

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: IDDT Maintenance Stage

Total Number of Sessions: Approximately 15 weeks

Duration of each session: 45 minutes

PROS Service: Intensive Rehabilitation-Integrated Dual Disorder Treatment

Maximum number of participants: 8

Staff Qualifications: Staff running this group must be trained in the FIT training modules through Columbia University.

Target population:

- **Diagnoses:** Must have a diagnosed Axis I Mental Health Disorder and Substance Use Disorder. Must be in the **Maintenance stage** of change.
- **Barriers to be overcome:**
 - Problems developing and maintaining a sober support system in recovery.
 - Struggles in negative thinking or self-defeating behaviors.
 - Issues with finances as a result of using.
 - Need of continuance of recovery process and resistance towards complacency.

Service Goal: To assist clients in continuing their recovery process by making healthy lifestyle changes so that they may continue with their abstinence and move forward in their recovery goals.

Service Objectives:

1. Learn about gaining and utilizing a positive support system in order to maintain recovery.
2. Gain coping skills to manage symptoms and problems to prevent self-destructive behaviors.
3. Learn to set appropriate goals while in recovery.
4. Discuss strategies to recover from financial issues.

References/Resources:

- Dual Diagnosis Workbook (Daley, 2003).

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: IDDT Maintenance Stage

Session: 1

Duration: 45 minutes

Service Objective(s):

- Participants will learn how their use has affected their families and some concerns they may currently possess.
- Participants will become able to clearly describe how their families have been affected by their mental health and substance abuse.

Handouts:

- Dual Diagnosis Workbook (Daley, 2003, pp. 98-101).

Activities:

- Introduction to the group/group expectations.
- Educate participants on the various ways family is affected by addiction and mental illness.
- Discuss the various areas that family may have concerns about.
- Have participants answer question and discuss how their family has been affected by their dual disorders.

Homework:

- None.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: IDDT Maintenance Stage

Session: 2

Duration: 45 minutes

Service Objective(s):

- Participants will consider beginning the amends process with their family by identifying areas that they can become involved in their recovery process.
- Participants will set a goal in relation to their families regarding their recovery process.

Handouts:

- Dual Diagnosis Workbook (Daley, 2003, pp. 101-104).

Activities:

- Discuss the amends process with participants and how they can begin this with their families by finding ways that they can become involved in the recovery process.
- Read and discuss the example in the handout.
- Discuss how addiction/psychiatric issues affect children in the family.
- Participants will identify any supports that they can utilize for their children.
- Read and discuss example of arranging support for children.

Homework:

- Participants will set a goal regarding family members or children; define steps to reach this goal and the benefits of reaching this goal (p. 104).

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: IDDT Maintenance Stage

Session: 3

Duration: 45 minutes

Service Objective(s):

- Participants will gain skills and knowledge in declining substances in the future.
- Participants will become able to identify skills to use when feeling pressured to stop taking their psychiatric medications.

Handouts:

- Dual Diagnosis Workbook (Daley, 2003, pp. 105-108).

Activities:

- Review homework.
- Discuss the importance of learning how to refuse substances in the future as this is a large factor in people relapsing.
- Participants will identify specific people in their lives that may invite them to use alcohol or drugs in the future.
- Participants will practice saying no in different scenarios.
- Participants will learn specific strategies to cope with pressures to get high or drunk.
- Participants will learn why it is important to stay on their psychiatric medications and come up with ways to cope with pressures to stop taking their medications.

Homework:

- None.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: IDDT Maintenance Stage

Session: 4

Duration: 45 minutes

Service Objective(s):

- Participants will become able to identify why it is important to have a relapse prevention support system throughout recovery.
- Participants will be able to list supports in their personal lives who can make up their relapse prevention support system, the benefits of having a support system and what the support system can help them with in their recovery.

Handouts:

- Dual Diagnosis Workbook (Daley, 2003, pp. 109-110).

Activities:

- Educate participants in the importance of having a relapse prevention support system in their recovery and the various people that can be included in this system.
- Discuss the various things that the support system can help them with.
- Have participants list the people who they would like include in their relapse prevention support system.
- Have participants list 5 benefits of having a relapse prevention support system and 5 ways that this system can help them in their recovery.

Homework:

- Have participants discuss with the people they listed how that they can support them in their recovery process.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: IDDT Maintenance Stage

Session: 5

Duration: 45 minutes

Service Objective(s):

- Participants will gain knowledge on how self-help support groups outside of treatment can help them maintain their recovery.

Handouts:

- Dual Diagnosis Workbook (Daley, 2003, pp. 111-115).

Activities:

- Review homework.
- Discuss the importance of and the various types of self-help support groups in the community.
- Discuss what each type of group can assist with.
- Have participants identify any support groups they currently participate in outside of treatment and how these groups can help them in their personal recovery.

Homework:

- Attend a support group outside of treatment and reflect on how it may help you in your recovery process.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: IDDT Maintenance Stage

Session: 6

Duration: 45 minutes

Service Objective(s):

- Participants will become able to identify personal self-destructive and self-defeating behaviors that they have struggled with or currently struggle with.
- Participants will identify how they can change one or more of these patterns of behavior.

Handouts:

- Dual Diagnosis Workbook (Daley, 2003, pp. 118-122).

Activities:

- Review homework.
- Educate clients on the definitions of self-destructive behaviors and of self-defeating behaviors.
- Have participants identify various self-destructive and self-defeating behaviors that they struggle with or have struggled with in the past.
- Discuss the importance of forming a plan to change these behaviors. Read and process examples given in handout.

Homework:

- Have participants set a behavior change goal, identify steps that they can take to reach this goal and the benefits of achieving this goal (p. 122).

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: IDDT Maintenance Stage

Session: 7

Duration: 45 minutes

Service Objective(s):

- Participants will learn that it is important to change negative personality traits in order to grow in recovery.
- Participants will become able to identify personality traits that cause them serious problems in their personal lives.
- Participants will choose a personality trait that they would like to work on changing.

Handouts:

- Dual Diagnosis Workbook (Daley, 2003, pp. 123-126).

Activities:

- Review homework.
- Discuss the importance of changing personality in order to help recovery and make someone a happier and better person.
- Define and discuss personality traits and how they affect all aspects of ones beliefs and life.
- Have participants identify from the list of traits, the personality traits that cause serious issues in their lives.
- Have participants choose one personality trait that they would like to begin working on changing or developing and some steps they can take to help them change that trait.
- Read example and discuss how participants can begin the process of changing the personality trait that they have chosen.

Homework:

- Continue to brainstorm ways to change the chosen personality trait.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: IDDT Maintenance Stage

Session: 8

Duration: 45 minutes

Service Objective(s):

- Participants will learn about various strategies they can use to change personality traits and commit to utilizing at least one strategy throughout the course of treatment.

Handouts:

- Dual Diagnosis Workbook (Daley, 2003, pp. 127-128).

Activities:

- Review homework.
- Review example on the handout of changing personality traits and discuss as a group.
- Go over and discuss various strategies for changing personality problems and facilitate a group discussion on how participants can apply these strategies to their personality problem.

Homework:

- Practice a strategy learned to try to change personality problem.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: IDDT Maintenance Stage

Session: 9

Duration: 45 minutes

Service Objective(s):

- Participants will be able to identify negative thought patterns they struggled with associated with mental illness or addiction.
- Participants will be able to change negative thoughts to positive thoughts.
- Participants will learn about various ways to counter negative thoughts.

Handouts:

- Dual Diagnosis Workbook (Daley, 2003, pp. 129-131).

Activities:

- Review homework.
- Discuss how negative thoughts affect moods and moods lead to behaviors, which can often lead to relapse of substances.
- Discuss the benefits of positive thinking in the recovery process.
- Have participants identify from the list on the handout, various ways they think negatively in their day to day lives.
- Participants will then complete the Recovery Activity in which they choose 2 negative statements and practice replacing them with positive thoughts.
- Participants will be educated on and discuss various ways to counter negative thoughts and how they can apply them to their thought patterns.

Homework:

- Practice countering negative thoughts using strategies learned in group.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: IDDT Maintenance Stage

Session: 10

Duration: 45 minutes

Service Objective(s):

- Participants will learn about the importance of spirituality in the recovery process.
- Participants will be able to define their own personal thoughts regarding spirituality and ways that they can practice it in their lives.

Handouts:

- Dual Diagnosis Workbook (Daley, 2003, pp. 132-134).

Activities:

- Review homework.
- Discuss the definition of spirituality and its importance in the recovery process.
- Have participants identify areas in their life that give them a sense of meaning and purpose, their own view of spirituality and its significance in their recovery, along with areas they would like to change or develop in regards to their spirituality.
- Educate participants on various ways to develop their own personal spirituality.

Homework:

- Practice some of the ways learned to develop spirituality.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: IDDT Maintenance Stage

Session: 11

Duration: 45 minutes

Service Objective(s):

- Participants will create a daily plan for recovery to maintain their abstinence from drugs/alcohol and cope with their mental illness.
- Participants will understand the importance of having a daily recovery plan.

Handouts:

- Dual Diagnosis Workbook (Daley, 2003, pp. 136-138).

Activities:

- Review homework.
- Discuss the concept of a daily recovery plan and how it will help to prevent relapse and maintain stable mental health.
- Have participants identify recovery tools from the list that they use on at least on a weekly basis along with any other tools they use.
- Have participants' list benefits of using recovery tools along with consequences of not using them.

Homework:

- Fill out the blank daily schedule to structure their week (p. 138).

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: IDDT Maintenance Stage

Session: 12

Duration: 45 minutes

Service Objective(s):

- Participants will set a short-term, medium-term and long-term goal for themselves along with defining what they will need to do to achieve each of these goals.

Handouts:

- Dual Diagnosis Workbook (Daley, 2003, pp. 139-142).

Activities:

- Review homework.
- Discuss the importance of setting personal goals in recovery from dual disorders.
- Discuss how to set goals and their purpose in recovery.
- Discuss the difference between short-term, medium-term and long-term goals.
- Give various examples of different goal areas.
- Discuss measuring progress towards reaching goals.
- Have participants set a short-term, medium-term and long-term goal along with defining steps they must take to achieve each goal.

Homework:

- Work on the steps to achieve each goal set.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: IDDT Maintenance Stage

Session: 13

Duration: 45 minutes

Service Objective(s):

- Participants will become able to begin a plan to recover financially from their active addiction.

Handouts:

- Dual Diagnosis Workbook (Daley, 2003, pp. 143-144).

Activities:

- Review homework.
- Discuss how financial problems often result from active addiction and carry over into recovery.
- Discuss how financial issues can affect personal well-being, family and mental health symptoms.
- Have participants identify any financial issues they faced during their active addiction or as a result of their active addiction.
- Discuss steps participants can take to begin to put their financial situations in order.

Homework:

- Participants will set a financial related goal and define steps to achieving this goal and benefits of achieving this goal (p. 144).

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: IDDT Maintenance Stage

Session: 14

Duration: 45 minutes

Service Objective(s):

- Participants will gain insight and skills for handling money and debt while in recovery in order to prevent symptom or substance relapse.

Handouts:

- Dual Diagnosis Workbook (Daley, 2003, pp. 145-148).

Activities:

- Review homework.
- Educate participants on strategies for handling money and debt.
- Discuss how participants can utilize these strategies in their daily lives in order to reduce stress and prevent MH or substance relapse.

Homework:

- Participants will practice various strategies learned in group to better manage their finances and pay off past debts due to active addiction or irresponsibility.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: IDDT Maintenance Stage

Session: 15

Duration: 45 minutes

Service Objective(s):

- Participants will wrap up what they learned in group and become ready to move forward in their dual disorder treatment.

Handouts:

- Group summary sheet.

Activities:

- Review homework.
- Have participants fill out group summary sheet and discuss how what they have learned will help them move forward in their recovery.
- Counselor will answer any questions clients have in regards to any of the materials they have learned throughout the group.

Homework:

- Continue to utilize materials learned in group in their personal recovery.