

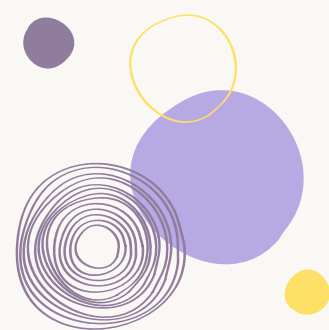
Scenario

“Nice and Slow”



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Topic: Effective communication and support techniques for young people addicted to drugs and psychotropic medications

Goals

- Participants will learn to actively listen, ask open-ended questions, and paraphrase to help the young person feel heard and understood.
- Participants will learn how to create a supportive atmosphere in which a young person feels comfortable sharing their problems and concerns.
- Participants will learn about available sources of professional help, such as therapists, support groups, and addiction treatment clinics.

Materials and methods

- a lecture by the workshop leader
- discussion of participants with the workshop leader
- discussion of participants in groups

Exercises

- Exercise 1. Role Playing
- Exercise 2. Analysis of the effectiveness of the conducted conversations.
- Exercise 3. Creating a support plan for an addicted person



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Part 1.

Introduction (30 minutes)

Introduction to the topic (30 minutes)

- The importance of effective communication with young people with addictions

Theoretical part:

When introducing the workshop, it is worth discussing the following key issues:

Building trust

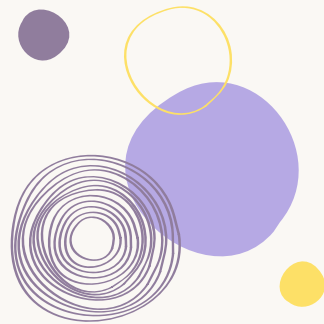
- The Importance of Trust: Discussing the role of trust in relationships with young people with addictions, which can facilitate open and honest conversation and cooperation in the treatment process.
- How to build trust: Trust-building techniques such as active listening, empathy, and openness that help create a safe environment.

Motivating to change

- Motivation to Change: Explaining how effective communication can help motivate young people to take action to change, such as attending therapy or adopting healthy habits.



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Part 2.

Understanding Addiction (1 hour)

1. What is Addiction? (30 minutes)

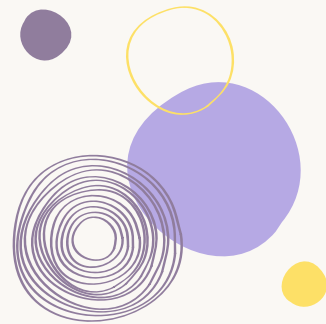
- Definition of Addiction and Its Types
- Psychological and physical aspects of addiction

2. Discussion of the challenges of talking to addicts (30 minutes)

- Discussion of difficulties and barriers in communicating with addicted people
- Sharing participants' experiences and concerns



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Part 1.

Understanding Addiction (1 hour)

What is Addiction? (30 minutes)

- Definition of addiction and its types

Theoretical part:

In order for workshop participants to more effectively understand the subject of addiction, it is worth taking up the following topics:

Definition of addiction

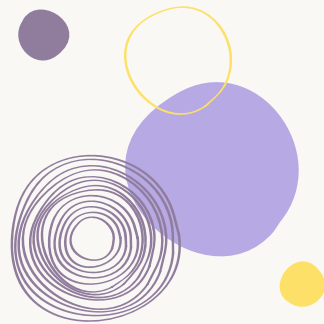
- Key Concept: Explain that addiction is a chronic health disorder that affects both mental and physical health, characterized by an uncontrollable urge to use a substance or perform an activity despite harmful consequences.
- Components of Addiction: Discussing compulsion (compulsive need), tolerance (need to increase dosage), and withdrawal symptoms (physical and psychological reactions to the absence of the substance or activity).

Types of addictions

- Physical Addictions: Chemical substances such as alcohol, drugs, nicotine that cause physical changes in the body that require a constant supply of the substance to avoid withdrawal symptoms.



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Part 1.

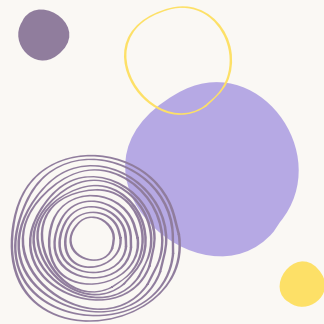
Understanding Addiction (1 hour)

What is Addiction? (30 minutes)

- Definition of addiction and its types
- Psychological Addictions: Behaviors or activities that become compulsive, e.g. gambling, computer games, social media. They are related to the need to escape from difficult emotions or seek pleasure.
- Behavioral Addictions: Discussion of addictions such as shopping, work, and food addictions, which, despite the lack of chemicals, operate on a similar principle to substance addictions.



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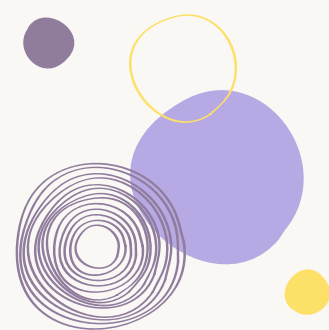
Part 3.

Communication techniques (2 hours 15 minutes)

1. Effective communication methods (30 minutes)
 - Methods of expressing understanding
2. Conversation simulations (105 minutes)
 - Simulations of conversations with young addicts
 - Discussion of the simulations performed



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Part 3.

Communication techniques (1 hour 45 minutes)

1. Effective communication methods (30 minutes)

- Methods of expressing understanding

Theoretical part:

When discussing communication techniques, it is worth paying attention to the following key aspects:

- **Effective communication methods**

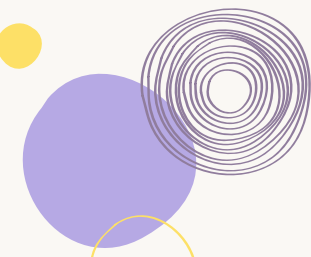
- The Importance of Effective Communication: Explaining why effective communication is key, especially when talking to people who may be emotionally distressed, such as addicts, family, or co-workers.
- Building rapport: How effective communication helps build trust, which is the foundation of any effective intervention or support.

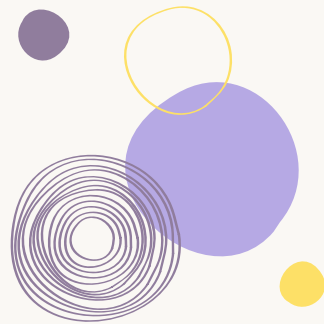
- **Active listening techniques**

- Principles of active listening: Discussion of what active listening is, i.e. focusing fully on the interlocutor, not interrupting, asking deepening questions, confirming that you understand the content being conveyed.
- The importance of paraphrasing: How and when to use paraphrasing to make sure you understand what the other person is saying and to make them feel heard and understood.



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Part 3.

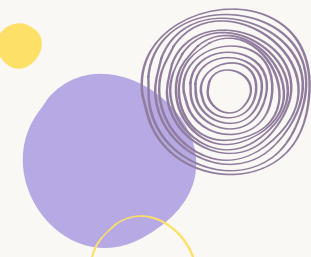
Communication techniques (1 hour 45 minutes)

1. Effective communication methods (30 minutes)

- Methods of expressing understanding
 - Nonverbal signs of listening: The importance of eye contact, appropriate body language, nodding, and other nonverbal signals that show the other person that they are being listened to.
- **Methods of expressing empathetic understanding**
 - Empathy as a Support Tool: An overview of what empathy is and how to use it in conversations, especially with judgment-sensitive individuals or in crisis situations.
 - Ways to express empathy: Examples of empathetic responses such as “I understand this may be difficult for you” or “I know this may be hard for you to talk about.”
 - The Importance of Authenticity: How to express empathy in a sincere and authentic way so that your interlocutor feels understood and supported.



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Part 3.

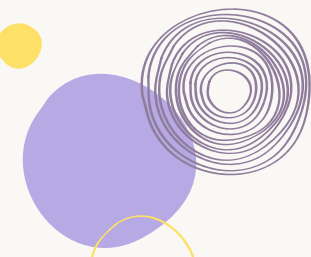
Communication techniques (1 hour 45 minutes)

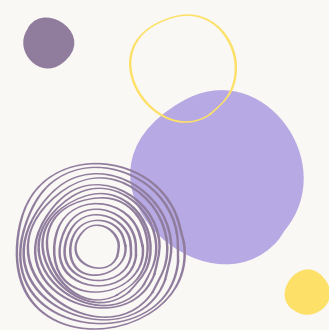
1. Effective communication methods (30 minutes)

- Methods of expressing understanding
- **How to avoid judgment and criticism**
 - The Effects of Judgment and Criticism: Discuss how judgment and criticism can close off further communication, cause defensiveness, or make a problem worse.
 - Open-ended questions instead of judgment: How to use open-ended questions instead of judgmental statements to learn more about your interviewer's perspective and understand them better.
 - Avoiding Accusatory Language: How to avoid "You" messages that can be perceived as an attack in favor of "I" messages that express your feelings without judging the other person.
 - The role of respect in conversation: Emphasizing the importance of treating the interlocutor with respect, regardless of the situation, which builds openness and willingness to cooperate.



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Part 3.

Communication Techniques (1 hour 45 minutes)

2. Conversation simulations (105 minutes)

- Simulations of conversations with young addicts

Practical part (60 minutes)

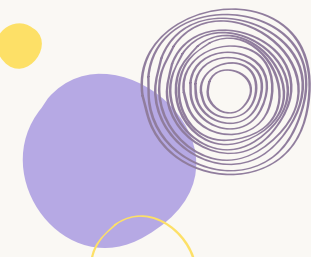
Exercise 1. Role Playing



The exercise involves conducting conversations in which participants take on the roles of the person conducting the conversation and the person who needs support, with an emphasis on using active listening techniques and empathetic expression of understanding.



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Dictionary of helpful phrases:

1. Effective communication methods

- The importance of effective communication:
 - "I want you to know that your opinion is important to me."
 - "My goal is to better understand your situation so that we can find a solution together."
- Building relationships:
 - "How can I support you in this situation?"
 - "I am here to listen and help you if you need it."

2. Active listening techniques

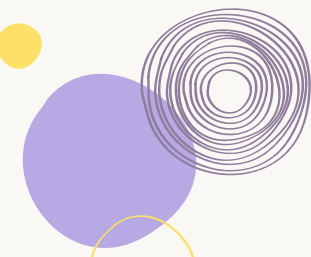
- Rules of active listening:
 - "I understand this may be difficult, is there anything else I can help with?"
 - "Go on, I'd like to better understand what you mean."
- Importance of paraphrasing:
 - "Do I understand correctly that...?"
 - "So you're saying that..."
- Nonverbal signs of listening:
 - "Maintain eye contact, nod gently, do not interrupt, put away your phone or other distractions."

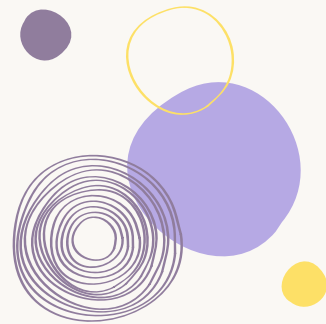
3. Methods of expressing empathetic understanding

- Empathy as a support tool:
 - "I understand that what you are going through is difficult."
 - "I know you may feel overwhelmed, but I am here to support you."



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Dictionary of helpful phrases:

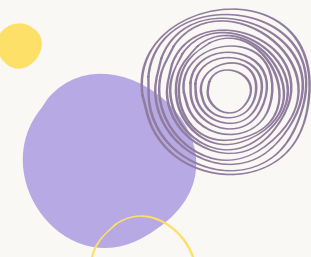
- Ways to express empathy:
 - "I think this might be painful for you."
 - "We can talk about it if you want, but you don't have to if you're not ready."
- The importance of authenticity:
 - "I really want you to feel understood and safe."

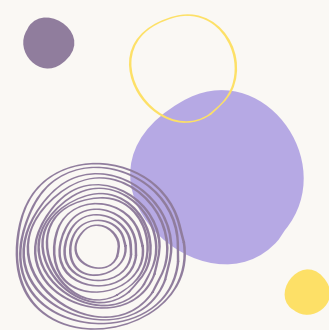
4. How to avoid judgment and criticism

- Effects of Judgment and Criticism:
 - "Instead of saying, 'Why did you do it?' you can say, 'What made you make that decision?'"
 - "I'm not trying to judge you, I just want to understand your position."
- Instead of judging – open questions:
 - "What made you feel this way?"
 - "What do you think we could do differently?"
- Avoiding accusatory language:
 - "Instead of, 'You always do this!' say, 'I feel concerned when I see this happening again.'"
 - Instead of "My feeling is that..." say "Can we talk about what we can do differently?"
- The role of respect in conversation:
 - ""I respect your opinion and I would like us to find a solution together."
 - "I appreciate your openness and would like us to reach an understanding together."



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Part 3.

Communication Techniques (1 hour 45 minutes)

2. Conversation simulations (105 minutes)

- Discussion of the simulations performed

Practical part (60 minutes)

Exercise 2. Analysis of the effectiveness of the conducted conversations.



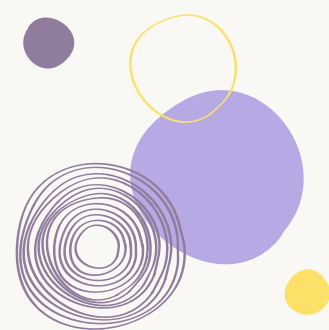
Discussing the simulations conducted is a key element of the workshops, which allows participants to reflect and draw conclusions from the exercise.

Key points that a conversation analysis should include:

1. Description of the simulation process
 - The purpose of the simulation
 - Situational context
2. Analysis of actions and reactions
 - Overview of the strategies used
 - Evaluation of the effectiveness of actions
3. Constructive feedback
 - Positive aspects
 - Areas for improvement
4. Drawing conclusions
 - What worked?
 - What needs to be changed?
5. Joint discussion
 - Exchange of experiences



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An example conversation with a person addicted to stimulants

AP: Hi, I'd like to talk about how psychoactive drugs started ruining my life. It started with weekend parties and now I need them every day to function.

R: Wow, you must have a pretty interesting hobby, huh?

AP: No, it's not funny. I really feel like my life is spinning out of control.

R: But at least you're having fun! Needing stimulants to feel better is a bit like seeking adventure in a more extreme way, right?

AP: I don't know, but it's not a pleasant adventure. I feel trapped, I can't stop, and it only makes my situation worse.

R: Well, at least you're part of some bigger fun. Most people don't have that "luxury."

AP: I don't feel luxurious, I feel depressed and hopeless. This is not funny. I need help, not ridicule.

R: I apologize if what I said was inappropriate. I understand that what you are going through is difficult. I would like to try to help if you can share more about your issues.



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Example analysis of a conversation with a person addicted to stimulants

1. Description of the simulation process

- Simulation Purpose: To demonstrate how a lack of empathy and ridicule can affect an addicted person and to demonstrate how changing the tone of the conversation can improve communication.
- Situational context: The interlocutor initially ridicules the addicted person, which deepens his or her feelings of isolation and hopelessness.

2. Analysis of actions and reactions

- Overview of the strategies used: The interlocutor uses inappropriate strategies, such as laughter and irony, which is harmful in the context of a conversation with an addicted person.
- Assessment of the effectiveness of actions: Ridicule and lack of respect deepen the addicted person's problems and close them off from further communication. Only a later change of tone begins to introduce elements of more constructive communication.

3. Constructive feedback

- Positive aspects: Referring to the apology and attempting to rectify the situation, which is a step towards better communication.
- Areas for improvement: Avoiding all forms of ridicule, irony and disrespect. Focus on empathetic listening and supporting the interlocutor.

4. Drawing conclusions

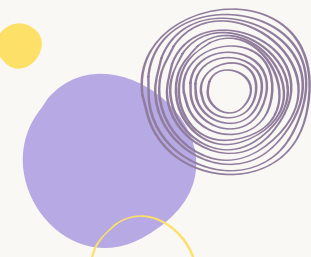
- What worked?: Apology and change of tone to be more supportive. The other person should move to active listening and empathy.
- What needs to change?: Avoid all forms of ridicule and irony. Focus on respect, empathy, and offering support.

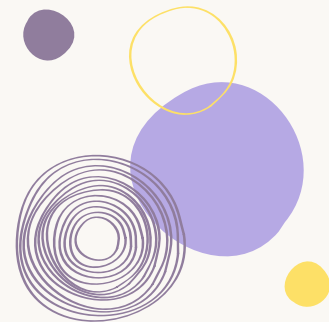
5. Joint discussion

- Sharing experiences: Participants can discuss how a lack of empathy and ridicule affect people in difficult situations and how changing the tone and approach can improve the effectiveness of communication.
- Q&A: Participants can ask questions about the effects of ridicule and better methods of support for people with addictions.



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Sample Conversation with a Marijuana Addict

Addicted Person (AP): I know I should do something about it, but I don't know if I want to stop smoking. Marijuana helps me relax and take away the stress.

Interviewer (I): I understand that smoking marijuana helps you cope with stress. Can you tell me more about how you feel when you don't smoke?

AP: When I don't smoke, I feel tense and nervous. It's like everything is more overwhelming.

I: It sounds like smoking helps you avoid these difficult feelings. Have you considered how you could deal with stress differently?

AP: I thought about it, but nothing else works as well. Other than that, I don't feel like it's really bad for my health.

I: I understand your concerns and know it can be difficult to find alternatives that will have the same effect. How about we think about different ways of coping with stress that might help you?

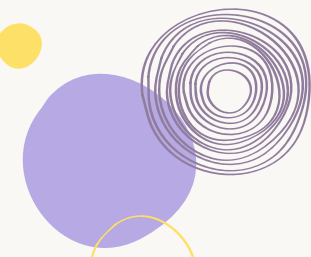
AP: Maybe... But I don't know if I'm ready for a change.

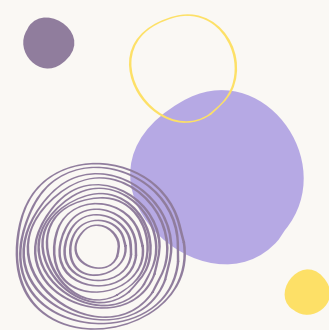
I: Change can be hard, especially when you're not sure if it's the best solution. Maybe start small – what do you think about trying to reduce the amount you smoke while also trying new relaxation methods?

AP: That sounds reasonable. I can try.



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Sample Conversation with a Heroin Addict

Addicted Person (AP): I don't know what you're talking about. I'm not addicted to heroin. I use it sometimes, but it's not a problem.

Interviewer (I): I understand that you may not feel that this is a problem. Perhaps you would like to share with me what led you to use heroin and how it affects your life?

AP: I use it to relax. It's not a big deal. Everyone does something that relaxes them.

I: It's true that many people have their own ways of relaxing, but can you tell me if you have noticed any side effects or changes in your life since you started using heroin?

AP: No, I haven't noticed anything special. Maybe sometimes I'm dizzy and can't concentrate, but that's probably because of work.

I: It's understandable that work can be tiring. However, confusion can be one of the side effects of heroin use. You need to get treatment. I want to help you. What do you think would be the most helpful thing to help you fight your addiction?

AP: Stop it, my life is fine. I'm not an addict

I: Please don't deny it. Have you ever thought about what it would be like if you could handle stress in a different way? What might be the benefits to you and your relationships if you tried to reduce your heroin use?

AP: I told you, stop.

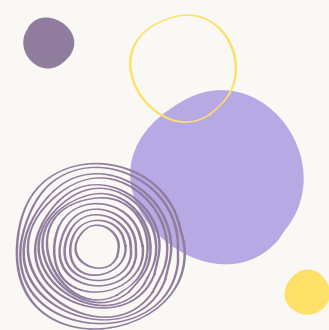
I: I understand that change can seem difficult. Maybe we should start small? What do you think?

AP: I'm fine. Give me a break.



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An example conversation with a person addicted to painkillers

Addicted Person (AP): Lately I've noticed that I'm taking more painkillers each day, even though I'm not really in pain. I'm starting to worry that this might be the problem.

Interlocutor (I): I understand, but it's not a big deal. Most people take their medication sometimes without any major problems. By the way, I just got back from a vacation in Spain. It was fantastic! The beaches were beautiful and the food... mmm, really delicious.

AP: Maybe you're right, but I feel like these meds are starting to have an effect on me that I don't understand. Sometimes I feel a little... different.

I: Oh, that could just be a feeling. And did I tell you how delicious the tapas were in Barcelona?

AP: Yeah, but back to the point – I think there might be more to it. Maybe I should seek help, but I don't know if it's that serious.

I: You know, I think we all have weird feelings sometimes. Maybe you should experiment a bit, see what works and what doesn't. But you know, vacation really helped me de-stress. Did I mention I saw a beautiful sunset in Madrid?

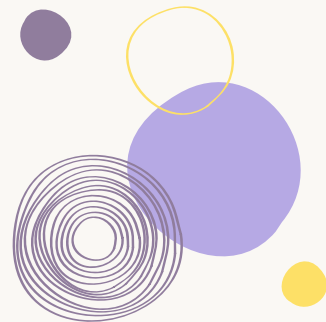
AP: I understand that the vacation was great, but back to my meds – I really feel like I should be doing something more. Maybe I should consult someone about that?

I: Do as you please. Maybe it's a good idea. But really, you have to try to relax and enjoy the moment. You know, Spain is a really beautiful place.



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Part 4.

Support and assistance (1 hour 30 minutes)

1. Types of support (30 minutes)
 - Forms of help for addicts
2. Support Planning (60 minutes)
 - How to create a support plan for an addict



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Part 4.

Support and assistance (1 hour 30 minutes)

1. Types of support (30 minutes)

- Forms of help for addicts

Theoretical part:

Discussion of various forms of assistance for addicts

1. Emotional support

a. Conversations and consultations:

- Goal: To enable the addicted person to express their feelings and thoughts in a safe environment.
- Forms: Meetings with a therapist, counselor, or support groups.
- Examples: Individual therapy sessions, addiction support groups, mentoring sessions.

b. Empathy and listening:

- Goal: To show that the addicted person is understood and supported.
- Forms: Actively listening, non-judgmentally, and offering emotional support.
- Examples: Using active listening techniques such as paraphrasing and reflecting on feelings.



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Part 4.

Support and assistance (1 hour 30 minutes)

1. Types of support (30 minutes)

- Forms of help for addicts

2. Practical support

a. Help in organizing daily duties:

- Goal: To facilitate everyday functioning and reduce the stress associated with organizing life.
- Forms: Help with planning your day, managing finances, or organizing household chores.
- Examples: Helping to create a daily schedule, setting a budget, or organizing your living space together.

b. Help in finding resources and services:

- Goal: To assist in accessing appropriate therapeutic programs and services.
- Forms: Finding and organizing access to therapy, support groups, and other forms of treatment.
- Examples: Help with registering for therapy, organizing meetings with a counselor, or helping with finding support groups.



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Part 4.

Support and assistance (1 hour 30 minutes)

1. Types of support (30 minutes)

- Forms of help for addicts

c. Motivating to change:

- Goal: Maintaining motivation to change and achieve life goals.
- Forms: Setting small goals, celebrating successes, and supporting during difficult times.
- Examples: Helping you create an action plan, meeting regularly to assess progress, and offering support to stay motivated.

3. Therapeutic support

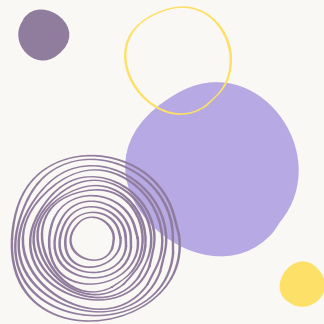
a. Individual therapy:

- Goal: Solving addiction problems at the individual level.
- Forms: Cognitive-behavioral therapy, psychodynamic therapy, or motivational therapy.
- Examples: Regular therapy sessions, working on emotional and behavioral issues related to addiction.



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Part 4.

Support and assistance (1 hour 30 minutes)

1. Types of support (30 minutes)

- Forms of help for addicts

b. Group therapy:

- Goal: Sharing experiences and support in a group of people with similar problems.
- Forms: Support groups, therapeutic groups, or therapeutic programs.
- Examples: Support group for drug addicts.

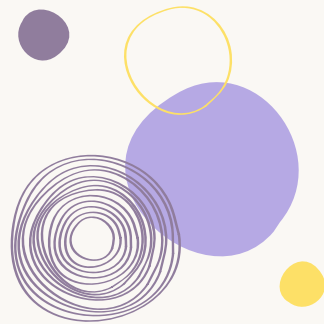
c. Family therapy:

- Goal: Working on addiction problems in the family context and supporting the family.
- Forms: Therapy sessions with the family, family education, and support in coping with addiction.
- Examples: Family therapy, education about addiction and its impact on the family.



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Part 4.

Support and assistance (1 hour 30 minutes)

1. Types of support (30 minutes)

- Forms of help for addicts

4. Medical support

a. Drug treatment:

- Goal: Reducing symptoms of addiction and supporting the recovery process.
- Forms: Prescribing medications, monitoring medication use, and managing side effects.
- Examples: Detox medications, addiction treatment medications, mood stabilizing medications.

b. Detoxification:

- Goal: Safely and effectively remove the addictive substance from the body.
- Forms: Detoxification programs, medical supervision, and support during the detoxification period.
- Examples: Hospital detoxification, clinic detoxification programs.



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Part 4.

Support and assistance (1 hour 30 minutes)

1. Types of support (30 minutes)

- Forms of help for addicts

5. Social support

a. Social integration:

- Goal: To help in the social and professional integration of an addicted person.
- Forms: Resocialization programs, support in finding work and building social relationships.
- Examples: Supported employment programmes, social integration support, and social activities.

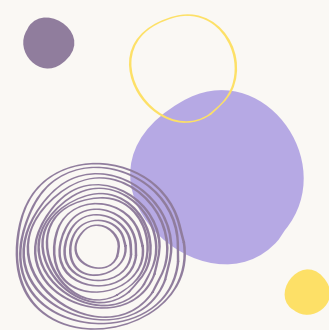
b. Education and skills development:

- Goal: To develop skills that will help you cope with everyday challenges.
- Forms: Life skills courses, addiction education, and vocational training.
- Examples: Stress management courses, job skills training, and personal development workshops.



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Part 4.

Support and assistance (1 hour 30 minutes)

1. Support planning (60 minutes)
 - How to Create a Support Plan for an Addict



Practical part (60 minutes)

Exercise 3. Creating a support plan for an addicted person

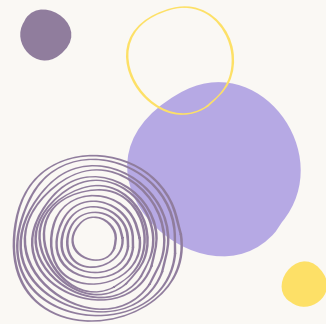
The purpose of this exercise is to learn how to create a comprehensive support plan for an addicted person. This plan aims to provide the addicted person with support tailored to their individual needs.

It is worth familiarizing participants with sample points that may be useful when creating a support plan. The plan should be tailored to the specific needs and situation of the addicted person you plan to help.



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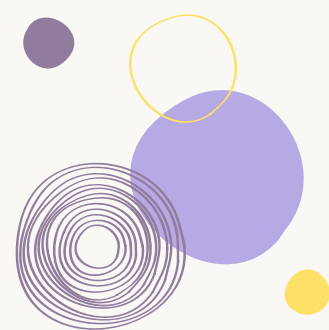
Examples of aspects of a support plan for an addicted person:

1. Needs assessment
 - Setting goals
 - Emotional support
2. Therapy sessions
 - Support groups
 - Mentoring program
3. Practical support
 - Help with everyday duties
 - Help finding resources
 - Career and Education Planning
4. Medical support
 - Drug treatment
 - Detoxification
5. Social support
 - Social integration
 - Education and skills development
6. Progress monitoring
 - Regular meetings
 - Evaluation of plan effectiveness
7. Emergency plan
 - Anticipating difficulties
 - Emergency contacts
8. Family involvement
 - Family Education
 - Family support
9. Personal Development Plan
 - Personal goals
 - Motivation and self-discipline
10. Preventive strategies
 - Avoiding temptations
 - Planning your day



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Examples of stories of addicts

(needs assessment guidelines can be provided to participants if they encounter any problems with completing the task):

1. Piotr – a cocaine addict

Situation description: Piotr, a 28-year-old man, has been using cocaine regularly for several years. Initially, he used it to increase energy and efficiency at work. Now, his addiction affects his physical and mental health, leading to problems in interpersonal and professional relationships. Piotr often has problems with concentration and noticeable mood changes.

Needs assessment tips:

Cocaine addiction treatment program (therapy and detoxification).

- Psychological support in coping with withdrawal symptoms.
- Assistance in planning your day and organizing your professional life.
- Support group for cocaine addicts.

2. Asia – heroin addict

Situation Description: Asia is 34 years old and has been addicted to heroin for over 5 years. Her addiction leads to health problems such as infections and personal neglect. Asia has lost her job and has trouble maintaining a stable relationship with her family. Her addiction significantly reduces the quality of her life.

Needs assessment tips:

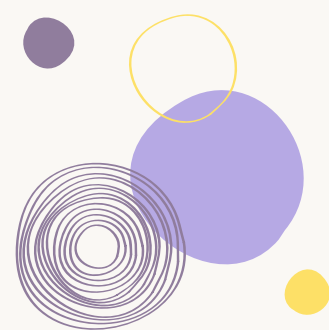
Substitution treatment program (e.g. methadone) and detoxification.

- Individual and group therapy.
- Help in finding shelter and financial stability.
- Education on the effects of addiction and health rehabilitation.



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Examples of stories of addicts

(needs assessment guidelines can be provided to participants if they encounter any problems with completing the task):

3. Kamil – addicted to amphetamines

Situation description: Kamil, a 25-year-old man, has been using amphetamines for two years to improve his performance at school and at work. His addiction leads to health problems, such as high blood pressure and sleep problems. Kamil has difficulty maintaining relationships with loved ones and is afraid of losing his job.

Needs assessment tips:

Behavioral and pharmacological therapy.

- Assist in regulating physical and emotional health.
- Planning, organizing time and stress management.
- Support in maintaining work-life balance.

4. Zosia – Addicted to Ecstasy

Situation description: Zosia, a 30-year-old woman, regularly takes Ecstasy, which leads to problems with memory, concentration, and emotions. Her addiction affects her social and professional life, causing conflicts with family and friends. Zosia seeks help but has difficulty recognizing the scale of her problem.

Needs assessment tips:

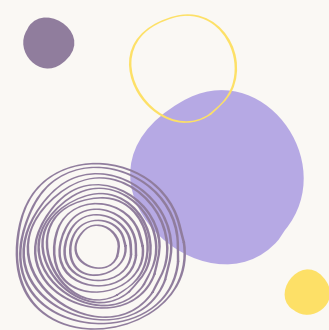
Ecstasy addiction therapy and detoxification support.

- Help in rebuilding interpersonal relationships.
- Educational programs on the health effects of Ecstasy.
- Support in finding alternative forms of entertainment and relaxation.



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Part 6.

Summary (30 minutes)

1. Key takeaways (30 minutes)

- **Summary of the most important points of the workshop**

During the summary of the workshops, it is worth inviting participants to a discussion on techniques for conducting effective conversations and how important cooperation and collaboration are during the process of struggling with addiction.

It is worth taking care of:

- emphasizing the importance of fully focusing on the interlocutor, asking open-ended questions and paraphrasing to ensure that the addicted person feels heard and understood.
- a reminder of the importance of creating a safe and supportive environment where a young person feels comfortable sharing their problems and concerns.
- raising awareness of available sources of professional help, such as therapists, support groups, and addiction treatment clinics.



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Quiz



Prevention and Help for Drug Addicts

Welcome to the quiz on prevention and help for drug addicts. The aim of this quiz is to raise awareness of the different forms of support available to addicts, as well as to understand how to effectively communicate with people in crisis.

Thanks to this quiz, you will learn more about the stages of addiction, methods of treatment, and forms of help that can support both addicts.

Good luck!

GO!