

The 5-part Plan

5. Drug and Alcohol Support Group

Pathway has developed a community-based drug and alcohol support group for released prisoners, facilitated by Drug-Arm Christchurch.

Priority is given to up to six placements (maximum capacity for one facilitator), i.e. released prisoners with identified AOD issues being re-integrated into the community.

The group is facilitated by a Drug-Arm Christchurch expert, appropriately qualified in addictions counseling.

Focus varies according to the needs and motivation of the members of each specific group but will include relapse prevention, re-integration issues and problem-solving strategies. Such groups often build motivation in clients who were previously unmotivated or indifferent to change by helping them to re-evaluate their lives, and by challenging barriers to change.

Clients are referred into the group either by Pathway or Drug-Arm facilitation staff. All clients are assessed for suitability by Drug-Arm before attending their first group.

Participation involves 1.5 hours contact time per week, with ongoing support work depending on individual needs.

Ideally clients will find their own way to and from the group meetings but Pathway can provide transport for them to ensure they have the best possible chance of attending.

