

N – In the Empowerment group the group learns how to improve their interpersonal relationships by building self-esteem and coping skills for victims and perpetrators of bullying. Bullying can lead to high risk factors of relapse, suicide, and domestic violence. In this session we explore the topics on How to prevent bullying. We discussed how to help kids understand bully, by talking about bullying and how to stand up to it safely, bullying is unacceptable, how to get help. Keeping that lines of communication open to check in with kids often, listen to them, know their friends, ask about the school, and understand their concerns. Encourage kids to do what they love by getting involved in activities and boost confidence. Then we discussed how to model and treat others. The group added to the discussion as we discussed each topic in the group.

A – The ct processed each topic talked and discussed each topic. After ct had shared the ct was allowed time to respond. The ct was active in listening and engaged in valuable feedback. The ct was taught to have an awareness of bullying in their new recovery. The group responded well to their peers. The group learned how they respond, belief their emotions behind bullying, and the triggers of their bullying situations.

P – To continue to learn new relapse prevention coping strategies and to continue to maintain sobriety. To continue to improve interpersonal relationships in their lives.