



ORT, Recovery and Me

A one off detox information session (2hours)

A detox information group work session for people in your treatment agency who are on ORT (opiate replacement therapies, like methadone, suboxone) and are thinking about coming off.

This Group work session is designed as a stand alone, one off group. A clinician/ drug worker can run the 2 hour session with help from a person in recovery with a lived experience of coming off ORT and staying in recovery.

Welcome

Group leader introduces herself and introduces invited guest sharer and gives a very brief outline of the purpose of the group (5 mins)

Introductions

Go round the room - everyone says their first name only (if they want to). (5 mins)

- ORT recovery - Lived Experience share – an invited guest shares “How I came off ORT and what the journey was like.” (10 mins)
- Q&A session with person sharing - Group members ask any questions they have about what has been shared. (10 mins)
- The clinical detox process - a clinician/drug worker does a very short input on “How you get onto a detox in this area/treatment service.” (10 mins)
- Exercise: Myth Busting – The whole group brain storms a list of the fears they might have about coming off ORT and stories they have heard about coming off. (10 mins)
- The person with Lived experience of ORT recovery and clinician both respond to the myths and fears list together, answering any of the fears and countering any of the myths they can with known facts. The group can also help if they can. (20 mins)

Tea break

(15 mins)



Over to you – ORT recovery plan preparation work sheet

Hand out the worksheet, go over the questions ensuring participants understand and can fill in questions.

(5 mins)

Leave participants to fill in some of the questions in the work sheet. Both clinician and person with lived experience can be available to help if people have questions as they work.

(15 mins)

Group Closing Circle – How have they found the session?

(15 mins)

Handout (SRC website/ recovery resources/ personal) Detox and early abstinent recovery – make it easier