

Substance Misuse Interventions

Name:	
Client ID:	

1:1 Sessions on:

Initial Assessment	
Alcohol	
Benzo's	
Cannabis	
Crack Cocaine	
Powered Cocaine	
Heroin	
Methadone	
Hooch	
NPS	
Ecstasy	
Stop Smoking	
Who am I	
Building Family Ties	
Stop Supplying	
Coping with Triggers	
Relapse Prevention	
Rehab	
Self-Harm	
Introduction to the twelve Steps	
Continuing 12 steps after Treatment	
Low Mood/Depression	
Stress and Anxiety Management	
Anger Management	

Anxieties/fear Management	
Relaxation Techniques	
Mindfulness Exercises	
Eating Disorders	
Healthy Eating	
Sleep Problems	
Exercise	

Brief Intervention:

1	Initial Assessment/Using	
2	Consequences of using	
3	Goals	
4	Treatment Options through 12 Steps	
5	Cognitive Behaviour Therapy (CBT)	
6	Relapse Prevention	

Group Workshops on:

Alcohol	
Cannabis	
NPS (SPICE)	
Drug Awareness	
Stop Smoking	
Stress and Anxiety Management	
Dual Diagnoses	

Acupuncture	
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