

# Active change

## Session 4 – Personal & Community Resource Management

# Today's session

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- Welcome
- Introductions
- Group agreements
- What makes a person supportive/unsupportive
- My social network
- Mutual aid and 12 step fellowships
- Closing round and feedback

# Introductions and check in

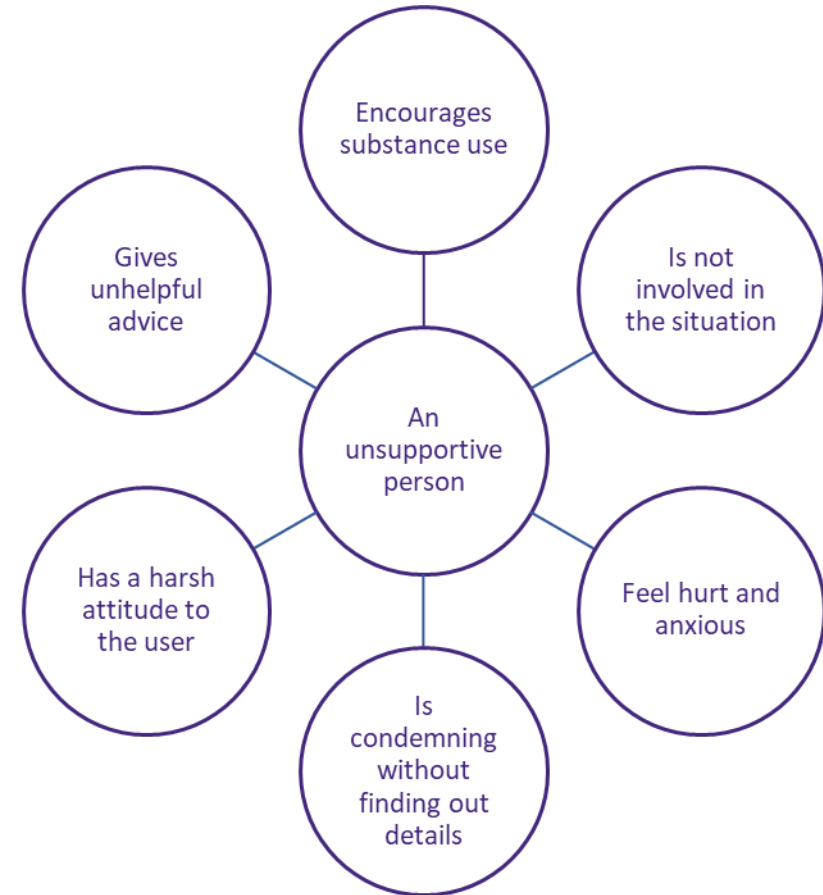
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Hello! ... introductions

How did people from last week get on with managing cravings?

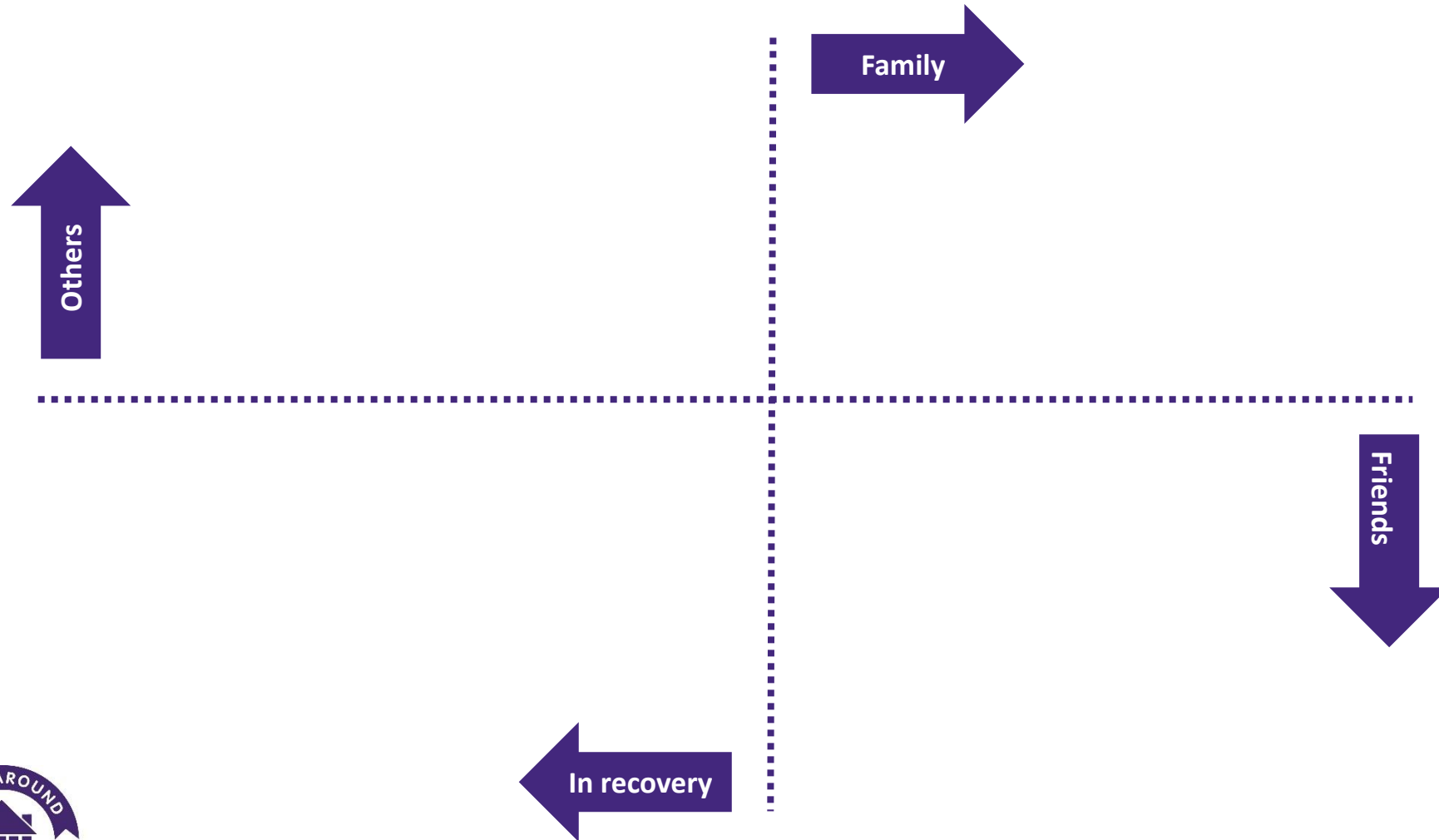


# What makes someone supportive?



# My social network

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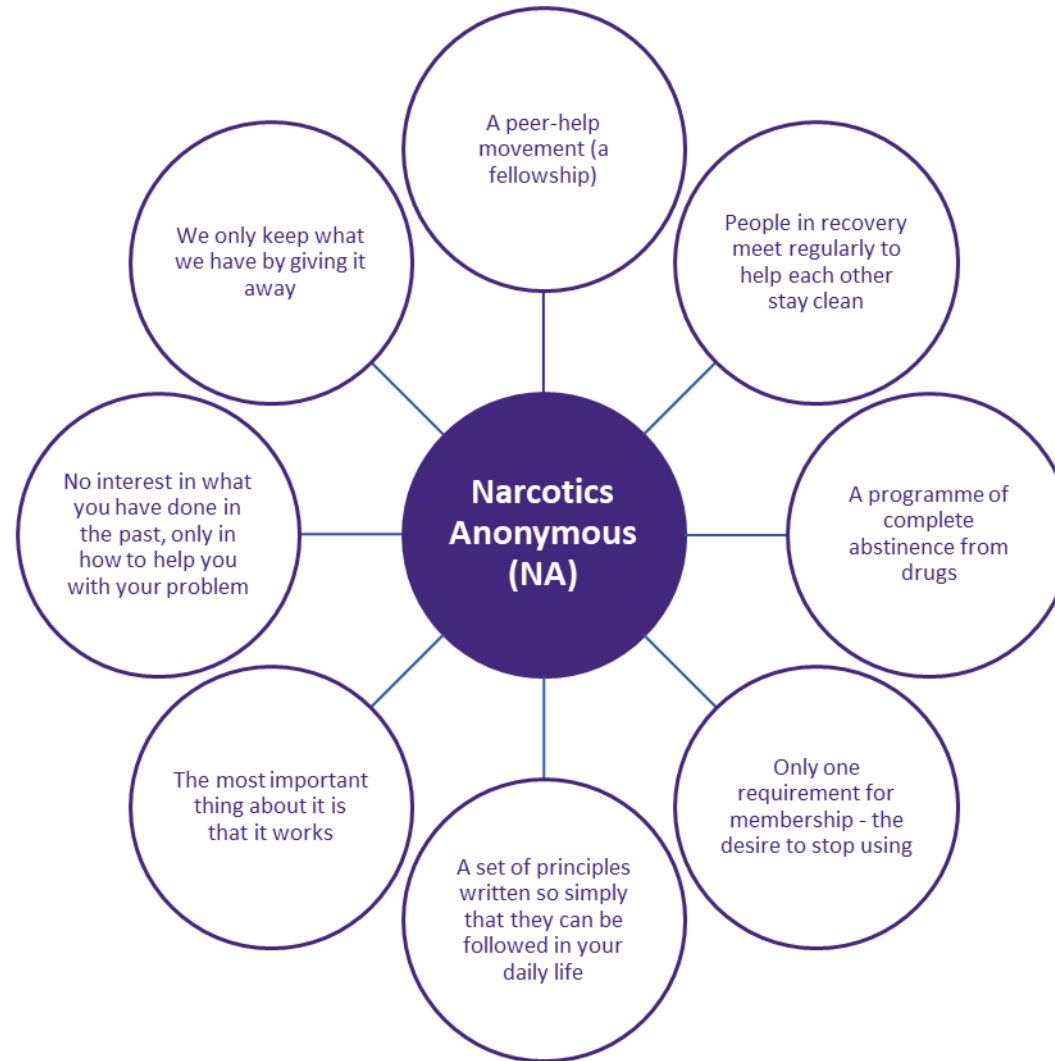


# Social Support Network Plan



The problems I have	Who might be able to help me?	What could they do?

# Narcotics Anonymous



# Do 12 step fellowship groups work?

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# Feedback

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- How has today been?
- Where might you keep the work you've done to support you?
- Can you think of one thing you can do to get more support for yourself before the next session?
- Reminder about 'Useful Resources,' including mutual support
- Reminder about other DHI groups/local support groups
- Thank you for coming and the next session will focus on 'Assertiveness'.