

# Overview of Effects of Substances

Theme: Substances

Stage of Treatment: Persuasion

Therapeutic Approach: Psychoeducation

## Purpose

The purpose of this activity is to open the discussion on drugs and their effects. This activity is highly relevant for participants being at pre-contemplative and contemplative stage, getting accurate and objective information. Providing information without moralization in order to facilitate a sound conversation.

## Preparation / Resources Required

Flip chart, handout with drugs and their effects (Mueser Handout B.12)

## Group Process and Facilitator Notes

**Opening activity:** Visualization of the river that has the power to clean itself.

**Check-in:** We will be specific on how drugs/alcohol affects the participants. Encourage participants to focus on their experiences of using

**Check Out/Closing:** Summarizing, and Goal Statement about safety and what they wish to see change this week

**Notes:** Facilitators have to keep in mind to bring participant to CAT talk, using MI to elicit collaboration, autonomy, and changes. When we do this activity we remind participants that we don't glorify drugs but replace them in the perspective of self medicating.

## Lesson Plan

### Core Activity and Processing Questions

- Listing with the participants the effects of their drug of choice
- Give them the handout (Handout B.12. p.393-395) in Mueser and al, 2003
- Explore and emphasize the aspect of self medicating
- Explore and emphasize the negative consequences
- Explore and emphasize the interaction between substance use and mental illness
- Take the example of peanut butter that could be lethal for some people and bring the discussion on the good reasons why people use

### Art Directive

Drug and Alcohol Timeline, have group members create a timeline of their history of substance use.