



Suite #203 – 3107A 31st Ave
Phone: 250-540-6505
Email: dawn@dawnking.com

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 beginning to engage in 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 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 – 4:30 pm. at Dawn King Inc. office, located off site from the school. The address is #203 – 3107A 31st 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 for a student to receive a greater level of understanding of his or her behaviours.

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 Dawn King Inc. (dawn@dawnking.com) prior to the student arriving at the 1st session. The student, parent/guardian, and the referral source must complete sections of this referral package. Once complete, documents are emailed to dawn@dawnking.com 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 by 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.

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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 is 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, 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, predisposition to addiction, identifying personal triggers and cravings, vaping, smoking, binge drinking, alcohol poisoning symptoms.

Below you will find a Group Outline for 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 a document to be signed and returned. Please call me for further information: Dawn King 250-540-6505.

Sincerely,

Dawn King

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After School Program Referral Package

Session One:

Goals: Identify the progression of alcohol and drug abuse (cigarettes and vaping are included in all sessions)
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.

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 downside 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.

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After School Program Referral Package

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
Session Five:	
Goals:	Introduce problem solving skills Identify Boundaries and Refusal Skills Learn about enabling
Activities:	Draw 2 Lifelines: 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

Dawn King Inc. offers students the following program:

After School Program: This is a five-week program that runs on Thursdays after school **3:30-4:30 pm.** We may also complete the session early (4:30 pm) if the group numbers are low. This group is open to students who have been found using alcohol, smoking, vaping 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 greater understanding of their behaviours.

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**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 Dawn King Inc. to gather and share information from and with the following people for these three purposes:

4. to share information during the program, about key parts of the program.
5. to report on my attendance and how I conduct myself during the program; and
6. 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 pm – 4:30 pm.

STUDENT SIGNATURE_____
DATE

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