



## **LEVEL III: SKILLS PRACTICE GROUP**

### **TARGET POPULATION**

- Addiction Centre **Level III** patients.

### **GOALS**

- Introduce patients to skills which support a positive change in their substance related issues and/or behavioural addictions (reduction or abstinence) and improvement in mental/physical health.
- To offer patients the opportunity to practice these skills in a group setting.
- To discuss weekend planning activities which support reduction of/or abstinence from substance use and/or participation in behavioural addiction.

### **ACTIVITIES**

- Group topics will include:
  - Substance and/or behavioural addiction Refusal Skills
  - Resolving Relationship Problems
  - Developing Social Supports
  - Managing Urges to use substances or engage in behavioural addictions
  - Problem Solving
  - Seemingly Irrelevant Decisions
- Group facilitators:
  - Explain the rationale for each group topic
  - Provide and discuss skill guidelines for each topic
  - May conduct role plays to demonstrate certain skills in action
  - May invite group members to practice skills through role plays and give constructive Feedback on skills performed
- Group facilitators will facilitate a discussion on incorporating these skills into planning of weekend activities.

### **OUTCOME**

Patients attending the group will:

- Learn and practice behavioural techniques which support positive change in substance use and/or behaviour addiction issues.
- Begin to generalize the use of behavioural skills into everyday life.