

# **CLEAR Facilitator's Manual**

## **Individual Sessions**

### **Module 3**

#### **Stay Well: Self-care/ Health-care Behaviors**

##### **Session #13: Motivation for Change: Wanting to Stay Healthy (1.5 hrs.)**

###### OBJECTIVES:

1. Youth will become reoriented to and comfortable with their individual counseling.
2. Youth will review standards for interaction and his/her progress on reducing substance use and the risk of sexual acts.
3. Youth will be able to identify advantages of performing healthy behaviors.
4. Youth will engage in exercises designed to increase his/her self-efficacy to perform healthy behaviors.
5. Youth will experience the connection between feelings, self-image, values, striving, and personal projects and health care.
6. Youth will increase their ability to cope with anxiety, tension, and stress in productive ways.

###### RATIONALE:

The focus of this session is to increase the intent of the youth to perform health behaviors, because without an intention there is little hope of behavior change. Intention's direction and strength are modified by such variables as emotional impact, advantages and disadvantages, self efficacy, the relationship of self-image and values to the behavior, and social norms. This session attempts to influence each of these variables in a positive way, as they concern health care adherence. Continued development of skills related to the management of substance use and sexual behaviors are reinforced throughout the module.

## SUMMARY:

1. Welcome the participant. Give Thank You gift. Review ground rules and between-session goals. (25 minutes)
2. Introduce the topic with a script. (5 minutes)
3. Link feelings to the intention to become healthier by using the Feeling Thermometer. (10 minutes)
4. Determine the advantages and disadvantages of changing health practices through role-playing. (10 minutes)
5. Convince a friend to become committed to change in role-play. (25 minutes)
6. Practice physical relaxation to reduce tension from the role-play. (10 minutes)
7. Close with benefit awareness and between-session goals. (5 minutes)

## MATERIALS:

Attendance/ Participation Record  
Thank You gift  
Goal Summary Sheet  
Tape Recorder  
90-min Audio Tape  
Facilitator's Manual  
Participant's Workbook  
Participant Data Binder  
Pens and Notepads

## NOTES TO THE FACILITATORS:

Text in bold letters tells you what the purpose of each exercise is. Text in CAPITAL letters tells you what to do. Text in small letters tells you what to say. Once you become familiar with what to say, please put it in your own words. Do not read text in small letters verbatim; make it natural.

The times listed under the headings of each exercise are to help you keep on target and move the workshop along. Exercises may be lengthened or shortened as needed as long as all material is covered.

Exercise 1: Where Am I Headed in these Sessions?  
(25 minutes)

**[The purposes of this exercise are to create a positive atmosphere in which to work, to support continued goal achievement, and to introduce the topics covered in this series of six sessions. Positive introductions, a thank you gift, and a goal review are used.]**

Hi, welcome back.

This is going to be the third and final set of six sessions on living with HIV.

It's so good to have you back for this part of CLEAR.

While you continue working on reducing substance use and sexual risk behaviors, these six sessions will focus on helping you take better care of your health.

The purpose of CLEAR is to improve the quality of your life right now and to get you started on the path to a brighter future.

To start off with, I want to let you know that I appreciate your being here on time and being willing to learn something new

I have a small thank you gift for you.

I will continue to have a gift each week, but you have to be here and on time to win.

Let's start today by reviewing the ground rules we agreed upon when CLEAR started.

Do you remember some of them?

SOLICIT LIST FROM YOUTH. REFRAME AS NEEDED.

KEEP IT VERY BRIEF BUT MAKE SURE EACH OF THE RULES ARE MENTIONED. REFER TO WORKBOOK.

O.K. Let's talk about your goals from the last session.

What kind of progress did you make on reducing the risk of your sexual behaviors?

Remember that last session you chose a goal.

Because reducing or eliminating substance use requires a long-term effort, I would also like you to say how many substance-free days you had in the last week.

So let's get out your calendar and hear how you're doing.

HAVE YOUTH DESCRIBE PROGRESS ON GOALS.

PROBLEM-SOLVE ANY BARRIERS THAT WERE MET.

REFER TO THE GOAL SUMMARY AND PROBLEM SOLVING CHARTS IN YOUTH'S WORKBOOK AS NEEDED.

Thank you for that great report!

END WITH A MOTIVATIONAL SUMMARY STATEMENT APPROPRIATE TO THE SITUATION – AND GIVE REINFORCEMENT:

“IT'S VERY REWARDING TO SEE YOU TAKING ACTION ON WHAT YOU ARE LEARNING HERE!”

OR

“I KNOW THAT BECAUSE YOU PARTICIPATE IN CLEAR YOU'RE LEARNING A LOT OF IMPORTANT INFORMATION.”

Remember that the only way to benefit from this knowledge is by taking action on what you are learning.

Exercise 2: Why Should I Care About Staying Healthy?  
(5 minutes)

A good way to introduce the topic of staying healthy is through reading a brief script -- a little scene from the soaps.

Here is the script. You can put it in your workbook.

Would you read script with me?

CHOOSE WHICH PART EACH OF YOU WILL PLAY AND READ THE SCENE.

LOOKING GOOD

VICTOR/VIVIAN: What's happening?

JASON/JACKIE: I haven't seen you in a long time.

V: You are really looking good!

J: Thanks. I feel good.

V: The last time we talked you had just found out you were HIV-positive. You were pretty out of it.

J: It really hit me hard.

V: If you don't mind my saying so, you looked kind of sick back then.

J: Well, the whole thing got to me.

V: I am amazed at how great you look now. It's everything. Your skin, your hair, your clothes, the way you're standing there. I've known you for years, and you haven't looked better.

J: I decided to do something about it. Figured I was worth it.

V: Like what?

- J: Changed the way I was eating, started taking care of my body and working out regularly. Found ways to chill out. Started going to the doctor, taking my medicine. I'm hanging out with some new friends who are sort of health freaks. Using a lot less and having more fun. Stuff like that.
- V: Sounds hard.
- J: At first it wasn't easy, but I figured out ways to make it happen.
- V: So, you're in charge.
- J: Well, it was either the virus or me. I like to look good and feel all right. I like other people respecting me and thinking I'm something special. I had to make it happen. No one else could do it for me.

THE END

Thank you - that was great.

HIV requires ongoing attention to one's health.

And there are things a person can do to improve their health and make life better.

What things do you do now to help you stay healthy?

GET A COUPLE OF CURRENT HEALTH HABITS.

How have they been working for you?

What makes it hard for you?

DISCUSS CURRENT HEALTH HABITS AND WHAT WORKS AND DOESN'T WORK FOR THE YOUTH.

LISTEN AND BE REFLECTIVE. DRAW ON YOUTH'S COMMENTS FROM PREVIOUS DISCUSSIONS ABOUT LIVING WITH HIV.

GIVE REINFORCEMENT FOR EFFORTS AND DISCUSS BARRIERS TO KEEPING UP WITH HEALTH HABITS.

RELATE YOUTH'S RESPONSES TO ISSUES ADDRESSED LATER IN PROJECT CLEAR.

It sounds like you have some good stuff to start with.

Our goal is to help you improve it even more.

Exercise 3: How Do I Feel about Staying Healthy  
(10 minutes)

**[The purpose of this exercise is to use feelings as motivators for staying healthy. Using the Feeling Thermometer and linking feelings to health oriented situations is the approach used.]**

We have just seen how Jason/Jackie liked looking good; so, let's turn to how you feel about taking care of yourself.

We're going to use the Feeling Thermometer.

Remember, just as you use a glass thermometer to take your body temperature, we use the feeling thermometer as a way of finding out what your feeling temperature is.

A temperature reading of 100 on the Feeling Thermometer means that the person feels very uncomfortable.

A temperature reading of Zero means that you feel completely comfortable.

Here is another page for your workbook.

It's a list of situations.

I am going to read each of the health situations listed.

As I read each one, show how you would feel about it by writing your thermometer reading on the blank in front of each situation.

**READ THE SITUATIONS OUT LOUD PAUSING BRIEFLY WHILE PARTICIPANTS RECORD THEIR FEELING LEVELS.**

1. You get out of breath easily walking up stairs.

2. All you had to eat for the day was a candy bar, bag of potato chips, and a coke.
3. You found some new sores or a strange rash somewhere on your body.
4. A friend told you that you looked really great.
5. You worked up a real good sweat playing basketball instead of getting high.
6. You just left the doctor's and she told you that your viral load is "undetectable" and your T-cells are going up.

Now that you have finished, in which situations did you feel most uncomfortable?

ENCOURAGE SHARING OF SITUATIONS/ READINGS.

BE REFLECTIVE AND ENCOURAGE INSIGHT REGARDING WHY SITUATIONS MAKE YOUTH FEEL UNCOMFORTABLE.

In which situations did you feel most comfortable?

ENCOURAGE SHARING OF SITUATIONS/ READINGS.

BE REFLECTIVE AND ENCOURAGE INSIGHT REGARDING WHAT ABOUT SITUATIONS MAKE YOUTH FEEL COMFORTABLE.

Since we're talking about health, let's take a look at what we mean by that.

Health is thought of in many different ways.

Health can be thought of in terms of:

looking good;

eating right;  
avoiding drugs and alcohol;  
getting exercise;  
staying calm;  
sleeping well;  
taking prescribed medications;  
being involved in our medical care;  
having a place to live;  
hanging out with others who live healthy lives;  
and believing that we can control how illness effects our daily lives.

In many ways, health is related to some sort of action.

As you heard me saying that list, do taking any of these actions make *you* feel good or bad?

**GET FEEDBACK AND REFLECT RESPONSES.**

What are other situations that make you feel comfortable or uncomfortable about your health and trying to stay healthy?

**REFLECT ON RESPONSES AND ENCOURAGE DISCUSSION.**

I think one of the things that I've noticed in our discussion is that how you feel about staying healthy will influence what you do.

If you think that doing something will lead to a negative feeling, you are less likely to do it.

On the other hand, feeling uncomfortable about the kind of shape you are in might give you a push to doing something about it.

Feelings can also provide you with an early warning system.

Feeling badly all the time is not good for your health.

If you carefully note when you feel badly, that can be the first step in your doing something about the situation before it overwhelms you.

By noticing the actions which make you feel good, you can use them to help you feel better.

Although it takes effort, most people feel better when they take actions to help them stay healthy.

Exercise 4: What Are the Advantages and Disadvantages?  
(10 minutes)

**[The purpose of this exercise is to increase motivation by identifying the advantages of staying healthy. Listing advantages and disadvantages is the approach used.]**

CLEAR has been about you learning to take actions to improve your life.

In the first part of CLEAR you focused on getting in touch with your higher self, looking at your alcohol and drug use patterns, and learning how to change them in a way that strengthens you.

In the second part of CLEAR you learned how to recognize risky sexual acts, and how to care for yourself and others by reducing the risk of infection and re-infection.

In this part of CLEAR we have selected targets which put you on the path to staying healthy.

These targets include things like:

1. Wanting to stay healthy.
2. Staying calm.
3. Attending health care appointments.
4. Taking medications as prescribed.
5. Participating in medical care decisions.

This list of targets is what staying healthy is all about.

Can you remember some of the dreams and plans you shared way back when we talked about having a “no limits” future – a future built on expressing your higher self?

ELICIT REFLECTION AND SHARING.

PROMPT YOUTH AS NEEDED.

Those are some wonderful life goals.

When you come from your higher self, you discover that there are many reasons to want to stay healthy.

What are the advantages of working on goals that lead to good health in terms of your dreams and plans?

Let's make a list of the advantages as we discuss them.

Here is the list of targets for staying healthy I mentioned a few minutes ago.

GIVE YOUTH "TARGETS FOR STAYING HEALTHY" WORKSHEET.

It also has a column titled "Advantages" and a column titled "Disadvantages" after each one.

I will read the list, and then we'll brainstorm some of the advantages and/or disadvantages of doing each target.

READ EACH ITEM PROMPTING FIRST FOR ADVANTAGES AND THEN FOR DISADVANTAGES.

AS YOU AND YOUTH BRAINSTORM, HAVE YOUTH LIST ADVANTAGES/DISADVANTAGES S/HE RELATES TO.

Thanks, that's a good list.

Now when you look at it, do the advantages of taking care of your health outweigh the disadvantages?

FACILITATE DISCUSSION.

EMPHASIZING ADVANTAGES WITHOUT DISCOUNTING  
DISADVANTAGES.

IF THE DISADVANTAGES PREVAIL, INDICATE THAT WE WILL WORK  
ON MOTIVATION FOR DOING EACH HEALTH PROMOTING BEHAVIOR  
AS WE GO ALONG.

Exercise 5: Increasing the Desire to Change  
(25 minutes)

**[The purpose of this exercise is to reinforce motivation to change and to encourage youths to become more active in taking care of their health. Role-playing helping a friend become more committed to positive health habits is employed.]**

For some people staying healthy will require a change in the way they act.

Here's a list for your workbook of behaviors that would lead you to good health.

GIVE YOUTH LIST OF GOOD HEALTH ACTIONS.

They are similar to the targets or goals suggested earlier.

READ THE FOLLOWING LIST:

GOOD HEALTH ACTIONS

1. EXAMINING YOUR USE OF DRUGS AND ALCOHOL
2. CHANGING YOUR ALCOHOL AND DRUG USE
3. PREVENTING RE-INFECTION
4. STAYING CALM
5. ATTENDING HEALTH CARE APPOINTMENTS
6. TAKING PRESCRIBED MEDICATIONS
7. PARTICIPATING IN MEDICAL CARE DECISIONS

What actions would you add to this list of actions for staying healthy?

GIVE REINFORCEMENT AND ENCOURAGEMENT FOR IDEAS.

HAVE PARTICIPANTS ADD RELEVANT ITEMS TO THE LIST.

## ENCOURAGE SOME DISCUSSION.

Unless someone wants to take on one of these actions there isn't much chance that they will improve their health.

The big question is how could someone be encouraged to make a commitment to trying?

We are going to explore that question through some role-playing.

When talking with a friend, we have found it is good to listen and not give a lot of advice.

Through listening and trying to understand what the friend is saying, the friend can often arrive at his or her own answers.

To set the stage, let's read a script.

It is called "What Should I Do?"

Would you mind reading the part of Terry/Teresa?

As we read it together, think of what you might have done differently if you were the helping friend, which is my part.

## READ THE SCRIPT.

### WHAT SHOULD I DO?

TERRY/TERESA: How do I look?

JOHN/JOLEEN: You look fine.

T: You're not lying to me?

J: Course not.

T: I don't like the way I look.

J: What's wrong with the way you look?

T: Since I found out I was HIV positive I've been eating like a pig. I'm fat. You couldn't tell that I put on weight?

J: Well, yes, I noticed that you ..... that you.....

T: That I'm fat.

J: No, that you added a few pounds here and there.

T: I knew you were lying to me.

J: Listen, I like you no matter what. A few pounds don't make any difference.

T: Sure, sure. What about the way I'm always tapping my foot? I'm so nervous lately.

J: Well, I did notice that you seemed a little uptight.

T: I just knew you were giving me bullshit about looking good.

J: So, you are unhappy with your weight and you don't like feeling nervous all the time. So?

T: I haven't seen the doctor in months. I was supposed to go back, but I don't want to hear any more bad news.

J: You're afraid to see the doctor, but you think you should go.

T: Yes. You got it. What's the use?

J: You're telling me that you don't like a lot of things you are doing, but you can't decide to make a change.

T: It takes a lot of work to change. I guess it would be better for me, but maybe I'd feel just as bad after I lost weight, got relaxed, and saw the doctor.

J: You see the advantages, but you still wonder if all the effort will make any difference in how you feel.

T: Maybe I couldn't lose weight anyway. I hate exercise.

J: Sure, you just can't stand to go walking!

T: I didn't say that. You know I like walking on the beach.

J: So why are you so sure that you couldn't make the changes?

T: Don't put me down. Of course, I could make them.

J: I wasn't putting you down. I thought that you said something about doubting whether you could handle it.

T: You got it wrong. I'm a survivor. If I put my mind to it, it's done.

J: I know that's right! You can do it.

T: Are you bull shitting me again?

J: You know, talking with you is really fun.

T: I think I'll start by eating more fruit instead of junk food and taking more walks on the beach.

J: All right? You go, girl/boy!

THE END

How would you have done it differently if you were trying to be the helpful friend?

ENCOURAGE SHARING OF IDEAS ABOUT HOW TO HELP.

POINT OUT VARIETY IN APPROACHES.

Some people tend to be more direct, and some more light or humorous.

Some tend to be specific, and others more general.

Now I am going to give you a chance at practicing help a friend become committed to doing something positive that contributes to his or her health.

Here is a page for your workbook.

It is a list of ideas to consider

### WHAT TO CONSIDER TO INCREASE MOTIVATION

DO THE "PROS" OUT WEIGH THE "CONS"?

WILL I FEEL BETTER?

IS THERE PRESSURE FROM MY FRIENDS NOT TO CHANGE?

DOES IT FIT IN WITH EXPRESSING MY HIGHER-SELF?

DO I BELIEVE I CAN MAKE THE CHANGE?

A person isn't going to change unless he or she sees an advantage.

A person has to see that he or she will feel better, can stand pressure from friends, or see that the change helps the person express his or her higher-self.

You also need to believe that you can do it, or that you can take a step towards the goal.

You may want to keep these things in mind when you talk to your friend in this role-play.

Exploring these issues may help you get at things that will help or hinder your friend's commitment.

In this role play I will play the friend who is considering change and you are the friend who is helping think it through.

HERE ARE THE GUIDELINES FOR YOUR CHARACTER:

Friend seeking help

You are HIV positive.

You have heard that if you start a regular exercise plan, it would make you feel better physically and emotionally, and that it could help you live longer and healthier life.

But for a long time you believed that nothing you could do would make much difference.

It's hard to get into a new way of thinking.

GIVE INSTRUCTIONS TO THE YOUTH FOR PLAYING THE HELPING FRIEND:

Helping Friend

Your task is to help your friend become more committed to regular exercise.

ALLOW A FEW MINUTES TO ROLE-PLAY AND THEN OBTAIN FEEDBACK.

Very good!

Let's start off with you, the helping friend.

Please tell me how you felt, what one thing you did that you liked and what one thing you would have done differently.

OBTAIN FEEDBACK FROM THE HELPER.

REFLECT AND REINFORCE.

Let me give you my perspective as the person who was considering changing.

AS YOU DEBRIEF THE ROLE-PLAY, BE REINFORCING AND PRAISE YOUTH'S PERFORMANCE. ROOM FOR IMPROVEMENT SHOULD BE CONSTRUCTIVE.

TELL YOUTH HOW YOU FELT DURING THE ROLE –PLAY,

ONE THING YOU LIKED HE/SHE DID AS THE HELPER,

ONE THING YOU MIGHT HAVE DONE DIFFERENTLY AS THE HELPING FRIEND

Now let's try another situation.

GIVE NEW INSTRUCTIONS AS FOLLOWS:

FACILITATOR INSTRUCTIONS:

Friend seeking help

You are trying to decide whether to keep appointments with your doctor.

If you keep the appointments, you will need to decide if you are going to be more active by asking questions and providing information to the doctor and his staff.

So far you have not kept most of your appointments.

You wonder if getting help from the doctor is worth it.

You are HIV+ and your doctor seems like an OK person.

YOUTH INSTRUCTIONS:

Helping friend:

Your task as the helping friend is to increase my commitment to becoming more active in my health care by attending appointments and asking the doctor questions and sharing personal information with the doctor.

ALLOW A FEW MINUTES FOR THE ROLE-PLAY.

PROCESS THE ROLE-PLAY.

Great!

Tell me how you felt, what one thing you did that you liked and what one thing you would have done differently.

OBTAIN FEEDBACK FROM THE HELPER.

REFLECT AND REINFORCE.

Let me give you my perspective as the person who was considering changing.

AS YOU DEBRIEF THE ROLE-PLAY, BE REINFORCING AND PRAISE YOUTH'S PERFORMANCE. ROOM FOR IMPROVEMENT SHOULD BE CONSTRUCTIVE.

TELL YOUTH HOW YOU FELT DURING THE ROLE -PLAY,

ONE THING YOU LIKED HE/SHE DID AS THE HELPER,

ONE THING YOU MIGHT HAVE DONE DIFFERENTLY AS THE HELPING FRIEND

I think what you say to a friend is based on what you think would help the person your talking to, given what you know about his/her personality and what he/she has done in the past.

It's really important to tailor your message to the person you're talking to.

So, knowing how you are, let's say you were having trouble making a commitment to exercise or becoming more active in your health care.

What could a helping friend say to you to encourage a commitment?

GET FEEDBACK FROM YOUTH.

DISCUSS WHAT HELPS THE YOUTH GET MOTIVATED.

DISCUSS PREVIOUS EXPERIENCES THE YOUTH HAS HAD GETTING HIM/HERSELF MOTIVATED TO DO SOMETHING DIFFICULT.

Here's another page for your workbook.

On it are some blank lines for you to write down some of the things we just talked about that keep you committed.

**GIVE YOUTH COMMITMENT SHEET AND ASSIST THE YOUTH IN  
FILLING IT OUT.**

I think some of the things you've already accomplished in the time that we have worked together is phenomenal and I hope you find this helpful.

Periodically looking at this may help you to keep up your level of commitment.

Exercise 6: How Can I Unwind from Role-playing?  
(10 minutes)

**[The purpose of this exercise is to begin the process of learning how to use relaxation. A brief relaxation sequence is used.]**

Remember earlier, when we used the Feeling Thermometer to help you become aware of your feelings?

People who are unaware of their feelings and who can't express them tend to have more physical discomfort and health problems in many situations.

It is important to sense tension in your body also.

Body tension is a warning sign that something is going on and allows you to take steps to reduce the tension.

Role-plays like we just did can increase tension; therefore we will take a few minutes to check it out and reduce it.

PAUSE AFTER EACH STATEMENT IN THE FOLLOWING SEQUENCE:

Get yourself in a comfortable position and close your eyes if you can.

Pay close attention to how your body feels as I talk you through this.

Make a fist with your palm down and pull your wrist up toward your upper arm.

Make it really tight. Hold it. Can you feel the tension?

Now let your fist open up and your hand drop.

Let the tension go. Can you feel the difference?

Tense your biceps.

With your arms hanging by your side, pull your upper arm toward your side without touching it.

Pull your biceps really hard while letting your lower arm remain loose.

Hold it. Can you feel the tension?

Now let your biceps go soft.

Feel the difference.

Extend your leg so it is straight and point your toe upward toward your knees.

Point your toes hard and hold them.

Feel the tension.

Now release and let the tension drain away.

Squeeze your knees together until your upper legs feel tense.

Hold it, and now release.

Feel the difference.

Pull in your stomach toward your back.

Hold it, and then let go.

Take a deep breath and then hold it while I count to ten.

Breathe in deeply and hold it.

1...2...3...4...5...6...7...8...9...10

Now let it out slowly and completely.

Good, now shrug your shoulders, then bring your shoulders up until they touch your ears.

Hold it. Now let go.

Feel the difference between tight and relaxed.

Put your head back and try to press it against the back of the chair.

Keep pushing backward.

Now release.

Press your lips together but don't clench your teeth or jaw.

Press your lips tighter. Good.

Open your mouth and let the tension go.

Close your eyes tightly. Squint.

Hold it and now let your eyes feel soft and without tension.

Pull your eyebrows down like you were trying to get them to meet.

Hold them, and now let go.

Raise your eyebrows and wrinkle your forehead.

Keep your forehead wrinkled.

Now loosen up on the muscles in your forehead.

Feel the difference.

Let your whole body go limp.

Your arms dangle at your side.

Your head hangs loosely and your chin falls down to your chest.

Your shoulders droop.

Take a deep breath and let it out slowly.

Take another deep breath and let it out slowly.

Now yawn and stretch.

Open your eyes slowly and look around you.

Being able to feel the difference between tension and being relaxed is the first step toward mastering the art of cooling down.

What sensations did you have?

**ENCOURAGE RESPONSES AND BRIEFLY DISCUSS THEM.**

Exercise 7: What's Next?  
(5 minutes)

**[The purposes of this exercise are to increase self-esteem, to build group cohesion, and to carry over experiences into the youths' lives outside of the workshop.]**

We are at the end of the session.

Between session I would like you to take a step toward staying healthy.

Remember, every goal should be realistic, clear, not too much or too little, and easy to tell if completed.

Your goal should be related to what we did today.

Here are some examples of possible goals:

1. make a list of the pluses and minuses for doing one of the health behaviors you are not doing now.
2. talk to a friend about taking actions to become more healthy.
3. go to an HIV services group and pick up some pamphlets on eating well.

You can pick whatever you want to do, and it doesn't have to come from this list.

Think about what you agree to do.

**ASK YOUTH WHAT HE OR SHE PLANS TO DO.**

**HAVE PARTICIPANTS COMPLETE GOAL LOG FOR SESSION 13.**

At the beginning of the next session we will go over what you did.

As we focus on taking actions to stay healthy it could be easy to lose focus on your substance use goals.

Because substance use can sabotage progress on all other goals, it's important that you don't lose focus on that as we work on other topics.

So please don't forget to keep your Calendars, Reports, and Schedules going.

At the end of the four remaining sessions in this workshop, we will review one of the tools you have learned for managing drug and alcohol use.

To close, I would like you to share the biggest thing you got from today's session.

**HAVE THE YOUTH EXPRESS BENEFIT.**

**SHOW APPRECIATION TO YOUTH FOR PARTICIPATION AND  
ACKNOWLEDGE ONE POSITIVE THING THAT YOUTH DID IN SESSION.**

I have really enjoyed working with you today and look forward to next time.

We will meet again on \_\_\_\_\_ (day and date) at \_\_\_\_\_ (time and number).

**THE END OF SESSION 13**