



**Rowland U.S.D. - Pacific Clinics
Substance Abuse Group Counseling Topics**

- Session 1: Definitions, terms, and self-assessment
- Session 2: Alcohol and other drug education
- Session 3: Triggers, cravings, and avoiding relapse
- Session 4: Planning for sobriety
- Session 5: Prescription pills, alcohol, and tobacco
- Session 6: Coping skills
- Session 7: Other forms of addiction
- Session 8: Stress and emotional well-being
- Session 9: Skills for reducing stress
- Session 10: Negative emotions
- Session 11: Anger and communication
- Session 12: Relapse prevention basics

Group counseling is provided at the Alternative Learning Center and potentially available at other secondary schools in RUSD. Throughout the 12 weeks, the counselor will also be talking about change of behaviors and gang affiliation. Along with weekly group therapy, students will receive individual therapy.

Please contact Laurel Estrada at the Family Resource Center for more information.