

## INSIGHT GROUP OUTLINE

1. Getting to Know You
  - \*Introductions
  - \*Rules of Group
  - \*Participant Attitudes Questionnaire
2. Risk Chart for Alcohol Use and Other Drug
  - \*Stages of Experimentation and Use
  - \*Path of addiction
3. Consequences and negative impact of ATOD use
  - \*Personal stories/family history
  - \*Issues with the law
  - \*Physical and mental affects on body
4. Personal Impact of alcohol/drug use
  - \*Family
  - \*Friends
  - \*School
  - \*Community
5. Dangers of Specific Substances
  - \*Alcohol
  - \*Marijuana
  - \*Prescription drugs
  - \*Heroin
6. Changing Attitudes and Behaviors
  - \*Identifying triggers – why you use
  - \*Alternative choices/behaviors
  - \*What would need to change?
7. Making a Plan
  - \*Interest in changing
  - \*How to accomplish
  - \*Treatment/resources available
8. New Beginnings
  - \*Positive supports