

Hampshire Structured Day Service RINGWOOD

W/C Monday	MONDAY <i>Oaktree House</i>	TUESDAY <i>The Bridge New Milton</i>	WEDNESDAY	THURSDAY <i>Totton/Hythe</i>	FRIDAY	SATURDAY
Mar 22 nd 9 -12	Unlocking Thinking 1	Relapse Prevention 1		Relapse Prevention 1	KEY Access programme Main programme Main programme – evening Alcohol Programme	
1.30-5	Access 1 – Costs & benefits of using	Access 5 – Drug use- why do you?		Access 2 – Drugs and health		
6 – 8	Relapse Prevention 1					
Mar 29 th 9 -12	Unlocking Thinking 2	Relapse Prevention 2		Relapse Prevention 2	BANK HOLIDAY	
1.30 -5	Access 3 - Relationships	Access 7 – Relapse Warning Signs		Access 4 – Who is a drug user?		
6-8	Relapse Prevention 2					
Apr 5 th 9-12	BANK HOLIDAY		Relapse Prevention 3		Relapse Prevention 3	
1.30-5			Access 9 – Lapse/Relapse		Access 6 –Who am I?	
6-8						
Apr 12 th 9 – 12	Unlocking Thinking 3	Relapse Prevention 4		Relapse Prevention 4		
1.30 -5	Access 5 – Drug use. Why do you?	Access 10 – Self Worth		Access 10 – Lapse/ Relapse		

Hampshire Structured Day Service RINGWOOD

6 -8	Relapse Prevention 3				
Apr 19 th 9 – 12	Unlocking Thinking 4	Relapse Prevention 5		Relapse Prevention 5	
1.30 -5	Access 7 – Relapse warning signs	Access 12 - Denial		Access 12 - Strengths	
6 -8	Relapse Prevention 4				
Apr 26 th 9 – 12	Unlocking Thinking 5	Relapse Prevention 6		Relapse Prevention 6	
1.30 -5	Access 8 - Coping mechanisms	Access 14 – Cycle of Change		Access 14 – Co-dependency	
6 -8	Relapse Prevention 5				
May 3 rd 9 – 12		Better Communication 1		1- How do I feel?	
1.30 -5	BANK	Access 15 –how do you feel today?		Access –Review. Outcome monitoring wheel	
6 -8	HOLIDAY				
May 10 th 9 – 12	Unlocking Thinking 6	Better Communication 2		2-Self Esteem	
1.30 -5	Access 9 – Lapse/Relapse	Access 17 – Feelings		Access 18 – Letting Go	
6 -8	Relapse Prevention 6				

May 17 th 9 – 12	Exploring Relationships 1	Better Communication 3		3 - Assertive Communication		
1.30 -5	Access 10 – Self Worth	Access 19 - What is 'Good Health'?				
6 -8						
May 24 th 9 – 12	Exploring Relationships 2	Better Communication 4		4 – Relationships		
1.30 -5	Access 11 - Strengths	Access 21 – Drug use and offending				
6 -8						
May 31 st 9 – 12		Changing Behaviour 1		5 – Stress /relaxation		
1.30 -5	BANK	Access 22 - Gratitude		Access 22 - Alcohol		
6 -8	HOLIDAY					
Jun 7 th 9 – 12	Exploring Relationships 3			6 - Relapse Prevention		
1.30 -5	Access 12 - Denial	Access 24 – Rights on Arrest		Access 26 – Acceptance		
6 -8						
Jun 14 th 9 – 12	Exploring Relationships 4	Changing Behaviour 2		7 – Denial		
	Access - Review.	Access 26 –		Access 28 – Miracle		

Hampshire Structured Day Service RINGWOOD

1.30 -5	<i>Outcome monitoring wheel</i>	Problem Solving & assumptions		Day		
6 -8						
Jun 21 st 9 – 12	Exploring Relationships 5	Changing Behaviour 3		8 - Cross addiction		
1.30 -5	Access 13 – Co-Dependency	Access 28 – Communication – Parent, Adult, Child		Access 30 – Successful Change		
6 -8						
Jun 28 th 9 – 12	Exploring Relationships 6	Changing Behaviour 4		9 - Taking responsibility		
1.30 -5	Access 14 – Cycle of Change	Access 30 – HIV & AIDS Awareness		Access – Review. Outcome monitoring wheel		
6 -8						
Jul 5 th 9 – 12	Relapse Prevention 1	Changing Behaviour 5		10 - Acceptance and gratitude		
1.30 -5	Access 15 – How do you feel today?	Access 32 – What is Anger?		Access 34 – HIV & AIDS awareness		
6 -8						
Jul 12 th 9 – 12	Relapse Prevention 2	Changing Behaviour 6		11 - Where am I now?		
1.30 -5	Access 16 – Letting Go	Access 34 – Honesty vs. Dishonesty		Access 1 – Costs & benefits of using		

6 -8						
Jul 19 th 9 – 12	Relapse Prevention 3	Unlocking Thinking 1		12 - Where next?		
1.30 -5	Access 17 - Feelings	Access 36 - Image		Access 3 - Relationships		
6 -8						
Jul 26 th 9 - 12	Relapse Prevention 4	Unlocking Thinking 2		1- How do I feel?		
1.30 -5	Access 18 – Assertive Rights	Access 38 - Labelling		Access 5 – Drug use – why do you?		
6 -8						
Aug 2 nd 9 – 12	Relapse Prevention 5	Unlocking Thinking 3		2-Self Esteem		
1.30 -5	Access 19 – What is 'good health'?	Access 40 – General Health		Access 7 – Relapse warning signs		
6 -8						
Aug 9 th 9 - 12	Relapse Prevention 6	Unlocking Thinking 4		3 - Assertive Communication		
1.30 - 5	Access 20 - Alcohol	Access42 – Problem Solving		Access 9 – Coping Mechanisms		
6-8						
Aug 16 th 9 – 12	Better Communication 1	Unlocking Thinking 5		4 – Relationships		

Hampshire Structured Day Service RINGWOOD

1.30 -5	Access 21 – Drug use and offending	Access 44 – Pros and Cons		Access 11 - Strengths		
6 -8						
Aug 23 rd 9 – 12	Better Communication 2	Unlocking Thinking 6		5 – Stress /relaxation		
1.30 -5	Access 22 - Gratitude	Access 46 – Managing Emotions		Access 13 – Co-Dependency		
6 -8						
Aug 30 th 9 – 12	Better Communication 3			6 - Relapse Prevention		
1.30 -5	Access 23 - Acceptance	Review – Outcome Monitoring Wheel		Access 15 – How do you feel today?		
6 -8						