

Group Five

PREVENTING RELAPSE TO RISKY BEHAVIOR: RECOVERY AS A JOURNEY

Skills to Be Taught

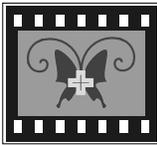
- **Create a Road Map for the Journey of Recovery**
- **Learn Relapse Prevention Skills**
- **Identify Early Warning Signs**
- **Understand Seemingly Irrelevant Decisions**



COUNSELOR TOOL BOX

Multi-modal Presentation of Material:

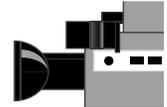
Verbal Didactic presentation of material
Questioning
Group discussion



Visual Visual presentation of major points using slides
Group responses written on flipchart by counselor
Written/Pictorial handouts provided in Client Workbook

Experiential Individual practice: creating a road map for recovery
S.I.D. storytelling team game
Post-group quiz
Stress management/relaxation technique

Materials Flipchart and markers
Overhead projector and slides
Audio tape player and relaxation tape
Clock/timer
Pens/pencils
Prizes
“Loaner” Client Workbooks
Handouts:
Group agenda
Group quiz
Personal Road Map for Journey of Recovery (double-sided)
SID Storytelling Game Worksheet (double-sided)
Certificate of Achievement (as warranted)



Reminders Ensure that all material on quiz is covered well during group.
Quiz material is indicated by **QUIZ ITEM** in the text.
Instructions to counselors are provided in **this typeface.**



Preventing Relapse to Risky Behavior

AGENDA

(Two-hour group: Adjust times based on beginning time)

- 0:00 **Begin Group** (5 mins)
- Introductions – Rules – Time keeper assignment
- 0:05 **Introduction to Topic:** “Preventing Relapse to Risky Behavior:
Recovery as a Journey” (5 mins)
- 0:10 **Preparing for the Journey** (10 mins)
- 0:20 **Skills to Begin the Journey** (10 mins)
- 0:30 **Handling Emergencies** (10 mins)
- 0:40 **Enjoying the Journey** (5 mins)
- 0:45 **Create a Road Map for Recovery** (10 mins)
- 0:55 BREAK** (10 mins)
- 1:05 **Review** (5 mins)
- 1:10 **The Story of S.I.D.** (10 mins)
- 1:20 **Discussion of the Story** (5 mins)
- 1:25 **S.I.D. Storytelling Team Game** (20 mins)
- 1:45 **Quiz and Feedback** (5 mins)
- 1:50 **Relaxation Tape** (10 mins)
- 2:00 **End**

BEGINNING OF EVERY GROUP (5 mins)

- Group members and counselors introduce themselves and welcome new members.
- Group rules are reviewed.

Visual

HHRP⁺
GROUP RULES **R E S P E C T**

Relaxation *(complete quiet...no talking, shuffling of papers, or walking around during relaxation exercise)*

Eating *(No eating during group)*

Sober *(don't come to group high)*

Punctuality *(come to group on time)*

Everyone can't talk at once *(no crosstalk)*

Confidentiality *(what's said in group, stays in group)*

Teamwork *(group members work together towards recovery)*

Show Slide 5.1

- Copy of agenda for today's group is distributed to group members.
- Ask for a volunteer to serve as time-keeper (to keep group on track and on time).
- Announcement of any graduates from the group today.
- Presentation of Certificate of Achievement to those who complete in good standing.

Verbal

Counselor provides introduction to today's topic (5 mins)

Recovery from drug use and other behaviors that place you and others at risk is a process, it is not a single step. Although it begins with an extremely important and essential single step—your personal decision to change your lifestyle—recovery itself occurs in a long series of steps. **QUIZ ITEM** It's like setting out on a long, and sometimes difficult, journey—a journey towards recovery and a healthier lifestyle. All of you here have taken the very first step in your journey of recovery by entering treatment and having the intention to live a healthy lifestyle. Some of you may even believe that this is sufficient. It isn't.

Visual



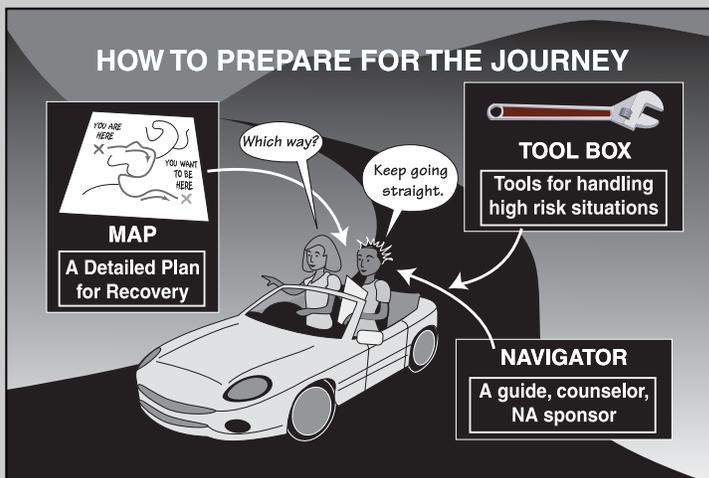
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When drug addicted individuals enter treatment, their goal seems very clear (they are not going to use drugs any more) and the way to achieve this goal also seems clear (they often say: “I just need to make up my mind not to use again”). Indeed, the road to recovery is always paved with good intentions. Good intentions are certainly a place to start, but they are not sufficient to prepare you for what lies ahead along the road to recovery. This road may not be quite as straightforward and simple to travel as you first expected. So, today we are going to be talking about some of the tools and skills you will need for your own personal journey of recovery.

Counselor leads a discussion on how to prepare for the journey (10 mins)

Discussion

QUESTION: Imagine you are planning a trip across the country by car. What do you need to do to prepare for the journey?



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Visual

Answer:

1) Map. Before setting out on a long journey you need to get a good road map; one that is up-to-date and easy to read. Have any of you seen the detailed maps that the automobile clubs will prepare for you if you tell them where you want to go? These maps provide pages of very detailed instructions, including where the rest stops are, and emergency tips and telephone numbers, with the journey broken down into small manageable segments. The purpose of these detailed maps is to make the journey safer and easier for you and to prevent you from getting lost or delayed.

Similarly, for a journey of recovery, you'll need to create a plan for how you are going to remain abstinent and healthy, otherwise you are likely to get lost along the way. This map or plan should be very detailed and broken down into small manageable segments. It should not only include step-by-step instructions for how to reach your destination, it should also include how to have fun along the way, how you are going to keep focused on your destination of recovery, how you are going to manage stress, and what you are going to do in case of an emergency—which is any situation that places you at risk for relapse.

2) Toolbox. When preparing for a long trip, you also need to put together a toolbox containing an assortment of tools. When a car breaks down, different tools are needed for different problems. You can't fix a flat tire with a flashlight. A flashlight is certainly a good tool to have in your toolbox, but it is not the correct tool for this specific problem, so a good toolbox will include a variety of tools. You will also need to know how to use these tools in each situation.

Similarly, you'll need different tools and skills for coping with different situations that place you at risk for relapse. In some situations, you may need to know how to avoid a particular person who places you at risk, other times you may need the communication skills to confront this person, and another time you may need the skill to calm and center yourself in the presence of this person. Each of these situations requires your ability to use different tools. **QUIZ ITEM**

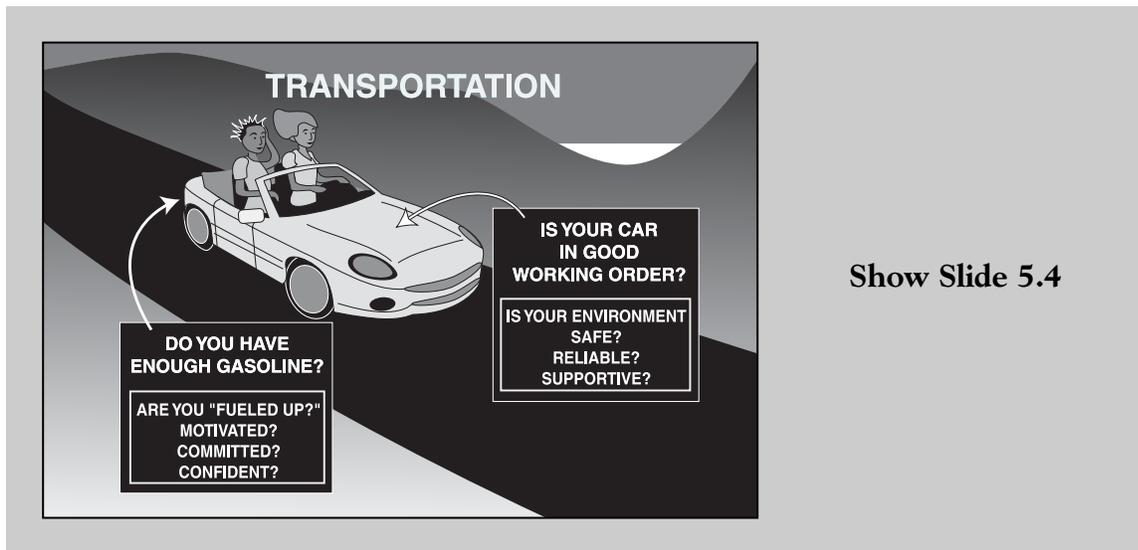
3) Navigator. When you go on a long car journey, you may also want to invite someone to accompany you who can keep you company and help you navigate.

On your recovery journey, you will need to choose your navigator very carefully. Your navigator is your guide, and this person must be familiar with

the recovery route, otherwise he or she is likely to lead you down the wrong path and you may never reach your destination. So choose your travel companions wisely.

QUESTION: What else do you need when preparing for a journey?

Answer: You'll need safe and reliable means of transportation.



Visual

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Is your car in good working order? Your transportation for your journey of recovery isn't a car, it's your environment. Your environment is what is all around you, such as this program and the people in it, your home, your neighborhood, your friends and family. If your environment isn't safe, reliable, and supportive, it will be very difficult to reach the destination of having a new, healthier lifestyle. Some people who are beginning their journey of recovery choose to be in a residential treatment environment because they need to feel isolated from their normal environment, which may have been harmful to their health. Other people choose to begin in an outpatient treatment setting, which means that they have to cope with many environments at once. For example, during the time that you are in this treatment program, you are in an environment that is safe, reliable, and supportive of your recovery. However, every time you leave here, you have to face many different environments, some of which may not be supportive of your recovery. This would be a bit like beginning a journey in a reliable and comfortable rental car, then having to hitchhike for a while through the desert without any water, then finding a bicycle to ride, then hopping on a freight train, and so forth. You need to make sure that each and every form of transportation that you choose to get you to your destination is safe, reliable, and supportive of your recovery. It isn't enough that you are safe and supported here. You also need to create for yourself a safe, reliable, and supportive environment outside of this program.

Is your fuel tank full? Even if you have a safe and reliable car, without fuel, you aren't going anywhere. You need to gas up before you leave and make sure you don't run out of gas along the road. The gas, or fuel, in your journey of recovery is your own motivation and commitment to change your life and the confidence that you can do it. Without that you won't get far in recovery.

QUESTION: So, are you now ready to begin the journey? You have your map, your toolbox, your navigator, and safe, reliable transportation, you're gassed up, and off you go. You've covered all your bases, and it's clear sailing from here, right?

Answer: Wrong!

Visual



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As you can see, the journey isn't quite that straightforward. You may be gassed up, your transportation or environment may be safe and reliable, but there is still the road itself to consider. The road to recovery can be filled with twists and turns that may not be shown on the map. You could get lost before you know it. So you will also need skills to help you make quick, accurate, and safe decisions that will keep you on the right road.

QUESTION: What are some of the skills you will need?

Counselor leads discussion on skills needed to begin journey (10 mins)

Answer:

1. One set of skills is being able to identify where you went wrong so that you don't get lost again. This is very important. On your journey of

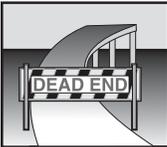
recovery, if you don't learn by your mistakes, you are going to keep repeating them.

2. Another set of skills you'll need is being very well versed in the rules of the road and the meaning of road signs and warnings. Knowing the rules of the road keeps you and other travelers safe; and knowing the meaning of road signs will help you to identify and navigate around situations that may place you in danger. Similarly, on your journey of recovery, you need to know how to keep yourself and others safe, and how to identify and cope with situations that can place you and others at risk. Many of these high risk situations are not as clear as signs along a highway, but your life may depend upon being able to recognize them just the same.

External warning signs—some examples:

KNOW THE EXTERNAL WARNING SIGNS

ARE THERE INFLUENCES THAT ARE DEAD ENDS TO YOUR RECOVERY?



WRONG WAY



DO YOU KNOW HOW TO INTERACT SAFELY WITH OTHERS WHO MAY BE ON A DIFFERENT JOURNEY?



CAN YOU GET TO YOUR DESTINATION TRAVELING THE SAME WAY AS A DRUG USER?

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Visual

Dead End Ahead: When you are on a long journey, you need to be able to recognize the sign for dead-end roads. Just like roads, some people and some environments can be dead-ends along your journey to recovery. You need to be able to recognize whether the **people, places, and things** around you are really getting you where you want to go.

No Entry—One Way Only: Addiction is a one-way road to poor health and poor quality of life. So, if you think you can get to your destination of recovery by traveling through drug-dealing neighborhoods (or by continuing to act like a drug user), prepare yourself for a major head-on collision.

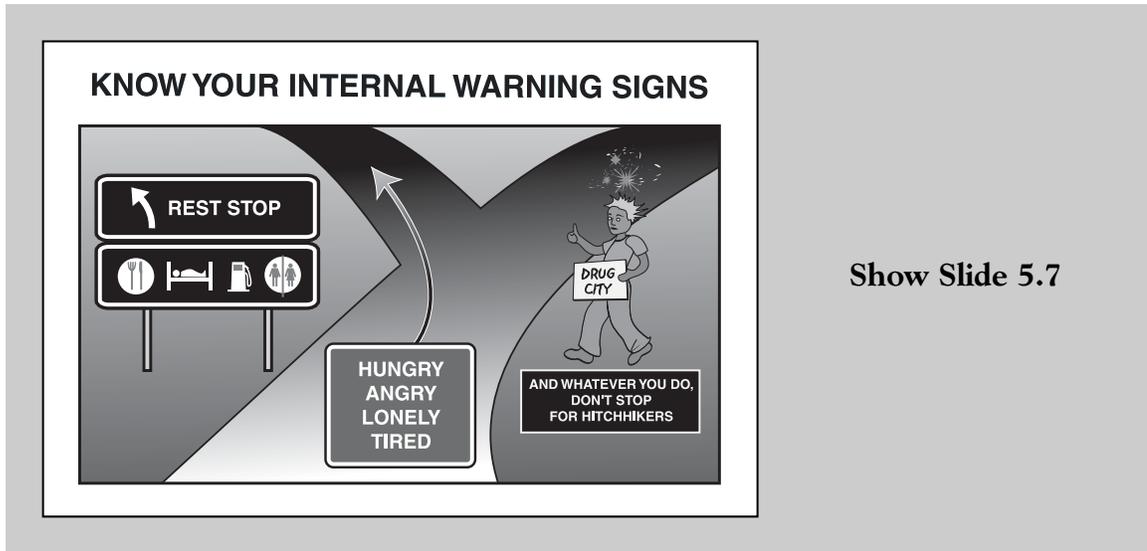
Merging traffic ahead: In a treatment environment, you are traveling with others with a similar destination. However, each time you leave this pro-

gram, or any safe environment, you have to be prepared to meet and interact with people whose recovery goals may be different from your own. You need to know when this is likely to happen, and know how to cope with it skillfully, in a way that does not put you or others at risk.

Internal warnings: (10 mins)

Accidents can also occur due to the internal state of the driver.

Visual



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Rest-stop ahead: If you are on the road and you get hungry or tired, you not only need to be able to recognize the signals from your body, you also need to be able to interpret road signs for rest-stops so that you can get whatever your body needs safely.

This is also true in recovery. Relapse is not only caused by things outside yourself, such as people, places, and things that tend to detour you, but also by your own internal states, such as feeling depressed or anxious, or even feeling happy and wanting to celebrate. In fact, a high proportion of relapses occur in response to internal states, not external triggers. It is therefore essential that you know how to identify your own high risk internal states and how to recognize those activities that will allow you to meet your needs safely.

In NA meetings you are told to remember an important word—**HALT**. **HALT** stands for **H**ungry, **A**ngry, **L**onely, **T**ired. **QUIZ ITEM** Each one of these is an internal warning sign for relapse that should make you **HALT**—or **stop** immediately and consider how you are going to respond to your body's signals in a safe and healthy way. Each of these internal states can result in craving or urges to use drugs or to engage in other behaviors that

place you or others at risk. For example, responding to your internal need for companionship by “picking up a hitchhiker” (that is, getting together with someone you don’t know) can be extremely risky. Knowing how you are going to handle these urges when they arise safely is essential for the success of your journey. We’ll talk more about how to handle urges and craving in other groups.

QUESTION: If you have done all these things to prepare for the journey, do you still need an emergency plan?

Answer: Absolutely. Even with careful planning and preparation, you need to be ready if things go wrong. Having an emergency plan is essential in recovery.

Counselor leads discussion on need for emergency plan. (10 mins)

QUESTION: What kinds of emergencies can arise when you are on a long journey?

Answer:

KNOW WHAT TO DO IN AN EMERGENCY

A FLAT TIRE?
PART OF YOUR ENVIRONMENT IS NO LONGER SUPPORTIVE AND NEEDS TO BE CHANGED

A POTENTIALLY FATAL ACCIDENT
REDUCE THE POTENTIAL HARM OF A HIGH RISK SITUATION

Show Slide 5.8

Visual

1) Flat tire. You could have a flat tire even if your tires were in good shape before you hit the road. A temporary fix may get you to the next service station, but you need to replace the tire if you are to reach your final destination. You’ll need the right tool and skill to change or fix the tire. Similarly, a part of your environment may have seemed safe and reliable and was supportive of your recovery when you began your journey, but has now stopped

being supportive. For example, a non-drug-using friend who was once a source of support to you may have started using drugs again. This means it is time for a change. You need a new source of support to replace the old one. Do you have the tools and skill to make this change? Can you think of anyone or anything in your environment that may be like a flat tire that needs changing?

2) Head-on collision. This can be potentially fatal, and you may not even be the driver at fault. It is therefore important to always wear your seat belt and to have with you a way of calling for help (such as a cell phone or flare). Although wearing your seatbelt and having a cell phone won't prevent the accident, it can **reduce the harm** of the accident by protecting you and by providing you with needed medical care. Similarly, along your journey of recovery you can reduce the harm of a slip by always using condoms and always using new or bleach-cleaned needles if you have sex or inject drugs. And don't forget it's never too late to call for help, and to place yourself in the care of someone who can help to reduce the harm still further. Your counselor or sponsor is like the paramedic who arrives first on the scene, and who can assess your needs and refer you for the appropriate care. So, have your counselor's and sponsor's telephone number with you at all times. Does everyone know how to reach their counselor or sponsor in case of an emergency?

Didactic/Group
Discussion

Counselor leads discussion on enjoying the journey. (5 mins)

So far we've talked a lot about being prepared for all the things that can go wrong on this journey of recovery. You know that you must be prepared and vigilant at all times and be able to tolerate delays, detours and setbacks. It may all feel overwhelming. Before you think this journey isn't worth the effort that is needed, consider viewing the journey as a series of smaller, more easily attained, destinations. Does anyone do this when they have to go on a very long car trip? For example, you just concentrate on the miles you need to cover until you stop for lunch? This is a good strategy. Just like NA says, "one day at a time." You don't lose sight of your ultimate destination, but you are fully present in the current moment. It is so important to "enjoy the scenery"—enjoy the journey itself and don't think of it only as a means to an end.

Let's consider some of the pleasures and benefits of the journey itself.



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Counselor writes the following categories on the board, and invites the group to discuss each. Examples for each category are included in parentheses.

- | | |
|---------------|--|
| Medical | (e.g., better health, energy) |
| Financial | (e.g., more money) |
| Legal | (e.g., freedom from threat of imprisonment) |
| Employment | (e.g., better job) |
| Family/Social | (e.g., caring and trusting relationships) |
| Psychological | (e.g., more self-respect, less depression, anxiety) |
| Spiritual | (e.g., closer relationship with a higher power or your spiritual self) |

Developing a personal road map for the journey of recovery. (10 mins)

Experiential

Materials:

- Personal Road Map for Journey of Recovery (in client workbook)
- Pens

Counselor directs group members to the "Personal road map for journey of recovery" located in their Client Workbook, and provides handout to those patients who have forgotten to bring their workbook.

Instructions:

You will now have the opportunity to create your own personal road map for recovery and harm reduction. I'm going to divide you into pairs so that you can give each other ideas and help each other out as needed, but make sure that the plan is your own personal plan. Begin by identifying your own personal warning signs (the people, places, and things that can put you at risk). Also write down what kinds of internal states are warning signs for you. For example, are you at risk when you are depressed, bored, lonely, or when you are at a party and celebrating, or when you are angry? Then think about what tools and skills you need to be able to respond to your warning signs without relapsing (Do you need to develop better skills for communication, anger management, stress management?). Then think about who you could invite to accompany you on this journey and be your navigator (or guide) and write one or two names and telephone numbers in the space provided. Also think about your environment. Is there anything you need to change to make sure that your environment is safe, reliable, and supportive of your recovery? Finally, think about what you will do if you are in an accident—have a slip. In the space provided weigh the benefits of resuming your recovery with the costs of relapse. You will have 10 minutes to write in at least one thing in each category. You can talk it over with your partner if you wish. If you don't finish, you can complete the plan at home.

Counselors walk around the room and help group members as needed. At the end of 10 minutes, counselors remind group members to keep this plan in their Client Workbook. Group members should refer to this plan and update it frequently. They can consider it to be one of many pages of the detailed map that is needed for the recovery journey.

BREAK (10 mins)

Review

Counselor reviews material covered before break (5 mins)

Before the break we thought of recovery as a journey made up of a series of steps. **QUIZ ITEM** Just like any long journey, you need to be well prepared before you begin. You need to be gassed up, or committed, to the journey. You need a map or plan, you need tools and skills, you need a trusted navigator who knows the road, and you need a safe, reliable, and supportive form of transportation or environment. We talked about knowing the rules

of the road and how to interpret signs (such as people, places, things, and emotions), that can warn you of specific risks to recovery that may be in your path. You also need to have a plan in case you have an accident—or “slip.” Remember by having an emergency plan you are not giving yourself permission to relapse, but you may be able to reduce the harm of a relapse. Finally, we discussed ways to enjoy the journey itself—how to travel “one day at a time,” breaking the journey up into smaller, manageable segments, while still keeping your eye clearly on your destination. Now we are going to talk about how the seemingly inconsequential or irrelevant decisions you make on your journey can in fact have major consequences.

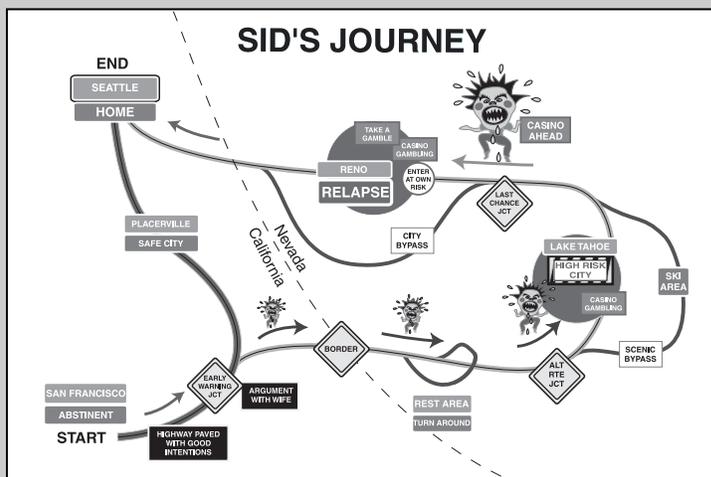
Counselor tells the story of S.I.D. (10 mins)

Verbal/
Didactic

Some of the most ordinary, mundane choices that are made every day seem to have nothing at all to do with drug use or putting yourself or others at risk. Although they may not involve making a direct choice of whether to engage in a risky behavior, they may move you, one small step at a time, closer and closer to being confronted with that choice. Through a series of minor decisions you may gradually work your way closer to the point at which engaging in a risky behavior becomes very likely. These seemingly unimportant decisions, that may in fact put you on the wrong road and steer you off the road to recovery, are called **Seemingly Irrelevant Decisions** or **SID** for short. **QUIZ ITEM**

Counselor writes SEEMINGLY IRRELEVANT DECISIONS on board.

SID’s Journey of Seemingly Irrelevant Decisions That Lead to His Relapse to Gambling, (story and map adapted and reprinted with permission from Marlatt & Gordon, *Relapse Prevention*, p. 47, Copyright 1985, The Guilford Press).



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Visual

Counselor #2 points to appropriate places on the map as Counselor #1 tells the story:

Sid was a compulsive gambler. He had been in treatment and had not gambled for 6 months, but then he relapsed. This is the story Sid told when his counselor asked him what he had been doing prior to the relapse.

Sid and his wife live in Seattle. They decided to take a car trip to San Francisco and back. They had a great time in San Francisco together, and began their return trip to Seattle. As they drove, Sid began to feel restless. He and his wife got into an argument about their travel route: he claimed it would be worth the added time if they made a slight detour and took the scenic Lake Tahoe Parkway instead of going through Placerville, in order to see “the amazing blue waters of Lake Tahoe.” Since Sid was driving, he got his way, and they turned off the highway and got on the Lake Tahoe Parkway. Once they got on the Parkway, they came upon a rest area where his wife suggested they turn around. Again, Sid talked her into going further. They kept driving and soon came upon the Scenic Bypass road. Sid's wife asked him, “Don't you want to turn here for the Scenic drive?” Sid replied, “the Parkway is much more direct to Lake Tahoe.” Soon, billboard signs began appearing on the side of the road that advertised different places to gamble. Sid and his wife drove on. At Last Chance Junction, Sid's wife asked him “Isn't this the road to take us to Seattle?” Sid said, “yes, but I'm hungry from all this driving. Let's just go into the City of Reno and get a bite to eat first.”

When they arrived in town, Sid parked the car directly in front of one of the larger casinos. Needing money for the parking meter, he ventured into the casino to get change for a five dollar bill. He was given four quarters and four silver dollars. Since he only needed a quarter for the meter, he decided to try his luck by dropping a silver dollar into a nearby slot machine. That was all it took to trigger an episode of heavy gambling; it took his wife almost 3 days before she could drag him out of town and back on the road home. By that time, however, he had wagered away all of their remaining vacation money, and they had to make it home on their gas credit card alone. Sid's Reno binge was the start of a prolonged period of gambling, which continued for some months until he sought professional assistance.

When the counselor asked Sid why he relapsed, he said “I don't know...I just found myself in a casino in Reno gambling again.” Sid strongly denied any conscious plan to resume gambling. Yet he made a number of “seemingly

irrelevant decisions” that led up to standing in front of a slot machine in Reno with a handful of change—an extremely high-risk situation for Sid.

Counselor leads a discussion about when Sid’s relapse began, as follows:
(5 mins)

Group Discussion

Each of Sid’s seemingly irrelevant decisions seems to have brought him one step closer to the situation in which he ultimately relapsed.

Let’s see if we can identify some of these seemingly irrelevant decisions:

Discussion Questions:

1. Who says his relapse began here (counselor points to location on map) inside the casino in Reno when he put those coins in the slot machine? Why?
2. Who says it began here (counselor points to location on map) when Sid decided to go into the casino to get change for the parking meter? Why?
3. Who says it began here (counselor points to location on map) when he decided to park in front of a casino? Why?
4. Who says it began here (counselor points to location on map) at Last Chance Junction when Sid is hungry and decides to go to Reno to get something to eat? Why?
5. Who says it began here (counselor points to location on map) when Sid reached the scenic bypass but decided not to take it. Why?
6. Who says it began here (counselor points to location on map) at the rest area of the Lake Tahoe Parkway when he decided not to follow his wife’s advice to turn around? Why?
7. Who says it began here (counselor points to location on map) when he decided to take a sightseeing detour rather than taking the direct route home? Why?
8. Who says that Sid’s relapse actually began when he failed to recognize his internal warning signs way back here (counselor points to location on map) when Sid started feeling restless and argued with his wife? Did anyone notice that he also failed to recognize some external warning signs later on—the gambling billboards along the road?

QUESTION: So what do you and Sid have in common?

Answer:

1. Many “little” decisions that at the time seem irrelevant to drug use and other high risk behavior can bring you closer to the ultimate decision that could endanger your health or the health of others and place you at risk for relapse. **QUIZ ITEM**
2. Every time you have to make a decision think of Sid. Think of every choice you have to make as having the potential to place you or others at risk. By **thinking ahead** about each possible option you have and where each of them may lead, you can anticipate dangers that may lie along the road to recovery.
3. When faced with a decision, choose a low-risk option, to avoid putting yourself in a risky situation. If you decide on a high risk option, you must also have a plan for how to protect yourself while in the high-risk situation.
4. By remembering Sid and his predicament, you will be better able to prevent getting into high-risk situations. It is usually much easier to decide to **avoid** a high-risk situation before you get too close to it than it is to resist temptation once you are in the midst of the high-risk situation. For example, it would have been easier for Sid to decide not to take the Lake Tahoe Parkway than to decide not to gamble once he was in the casino in Reno.

Experiential/
SID Storytelling
Team Game

(20 mins)

Materials:

- Seemingly irrelevant decision “**activities**”
- Sid Storytelling Team Game Worksheet (one for each group member)
- Prizes (e.g., emergency plan wallet cards, serenity prayer cards)

Therapeutic goals of the game:

- Identify seemingly irrelevant decisions than can lead to relapse
- Identify and improve coping skills
- Improve communication skills
- Encourage teamwork and appropriate social interaction

Instructions:

1. I'm going to divide the group into small teams and give each of you a worksheet.
2. On top of the worksheet I will write an activity. Each team will be assigned a different activity.
3. Each team will then have ten minutes to create a story about a guy (or gal) named Sid who is HIV-positive and in drug addiction treatment. You can use the worksheet to help you come up with your story line. The story begins with Sid deciding to engage in the activity on the top of the sheet. The team's task is to come up with various decisions along the way related to this task that could put Sid's recovery at risk and/or other people at risk. Because we want the story to have a happy ending, the team should also include in the story how Sid dealt successfully with what happens—what tools and skills did he use?
4. One member is then elected by the team to tell Sid's story to the group.
5. Points are awarded for the story, as described in "Scoring Criteria" below.
6. The team with the most points wins the game and a prize.

Counselor writes an activity (from the list below) on each group member's worksheet and hands them out. Members of the same team are assigned the same activity; different teams are assigned a different activity.

Selection of activities to assign (one per team):

- Going to the store for cigarettes
- Going to a family reunion
- Depositing paycheck in the bank
- Going bowling

At the end of 10 minutes, counselor asks each team to elect a member to tell their story to the group. Criteria and points awarded for each team are written on a flipchart by counselor during the storytelling (hidden from view of the group until all teams have provided their demonstrations). Once all the teams have told their stories, the counselor provides feedback to each team (inviting input from the other team members). The winning team is announced and prizes awarded to each team member in the winning team.

Scoring Criteria (Counselor to write on board)

	Team		
	A	B	C
No. of seemingly irrelevant decisions included in story			
No. of appropriate tools/skills Sid used to cope with situations			
Creativity (one point)			
Sub-total			
Bonus point for participation (in event of tie)			
Grand total			

Review

QUIZ WITH IMMEDIATE FEEDBACK (5 mins)

As you know, we end each group with a quiz and a 10 minute relaxation exercise. I'm going to pass around the quiz now.

Counselor distributes the quiz (attached), and reads the items aloud, providing sufficient time for group members to mark their answers.

Detailed feedback:

Counselor rereads each item aloud to the group, providing the correct answer after reading each item.

1. What is recovery? The answer is **(a)** a journey of many steps or decisions.
2. How do you prepare for a journey of recovery? The answer is **(d)** all of the above; you need to acquire the necessary tools and skills, learn how to interpret signs on the road that will warn you of danger ahead, and you need to have a plan in case of an emergency.
3. What are some internal warning signs that you may enter a risky situation? The answer is **(b) HALT**—hungry, angry, lonely, tired. The others are external warnings.
4. What does S.I.D. stand for? The answer is: **Seemingly Irrelevant Decision.**

5. Was the statement about relapse true or false? The answer is **(a)** true: relapse doesn't just happen; it begins with a decision (a seemingly irrelevant decision) that at the time may seem to have had nothing to do with drug use or other risky behaviors.

STRESS MANAGEMENT/RELAXATION EXERCISE (10 mins)

**Stress
Management**

We are going to conclude by doing a brief relaxation exercise. I'll be dimming the lights and playing an audiotape. I'd like you to get comfortable in your chair, uncross your legs, and sit quietly with your eyes closed and just follow along with the tape as it asks you to imagine various relaxing scenes. Remember that learning to relax is a skill that takes practice, so if you feel restless at first, just remind yourself that this is a ten minute gift of quiet time that you give to yourself and to the other members of the group. With practice, you can use this technique in many areas of your life including those situations we've talked about today.

Counselor dims the lights, says "quiet please," and begins the tape.

END SESSION

