
HANDOUT 1-1

PROGRAM AGREEMENT

PARTICIPANT

This is what I want to get out of this program:

I agree to:

1. Come to group alcohol and drug free
2. Be on time
3. Plan my schedule around program sessions
4. Attend all sessions
5. Treat the other group members and facilitator with respect and courtesy
6. Fully participate
7. Complete all assignments
8. Keep an open mind
9. Don't interrupt other people while they are speaking
10. Ask questions
11. Respect confidentiality of other group members
12. Have fun.

Write down any additional guidelines the group wants to add:

I agree to abide by these expectations and recognize they are in place to help everyone get the most from this program.

Participant's signature



HANDOUT 1-1

PROGRAM AGREEMENT

FACILITATOR

As group facilitator, I agree to:

1. Be well prepared for each session
2. Be on time
3. Minimize interruptions and distractions
4. Maintain control of the group
5. Treat all group members with courtesy and respect
6. Keep the program interesting
7. Keep the topics on track
8. Keep an open mind
9. Give two breaks and end on time
10. Check the homework and provide feedback
11. Have fun
12. Be available for questions or assistance
13. Maintain confidentiality as outlined
14. Write an accurate and fair report for each participant.

I agree to abide by these expectations and recognize they are in place to help everyone get the most from this program.

Program facilitator's signature

HANDOUT 1-2

DRUG TERMS

Drug Classes: There are many different drugs: some come in tablet form, some in liquid form; some are legal, some are not; some are natural, some are synthetic. But the only differences that matter to the brain are that some drugs speed up the brain signals, some slow down the signals, while others do a bit of both. This program will refer to the following three drug classes:

- Uppers — cocaine, speed, amphetamine, nicotine, caffeine, methamphetamine...
- Downers — alcohol, Valium, heroin, codeine...
- All-arounders — LSD, PCP, magic mushrooms, marijuana, hash, mescaline...

Drug Use:

- Is the use of a drug that is within professional and prescribed directions
- Usually provides the benefits of the drug, with no, or minor negative effects.

Drug Abuse:

- Is use that is more than the recommended professional or prescribed directions
- Is for purposes other than the drug's professional intention
- Usually causes more negative effects than benefits.

Tolerance: The body learns how to become more efficient at processing drugs — therefore over time, the person needs to use more drugs than the body can keep up with in order to achieve the effect they desire.

Physical Dependence: Simply stated, the more a person uses certain drugs, the more the body becomes used to having the drug in its system. The body doesn't necessarily like having the drug in its system all the time, but it has learned how to function with its presence.

Psychological Dependence: When a person has developed strong thoughts and feelings regarding drug use. For example, a person believes he has to use drugs in order to have fun, cope with problems, be happy or ease bad memories.

Withdrawal: A person who has a dependence on drugs or alcohol, but stops using abruptly may experience the following:

- Physical symptoms — sweating, nausea, shakes, chills, long sleep or hallucinations.
- Psychological symptoms — thoughts such as I can't cope! I've got to get some! I can't have fun without it and feelings such as anxiety, anger, panic and depression.

WORKSHEET 1-3

MY PERSONAL USE

QUESTIONS TO ANSWER ON YOUR OWN

1. What is your top drug/alcohol of choice?

2. For how long have you used this drug/alcohol?

3. How much did you use when you first started using this drug/alcohol?

4. When you were last using this drug/alcohol on a regular basis, how much were you using? Have you experienced tolerance?

QUESTIONS TO ANSWER WITH YOUR PARTNER

5. Is this drug/alcohol an Upper, Downer, or All-arounder?

6. Circle the number that best describes your physical dependence to this drug/alcohol.

1	2	3	4	5	6	7	8	9	10
No dependence			Some dependence				Very dependent		

What are your reasons for this rating?



7. Circle the number that best describes your psychological dependence to this drug/alcohol.

1	2	3	4	5	6	7	8	9	10
No dependence			Some dependence				Very dependent		

What are your reasons for this rating?

HANDOUT 1-4

PROGRAM OVERVIEW

Session 1: Education	Program introduction; review of basic terms.
Session 2: Decisional Balance	What did I get from my drug/alcohol use?
Session 3: Looking at Addiction	Why people use; how some people become addicted.
Session 4: Personal Goal Setting	Learning to set goals for myself.
Session 5: Risk Situations	Learning my personal triggers.
Session 6: Coping by Thinking	Thinking skills.
Session 7: Interpersonal Problem Solving	Dealing with other people.
Session 8: Substance Abuse and Crime	How to break the relationship.
Session 9: Getting the Support You Need	What is out there for me.
Session 10: Assertiveness Skills	How to deal with pressure from others.
Session 11: Leisure Skills	How to find constructive leisure activities.
Session 12: Skills for Finding a Job	Getting and keeping a job.
Session 13: Communication/Social Skills	How to communicate better with other people.
Session 14: Coping with Emotions	How to cope with emotional challenges.
Session 15: Relapse Prevention	How to prevent a relapse.

Maintenance Sessions



DAILY FEEDBACK FORM

Name: _____

Session # _____

What did you like best?

What did you like least?

I found today's session to be:

1	Not helpful			Helpful			Very helpful
	1	2	3	4	5	6	7
2	Not interesting			Interesting			Very interesting
	1	2	3	4	5	6	7
3	Confusing			Clear			Very clear
	1	2	3	4	5	6	7
4	Too simple			Just right			Too advanced
	1	2	3	4	5	6	7
5	Not practical			Practical			Very practical
	1	2	3	4	5	6	7
6	Boring			Somewhat interesting			Very interesting
	1	2	3	4	5	6	7