



# Life Skills

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# Life Skills?

- **Broad**
- **Ambiguous**
- **Non exhaustive**



[https://www.integration.samhsa.gov/about-us/CIHS\\_Webinar\\_Activating\\_Self\\_Management\\_FINALb.pdf/](https://www.integration.samhsa.gov/about-us/CIHS_Webinar_Activating_Self_Management_FINALb.pdf/)



# Transitioning from Surviving to Living

- ✓ Your experiences, may not be theirs



# MI





# SAMHSA's WORKING DEFINITION OF RECOVERY



10 GUIDING PRINCIPLES OF RECOVERY





# World Health Organization acknowledges the following 5 areas:

1. Decision-making and problem-solving;
2. Creative thinking and critical thinking;
3. Communication and interpersonal skills;
4. Self-awareness and empathy;
5. Coping with emotions and coping with stress.



# Complementary

- ✓ To Treatment Plan
- ✓ Work with provider
- ✓ Supervision



# Defining self

- ✓ Personal mission statement
- ✓ Culture
- ✓ Spirituality
- ✓ Values/Morals
- ✓ Showing purpose
- ✓ Reinventing self



# Conflict

# Management

- Defining self can lead to identifying how to deal with conflict



# Advocating

“Obtaining/increasing self worth, creates an advocate”



# Education

- ✓ Cross addiction
  - ✓ Gambling
  - ✓ Eating
  - ✓ Mental Health
  - ✓ Other (nicotine)
- ✓ School
- ✓ Certifications



# Fun!!!

- ✓ Reinventing fun
- ✓ Finding fun
- ✓ Learning how to celebrate without substances



# Social Skills



© Virgil Films



# Housing

- ✓ How to rent/own
- ✓ Rights
- ✓ Budgeting
- ✓ Landlord Mitigation



# Goal Setting

- ✓ SMART: Specific, Measurable, Attainable, Relevant, Time based
- ✓ Revisit
- ✓ Expand on
- ✓ More complex



Life skills can be looked at as a foundation of recovery, a process to become, remain self sufficient and live. Start with the foundation and continue to build!



# Questions?





# Resources

## Best practice and ideas

- ✓ <https://www.samhsa.gov/>
- ✓ <https://www.drugabuse.gov/>
- ✓ [https://www.who.int/mental\\_health/media/en/30.pdf](https://www.who.int/mental_health/media/en/30.pdf)
- ✓ [https://www.unodc.org/pdf/youthnet/action/message/escape\\_peers\\_07.pdf](https://www.unodc.org/pdf/youthnet/action/message/escape_peers_07.pdf)
- ✓ [https://www.integration.samhsa.gov/about-us/CIHS\\_Webinar\\_Activating\\_Self\\_Management\\_FINALb.pdf/](https://www.integration.samhsa.gov/about-us/CIHS_Webinar_Activating_Self_Management_FINALb.pdf/)



## Treatment/assistance

- ✓ <https://secure.in.gov/apps/fssa/providersearch/home>
- ✓ <https://www.in.gov/fssa/index.htm>
- ✓ 211

## Training

- ✓ <https://www.icaada.org/>
- ✓ <https://www.naadac.org/>
- ✓ Sign up for FSSA/DMHA email list to receive updates on free training and other initiatives.