

Nehemiah Family Services  
Strategies of Practicing Integrity and Responsibility in Integrated Treatment (SPIRIT)

Program Outline of Services

***Phase I: based on Stages of Change, pre-contemplation and contemplation .***

Session One: Program Introduction:

- a. Substance Abuse
- b. Cognitive / Behavioral Treatment
- c. 12 Steps / 8 Principles
- d. Rules & Expectations
- e. Johari Window & Trust / blind walk exercise
- f. Trust in recovery

Session Two: Learning to Recognize Thinking Patterns.

- a. Stages of Change / Motivational Tasks
- b. Video: Motivation in Recovery / Discussion
- c. Overview of Learning Theories
- d. Thinking Reports / Thinking Flow Chart

Session Three: Overview of Alcohol & Cannabis

- a. Alcohol
- b. Marijuana
- c. Introduction to Direct and In-direct Effects of AOD.

Session Four: Overview of Cocaine and Methamphetamine

- a. Cocaine
- b. Methamphetamine
- c. Direct and Indirect Effects of AOD (cont.)
- d. Paths to Addiction

Session Five: Relapse Prevention Skills

- a. Relapse History Review
- b. High Risk Situations.
- c. High Risk Attitudes & Beliefs
- d. High Risk Thinking

Session Six: Thinking Errors & Avenues of Change

- a. Thinking Errors
- b. List of Errors & Description
- c. Openness to: Being Honest about the Real Issues.
- d. Tools for Change & Barriers to Change.
- e. Journaling and Step Work
- f. Thinking Reports: How thinking effects behavior.

Session Seven: Health issues in Recovery.

- a. Relationship Between Nutrition and Behavior (Barbara Stitt / Joan Mathew-Larson)
- b. Sexually Transmitted Diseases & AOD
- c. Pregnancy & AOD
- d. Tuberculosis & AOD
- e. Co-occurring Disorders

Session Eight: Targets of Change / Involving Significant Others

- a. Targets of Change
- b. Issues of Dual Diagnosis in Recovery
- c. Treatment Plan (ISP)
- d. Goals for Change
- e. Decision Window
- f. Significant Others
- g. Family of Origin Roles

***Phase II: Stages of Determination and Action. (the Skills)***

Session Nine: Communication Skills

- a. Non-verbal
- b. Verbal
- c. Communication is Two Way
- d. Communication Styles / Personality Styles
- e. Asking for Help

Session Ten: Assertiveness Skills

- a. Fight / Aggressive
- b. Flight / Passive
- c. Fake / Passive-Aggressive
- d. Fair / Assertive

Session Eleven: Problem Solving

- a. Review of: Thinking reports; Communication Skills & Assertiveness Skills
- b. The Problem / Stress Cycle
- c. Six Step to Problem Solving
- d. How Our Decisions Effect Others / Us.

Session Twelve: Resolving Conflicts / Anger Management

- a. Moving from Conflict to Recovery
- b. Myths about Anger
- c. Six Principles
- d. Handling Your Anger
- e. Fight or Flight

Session Thirteen: Errors in Thinking ❖ Blaming and ❖I deserve..❖

- a. Review the ❖list❖
- b. Defense Mechanisms
- c. Blaming Others
- d. "I Deserve❖"

Session Fourteen: Relapse Prevention / Refusal Skills

- a. Review of non-verbal communication as it relates to relapse prevention
- b. Review of assertiveness skills as they relate to relapse prevention.
- c. Review of problem solving as it relates to relapse prevention.
- d. Refusal Skills
- e. High Risk situations, thoughts, beliefs and triggers.

Session Fifteen: Family / Relationship Issues

- a. Recovery and Relationships
- b. Codependency
- c. Autobiography in Five Short Chapters (Claudia Black)
- d. Old tapes / New tapes
- e. Detachment

Session Sixteen: Beliefs, Values and Moral Development

- a. Overview of Moral Development Theories
- b. Task of Adolescent's development as related to AOD
- c. Exercise: exploring your values and beliefs

Session Seventeen: Work, Play and Support

- a. Our work
- b. Five Dimensions of Win / Win
- c. Our play and leisure time
- d. Support Systems
- e. (Thursday Group: HIV Video & Discussion)

***Aftercare: Stage of Maintenance***

- a. Twelve sessions