



ORT, Recovery and Me

A 12week detox support group for people on around 30 mls/8mgs methadone/suboxone and reducing to abstinence.

This session plan began life in the ORT, Recovery and Me (West) event in Glasgow during February 2014. 70 Clinicians directly involved in ORT prescribing programmes gathered together with 30 people with a lived experience of recovery that included detox from ORT.

One of the exercises they did as a community together was to design detox support groups. This programme developed from those ideas. You are free to alter it, add to it and change it as your local situation requires. Let us know if you find better ways of doing the sessions or share any session plans you create with us. It allows everyone to have access to good resources that promote recovery from ORT.

Session 1: Coming Off ORT - The lived experience share

(2 hours)

- Group sharing round the room: where I am in my ORT recovery?
- Tea Break
- What to expect – common physical and emotional withdrawal symptoms (clinicians input)
- Q & A with both clinician and lived experience – what hopes, fears for detox from ORT.
- Closing group circle – what did I find helpful today?

Session 2: Coming Off ORT - The lived experience share

(2 hours)

- Group sharing round the room: how have I been this week?
- Tea break
- Substitution – the dangers of alcohol, NPS, Diazepam for people coming off ORT. (Clinicians input)
- Q & A and discussion with both clinician and lived experience on theme of substitution.
- Closing group circle – what do I need to think some more about now?

Session 3: Coming Off ORT - The lived experience share

(2 hours)

- Group sharing round the room – how am I getting on in my detox this week?
- Tea Break
- Relapse Prevention Exercise: The 5 P's – 'Prior Preparation Prevents Poor Performance' fill in Weekly Recovery Check List and Weekly Planner, both sheets available from www.scottishrecoveryconsortium.org
- Closing group circle - What am I going to add into my recovery routine now?



Session 4: Coming Off ORT - The lived experience share

(2 hours)

- Group sharing round the room -what is that I am doing now that's keeping me in recovery?
- Tea break
- What is a recovery plan and how do I build mine? Input clinician and lived experience Clinicians - what makes good recovery capital/lived experience - who and what did I have to put into my life to support my recovery. See SRC website for the recovery dimensions for people in recovery. Do supportive relationships and renewing hope and commitment sections.
- Closing group circle – what does recovery mean to me today?

Session 5: Coming Off ORT - The lived experience share

(2 hours)

- Group Sharing round the room - how am I getting on in my detox this week?
- Tea Break
- Triggers – Using the Dealing with triggers worksheet (SRC/ recovery resources/ personal) Identify triggers and then work through sheet using the process in it for one or two of your triggers.
- Closing group circle – One trigger I want to handle differently and how I am going to do that.

Session 6: Coming Off ORT - The lived experience share

(2 hours)

- Group Sharing round the room – one thing I heard in the share that has helped me/ made me think...
- Tea Break
- Exercise – Fill in Assuming Control and/ or managing symptoms sections of dimensions of recovery for people in recovery handout. Discuss in pairs (SRC/Recovery Resources/Personal)
- Closing group circle – one of my commitments to myself is....

Session 7: Coming Off ORT - The lived experience share

(2 hours)

- Group Sharing round the room – what I appreciate about being on a detox is...
- Tea Break
- In put from clinican/recovery community - opportunities for you to give back and help the community.
- Exercise: In pairs help each other fill in the finding your niche in the community section in dimensions of recovery handout
- Closing group circle – one thing I am going to check out in the community



Session 8: Coming Off ORT - Save a life session

(2 hours)

- Naloxone training session – contact your local naloxone training group and have them run this session. (See: Scottish Drugs Forum site/www.sdf.org.uk/ Take home Naloxone)

Session 9: Programme to be arranged with invited facilitator

(2 hours)

- Mutual Aid presentation – input from local mutual aid (NA/CA/SMART/ORT recovery)
- Tea Break
- Clinician input – the effects of mutual aid on recovery a ten minute input on the effect that attending mutual aid meetings can have on your recovery. (For help with data go to SRC website/ recovery resources/treatment- professor Keith Humphries on mutual aid and treatment outcomes research)
- Closing circle – where do I get my peer support/ mutual aid?

Session 10: Coming Off ORT – The lived experience share (group member)

(2 hours)

- Group Sharing round the room one thing I heard in the share that has helped me/ made me think...
- Tea Break
- Local Educational Opportunities – input from local area on colleges/school and further/higher education opportunities
- Closing circle – what do I see myself learning next?

Session 11: Coming Off ORT – The lived experience share (group member)

(2 hours)

- Share round What this group has meant to me
- Tea Break
- Endings – what I have appreciated about other group members- Each group members name is on a sheet of paper and we walk round the room adding qualities and appreciations of what we have seen of that person.
- Closing group circle. We each read out the appreciation sheet for someone else in the group and give it to them.

Session 12: Graduation

(2 hours)

Create a simple graduation ceremony for those who have completed the group



Glossary

Lived Experience Share - a person who has successfully completed their ORT detox and is living in recovery shares how they did it from their own perspective. Shares speak uninterrupted for ten minutes.

Group Sharing Round the Room - everyone in group, that wants to, has a couple of minutes (amount depending on numbers and time) each to express –without being interrupted, their personal response to the question asked.

Closing Group Circle - each group member has opportunity to speak for a minute (amount depending on numbers and time)

Resources

The resources needed for this group work programme are available free and have been listed in the session plans.

If you are a treatment agency and have budget to purchase Scottish Recovery Workbook then this could also be a complete 12-session group detox support programme on its own. See SRC site for details: (www.scottishrecoveryconsortium.org)