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## **Refusal Skills Preventing Drug Use**

-The following are drug refusal skills & techniques:

- Say no immediately!
- a. Do not stumble or hesitate. You can make it the very first word that comes out of your mouth!
- Be clear and firm- no means no!
- a. Avoid statements such as, Not today or ^Maybe later
- b. Avoid excuses, such as My girlfriend will get

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upset \_ or I have to get to work

## **Substance Abuse - My Group Guide**

And while these refusal skills techniques are suggested for teens, they can be adapted to adult situations and provide individuals with the best chance of avoiding relapses and drug abuse:

Explain Your Refusal - Often, people will

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accept good reasons for refusing drugs, such as “I need to be sober ...

## **Drug Refusal Skills | Addiction Treatment Center WA ...**

However, relapse prevention skills should be implemented into each recovering person's daily schedule and routine to prevent or reduce the risk of

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cravings. The top 10 relapse prevention skills include: 1. Self-Care. Common post-acute withdrawal symptoms when recovering from addiction include insomnia and fatigue.

## **The Top 10 Relapse Prevention Skills - Addiction Center**

There are many drug refusal activities

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and roleplay which one can undertake to learn better on how to refuse taking drugs offered to you, effectively. Staying clean, healthy and completely off drugs can be a tad difficult with all the promotions and advertisements on alcohol and intense peer pressure.

## **Effective Drug Refusal Skills for**



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## **Teenagers and Adults ...**

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empathy drug refusal efficacy and adolescent drug use drug refusal efficacy involves ones ability to refuse drugs when offered drugs when pressured by peers to use drugs and when tempted to use drugs as a coping device

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**adolescents**  
Developing Refusal Skills. Abstaining from alcohol and drugs is challenging for a large variety of reasons. Temptations often come from the inside and include things such as a longing to escape, a need to relax, physiological craving, and a desire to comfort yourself. Additionally, cues, urges, and

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temptations come from the outside.

## **Developing Refusal Skills | Journey to Recovery**

Use the SAMHSA Treatment Locator to find substance use or other mental health services in your area. If you are in an emergency situation, this toll-free, 24-hour hotline can help you get through

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this difficult time: call 1-800-273-TALK, or visit the Suicide Prevention Lifeline.

### **6 Tactful Tips for Resisting Peer Pressure To Use Drugs ...**

Discuss reasons not to use drugs. Avoid scare tactics. Emphasize how drug use can affect the things that are important to your teen — such as sports, driving,

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health and appearance. Consider media messages. Social media, television programs, movies and songs can glamorize or trivialize drug use. Talk about what your teen sees and hears.

## **Teen drug abuse: Help your teen avoid drugs - Mayo Clinic**

Being offered a drink is common in

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social situations. For recovering alcoholics, developing refusal strategies that allow them to enter social situations without giving into the temptation to drink is an essential part of remaining sober. Avoiding bars and drinking friends is an important part of avoiding relapse, but it is not always enough. Anything...



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## **Drink Refusal Skills for Alcoholics - Alcoholrehab.com**

Results. At 3-month follow-up and compared to youths in the control arm, intervention-arm youths reported less stress, reduced peer drug use, lower rates of past 30-day other drug use, and higher coping, problem solving, and drug-use refusal skills.

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## **Preventing Drug Use Among Sexual-Minority Youths: Findings ...**

The purpose of relapse prevention groups, according to the SAMHSA, are to “help clients maintain their sobriety by providing them with the skills and knowledge to “anticipate, identify, and manage high-risk situations” that lead to

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relapse into substance use “while also making security preparations for their future by striving for broader life balance.”

## **Building Relapse Prevention Skills in Addiction Treatment**

This sequence may reflect, in part, the widespread availability, acceptability,

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and use of tobacco and alcohol, as well as common underlying causes of drug use, such as risk-seeking patterns of behavior and deficits in communication and refusal skills. Recent reports on preventing drug abuse suggest that approaches effective in preventing tobacco use can also help prevent the use of alcohol and other drugs (33-35).

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## **Guidelines for School Health Programs to Prevent Tobacco ...**

Numerous alcohol and drug abuse prevention trials have included social resistance training as a strategy for reducing early-stage adolescent alcohol use. Evaluations of these trials has shown them to be moderately effective,

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although the precise impact of the resistance training in comparison to other programmatic features has not been clearly identified.

### **Social skills, competence, and drug refusal efficacy as ...**

Parents are often concerned that their children will start (or are already) using

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drugs such as tobacco, alcohol, marijuana, and others--including the misuse of prescription drugs. Research supported by the National Institute on Drug Abuse (NIDA) shows the important role that parents play in preventing drug use in their children.

## **Family Checkup: Introduction |**

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## **National Institute on Drug ...**

Key Drug Addiction Counseling Skills and  
Techniques (Role-play sessions) 5.1.

Client assessment 5.2. Problem solving  
5.3. Goal setting 5.4. Reducing risk

Chapter 6. Relapse Prevention 6.1.

Relapse prevention therapy 6.2. Refusal  
skills 6.3. Coping with cravings 6.4.

Stress management 6.5. Time



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## **Training Curriculum on Drug Addition Counseling: Trainer's ...**

1. First, go to events where there are no drugs and alcohol. 2. Second, connect with friends who support your decision not to use drugs. Ask for support from these friends when others become

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pushy in their offerings. 3. When in a problematic situation, make an excuse to leave. Just get out of there.

## **How To Party Without Mixing Alcohol And Drugs**

Relapse Prevention (RP) (MBRP) All treatments for substance use disorder (SUD), in a way, are intended to prevent

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relapse. The treatment called Relapse Prevention (RP), however, refers to a specific intervention. Relapse Prevention is a skills-based, cognitive-behavioral approach that requires patients and their clinicians to identify situations that place the person at greater risk for relapse – both internal experiences (e.g., positive thoughts related to substance

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use or negative ...

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