

## **Opiate Intervention - Course Outline**

*This 8 week class provides information, life skills and practical application.*

**Benefits:** *The class will be taught by returning citizens with similar life experiences that can relay the information and solutions in the clients language. Each facilitator is in long term recovery. Will compliment other programs and address addiction from the inside, out.*

### **Session 1:**

- **Paradigm Shift - demonstrating how our cognitive behavior is influenced by how we view the world.**

### **Session 2:**

- **Introduction to the 5 stages of change- introducing the concept of the stages of change**
- **stage 1 (Pre-contemplation)**

### **Session 3**

- **Stages of change stage 2 - Contemplation**
- **Stages of change stage 3 - Preperation**

### **Session 4**

- **Stages of change stage 4 - Action**
- **Stages of change stage 5 - Maintenance (The hardest stage of change)**

### **Session 5**

- **Spiritual Recovery - utilizing a higher power (spiritual does not = religion)**

### **Session 6**

- **Root Causes of addiction - examine how both internal and external factors contribute to addiction**

### **Session 7**

- **Fear of change - address how fear can either paralyze or motivate**

### **Session 8**

- **From mess to miracle, outcast to outstanding! - success stories during graduation**