

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Fresh Start
Service: IR-IDDT

Total Number of Sessions: Approximately 12-14 sessions.

Duration of each session: 30-45 minutes.

Target population:

- **Diagnoses:** Substance-Related and Addictive Disorders, Bipolar Disorder, Depressive Disorder, Anxiety Disorders, Trauma and Stressor Related Disorders, Schizophrenia

- **Barriers to be overcome:**
 - Feelings of ambivalence towards treatment and change.
 - Difficulty decreasing or overcoming alcohol and drug problems.
 - Difficulty moving through the stages of change.
 - Low self-esteem or belief that success is possible.
 - Risk of symptom/substance relapse due to feelings of failure or lack of understanding of what is important to you.

Service Goal: To help participants overcome alcohol and drug problems, and making personally meaningful changes in their lives.

Service Objectives:

- To help participants clarify their values and decide which areas he/she would like to improve.
- To help participants understand the commonly used substances and their effects and common reasons for using substances.
- To have a greater understanding of the interactions between alcohol, drugs and mental illness.
- To help participants weigh the advantages and disadvantages of using alcohol and drugs.
- Enhance their understanding of stages of change and what stage he/she is currently in.
- To help participants learn strategies for cutting down or stopping substances and with dealing with high risk situations.

Sources:

- **Fresh Start Educational Handout** (Mueser, Gingerich and Cunningham, 2007)
- **Co-Occurring Disorders Treatment Manual** (University of South Florida)
- **Curriculum Based Motivation Group** (Fields, 2004)

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Title of Service: *Fresh Start*

Session: 1

Duration: 30-45 minutes

Service Objective(s):

- Briefly explain the purposes of the Fresh Start program.
- Foster a discussion with the participants about their personal values, including satisfaction and dissatisfaction with different life role goals.
- Help participants identify one or two personal goals related to desired life changes, and set some steps towards achieving those goals.

Handouts:

- Worksheet 1: *Satisfaction with Areas of My Life*

Activities:

- Participants will be provided with an explanation of the purposes of the Fresh Start program
- Participants will answer questions to help clarify their values and decide which areas of their life he/she would like to improve.
- Participants will complete and discuss Worksheet 1 to identify level of satisfaction with areas of their life.
- **Process Questions:**
 - *In what ways does substance use/abuse interfere with identified personal values and achieving desired goals.*
 - *What ways may your life be different if substance use was no longer a problem?*
- Summary of main learning points from session.

Homework: None

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Title of Service: *Fresh Start*

Session: 2

Duration: 30-45 minutes

Service Objective(s): Participants will identify what he/she would like to improve in their life and work on developing first steps toward goal (s).

Handouts:

- Worksheet 2: Working on Goals (p. 6)
- Strategies for Achieving Goals (pp. 7-8)

Activities:

- Review from previous session.
- Participants will talk about what taking control of their life means to them.
- Participants will identify what he/she would like to improve upon or areas of their life he/she is dissatisfied with to help set goals.
- Participants will complete and discuss Worksheet 2.
- Participants will learn strategies for achieving goals
- **Process Questions:**
 - *Provide an example of a goal they've have set in the past and how they achieved that goal.*
 - *How can personal strengths be useful in helping you make desired changes or work toward your goal?*
- Review of main learning points of session.

Homework: None

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Title of Service: *Fresh Start*

Session: 3

Duration: 30-45 minutes

Service Objective(s): Help participants understand the commonly used substances and their effects.

Handouts:

* Commonly Used Substances and Their Effects (p.11-12)

Activities:

- Review from previous session.
- Participants will learn about commonly used substances and their effects.
- Participants will be provided with an opportunity to talk openly about their experiences using substances, including both positive and negative experiences.
- **Process Question:**
 - What impact has substance use had on your mental health symptoms?

- Review of main learning points of session.

Homework: None

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Title of Service: *Fresh Start*

Session: 4

Duration: 30-45 minutes

Service Objective(s): Help participants understand the common reason for using substances.

Handouts:

- Worksheet 3: Reasons for Using Alcohol or Drugs (p. 16)

Activities:

- Review from previous session.
- Participants will have a greater understanding of the reasons individuals use substances.
- **Process Question:**
 - *What does using substances do for you?*
- Participants will complete and discuss Worksheet 3
- Review main learning points from session.

Homework: None

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Title of Service: *Fresh Start*

Session: 5

Duration: 30-45 minutes

Service Objective(s): To provide information about the interactions between alcohol, drugs and mental illness.

Handouts:

- Co-Occurring Disorders Treatment Manual (p. 17-18)

Activities:

- Review from previous session.
- Participants will understand the stress-vulnerability model of mental illness helps explain how using substances can make the symptoms of mental illness worse.
- Participants will have a greater understanding of their own biological and environment risk and protective factors to help them gain insight into the relationship between substance use and mental health.
- **Process Question:**
 - *Do you have control over yourr biological risks for developing mental health of substance use problems?*
- Participants will complete and discuss an Exercise that identifies their level of risk and protective factors for substance use and mental health problems.
- Review main learning points from session.

Homework: None

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Title of Service: *Fresh Start*

Session: 6

Duration: 30-45 minutes

Service Objective(s): To have greater insight and understanding of the problems related to alcohol and drug use.

Handouts:

- Worksheet 4: Negative Effects of Using Alcohol and Drugs (p. 22)

Activities:

- Review from previous session.
- Participants will identify problems related to alcohol and drug use.
- Participants will complete Worksheet 4: Negative Effects of using Alcohol and Drugs.
- **Process Question:**
 - *What negative effects have you experienced related to alcohol and drug use?*
- Review main learning points from session.

Homework: None

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Title of Service: *Fresh Start*

Session: 7

Duration: 30-45 minutes

Service Objective(s): To review what has been learned thus far in this group.

Handouts: None

Activities:

- Participants will review what is important in their life by having a greater understanding of their value.
- Participants will review goals that are important to him/her and strategies to help achieve those goals.
- Review of commonly used substances and their effects.
- Review of common reasons individual use alcohol and drugs.
- Participants will have a greater understanding and insight into problems associated with substance use/abuse.
- **Process Question:**
 - *What have they learned about their drug/alcohol use? Are they considering changing their behavior?*

Homework: None

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Title of Service: *Fresh Start*

Session: 8 and 9

Duration: 30-45 minutes

Service Objective(s): To help participants wight the advantages and disadvantages of using alcohol and drugs.

Handouts:

- Pros and Cons of Using Substances: Worksheet 5
- Pros and Cons of Sobriety: Worksheet 6

Activities:

- Review of previous session.
- Participants will explore the pros and cons of using substances.
- Participants will complete and discuss Worksheet 5: Pros and Cons of Using Substances.
- Participants will explore the pros and cons of sobriety.
- Participants will complete and discuss Worksheet 6: Pros and Cons of Sobriety.
- **Process Question:**
 - *What are the advantages to cutting down or stopping alcohol or drug use?*
 - *What would you have to give up in order to do this?*
- Review main learning points from session.

Homework: None

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Title of Service: *Fresh Start*

Session: 10

Duration: 30-45 minutes

Service Objective(s): Participants will enhance their understanding of the stages of change and will be able to identify which stage they are currently in.

Handouts:

- Curriculum-Based Motivation Group: Handout 17, p. 80. (Fields, 2004)

Activities:

- Review of previous session.
- Participants will have a greater understanding of the stages of change that people normally pass through when changing their behavior.
- Distribute Handout 17 and have participants shade where they think they are on the wheel as of today.
- **Process Question:**
 - *Is this a change a change from initially starting this group?*
- Review main learning points from session.

Homework: None

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Title of Service: *Fresh Start*

Session: 11

Duration: 30-45 minutes

Service Objective(s): Participants will learn about four strategies for cutting down or stopping alcohol and/or drug use.

Handouts: None

Activities:

- Review of previous session.
- Participants will be provided with four steps to assist them in cutting down or stopping substance use.
- Participants will identify personal reasons for cutting down or stopping substance use.
- **Process Question:**
 - *In what ways could this help you achieve your goals?*
- Participants will identify at least one or more individuals who can help them with the change they are considering.
- Participants will discuss talk about their experiences with self-help groups.
- Review main learning points from session.

Homework: None

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Title of Service: *Fresh Start*

Session: 12

Duration: 30-45 minutes

Service Objective(s): To help participants with dealing with high risk situations.

Handouts:

- Fresh Start Educational Handout (pp. 30-31)

Activities:

- Review of previous session.
- Participants will identify potential high risk situations.
- Participants will learn strategies to help them deal with high-risk situations.
identify personal reasons for cutting down or stopping substance use.
- **Process Question:**
 - * *How have you dealt with high-risk situations in the past?*
- Participants will discuss new ways of getting their needs met.
- Examples of people who achieved personal recovery goals will be shared.
- **Process Question:**
 - *Whom do you know who has made positive change in their life because of cutting down or stopping substance use?*
- Review main learning points from session.

Homework: None

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Title of Service: *Fresh Start*

Session: 13 and 14

Duration: 30-45 minutes

Service Objective(s): Participants will develop their Personal Sobriety Plan or Harm Reduction Plan to assist them in their recovery.

Handouts:

- Personal Sobriety Plan/Harm Reduction Plan: Worksheet 7

Activities:

- Review of previous session.
- Participants will begin developing their personal sobriety plan/harm reduction plan
 - Identifying reasons their life would be better by cutting down or stopping using substances.
 - Identifying at least one person who would support him/her in their recovery.
 - Identifying high risk situations that could lead to unwanted use of alcohol or drugs and making a plan for how to deal with those situations.
 - Identify new ways of getting their needs met.
- Participants will share their plan to their comfort level.

Homework: None