

Drug & Alcohol Diversion Worksheet

Name:

Postal Address:

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Welcome to:

S.A.M.H.I. SUBSTANCE ABUSE & MENTAL HEALTH INTERVENTIONS
Living Life Without Drugs

DUAL DIAGNOSIS TRAINING

Chemically Speaking Two - Brief Intervention

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Optimal Health Group

CONTENTS

1. Substance Abuse & Mental Health (Dual Diagnosis)
(Not required to complete below)
2. Integrative Holistic Model
(Not required to complete below)
3. Needs & Underlying Issues
4. Grief Cycle & Anger
5. Drink & Drug Driving
6. Cycle of Addiction
 - Alcohol
 - Tobacco
 - Cannabis
 - Stimulants (Speed, Ice, Ecstasy, Cocaine)
7. Optimal Health
8. Stages of Change
9. Costs vs Benefits
10. Tripod of Support
Costs vs Benefits
Cycle of Addiction
(Not required to complete below)

Part 3:

Needs & Underlying Issues

Review Questions

1. What are the main key needs of people?

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2. What are the primary emotions that get triggered when needs aren't met?

3. What are the secondary emotions that erupt when primary emotions are triggered?

4. What are the unhealthy coping skills we use to manage primary & secondary emotions?

Part 4:

Grief Cycle & Anger

Review Questions

1. What are the 5 phases of the grief cycle?

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2. Why do we experience denial?

3. Why do we get angry when we experience grief and loss?

4. Why do we feel depression or despair when we experience grief and loss?

5. What is 1 way to help people move forward into acceptance

Part 5:

Drink & Drug Driving

Review Questions

1. How do chemicals effect our driving?

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2. Why isn't 1 standard drink per hour reliable for keeping under .05?

3. If I don't feel intoxicated by chemicals does that mean I'm OK to drive?

4. Which part of the brain is mostly effected by chemicals?

Part 6:

Cycle of Addiction

- Alcohol
- Tobacco
- Cannabis
- Stimulants (Speed, Ice, Ecstasy, Cocaine)

Review Questions

1. Explain the 4 phases of the cycle of addiction.

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2. Explain the main risks and consequences of using alcohol.

3. Explain the main risks and consequences of using cannabis.

4. Explain the main risks and consequences of using methamphetamine (ice) or ecstasy.

Part 7:

Optimal Health

Review Questions

1. How does optimal health provide better outcomes for people we want to help?

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2. Why is it important to drink sufficient water & exercise?

3. Why is it important to get enough Vitamin D from the sun?

4. Why is it important to have quality organic food and supplement when we can?

Part 8:

Stages of Change

Review Questions

1. Explain the five phases of the stages of change?

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2. How can I help someone in precontemplation?

3. How can I help someone in contemplation?

4. How can I help someone in the decision/preparation stage?

Part 9:

Costs vs Benefits

Review Questions

1. Why do we do the costs vs benefits?

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2. Why do we ask people “what do you like about using drugs”?

3. Why do we ask people “what don’t you like about using drugs”?

4. Why do we ask people “what is the benefit of stopping drugs”?

5. Why do we ask people “what is the negative of stopping drugs”?