



# Teen and Young Adult Facilitator with Family & Friends Training Course Agenda

## Day 1

1. Introduction of participants and SMART Recovery trainer
2. SMART's Perspective regarding the Recovery Process
  - ✦ SMART Recovery a Fresh Approach
  - ✦ Fundamental Differentiators
  - ✦ Position Statements (disease model, spirituality, personal labels, abstinence)
  - ✦ Global Recognition
  - ✦ Best Psychiatric Hospitals host SMART Meetings
3. The SMART 4-Point Program®
  - ✦ Building & Maintaining Motivation
  - ✦ Coping with Urges
  - ✦ Self-Management of Thoughts, Feelings and Behaviors
  - ✦ Living a balanced Life
  - ✦ 43 Seconds
  - ✦ SIDS
4. Stages of Change
  - ✦ Precontemplation
  - ✦ Contemplation
  - ✦ Preparation
  - ✦ Action
  - ✦ Maintenance
  - ✦ Exit

 **BREAK**

## 1. Meeting Structure Outline

- ✧ Welcome and Opening Statement
- ✧ Check-in
- ✧ Set the agenda
- ✧ Agenda Discussion
- ✧ Check-out/pass the hat/homework

## 2. Focus on Tools for Point 1 – Maintain Motivation to Abstain

- ✧ Hierarchy of Values (HOV)
- ✧ 3 Questions
- ✧ Cost Benefit Analysis (CBA)
- ✧ Change Plan Worksheet

## 3. Motivational Interviewing

- ✧ OARS
- ✧ DEARS
- ✧ Practice

## LUNCH

### 1. Meeting Structure (In-Depth) What happens in a meeting?

- ✧ Welcome and Opening Statement
- ✧ Check-in
- ✧ Set the agenda
- ✧ Agenda Discussion
- ✧ Check-out/pass the hat/homework
- ✧ Role Play

## BREAK

### 2. Focus on Tools Associated with POINT 2: Urge Coping

- ✧ Urges and Refusal Skills
- ✧ Unrealistic and Realistic Beliefs About Urges
- ✧ Coping with Urges

- ✦ Trigger identification
- ✦ Using the Urge Log
- ✦ DEADS
- ✦ DISARM
- ✦ ABC Problem-solving Tool
  - Activating Event
  - Beliefs (self-talk)
  - Consequences
  - Disputations
  - Effective New Belief

### 3. Relapse Prevention

- ✦ Danger situations
- ✦ Prevention tips and Help Tips

## ✦ Day 2

### 1. Focus on Tools Associated with POINT 3: Managing Thoughts, Feelings & Behaviors

- ✦ Strengths and Weaknesses
- ✦ Three primary unconditional acceptances
  - Unconditional self-acceptance (USA)
  - Unconditional other acceptance (UOA)
  - Unconditional life acceptance (ULA)
- ✦ Rational/Helpful beliefs vs Irrational/Unhelpful beliefs
- ✦ Awfulizing
- ✦ Anger
- ✦ Disputing Irrational Beliefs
- ✦ ABC of REBT for emotional upsets
- ✦ Words Matter
- ✦ Cognitive Distortions
- ✦ Hula Hoop Boundaries

## ✦ BREAK

## 1. Why a balanced lifestyle?

- ✧ Developing Vital Absorbing Creative Interests – VACI
- ✧ Lifestyle Balance Pie

## 2. Facts about working with Teens and Young Adults

- ✧ Posters
- ✧ College facts
- ✧ Pronouns and Gender Identity
- ✧ What would you say?

## 3. The Brain in Teens and Young Adults

- ✧ Alcohol exposure during adolescence
- ✧ Results of substance misuse in adolescence
- ✧ The Hand Model of the Human Brain
- ✧ Common Topics
- ✧ Moderation?
- ✧ Suggestions for Meeting Intro



## 1. Authority vs Influence

## 2. Fault vs Responsibility

## 3. SMART Facilitator's Manual

- ✧ CH1: Being a SMART facilitator
- ✧ CH2: Code of Conduct
- ✧ CH3: Starting a face-to-face meeting
- ✧ CH4: Running the meeting
- ✧ CH5: Facilitation skills
- ✧ CH6: Facilitation Challenges
- ✧ CH7: Using the tools
- ✧ CH8: Questions facilitators are asked

## 4. Additional Facilitation Concepts





- ✧ Reduce the Stigma
- ✧ Trauma (We are not therapists)
- ✧ Professional vs Open Meetings
- ✧ What would you say?

## BREAK

### 1. Review of the tools

-  Role Play




### 2. Wrap Up

-  Getting your meeting underway
-  Ongoing Training
-  SMART Recovery Website
-  Volunteer HQ




## Day 3

### 1. Intro to Family & Friends




### 2. SMART Recovery Family & Friends

-  An evidence-based program
-  Personal Bill of Rights
-  Based on Get Your Loved One Sober, Alternatives to Nagging, Pleading and Threatening by Dr. Robert Meyers and Brenda Wolfe



### 3. Why Should “I” Change?

-  Are your coping behaviors working?
-  Stages of Change
-  Weighing the Pros and Cons – Cost Benefit Analysis tool

### 4. Self-Care and Self Rewards

-  Where are you on the emotional spectrum
-  Oxygen Mask Rule
-  The importance of Self Care

### 5. Inner Dialog

-  Exchange Vocabulary
-  Helpful and Unhelpful self-talk

## BREAK

### 1. The ABC's of REBT

- ✦ The ABC Model – How thinking affects behavior
- ✦ The Notorious 5 ways we upset ourselves (DORAL)

### 2. Positive Communication

- ✦ “I” Statements
- ✦ Planning a conversation using PIUS
- ✦ Listening
- ✦ Seven Elements of Positive Communication

### 3. Healthy Boundaries

- ✦ Identifying and Communicating Healthy Boundaries
- ✦ How to communicate a boundary effectively
- ✦ Planning a Boundary Request

## LUNCH

### 1. Evaluation

### 2. Safety and Support

- ✦ Define “Violence”
- ✦ Develop a Safety Plan

### 3. Coping with Lapses

- ✦ Lapse vs Relapse
- ✦ Guilt and Shame
- ✦ Resentment and Blame

### 4. Disable the Enabling Behaviors

- ✦ Enabling Behaviors

- The Fixer
- The Nagger
- The Protector

#### 5. Trust and Forgiveness

- ✦ What is Trust
- ✦ Trust Bank
- ✦ Acceptance
- ✦ Fear and choices
- ✦ Forgiveness
- ✦ Exploring the option of forgiveness

#### 6. Discover the Power of Choice

- ✦ When to Quit



#### 1. Role Play

- ✦ Discussion of Role Play

**Thank you for attending! Please be sure to register with Volunteer HQ. Our Staff and Board are at your service if we can be of help in any way.**