

CLEAR YOUR VISION

GROUPWORK PROGRAM

Facilitator's Manual



This Facilitator's Manual was prepared by Anna Michalopoulos, Greg Soames, Dr John Howard and Neo 1 Works and is based on the *Clear Your Vision* booklet

The information provided in this manual was correct at the time of publication
Please refer to the National Cannabis Prevention and Information Centre (NCPIC) website
for the most up-to-date cannabis-related information www.ncpic.org.au

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INTRODUCTION:

The Facilitator's manual was a joint collaborative project with Youth Off The Streets (YOTS) and the National Cannabis Prevention and Information Centre (NCPIC).

The idea behind the Clear Your Vision project and facilitator's manual was to produce a do-it-yourself resource with and for young people to work through on their own cannabis use individually, with a counsellor/youth worker or in a group setting.

AIM:

The Clear Your Vision manual is designed to assist workers in a variety of settings including drug and alcohol rehabilitation, education, counselling and youth groups to assist clients to quit or reduce their cannabis use. It is a group that is based on the Clear Your Vision Do-it-yourself booklet. This booklet is the main resource tool and is provided to all group participants and is used in every group session.

TARGET AUDIENCE:

Young people with a cannabis use problem, aged from 13 to 18 years of age.

GROUP SIZE:

The group program is designed for flexible delivery and thus can cater for up to eight group participants. However, the facilitator should take into consideration the dynamics of the group and make judgements on what will best benefit the participants. For example, if the group is too large, the group facilitator may wish to divide the participants and have two groups running.

WHAT IS THE GROUP PROGRAM ABOUT?

The group program introduces four young people from different nationalities and backgrounds facing cannabis problems. The purpose of using these four young people's stories is so young people can relate to certain aspects of their lives and cannabis use problems and to indirectly confront them about their own personal cannabis use.

TOPICS:

The topics detailed in this manual include: Dependency, Change, Psycho-education on cannabis, Danger Zones and Support Networks.

HOW TO USE THIS MANUAL:

This manual is intended to provide basic introductory skills in the management of cannabis use problems for young people and is not a specialist training tool.

INSTRUCTIONS:

The facilitator is to read through the manual and prepare for sessions before running the group (see page 3).

Before each group session, the facilitator is to print/copy information cards to distribute to group participants.

Before each group session, the facilitator is to print/copy session handouts to distribute to group participants.

FACILITATOR'S NOTES

Before each session complete the following;

1. Set up room - chairs in a circle
2. Provide a clock in room to monitor the time
3. Read session notes in advance and prepare all materials and resources

Materials needed:

1. Clock
2. Whiteboard
3. Whiteboard markers
4. Ice-Breaker materials (see pages 5-9)
5. Photo/Picture Information Cards: four young person's stories: Alex, Samir, Tara & Kiah
(located at end of each session)
6. Weekly session handouts (located at end of each session)
7. Pens



AIMS, OBJECTIVES AND STRUCTURE

of Cannabis Clear Your Vision Group Program

Aims:

- To give young people a greater awareness of health risks and other problems associated with cannabis use
- To learn how to make positive life choices and recognise the 'danger zones' a person may face when attempting to quit their cannabis use
- To enhance a young person's support networks

Objectives:

To develop young people's confidence, self esteem, peer support, knowledge, education and respect. To develop young people's skills in forming positive relationships as well as to raise awareness of the support networks around them.

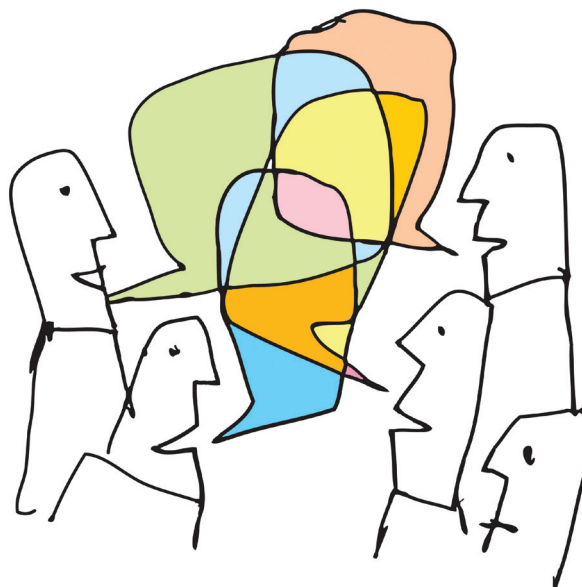
Structure:

Approximately 40-60 minutes. Session content includes psycho-education, discussion and group activities.

Ice-Breakers

Each group is to contain an Ice-Breaker.
The purpose of an Ice-Breaker is to:

- engage with young people
- create rapport
- heighten the energy of the group
- reduce tension.



LIST OF ICE-BREAKERS

for Clear Your Vision Group Program

- 1. What Picture Are You?** Instructions: Ask the young person to choose a picture card that best describes them. Ask the young person: Why did you choose this picture card? *(Materials needed: Laminated picture cards)*
- 2. If You Could Be:** Instructions: Ask the young person to choose an animal that best describes them. Ask the young person: Why did you choose this animal? *(Materials needed: Small toy animals or pictures)*
- 3. Funny Question:** Instructions: Ask the young person why do you think bees like flowers? *(Materials needed: None)*
- 4. Super Power:** Instructions: Ask the young person if they could have one super power what would it be and why? *(Materials needed: None)*
- 5. Quick Name:** Instructions: Ask all young people to sit in a circle. Give one person a soft ball and ask them to tell the group their name and then introduce a category like a food, movie, song, TV show or car, and then the young person is to throw the ball to a random person in the group. That person then has to state their name as well as a word or something to do with the previous person's category and then the name of the previous person. The young person then passes the ball onto another young person and repeats the game. People are disqualified if they fail to think of the previous person's name and or a word that falls under the stated category. The last remaining person wins the game. *(Materials needed: Soft ball).*
- 6. Autograph Bingo:** Instructions: Provide all young people with a photocopy of the Bingo grid. Ask all young people to start conversations with others in the group and find out the names of those that fit into that category. First person to get a name in each column of the Bingo grid, wins. *(Materials needed: Photocopy of Bingo grid).*
- 7. Famous Pairs:** Instructions: Give each young person a card and stick these to their forehead, not allowing them to see it. Ask the young people to mingle and play detectives and learn about each other. Young people need to walk around asking only 'yes' or 'no' questions to figure out what the name is written on their card and find their partner. The first pair to discover that they are pairs wins the game. *(Materials needed: Laminated cards with a name written on the card: Bert and Ernie, Sonny and Cher, Shrek and Princess Fiona, Barbie and Ken, Bonny and Clyde, Brad Pitt and Angelina Jolie).*
- 8. Cartoon Character:** Instructions: Ask young people which cartoon character best represents them and why? *(Materials needed: Photocopies of cartoon characters).*
- 9. Fruit:** Instructions: Ask young person which piece of fruit best describes them and why? *(Materials: Bowl of fruit).*
- 10. Animal:** Instructions: Give each young person a laminated card and stick it on their forehead without them looking at it. Ask them to walk around asking 'yes' or 'no' questions while trying to find out what animal they are. The first person to guess what animal they are wins *(Materials needed: Laminated cards containing names of different animals e.g. whale, fish, shark, dog, cat, frog, rabbit, cow, chicken, sheep, horse, bird, and monkey).*

B	I	N	G	O
<p>My favourite ice cream flavour is vanilla</p> <p>Name:</p>	<p>I have travelled outside of Sydney</p> <p>Name:</p>	<p>I was born in the year 1993</p> <p>Name:</p>	<p>I have a dog at home</p> <p>Name:</p>	<p>I have a cat at home</p> <p>Name:</p>
<p>My favourite meal is Pizza</p> <p>Name:</p>	<p>I have a brother</p> <p>Name:</p>	<p>I finished year 10</p> <p>Name:</p>	<p>My favourite colour is blue</p> <p>Name:</p>	<p>My hair colour is blonde</p> <p>Name:</p>
<p>My favourite TV show is Two & a Half Men</p> <p>Name:</p>	<p>I hate eating broccoli</p> <p>Name:</p>	<p>My favourite drink is Coca Cola</p> <p>Name:</p>	<p>I have my Learners permit</p> <p>Name:</p>	<p>I have green eyes</p> <p>Name:</p>
<p>I have the letter A in my name</p> <p>Name:</p>	<p>I was born in January, February or March</p> <p>Name:</p>	<p>I have a tattoo</p> <p>Name:</p>	<p>My favourite sport is Rugby League</p> <p>Name:</p>	<p>I have brown eyes:</p> <p>Name:</p>

Bert	Ernie	Sonny
Cher	Princess Fiona	Shrek
Barbie	Ken	Brad Pitt
Angelina Jolie	Bonny	Clyde

Rabbit	Fish	Shark
Dog	Cat	Frog
Whale	Cow	Chicken
Ship	Horse	Bird
Monkey	Ant	Spider

CLEAR YOUR VISION – SESSION 1



Introduction:

Facilitator introduces themselves and provides a brief outline of qualifications:
“Hello everyone, my name is Anna Michalopoulos and I am a counsellor with Youth Off The Streets.”

Aims:

Facilitator discusses the aims, objectives and structure of The Clear Your Vision Group Program (see page 4 for details).

The sessions will run for 5 weeks, each session running approximately 30-40 minutes.


Some of the themes and topics we will be covering over the next 5 weeks will be:

- How do young people become dependent on a drug?
- Is your cannabis use a problem?
- How can you implement a change in your cannabis use?
- What are the long-term effects of cannabis use?
- What support networks can you put into place when trying to quit cannabis?
- What are the ‘danger zones’ when trying to quit cannabis?
- How can you quit or cut down cannabis?
- Identify the 5 Ds that can help you quit or cut down your cannabis use
- Identify support networks you can use when you decide to quit or cut down on your cannabis use

Provide everyone with a Clear Your Vision booklet. This booklet is a ‘do it yourself’ guide to quitting cannabis and will be used in the coming weeks.

Participants will be required to bring their booklet each week.

Group Discussion:

 Before the session begins, a group agreement needs to be established outlining some rules that all group participants will follow to make the group more beneficial and safe for everyone.

Write agreement on the whiteboard and get young people to come up with some ideas that could be included:

- ▶ Respect
- ▶ Listening to others speak
- ▶ No talking over others
- ▶ No laughing or insulting
- ▶ Coming on time
- ▶ Confidentiality within the group

Ensure that all young people understand mandatory reporting and the facilitator's duty of care obligations.

"I have a duty of care and responsibility if anyone discloses that they are going to harm themselves or someone else. I would need to tell someone about this. If you talk about another young person under the age of 16 who is at risk, we may have to talk to someone about it".

Ice-Breaker

Introduction:

Introduce the topic for today's session:

Cannabis and how people become dependent on a drug?

Psycho-Education:

(Psycho-education is a strategy that provides information on a health topic that both educates and raises awareness of ways of accessing and learning strategies to deal with it - for example cannabis, mental illness and its effects).

Cannabis is a mind altering drug which comes from the *Cannabis sativa* plant. The active chemical in cannabis that is mostly responsible for making people 'high' or 'stoned' is called delta-9-tetrahydrocannabinol, commonly known as THC.

Question: Get the young people to come up with some of the names that they know that refer to cannabis.

Some of the street names for cannabis are: weed, cones, skunk, ganja, yarndi, grass, mull, hemp, stick, hydro, grass, dope and pot.

Question: Ask young people if they know what dependency is?

Dependency, sometimes called 'addiction', is when someone becomes 'dependent' on a drug. They may need more and more of the drug to obtain the same effect, and if they stop taking the drug they may experience withdrawal symptoms such as irritability, trouble sleeping and feeling depressed, find it hard to stop using the drug or spend too much time obtaining, using or recovering from using it.

Introduce four young people and their stories using the photo/picture information cards (see pages 16 and 17).

Tara has just turned 16. She was suspended from school for getting into fights with other students and threatening the school principal. Tara has been smoking cannabis since she was 11 years old and drinking since she was 10 years old. Her parents both smoke cannabis and drink everyday. Tara hates being at home. The house is always a mess and there is never any food. Tara's best friend died at a party six months ago. Right now Tara's life really sucks ...

Samir is 19 and has been smoking cannabis since he was 12. He has lived on the streets on and off for the last six months since his mum freaked out about him stealing money from her to score some cannabis. He just got kicked out of the refuge he was staying at for bringing cannabis into the house so he is back on the street again. Samir has also been in trouble for doing graffiti at the local park. Things aren't that great for Samir at the moment ...

Kiah is almost 17 and lives with her mum and little brother. She is going to TAFE to complete her schooling. She wants to eventually go to university and maybe do nursing. Kiah has been doing pretty well until recently when she started hanging out with some friends who smoke cannabis and she decided to try it. She has been fighting with her mum about these friends and has started to miss her classes at TAFE. She feels better when she smokes cannabis because then she doesn't have to think about all the other crap going on for her ...

Alex is 14. He lives with his mum and stepdad and has just started Year 9 at the local high school. He hangs out with some of his mates on the weekends and doesn't really get into too much trouble. He went to a party a few months ago and there was cannabis there. He decided to try some and has started to smoke it every weekend and is now smoking it during the week. His girlfriend is really worried about him and they have been fighting about him smoking cannabis...



Tara



Samir



Kiah



Alex

Pair discussion:

 Break up into pairs and discuss one of the young person's stories.

Answer the following questions:

Does this young person have a cannabis problem?

List the reasons for your answer.

Discuss some of the difficulties that Tara, Samir, Kiah and Alex will face in life as a result of smoking cannabis.

Do you think that Tara, Samir, Kiah and Alex's life plans have changed now that they have become dependent on cannabis? Why?

Bring the group back together and discuss their answers.

Group discussion:

As a group discuss the following questions:

Does Tara have a cannabis problem and why?

Does Samir have a cannabis problem and why?

Does Kiah have a cannabis problem and why?

Does Alex have a cannabis problem and why?

What were some of the difficulties that you came up with that Tara, Samir, Kiah and Alex will face in life as a result of smoking cannabis?

What life plans do you think have changed for Tara, Samir, Kiah and Alex as a result of being dependent on cannabis?

Ask all participants to complete the Severity of Dependence Scale (SDS) on page 16 and 17 of the Clear Your Vision Booklet. If the young person feels comfortable they can discuss their results with the group, otherwise they can keep their scores to themselves.

Group discussion:

Ask the group if anyone wants to reveal their scores to the group? Do they think they are dependent on cannabis? If so, why?

Summary:

Summarise what has been discussed in today's session.

Discussion on what cannabis is and where it comes from.

Introduction to the four young people Tara, Samir, Kiah and Alex.

Cannabis dependence

Cannabis dependence for these four young people, Tara, Samir, Alex and Kiah.

Inform the group what will be discussed in next week's session.

Next week's session will be around making a change and goals in life and what the steps to achieving these goals are.

Next week's session will also be looking at the short and long-term effects of cannabis and what things could be good about making a change in your use of the drug.

Next week there will also be exploration of the progress of Tara, Kiah, Alex and Samir and where they are in their lives with regards to cannabis.

Wish all group participants a great week and that you will see them all next week and inform them to bring their 'do it yourself' booklets with them.

S1 CLEAR YOUR VISION – SESSION 1 Handout

Cannabis is a mind altering drug which comes from the *Cannabis sativa* plant. The active chemical in cannabis that is mostly responsible for making people 'high' or 'stoned' is called delta-9-tetrahydrocannabinol, commonly known as THC.

Some of the street names for cannabis are: weed, cones, skunk, ganja, grass, mull, hemp, stick, hydro, grass, dope and pot.

Dependency, sometimes called 'addiction', is when someone becomes 'dependent' on a drug. They may need more and more of the drug to obtain the same effect, and if they stop taking the drug they may experience withdrawal symptoms such as irritability, trouble sleeping and feeling depressed, find it hard to stop using the drug or spend too much time obtaining, using or recovering from using it.



Pair discussion:

Does this young person have a cannabis problem and what are the reasons for your answer?

What are some of the difficulties that Tara, Samir, Kiah, and Alex will face in life as a result of smoking cannabis?

What life plans do you think will change for Tara, Kiah, Samir and Alex as a result of being dependent on cannabis?

YOUNG PEOPLE PHOTO/PICTURE AND INFORMATION CARDS – SESSION 1



Tara has just turned 16. She was suspended from school for getting into fights with other students and threatening the school principal. Tara has been smoking cannabis since she was 11 years old and drinking since she was 10 years old. Her parents both smoke cannabis and drink every day. Tara hates being at home. The house is always a mess and there is never any food. Tara's best friend died at a party six months ago. Right now Tara's life really sucks ...



Alex is 14. He lives with his mum and stepdad and has just started Year 9 at the local high school. He hangs out with some of his mates on the weekends and doesn't really get into too much trouble. He went to a party a few months ago and there was cannabis there. He decided to try some and has started to smoke it every weekend and is now smoking it during the week. His girlfriend is really worried about him and they have been fighting about him smoking cannabis ...

YOUNG PEOPLE PHOTO/PICTURE AND INFORMATION CARDS – SESSION 1



Samir is 19 and has been smoking cannabis since he was 12. He has lived on the streets on and off for the last six months since his mum freaked out about him stealing money from her to score some cannabis. He just got kicked out of the refuge he was staying at for bringing cannabis into the house so he is back on the street again. Samir has also been in trouble for doing graffiti at the local park. Things aren't that great for Samir at the moment ...



Kiah is almost 17 and lives with her mum and little brother. She is going to TAFE to complete her schooling. She wants to eventually go to university and maybe do nursing. Kiah has been doing pretty well until recently when she started hanging out with some friends who smoke cannabis and she decided to try it. She has been fighting with her mum about these friends and has started to miss her classes at TAFE. She feels better when she smokes cannabis because then she doesn't have to think about all the other crap going on for her ...

CLEAR YOUR VISION – SESSION 2



Welcome back group participants and inform them it is nice to see them again.

Ask young people if they have their Clear Your Vision booklets with them this week. If they don't, inform them that they will need to share with someone else who has their booklet with them today.

Summary of Session 1:

Summarise what was discussed in last week's session:

So last week we looked at what cannabis is and where it comes from and what dependency is.

We were introduced to Tara, Samir, Kiah and Alex and discussed whether cannabis was a problem for these four young people.

We also completed the Severity of Dependence Scale and examined our personal cannabis use.

Introduction:

Introduce what will be discussed in today's session.

Today we will be discussing change and goals in life and what the steps to achieving these goals are.

We will also be looking at the long-term effect of cannabis use and what things could be good about making a change in our use of the drug.

Ice-Breaker

Group Discussion:

Okay, so last week we saw how cannabis was affecting Tara, Samir, Kiah and Alex.

Now suppose that the four young people want to change the things in their lives that aren't working for them. They aren't sure how to do this but what they do know is that smoking cannabis has made the situation with their families, school and elsewhere increasingly difficult.

Smoking cannabis has become a big issue in their lives and some of them will do almost anything for that high. Even when they are using, they are thinking of the next time they will use and how they will obtain their cannabis.

We will now look at our four young people and what they are thinking at this stage (see pages 25 and 26 for photo/picture information cards).

S Group discussion:

Ok, so let's discuss change: What do Tara, Kiah, Alex and Samir want to change?

Tara wants to get back into school and finish her schooling and eventually get her own place.

Samir really wants to change things in his life. He wants to move back home and finish school so he can get an apprenticeship as a mechanic.

Kiah wants to finish her course at TAFE and apply for university and work things out with her mum.

Alex knows that his girlfriend cares about him and his choices and he wants to start making some better decisions for himself.

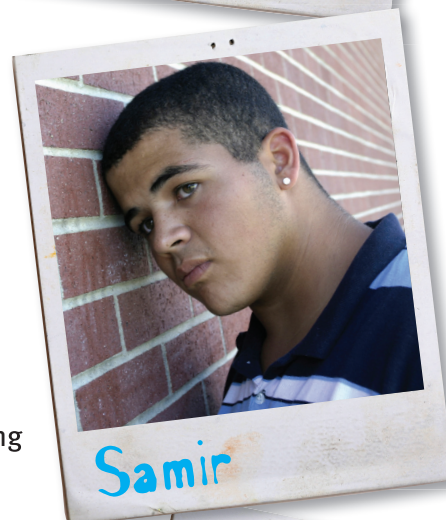
So now we will look at what these four young people have decided to do:

Kiah and Alex had very high scores in their Severity of Dependence Scale and when they spoke with their workers about this and what was happening for them and how smoking cannabis was affecting their lives, each of them made a personal choice to change.

Tara and Samir were still a bit undecided.

Tara got some information from a booklet that one of her friends had given her and Samir decided to chat with a youth worker some more.

So what does this mean for you? How would you change?



Psycho-education:

As a group discuss the three basic steps to change:

1. Thinking (about your behaviour)
2. Planning (for the changes you want)
3. Acting (on your decision)

Discuss each of these with the group in detail.

Pair discussion:

Break up into pairs and using the same young person they identified from last week, discuss some of the reasons as to why they think Tara, Kiah, Samir and Alex smoked cannabis.

Ask group participants to make a list of some of the things they think the four young people liked about cannabis and some of the things that they think the four young people don't like about cannabis.

Discuss this for about 10 minutes and then come back as a larger group to discuss their answers.

Group discussion:

As a group discuss the following questions:

What did the four young people like about using cannabis?

Have fun and hang out with friends, less stress, to cope, to feel good, relaxed, to feel normal.

What did the four young people not like so much about using cannabis?

Money, hassles from family and friends, sleeping problems, paranoia, anxiety, forgetting things, strange thoughts.

What do you think are the long-term effects of using cannabis?

Getting busted, losing friends, dependence, harder to achieve goals, health problems, money problems and dropping out of school.

Group discussion:

As a group discuss the photo of the old, used, handmade bong (see page 27).

Looking at this picture, ask group participants to come up with some health problems that they could experience just from smoking cannabis from this handmade bong?

Inhaling fumes and toxins from the product used to hold the hose in the bottle, the rubber from the hose, the plastic from the bottle and the rubbish that is left in the black water.

What other long-term effects are possible from smoking cannabis?

Asthma, respiratory problems, cancer of the lungs, depression, schizophrenia and paranoia.

Have you also considered what other things you are inhaling when smoking cannabis?

Things that may have been added to the cannabis – mould, growth hormones, insecticides, fertilizers.

Discuss with the group participants that Tara, Samir, Kiah and Alex are now beginning to see that their cannabis use is affecting them in many ways that they had never thought about previously. As a result, they have decided to go and see their workers again.



Pair discussion:

Break up into the same pairs and discuss some of the things that could be good about Tara, Samir, Kiah and Alex making changes, and some of the things that could make it harder for Tara, Samir, Kiah and Alex to change. Handout photo/picture information cards (see pages 25 and 26).

Allow 10 minutes for discussion.

Bring pairs back to the larger group and discuss some of the good points for change for Tara, Kiah, Alex and Samir. Also discuss as a larger group some of the things that could make it harder for Tara, Kiah, Samir and Alex to change.

Tara isn't sure she can cope with the cravings and how she is going to handle the stress of not smoking cannabis all the time.

Samir is really worried that he may lose his mates and they will pay out on him, calling him a loser.

Kiah doesn't want to miss any more TAFE classes because of smoking cannabis. If she does she may end up dropping out.

Alex still wants to hang out with his friends but he could lose his girlfriend because of smoking cannabis.

Summary:

Okay, let's summarise what we discussed in today's session.

We looked at change and goals in life and what the steps to achieving these goals are.

We also looked at the long-term effects of cannabis and what things could be good about making a change in your use of the drug.

In next week's session we will discuss how you make changes and we will also look at some of the difficulties that Tara, Kiah, Samir and Alex may face and what some of the withdrawals are that they may experience whilst trying to make changes to their cannabis use.

Inform group participants to bring their Clear Your Vision booklets next week.

CLEAR YOUR VISION – SESSION 2 Handout

Tara is not sure what to do. She wants to get back into school and finish her schooling and eventually get her own place.

Samir thinks he might talk to his caseworker at the last refuge he stayed at. He really wants to change things in his life. He wants to move back home and finish school so he can get an apprenticeship as a mechanic.

Kiah goes to see the counsellor at TAFE. She wants to finish her course at TAFE and apply for university and work things out with her mum.

Alex talks with his girlfriend who suggests they go to the local youth health service to speak to a youth worker there. He knows that his girlfriend cares about him and his choices and he wants to start making some better choices for himself.

Kiah and Alex made a choice to change. Tara and Samir were undecided.

Tara got some information from a booklet and Samir decided to chat with his caseworker.

So how would you change?

There are three basic steps to change:

- 1. Thinking (about your behaviour)**
- 2. Planning (for the changes you want)**
- 3. Acting (on your decision)**

Pair Discussion:

What do you think are the reasons why Tara, Alex, Kiah and Samir started smoking cannabis?

List some of the things that you think Tara, Alex, Kiah and Samir liked about using cannabis and some of the things you think they didn't like about using cannabis.

Like:

Didn't Like:

What are the long-term effects of using cannabis?

What things could be good about Tara, Samir, Kiah and Alex making changes to their cannabis use?

What are some of the things that could make it harder for Tara, Samir, Kiah and Alex to change their cannabis use?

What other things do you think you might be inhaling when smoking cannabis? *(Things that may have been added to the cannabis).*

YOUNG PEOPLE PHOTO/PICTURE AND INFORMATION CARDS – SESSION 2



Tara: Session 2

Tara is not sure what to do.

Tara wants to get back into school and finish her schooling and eventually get her own place.

Tara is undecided.



Alex: Session 2

Alex talks with his girlfriend who suggests they go to the local youth health service to speak to a youth worker there.

Alex knows that his girlfriend cares about him and his choices and he wants to start making some better choices for himself.

Alex made a choice to change.

YOUNG PEOPLE PHOTO/PICTURE AND INFORMATION CARDS – SESSION 2



Samir: Session 2

Samir thinks he might talk to his caseworker at the last refuge he stayed at.

Samir really wants to change things in his life. He wants to move back home and finish school so he can get an apprenticeship as a mechanic.

Samir is still undecided.



Kiah: Session 2

Kiah goes to see the counsellor at TAFE.

Kiah wants to finish her course at TAFE and apply for university and work things out with her mum.

Kiah made a choice to change.

HOME MADE BONG PHOTO/PICTURE – SESSION 2



CLEAR YOUR VISION – SESSION 3



Welcome back all group participants and ask them how their week has been.

Ask young people if they have their Clear Your Vision booklets with them this week. If they don't, inform them that they will need to share with someone else who has their booklet with them today.

Summary of Session 2:

Summarise what was discussed in last week's session:

So last week we talked about change and the long-term effects of cannabis.

Introduction:

Introduce today's session.

Today we will be looking at some of the difficulties that Tara, Kiah, Samir and Alex may face and what some of the withdrawals are that they might experience whilst trying to quit or cut down their cannabis use.

Ice-Breaker

Group discussion:

As a group discuss this question:

How do you start making a change in your cannabis use?

You have three choices:

Do you want to quit using cannabis?

Do you want to cut down your cannabis use?

Do you want to continue the way you are with your cannabis use?

Let's look at Alex, Kiah, Samir and Tara's stories (see pages 32 and 33 for photo/picture information cards).

Alex and Kiah both decided that they wanted to quit.

Tara has decided that she wants to cut down to start with.

Samir is thinking about making changes.





The next step for all four young people is to set a date to quit or change.

Pair discussion:

Break up into pairs and discuss a plan of how to make changes using the stories of the four young people – Alex, Kiah, Tara and Samir.

Alex and Kiah: What plans do they need to make to quit their cannabis use?

Tara: What plans does she need to make to cut down her cannabis use?

Samir: What plans does he have to make to help him with his thinking of making changes to his cannabis use?

Inform participants to discuss these questions and that they will come back to the larger group to discuss their answers. You can inform participants that they can work with the same partner from last week or with someone else.

Group discussion:

As a group discuss what plans for change they came up with and write responses on the whiteboard.

Plan for Change:

Here are some points that could be included:

- Ask a friend or relative to help – tell them about your plans and ask for their support
- Take things a little easier the first couple of weeks
- If you start to crave, go through your list of reason for change again
- Remind yourself why you want to change
- Plan ahead - work out what you will do instead of smoking
- Reward yourself with something special just for you
- Hang out with friends that don't smoke or join a new group
- Do fun things like going to the movies, beach, or a football game
- Deal with cravings, don't give in
- You will feel lots of things but it can be managed



Group discussion:

As a group discuss the following questions:

Why is it important to plan ahead if you want to make changes to your cannabis use?

If you are on a diet and a chocolate bar is your weakness, when you go grocery shopping, you might like to avoid the chocolate aisle or not buy one because if you do you know you will eat it when you get home.

- To succeed more
- To avoid situations where you would be tempted
- To plan your week and days around people who do not use cannabis

Summary:

Summarise what was discussed in today's session:

Okay, so today we talked about why planning ahead to quit or cut down your cannabis use is so important and how to plan to make these changes.

Next week we will go on to discuss deciding on a **'Quit Day' and ways to deal with relapse and personal 'danger zones' (see definition on page 34). We will also look at the 5 Ds that will help you cut down or quit using cannabis and the things that Alex, Tara, Kiah and Samir have to look forward to in the future once they have made a change in their cannabis use.**

Have a great week. Please don't forget your booklets for next week. See you then.

CLEAR YOUR VISION – SESSION 3 Handout

CHANGE:

You have three choices:

Do you want to quit using cannabis?

Do you want to cut down your cannabis use?

Do you want to continue the way you are with your cannabis use?

Alex and Kiah both decided that they wanted to quit.

Tara has decided that she wants to cut down to start with.

Samir is thinking about making changes.

Quit Date: __ / __ / ____

Plans for change for Alex, Kiah, Tara and Samir:

Why is planning ahead so important?

YOUNG PEOPLE PHOTO/PICTURE AND INFORMATION CARDS – SESSION 3



Tara: Session 3

Tara has decided that she wants to cut down her cannabis use to start with.



Alex: Session 3

Alex has decided he wants to quit his cannabis use.

YOUNG PEOPLE PHOTO/PICTURE AND INFORMATION CARDS – SESSION 3



Samir: Session 3

Samir is thinking about making changes to his life and cannabis use.



Kiah: Session 3

Kiah has decided she wants to quit her cannabis use.

CLEAR YOUR VISION – SESSION 4

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4

Welcome back all group participants and ask them how their week has been.

Ask young people if they have their Clear Your Vision booklets with them this week. If they don't, inform them that they will need to share with someone else who has their booklet with them today.

Summary of Session 3:

Summarise what was discussed in last week's session:

Last week we talked about why planning ahead to quit or cut down is so important and how to plan to make changes.

Introduction:

Introduce today's session.

Today we will focus and talk about a 'Quit Day', as well as things you can do to deal with your own personal 'danger zones' (such as where you usually smoke cannabis and when you hang out with certain people who smoke cannabis) and the 5 Ds that will help you cut down or quit using cannabis. We will also talk about things that Alex, Tara, Kiah and Samir have to look forward to in the future once they have made changes in their cannabis use.

Ice-Breaker

Group discussion:

As a group discuss the following question:

What is a **Danger Zone**?

A danger zone is:

Where you usually smoke cannabis

When you hang out with certain people who smoke cannabis

These things cause you to CRAVE, creating a **DANGER ZONE**.

As a group discuss the following questions:

What are examples of possible danger zones?

What can **Alex, Tara, Kiah and Samir** do when they are faced with a craving for cannabis or facing their danger zones?

Some points to put on the whiteboard:

- Try and delay cravings by waiting 15 minutes. The craving will pass and you will find it easier each time just like surfers ride over waves ('urge surfing')
- You can live without cannabis - it is not a need like air, water and food
- Do something different every time you feel like smoking cannabis, e.g. swim, skate, ride, and listen to your music, play computer games, go to the movies, watch a DVD



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4

- Remind yourself everyday of your success. Treat yourself to a reward. Remember the hard work you have put in
- If things are getting really hard and you want to use, call some of your friends that are helping you get through this
- Avoid friends that smoke
- Clean your room, wash clothes and remove anything that reminds you of cannabis

Let's look at how **Tara, Samir, Kiah and Alex** handled their **danger zones** (see pages 41 and 42 for photo/picture information cards).

Tara really enjoys dancing so she joined a dance group that meets twice a week in the evenings at the youth centre. Tara's **danger zone** was when she was bored and dancing gave her something to do.

Samir found that when he was hanging out with friends at the park he smoked cannabis. So he decided that this was a **danger zone** for him. He thought that starting to go to the local gym would help him get fit and hang around a different group of people.

Kiah knew that her friends at TAFE were her danger zone. She decided that she would talk to her TAFE counsellor and see what she could do to help.

Alex started playing football again. He found that this kept him busy at training on weeknights and playing matches during the weekends. This kept his mind off smoking cannabis and away from his danger zone of hanging out with his friends on the weekend.

So when thinking about quitting cannabis, remember there has to be a plan and it has to include things that are important to you, like playing football for Alex, for you it might be kickboxing or something else.

Group discussion:

As a group discuss the 5 Ds that will help **Tara, Samir, Alex and Kiah** quit using Cannabis:

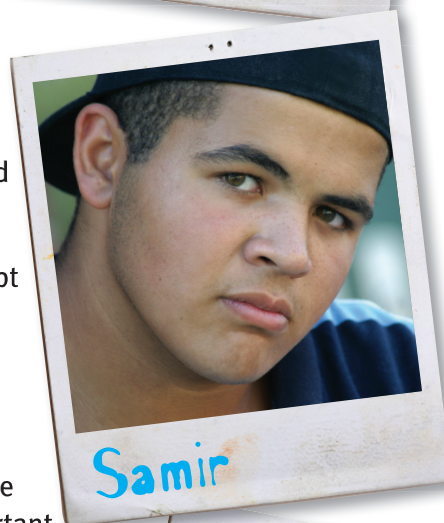
Distracting — think about something else that will take your mind off your symptoms

Delay — if you have an urge to smoke, wait for a while before you act on it

Don't make it seem like a disaster — it is not the end of the world. The feelings will pass in time

De-stress — relax.. Chill out...go for a walk, talk to a friend, listen to some music

Drink water



Pair discussion:

Break up into pairs and ask group participants to discuss the following questions:

What do you think might be some of the withdrawal symptoms that Samir, Alex, Kiah and Tara may experience as a result of cutting down or quitting their cannabis use? For example, feeling anxious.

What things can Samir, Alex, Kiah and Tara do to cope with their withdrawal symptoms? For example, spending time cooking a special dinner.

Group discussion:

Ask the group participants to discuss some of the withdrawal symptoms that **Samir, Tara, Alex and Kiah** might experience while trying to cut down or quit smoking cannabis. (Write on the whiteboard).

Some points to include:

- Feeling grumpy
- Urges and cravings to smoke
- Feeling anxious
- Feeling down and depressed
- Getting angry
- Feeling confused
- Sleeping problems, wild dreams, finding it harder to sleep, feeling restless, loss of appetite, night sweats and diarrhoea

Highlight that these feelings maybe uncomfortable but they will pass and that means your body is recovering because you are no longer dependent on cannabis.

So, **Tara, Samir, Kiah and Alex** have made plans to change and here are some of the positive changes they have made:

Tara: cut down on her energy drinks and started making her own fresh juice every morning.

Samir: started sleeping regular hours and eating healthy meals.

Kiah: made sure she didn't have too many cigarettes before she went to sleep.

Alex: focussed on his football and never missed his training nights.

Group discussion:

As a group discuss the following questions:

What other tips could you give someone who is trying to quit smoking cannabis?

What other things can you do to help you cope when trying to quit smoking cannabis?

Ask for help, take it day by day, reward yourself, do fun things, distract yourself with other things.

What future things do you think Tara, Samir, Kiah and Alex have to look forward to after quitting smoking cannabis?

Healthier, concentrate more on other things, more money, less aggressive.

Summary:

Okay so let's summarise what we have discussed in today's session.

We discussed what things you have to look forward to in the future when you quit or reduce your cannabis use.

We discussed tips that you can give to someone trying to quit smoking cannabis.

We discussed the importance of having a plan.

We discussed the 5 Ds to use when trying to cut down or quit smoking cannabis.

Next week we will go on to discuss support networks, keeping on the right track and your comments and evaluations about the group. Your certificates for participation will also be presented (prepare group participants certificates for next group session).

Have a great week. Please don't forget your booklets for next week. See you then.

5 CLEAR YOUR VISION – SESSION 4 Handout

4

What can **Alex, Tara, Kiah and Samir** do when they are faced with a craving for cannabis or facing their **danger zones**?

How can **Alex, Tara, Kiah and Samir** handle their **danger zones**?

Tara really enjoys dancing so she joined a dance group that meets twice a week in the evenings at the youth centre. Tara's danger zone was when she was bored and dancing gave her something to do.

Samir found that when he was hanging out with friends at the park he smoked cannabis. So he decided that this was a danger zone for him. He thought that starting to go to the local gym would help him get fit and hang around a different group of people.

Kiah knew that her friends at TAFE were her danger zone. She decided that she would talk to her TAFE counsellor and see what she could do to help.

Alex started playing football again. He found that this kept him busy at training on weeknights and playing matches during the weekends. This kept his mind off smoking cannabis and away from his danger zone of hanging out with his friends on the weekend.

The 5 Ds:

Distract – think about something else that will take your mind off your symptoms

Delay – if you have an urge to smoke, wait for a while before you act on it

Don't make it seem like a disaster – it is not the end of the world. The feelings will pass in time

De-stress – relax.. Chill out...go for a walk, talk to a friend, listen to some music

Drink water

What are some of the withdrawal symptoms that **Samir, Tara, Alex and Kiah** might experience while trying to quit smoking cannabis?

What other tips could you give someone who is trying to quit smoking cannabis?

What things do you think **Tara, Samir, Kiah and Alex** have to look forward to in the future once they have stopped smoking cannabis?

YOUNG PEOPLE PHOTO/PICTURE AND INFORMATION CARDS – SESSION 4



Tara: Session 4

Tara: really enjoys dancing so she joined a dance group that meets twice a week in the evenings at the youth centre. Tara's danger zone was when she was bored and dancing gave her something to do.

Tara: cut down on her energy drinks and started making her own fresh juice every morning.



Alex: Session 4

Alex: started playing football again. He found that this kept him busy at training on weeknights and playing matches during the weekends. This kept his mind off smoking cannabis and away from his danger zone of hanging out with his friends on the weekend.

Alex focussed on his football and never missed his training nights.

YOUNG PEOPLE PHOTO/PICTURE AND INFORMATION CARDS – SESSION 4



Samir: Session 4

Samir: found that when he was hanging out with friends at the park he smoked cannabis. So he decided that this was a danger zone for him. He thought that starting to go to the local gym would help him get fit and hang around a different group of people.

Samir: started sleeping regular hours and eating healthy meals.



Kiah: Session 4

Kiah: knew that her friends at TAFE were her danger zone. She decided that she would talk to her TAFE counsellor and see what she could do.

Kiah: made sure she didn't have too many cigarettes before she went to sleep.

CLEAR YOUR VISION – SESSION 5



Welcome back all group participants and ask them how their week has been.

Ask young people if they have their Clear Your Vision booklets with them this week. If they don't, inform them that they will need to share with someone else who has their booklet with them today.

Summary of Session 4:

Summarise what was discussed in last week's session:

Last week we talked about:

What things you have to look forward to in the future once you have quit cannabis?

Tips to give someone trying to quit smoking cannabis.

The importance of having a plan.

The 5 Ds to help you when trying to cut down or quit smoking cannabis.

Introduction:

Inform group participants that today will be our last session and we will be discussing the following:

- Support networks
- Keeping on the right track
- Your comments and evaluations about the group
- Your certificates for participation will be presented

Ice-Breaker

Group discussion:

As a group discuss keeping on the right track and answer the following questions:

What is a relapse?

What is a lapse?

Lapsing might mean that you have had two weeks cannabis free and then you smoke a joint once but you continue your journey on quitting smoking cannabis. It's almost like going over a speed hump. It's a lapse but it is not the end of the world.

Relapsing might mean that you quit smoking cigarettes for three weeks then you start smoking cigarettes like you used to before you quit and now you are smoking again.

Highlight the point that if you smoke cannabis again there is no need to beat yourself up about it – this doesn't mean you have failed. You can take a look at where things went wrong and see if you can do something differently next time so the same thing doesn't happen again. Give an example of a diet and how many times some people try to lose weight before they finally succeed.

5 Pair discussion:

Break up into pairs and discuss Tara and Samir (see page 48 for photo/picture information cards).

Tara's dancing group finished for the term and she was bored one night so she went to hang out with her old friends and smoked some cannabis with them.

Samir bumped into some of his old friends a few weeks after he stopped smoking cannabis and they got talking and they were all going for a session. They asked him to come along and Samir went with them and had a cone.

Ask group participants to answer the following questions:

What can **Tara and Samir** do to keep on the right track when trying to quit cannabis or cut down?

What things do **Tara and Samir** have to look forward to when they quit or cut down their cannabis use?



Group discussion:

As a group discuss the following questions:

What can Tara and Samir do to keep on the right track when trying to quit cannabis or cut down?

Some points to discuss:

- Avoid those friends
- Think about why you ended up hanging out with them when you know they smoke Cannabis
- Practice delaying and distracting if you do see your friends again
- Have really good and supportive friends

What things do Tara and Samir have to look forward to when they quit or cut down their cannabis use?

- More money and what they will do with it
- More time to do the stuff they used to do before they started using
- Getting more done, having more energy
- Moving on with their life
- More time to do the things they have always wanted to do

Change is: desire + effort + commitment + persistence = REWARD

Samir, Alex, Tara and Kiah can do it ... and they don't have to do it alone.

Group discussion:

As a group discuss the following question:

Why are support people important and who can help you trying to quit or cut down your cannabis use?

Let's make a list of support people that would help you when you are trying to quit cannabis.

- 1.
- 2.
- 3.
- 4.
- 5.

Summary:

Okay, so let's summarise some of the points and things that we have learned throughout the group program.

- How do young people become dependent on a drug?
- Is your cannabis use a problem?
- How can you implement a change in your cannabis use?
- What are the long-term effects of cannabis use?
- What support networks can you use when trying to quit cannabis?

Inform group participants that this is the end of the group program.

Ask group participants to complete evaluation forms about the group so we can use their feedback to make future groups better.

Hand out evaluations to participants informing them that they should be completed anonymously, and collect them once they are finished.

Distribute certificates of achievement to each group participant for completing the group program and thank them for their participation and contribution.

5 CLEAR YOUR VISION – SESSION 5 Handout

What can Tara, Samir, Kiah and Alex do to keep on the right track when trying to quit using cannabis?

What things do Tara, Samir, Kiah and Alex have to look forward to when trying to quit using cannabis?

Change is: desire + effort + commitment + persistence = REWARD

Tara, Samir, Kiah and Alex can do it... and they don't have to do it alone.

Support people:

List support people that would help you while trying to quit your cannabis use

1.

2.

3.

4.

5.

YOUNG PEOPLE PHOTO/PICTURE AND INFORMATION CARDS – SESSION 5



Tara: Session 5

Tara's dance group finished for the term and she was bored one night so she went to hang out with her old friends and smoked some cannabis with them.



Samir: Session 5

Samir bumped into some of his old friends a few weeks after he stopped smoking cannabis and they got talking and they were all going for a session. They asked him to come along and Samir went with them and had a cone.

EVALUATION

List two things that you learned from the Clear Your Vision group.

What did you find was the most interesting thing about this group?

What did you find was the most uninteresting thing about this group?

Rate how well the facilitator ran the group. (1 being not well and 10 being really well)

1 2 3 4 5 6 7 8 9 10

How did you find it relating to the four young people's cannabis stories and why?

What would you change about the Clear Your Vision group and why?

Any additional comments:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

NOTES

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For more information contact:

Cannabis Information and Helpline	1800 30 40 50 (toll free)
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Dunlea Youth Drug and Alcohol Treatment Program	(02) 9721 5714
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Useful websites include the following:

National Cannabis Prevention and Information Centre	www.ncpic.org.au
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Australian Drug Foundation (ADF)	www.adf.org.au
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Youth Off The Streets	www.youthoffthestreets.com.au
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Reachout – an interactive website for young people	www.reachout.com.au
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This book was developed
collaboratively by NCPIC
and Youth Off The Streets
Dunlea AoD program

Father Chris Riley's



Youth Off The Streets®