

DUII Treatment

Assignments to Complete

1. Complete the weekly journals/packets (six total) and share your answers in group. You will also need to share them with your primary therapist at the end of the 12-week series of this group.

Journal list:

Why Am I here?

Alcohol, drugs, driving and you

Use, Misuse, and Problem Use

Feelings and Behaviors

Change Vs. Consequence

My Personal Change plan

2. Complete the [Sober Driving Plan](#) and share with the group at week 12. Turn in a copy to your primary therapist.
3. Review the links provided in group on Oregon state specific information for DUII.
4. You will need to attend an additional group at the end of the group series for each group missed. Total of 12 groups.

In Addition, You will need to

[Complete the DUII Knowledge Pre-test](#) (due date will be discussed with individual therapist). Provide a copy to your primary therapist.

[Complete the DUII Knowledge Post-test](#) (due date will be discussed with individual therapist). Provide a copy to your primary therapist.

Provide at least 90 days of 'normal' urine drug screens by the end of treatment.

Virtual Group Guidelines

- ❖ These guidelines were developed to help ensure that our virtual group experience will be as close to meeting in person in a clinic group room as possible, and limit distractions for all group members.
- ❖ Please grant virtual groups the same importance as in-person groups by setting aside time to be in a private, quiet place.
- ❖ You will want to have a pen and your DUII treatment packets with you to work on in group and to share answers.
- ❖ Please be prepared to sit in one spot, be on camera, not move your camera around, and not eat or engage in other activities during the group. We will take a 10 minute break halfway through group to attend to any of these needs.
- ❖ If there is a need to get up while the group discussion is taking place, please mute your microphone and leave your device in place.
- ❖ Please try to avoid speaker phone as it can cause echoes and pick up more background noise. Consider also muting your microphone when not speaking.

DUII Group Week 1 Outline

- 1) Welcome to the Monday evening group. Please be on time to group and prepared with the WHY AM I HERE? packet/journal and pen or pencil for taking notes and working on the journal.

I will only be admitting people into group until 5:45pm

- 2) Group starts with a mindfulness exercise. *If you are unable to participate, please refrain from making noise or disrupting the exercise. It may be helpful to turn off the microphone during the mindfulness exercise.*
- 3) Group Check In. **Please be prepared to share:**
 - Your name, pronoun (she/her, he/him, they/them, etc.)
 - Sober date
 - Goal for this group
 - Group experience and two activities you enjoy
- 4) Review group expectations and virtual group guidelines, attendance expectation, and group overview.
- 5) Review final project “sober driving plan” and other assignment expectations.
- 6) Break for 10 minutes
- 7) Complete and discuss “Why Am I Here?” journal, pages (pgs. 2-3, 7-10) and share in group.

Next week’s packet to complete:

“Why Am I Here?” journal (pgs. 4-6, 14-16)

Goal for this group: To help you develop a plan for change that will help avoid driving while impaired.

You can find more information @ <https://www.oregon.gov/oha/HSD/AMH-DUII/Pages/index.aspx>

DUII Group
Week 2

- 1) Welcome back to the Monday evening group. Please be on time to group and prepared with the packets and pen or pencil for taking notes and working on packets.
- 2) Group starts with a mindfulness exercise. *If you are unable to participate, please refrain from making noise or disrupting the exercise. It may be helpful to turn off the microphone during the mindfulness exercise.*
- 3) Group Check In. Please be prepared to share:
 - Your name and Sober date
 - What feeling do I have coming into group today?
 - One thing you did this week that you are proud of.
 - Any relapse concerns or urges to use?
- 4) Break for 10 minutes
- 5) Discussion: “Think about mistakes and imperfections” break out group exercise
- 6) Review “Why Am I here? Journal with group (**pgs. 4-6 in small groups + lg group discussion on impact of arrest, pgs. 14-15**)

Homework

Review the alcohol, drugs, driving and you packet for next week pgs. 1-9

DUII Group Week 3
Alcohol, Drugs, Driving, and You
Part 1 (pgs. 1-9)

OAR Topic: Physical and psychological effects of alcohol and other drugs of abuse

Group Topic: Alcohol, Drugs, Driving and You Journal

- 1) Welcome to the Monday evening group. *Please be on time to group and prepared with the packets and pen or pencil for taking notes and working on packets.*
- 2) Group starts with a mindfulness exercise. *If you are unable to participate, please refrain from making noise or disrupting the exercise. It may be helpful to turn off the microphone during the mindfulness exercise.*
- 3) Group check in. Please be prepared to share:
 - Your name and Sober date
 - Your current feeling and one thing you did this week you are proud of?
 - Any relapse concerns or urges to use? Or challenges to your treatment goal?
- 4) Break for 10 minutes
- 5) Review the Alcohol, Drugs, Driving, and You Part 1 (pgs. 1-9) packet, and discuss in group.

Homework

Complete Alcohol Drugs, Driving and You Packet

DUII Group Week 4
Alcohol, Drugs, Driving, and You
Part 2 (pgs. 10-16)

OAR Topic: Physical and psychological effects of alcohol and other drugs of abuse

Group Topic: Alcohol, Drugs, Driving and You Journal

- 1) Welcome to the Monday evening group. *Please be on time to group and prepared with the packets and pen or pencil for taking notes and working on packets.*
- 2) Group starts with a mindfulness exercise. *If you are unable to participate, please refrain from making noise or disrupting the exercise. It may be helpful to turn off the microphone during the mindfulness exercise.*
- 3) Group check in. Please be prepared to share:
 - Your name and Sober date
 - Your current feeling and one thing you did this week you are proud of?
 - Any relapse concerns or urges to use? Or challenges to your treatment goal?
- 4) Break for 10 minutes
- 5) Review the Alcohol, Drugs, Driving, and You Part 1 (pgs. 10-16) packet, and discuss in group. Small group info-gathering and presentations on substances, pgs. 11-15 **(Please See Session 4 Handout)**.

Homework

Complete Use, Misuse, and Problem Use packet (pgs. 2-5, 8-10)

Classes of Drugs:

Depressant

Narcotic (opiates/opioids)

Hallucinogen

Stimulant

Inhalant

***FOR EACH DRUG YOUR GROUP IS ASSIGNED, ANSWER
THE FOLLOWING QUESTIONS***

1. Name of drug:
2. Class of drug (Depressant, Narcotic, Hallucinogen, Stimulant, or Inhalant):
3. How is the drug used (route of use)?
4. Effects on mood/mental state?
5. Physical effects?
6. How does it impact driving ability/safety?
7. What are the potential health risks?

DUII Group
Week 5
Use, Misuse and Problem Use (Part 1)

OAR Topic: Substance Use Disorder signs and symptoms

- 1) Welcome to the Monday evening group. Please be on time to group and prepared with the packets and pen or pencil for taking notes and working on packets.
- 2) Group starts with a mindfulness exercise. *If you are unable to participate, please refrain from making noise or disrupting the exercise. It may be helpful to turn off the microphone during the mindfulness exercise.*
- 3) Group Check In. Please be prepared to share:
 - Your name and Sober date
 - Challenges to goals? Relapse concerns?
 - One self-care activity you practiced this week?
- 4) Break for 10 minutes
- 5) Review DSM5 criteria for substance use disorder.
- 6) Review the **Use, Misuse, and Problem Use, Part 1 (pgs. 2-5, 8-10)**
- 7) Discuss final project “sober driving plan”.

Homework

Complete the Use, Misuse, and Problem Use Journal
Start on Sober driving plan

DSM-5 DIAGNOSTIC CRITERIA

- 1) LOSS OF CONTROL - substance often taken in larger amounts or over a longer period than was intended
- 2) INABILITY TO QUIT – persistent desire or unsuccessful efforts to cut down or control substance use
- 3) PREOCCUPATION – a great deal of time is spent in activities necessary to obtain the substance, use the substance or recovery from its effects
- 4) CRAVING – or a strong desire or urge to use substance
- 5) RECURRENT USE RESULTING IN FAILURE TO FULFILL MAJOR ROLE OBLIGATIONS – (WORK, SCHOOL, HOME) repeated absences, poor work performance, neglect of children/household. Substance related absences, suspensions, expulsions from school.
- 6) CONTINUED USE DESPITE having persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of the substance
- 7) AVOIDS RESPONSIBILITIES – important social, occupational or recreational activities given up/reduced because of substance use
- 8) RECURRENT USE IN HAZARDOUS SITUATIONS – driving automobile, operating machinery
- 9) USE DESPITE – use is continued despite knowledge of having a persistent or recurrent physical/psychological problem caused by or exacerbated by substance use.
- 10) TOLERANCE, as defined by either:
 - a) a need for markedly increased amounts of the substance to achieve intoxication or desired effect
 - b) markedly diminished effect with continued use of the same amount of the substance
- 11) WITHDRAWAL, as manifested by either:
 - a) characteristic withdrawal syndrome for the substance
 - b) the same (or related) substance used to avoid withdrawal

`Substance' use disorder mild: 2-3 symptoms

`Substance' use disorder moderate: 4-5 symptoms

`Substance' use disorder severe: 6 or more symptoms.

DUII Group
Week 6

Session 6: Use, Misuse, and Problem Use, Part 2

OAR Topic: Substance Use Disorder signs and symptoms

- 1) Welcome to the Monday evening group. Please be on time to group and prepared with the packets and pen or pencil for taking notes and working on packets.
- 2) Group starts with a mindfulness exercise. *If you are unable to participate, please refrain from making noise or disrupting the exercise. It may be helpful to turn off the microphone during the mindfulness exercise.*
- 3) Group Check In. Please be prepared to share:
 - Your name and Sober date
 - Challenges to goals? Relapse concerns?
 - One self-care activity you practiced this week?
- 4) Break for 10 minutes
- 5) Review the **Use, Misuse, and Problem Use (pgs. 6-7, 11-14)**

Homework

Complete Feelings and Behavior Journal, Part 1 (pgs. 1-9)

DUII Group

Week 7

Feelings and Behaviors Journal Part 1

OAR Topic: Alternatives to intoxicated driving.

- 1) Welcome back to the Monday evening group. *Please be on time to group and prepared with the packets and pen or pencil for taking notes and working on packets.*
- 2) Group starts with a mindfulness exercise. *If you are unable to participate, please refrain from making noise or disrupting the exercise. It may be helpful to turn off the microphone during the mindfulness exercise.*
- 3) Group Check In. Please be prepared to share:
 - Your name and Sober date
 - Your current feeling
 - Thoughts about the homework
 - One of your strengths to manage challenges to your goals.
- 4) Break for 10 minutes
- 5) Review the Feelings and Behavior Journal Part 1 (pgs. 1-9) and discuss in group.
- 6) Review and list strategies to avoid driving under the influence of intoxicants.
- 7) Review Harmful thinking patterns document.

Homework

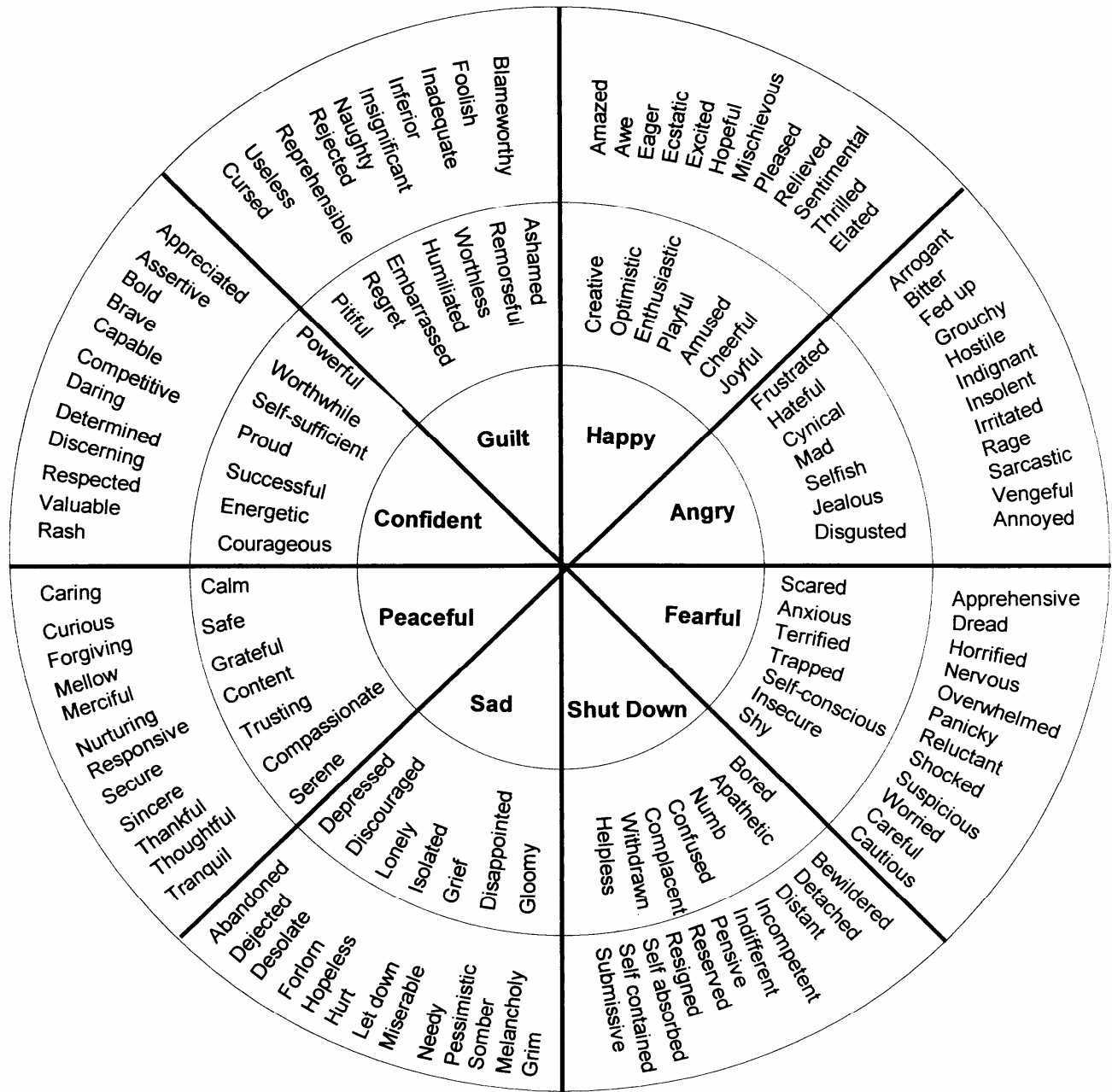
Complete **Feelings and Behavior Journal, Part 2 (pgs. 10-16)**

Some Examples of Harmful Thinking Patterns:

- **Catastrophizing** – Expecting that the worst will certainly happen.
- **Blaming** – Attributing the responsibility for events, especially negative ones, to someone else, even when the responsibility rightly belongs to yourself.
- **Perfectionism** – Feeling that self-worth is based on the ability to meet unrealistically high expectations.
- **Uniqueness** – Belief that your situation is different, that the rules that apply to others should not apply to you.
- **Polarized thinking** – This thinking style involves seeing only one extreme or the other. You are either wrong or right, good or bad and so on. There are no in-betweens or shades of grey.
- **Fallacy of fairness** – Assumes that things have to be measured based on fairness and equality, when in reality things often don't always work that way. Feeling resentful because the world does not conform to your sense of what is fair.
- **Feelings as facts** – Believing what you're feeling is the truth.
- **Rationalizing** – Rationalization may help individuals maintain self-respect or avoid guilt over something they have done wrong. In many cases, rationalization is not harmful, but continuous self-deception, when a person consistently makes excuses for destructive behavior, can become dangerous.
- **Personalizing** – This involves blaming yourself for everything that goes wrong or could go wrong, even when you may only be partly responsible or not responsible at all. You might be taking 100 per cent responsibility for the occurrence of external events.
- **Emotional reasoning** – You rely on “gut” feelings over objective evidence to judge yourself and the world. For example, “I feel like a bad mother, therefore I must be a bad mother.” This kind of thinking can be harmful as it may lead to irrational decision making and judgements.
- **Minimizing and magnifying** - In this thinking style, you magnify the positive attributes of other people and minimize your own positive attributes. It's as though you're explaining away your own positive characteristics.

Families of Emotions

© Suzie Wolfer LCSW 2003



7 secrets about emotion . . .

These came with the owners manual for your body . . . but most of us never got the manual!

1. All emotions give useful information.
2. You have a right to experience **all** your emotions.
3. Only stuck or blocked emotions are harmful.
4. Stuck or blocked emotions look like: shouting, hitting, uncontrollable crying, numbness, stony silence, tension, holding breath, flooding, physical pain.
5. Healthy emotions flow through the body like a river, out the top of the head.
6. You can't control emotion. But you can manage it's flow.
7. You can learn to manage **all** your emotions by running them up through the body and out the top of your head.

Emotional intelligence (EQ) pays off socially, financially and spiritually.

DUII Group

Week 8

Feelings and Behaviors Journal Part 2

OAR Topic: Alternatives to intoxicated driving.

- 1) Welcome back to the Monday evening group. *Please be on time to group and prepared with the packets and pen or pencil for taking notes and working on packets.*
- 2) Group starts with a mindfulness exercise. *If you are unable to participate, please refrain from making noise or disrupting the exercise. It may be helpful to turn off the microphone during the mindfulness exercise.*
- 3) Group Check In. Please be prepared to share:
 - Your name and Sober date
 - Your current feeling
 - One of the strategies you use to manage your emotions
 - Two things you are grateful for
- 4) Break for 10 minutes
- 5) Review the Feelings and Behavior Journal Part 2 (pgs. 10-16) and discuss in group.

Homework

Complete **Change vs Consequences, Part 1 (pgs. 2-9)**

DUII Group
Week 9
Change versus consequences Part 1 (pgs. 2-9)
OAR Topic: DUII Laws and Consequences in Oregon

- 1) Welcome back to the Monday evening group. *Please be on time to group and prepared with the packets and pen or pencil for taking notes and working on packets.*
- 2) Mindfulness exercise. *If you are unable to participate, please refrain from making noise or disrupting the exercise. It may be helpful to turn off the microphone during the mindfulness exercise.*
- 3) Group Check In. Please be prepared to share:
 - Your name and Sober date
 - Any relapse concerns or urges to use?
 - Challenges to your treatment goals?
 - Share example of behaviors moving you toward your treatment goal.
- 4) Break for 10 minutes
- 5) Review the Change versus Consequence journal, (pgs. 2-9)

Homework

Change versus Consequence journal, (pgs. 10-16)

Review the Oregon-Specific DUII Information

DUII Group
Week 10

Change versus consequences Part 2 (pgs. 10-16),
OAR Topic: DUII Laws and Consequences in Oregon

- 1) Welcome back to the Monday evening group. *Please be on time to group and prepared with the packets and pen or pencil for taking notes and working on packets.*
- 2) Mindfulness exercise. *If you are unable to participate, please refrain from making noise or disrupting the exercise. It may be helpful to turn off the microphone during the mindfulness exercise.*
- 3) Group Check In. Please be prepared to share:
 - Your name and Sober date
 - Any relapse concerns or urges to use?
 - Challenges to your treatment goals?
 - Share example of behaviors moving you toward your treatment goal.
- 4) Break for 10 minutes
- 5) Review the Change versus Consequence journal, (pgs. 10-16)
- 6) Small group discussion (see discussion topics below).
- 7) Review Oregon State DUII information links.

Homework

Session 11: My Personal Change Plan (pgs. 2-8)

Discussion topics:

What is one change that you'd like to make in your life or that you're already working on?

Which Stage of Change do you think you're in regarding this change? Explain why.

Oregon Health Authority DUII online resource

<https://www.oregon.gov/oha/HSD/AMH-DUII/Pages/index.aspx>

Oregon Victims Impact Panel - Clackamas

https://oregonimpact.org/Victims_Impact_Panel

Victim Impact Certification Helpline 503-303-4954

DMV Online

<https://dmv2u.oregon.gov/>

Low Income Resource for Ignition Interlock Device:

<https://www.oregon.gov/oha/HSD/AMH-DUII/Pages/Indigent-IIDP.aspx>

Ignition Interlock Device Training Video:

<https://www.youtube.com/watch?v=rU7taY5Uqn8&feature=youtu.be>

DUII Group

Week 11

My Personal Change Plan (pgs. 2-9)

OAR Topic: Substance Use Disorder recovery supports and services.

- 1) Welcome to Monday evening group.
- 2) Group mindfulness exercise. *If you are unable to participate, please refrain from making noise or disrupting the exercise. It may be helpful to turn off the microphone during the mindfulness exercise.*
- 3) Group Check In. Please be prepared to share:
 - Your name and Sober date
 - Any relapse concerns or urges to use?
 - Challenges to your treatment goals?
 - One thing you did this week that you are proud of?
- 4) Share Sober Driving Plans
- 5) Break 10 minutes.
- 6) Review My Personal Change plan journal and discuss in group (pages 2-9).
 - a. Purpose and goals of this journal
 - i. Explore options for change and motivators to change to avoid impaired driving.
 - ii. Identify risks factors for driving impaired and a plan to handle them.
 - iii. Identify the benefits for changing impaired driving behaviors.
 - iv. Identify the stages of change and SMART goal setting.

This is website includes information for those who have been arrested for a DUII. It also has contact information if anyone wants to call or email questions to the state.

<https://www.oregon.gov/oha/HSD/AMH-DUII/Pages/index.aspx>

Homework:

Complete My Personal Change Plan, pages 10-16.

Complete the Sober driving plan (for group members who are on their week 11)

DUII Group
Session 12: My Personal Change Plan (pgs. 12-16)

OAR Topic: Substance Use Disorder recovery supports and services.

- 1) Welcome to Monday evening group.
- 2) Group mindfulness exercise. *If you are unable to participate, please refrain from making noise or disrupting the exercise. It may be helpful to turn off the microphone during the mindfulness exercise.*
- 3) Group Check In. Please be prepared to share:
 - Your name and Sober date
 - Goals for this group
 - Share two strategies (we have reviewed some in the packets) you are or would be willing to utilize to make changes to avoid driving under the influence.
- 4) Break 10 minutes.
- 5) Review My Personal Change plan journal and discuss in group (pages 12-16).
 - a. Purpose and goals of this journal
 - i. Explore options for change and motivators to change to avoid impaired driving.
 - ii. Identify risks factors for driving impaired and a plan to handle them.
 - iii. Identify the benefits for changing impaired driving behaviors.
 - iv. Identify the stages of change and SMART goal setting.

Homework:

Why Am I Here? Journal (pgs. 2-3, 7-10)

This website includes information for those who have been arrested for a DUII. It also has contact information if anyone wants to call or email questions to the state.

<https://www.oregon.gov/oha/HSD/AMH-DUII/Pages/index.aspx>