

## PURPOSE

The purpose of the Phase One Group is to provide information and support to people who are currently in the early stages of making changes to their substance use.

**Please contact us for the next available start date.**



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### ADAPT - HEAD OFFICE

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# PHASE ONE



## GENERAL

### FORMAT

The format of the group is a series of eight psycho-educational seminars related to substance use, change and relevant lifestyle issues. Presentations, discussions, handouts and videos will be used to provide information.

### BASIC EXPECTATIONS

- Substance-free for 24 hours prior to group
- Honour group confidentiality
- Arrive on time and remain for the duration of the group
- Be an active participant and listener
- Be aware of your personal goals throughout the group process

## OUTLINE

Throughout the eight weeks the following topics will be discussed:

### COMMUNICATION

An exploration of communication skills, assertiveness and “saying no” techniques

### SUBSTANCE USE INFORMATION

General information about alcohol and other substances, including the process of dependency, tolerance, and standard drink measures

### THINKING PATTERNS

An exploration of defense mechanisms and cognitive distortions associated with dependency, including a video highlighting the three-fold nature of substance abuse.

### FAMILY IMPACT

A discussion on the impact of substance abuse and recovery on family members: what are the reactions, how to develop family support. What is the impact of family on substance use patterns. .

### LIFESTYLE

How to develop a lifestyle which supports your substance use goals. Focus is on developing a relapse prevention plan, coping skills and good self-care routines.

### SUBSTANCE USE DECISIONS

Exploring the decision-making process regarding achieving substance use goals.

### FEELINGS

Exploring, identifying and effectively dealing with emotions and feelings. Anger management and stress management techniques are discussed.

### ADDICTION & MENTAL HEALTH

Introduction to concurrent disorders.

