



Marijuana Service Module

Session One

Session Goal:

- Provide a comprehensive AODA and Mental Health screening. Determine if the client needs to be immediately referred for substance abuse 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.

Worksheets:

1. Stages of Change – How do I Make a Change?
2. Identifying the Client's Stage of Change (counselor)
3. Identifying My Stage of Change
4. "Marijuana, A User's Guide to Stopping" - Center for Addiction and Behavioral Health Resources (CABHR) brochure

Screening Tools:

- *Stages of Change self-test*
- *Center for Addiction and Behavioral Health Resources (CABHR) brochure Self-Tests*
 - #1 - *Psychological Dependence*
 - #2 - *Physical Health Effects*
 - #3 – *Effects on Work and Personal Relationships*

Homework:

- Read "Marijuana, A User's Guide to Stopping" handout
- Complete three self-tests



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.

Worksheets:

- Learning New Coping Strategies

Homework

- Develop a plan for relapse prevention.
- Have client identify coping strategies in worksheet #4.

Session Three

Session Goal:

- Review client's homework and progress in developing coping strategies.
- Review relapse prevention plan and use motivational interviewing to continue commitment to change.

Interventions/Skill Building:

- Review client's motivation and progress.
- Answer questions and address any new concerns.
- Identify strengths and obstacles in the change process.
- Coach the client in how to effectively use their support system.

Homework:

- Offer additional community resources.
- Invite client to re-contact the EAP, as needed.