

# 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)

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 - Online only.

## 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 2021 Dates

Thursdays, 10:00am - 12:00pm

Start: 21st October 2021

Ends: 16th December 2021

Sessions will be online.

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