

Maintaining change

Session 2 – Social network support plan

Today's session

- Welcome and introductions
- Group agreements
- Introductions and check in
- What support do you need
- Building a supportive social network
- Close and feedback

Introductions and check in

Hello and welcome! ... introductions.

Good support in your life.



Social network support plan

The things which I need support with	Who might be able to support me?	Is there anything I can do now to strengthen that support?

Scenarios (1)

Helen

Helen has one very close friend, and she is also quite close to her family. However, Helen would like to meet new people. Her close friend lives with her partner and is not always available to support Helen. At times, Helen feels lonely. Helen has always been incredibly shy, and she finds it hard to talk to people she doesn't know. What do you think Helen could do?

Lee

Lee has just moved to a new house and doesn't know many people where he is living. Over the past few years, he has only spent time with people who were drinking like him and he has lost contact with a lot of his old friends and family. He'd like to build a stronger social network. What do you think Lee could do?

Scenarios (2)



Reuben

Reuben has used drugs since he was a teenager, and his friendships have always been based on his drug-using behaviour. He has stopped using drugs now and would really like to meet new friends. However, he feels he doesn't know how to go about meeting and building friendships with people. What do you think Reuben could do?

Maisy

Maisy has lots of friends, but all of them like to party hard and use substances whilst doing so. Although they know that Maisy has stopped using alcohol and drugs in the way she used to, they still ask her to go out with them and still press her to drink and use drugs. Maisy thinks she needs to move away from this group of friends but isn't sure what to say to them and how to find new friends. What do you think Maisy could do?



Building social support networks

General tips

1. Set goals that are specific and realistic
2. Build awareness of the reasons you don't have the social network you would like

Find different ways to meet new people

Build social skills

Get closer to people you do know



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
- Thank you for coming, the next session is relapse prevention – what we need to be aware of to prevent lapse and relapse.