

Plan your programme

1. Reflect on the preparation questions in the Facilitation Guide.

2. Will you use any of the complimentary activities?

Activity	What action or activity will you use, and in which session(s)?
Setting group culture	
Substance use log	
Setting and achieving goals	

3. Consider the questions below for each individual or group, and plan the activity based on the answer.

If the answer is yes:

- Include the activity as a refresher or reflection exercise
- Skip the activity but summarise the key points with the group
- Skip the activity and move to the next step

If the answer is no, choose an activity that best meets the needs of the participants.

Question	✓	What action or activity will you use and in which session(s)?
Can the person reflect on and talk about "ko wai au/ who am I" and their wellbeing?		
Can the young person identify their existing and potential strengths?		
Can the young person identify who is important to them and the relationships that help them to be well?		
Can the young person understand key concepts about mental wellbeing?		
Can the young person understand key concepts about alcohol/cannabis/other drugs/harm reduction?		
Can the young person communicate positively and assertively with others?		
Can the young person identify risky situations and take action to reduce risks?		
Can the young person identify tools and behaviours that can be used to reduce harm from AoD use?		

The facilitation guide outlines how to deliver the programme.

The *Making Changes* activities and guide are available at tuturu.org.nz/changes.