



LEVEL IV: GOALS GROUP

TARGET POPULATION

- Addiction Centre **Level IV** patients.

GOALS

- To assist patients in understanding the linkage between values identification and goal setting and between long-term goals and short-term goals.
- To assist patients in identifying relevant short-term goals that can be developed, implemented, monitored, and evaluated in a three and/or six week block of time.
- To assist patients to focus on their individual recovery-specific goals.

ACTIVITIES

- In-group discussions and exercises on values identification, satisfaction with life roles, and long and short-term goal setting.
- In-group dyad interviews among patients to formalize written relapse prevention plans, weekend planning, and focus goals for the duration of time spent in Level IV.
- Homework exercises for short-term goal setting.

OUTCOME

- Patients will develop an awareness of the importance of long and short-term goal setting that is personalized.
- Patients will develop an awareness of the importance of regular concrete goal setting specific to relapse prevention and recovery.
- Patients will engage in a regular process of developing, implementing, monitoring and evaluating goals.