

TIME FOR A CHANGE

WORKBOOK 4

Going home



Odyssey House
in pursuit of wellbeing



ODYSSEY
changing lives

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Welcome

Congratulations on staying with Odyssey. Whether you stayed for a long time or a short time you will have learnt many useful things.

Also, by giving your body a break from alcohol and drugs it will have had some time to repair itself and become healthier.

This workbook will help you to think about what you learnt during your stay and how you can continue to make changes when you return home.

It is all about you being in control of your own life.

Remember, you don't have to do it alone. Change is possible, especially when you have the right support around you.

You can work through this workbook by yourself or with others. You may want to work on it with a supportive friend or with your drug and alcohol key worker.

What has changed?

We often hear that going home can feel strange. Things can look the same, but can feel completely different at the same time.

You might notice that the pubs, casinos, liquor outlets and tinnie houses are still open for business, sometimes with flashing lights and people looking like they are having fun. What would you do if you had some money in your pocket, or saw someone who you used to take drugs or drink alcohol with?

You will have to do things differently to stay on track. If you do things the same way as before you stayed with us, it's likely things are going to seem the same as they did before.

Take some time now to reflect on your stay with Odyssey and figure out what you learnt. This will help you continue to make positive changes.



What did I learn during my stay with Odyssey?

New skills:

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New ideas:

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I discovered I had these qualities and talents:

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These beliefs changed:

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What did I do when I was staying with Odyssey that I will keep doing?

Things I want to keep doing:

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People who could help me with this:

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Things that could prevent me from doing this:

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What I can do to stay on track:

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How is my life different now?

Things that are now important to me:

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My new goals:

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My new (or re-found) supportive friends:

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My new interests:

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What do I still want to work on?

I want to work on:

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I can make these changes by:

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People who could help me:

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My values

Values are the things that are important to us in our lives.

These could be things like: being honest; caring for others; and being responsible for yourself.

Odyssey has ‘five pillars’, which are our values.

How important are these to you?



Odyssey's pillars / values	Not important	Somewhat important	Important	Very important	Extremely important
Love	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Concern	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Honesty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Responsibility / Respect	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trust	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



You may have other values too. Have a think about what is important to you and the people around you, and complete the table below.

An important person to me: (write their name here)	Their values: • • •
My friends:	My friends' values: • • •
Values I live by:	These are the values that I actually live by: • • •
Values I want to live by:	These are the values that I want to live by: • • •

MY PLAN

Where to from here?

Staying focused on what you want will help you stay on track.

Picture riding a motorbike around a muddy course. If it follows the same path, it will start to form grooves in the ground, or ruts. The more that it goes around the same path, the deeper the ruts get. It's like that in our lives. The more we do something, the deeper and more ingrained these patterns become in our lives.

Here are some good techniques that can help us from falling back into our old patterns, or ruts:

- Having a plan
- Staying focused on what we want for the future
- Getting support with our plan
- Monitoring ourselves, and asking supportive people to keep an eye on us, so we can quickly spot when we are starting to go off track.



Living environment

Living in a safe and supportive place is really important to help you stay on track.

Does my current living situation need changing?

List the pros (good things)

List the cons (not so good things)

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You may need to think about finding another place to live, if:

- There are more not so good things than good things
- The people you are living with are using
- Your living situation feels unsafe.

What do you need to change?

Steps to take to make a change:

Support needed to take this step:

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Daily timetable

Remember how you kept a timetable when you were living at Odyssey? Keeping a timetable is really helpful to stay on track. Try to include activities that you love to do, and make sure you do one self-care activity per day. Try to go to bed and get up at the same time every day.

Sun																
Sat																
Fri																
Thu																
Wed																
Tue																
Mon																
Time																

Money

Money can help us do things, but it can be tempting to spend it all in one go.

Being in control of your money is a great skill to have.

There are some good budgeting services that can help you with this and your Odyssey key worker can help you get one.

Some tips to help manage your money:

- Try not to get into debt and, if you do, focus on paying it off as quickly as possible, even if you can only make small regular payments. Interest mounts up and something small can become something big very quickly!
- Use automatic payments for the essentials, like rent and power, so that the money goes out before you see it.
- Buy your food in bulk for the week ahead.
- Try to keep your money in the bank where you can't see it. Having money in your pocket can be a huge trigger.
- If you don't trust yourself with any of the above, think about giving someone else (e.g. a parent, trusted friend, or family member) control over or authority to operate your finances.

A monthly budget

MONTH:		
INCOME	BUDGET	ACTUAL
Salary	\$	\$
Partner's salary	\$	\$
WINZ assistance	\$	\$
Other income	\$	\$
TOTAL INCOME	\$	\$
EXPENSES	BUDGET	ACTUAL
Living/housing	\$	\$
Rent	\$	\$
Power	\$	\$
Rates	\$	\$
Gas/heating	\$	\$
Telephone (landline)	\$	\$
Pay TV	\$	\$
Weekly groceries	\$	\$
Internet	\$	\$
Other (e.g. water, contents, insurance)	\$	\$

EXPENSES	BUDGET	ACTUAL
Regular payments	\$	\$
Student loan	\$	\$
Credit cards	\$	\$
Other loan payments	\$	\$
Health insurance	\$	\$
Benefit repayments	\$	\$
Life insurance	\$	\$
Bank fees	\$	\$
Mobile phone	\$	\$
Take out food	\$	\$
Energy drinks (or similar)	\$	\$
Personal expenses		
Personal care	\$	\$
Clothing/shoes	\$	\$
Health care (e.g. doctor, dentist, scripts)	\$	\$
Alcohol	\$	\$
Tobacco	\$	\$
Recreation	\$	\$

A monthly budget

EXPENSES	BUDGET	ACTUAL
Transportation	\$	\$
Petrol	\$	\$
Car maintenance	\$	\$
Car insurance	\$	\$
Bus/train fares	\$	\$
Miscellaneous		
	\$	\$
	\$	\$
	\$	\$
	\$	\$
	\$	\$
	\$	\$
	\$	\$
	\$	\$
TOTAL EXPENSES	\$	\$
TOTAL INCOME MINUS TOTAL EXPENSES	\$	\$

Education and/or work

What did I learn at Odyssey?

.....

.....

	Yes	No
Do I want to take that further?	<input type="radio"/>	<input type="radio"/>

What options are available to me? (e.g. school, polytech):

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Where can I get help or more information?

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Some other things to think about:

- If you are going to get a job, try to find a work environment that is not going to tempt you. Avoid jobs at bars if you have had trouble with alcohol before. Is there a culture of drinking or using drugs at your workplace?
- There are some services that help young people to find jobs. Speak to your key worker about services in your area that can do this
- Keep an up to date CV with references and referees
- Look for courses that will help to prepare you for work
- Practice job interviews with friends or family.

Support systems

It helps to have supportive people around you because it is extremely hard to do everything by yourself.

Write the names of supportive people below. Try to identify people who don't use drugs or alcohol, or who can at least support you not to.

Family:

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Friends:

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Support people and organisations:

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Health and wellbeing

Staying healthy (e.g. eating healthy food and keeping active) feels good. Take note of how you are feeling and make sure you have support for any mental or physical health issues. It's also important to take care of your teeth and visit a dentist each year.

This is how I notice when I am healthy:

.....

.....

This is how I notice when I am not healthy:

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Things I need to change to get healthier:

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Places or people that can help me get healthier or stay healthy:

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Exercise

Build regular exercise into your daily routines. Think about taking a bike instead of driving, or using the stairs instead of taking the lift. Try to reconnect with sporting activities, and even join a club.

My current exercise routines:

Other things I can do:

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Nutrition

Eating healthy food helps our physical health and makes us feel good. Try to drink lots of water and avoid eating junk food, high-sugar drinks or processed foods, except as an occasional treat, especially if you are not feeling good emotionally.

Healthy meals that I enjoy and know how to prepare:

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Healthy meals that I would like to learn how to make:

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Foods that I am going to avoid or cut back on:

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Dealing with extreme emotions

Feeling extreme emotions is really common, and we all learn ways we can handle our feelings. Here are some tips to manage your feelings:

- Notice and replace unhelpful thoughts
- Practice accepting and allowing uncomfortable emotions (e.g. boredom, anger, anxiety)
- Recognise the voice of addiction
- Surf cravings. Most cravings last for five minutes. Remember the four Ds - distract, delay, deep breath, drink water.

Check out the relaxation exercise on the next page.

Try to keep track of some of your common thought traps, by filling in the sections below.

Unhelpful thoughts / beliefs:

E.g. 'This is hopeless - I can't handle this'

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Helpful thoughts:

'I've come through plenty of these situations'

Try this to help you relax

Sometimes it is hard to relax. See if this technique works for you:

1. Get into a comfortable position and slow your breathing down.
2. Clench your hands into a fist.
3. Hold the fist for a few seconds and feel the warm tension. Then let it go and feel your hand muscles relax.
4. The next steps are to tense other muscles. Hold the tension in each muscle for a few seconds and then let go:
 - . Forearms
 - . Biceps
 - . Shoulders and neck
 - . Abdominal muscles
 - . Butt muscles
 - . Thighs
 - . Calves
 - . Feet
 - . Face
5. As you let go of the tension in your face, let your whole body feel relaxed. Try to close your eyes and picture your face smoothing out as it becomes more and more relaxed.

Ask your Odyssey key worker if you would like more of these relaxation strategies. They can show you some pre-recorded relaxation exercises.

Recognising and responding to the addictive voice in my head

Voice of Addiction:

E.g. 'C'mon, just one drink won't do any harm'

My response

'Yeah right! I've never stopped at just one'

Creativity and spirituality

Learn to make space for your creative and spiritual side, whatever that means to you. Find your creativity. It could be meditating, reading, painting, reflecting, drawing, dancing, writing, or singing.

Places where I feel peaceful:

E.g. the beach, garden, the bush.

Activities that bring me peace, or help me to be creative:

[illegible]

DRUGS, ALCOHOL, AND ME

What do I want my life to be like?

The pages that you have just completed were about your wellbeing.

Now it's time to figure out what you need to do so drugs and alcohol don't interfere with your plans.

Have a go at filling in the sections below. Remember, you can do this together with a supportive person.

What do I want my life to be like?

Hint: Try to write a couple of sentences that describe what you want your life to be like. Some of the sections in your plan (pages 10-25) might have given you some ideas for this.

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What actions am I taking to get there?

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This is what I want for my drug and alcohol use:

My soft limits:

Hint: Think of these as your early warning signs, when you might be thinking 'I should stop now.'

My hard limits:

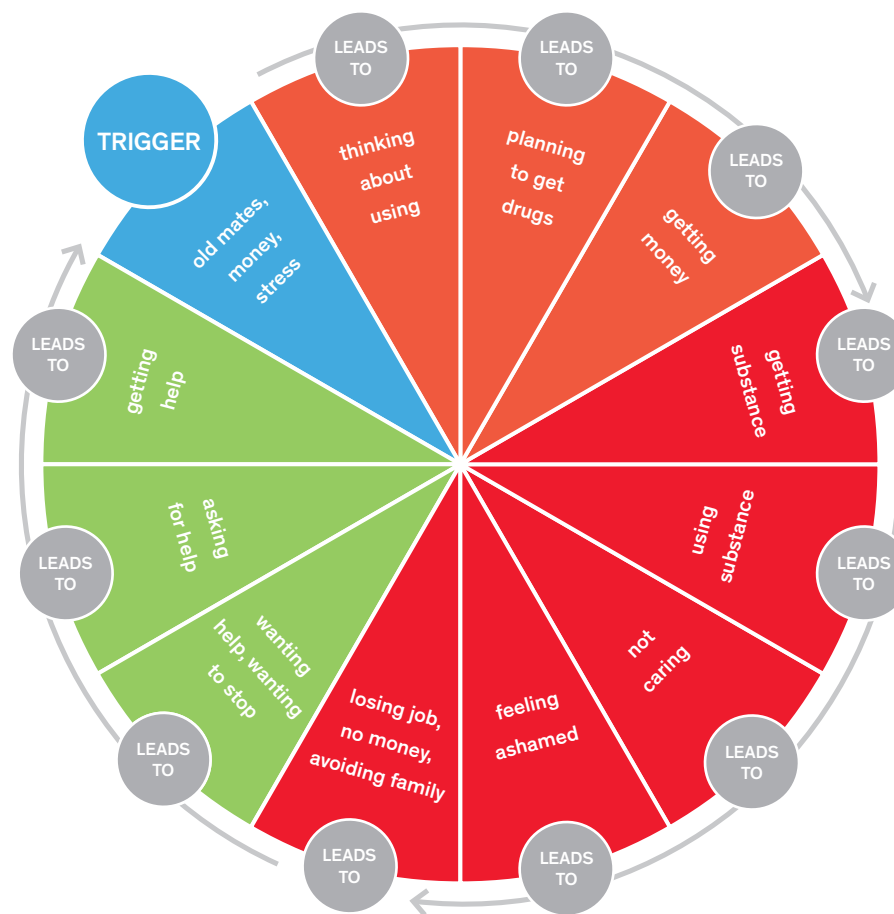
Hint: Think of these as your absolute limit, when you might be thinking 'I never want to get here.'

Things I can do to destress or relax without using alcohol and drugs:

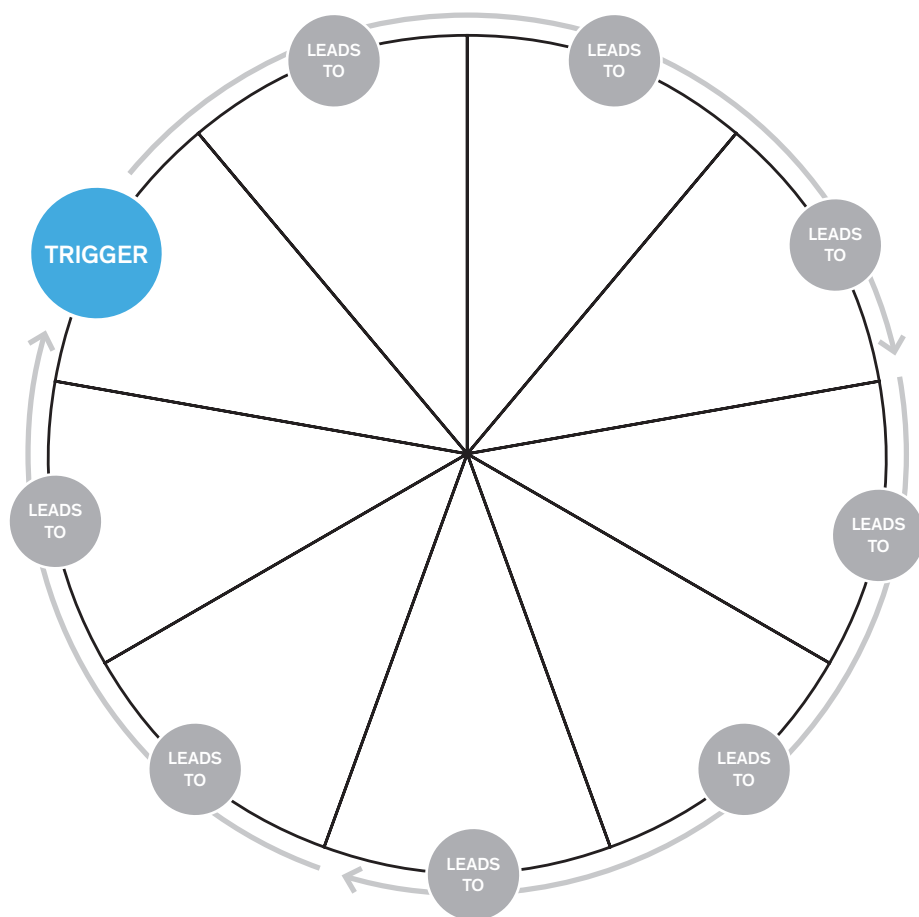
Things I can do to celebrate my successes without using alcohol and drugs:

The addiction cycle

Falling back into old patterns can feel like it happens suddenly, but in reality, it tends to creep up on us. Have a look at the example below, and have a go at writing your own addiction cycle on the blank wheel on page 30. You might want to ask for support from a drug and alcohol practitioner for this.



My addiction cycle:



Strategies to stay on track

Identifying my triggers

You might remember learning about your triggers during your stay at Odyssey. Triggers are things that happen – or are around us – that make us feel very tempted to use drugs and alcohol e.g. being angry; or walking past the place you used to smoke; or being around people you used to smoke with.

List all the triggers you can think of here (and copy the most important ones onto your quick reference plan on the inside back cover of this workbook):

Minimising my triggers

There are things you can do to avoid these triggers, and stay on track.

Look at the triggers you have listed, and have a go at filling in the sections below to come up with strategies that could work for you.

Copy the most important ones onto your quick reference plan.

Strategies to completely avoid my triggers:

E.g. leaving the house when people are using drugs, or not going to a party where people are drinking.

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Strategies to shrink my triggers:

Sometimes we can't completely avoid our triggers, but we might be able to shrink them.

E.g. eating peanuts when I feel cravings.

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Identifying my high risk situations

There are times when you would need superhuman strength to avoid using drugs or alcohol. The best thing is to avoid these situations as much as possible.

List all the high risk situations you can think of here (and copy the most important ones onto your quick reference plan on the inside back cover of this workbook):

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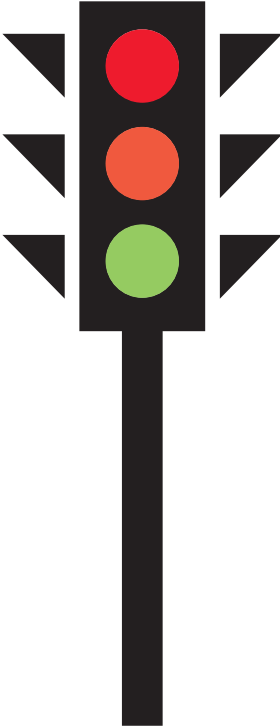
.....

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Planning to socialise

You will still want to socialise and have fun, but try to avoid those high risk situations. For the next little while you need to practice identifying when you are having fun and identifying when things are starting to take a turn for the worse. This will help you to change the way that you hang out with other people so that you can still have fun and stay on track.

Check out the traffic light below. We all know that red means stop, green means go, and orange means slow down and prepare to stop. Fill in the blanks when you are planning to socialise to help you identify your warning signs. You could also show this to a friend, who can help you stay in the 'green light' zone.



Red light	Signs
Signs that things have gone bad: e.g. fighting	<ul style="list-style-type: none">•••
Orange light	Signs
Signs that I need to be careful: e.g. mocking too much	<ul style="list-style-type: none">•••
Green light	Signs
Signs that I am having a good time: e.g. laughing and meeting new people	<ul style="list-style-type: none">•••

Road blocks

Road blocks are things that can stand in your way when you are trying to move forward with your life. Have a go at identifying what your road blocks may be:

Road blocks that prevent me from moving forward:

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How I will get past these road blocks:

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Warning signs

Common warning signs that you may be going off track:

- Feeling stressed or overburdened with responsibilities
- Being dishonest, e.g. lying to others or yourself about your accomplishments, or how you've spent your time or money
- Feeling incapable or feeling down
- Feeling overconfident
- Setting unrealistically high expectations for yourself or others
- Boredom.

What are my warning signs?

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H.A.L.T: When it all feels too much

Sometimes it can all feel too much, or that things are going way off track.

Remember, when this happens, it may not always be the case! The trick is to HALT (stop) and ask yourself these questions:

- Am I Hungry?
- Am I Angry?
- Am I Lonely?
- Am I Tired?

Most of the time, one of these four things may be causing your feelings, and if you can do something about it, you can feel much better.

Top tips to stay on track

1. Remember, you are in charge of your life and staying on track. No-one else can do it for you.
2. You need to do things differently if you want things to change. This means moving out of your comfort zone and trying new strategies or behaviours.
3. Staying on track can be hard. Let yourself feel stink if you need to for a while. Don't avoid it by using old unhealthy behaviours. The pain always passes.
4. Reach out to people. Talk about what is happening with people you can trust. It's a strength to do that – not a weakness.
5. The longer you can keep it up, the easier it gets.
6. Staying on track and in control of your own life is about finding out who you really are. Peel away the negative layers, unhelpful beliefs and unhappy life story to find the good on the inside. It's scary and difficult, but ultimately very rewarding. You won't regret it!

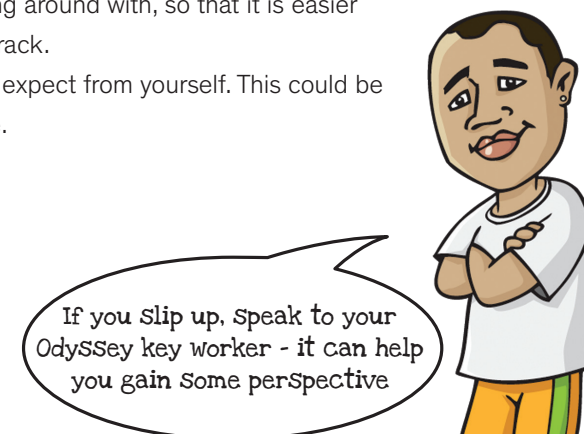


Slipping up

Slip ups do happen and slipping up is really common. Sometimes it can feel like you are back to square one, but it never means that.

When slip ups happen, remember that you can speak to your Odyssey key worker. This can be really helpful to get some perspective. Try the following steps if a slip up happens:

1. **Acknowledge** that it has happened.
2. **Plan** a time to talk with someone about it, once you have had time to let out some of your emotions.
3. When you **talk** to them:
 - Ask them to listen to you without interrupting.
 - Tell them what happened.
 - Tell them what your goals are, and what you want to be working towards.
 - Ask them what they feel after hearing you speak. Listen to what they are saying without interrupting them.
 - Talk about what you could change. Most of the time, this is changing the people you hang around with, so that it is easier for you to stay on track.
 - Agree on what you expect from yourself. This could be the same as before.
4. **Keep busy.**
5. **Keep talking** to your support person.



About the programme providers

Odyssey

(09) 638 4957

odyssey.org.nz

Odyssey offers a range of residential and community-based programmes and services for adults and adolescents. We also help families with children. We can help with a variety of addiction issues, including: drugs; alcohol; gambling; and specialist help for people living with mental health issues alongside their addictions.



Odyssey House Christchurch

(03) 358 2690 ext 719

odysseychch.org.nz

Odyssey House Trust Christchurch provides therapeutic support and education to clients with drug and alcohol addictions. Our mission is to reduce the harm to the individual, family and community by reducing the long term effects of addiction.



Workbook 4: Going home

is the last of four workbooks prepared by Odyssey and Odyssey House Christchurch to support participants in the National Youth Methamphetamine Treatment Programme.

The Time for a Change series of workbooks also includes:

Workbook 1: Preparing for residential treatment

Workbook 2: Home detox

Workbook 3: Supporting your young person (a workbook for families)

This series was made possible through the combined efforts of the following people and groups:

National Advisory Group

Ben Birks Ang, Odyssey and New Zealand Drug Foundation

Rachel Forrester, Odyssey House Christchurch

Andrew Buglass, Odyssey House Christchurch

Rochelle Brett, Odyssey

Kate Doswell, Odyssey

Tangi Noomotu, Mirror HQ

Debbie Christie, Nelson Marlborough DHB Addictions Service

Ashley Koning, Matua Raki

Michelle Fowler, Werry Centre

Jacqui Hampton, CADS Altered High

Useful contacts

Alcohol.org.nz (Health Promotion Agency)

alcohol.org.nz

DrugHelp

drughelp.org.nz

PotHelp

pothelp.org.nz

The Alcohol and Drug Helpline

0800 787 797

Useful resources

Alcohol and Your Health

A series of workbooks by the Health Promotion Agency (these can be found on alcohol.org.nz)

- Concerned about someone's drinking?
- Is your drinking okay?
- Cutting down
- Stopping drinking
- Maintaining the change

PotHelp

A workbook to help you change your cannabis use (order the workbook and DVD at pothelp.org.nz)

MethHelp

Helping you change (order the workbook and DVD at methhelp.org.nz)

P**d off

A guide for people trying to stop using Meth/P/Ice/Speed (download at matuaraki.org.nz)

My quick reference plan

Remember, staying on track is all about you being in control. Use the knowledge and skills that you have learnt during your stay to complete your own plan so you can stay on track.

My triggers:

Helpful strategies:

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.....

.....

.....

High risk situations for me:

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.....

.....

My safety plan:

If

.....

(note something bad that could happen)

I will

(note what you will do)

.....

I will contact for their support

Their contact details:

.....

Certificate of Achievement

WELL DONE!

You have made some great changes.

I am most proud of these changes:

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.....

.....

Signed:

.....

(my signature)



.....



Odyssey House
in pursuit of wellbeing

.....

(signatures of my support people)



ODYSSEY

changing lives



Odyssey House

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National Youth Methamphetamine Treatment Programme

odyssey.org.nz

odysseychch.org.nz