

Weigelli Centre Aboriginal Corporation

OVERVIEW OF THE 12 WEEK PROGRAMME (2011)

Educational programme:

Week	Drug and Alcohol Education (Group DA)	Social and Emotional Wellbeing (Group SEWB)	Life Skills Training (Group General)	Relaxation Strategies
1	What is addiction / Stages of Change	Need for sleep	Housing /Tenancy	Stress effects
2	Alcohol	Managing your mood	Relationships	What is relaxation
3	Harm minimization	Intro to CBT model	Diabetes Education	Slow Breathing Exercise
4	Marijuana	Changing state	Diet and nutrition	Mindfulness Walking
5	Opioids	Anger	Budgeting / Dealing with debt / Consumer rights	Simple Meditation
6	Coping with cravings	Depression	Parenting Skills	PMR
7	Nicotine	Anxiety	Presenting yourself	Slow Breathing Exercise
8	Refusal Skills	Panic	Assertiveness Skills	Mindfulness Walking
9	Licit drugs	Psychosis	Hand hygiene	Simple Meditation
10	Relapse Prevention 1	Coping – without drugs	Sexual health	PMR
11	Relapse Prevention 2	Effects of trauma and abuse	Blood-borne viruses	Slow Breathing Exercise
12	Plan for recovery	Grief and loss	Communication Skills	Mindfulness Walking

Other components of the programme:

1. *Anger Management* runs for 6 weeks.
2. A separate Mens' / Womens Business programme runs for 6 weeks and alternates with Anger Management.
3. *Parenting* runs for 6 weeks.
4. *Quit Smoking* programme runs for 4 weeks.
5. A.A. / N.A. meetings are attended weekly.
6. A *SMART Recovery* group is run each week.
7. TAFE classes in *Numeracy / Literacy, Computing, Agriculture* run each week.
8. Classes in *Art skills* run each week.
9. All clients participate in 30 minutes of (appropriate) exercise a day, and are encouraged to extend this with e.g. gym work.
10. Cultural activities occur.
11. Enhancement of a client's Life Skills is reinforced with client participation in the day-to-day functioning of the Centre.