



Individualized Programs

- **Crack Busters**
 - 20 individual sessions

Four Module Program

1. Knowledge & Insight
2. Overcoming Denial & Self Analysis
3. Developmental Process
4. Relapse Prevention

The Crack Busters Workbook provides a good framework for discussions by recovering addicts. Participants will gain a better understanding of their addiction through intensive long-term behaviour modification techniques provided within the Crack Busters Workbook which assists the participants in developing the ability to control their thoughts and build an intense distaste for crack cocaine.

- **Anger/Rage Management Program**
 - 8 individual sessions.

Three Part Program

- Part 1 – Understanding your Rage (Video)
- Part 2 – Tools for Managing Anger (Video)
- Part 3 – Anger Reduction and Long-Term Changes (Video)

This program is delivered through the use of video, worksheets and discussion. Anger management is about learning to express anger in constructive and appropriate ways. This program assists individuals in building an awareness of anger that is problematic; in acquiring skills to control/manage anger in order to reduce negative outcomes; and in implementing processes over the long-term that assist in changing thoughts and beliefs that fuel anger.

Participants will learn skills and have an opportunity to integrate and practice them in their lives. The participants will explore various aspects of their lives in order to examine where anger stems from and subsequently reduce their “rage load” and potential negative consequences.