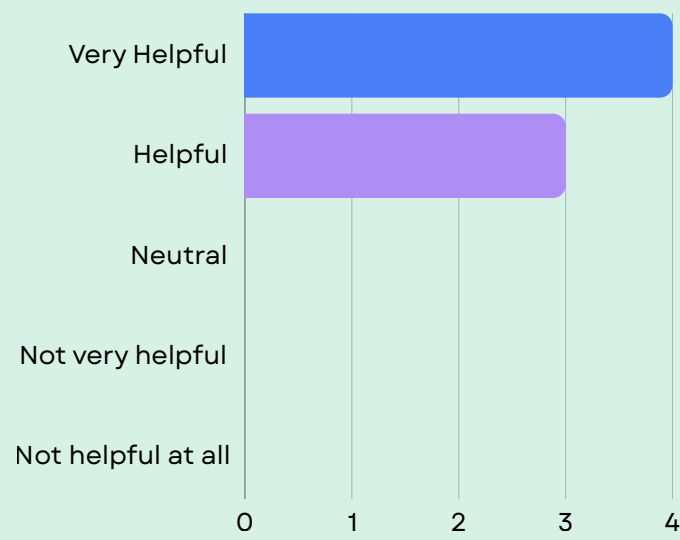


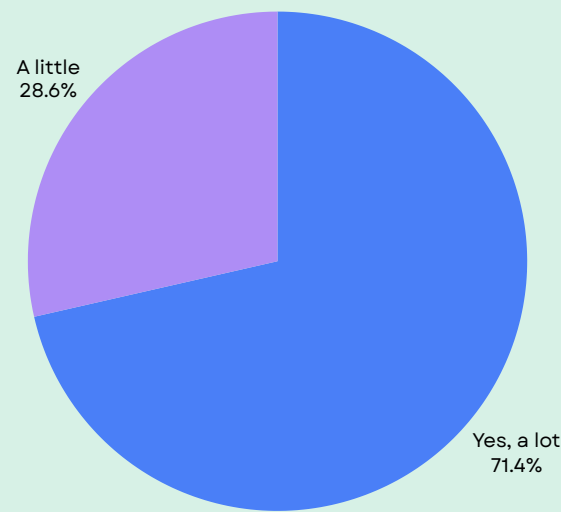
FEEDBACK FROM THE SUBSTANCE MISUSE GROUP

The substance misuse group was created and ran by the Doctor and Psychology team at Sherwood House. It was set up to educate and promote awareness around substance misuse to the patients at Sherwood House.

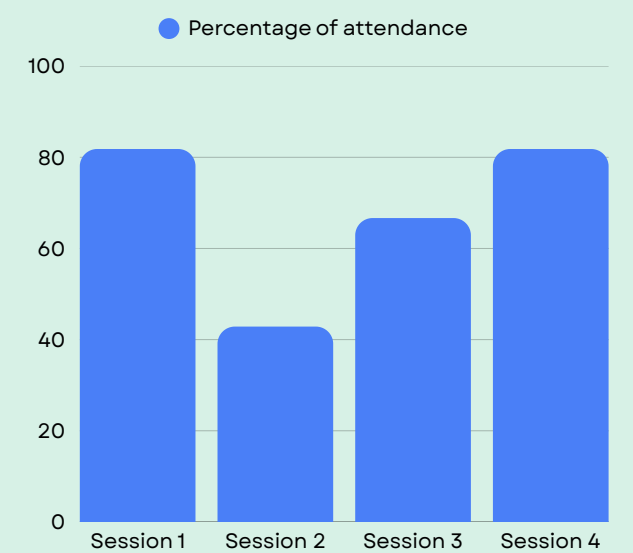
HOW HELPFUL DID YOU FIND THE SUBSTANCE MISUSE SESSIONS?



DID THE GROUP HELP YOU THINK DIFFERENTLY ABOUT SUBSTANCE USE AND RECOVERY



GROUP ATTENDANCE



WHAT WAS MOST USEFUL

'People were being honest, and I was honest'

'Understanding the impact of drugs'

'Think about what's happened and stay safe'

'Listening to what others has to say'

'Made me think about staying off them'

'Reminded me of the different effects physically and mentally and the consequences'

'I opened up'

'Hearing the facts about drugs from the Doctor'

'It reminded me about the triggers and effects of drug use'

HOW ARE YOU PRACTICING & APPLYING THE MATERIAL

'Keeping the information in my memory and reminding myself'

'Talking with staff'

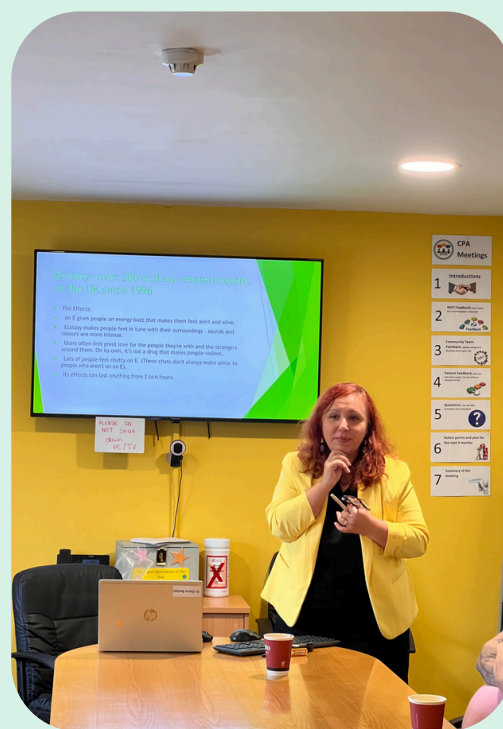
'Using the 4Ds'

'Practicing well. It's helped me be open minded and healthier'

'Coming to terms with the facts'

'I don't drink or take drugs and don't even consider it'

'Learning and reminding myself about consequences and impact'



WHAT COULD HAVE BEEN DEVELOPED OR IMPROVED

'Giving us time to share our story and help others'

'Encourage each other in the group to do better'

'Encourage us to not use'

'Group contribution better, everyone was talking over each other'

ACTION POINTS

Provide dedicated time for personal story sharing

Promote equal participation from all group members

Reinforce group listening and good communication

Increase encouragement and support for recovery focused behaviours