the Opioid / Substance Use Crisis

Creating Engaging Learning Experiences Through Self-Discovery.

R1LEARNING.COM

The R1 Advantage



R1 provides training, Learning Labs, certification, and innovative tools that are designed to increase client engagement, workforce effectiveness, and program outcomes. Our hands-on and technology-driven tools create engaging learning experiences through self-discovery. Grounded in evidence-based and best practice models and theories, our tools sparks meaningful conversations in group and 1-on-1 settings. The Discovery Cards Clinician, Recovery Coach, and Group Kits drive engagement and learning for behavioral health, substance use disorder, and life skill topics. R1 offers enterprise licenses and consulting services to support the R1 training and tools. Apps and multi-languages on product roadmap.



R1 Founder & President

Tom Karl founded R1 as the result of his own personal experiences in addiction and recovery. The idea for the Discovery Cards came to Tom following a relapse when he noted a lack of practical tools in addiction treatment settings. He has used the creation of the tools to help him better understand himself and address his own personal challenges. Through R1, Tom's goal is to put impactful self-discovery tools into the hands of individuals in recovery and empower them to change their lives. Tom has 25+ years of experience in learning and development and employee engagement, working with global companies, government agencies, and education institutions. Tom is active in the recovery community and volunteers with patient engagement programs.

R1LEARNING.COM

Engagement

We are all about engagement. Learning through self-discovery, creating an emotional connection and commitment to oneself and others, making choices, and taking action toward meaningful change.

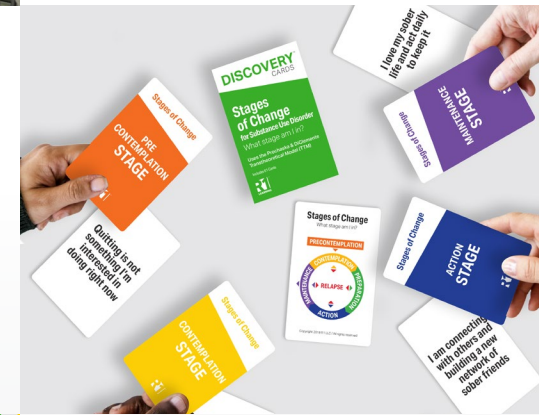


Education

We are all about learning. Creating engaging learning experiences that build vocabulary and reach different learning styles. We provide training, Learning Labs, certification, and tools that allow individuals to absorb, process, comprehend, and retain information at an accelerated rate.

Empowerment

We are all about tools. Creating hands-on, technology driven, multi-language engagement tools that empower practitioners and individuals to discover what is most important for them next. Tools enable individuals to learn, practice, and apply new knowledge and skills immediately and effectively.



Evaluation

We are all about making an impact. Metrics matter. We help increase:

- Engagement
- Satisfaction
- Learning Comprehension
- Learning Retention
- Achievement / Outcomes
- Program Retention

PRACTITIONER KITS

Shop at R1DISCOVERYCARDS.COM



Clinician Kits include:

- 1 Clinician Guide – Quick Start
- Discovery Cards decks (6, 9 or 12 decks) – in a variety of topics
- Infographic models for each Discovery Cards topic

A clinician's hands-on resource — in the office, on the shelf, and ready for in-the-moment counseling or quick client assignments.

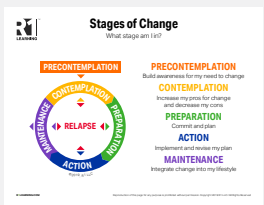


Recovery Coach Kits include:


- 1 Recovery Coach Guide – Quick Start
- Discovery Cards decks (6, 9 or 12 decks) – in a variety of topics
- Infographic models for each Discovery Cards topic

A coach's hands-on resource — on the road or in the office, always ready for in-the-moment coaching or quick client assignments.

Posters & Visuals



Apps – On Roadmap



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DISCOVERYCARDS™

Topic examples from our online catalog



Substance Use Disorder /Addiction	Behavioral Health	Life Skills
<ul style="list-style-type: none"> ▪ Stages of Change* ▪ Phases of Addiction* ▪ Relapse Triggers* ▪ Relapse Phases & Warning Signs* ▪ Consequences of Addiction* ▪ Recovery Capital ▪ Pain Management ▪ Recovery Treatment Options ▪ Substance Use Self-Diagnosis 	<ul style="list-style-type: none"> ▪ Emotions & Feelings* ▪ Healthy Boundaries* ▪ Affirmations* ▪ Defense Mechanisms ▪ Co-Occurring Disorders ▪ Mindfulness ▪ Trauma ▪ Cultural Competence ▪ Cognitive Behavioral Therapy (CBT) ▪ Risk & Protective Factors 	<ul style="list-style-type: none"> ▪ Career Interests* ▪ Values ▪ Character ▪ Spirituality ▪ Health – Physical ▪ Learning Styles ▪ Financial Stability ▪ 8 Dimensions of Wellness ▪ Career/ Work Basics ▪ Communication ▪ Home Management

Visit R1DISCOVERYCARDS.com for a complete list of topics
*currently available

Self-Discovery Tools

Create engaging learning experiences

GROUP KITS* available for each topic

Everything you need to run an effective session:

Remember... When working with a group, make sure each group member has their own deck to allow for personalized profile building.



Discovery Card Decks

6 or 12 deck versions include:

- Sorting Cards
- Model Definition Cards
- Activity Cards

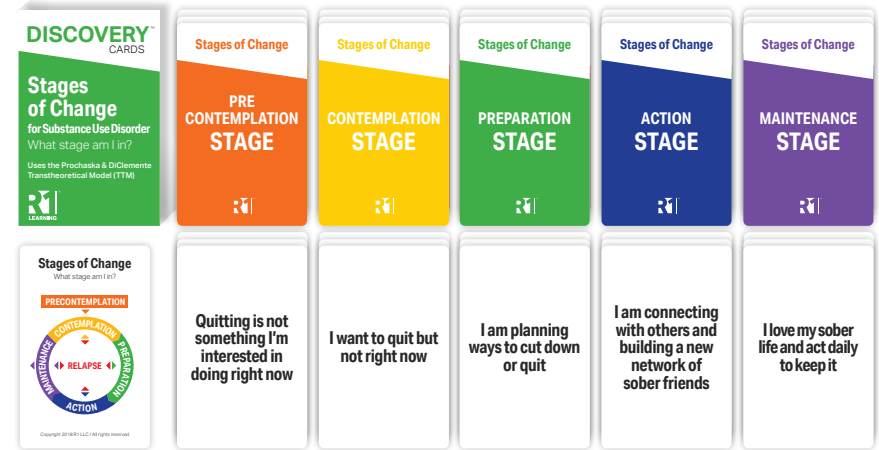
One Facilitator Guide, includes

- Topic Model Overview
- Card deck summary – What's in the deck
- Activity instructions and worksheets
- Coaching Tips

*Purchase additional decks to match your typical group size.

DISCOVERY CARDS™

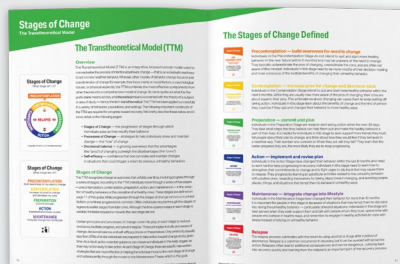
What's in the Deck



Facilitator Guides (for each topic) guide you through the Discovery Cards system, explaining what's in the deck and how to use it.



Discovery Cards – Each deck includes color-coded cards structured around a best practice or evidence-based model.



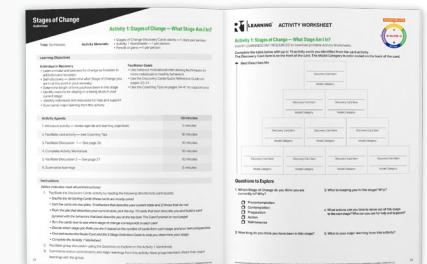
The Model Defined – Model Definition Cards explain the model and its color-coded categories in easy-to-understand terms.

Self-Assessment Process



Self-Discovery – Sorting Cards provide a process for self-assessment and an opportunity for powerful insights and discussions.

Activity 1: What Stage Am I in?



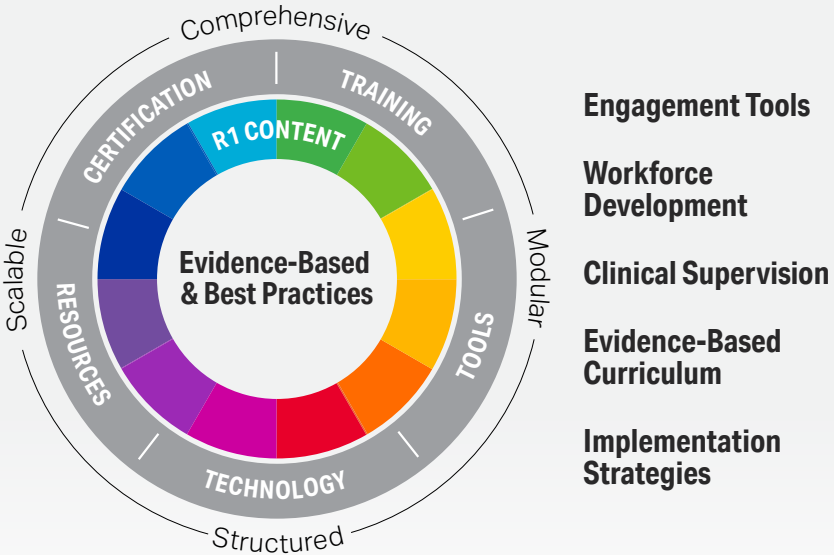
Activities – Each deck includes engaging activities that encourage self-discovery and set the stage for meaningful discussions.



R1 Learning Lab

Evidence-Based & Best Practice Resources

R1 Learning System



Training

On-site and virtual instructor-led seminars and Learning Labs that increase practitioner’s knowledge, skills, and effectiveness.

Tools

Evidence-based and best practice tools that engage, educate, and empower practitioners and clients. The Discovery Cards, Practitioner Kits, and Group Kits are available in a variety of topics.

Technology

E-learning and videos to support the R1 tools. Apps, assessments, and online resources are on product roadmap.

Resources

Enterprise licenses for facilitator guides, PowerPoint decks, activity worksheets, and more for each topic.

Certification

R1 Certification and Continuing Education (CE) credits for fundamental evidence-based and best practice topics.