

# 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](http://www.iosis.org.nz)

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## 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:	Triggers and craving effect The Relapse Process & Transtheoretical Model of Change Engagement & Persuasion Model Continuum of Use & Risk Factors - Static & Dynamic Road Map to Recovery Understanding withdrawal & PAW Relapse prevention and Intervention - Relapse Plan 5 Stages of Recovery - Limbic System Neurotransmitter's - Chemical messengers Models of Addiction
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## Cost and length of programme

Free programme runs once a week for 10 weeks ONLINE

## Referrals

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

## When

Term 4 2020 Dates  
Tuesdays, 12:30pm - 2:30pm

Starts: 13th October 2020  
Ends: 15th December 2020  
Zoom link will be sent to all participants before the start date