

AOD Early Recovery

Skills Programme

iosis
transforming
family life for good



A group programme for individuals and couples whose substance use problems are harming their lives or the lives of those close to them.

www.iosis.org.nz

112C Russell Road, Manurewa, Auckland
Phone 269 0050 enquiries@iosis.org.nz

About AOD Early Recovery Skills Programme

Substance use problems can destroy self-respect, wreck personal relationships, damage health, seriously limit employment prospects, and cause isolation. AOD Early Recovery Skills Programme – Nga Pukenga Whakaora mo te Waipiro nga Tarutaru is a closed group programme limited to 10 people.

What does this programme cover?

This programme is a structured, safe place for you to learn about recovery skills and discover new support networks to maintain change. Each workshop will consist of a process group followed by an education component.

Topics covered will be:

- Whakawhanaungatanga
- AOD Standard drinks
- Participants story "My Story"
- AOD Impact on physical body
- Whakapapa Model - Past Layers
- Relapse Prevention Model
- Cage/Audit Assessments
- DSM5 Substance Use Disorder
- Matrix AOD Model
- Cycle of change
- 5 P's Formulation

Cost and length of programme

This programme is free and runs for 9 weeks

Referrals

Referrals can be made by anyone – self, family, doctors, lawyers, social workers, Oranga Tamariki, Probation. All participants will have an assessment.

When

Dates - Term 4 2022
Thursdays, 10am - 12pm

Start - 20th October 2022
Ends - 15th December 2022