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100 Interactive Activities for Mental Health and Substance Abuse Recovery

Carol A. Butler

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100 Interactive Activities for Mental Health and Substance Abuse Recovery Carol A. Butler
Ages 8 & Up. Energize,empower and educate your group participants with these 100 interactive activities. Designed for clients dealing with mental health and substance abuse recovery issues. Treatment components common to both are incorporated.
The 14 broad categories in this manual are: Anger Management, Assertion, Cognitive Changes, Coping, Inspiration, Mental Health and Sobriety, Problem Solving, Recovery, Relationships, Self-Development, Self-Esteem, Self-Help, Self-Knowledge, Stress Management.
Designed to motivate cognitive and behavioral changes, participants learn to think, problem solve and act to promote mental health. Reproducible materials are included.

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