



# Drug and Alcohol Abuse

Group members will learn about drug and alcohol addiction and will create meditation bead chains that will be donated to a local drug and alcohol addiction treatment center.



## OBJECTIVES:

1. Group members will be reacquainted through a warm up activity.
2. Group members will learn about drug and alcohol abuse and the effects of addiction.
3. Group members will learn about the ways addicts can be supported during their recovery.
4. Group members will create meditation bead chains for patients in a local drug and alcohol addiction treatment center.



## ACTIVITIES:

- I. Introductions and Warm-up Activity
  - a. Introductions of new F.I.I.V.E. group members, staff, and guest speakers (if applicable)
  - b. Warm-Up Activity (See Appendix A: Warm-Up Activities)

*NOTE: Don't forget to pass out nametags!*

## II. PRESENTATION

(See Appendix B: Volunteer Activity Session Scripts for presentation materials on *Drug and Alcohol Abuse*.)

## III. PROJECT: MEDITATION (PRAYER) BEADS





#### MATERIALS:

1. Rosary twine: twisted cord either bonded or non-bonded.\*
2. Size 21 or 36 should be big enough for participants needing assistance with fine motor skills.
3. ¼ pound of a bolt of cord should be enough to create more than 30 meditation cords.
4. Beads
5. Choose beads with a hole big enough to fit the cord. Approximately 30-40 beads will be needed for a chain, depending upon the size of the bead.
6. Small zip-lock baggies
7. Cardstock

*NOTE: Bonded Cord is treated with a chemical that makes it feel waxy, but helps to hold the string together. However, it is a bit stiff and hard to handle. It may begin to irritate the hands after much crafting. Non-bonded Cord unravels more easily, but is a bit easier on the hands.*

#### INSTRUCTIONS:

1. Distribute approximately 3 feet of cord to each group member, along with 30-40 beads.
2. Create a knot 4 inches from one end of the cord.
3. Thread the first bead and tie off with a double knot, or a barrel knot to avoid unraveling.
4. Continue to thread one bead, and one knot, until the chain has reached the desired length. Leave 4 inches at the end of the cord to tie ends together.
5. Tie together the beginning and end of chain. Add a charm or symbol if desired.
6. Cut cardstock into small, business sized pieces. Hand print a mantra onto each card (see suggestions below). For a more professional and finished look, create and print the mantra cards in advance using the business card option in Microsoft Word.
7. Place meditation beads, along with a small card with a mantra printed on it, into a small zip-lock bag for delivery.

#### SUGGESTED MANTRAS:

“One step must start each journey.” - Unknown

“Love is the only miracle there is.” – Osho

“Be the change you wish to see in the world.” – Gandhi

“Every day in every way I’m getting better and better.”

– Laura Silva

“I change my thoughts, I change my world.” – Norman Vincent Peale

*NOTE: This activity may be difficult for individuals with underdeveloped or unreliable fine motor skills. The larger the cord, the easier it is to tie knots.*

#### IV. REFRESHMENTS AND DEBRIEFING

While group members enjoy a small snack or refreshment, use the following questions to facilitate



a debriefing discussion about the day's activity:

*NOTE: Ask another staff member or an older adult volunteer to take notes!*

1. What was something you learned today about drug or alcohol addiction?
2. How can you support a recovering addict?
3. How can you protect yourself from abusing drugs or alcohol?

#### V. CALENDAR CORNER/ANNOUNCEMENTS

- a. Prepare the group for the next F.I.I.V.E. volunteer activity session.
  - ~ Date/Time/Location
  - ~ Advertise guest speaker (if applicable)
  - ~ Supplies (if applicable)
  - ~ Recommend appropriate attire (if applicable)

#### VI. RECORDKEEPING

(See Appendix C: Recordkeeping Materials to use with each volunteer activity session.)



### *Additional Tips or Suggestions:*

- Consider the seriousness of this topic, approach the presentation with sensitivity.
- Invite a drug counselor to speak to your group about the topic of drug and alcohol abuse.
- Alternative or additional activities:
  - Contact the local drug and alcohol treatment center you will be donating to and ask a representative to provide suggestions for other donations that would benefit their patients.
  - Make booklets that include words of encouragement and additional mantras.
  - Frame dried flowers for the patients to put in their rooms at the treatment center.
  - Create fleece tie-blankets.