

Experiential Solutions **T.E.A.M.**, Inc.

Trainin**g** *through* **E**xperiential **A**ctivity **M**anagement

T.E.A.M.²

***T**aking **E**very **A**ction to **M**ee**t** the **M**ission*

www.experientialsolutions.com

214-993-7090

Family Drug Education/Substance Abuse Program

Experiential Solutions is a family program designed to be facilitated through schools, social service agencies, youth organizations, juvenile justice systems, colleges, etc. Trained adults facilitate in either one hour or one and one half hour sessions. Each session explores a key program concept, and the concept is reinforced through experiential learning activities. Experiential Solutions utilizes the Experiential Learning Model, Activities, and Processing/Debriefing of the group's activities. It is designed to promote an understanding of drug education, abuse and addiction. The program can be modified in a variety of ways to respond to the needs of the group. It can be use as a prevention or intervention program.

OBJECTIVES/OUTLINE

Substance Abuse/Dependency; addiction and recovery

Family Systems/Stages of Change

Communication/ self-talk/self-esteem

Problem solving/refusal skills/peer pressure

Stress-Anger Management/coping with cravings

Relapse prevention/Success strategies for life