

18

Looking Ahead Facilitator Notes

Main Learning Points from last session: *Planning for a Sober Lifestyle*

1. Making a sober lifestyle plan can help you have a rewarding life.
2. Sober relationships and meaningful roles can be rewarding.
3. Enjoyable activities and healthy coping skills can be rewarding.
4. Spirituality has to do with our understanding of our existence.

Review Personal Practice Options from last session.



Note

This is a good session that could be used for family/friend groups or sessions. It offers an opportunity for the participant and family to practice skill-building together.

Tips for this Session

Effective substance use relapse prevention includes new information and skills that are not taught during this session. Rather, this session focuses on a combination of reviewing what participants have learned and accomplished in the prior sessions, exploring their hopes and dreams for the future, and celebrating their successful completion of the workbook. When reviewing accomplishments, encourage participants to first identify their own accomplishments and share them. Then encourage feedback from other participants (and facilitators) about what changes they have seen that person make during the time they have attended these sessions.

Celebration Tip

This is the last session of this workbook. Celebrating completion of this workbook is a perfect opportunity to show participants that they can have fun without substances.

Facilitator Notes

(continued)

General Note

If you are interested in an outcomes measurement for this workbook, you may want to consider using the Personal Growth Initiative Scale (PCIS), developed by Christine Robitschek, Ph.D., the Quality of Life Index by Dr. W. O. Spitzer, 1980, or the COOP Chart for Primary Care Practices (Eugene C. Nelson, 1987).

The PGIS (Christine Robitschek, Ph.D) is a 9 question, self-report instrument that yields a single scale score for personal growth initiative. Personal growth initiative is a person's active and intentional involvement in changing and developing as a person. The PGIS consists of nine items that are rated on a Likert scale from 1 = Strongly Disagree to 6 = Strongly Agree. Item scores are summed to obtain a total PGI score. There is evidence that high scores on the PGIS are strongly positively related to psychological well-being and lower scores are related to psychological distress. Reliability and validity evidence has been strong. The PGIS takes about 5 minutes to complete, and there is no time limit. <http://www.ppc.sas.upenn.edu/ppquestionnaires.htm#ASQ>

The Quality of Life Index, by Dr. W. O. Spitzer, has both a 5 topic self-rating scale and a 5 topic clinician scale, which allows clinicians to compare their

impressions to a client's perception. The dimensions measured Activity, Daily Living, Health, Support, and Outlook. The clinician version measures from 0 - 2 with 0 indicating lower quality and 2 indicating higher quality of life. This instrument has been used in many studies and is considered a reliable and valid tool.

The COOP scales (The Dartmouth/Northern New England Primary Care Cooperative Information Project) was developed to create a system to measure health status in physicians' offices. One of the basic tenets of the charts is that the functioning of the person as a whole is more important than that of separate organ systems. You may have seen some of the graphic charts (e.g., the "face" charts to measure feelings). Other graphic charts measure daily activity levels, social activities, physical fitness, change in health, overall health, social support, and quality of life. These charts are widely used in studies and are found to have good reliability and high validity. They are rated as useful by high numbers of office staff and clients.

The editors believe these scales fit the content of this workbook well. These and other health measures can be found in McDowell, (2006).

Suggestion for Topic Introduction and Relevance to Participants

"Today is the last session of this workbook. We will be looking back at what each of you has accomplished. Then we will talk about our hopes and dreams. We will think about how the knowledge you have gained and the skills you have developed can help you reach your goals."

"Let's review the main points from our last session and answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic."

Topic Assessment Answer Key

1. A 2. B 3. B 4. A

T – topic introduction
R – relevance to participant
I – identify objectives
M – materials for session
M – motivate to use

Review of Session 17: Planning for a Sober Lifestyle



Main Learning Points of Session 17

What were the main learning points of Session 17? If you did not attend the last session, you may guess, and also write the answers as people say them:

1. Making a s _____ r lifestyle plan can help you have a rewarding life.
2. Sober r _____ s and meaningful roles can be rewarding.
3. Enjoyable activities and h _____ y coping skills can be rewarding.
4. Spirituality has to do with our u _____ g of our existence.

Personal Practice Option Review:

What personal practice option(s) did you choose?

Did you complete your personal practice yet?

1. Yes. How did it go? _____

2. No. What got in the way of completing your practice?

If you still plan to complete your practice, when will you do it?

3. I didn't choose a personal practice option.

Topic Assessment



Mark one: Pre Post

Your Score:
+ ____ out of 4

Directions:

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: _____

Date: _____

1. Recovery from mental illness can be affected by using substances:

- A. True B. False

2. My hopes and dreams:

- A. Can't ever really be reached because someone who uses substances can't ever live a sober lifestyle.
B. Can guide me in the choices I make for my life.
C. Mean not having any more problems or stress.
D. Are certain to keep me from ever relapsing or using substances again.

3. I will avoid thinking about my hopes and dreams so I will not be disappointed.

- A. True B. False

4. I will keep my sights on my hopes and dreams.

- A. True B. False

5. I am confident I can reach some of my hopes and dreams.

- Strongly Disagree Disagree Neither Agree Nor Disagree Agree Strongly Agree Unsure

6. This information is important for me to know.

- Strongly Disagree Disagree Neither Agree Nor Disagree Agree Strongly Agree

Topic Assessment



At the end of the session, answer these questions before turning in this paper:

7. This session helped me.

Strongly
Disagree

Disagree

Neither Agree
Nor Disagree

Agree

Strongly
Agree

8. What I liked about this session: _____

9. How this session could have been better for me: _____

Looking Ahead

Objectives for this Session

1. Identify at least 1 personal accomplishment.
2. Identify 1 hope or dream and steps you will take to reach it.

You are determined. Participating in these sessions shows that you are committed to avoiding or overcoming problems with alcohol and drugs. Attending these sessions also shows that you are determined to have control over your own life. In the last session in the workbook, we will focus on:

1. Reviewing your accomplishments.
2. Sharing your hopes and dreams for the future.
3. Looking at one hope or dream and planning ahead.

Reviewing accomplishments. You have done a lot of work during these sessions. You have learned how substance use can affect your life. You have taken steps towards living a sober and rewarding lifestyle. In the last two sessions, you created plans to help you live a sober lifestyle. You have also learned skills for dealing with urges to use substances. You should be proud of yourself!

My Accomplishments:



Put a check beside the things that you accomplished during these sessions:

- 1. I learned how using substances can affect my recovery.
- 2. I cut down on my use of substances (if I used substances).
- 3. I stopped using substances (if I used substances).
- 4. I refused offers to use substances.
- 5. I successfully resisted urges or cravings to use substances.
- 6. I started or improved relationships with people who are sober.
- 7. I am spending less time with people who use substances.
- 8. I am going to self-help meetings.
- 9. I am spending more time with people who are sober.
- 10. I am practicing healthy coping skills.
- 11. I am involved in a new meaningful role
(volunteer, work, or school).
- 12. I am doing fun activities in my spare time.
- 13. I am involved in religious, faith-based, or spiritual activities.
- 14. Other: _____

Discussion. What are the two items you checked above that you are most proud of?

Main Learning Point #1

**Using substances can affect
your mental illness.**

Hopes and Dreams

Most people have hopes and dreams. Sometimes these hopes and dreams become buried or lost in the mix of mental illness and substance use. People may forget what they had hoped for the future. They may give up their dreams. They may become discouraged by setbacks they have had.

There is always hope. Change is always possible, even when it seems doubtful and you feel discouraged. Rediscovering your dreams and setting goals can help you look forward to a brighter future.

The following list includes hopes and dreams that many people have. What are your hopes and dreams? Put a check beside any of these that apply to you:



- 1. Fix relationships with people who do not use substances.
- 2. Develop new relationships with people who do not use substances.
- 3. Get and keep a job.
- 4. Get a G.E.D., go to trade school, get technical training, or start working on a college degree.
- 5. Help other people.
- 6. Live in my own house, apartment, or trailer.
- 7. Get involved in creative arts.
- 8. Do volunteer work in my community.
- 9. Other: _____

Main Learning Point #2

Your hopes and dreams can guide you in the choices you make for your life.

Your Personal Hopes and Dreams



Choose one hope or dream you have for the future. For that hope or dream, list the steps you have taken in the past to reach it. Then write the steps you will take to work towards reaching your goal.

1. My hope or dream _____

2. Steps I have taken in the past to reach my hope or dream:

a. _____

b. _____

3. Steps I will take to reach my hope or dream:

a. _____

b. _____

c. _____

4. Knowledge or skills that I have gained that will help me reach my hope or dream:

a. _____

b. _____

Main Learning Point #3

**Keep your hopes and dreams
alive by nurturing them.**

Congratulations on completing this workbook!

You have learned about substances and how using substances can affect your mental illness. You have chosen to stay or get sober as a personal goal. Keep looking ahead and moving your life forward.

Review & Moving Forward



The *main learning points* of this session are:

1. _____
2. _____
3. _____

Move Forward – Choose a Personal Practice Option

It's important to practice new knowledge and skills. Although this is the last session in this workbook, you may still want to practice this important subject. Please choose one option from the list below:

- 1. STUDY.** I am going to reread my handout at least once.
- 2. SHARE.** I will share my handout with someone in my support network. I will ask _____ to read it and talk with me about the accomplishments I have reached with this workbook.
- 3. CREATE.** I will create a poem, essay, song, or artwork about my hopes and dreams.
- 4. OTHER:** _____

Take an **“Extra Step Forward”** (optional)

- 5. WORK ON MY HOPES AND DREAMS.** I will take at least one step toward reaching my hopes and dreams.