

Allegany Rehabilitation Associates
Personalized Oriented Recovery Services

Title of Service: Double Trouble
Service: IR-IDDT

Total Number of Sessions: Approximately 12-14 sessions.

Duration of each session: 30-45 minutes.

Target population:

- **Diagnoses:** Substance Related Disorders, Mood Disorders, Anxiety Disorders, Schizophrenia and other Psychotic Disorders and Personality Disorders. Designed for participants in the pre-contemplative and contemplative stage of change; however, any stage of change is appropriate for this group.

- **Barriers to be overcome:**
 - Limited understanding of the connection the impact that mental health symptoms and substance related disorders have on each other.
 - Limited adaptive coping skills that aid in the recovery process.
 - Limited sober supports.
 - Limited decision-making/problem-solving skills, particularly with high-risks situations.

Service Goal: Participants will learn about how substance use and mental illness correlate and how to make effective choices based on that information.

Service Objectives:

- Understand the connection between mental health and substance use problems.
- Understand how substance use may harm your mental and physical health.
- Make decisions about using, reducing or stopping substance use and greater insight into their personal readiness to change.
- Understand how social supports helps recovery.
- Greater understanding and insight into practical facts about mental health and substance use problems.

Sources: **Wellness Self-Management Plus**(OMH, OASAS and CPI, 2011)

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Title of Service: Double Trouble

Session: 1

Duration: 30-45 minutes

Service Objective(s): Review service goal and objectives of the group. To have a greater understanding of the connection between mental health and substance use problems.

Handouts:

- Personalized Worksheet: Understanding the Mental Health and Substance Connection in your Life-What Concerns you? (p. 28)
- Action Step: My concerns about mental health and substance use problems (p. 29)

Activities:

- Introduction to service goal and objectives of group.
- To learn and discuss two major ways that mental health problems and substance use problems are related.
- **Process Question-***Why is it important to understand the connection between mental health and substance use problems?*
- Participants will complete and discuss Personalized Worksheet: Understanding the Mental Health and Substance Connection in Your Life (p. 28).
- Participants will complete and discuss Action Step relating to their concerns about mental health and substance use problems.
- Review main learning points from session.

Homework:

- Participants will work on Action Step.

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Session: 2

Duration: 30-45 minutes

Service Objective(s): Participants will have greater insight into their visions of recovery and what is recovery.

Handouts:

- Visions of recovery and Personalized Worksheet: Your personal vision of recovery (pp. 30-31).
- Action Step: Express your thoughts and feelings about recovery (p. 32).

Activities:

- Review previous session main points and homework (Action Steps)
- Discussion of how recovery is defined and their thoughts of their vision of recovery and what it means to him/her.
- Participants will read statements that are examples of how different people describe recovery from their point of view and circle words or phrases that are personally meaningful to him/her (pp. 30-31).
- Participants will complete and discuss Personalized Worksheet: Your personal vision of recovery.
- Review of main learning points from session.

Homework: Action Step: Express your thoughts and feelings about recovery.

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Session: 3

Duration: 30-45 minutes

Service Objective(s): Participants will have greater understanding of what helps and what hinders recovery.

Handouts:

- Personalized Worksheet: What helps recovery? (p. 47)
- Action Step: Choos an area to develop further (p. 48).

Activities:

- Review previous session main points and homework (Action Steps)
- Participants will have understanding of what helps recovery.
- **Process Question:** *What has helped or hindered their recovery?*
- Participants will complete and discuss Personalized Worksheet: What helps recovery? (p. 47)
- Review of main learning points from session.

Homework:

- * Action Step: Choose an area to develop further

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Session: 4

Duration: 30-45 minutes

Service Objective(s): Understanding how substance use may harm your mental and physical health.

Handouts:

- Personalized Worksheet (p. 52)

Activities:

- Review previous session main points and homework (Action Steps)
- Participants will learn the five types of substances that substance use problems include.
- Participants will understand why it is important to understand substance use problems.
- Participants will have an understanding about the effects of long-term substance use on an individual's mental and physical well being.
- **Process Questions:**
 - *What effects or impact has substance use had on their mental and physical well being?*
- Participant's will complete and discuss Personalized Worksheet (p. 52)
- Review of main learning points from session.

Homework:

- Action Step: Learn more about how substance use may affect my physical and mental health.

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Session: 5

Duration: 30-45 minutes

Service Objective(s): Deciding if your substance use is a problem.

Handouts:

- Personalized Worksheet: Deciding if your alcohol and/or drug use or excessive habits such as gambling are unhealthy and dangerous (p. 53-54).
- Action Step: Learning more to decide if your drug and/or alcohol use is a problem (p. 54).

Activities:

- Review previous session main points and homework (Action Steps)
- Participants will have a greater understanding of why it is important to decide if substance use is a problem.
- **Process Question:**
 - *Why do people engage in unhealthy and dangerous activities?*
- Participants will complete and discuss to their comfort level Personalized Worksheet: Deciding if your alcohol and/or drug use or excessive habits...are unhealthy and dangerous (p. 53-54).
- Review of main learning points from session.

Homework:

- Action Step: Learning more to decide if your drug and/or alcohol use is a problem.

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Session: 6

Duration: 30-45 minutes

Service Objective(s): Understanding the Pros and Cons of Substance Use

Handouts:

- Personalized Worksheet: positive (pros) and negative (Cons) or substance use (p. 55)
- Action Step: Continue learning about pros and cons (p. 56)

Activities:

- Review previous session main points and homework (Action Steps)
- Participants will have a greater understanding of the importance of understanding the pros and cons of substance use.
- **Process Question:**
 - *Has anyone had the experience of changing unhealthy or high-risk behaviors?*
 - *How did you make a decision to change?*
- Participants will complete and discuss Personal Worksheet: Pros and Cons (p. 55).
- **Process Question:**
 - *What conclusion do you come to when you compare the pros and cons?*
- Review main learning points from session.

Homework:

- Action Step: Continue learning about pros and cons

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Session: 7

Duration: 30-45 minutes

Service Objective(s): Making important decisions-knowing your personal readiness to change.

Handouts:

- Personalized Worksheet: How ready are you? (p. 59)
- Action Step: Take a step to increase your readiness to change (p. 60)

Activities:

- Review previous session main points and homework (Action Steps)
- Participants will have an understanding of the four major stages of readiness to change.
- **Process Questions**
 - *Ask participants what might be helpful after explaining each stage of change.*
- Participants will complete and discuss Personalized Worksheet: How ready are you?
- **Process Questions**
 - *How would your life change if you reduce or end your use of alcohol or other drugs?*
 - *In what way would this help you achieve your goals?*
- *Review main points of session.*

Homework:

- Action Step: Take a step to increase your readiness to change

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Session: 8

Duration: 30-45 minutes

Service Objective(s): Using Social Supports ,Peer Support and Self Help in Recovery

Handouts:

- Personalized Worksheet: Thinking about your social supports, and making an informed decision about being involved in self help (p. 72 &75)
- Action Step: Choose a person with whom you would like to develop a supportive relationship with (p. 73), Choose to explore if a self-help group is right for you (p. 75)

Activities:

- Review Previous Session Main Points and homework (Action Steps)
- Participants will have a better understanding of social supports, peer support and self help.
- **Process Questions**
 - What kinds of social support do you have in your community (family, friends, and others)? In Your community, how do people show support to one another? In your community, how do people usually get help for problems?
- Participants will complete and discuss Personalized Worksheet:Thinking about your social supports.
- **Process Questions**
 - What has your experience been with self-help? Have you found self-help to be helpful in your recovery? Does self-help sound like a good idea to you?
- Participants will complete and discuss Personalized Worksheet: Making an informed decision about being involved in self-help.

Homework:

- Action Step: Choose a person with whom you would like to develop a supportive relationship with, Choose to explore if a self-help group is right for you

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Session: 9

Duration: 30-45 minutes

Service Objective(s): Practical Facts about Mental Health and Substance Use

Handouts:

- Personalized Worksheet: Identify your mental health strengths, Feeling, mood, and Abuse/Trauma Related Symptoms, and Recognizing your symptoms (p. 81, 86, &90)
- Action Step: Choose a mental health step to develop further (p. 83), Learn more about your Symptoms (p.88 & 92).

Activities:

- Review Previous Session Main Points and homework (Action Steps)
- Participants will have a better understanding of Practical facts about mental health and Substance Use.
- **Process Questions**
 - How would you describe a mentally healthy person?
 - How do your symptoms affect the quality of your life?
 - How could you better understand if there is a connection between your substance use and mental health problems?
- Participants will complete and discuss Personalized Worksheet: Identify your Mental Health Strengths, Feeling, Mood, and Abuse/Trauma Related Symptoms. Recognizing your symptoms.

Homework:

- Action Step: Choose a mental health step to develop further (p. 83), Learn more about your Symptoms

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Session: 10

Duration: 30-45 minutes

Service Objective(s): Symptoms of Substance Use, and Learning about other addictions

Handouts:

- Personalized Worksheet: Symptoms of Substance Use Problems, (p. 94, 95)
- Action Step: Learn more about your symptoms, Learn more about your concerns related to other addictions (p.96 & 100).

Activities:

- Review Previous Session Main Points and homework (Action Steps)
- Participants will have a better understanding Symptoms of Substance Use and Learning about other addictions.
- **Process Questions**
 - Which of the symptoms of substance abuse or dependence concern you the most?
 - What questions do you have about substance abuse and dependence?
- Participants will complete and discuss Personalized Worksheet: Identify your Mental Health Strengths, Feeling, Mood, and Abuse/Trauma Related Symptoms. Recognizing your symptoms.

Homework:

- Action Step: Symptoms of Substance Use Problems.

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Session: 11

Duration: 30-45 minutes

Service Objective(s): How are Mental Health and Substance Use Problems Diagnosed.

Handouts:

- Personalized Worksheet: Taking Steps to improve your Mental Health and Substance use concerns (p. 108)
- Action Step: Find out and research your diagnosis (p. 104), Write down a biological, psychological, or social area you want to improve. (p. 109)

Activities:

• Review Previous Session Main Points and homework (Action Steps)
Participants will have a better understanding of How Mental Health and Substance Use Problems Diagnosed.

- **Process Questions**
 - How will knowing your diagnosis be helpful to you?
 - Perhaps you have some ideas about what causes mental health and substance use problems. What have you heard, read, or thought?
 - Which Biological, Psychological, and social areas do you see as your strengths and which areas do you want to improve?

Homework:

- Action Step: Find out and research your diagnosis (p. 104), Write down a biological, psychological, or social area you want to improve. (p. 109)

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Session: 12

Duration: 30-45 minutes

Service Objective(s): Understanding and Preventing Relapse (Knowing early warning signs, and triggers, and the impact that stress has on relapse.)

Handouts:

- Personalized Worksheet: Thinking about how you prevented a relapse (p. 116 &119), Knowing your stressors, Identify Triggers, and Identify early warning signs)
- Action Step: Learn more about steps to take to prevent a relapse (p. 117), Knowing your most important stressors (p. 121), Knowing your triggers.

Activities:

- Review Previous Session Main Points and homework (Action Steps)
Participants will have a Understanding and Preventing Relapse (Knowing early warning signs, and triggers, and the impact that stress has on relapse.)

- **Process Questions**

- What has caused a relapse in your life?
 - Please share with other group members what you did to avoid relapse?
 - What are the specific triggers that caused relapse in the past?
 - What are personal signs of stress, which ones concern you the most?
- Participants will complete and discuss Personalized Worksheet: Thinking about how you prevented a relapse (p. 116 &119), Knowing your stressors, Identify Triggers, and Identify early warning signs)

Homework:

- Action Step: Learn more about steps to take to prevent a relapse (p. 117), Knowing your most important stressors (p. 121), Knowing your triggers.

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Session: 13

Duration: 30-45 minutes

Service Objective(s): Review of sessions 1-12

Handouts:

- None review of sessions

Activities:

- Review Previous Session Main Points and homework (Action Steps)

Homework:

- none