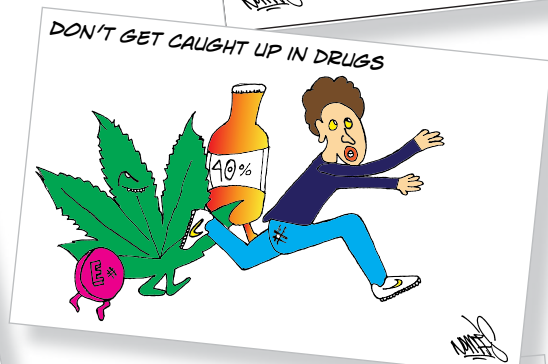


GUIDE

POSTERS ON SUBSTANCE USE

INTRODUCTION

These posters were designed by **Nomis** to be thought-provoking, to stimulate discussion, and to give shape and form to an artistic project. This activity can first be proposed to the Good Trip - Bad Trip group so that participants can experience a fun activity while discussing substance use. The fun aspect of the posters suggests a non-confrontational and open approach regarding substance use.



GROUP SET UP

Participants

- Five to eight participants

Selection criteria

- Hospitalized patients or outpatients
- Individuals interested in participating in a discussion on the posters (user, ex-user, non-user)
- Ability to tolerate a group environment and discussions



Participants wishing to share their views on the posters will naturally be at different stages of reflection on substance use. This will make their sharing all the more beneficial for the entire group.

Type of group

- Open or closed
- Voluntary participation

Frequency and duration

- One session every two weeks
- 30 to 45 minutes long

GROUP RULES

- Respect for the opinions of each participant is essential.
- Respect for the artist who created the poster is also essential.
- Information shared within the group must be regarded as confidential by all participants.
- Participants under the influence of a substance can take part in the activity provided they are able to participate in some way and not be disruptive to the group.

The creative work of each participant can be displayed with the latter's consent. The facilitators also have discretionary say as to which works will be displayed.



Closed group will have six meetings (total duration of 12 weeks).

For participants who are not part of the Good Trip - Bad Trip group, a seventh meeting can be set up and the Good Trip - Bad Trip Quiz in Module 2 can be used. This enables the group session to be concluded while consolidating what has been learned.

FACILITATION

One facilitator and one co-facilitator are in charge of leading the group. Interdisciplinary work would be ideal.

The facilitators must demonstrate openness and respect, and must avoid assigning blame and passing judgement. They should avoid trying to convince participants of the risks and consequences of substance use.

Facilitator's role

- Provide a context for the activity
- Initiate discussion
- Stimulate discussion through questions related to the theme on the poster

Co-facilitator's role

- Make sure participants comply with the rules and framework for the activity
- Support the facilitator in his interventions

LOGISTICS

Location

The group meets around a table in a closed room.



Notes for the facilitator

The activity can also be held in a more relaxed atmosphere (over coffee).

Materials

- Six posters to be printed on your own or by a printer
 1. Don't keep your head in the sand when you use...
 2. Motivation: "C'mon, let's go to the amusement park!"
 3. Drugs just make things worse...
 4. Drugs hit hard!
 5. Don't get caught up in drugs
 6. It's hell trying to get out of the vicious cycle of drugs

- Copies of posters in 8½ x 11" format (no slogan)
- White paper
- Pencils, coloured pencils, markers, etc.
- Erasers
- Two bulletin or Plexiglas® boards on which to mount posters (one horizontal and one vertical board), set up in a common area, such as the hallway, care unit lounge, outpatient clinic waiting room, etc



Notes for the facilitator

The posters are available in electronic form on the USB key. It is recommended that they be posted on a large sheet (24x36").



THE ACTIVITY

AGENDA

- Week 1: Display of the chosen poster in a location accessible to everyone and announcement of the next creative workshop (date, time, location)
- Week 2: Creative workshop

After the workshop, the participants' creations will be placed near the poster for the rest of the week. We recommend using the second Plexiglas® (or bulletin) board for this purpose.

This procedure is repeated for each new poster.



Notes for the facilitator

The posters are presented one after another; there is no predetermined order for the presentation.

We suggest scheduling the creative workshop early in the week so that the participants' creation can be displayed for a few days.

CREATIVE WORKSHOP

Part 1 – Discussion (10 to 15 minutes)

At the start of the session, the poster is placed face down.

The facilitators inform participants that the posters were designed by a user of the services as part of the reflection process on drug and alcohol use. To begin, participants are asked whether they have seen the poster and remember the message. The poster is then presented to the participants and the facilitators take the time to clarify any ambiguities or misinterpretations of the image shown. For example, it is important to ensure that all participants correctly identify the substances depicted in the drawing, that they understand that THC stands for tetrahydrocannabinol (active ingredient in cannabis), etc.

The participants are asked open-ended questions to get them to talk about the drawing or the message on the poster, and to share their views on it.

The following points are covered:

With respect to the poster

- Ideas: “What ideas come to mind after seeing this poster?”
“In your opinion, what should happen after the scene represented in the poster?”
- Perceptions: “What emotions are the people experiencing?”
“What makes you say that?” “What message do you feel is being conveyed?”

With respect to the participants

- Emotions: “How do you feel after seeing this poster?”
- Life path: “Have you ever had similar feelings or experienced a similar situation?”

2 Part 2 – Guided activities (15 to 20 minutes)

Two creativity exercises are proposed in connection with the poster.

Participants do not have to do both exercises. They can be told to set their own pace and, if necessary, to continue working on the project after the session.

- **Option 1:** Participants are given the copies of the poster, without any text. They are asked to comment on the image or create a dialogue in the empty space provided.
- **Option 2:** Participants are asked to express their own interpretation of the slogan in the form of a drawing, a poem, or an anecdote.



Facilitation tips

Possible variation: A collage of the theme being discussed. You will need to provide magazines, scissors, glue and adhesive tape for this activity.

It is important to remain open to suggestions and ideas for other creative projects submitted by participants as part of the reflection process.

3 Part 3 – Review of the activity (5 to 10 minutes)

Participants are asked to talk about their artistic creation.

At the end of the session, the facilitators ask participants whether they would like their projects to be displayed. Depending on the response, the participants need to be informed that only a few projects can in fact be displayed and that the selection will be made by the facilitators and unit personnel.



Notes for the facilitator

If all the posters are relevant, we recommend that they should be displayed.



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