

Maintaining change

Session 5 – Review, next steps, aftercare plan

Today's session

- Welcome
- Introductions
- Group agreements
- Looking at the most important things which need to be in place to give your recovery the best chance
- Feedback and next session

Introductions and check in

Hello and welcome! ... introductions



The danger of complacency

“The arrogance of success is to think what you did yesterday will be sufficient for tomorrow” – William Pollard

It might seem strange to say there's something wrong with feeling good, but if things in your life start going wrong and this honeymoon period ends it can make reality seem harsher and everything seem more disappointing. And someone can question if recovery is worth it.



Key themes

Managing high risk situations



Hungry?
Angry?
Lonely?
Tired?

A few reasons people use drugs and alcohol



Escape
Relax
Reward



Everyone needs to escape, relax and reward themselves. These are essential coping skills for a happy life. But people who have problems with drugs and alcohol can struggle to do these things without using.

What areas do you need to develop?

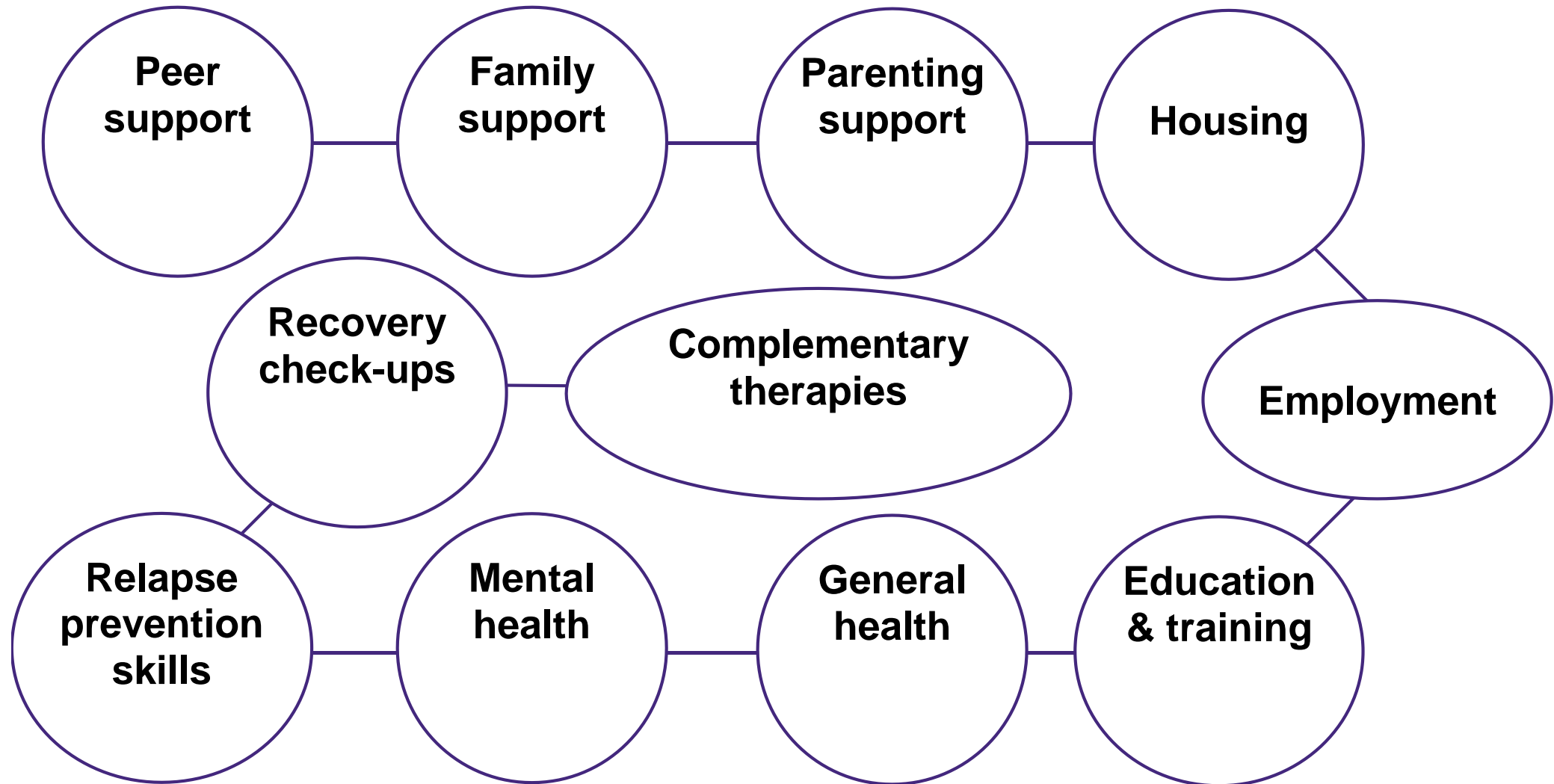
For example →

For example →

Area	Action	Priority
Practice saying no	Try this in simple situations over the coming month	1
Get rid of my drinking friends	Let each of these friends know I am not drinking anymore and that it won't work for me to carry on being friends with them whilst they are drinking. I will do this next week.	2



My recovery support plan



Feedback

- How has today been?
- Where might it be useful to keep the work you've done today?
- Reminder about 'Useful Resources,' including mutual aid
- Next session you will be invited (if you wish) to tell the group about changes you have made and acknowledge achievements, small and large.