

Week	Session Outline – Week 11	Video Topic	Points to Emphasize	Handouts/Supplies
<p><b>Eleven</b></p>	<ol style="list-style-type: none"> <li>1. Check attendance.</li> <li>2. Distribute name tags.</li> <li>3. Show Videotape/DVD – Week 11.</li> <li>4. Review “Points to Emphasize.”</li> <li>5. Discuss “Celebration or Pot Luck” for Week 12 (optional).</li> <li>6. Collect name badges.</li> <li>7. Discuss the importance of coming back for the 12 weeks after class as a successful stopper.</li> </ol>	<ul style="list-style-type: none"> <li>• <b>Relapse</b> rates over time for heroin, smoking, and alcohol</li> <li>• Greatest risk for relapse is in the first 12 weeks of a program -Congratulations. You have come this far!</li> <li>• <b>Behavior</b></li> </ul>	<ol style="list-style-type: none"> <li>1. People do not continue to practice non-rewarding behavior.</li> <li>2. Continue support group to increase probability of being a long term successful non-smoker.</li> <li>3. Cooper/Clayton’s Hierarchy of Need (i.e. Maslow’s) <ol style="list-style-type: none"> <li>1) Need to Survive</li> <li>2) Need to Be Loved</li> <li>3) Need to Feel Important</li> <li>4) Need to Achieve</li> <li>5) Need to Meet Spiritual Needs (Emphasis may vary at different ages.)</li> </ol> </li> <li>4. The reasons you started smoking-are reasons that are no longer important to you.</li> <li>5. You are better off as a non-smoker.</li> <li>6. If using 7 mg. patch-<b>Go off patch this week.</b></li> <li>7. If using <b>gum or lozenge</b>-no more than <b>2 pieces/day</b> next week.</li> <li>8. Remember: <b>“Do what Dr. Cooper and Dr. Clayton say and you WILL succeed!”</b></li> </ol>	<ul style="list-style-type: none"> <li>• Attendance sheet</li> <li>• Name badges</li> <li>• VCR/TV or DVD/TV</li> <li>• Videotape or DVD 11:15</li> <li>• <i>Remember the 3 R’s</i></li> </ul>