

Rethinking Marijuana Module (Adults)

Session One

Session Goal:

- Provide a comprehensive Substance Abuse and Mental Health screening. Determine if the client needs to be immediately referred for treatment or if they are appropriate for EAP services.
- Assess client's current motivation to change and provide interventions to engage client in the change process.
- Develop and support an action plan for abstinence.

Interventions/Skill Building:

- Review stages of change handout and have client self-identify their motivation to change.
- Based on the client's motivation to change, provide education and use interviewing techniques to increase motivation toward abstinence.
- Provide homework to increase awareness of the consequences of continued use.

Handouts (used in session or as homework):

1. Readiness Ruler
2. *Review-* Identifying My Stage of Change (Registration packet)

Screening Tools:

- Audit R
- Optional could be the GAD-7 for anxiety or the PHQ-9 for depression

Homework:

- Read "Marijuana, A User's Guide to Stopping" - Center for Addiction and Behavioral Health Resources (CABHR)
- Complete 3 Self Tests within the above handout
- Why Do I Use Marijuana?

Session Two

Session Goal:

- Identify client's strengths and challenges in becoming abstinent.
- Identify coping strategies for abstinence

Interventions/Skill Building:

- Review the results of 3 self-tests.
- Review and expand on educational material related to marijuana use.
- Provide coaching to assist client in committing to change and developing new coping strategies.
- Explore 'what's working and not' as well as any roadblocks and strategies to manage them.

Handouts:

- Learning New Coping Strategies

Homework:

- Learning to Live Without Marijuana

Session Three

Session Goal:

- Readiness Ruler Recheck - Review client's homework and progress in developing coping strategies.
- Develop relapse prevention plan

Interventions/Skill Building:

- Identify strengths, coping strategies and potential roadblocks in the change process.
- Coach the client in how to effectively use their support system.
- Develop a relapse prevention plan.
- Offer additional community resources and invite the client to reconnect with EAP as needed.

Homework:

- Relapse Prevention Plan (As the last step in the module, this sheet should be completed *after* the session and returned to the counselor. It is required if the client requests that 'successful completion' be reported to their employer or to a 3rd party.)