



Session 4

Drugs and Alcohol

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|------------|--|----------------------|
| 4:1 | Introductions | <i>15 min</i> |
| 4:2 | How Do Drugs and Alcohol Affect Practicing Safer Sex? | <i>10 min</i> |
| 4:3 | What Do I Believe About Using Drugs and Alcohol? | <i>20 min</i> |
| 4:4 | What Are the Pros and Cons of Substance Use? | <i>20 min</i> |
| 4:5 | How Do Drugs and Alcohol Affect Me Personally? | <i>20 min</i> |
| 4:6 | How Does Substance Use Work? | <i>10 min</i> |
| 4:7 | How to Get Back in Control Again | <i>30 min</i> |
| 4:8 | Dealing with Risky Situations | <i>15 min</i> |

street smart

Session 4: Drugs and Alcohol

Objectives:

1. Participants will understand the relationship between substance use and HIV.
2. Participants will assess the extent to which their drug and alcohol use disinhibits sexual controls and impairs judgment.
3. Participants will identify the triggers that begin the chain linking them to substance abuse.
4. Participants will learn how to get back in control.
5. Participants will practice dealing with sexual disinhibition, cravings and urges, and negative feelings leading to substance abuse, using problem solving and other cognitive approaches.

Rationale:

Use of injection heroin or cocaine occurs with some frequency in homeless youth populations. Because needle sharing can lead to HIV, efforts to control drug use and needle sharing are required in order to reduce risk. Furthermore, alcohol and other substance use is widespread among youth. Substance abuse in general often results in impaired judgment, disinhibition of sexual restraints, and unsafe sexual behavior.

Two potent factors have been identified as contributing to youth substance abuse: negative emotional states and peer pressure. Negative emotional states are often triggers for use of alcohol and drugs. Peer pressure to indulge in drugs and alcohol is intense and common among youth. In this session the focus is on negative emotional triggers, while in the following session peer pressure is discussed. Weakened sexual inhibitions and depression are the two conditions that will be dealt with, because both are linked to unsafe sexual behavior and HIV infection.

The model adopted here is a neurobiological one that combines the effects of substance use on the central nervous system (over which the user has no control) with cognitive-behavioral approaches that the user can employ to disrupt the sequence that leads to use. That sequence consists of triggers – thoughts – cravings – use. The focus is then on what is controllable, recognizing that the chemically addictive aspects of substance use located in the central nervous system are not generally open to modification. The model is presented here in order to help potential users understand that what they must control are the triggers that stimulate drug thoughts and beliefs. Once the thoughts and beliefs are activated, stopping the movement toward cravings and use is extremely difficult.

The main point of this session is for the participants to be able to identify how drugs and alcohol affect their thinking and choices.

Procedures:

1. Have participants introduce themselves by telling their names and the worst tasting drink they ever had. Check successes since last session, pass out tokens, and have participants share Feeling Thermometer levels.
2. Use role-playing to introduce the connection between drug and alcohol use and practicing safer sex.
3. Identify beliefs about substance use by refuting messages on Substance Use Cards (Exercise 3) or developing a list of the advantages and disadvantages of substance use (Exercise 4).
4. Use role-playing to help participants determine how drug and alcohol use affects their practice of safer sex.
5. Present information about how substance use works in the brain.
6. Have participants identify personal triggers, and present ways of dealing with triggers and urges to use substances.
7. Use role-playing to help participants identify and deal with risky situations.
8. End the session through appreciation of participation.

Materials:

Goals of Street Smart

Lottery prize

Tokens

Feeling Thermometer poster

Ground Rules newsprint

Newsprint and marking pens

Pencils

Sophia and Richard script

Substance Use Belief Cards

The Pros and Cons of Using newsprint and handouts

Sharon and Monica script

Carl and Jerry script

Handouts of Do Drugs and Alcohol Encourage Me to Take Risks?

Trigger Questionnaire

HALT signs

Rubber bands

Exercise 1: Introductions (15 minutes)

Welcome! It's good to see you in "Street Smart."

As you may already know, we are trying to learn more skills on how to keep ourselves from getting HIV, and how to lead the kind of life that we want for ourselves.

Let's go around and introduce ourselves. Tell us your name and the worst, most horrible alcoholic drink—wine, beer, alcohol, etc.—that you've ever tasted. Also tell us how you felt after you had that drink.

Just keep it short.

Just say, "I'm Rachel and the worst drink I've ever had was vodka, and I felt sick after I had that drink."

I'll start. I'm _____ and the worst drink I've ever had was _____, and I felt _____ after I had that drink.

Have everyone give their name and the worst drink they've ever had, and how they felt after having that drink.

Very good.



Hand out tokens of appreciation to everyone.

These are tokens of appreciation.

We use them a lot to show group members how much we appreciate their contributions to the group.

So, if you appreciate someone else's comment or action, please give them a token.

You must say something to the other person when giving a token. It is important to hand the token directly to the other person.

The idea is to share positive feelings with others by distributing your pile of tokens by the end of the session.

Review last session's homework from the workbook. If someone is new and doesn't have a workbook, give him/her one.

For all of you, what did you do in the last 24 hours to keep safer from HIV and STDs?

We are interested in even the smallest thing that you did because we want to see you stay healthy.

Your comments may also help someone else in the group.

Who would like to be the first person to tell us about a success you had in the last week (or since the last session) in keeping safer?

Encourage discussion.

Great.



Hand out tokens for any positive behaviors.

Who has a condom?

Ask them to hold up their condoms.

Great.



Hand out a special prize to those people carrying a condom (\$1).

And for everyone who was on time today, you get a chance to win today's lottery.

Have the lottery drawing. Each participant draws from a box and 2-3 of them will win a prize (e.g., a food coupon).



Put up "GOALS OF STREET SMART." (Also see end of session.)

During these sessions, we will focus on the feelings and thoughts that lead to actions that are unsafe.

For example:

You are drunk and meet this really hot guy.
You want to have a partner.
You go ahead and have unprotected sex.

The goals of Street Smart are to help you stay safer. We will give you the tools, information, and practice to help you keep yourself safe. Our goals are to help you:

1. Practice safer sex.

2. Get in touch with your feelings.
3. Get rid of thoughts that are self-defeating.
4. Take control of your life.
5. Feel confident about your ability to act safe.
6. Know where to go when you are in trouble and need help.
7. Know your own patterns of risk.
8. Make friends who can help you to stay safer.
9. Have fun while changing behaviors.

We are committed to making sure that this is a safe place to share feelings and thoughts, try out new behaviors, give feedback to each other, and to work together.



Put up “FEELING THERMOMETER POSTER.” (Also see end of session.)

Here is a Feeling Thermometer.

You can see that being the most uncomfortable is 100 and being very, very comfortable is 0. Where do you think you are?

What is your temperature on the Feeling Thermometer right now?



Have participants look at the poster of the Feeling Thermometer and have them indicate where they are on the thermometer.

Thank you.

It is quite natural for people to feel uncomfortable at the beginning of something new.

It is important to stay in touch with how much comfort or discomfort you are feeling, and what those feelings mean.

Our role as facilitators is to help you learn how to stay safer.

That means we will present you with many opportunities to practice.

Over the course of these sessions, we will be talking about many different situations that can put people at risk for HIV, STDs, and unwanted pregnancy.

We will be dealing with situations that put you at risk that you may have encountered, and some situations that you may have never encountered.

The idea is to incorporate many different experiences that can put you at risk, such as sex with persons of the opposite sex, sex with persons of the

same sex, using and abusing drugs, selling yourself for drugs or money, and many others.

We don't expect that everyone will have the same experiences. We are all here to learn and help to keep each other safer.

One thing we will do to make it a safe place is to have ground rules.



Put up "GROUND RULES" newsprint. (Also see end of session.)

From our last session, the ground rules for Street Smart are:

1. Keep confidentiality. What you say is yours - what you hear is theirs.
2. Ask questions - there are no stupid questions.
3. If you are going to be in the group, be involved.
4. Don't judge others - accept group members as you would want to be accepted.
5. Agree to come "one more time" if you think you want to quit, give it a second chance
6. Don't come high.

What other rules would you like to add?



Encourage sharing and give out tokens. Catch someone doing something good.

Great! Let's do the next exercise now.

Exercise 2: How Do Drugs and Alcohol Affect Practicing Safer Sex? **(10 minutes)**

In this session we are going to work on being able to handle drugs and alcohol so that we won't get HIV from situations related to either one.

With injection drugs it is obvious.

Everyone probably knows you can get HIV from sharing a needle when injecting yourself with heroin or cocaine. But did you know that you can get HIV from using alcohol or other non-injection drugs? Could someone please tell us how that is possible?

Wait for response.

Alcohol and other drugs mess with your mind.

Your ability to make healthy and smart decisions is affected by drinking and getting high.

The likelihood that you will make good decisions about safer sex decreases significantly when you are high or drunk.

Alcohol and other drugs take away some fears, so you might take a risk that you wouldn't take if you were sober.

That's why we are going to see if we can do better when dealing with drugs and alcohol.



Let's do a role-play.

Who will read Richard and who will read Sophia?

Select volunteers and have them read the script. (Also see end of session.)

While you two do the role-play the rest of us will observe.

We will look for what emotions you are showing and how you handle unclear sexual situations.

Select volunteers.

You watch the face of Sophia, and you watch the face of Richard to see what feelings they are expressing.

You look for emotion in the voice of Sophia and you Richard.

You watch the hands of Sophia and you watch the hands of Richard. Body language can be a good way to figure out how someone is feeling.



Ask actors where their *Feeling Thermometer* levels are before they begin the role-play.



CHOICE - to videotape or not

Who wants to be the camera person?

Select volunteer.

Thank you.



OK, now let's do the role-play.



Sophia and Richard

Sophia: Oh, Richard, I'm flying.

Richard: I like you this way.

Sophia: Do you want to see them?

Richard: Here. Let me take off your blouse.

Sophia: How do they look?

Richard: And I thought you were uptight. A real virgin.

Sophia: Oh, your hands are cold!

THE END

Great job!



Give out tokens.



Where are your Feeling Thermometers now?

Get Feeling Thermometer readings for both actors.

What did each of you like about how you played that role?

Elicit what aspect each actor liked about their performance.

What one thing would you do differently in your next role-play?

Elicit what each actor would have done differently.



Give out tokens.



CHOICE

If role-play was videotaped, say:

Let's go to the videotape!

Have the whole group watch the videotape.



Observers, what feedback can we give our players?

First tell them what you observed about their emotions, body language, eye contact, etc.

Observers, now that you have watched the scene, what did you like about what the actors did, and what would you have done differently?



Encourage discussion and share tokens.

Thank you for your feedback.

The main point is that drugs and alcohol can have a powerful influence on your thinking and the choices that you make.

Were there changes in Sophia's behavior from what they are usually like?

Discuss the scene, pointing out how getting high was related to Sophia losing her control over how far she would go sexually.



CHOOSE BETWEEN EXERCISES 3 AND 4

Exercise 3: What do I Believe About Using Drugs and Alcohol?
(20 minutes)

What you believe about drugs and alcohol can push you toward addiction, keep an addiction going, or help keep you away from drugs and alcohol.

I am going to give each of you a card with a substance use belief on it.

Pretend that someone close to you told you that this is what they believed.

Tell us what the card says.

Then I want you to argue against the belief.

I will demonstrate.

Have someone pick a card from the stack and give it to you.

Will someone pick a card from the stack and give it to me?

Read the card out loud and come up with an argument against it.

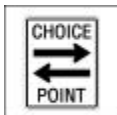
When the person is finished saying their argument, others can offer suggestions too.

Tell me if there is anything unclear about this exercise.

Clarify any confusion over the instructions.

Here we go.

Pass out the cards one at a time. (See end of session.)



CHOICE

Have each participant come up with an argument to a card as a group. Or do the exercise in pairs, with facilitators checking in on each pair. Make sure each pair has two cards.

Thank you for those good answers.



Encourage the sharing of tokens.

Name some other beliefs that weren't mentioned which you think are typical of people using drugs or alcohol?

Obtain new ideas.

How would you argue against those beliefs?

Encourage responses and discuss.

Exercise 4: What are the Pros and Cons of Substance Use?
(20 minutes)

I want the group to think about the pros and cons of taking drugs.

I'll make a chart here on newsprint.

At the top it says "Using" and "Not Using."

On the sides it says "Pros" and "Cons."



Put the following chart on newsprint. (Also see end of session.) Use two sheets if necessary.

Here is a copy of the chart that you can make notes on and later fill out your own version.

Give out a chart and pencil to each person so that they can take notes.

Let's start with "Using."



What are the pros and cons of "Using"?

Encourage responses. Share tokens.



Record the ideas.

Coach the group in filling out the chart.

Now let's look at "Not Using."



What are the pros and cons of "Not Using"?

Encourage responses. Share tokens.



Record the ideas.

Coach the group in filling out the chart.

Examples from a chart follow:

The Pros and Cons of Using

| | Using | Not Using |
|-------------|--|--|
| Pros | Feel great Less shy More confident More sex Relaxed More friends Fit in with crowd Fun Takes mind off things Lose weight | Keep your sanity Get on better with partner Save money Feel better Think Clearly Less jealous No hangovers No withdrawal Sleep better Self-respect |
| Cons | Body takes a beating Big debt Relationships suffer Can't have sex Can't remember No self-esteem O.D. Infections Ashamed Could get fired Loss of control Stopped eating Sleep all day Shakes | I'll be lonely Can't fall asleep Will still be too shy Losing friends Have to face things No fun Bars won't be fun Nervous I'll withdraw Be called a wimp |

Each person has to figure out her or his own pros and cons of using and not using.

What do you think of our list of pros and cons?

Tell me if there are any important things missing.



Encourage ideas and discussion.

Give out tokens and encourage participants to do the same.

Exercise 5: How do Drugs and Alcohol Affect Me Personally?

(20 minutes)



Now I want you do a couple of role-plays to help you think about what difference drugs and alcohol makes for you personally.



CHOICE

If time permits do both role-plays – if not, do only the first role-play and go to handout “DO DRUGS AND ALCOHOL MAKE ME TAKE RISKS?”

Who will be Sharon and who will be Monica?

Select volunteers.

Sharon and Monica are friends, and Sharon asks Monica for help.

Monica, your goal is to help Sharon find out if drugs and alcohol are what may be behind her getting involved in unsafe sex.

I'll give you just a bit of script to start you off.

Then you keep going with the role-play on your own.

While you two role-play the scene, the rest of us will observe.

We will look for what emotions you are showing and whether drugs and alcohol make Sharon take risks.

Select volunteer observers.

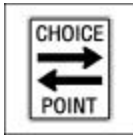
You watch the face of Sharon, and you watch the face of Monica to see what feelings they are expressing.

You look for emotion in the voice of Sharon and you Monica.

You watch the hands of Sharon and you watch the hands of Monica. Body language can be a good way to figure out how someone is feeling.



Ask actors where their Feeling Thermometer levels are before they begin the role-play.



CHOICE - to videotape or not

Who wants to be the camera person?

Select volunteer.

Thank you.



OK, now let's do the role-play. The script gets you started, but where it says "Make it Up" in capital letters, you continue the scene on your own.

The rest of us will observe and try to figure out what we would do in this situation.



Sharon and Monica

Sharon: I am upset.

Monica: How come?

Sharon: I hate to tell you. I had sex with this guy last night, and I really didn't want to. He's about twenty-five. Smooth - but too slick for me. He deals drugs and the whole scene. I think he's got lots of women.

Monica: Great choice. I am assuming that it wasn't with a condom.

Sharon: I don't think so.

Monica: Girl! What do you mean, "I don't think so"? Weren't you there?

Sharon: I think I had too much to drink.

Monica: This isn't the first time.

Sharon: No, and it makes me sick. All these guys I don't really like, doing it to me. No condoms - nothing. But you know me. I can't live without love. Do you think I should cut down on the drinking?

Monica: It sure couldn't hurt.

Sharon: I don't think it really bothers me that much.

Monica: Why not find out?

MAKE IT UP. ROLE-PLAY IT.

If the actors have trouble making up their own lines, assign a participant to act as a coach for each actor.



That was great!

Give out tokens.



Where are your Feeling Thermometers now?

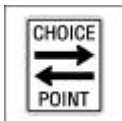
Get Feeling Thermometer readings for both actors.

What did each of you like about how you played that role?

Elicit what aspect each actor liked about their performance.

What one thing would you do differently in your next role-play?

Elicit what each actor would have done differently.



CHOICE

If role-play was videotaped, say:



Let's go to the videotape!

Have the whole group watch the videotape

Observers, what feedback can we give our players?

First tell them what you observed about their emotions, body language, eye contact, etc.

Observers, now that you have watched the scene, what did you like about what the actors did, and what would you have done differently?



Encourage discussion and share tokens.

Thank you for your feedback.

The main point is that drugs and alcohol can have a powerful influence on your thinking and the choices that you make.

Do you think that Sharon behaves differently when she's sober than when she's high?

Discuss.

Sharon is pretty sure she did not use a condom with a guy who she knows at least deals drugs and if he is not using drugs now, probably used them in the past.

And, if Sharon is not using another method of birth control, there is a chance she has become pregnant.

Emergency birth control is available, which must be taken during the 72-hour period after unprotected sex.

There are not any readily available "emergency procedures" for STDs or HIV protection, and you may not even know that you do have a disease for months and sometimes years.



Okay, let's do another role-play. This time who will play Carl and who will play Jerry?

Select volunteers and pass out script. (Also see end of session.)

Carl and Jerry are friends.

Jerry is concerned that Carl is taking some big risks and wants to show him how crystal may be messing with his ability to make smart decisions.

I'll give you just a bit of script to start you off.

Then you keep going with the role-play on your own.

While you two do the role-play the rest of us will observe.

We will look for what emotions you are showing and how you handle unclear sexual situations.

Select volunteer observers.

You watch the face of Carl and you watch the face of Jerry to see what feelings they are expressing.

You look for emotion in the voice of Carl and you Jerry.

You watch the hands of Carl and you watch the hands of Jerry. Body language can be a good way to figure out how someone is feeling.



Ask actors where their Feeling Thermometer levels are before they begin the role-play.



CHOICE - to videotape or not

Who wants to be the camera person?

Select volunteer.

Thank you.



OK, now let's do the role-play.

These scripts get you started, but where it says "Make it Up" in capital letters, you continue on your own.

The other group members will observe and try to figure out what we would do in this situation.



Carl and Jerry

Carl: Oh, was he great!

Jerry: Slamming?

Carl: I can't remember a better screw.

Jerry: What was his name?

Carl: Brian, Brad, Bruce, whatever.

Jerry: All this stuff happened at his place on his bed?

Carl: Not exactly.

Jerry: How's that?

Carl: I'm not sure.

Jerry: What happened?

Carl: They had this crystal party up in this abandoned building. You should have seen those guys. Dancing the whole time. I don't know how long I was there, but I ached and ached. Next thing I knew I was wandering down the boulevard, and this guy came up. I couldn't tell you where we went.

Jerry: You bugged. You probably got an STD and HIV both.

Carl: It sure was worth it.

Jerry: Carl, you can barely remember what happened! You are so stupid man, doing that crystal.

Carl: I can handle it. There's nothing I would do after doing crystal that I wouldn't do without it.

MAKE IT UP. ROLE-PLAY IT.

That was great!



Give out tokens.

Where are your Feeling Thermometers now?



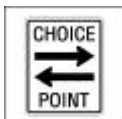
Get Feeling Thermometer readings for both actors.

What did each of you like about how you played that role?

Elicit what aspect each actor liked about their performance.

What one thing would you do differently in your next role-play?

Elicit what each actor would have done differently.



CHOICE

If role-play was videotaped, say:

Let's go to the videotape!

Have the whole group watch the videotape.



Observers, what feedback can we give our players?

First tell them what you observed about their emotions, body language, eye contact, etc.

Observers, now that you have watched the scene, what did you like about what the actors did, and what would you have done differently?



Encourage discussion and share tokens.

Thank you for your feedback.

The main point is that drugs and alcohol can have a powerful influence on your thinking and the choices that you make.

Do you think that Carl behaves differently when he's sober than when he's high?

Ask each observer for responses.

If you want to figure out if using drugs and alcohol encourages you to take risks, here are some questions you may want to ask yourself.

Pass out "DO DRUGS AND ALCOHOL ENCOURAGE ME TO TAKE RISKS?" and go over it. (See end of session.) Read it out loud or have volunteers read sections.

I am sure you guessed the main point: you can make some very unwise decisions when you are high.

Exercise 6: How Does Substance Use Work? ***(10 minutes)***

It can be helpful to have some idea of how substance use works.

From what you have heard, how does it happen and how does it continue?

Let's say I am a cocaine addict.

I started using at a few parties and events - like New Years Eve.

I felt much more relaxed when I used it.

I began using cocaine a little more, and the next thing I knew I was addicted.

I can't stop it.

What happened? How do you explain it?

Encourage ideas about how substance use works.

Let me share with you the way I see it.

Drugs affect your brain and spine, which make up your central nervous system.

You don't have much control over the chemical reactions that take place in your body.

The more you take drugs, the more you train your body and mind to associate wanting drugs with something that you see, hear, or feel at the time you take the drugs.

Just like watching an ad on TV may result in you thinking, "I sure feel like some potato chips right now," having someone give you \$10 may lead to you thinking about drugs.

Making those connections is natural - it's the way the brain is wired.

If you become addicted, having your thinking and rational mind try to argue with your body and brain won't help.

Your body and brain don't listen to you.

Here is the process that takes place.



Put up the “TRIGGERS” poster. (See end of session.)

For someone who is addicted or a heavy user, this cycle can be automatic.

The addict or heavy user may be unaware that a trigger has occurred which led to a thought that caused cravings that led to using.

Take a look at the first part of the drawing - triggers.

What is a trigger?

Triggers are anything that can cause cravings.

For example, if every Friday night after work you cash your paycheck, go out with friends to a particular club, and use cocaine, the triggers would be:

Friday night
After work
Money
Friends who use
The club

What would be some triggers for a teenager who buys drugs on a particular street when he feels angry, goes to the park, and shoots up with some friends?

Encourage identifying triggers. Look for the street, the dealer, feeling angry, the park, the friends, the paraphernalia.

These triggers then lead to thoughts that tell you that:

Using is OK.
It won't hurt you.
You'll feel better.
You really need it.

Those thoughts give you permission to use.

They lead to cravings; thinking, "I **must** have it," feelings in your head and chest that demand using it.

Obviously "use" comes next.

Even if you want to stop using, triggers will affect your thoughts and feelings and create cravings.

And the central nervous system part of the addiction (your brain and nerves) is very difficult to control.

What can you do if you don't want to use?

You need to pick fights with the part of your addiction or habit that you can beat.

Once you start craving, it is very hard to stop moving on to using.

So you want to make sure that the whole triggers → thoughts → cravings → use cycle doesn't have a chance to begin.

Two main strategies are avoiding triggers and stopping substance use thoughts before they get started.

Tell me if there is anything unclear about the explanation we have been talking about.

Clarify any confusion.

Exercise 7: How to Get Back in Control Again (30 minutes)

I hope you can see that there is a strong link between being high and unsafe sex.

For many adolescents, using is a major factor in getting HIV, STDs, or unexpectedly pregnant.

We need to cut the link between drugs and alcohol and unsafe sex.

Once someone is already high it is much harder to fix things.

We are going to learn some techniques to help us cut the link.

First, let's see what might be triggers for you to use drugs or alcohol.

I will give you a questionnaire about triggers and I would like you to indicate what has been or might be a trigger for you.

This questionnaire is for your own private use.

Pass out "TRIGGER QUESTIONNAIRE." (See end of session.)

Take a few minutes and fill out the first part of the questionnaire, which will help you start to figure out what your triggers are.

Allow a few minutes to fill out the questionnaire.

Everyone's list will be different, but you can't begin to cut out the triggers if you don't know what they are.

Now look at the bottom of the trigger questionnaire. It says: Things, People, Places and Situations.

I would like you to write down the things that are triggers for you. These are things you would throw away or avoid to cut the link.

What things might you avoid or throw away?

Brainstorm things to avoid, such as drug paraphernalia (pipes, spoons, straws).

Take a moment to write down your particular triggers that are things. This is for your own private use.

Give participants 1 minute.

Great. Next on the questionnaire are people who are triggers.

Who should you avoid seeing? You don't have to say names, just types of people.

Brainstorm a list of people to stop seeing. Some of them may be just temporary - a person who gets you angry - while another person is a constant risk - a dealer.

Take a moment to write down the people who are your particular triggers. This is for your own private use.

Give participants 1 minute.

Another strategy to use is to stay away from situations.

Where wouldn't you go?

Brainstorm places to avoid. Look for dealers, where drug-using friends are, places where you used to take drugs.

Take a moment to write down the places and situations that are your particular triggers. Remember, this is for your own private use.

Give participants 1 minute.

Great!

Another important way to reduce triggers is to keep a busy schedule.

Make the schedule regular and full of things to do.

You would be surprised how much that cuts down on contacts with triggers.

We said before that triggers lead to thoughts that lead to cravings.

You do have control over stopping thoughts.

Pass out a big rubber band to everyone.

Please put the rubber band on your wrist.

Close your eyes.

I am your inner thoughts, and I am going to say a couple of thoughts.

Some will be drug thoughts and some will not.

When you hear a drug thought, snap the rubber band against your wrist and say "No" loudly.

Don't even wait for the thought to be completed.

Snap as soon as you think it is a drug thought.

Here we go.

It's a nice day today.

I feel like having a pizza.

A little marijuana would be nice for dessert.

I think I'll go out tonight.

I've heard of a good party.

They should have some good coke there.

A little bit won't hurt me.

OK, that's all.

I heard a lot of snapping and "no's," but the "no's" weren't loud enough.

Give out a token to the person who said the loudest "no."

You can also picture a switch in your head.

When a drug thought comes into your mind, actually see yourself turning off the switch.

If you are good at relaxation, you can sit quietly and count your breathing.

Count to ten, and if the thought throws off your count, go back to 1 and start again.



Point to the "TRIGGERS" poster.

So, we've identified triggers, and thought of ways to avoid them.

Then we worked on some ways of stopping thoughts that lead to craving.

Sometimes the craving or the urge seems to come out of nowhere.

We think, "Wow, this is strong. I can't handle it."

We also tell ourselves, "This urge came up inside me and has come over me, so I must be a failure at controlling it. I'm weak."

Sometimes we can't avoid the trigger. It may come from a remark that someone, who is not necessarily a trigger person, says. Or it could be a smell, or a song that has come on the radio.

It could be that we feel down and want an instant change.

We have to get satisfied immediately.

That is the time to try HALT.

I need to find out what is really going on. What am I really feeling.

Am I HUNGRY, ANGRY, LONELY or TIRED?

If I take care of those feelings, the cravings may go away.

I would give myself what I am truly wanting, because the urge to use drugs or alcohol rarely gives me what I am wanting.

I would tell myself that I can handle it.

I would say that just because I got the urge doesn't mean I'm a failure or that there is something wrong with me. It is just a signal to make me figure out what I really want and need.



Write Hungry, Angry, Lonely, Tired on newsprint

Instead of "It's got me" I would tell myself "HALT."

I would say, "HALT, am I hungry, angry, lonely or tired?"

I would think of the urge as waves building up and I was a surfer riding over them. The urge is a signal to me to figure out what I am really feeling.

We will use what we have developed about handling urges in our next role-play.

I need four people to play HALT, one for Hungry, one for Angry, one for Lonely, and one for Tired. Any volunteers?

Give each volunteer one of the HALT signs. (If there are not enough participants for all 6 roles, 2 participants can play 2 of the HALT feelings).

Now we need a volunteer to play the “urge” to get high.

Select a volunteer to play the urge to use drugs or alcohol.

Now we need a volunteer to play Ben.

Select a volunteer and tell Ben about his role.

Ben, you used to be into drugs and alcohol a lot, but you are trying to cut back.

Whenever you felt bad, you and your ex-partner used to go get high and lie there listening to your favorite song.

You two broke up a few weeks ago.

You haven't eaten for a day, and this morning somebody stole your jacket.

You can hear your ex-partner's favorite song coming out of the neighbor's window.

Suddenly you got the urge to get high.

You don't want to give into it.

So what is your goal?

Try to elicit a one-sentence goal. "Not to give into the urge and to figure out what I really need: HALT."

Good.

Now, Urge, here are your instructions.

You want Ben to get high.

His bad mood and hearing the song he and his partner used to listen to when getting high has set him up perfectly.

You want him to feel good immediately by using.

You will try and convince him that getting high is the best thing to do right now to help him feel better.

What questions do you have about your goal, Urge?

Clear up any confusion about Urge's goal.

Okay, HALT people here are your instructions.

You are in competition with Urge.

You want to ask questions to get from Ben what he is really feeling.

For example, Hungry, you want to ask Ben questions about what he has eaten recently.

Or, Angry, you may want to ask him questions about his feelings related to his partner leaving.

You want to try and help him consider you as his real feeling.

OK, the rest of us will observe and give feedback.

Assign observer roles. For example: eye contact, body language, calmness, outcome expectations, saying, "I can handle it," detachment, imagery, identifying triggers.

So, we'll start the role-play.

Ben, deal with your urge, and Urge you work on Ben.



Have them role-play and stop when a resolution has been reached or when there is not much more to get out of it. Report on observations, give feedback and discuss observations.

Now, HALT people, it is your turn to get Ben to consider you as what is really happening.

Have the HALT participants try and convince Ben that he is hungry, angry, lonely, or tired.

Okay, observers, what do you think is really going on with Ben, is he hungry, angry, lonely or tired?

He might be feeling one or more of those things.

Ben, what do you think is really going on?

Give feedback and discuss. Keep the focus on how to handle urges. Emphasize a detached view of the urge so that it can be dealt with in a more objective, cool, and clinical manner.



Those are some great ideas for handling urges.

Give out tokens and encourage participants to do the same.



CHOICE

Do Exercise 8 if there is time.

Exercise 8: Dealing with Risky Situations (15 minutes)

I hope you can see that there is a strong link between being high and unsafe sex.

In our next role-play, some of the group members will act like the part of a person in a difficult situation.

We will tell them who they are and what they are trying to do.

The rest of us will observe what happens and give feedback.

Each observer will have a specific thing to look for.

When you give feedback, always start with what you liked.

Then say what you would do differently.

Don't say, "What you did wrong was"

Also be very specific when you talk about changes you would want to see.

For example, don't say, "Be nicer."

Instead say, "Tell Ronald how nice he looks in that gray sweater."

First, let's take a situation where someone is high and wants to take a sexual risk which that person would not take when not under the influence.

If that person was approaching you and you didn't want to take advantage of them, what would you do to help them?

Here are some ideas that I have.

Give me feedback on these ideas.

I would keep eye contact and listen without rejecting him or her and without putting the person down.

I would ask the person what effects getting high has on him or her taking sexual risks. In other words, would the person act like this if he or she were sober?

I would ask the person what he or she expects to get out of this.

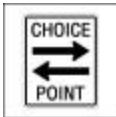
Is it really going to be what they expect?

Now, tell me your ideas about how to deal with this person.

Discuss and decide what the group will look for. For example, one person will watch for eye contact, another for listening, another for accepting instead of rejecting, another for questions about "Would you do this if sober?" Another person will listen for questions about what the person expects to get out of it.



OK, now we have those things to look for. Let's do a role-play. This one does not have a script.



CHOICE

At this point you can either ask group members to come with a situation in which one of them was tempted to get into unsafe sex because of being high or you can use the following role-play.

Who will be Ronald?

Select a volunteer and give the background information.

You are at a party.

Mindy comes up to you.

She is obviously high and wants you to sleep with her.

Your goal is not to take advantage of her and to help her avoid having unsafe sex with someone else at the party.

So, what is your goal?

Have Ronald tell you what his goal is.

What is your Feeling Thermometer reading?



Get Feeling Thermometer reading.

Who will role-play Mindy?

Select a volunteer and give the background information.

Mindy, you are high and you want to get Ronald to have sex with you.

You got high because you were feeling bored, and now that you are high you thought it would be great to seduce Ronald.

You would never throw yourself at a man like this if your inhibitions weren't way down.

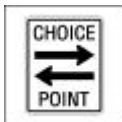
Have Mindy tell you what her goal is.

What is your Feeling Thermometer reading?

Get Feeling Thermometer reading.

Now the rest of us will observe.

Assign an observational role to each person. Watch for eye contact, body language, listening, not rejecting, questions on how being high affects Mindy, what she expects out of it, feelings. Then role-play the situation.



CHOICE - to videotape or not

Who wants to be the camera person?

Select volunteer.

Thank you.



OK, go ahead and role-play the situation.

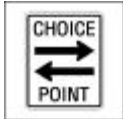
When the role-play seems to reach a resolution, or if it goes as far as it can, stop it and ask Ronald and Mindy how they feel.

That was great.

How are your feeling levels now?



Get Feeling Thermometer levels.



CHOICE

If role-play was videotaped, say:

Let's go to the videotape!

Have the whole group watch the videotape



What did the rest of the group observe and what feedback do you have?

Go around and make sure each group member shares observations and feedback.



Give tokens for feedback that starts with what was liked and which puts suggestions in terms of what they would do rather than what was wrong.

Great!

Point out the homework for Session 5 in the workbook.

Between now and the next session, do the homework for Session 5.

Now go around and tell the person on your right something you liked that they said or did today. Let's give some tokens to each other.



Encourage sharing of tokens.

Our next meeting will be held on _____ at _____.

Remember, one of our ground rules is to agree to come one more time.

We hope to see you then!

END OF SESSION 4

Goals of Street Smart

1. Practice safer sex.
2. Get in touch with your feelings.
3. Get rid of thoughts that are self-defeating.
4. Take control of your life.
5. Feel confident about your ability to act safe.
6. Know where to go when you are in trouble and need help.
7. Know your own patterns of risk.
8. Make friends who can help you to stay safer.
9. Have fun while changing behaviors.

Feeling Thermometer

| <u>Level</u> | <u>Triggers (Situations, People, Places, Feelings, Things)</u> |
|----------------------------------|--|
| Very uncomfortable 100 | <hr/> <hr/> <hr/> <hr/> |
| Uncomfortable 75 | <hr/> <hr/> <hr/> <hr/> |
| Mildly Comfortable 25 | <hr/> <hr/> <hr/> <hr/> |
| Very comfortable 0 | <hr/> <hr/> <hr/> <hr/> |

Ground Rules

1. Keep confidentiality. What you say is yours - what you hear is theirs.
2. Ask questions - there are no stupid questions.
3. If you are going to be in the group, be involved.
4. Don't judge others - accept group members as you would want to be accepted.
5. Agree to come "one more time" if you think you want to quit, give it a second chance.
6. Don't come high.

Sophia and Richard

Sophia: Oh, Richard, I am so high.

Richard: I like you this way.

Sophia: Do you want to see them?

Richard: Here. Let me take off your blouse.

Sophia: How do they look?

Richard: And I thought you were uptight. A real virgin.

Sophia: Oh, your hands are cold!

THE END

Substance Use Cards

SUBSTANCE USE CARD 1

Life without using is boring.

SUBSTANCE USE CARD 2

Using is the only way to increase my creativity and productivity.

SUBSTANCE USE CARD 3

I can't function without it.

SUBSTANCE USE CARD 4

This is the only way to cope with living on the street.

SUBSTANCE USE CARD 5

I'm not ready to stop using.

SUBSTANCE USE CARD 6

The cravings make me use.

SUBSTANCE USE CARD 7

My life won't get any better even if I stopped using.

SUBSTANCE USE CARD 8

The only way to deal with my anger is by using.

SUBSTANCE USE CARD 9

Life would be depressing if I stopped.

SUBSTANCE USE CARD 10

I don't deserve to recover from drug use.

SUBSTANCE USE CARD 11

I can't have sex without getting high.

SUBSTANCE USE CARD 12

I could not be social without using.

SUBSTANCE USE CARD 13

I do drugs, but I'm not an addict.

SUBSTANCE USE CARD 14

The cravings won't go away unless I use drugs.

SUBSTANCE USE CARD 15

My substance use is caused by someone else.

SUBSTANCE USE CARD 16

If someone has a problem with drugs, it's all in their genes.

SUBSTANCE USE CARD 17

I can't relax without drugs or alcohol.

SUBSTANCE USE CARD 18

Having this drug problem means I am basically a bad person.

SUBSTANCE USE CARD 19

I can't control my anxiety without using drugs or alcohol.

SUBSTANCE USE CARD 20

I can't make my life fun unless I use.

SUBSTANCE USE CARD 21

Drugs make sex much better.

SUBSTANCE USE CARD 22

Being an alcoholic is not nearly as bad as being a drug addict.

The Pros and Cons of Using

| | Using | Not Using |
|------|-------|-----------|
| Pros | | |
| Cons | | |

Sharon and Monica

Sharon: I am upset.

Monica: How come?

Sharon: I hate to tell you. I had sex with this guy last night, and I really didn't want to. He's about twenty-five. Smooth - but too slick for me. He deals drugs and the whole scene. I think he's got lots of women.

Monica: Great choice. I am assuming that it wasn't with a condom.

Sharon: I don't think so.

Monica: Girl! What do you mean, "I don't think so"? Weren't you there?

Sharon: I think I had too much to drink.

Monica: This isn't the first time.

Sharon: No, and it makes me sick. All these guys I don't really like, doing it to me. No condoms - nothing. But you know me. I can't live without love. Do you think I should cut down on the drinking?

Monica: It sure couldn't hurt.

Sharon: I don't think it really bothers me that much.

Monica: Why not find out?

MAKE IT UP. ROLE-PLAY IT.

Carl and Jerry

- Carl: Oh, was he great!
- Jerry: Slamming?
- Carl: I can't remember a better screw.
- Jerry: What was his name?
- Carl: Brian, Brad, Bruce, whatever.
- Jerry: All this stuff happened at his place on his bed?
- Carl: Not exactly.
- Jerry: How's that?
- Carl: I'm not sure.
- Jerry: What happened?
- Carl: They had this crystal party up in this abandoned building. You should have seen those guys. Dancing the whole time. I don't know how long I was there, but I ached and ached. Next thing I knew I was wandering down the boulevard, and this guy came up. I couldn't tell you where we went.
- Jerry: You bugged. You probably got an STD and HIV both.
- Carl: It sure was worth it.
- Jerry: Carl, you can barely remember what happened! You are so stupid man, doing that crystal.
- Carl: I can handle it. There's nothing I would do after doing crystal that I wouldn't do without it.

MAKE IT UP. ROLE-PLAY IT.

Do Drugs and Alcohol Encourage Me to Take Risks?

1. Who would you eat dinner with if you were high?

A stranger?
Someone much older?
A man? A woman?
Someone a little weird?
Someone who had drugs?
Someone with a bottle of liquor?

2. Where would you go to have sex if you were high?

A deserted building?
A vacant lot?
In an abandoned car?
To the apartment of a casual acquaintance?

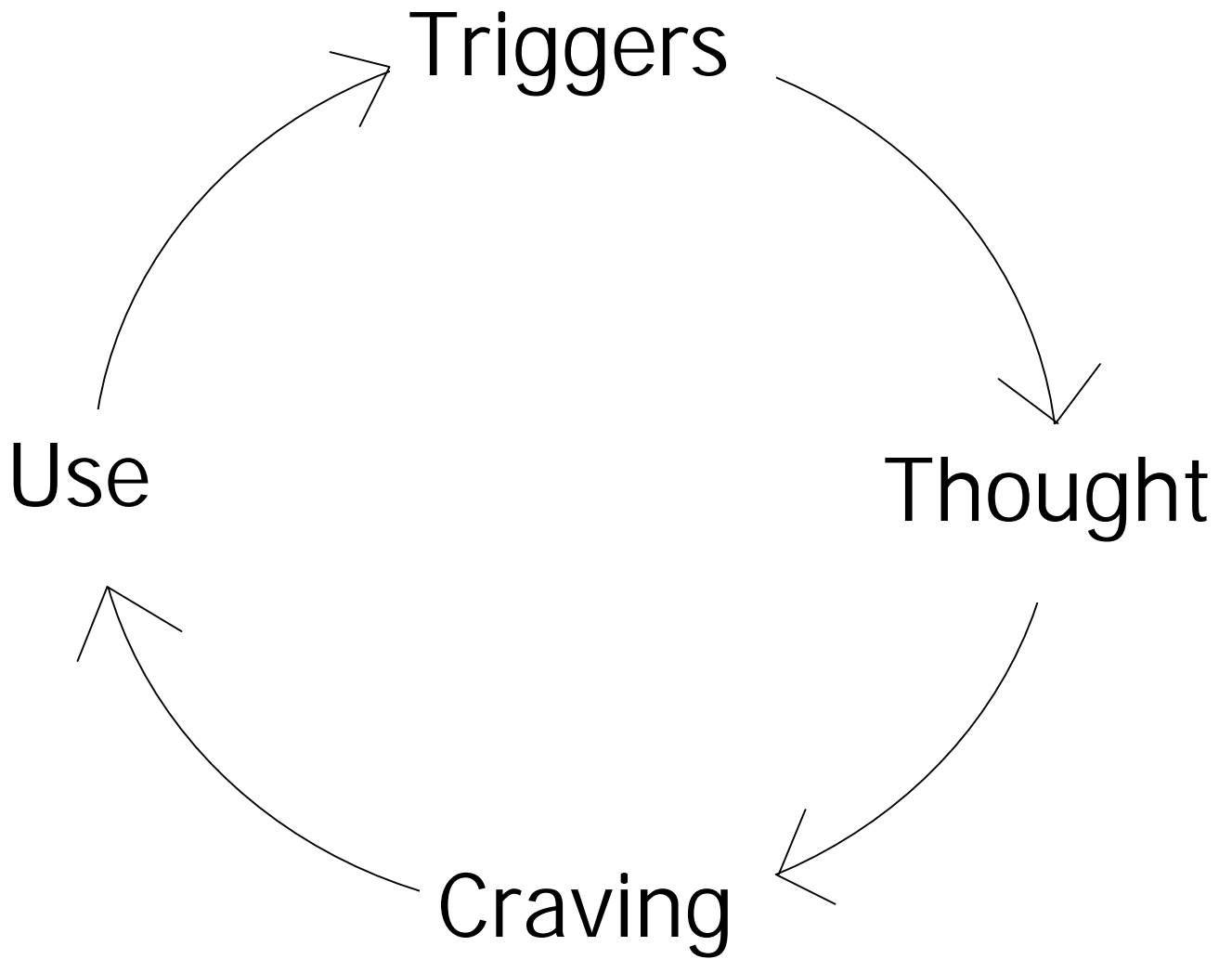
3. Who would you have unsafe sex with if you were high?

Someone you just met?
Someone who had many lovers?
Someone who was really hot?
Someone who used drugs?
Someone who really knew how to turn you on?
Someone who didn't use a condom or dental dam?
Someone who was bi-sexual?
Someone who had been a prostitute?

4. How much alcohol makes you high?

How many beers?
How many hard drinks?
Can you stop once you start with one drink?
Can you stop after 2 drinks?

Triggers



Triggers Questionnaire

1. Please circle the activities or situations in which you have used drugs. Next circle where you think you might use drugs.

| | | |
|-------------------|----------------------------------|-----------------------------------|
| Home alone | Before a date | After payday |
| Home with friends | During a date | Before going out to dinner |
| Friend's home | Before sexual activities | Before breakfast |
| Parties | During sexual activities | At lunch break |
| Sporting events | After sexual activities | While at dinner |
| Movies | Before work | After work |
| Bars/clubs | When carrying money | After passing a particular street |
| Beach | After going past where dealer is | Before school |
| Concerts | With particular people | During school |
| Parks | | After school |

2. Things _____

3. People _____

4. Places/Situations _____

Hungry

Angry

Lonely

Tired