Contact Duration: individual 30-45 min.; phone 20-30 min.; group ~120 min.

Month(s)

1

Enrollment
(n = 39)

Phone + Face-to-Face Maintenance Program
12 monthly contacts consisting of:
2 individual + 6 phone + 4 group sessions

6-Month Follow-Up Assessment
(n = 36)

12-Month Follow-Up Assessment
(n = 35)

Month(s)

1

Enrollment
(n = 19)

Face-to-Face Only Maintenance Program
12 monthly contacts consisting of:
2 individual + 10 group sessions

6-Month Follow-Up Assessment
(n = 18)

12-Month Follow-Up Assessment
(n = 16)

* Contact Duration: individual 30-45 min.; phone 20-30 min.; group ~120 min.*