

LEVEL II / LEVEL III: CHANGES GROUP

TARGET POPULATION

- This group is intended for patients currently undecided about changing their substance use and/or behavioural addictions. It is also meant for patients who may not be ready for an intensive treatment program but would like some exposure to group treatment for substance related issues and/or behavioural addictions. Attendees can still be using substances and/or participating in their behavioural addiction, but must not be under the influence of a mood altering substance the day they attend the group. Any patients attending from the inpatient units must be independently mobile.

GOALS

- To help patients build their motivation for making a change in their use of substances and/or participation in behavioural addictions.
- To identify and remove perceived barriers to change.
- To provide information about mental/physical health concerns & addiction in a collaborative learning environment.
- To help examine the major life areas affected by substance abuse and/or behavioural addictions, and mental /physical health concerns.

ACTIVITIES

- Group 75 minutes twice per week.
- Group facilitators assist patients to take a critical look at how their lives have been affected by substance related issues and/or behavioural addictions. Motivation for change is discussed, along with perceived barriers to change.
- Group topics include mental health, physical health, family and social issues, productivity, leisure and stages of change.

OUTCOME

Patients attending this group will optimally:

- Gain an understanding of how substance related issues and/or behavioural addictions have affected the various domains in one's life.
- Recognize their current stage of change by implementing the "Stages of Change" model.
- Raise awareness of methods and resources available in order to increase motivation and commitment to change addictive behaviours.