ESTABLISHING A SUPPORT SYSTEM*

OBJECTIVES:

1) Recognize how drug dependence has caused isolation from meaningful relationships

2) Acknowledge the importance of involving family members and significant others in treatment

3) Develop a network of people to support efforts toward abstinence.

MAIN POINTS:

1) Social support is critical to recovery

2) Drug-using friends and activities should be replaced with drug-free peers and family members

3) Engaging non-drug-using peers and family can be difficult at first, because of issues of trust, but it will become easier over time.

4) Assertion skills can be helpful in establishing a support system

The following people can support my recovery:

Name   Phone #

1) _____

2) _____

3) _____

4 _____

5) _____

These people can help me…

_____
_____
_____
_____

I can be assertive in asking for their help by saying…

_____
_____

I expect the responses to my request will be…

_____
_____
_____
_____

*Adapted from Mercer et al. (1992). Group drug counseling manual. Unpublished manual, University of Pennsylvania.