

REBOUND & RECOVERY

OPIOID PREVENTION AND WELL-BEING

LESSON OVERVIEW

Lesson 1: Opioid prevention and wellbeing

By the end of lesson 1, group members will be able to understand what opioids are, identify what opioid misuse is, and how it affects an individual's emotions, thoughts, actions, and brain. Members of the group will also explore the connection between stress and its impact on thoughts, emotions, and behaviors and learn how to identify stressors in their lives, along with recognizing how their well-being is impacted. During the lesson, group members will learn about what well-being is, and learn two coping tools for stress management, the Brain Dump and 4-7-8 Breathing.

Lesson 2: The Connection between Emotions, Thoughts, & Actions

By the end of lesson 2, group members will have a better understanding of what emotions are, and how their emotions relate to their thoughts and actions. Group members will learn how to identify the emotion they are experiencing and gauge the level at which they are experiencing the emotion. They will be introduced to journaling and the calming skill of: Progressive muscle relaxation.

Lesson 3: Goal Setting

By the end of lesson 3, group members will have a better understanding of what goals are and how goals make a difference in their own lives and lives of others. Youth will learn how to safely store and dispose of medication. Group members will set SMART goals in relation to their emotions, thoughts, and actions to achieve where they want to be in life. They will also be introduced to creating a vision board and the calming skill of using visualization.

Lesson 4: The Brain

By the end of lesson 4, group members will have a better understanding of how their brain works and influences their emotions and responses. They will learn about the limbic and cerebral cortex of the brain and the development of their brain during adolescence. They will also learn about how opioids impact the brain and body. They will be introduced to journaling and the calming skill of cognitive breathing - nostril switching, finger counting, and hand tracing.

Lesson 5: Negative and Unhelpful Thoughts and Reframing

By the end of lesson 5, participants will have a better understanding of the impact negative thoughts have on emotions and actions. They will learn how to identify thinking errors and ways to reframe unhelpful and inaccurate thoughts. They will also be taught the calming skill of practicing mindfulness by doing ninja senses.

Lesson 6: Healthy Lifestyles

By the end of lesson 6, participants will understand the components of a healthy lifestyle including safe use of medication and the qualities of a healthy relationship. They will learn what refusal skills are and practice using refusal skills to create healthy boundaries. Participants will also learn the calming skill of yoga.

Lesson 7: Support Systems and Peer-to-Peer Training

By the end of lesson 7, participants will identify the people in their support systems and learn how to be a supportive friend to their peers. They will also plan for the future and how they will utilize skills they have learned to navigate anticipated challenges. They will be taught the calming skill of using a finger labyrinth or bean mandala.

Questions or concerns? Please contact Savannah Collier at ssmith24@fsu.edu

This program is part of the Southeast Rural Opioid Technical Assistance Regional Center at Florida State University's Stoops Center for Communities, Families, and Children