



LEVEL III: COMMUNICATION SKILLS GROUP

TARGET POPULATION

- Addiction Centre **Level III** patients.

GOALS

- Facilitate awareness of the relationship between communication style and engagement in addictive behaviors.
- Explore differences in how patients communicate, both verbally and nonverbally, and how they interact with others when abstinent / using substances and/or participating in behavioural addiction. This includes addressing the impact of addictive behavior on mental health.
- Examine how a chosen communication style in any situation, can increase the risk for substance related issues and/or behavioural addictions.
- Explore ways to prevent substance related issues and/or behavioural addictions, by choosing alternate styles of communicating with others.

ACTIVITIES

- Education: topics include communication styles, giving and receiving constructive criticism, listening skills and mental health issues.
- Discussion: patients are encouraged to personalize each topic by discussing their own relevant circumstances.
- Written exercises: completion of written homework exercises is encouraged.
- Case studies / Role plays.

OUTCOME

- Engagement of patient in exploring the potential benefits of reducing or stopping their substance use and/or participation in behavioural addiction.
- Patients will develop the skills required to maintain abstinence.
- Patients will gain a better understanding of the connection between their mental health, addictive behaviours and communication style.
- Patients will increase awareness of their ability to improve their own mental health and quality of life by changing their addictive behaviour.