

Eight Week Short Agenda

Breaking the Cycle of Addiction

- I. Week 1: Introduction, Goals & Accountability Groups**
 - a. Name game introduction
 - b. Discussion about groups
 - i. How do you feel about participating in this group?
 - ii. What other types of groups have you participated in?
 - iii. What are your goals for participating?
 - c. Introductory information (session dates, times...etc)
 - d. Goals, using the SMART method
 - e. Purpose and focus of the Accountability groups
 - f. Accountability group meeting
 - g. Debriefing
- II. Week 2: Pharmacology of Addiction**
 - a. Brain Reaction Game
 - b. Pharmacology Aspect of Alcohol & addiction
 - c. Bio-Psycho-Social affects of addiction
 - d. Accountability group meeting
 - e. Debriefing
- III. Week 3: Family Roles**
 - a. Paper genogram / family outlook activity
 - b. Family roles (i.e. family hero, scapegoat, mascot, lost child... etc)
 - c. Accountability group meeting
 - d. Debriefing
 - e. Give Self Talk Reflection Homework
- IV. Week 4: Coping & Life Skills**
 - a. Open the group & discuss last weeks homework (Self Talk Reflection)
 - b. Other coping skills
 - i. Skills described as a tool belt
 - ii. Negative tools
 - iii. Positive tools
 - iv. How do we learn new skills for our tool belt
 - c. Accountability group meeting
 - d. Debriefing
- V. Week 5: Learning to put Yourself in Others Shoes**
 - a. Empathy Discussion
 - b. Large group discussion about goals (triumphs & hardships)
 - c. Accountability group meeting
 - d. Debriefing
- VI. Week 6: Victims Panel**
 - a. Accountability group meeting
 - b. Victims panel
 - c. Debriefing
- VII. Week 7: Juvenile Outreach**
 - a. Share stories or what works, struggles with juveniles at end of time
- VIII. Week 8: "Where do I go From Here?"**
 - a. Group wrap up
 - i. Where at in recovery process
 - ii. Maintenance after leaving group
 - iii. Evaluation of goals
 - iv. Evaluate group itself