



Suite #203 – 3107A 31<sup>st</sup> Ave  
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The afterschool group program was jointly developed by School District #22 and AXIS Intervention Services in the latter part of the 2005-2006 School Year. This program was developed to fill the need to treat students who were engaging in high risk drug and alcohol use patterns, often students found using alcohol or drugs during the school day. Rather than the traditional approach of disciplining the students for breaking the rules, the School District looked at the disease model of addiction and took the progressive approach of introducing a program where students can learn more about addiction, their drugs of choice, conduct some self assessments and be provided with alternative choices in making healthy decisions around alcohol and drug use and peer influence.

The group runs every Thursday from 3:30 – 5:00 pm. at Axis Intervention Services office, located off site from the school. The address is #203 – 3107A 31<sup>st</sup> Ave. This is a continual intake program which means that students can be referred into the group during any session. All five sessions must be completed in order for a student to receive a completion certificate.

This group is open to students in the community who have been recommended or mandated by either a School Teacher, School Counsellor, District Staff members, and even parents of students.

**The student being referred must have a referral package sent to the AXIS Office prior to the student arriving at the 1<sup>st</sup> session.** The student, parent/guardian, and the referral source must complete sections of the 3 page referral package. Once complete, the three pages are faxed to 250 545 1897 and the student begins the group the next session.

Following each Thursday session, students who have been mandated to be at the program will have their attendance confirmed by the Facilitator. An email is sent out to each referral source the next day. It is important for the referral source to look at these attendance confirmation records and follow up with a student who was recorded as a NO SHOW. Often the student, who is a NO SHOW, is one who needs the program more diligently than the less resistant student.

The program begins with a “check in”, how the students are feeling about being at group, the circumstances that brought them there and their week thus far. It’s an opportunity to students to connect and begin sharing with each other.

Group then moves into an educational component, combining a variety of methods to teach the material. There are videos and discussions, experiential exercises (games that provide a message), speakers who come in, PowerPoint, brainstorming on flip charts (in two teams), several self assessments (movement through stages of change), symptoms of drug or alcohol addiction, continuum of their stage of use/ nonuse/ problem use/ dependent use, predisposition to becoming an alcoholic or addict, identifying personal triggers and cravings, binge drinking amounts, alcohol poisoning symptoms.

Below you will find a Group Outline for a five weekly sessions. We sometimes move away from a particular session if we find a need to address another situation that has arrived in group.

Following the Group outline is the 3 page Referral Package. Please call me for further information: Darrin Taylor, 250-545-1898

## REFERRAL SOURCE PACKAGE

### Afterschool Group Outline

**Session One:**

**Goals:** Identify the progression of alcohol and drug abuse.  
 Identify the effects of alcohol and drug addiction.  
 Identify and assess personal stage of drug/ alcohol use.  
 Identify short term gains vs. long term consequences of using alcohol and drugs.  
 Identify and self assess symptoms of dependency to drugs and alcohol

**Activities:** Check-in (conducted at the beginning of each session)  
 Continuum of A&D Use and Self Assessment  
 Stages of Change and Self Assessment  
 Decisional Balance

**Session Two:**

**Goals:** Identify feelings and emotionally fluency  
 Identify and assess how alcohol and drugs are used to manage feelings.

**Activities:** Feelings Competition  
 Assess difference between feeling, thinking, believing and knowing.  
 Video – Stolen Lives  
 Discussion of Video – How is alcohol and drugs used to manage feelings

**Session Three:**

**Goals:** Identify the personal triggers to using alcohol and drugs.  
 Become knowledgeable about dangers of marijuana use and gateway to other drugs.

**Activities:** Video (parts) The down side of High (David Suzuki)  
 Discussion of video  
 Craving Cycle, Triggers and self assessment

**Session Four:**

**Goals:** Identify and discuss personal experiences of the consequences of alcohol and drug use.  
 Identify alcohol poisoning symptoms and binge drinking dangers.

**Activities:** Groups of students draw a house or bush party, indicating potential life threatening or dangerous situations. Develop action plans to keep those students safe in the high risk situations.  
 Video and Debrief – Binge Drinking Dangers  
 Alcohol poisoning  
 Fatal Vision Glasses exercise

**Session Five:**

**Goals:** Introduce problem solving skills  
 Identify Boundaries and Refusal Skills  
 Learn about enabling

**Activities:** Draw 2 Life Lines: 1) Drinking/ Using and 2) Clean and Sober  
 Simulation Exercise where students engage in the merry go round of addiction  
 Boundary Exercise  
 Peer pressure and enabling



*Axis Intervention Services* offers students the following program:

**After School Program Referral Package**

**After School Program:** This is a five-week program that runs on Thursdays after school **3:30-5:00 pm**. This group is open to students who have been found using alcohol or drugs and students who have been identified at risk for substance abuse and related problems. The program operates on a continuous intake. All five sessions must be completed for student to receive a certificate.

**STUDENT TO COMPLETE:**

Student First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

First Name Preference: \_\_\_\_\_ Gender: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Number for Messages: \_\_\_\_\_

School Attending: \_\_\_\_\_

**CONSENT FOR RELEASE OF INFORMATION:**

I, \_\_\_\_\_, give permission to the staff at Axis Intervention Services to gather and share information from and with the following people for these three purposes:

1. to share information during the program, about key parts of the program;
2. to report on my attendance and how I conduct myself during the program; and
3. to share information for 2 weeks following the program regarding support and recommendations.

School Contact #1: \_\_\_\_\_  
Name Phone Number

Email \_\_\_\_\_

Parent/ Guardian: \_\_\_\_\_  
Name Phone Number

Email \_\_\_\_\_

**I also agree to attend and complete the After School Program which runs for five sessions on Thursdays from 3:30 – 5:00 pm.**

\_\_\_\_\_  
**STUDENT SIGNATURE**

\_\_\_\_\_  
**DATE**

**GROUP GUIDELINES**

*Students are expected to follow these basic guidelines in the Axis Intervention Services group:*

1. Respect confidentiality (privacy) of group members – do not talk about them outside of group.
2. No verbal, physical, and sexual abuse/harassment.
3. No cross talking or interrupting when others are sharing.
4. No glamorizing the use of alcohol and drugs.
5. You must attend and participate in all groups
6. You must arrive clean and sober for all groups.
7. You must arrive on time for each group.

*Axis Intervention Services is expected to:*

1. Not provide information about you to any persons other than those identified in your referral package unless the following situation happens.
  - a. If there are signs of child abuse or neglect, and where there are signs of current or past sexual abuse that has not been reported, and the offender has contact with children, staff must inform a social worker at MCFD and/or the RCMP.
  - b. When a youth states that he or she plans to physically harm another person, staff will contact that person. If that person cannot be contacted, staff will contact the RCMP.
  - c. When a youth gives signs that she or he may attempt suicide, staff may contact emergency services, MCFD, RCMP and/or family members.
  - d. If staff are called to testify in court, they must do so.
  - e. When a youth arrives impaired in some way staff may call the RCMP and/or have the person removed into the care of a responsible individual.
2. We will treat you with respect.
3. We will offer a quality program and give you support throughout.
4. We will talk with you if we have concerns about your behaviour.
5. We will listen to your ideas and any concerns about the program.

**STUDENT SIGNATURE:** \_\_\_\_\_

**PARENT TO COMPLETE:**

Parent/ Guardian Name: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email \_\_\_\_\_

**EMERGENCY CONTACT BETWEEN 3:30 – 5:00 PM.**

Name	Phone Number	Relationship to Student
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**REFERRAL SOURCE TO COMPLETE:**

Name: \_\_\_\_\_ Position: \_\_\_\_\_

School: \_\_\_\_\_

Email: \_\_\_\_\_

Phone #: \_\_\_\_\_ Fax #: \_\_\_\_\_

**Comments:** Please include the circumstances which led to student's referral, and/ or known issues or concerns (with youth) that may assist AXIS staff in group.

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**FAX Pages 1, 2 And 3 Of Referral Package To**

DARRIN TAYLOR - AXIS INTERVENTION SERVICES - FAX: 545 1897

Email: [darrin@axisintervention.com](mailto:darrin@axisintervention.com)

Phone: 250 545 1898