Smashed 'n Stoned?
Welcome!

Congratulations. You have taken the first step to look at your alcohol and drug use. This takes a lot of courage! Some of you may be here because you have been asked to attend and are concerned about what will happen...
Introducing the ‘Smashed ’n Stoned?’ Programme

This programme is not about anyone telling you what to do about your alcohol or drug use. It does however:

• Provide a safe place for you to examine your alcohol and drug use.

• Provide a non-judgmental, supportive environment where you can examine the effects (good and not so good) of alcohol or drugs on your life.

• Provide an opportunity for you to decide whether you want to make any changes.

• Provide a structure so you can set goals and develop and put into action your own plan to reduce harm or risk related to alcohol and drug use.

This programme gives YOU the control to make decisions for your health and wellbeing. Its focus is on whaiora – the pursuit of life, safety and good health! The books are yours and you can write in them as we go.

Welcome to the programme
Smashed 'n Stoned? Session One
Establishing Safety

The first step is to establish safety in the group

Brainstorm as a group and write down on a big piece of paper the ground rules that will make this group cool and safe.

Remember:

• Confidentiality is an important issue.

• You need to clarify with your group leader any limitations around confidentiality and what the process will be if an issue needs to be discussed with another adult.

• You will be writing personal information in your booklets that you might not want anyone to see. You need to discuss as a group how to keep your books safe.

It is also important to identify your supports

Sometimes a programme like this can bring up some hard stuff. It is important that you take time to think about who you can talk to if this happens. For example, a support person, a family/whànau member, a teacher, social worker or an older friend. Take a couple of minutes to come up with at least one name of someone you can talk to if you are finding things difficult. Write the name down. The person leading this group and the other members will also be people who will support you.

Print your support person’s name here:
1.0 330ml can of beer @ 4% alcohol

1.3 330ml bottle of RTD spirits @ 5% alcohol

1.5 750ml bottle of wine @ 14% alcohol

3.0 3 litre cask of wine @ 12.5% alcohol

13 700ml bottle of spirits @ 23% alcohol

15 330ml can of RTD spirits @ 8% alcohol

40 1125ml bottle of spirits @ 45% alcohol

440ml can of beer @ 4.2% alcohol

500ml bottle of spirits @ 37.5% alcohol

1125ml bottle of spirits @ 45% alcohol

8.3 330ml can of RTD spirits @ 8% alcohol

45 1125ml bottle of spirits @ 45% alcohol

37.5% alcohol

30 500ml bottle of spirits @ 37.5% alcohol

Approx.
Standard Drinks

Understanding Standard Drinks is important for the next exercise. The Standard Drink measure is a simple way to work out how much alcohol you are drinking. All bottles of wine, beer and spirits, and all cans or casks now have a Standard Drinks content on the label – so you can easily tell how many Standard Drinks there are in what you are drinking.

The illustration on page 4 is only a guide. Always check the label for yourself.

He hōhonu te puku engari he paku rawa te ringaringa

The hand is shallow but the stomach is deep.

It is important for you to know how much alcohol is going into your stomach.
Timeline

Record your alcohol and drug use over the last fortnight

Take a few minutes to think about how much alcohol you drank or drugs you used over the last fortnight and record this in the graph below. Try and be as accurate as you can.

- Record the number of Standard Drinks in each day.
- Record drugs and the amount by a code that you will remember, for example, 3S for three sessions of marijuana.
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Reflection on timeline

Points to discuss as a group

• How typical of your drinking is this fortnight?
Place yourself on this timeline: 1 is lots less than a normal fortnight. 5 is lots more than a normal fortnight.

1 ——— 2 ——— 3 ——— 4 ——— 5

• What were your thoughts doing this timeline exercise?

• If you were to repeat this exercise in another six months — what would you like it to look like?

• What would it have looked like six months ago?

• At this stage would you like your group leader to give you any information about alcohol or drugs?

• How do you look after yourself in relation to your alcohol or drug use?
Weighing decisions

You might want to have a think about how your drinking and drug use is impacting on your wellbeing. The decision to change or not to change is yours.

This programme wants you to make the decisions for yourself!
Weighing decisions continued...

This means looking at the ups and downs of what you are doing.

• There will be good things about your alcohol or drug use.

• And there may be some not so good things.

Work as a group to come up with all the good things about your alcohol and drug use.

• Write these down on a big piece of paper.

• After the group has come up with as many good things as you can think of, write down in your book the things that are most important for you.
Work as a group to come up with all the not so good things about your alcohol and drug use.

• Write these down on another big piece of paper.

• Write down in your book the not so good things that are most important for you.
Te Whare Tapa Wha
Concept of Health

Te Taha Whānau
(Family wellbeing)

Te Taha Wairua
(Spiritual wellbeing)

Te Taha Hinengaro
(Emotional/Mental wellbeing)

Te Taha Tinana
(Physical wellbeing)
Alcohol and drugs can be fun, but sometimes they can impact on things that are important. Te Whare Tapa Wha provides a way that we can look at each area of our life and check on this impact. The four areas of wellbeing in Te Whare Tapa Wha are: Te Taha Whānau (family wellbeing), Te Taha Tinana (physical wellbeing), Te Taha Wairua (spiritual wellbeing), Te Taha Hinengaro (emotional, mental wellbeing).

Look at the not so good things that you have recorded on the big piece of paper or in your books and see which part of Te Whare they may fit. Write these things into the appropriate place.

- Are there any surprises?
- Are there any things you want to change?
Reflection on good things and not so good things

**Discussion points**

- What are your thoughts about the good things and not so good things about your alcohol or drug use?
- What are your thoughts about Te Whare Tapa Wha? Do you have any concerns about any of these areas of your life?
- Write down something you have discovered today that you want to think about and bring back to the group next week.
Drinking/drug use log

Please fill in this log during the week to keep a record of your alcohol or drug use. Use codes so that this will be safe. This information is for you to gain a greater awareness of your drinking or drug use and a more accurate record than was possible from the timeline — it is not to be collected or given to anyone else.
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This is the end of the first Smashed 'n Stoned? session. You have earned the first part of your Certificate of Achievement for Guided Self-Change (the skill of weighing decisions).

- What was most helpful for you today?
- What was least helpful?
- What was one thing that you learnt?
- How will you use your new learning?
THIS IS TO CERTIFY THAT

Has completed Session 1 of the
Smashed ’n Stoned? Programme

Date
Signed By
Smashed 'n Stoned?

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Smashed 'n Stoned?
Congratulations

Congratulations on completing Session One.
Welcome back to the group

This session you are going to set your first goal, but first let's review the last session.

Last session you:

• Recorded your drinking or drug use on a timeline.
• Looked at the ‘good things’ and ‘not so good things’ about your alcohol or drug use.
• Looked at the Te Whare Tapa Wha model of wellbeing.
• Came up with reasons you might want to change your alcohol or drug use.
Welcome back to the group continued...

Discussion points

• What stood out for you from last week?

• What was most useful for you?

• What was least useful?

• Have any issues come up for you from last week that would be good to talk about?
Logs

Discussion points

• How did you go filling in your log?
• What were the surprises?
• If you didn’t fill it in, what got in the way?
Setting your goal

Now we are going to look at setting your first goal. Setting a goal means that you will decide to change one behaviour for the next week. It is important to think of something that is:

- Realistic – you can do it for one week.
- Meaningful to you.
- Will impact positively on your physical, emotional, spiritual or family wellbeing.

On the next two pages there are some goal statements. Choose one of these to fill in your goal for the week. Talk to others in the group to help you decide on a realistic goal. It is okay if your goal does not focus on changing your alcohol or drug use at this stage as long as it is about reducing risks or taking better care of yourself. It is important that you come up with your own goal. Remember, this programme is about you taking control and making your own decisions.
### Goal statement

#### Drinking

**To cut down – if so:**
- How many days per week?
- How many drinks per day?
- Where?
- Who with?
- Is that safe?

**To stop:**
- Is this achievable?
- When and what do I stay away from?

#### Drug use

**To cut down – if so:**
- How many days per week?
- How much per day?
- Where?
- Who with?
- Is that safe?

**To stop:**
- Is this achievable?
- When and what do I stay away from?
**Goal statement**

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<td><strong>Does my goal make me safer or reduce harm to me or others?</strong></td>
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How important is it for you to achieve your goal?

Picture yourself in six months’ time if you achieved this goal:

• What will be different for you?

Picture yourself in five years’ time:

• What will be happening in your life if you don’t make any changes?
• What will be happening in your life if you do make changes?
• What do you want to be doing in five years’ time?

Place yourself on this line

0—your goal is not important at all. 10—your goal is really important. Where do you fit?

0—2—4—6—8—10

If your goal isn’t very important, are you sure it’s a good one? You may need to take time to think of another goal.

Whakatauki.
Whaia i tòu ake taumata.
Seek to fulfil your own aspirations.
How confident are you?

Remember a time in your life when you felt really confident about something.

**Discussion point**

- What strengths did you draw on?

Remember a time that you didn’t feel confident but did something difficult anyway.

**Discussion points**

- What did it feel like to overcome your fear?
- What was it like to achieve what you did?

**Place yourself on this line**

0–is not at all confident. 10–is really confident.

Where do you fit?

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Cementing your goal

Who will help you achieve your goal?

- Identify those people who will support you and write down their names.

What will be the things that will get in the way?

- Identify three things that may get in the way and write them down.

What are the things that will help you?

- Identify three things that will help you and write them down.

Important:

Be not afraid of growing slowly, be afraid only of standing still. (Chinese proverb)
Change is like climbing a hill

You can slip back – this is often part of the process of change.

But you can learn from the slips.
Drinking/drug use log

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Wrap-up

This is the end of the second Smashed 'n Stoned? session. You have earned the second part of your Certificate of Achievement for Guided Self-Change (the skill of goal setting).

• What was most helpful for you today?
• What was least helpful?
• What was one thing that you learnt?
• How are you going to use your new learning?
THIS IS TO CERTIFY THAT

Has completed Session 2 of the
Smashed ’n Stoned? Programme

Date
Signed By
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Smashed 'n Stoned?
Congratulations

Congratulations on completing Session Two.
Welcome back

This session you are going to look at things that trigger you to take risks in drinking or drug using situations, and at the immediate and delayed consequences of your alcohol or drug use. But first we need to review what happened in our last session.

**Review**

Last session you:

- Set a goal.
- Determined how important that goal is to you.
- Determined how confident you are about achieving your goal.
- Identified your strengths and supports.
- Discussed the process of change.

**Discussion points**

- What stood out for you from last week?
- What was most useful for you?
- What was least useful?

**Your goal**

- How did it go?
- What went well?
- What didn’t?
- Is this goal still realistic for you?

Have any issues come up for you from last week that it would be good to talk about?
Logs

Discussion points

• How did you go filling in your log?
• What were the surprises?
• If you didn’t fill it in, what got in the way?
Triggers

This session we are going to identify the things that trigger you to take risks with your alcohol or drug use or trigger you to use alcohol or drugs when you had planned not to. It is important that we understand what our triggers are, because if we don’t it is difficult to keep to our goals.

Some examples of triggers are:

- When you are feeling lonely.
- When you are upset.
- When you don’t take time to think things through.
- When someone offers you something out of the blue.
- When you don’t want to be left out.
- When you are stressed-out.
- When you are tired.
What are your triggers?

Brainstorm as a group as many triggers as you can think of. Write these down on a big piece of paper. Write your main ones in the space in your book.

Whakatauki
Kia hiwa ra, kia hiwa ra.
Be alert, be aware.
Drinking/drug using situation

Think back to the last time you got into difficulty or got trashed. Take some time to answer the following questions. It may be helpful to discuss some examples in the group before you write down your situation and trigger(s).

• What was the situation?

What was the situation?

• What was the trigger in this situation?

What was the trigger(s) in this situation?
Discussion points

• If you think of another situation, is the trigger the same?

• Before doing this exercise were you aware that certain things (triggers) make you more at risk to do things that you wouldn’t normally do?

• Go back to your ‘situation’ and ‘trigger’ and think of what you could have done instead.
What were the immediate consequences?

When you got trashed it is likely that in the short term you felt better. So these things will probably be ‘good things’. Brainstorm as a group all the immediate consequences you can think of. This could include a good buzz, feeling more confident, having a good time, forgetting problems etc.

• Record in your book the ones that are most true for you.
Delayed consequences

Sometimes for some people some of the delayed consequences may be 'not so good things'. Brainstorm as a group all the delayed consequences you can think of. This might include getting into trouble, vomiting, getting with someone you regret, fighting, embarrassing yourself etc.

• Record in your book the ones that are most true for you.
Reflection on immediate and delayed consequences

Discussion points

• What are your thoughts about the immediate consequences (‘good things’)?

• What are your thoughts about the delayed consequences (‘not so good things’)?

• How do these immediate and delayed consequences impact on Te Whare Tapa Wha areas of your life (mental and emotional, physical, spiritual, family)? This may include ‘good’ and ‘not so good’ things.
In relation to your goal

• Is there anything about your goal that you want to change as a result of what we have looked at today?
• What is it?
• Give three reasons why you want to change your goal.

Spend some time as a group discussing any changes in goals.

• Is your new goal achievable?
• Does your new goal make you safer or reduce harm to yourself or others?
• How important is it for you to achieve your new goal?
Reflection on immediate and delayed consequences continued...

If you are going to stick with your original goal

• How does your new understanding of triggers impact on your goal?

• How does your new understanding of immediate and delayed consequences impact on your goal?

• What will you do differently because of your understanding of how these things work for you?
Drinking/drug use log

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Wrap-up

This is the end of the third Smashed 'n Stoned? session. You have earned the third part of your Certificate of Achievement for Guided Self-Change (the skill of learning about triggers and consequences).

- What was most helpful for you today?
- What was least helpful?
- What was one thing that you learnt?
- How will you use your new learning?
Has completed Session 3 of the Smashed ’n Stoned? Programme
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Smashed ’n Stoned?
Congratulations

Congratulations on completing Session Three.
Welcome back

This session we are going to look at options and develop an action plan. But first we need to review what happened in our last session.

Review

Last session you:

- Looked at your triggers in drinking or drug use situations.
- Looked at the immediate consequences of drinking or drug use situations.
- Looked at the delayed consequences of drinking or drug use situations.
- Reassessed your goal in relation to triggers and consequences.

We want to take a moment to reflect on last week before moving on

- What stood out for you from last week?
- What was most useful for you?
- What was least useful?

Your goal

- How did it go?
- What went well?
- What didn't?
- Is this goal still realistic for you?

Have any issues come up for you from last week that it would be good to talk about?
Logs

Discussion points

• How did you go filling in your log?
• What were the surprises?
• If you didn’t fill it in, what got in the way?
Choosing options

There are always several options that we can choose but sometimes it feels like we have only one option. Choosing options around alcohol and drugs can be really difficult especially when we want to be doing the same things as our friends or even our family.

This programme gives you the opportunity to explore different options and to choose options that will help you to grow in Te Whare Tapa Wha areas of your life (family wellbeing, spiritual wellbeing, physical wellbeing, mental and emotional wellbeing).

The first step is to start thinking about a situation where there is alcohol or drugs and to think of as many options as possible in this situation. Let’s think about a big drinking or drug taking event planned for Friday or Saturday night as an example.

• Brainstorm as a group all the options you can think of for this time.
• Write these options on a big piece of paper.
Options

Now as a group select three options that will reduce harm to yourself or others.

Discussion points

• Are any of these options realistic for you?
• Are some options easier than others?
• What would be difficult about choosing one of these options?
• Are any of these options worth it?
• What are the immediate and delayed consequences of these options?
• What are the immediate and delayed consequences if you don’t choose an option?
• What are the ‘good things’ and ‘not so good things’ about choosing an option?
Your chosen option

Now it is your turn to choose a couple of options for yourself. Think of a situation where you will find it hard to make healthy choices on a Friday or Saturday night.

Options might include eating before going out, setting a limit on how much you'll drink, not drinking or using drugs, or anything else that will contribute to your wellbeing in Te Whare Tapa Wha areas of your life.
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<th>What are your options?</th>
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What do you like about this option?

What are the ‘good things’ about this option?

What are the ‘not so good things’ about this option?

What are the things that might trip you up (triggers)?
Favourite option

What is your favourite option?

Choose the one you feel best about and write it in the space provided.

• My option is...

• I chose this option because...

My option is...

I chose this option because...
Action plan

Now you can work out an ‘action plan’ that will help you achieve your option.

Write down your:

- Risky situation...
- Favourite option...

Risky situation...

Favourite option...
Now think about how you are going to achieve your favourite option.

Example:

If your option is to limit how much you drink at Friday's party to four Standard Drinks, what are you going to do to achieve this? It may include eating before going out, drinking from a glass rather than the bottle or drinking non-alcoholic drinks between alcoholic ones.

• My plan...

My plan...
Action plan continued...

Now think about what you are going to do if something unexpected happens.

Example:

If you plan to limit your drinks and you have a fight with your friend and feel like getting trashed, what will you do?

Write your backup plan in the space provided.

Now as a group take turns to share your action plan with the group.
Taru ana i taku ate, ka oti

(Whakatauki)
It will be done.
Remember

Change is like climbing a hill.

You can slip back – this is often part of the process of change. But you can learn from the slips.
Congratulations on completing Smashed 'n Stoned? You have learnt lots about yourself and skills to make healthy decisions now and into the future.

- What in this programme was most helpful for you?
- What was least helpful?
- What was one thing that you learnt?
- What are you going to do differently as a result of being part of this group?

This is the end of the fourth and final Smashed 'n Stoned? session. You have earned the fourth part of your Certificate of Achievement for Guided Self-Change (the skill of choosing options and creating an action plan). You have also earned your Certificate of Completion.
THIS IS TO CERTIFY THAT

Has completed Session 4 of the Smashed ’n Stoned? Programme

Date

Signed By
Smashed ’n Stoned? is a New Zealand adolescent small group counselling intervention adapted from the adult Guided Self-Change programme developed by Linda Sobell, Toronto, Canada. It is designed for 13 to 18-year-olds whose alcohol or drug use puts them at risk. It is recommended for groups of three to six young people working with a trained counsellor. This programme is not suitable for use as a whole class activity or for use with larger groups of young people.

Smashed ’n Stoned? is revised from an earlier ALAC publication, Smashed or Stoned, written by Sue Blyth who has also contributed to the development of this resource.