

addiction education group topics

Addiction Education Group Topics: A Comprehensive Guide

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Introduction: The Power of Addiction Education Groups

Addiction education group topics are central to effective addiction treatment and recovery. Group therapy provides a unique opportunity for individuals struggling with addiction to connect with others facing similar challenges, learn coping mechanisms, and develop crucial support systems. This report explores key topics suitable for addiction education groups, supported by relevant research and best practices. The effectiveness of these groups hinges on carefully selected topics that address the multifaceted nature of addiction.

I. Understanding Addiction: Foundation for Recovery

A crucial initial topic for any addiction education group is the foundational understanding of addiction itself. This includes:

The neurobiology of addiction: Explaining how substances and behaviors alter brain chemistry and reinforce addictive patterns is crucial. Research consistently shows that a neurobiological understanding helps reduce stigma and fosters self-compassion (Koob & Volkow, 2010).

The disease model of addiction: Framing addiction as a chronic relapsing brain disease, rather than a moral failing, is essential for removing self-blame and promoting treatment

adherence (McLellan et al., 2000).

Identifying personal triggers and risk factors: Guided self-reflection and group discussions can help participants pinpoint individual vulnerabilities and develop personalized relapse prevention strategies. This personalized approach significantly improves treatment outcomes (Marlatt & Gordon, 1985).

II. Coping Mechanisms and Stress Management

Stress and emotional dysregulation are major contributors to relapse. Therefore, addiction education group topics should prioritize the development of effective coping strategies:

Mindfulness and meditation techniques: Research indicates that mindfulness-based interventions are effective in reducing cravings and improving emotional regulation in individuals with substance use disorders (Hofmann et al., 2010).

Cognitive Behavioral Therapy (CBT) skills: CBT helps individuals identify and challenge negative thought patterns and behaviors that contribute to addiction (Beck, 1976). Group settings provide a supportive environment for practicing these skills.

Relaxation techniques: Progressive muscle relaxation, deep breathing exercises, and other relaxation techniques can help manage anxiety and cravings (Jacobson, 1938).

III. Relapse Prevention Planning

Relapse is a common occurrence in the recovery process. Addiction education groups need to equip participants with strategies to mitigate relapse risk:

Identifying high-risk situations: Participants learn to recognize situations, people, places, and emotions that trigger cravings or risky behaviors.

Developing coping plans: Participants create personalized plans outlining specific steps they will take to manage cravings and avoid relapse triggers. This proactive approach has proven to be highly effective (Miller & Rollnick, 2013).

Building a strong support network: Groups foster connections and encourage participants to rely on each other for support during challenging times.

IV. Healthy Lifestyle Choices

Promoting a healthy lifestyle is crucial for long-term recovery:

Nutrition and exercise: Regular physical activity and a balanced diet positively affect mood, energy levels, and overall well-being, reducing the likelihood of relapse (Sharma et al., 2006).

Sleep hygiene: Addressing sleep disturbances through better sleep habits improves mood regulation and reduces stress, thus aiding recovery (Harvey, 2000).

Mind-Body Connection: Exploring the interplay between physical and mental health can enhance understanding of the holistic nature of recovery.

V. Addressing Co-occurring Disorders

Many individuals with addiction also experience mental health disorders (co-occurring disorders or CODs). Addiction education group topics should address:

Identifying and managing co-occurring disorders: Recognizing and appropriately addressing mental health issues such as depression, anxiety, or PTSD is essential for successful recovery (Kessler et al., 2005).

Seeking appropriate treatment: Groups can encourage participants to seek professional help for their co-occurring disorders and to integrate their treatment plans.

VI. Family and Relationships

Addiction impacts family dynamics significantly. Addiction education group topics should include:

Improving communication skills: Facilitating effective communication within families to rebuild trust and foster healthy relationships.

Setting boundaries: Learning to establish healthy boundaries to protect personal well-being while maintaining positive connections.

Forgiveness and reconciliation: Addressing the emotional toll of addiction on family relationships and fostering opportunities for forgiveness and healing.

VII. Legal and Social Issues

Addiction can lead to legal repercussions and social isolation. Therefore, group topics should encompass:

Understanding legal consequences: Educating participants about legal ramifications associated with their addiction and guiding them toward appropriate legal resources.

Navigating social stigma: Addressing the stigma associated with addiction and encouraging participants to seek support within their communities.

Conclusion

Addiction education group topics must be comprehensive and address the multifaceted nature of addiction and recovery. By incorporating the topics discussed above, groups can effectively empower individuals to overcome addiction, build resilience, and lead fulfilling lives. The use of evidence-based practices and a supportive group environment is crucial for achieving positive outcomes. The success of these groups hinges on a holistic approach, integrating both cognitive and behavioral strategies, as well as fostering a strong sense of community and shared experience.

FAQs

1. What are the benefits of attending an addiction education group? Benefits include increased self-awareness, improved coping skills, enhanced social support, and reduced feelings of isolation.

1. Are addiction education groups suitable for all types of addiction? Yes, these groups can adapt to address various addictions, including substance use disorders and behavioral addictions.

1. How do I find an addiction education group near me? Contact your local health department, mental health organizations, or addiction treatment centers.

1. What if I feel uncomfortable sharing in a group setting? Group facilitators create a safe and confidential environment, but individuals can always choose the level of sharing they're comfortable with.

1. How long do addiction education groups typically last? The duration varies depending on the program, but they can range from several weeks to several months.

1. Is group therapy more effective than individual therapy for addiction? Both have merit; group therapy offers peer support and shared learning, while individual therapy provides personalized attention. Often, a combination is most effective.

1. What if I relapse after attending an addiction education group? Relapse is a common part of recovery. The group provides tools and support to help navigate such setbacks.

1. Are addiction education groups covered by insurance? Many insurance plans cover addiction treatment, including group therapy. Check your policy details.

1. What if I can't afford an addiction education group? Many community-based organizations offer free or low-cost groups. Contact local health and social service agencies.

Related Articles:

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1. Cognitive Behavioral Therapy (CBT) for Addiction: Details the application of CBT principles in addressing addictive behaviors and thought patterns.
1. Relapse Prevention Strategies for Addiction Recovery: Provides a comprehensive overview of relapse prevention techniques and planning.
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developing a tailored relapse prevention plan.

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of difficulty related to using alcohol, tobacco, or other drugs including illicit street drugs or prescribed drugs such as painkillers or tranquilizers. The difficulty can be in any area of life; medical or physical, psychological, family, interpersonal, social, academic, occupational, legal, financial, or spiritual. This expanded new edition of the successful Graywind Publications title provides the reader with practical information and skills to help them understand and change a drug or alcohol problem. Designed to be used in conjunction with therapy or counseling, it focuses on special issues involved in stopping substance use and in changing behaviors or aspects of one's lifestyle that keep the substance use problem active. The information presented is derived from a wealth of research studies, and discusses the most effective recovery strategies from the examination of cognitive-behavioral treatment. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

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be kept up to date with the latest research on the full range of addiction treatment and recovery. 'The Recovery Handbook: Understanding Addictions and Evidenced-Based Treatment Practices' provides a comprehensive examination of the various forms of addiction, its physical and mental complexities, and, unlike other sources on addiction, effective evidence-based interventions that promote a healthy recovery. Particular attention is given to the nature of addiction, including environmental, genetic, and developmental factors; with authors examining the short- and long-term effects of a variety of addictions such as drug, alcohol, gambling, food, sex, shopping, work, and video gaming to name a few. This book will serve as a valuable resource for counselors, psychologists, professors, graduate students in the helping professions, as well as families of addicts, co-workers, and those suffering from addiction themselves.

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addiction education group topics: *Encyclopedia of Substance Abuse Prevention, Treatment, and Recovery* Gary L. Fisher, Nancy A. Roget, 2009 This collection provides authoritative coverage

of neurobiology of addiction, models of addiction, sociocultural perspectives on drug use, family and community factors, prevention theories and techniques, professional issues, the criminal justice system and substance abuse, assessment and diagnosis, and more.

addiction education group topics: *Substance Use Disorders and Addictions* Keith Morgen, 2016-08-03 Based on a decade of research and theory, *Substance Use Disorders and Addictions* examines co-occurring psychiatric disorders as the norm with substance use disorders and addictions. With more than 20 years of experience in the field as a clinician, a researcher, a program developer, and an instructor, Keith Morgen encourages a holistic approach to working with individuals, using a single case example throughout the text to encourage the sequential application of concepts to co-occurring disorders. With DSM-5 diagnostic criteria, the 2014 ACA code of ethics, and 2016 CACREP standards integrated throughout, readers will benefit from this applied and cutting-edge introduction to the field.

addiction education group topics: *Competencies for Substance Abuse Treatment Clinical Supervisors (tap 21-a)*. U. S. Department Of Health And Human Services, 2013

addiction education group topics: *The Freedom Model for Addictions* Steven Slate , Mark W. Scheeren, Michelle L. Dunbar, 2017-11-20

addiction education group topics: *The Biology of Desire* Marc Lewis, 2015-07-14 Through the vivid, true stories of five people who journeyed into and out of addiction, a renowned neuroscientist explains why the disease model of addiction is wrong and illuminates the path to recovery. The psychiatric establishment and rehab industry in the Western world have branded addiction a brain disease. But in *The Biology of Desire*, cognitive neuroscientist and former addict Marc Lewis makes a convincing case that addiction is not a disease, and shows why the disease model has become an obstacle to healing. Lewis reveals addiction as an unintended consequence of the brain doing what it's supposed to do—seek pleasure and relief—in a world that's not cooperating. As a result, most treatment based on the disease model fails. Lewis shows how treatment can be retooled to achieve lasting recovery. This is enlightening and optimistic reading for anyone who has wrestled with addiction either personally or professionally.

addiction education group topics: *Fundamentals of Addiction* Marilyn Herie, W. J. Wayne Skinner, Centre for Addiction and Mental Health, 2013-09 *Fundamentals of Addiction* is an essential reference for counsellors and a comprehensive textbook for college and university level students in courses that address addictions. Written by more than 50 experts in addiction treatment and related fields, each chapter includes case examples, practice tips and print and online resources. This fourth edition of *Alcohol & Drug Problems* was renamed *Fundamentals of Addiction* to include behavioural or process addictions. Extensively revised, updated and expanded, this new edition is a valuable guide to helping people overcome the harmful, sometimes devastating, effects of addiction. Written by more than 50 experts in addiction treatment and related fields, *Fundamentals of Addiction* is a comprehensive guide to helping people overcome the harmful, sometimes devastating, effects of addiction.

addiction education group topics: *The Addiction Recovery Workbook* Paula A. Freedman, 2018-12-25 Prevent relapse with practical coping skills for everyday life from *The Addiction Recovery Workbook*. Preventing relapse in daily life is where the work of a successful recovery starts. *The Addiction Recovery Workbook* equips you with actionable strategies and coping skills to prevent relapse and succeed in recovery when faced with day-to-day challenges, stressors, and triggers. From navigating intimate relationships to handling high-risk situations and environments, this addiction workbook offers practical tools and hands-on exercises that you can use in your home, work, and personal life. Once equipped with these skills, you'll establish new routines and rituals that do not involve substance abuse, and redefine your personal identity by connecting to what matters most to you. Designed for you to use on your own, or alongside a 12-step program, *The Addiction Recovery Workbook* gives you the skills you need for successful recovery with: An essential introduction that helps you understand your addiction and outlines the path to recovery. Coping skills to handle thoughts, emotions, relationships, and high-risk situations and environments.

Prevention tactics that help you succeed in lifelong recovery by setting new, addiction-free lifestyle habits and routines. On your recovery journey ahead, there may be obstacles. Armed with the skills and strategies in The Addiction Recovery Workbook, you will overcome every single one you face.

addiction education group topics: Diagnostic and Statistical Manual of Mental Disorders (DSM-5) American Psychiatric Association, 2021-09-24

Additional Resources

Understanding Drug Use and Addiction DrugFacts

Jun 6, 2018 · Addiction is a chronic disease characterized by drug seeking and use that is compulsive, or difficult to control, despite harmful consequences. The initial decision to ...

Drug Misuse and Addiction | National Institute on Drug Ab...

Jul 6, 2020 · This impairment in self-control is the hallmark of addiction. Brain imaging studies of people with addiction show physical changes in areas of the brain that are critical to ...

Treatment and Recovery | National Institute on Drug Ab...

Jul 6, 2020 · Can addiction be treated successfully? Yes, addiction is a treatable disorder. Research on the science of addiction and the treatment of substance use disorders has led ...

Addiction Science - National Institute on Drug Abuse (NIDA)

In reality, drug addiction is a complex disease, and quitting usually takes more than good intentions or a strong will. Drugs change the brain in ways that make quitting hard, even for ...

Addiction and Health | National Institute on Drug Abuse (NIDA)

Jul 6, 2020 · People with addiction often have one or more associated health issues, which could include lung or heart disease, stroke, cancer, or mental health conditions. Imaging scans, ...

The Disease of Addiction: Changing Addictive Thought ...

My addiction makes me feel worthless; I really am a worthless person. • Personalizing — blaming yourself for anything unpleasant and thinking that everything people say or do is a reaction to ...

FACILITATING A TOBACCO AWARENESS GROUP

The goals of psychoeducation in the context of addiction treatment and recovery are: ... awareness group help the patient to think differently about their tobacco use. The clinician ...

Empowering Loved Ones of People with Addiction: An ...

Oct 13, 2022 · Group logistics • Groups will take place the 2nd and 4th Wednesday of every month from 7:00-8:30 PM EST • Information on session topics and registration links will only be ...

Group and Relationship Approaches in Substance Use ...

1. Demonstrate entry-level skills in the dynamics of group facilitation, components of

group process, and analysis of therapeutic groups (Competencies 6–9); 4. identify effects of addictive ...

Counselor's Treatment Manual - Substance Abuse and Mental...

Early Recovery Skills group sessions (8 sessions) Relapse Prevention group sessions (32 sessions) Family Education group sessions (12 sessions) Social Support group sessions (36 ...

Understanding and Reducing Angry Feelings - Institute of ...

prevention group work. This session includes worksheets, handouts, and group leader instruction for facilitating a session on the antecedents of anger to help participants become more aware ...

Getting Started with Tobacco Awareness Groups - Health ...

Bureau of Substance Addiction Services (BSAS), has been a leader in helping substance use and ... Free Online Trainings and Tobacco Education Handouts are available on IHR's Tobacco ...

Re-Entry Curriculum - EBP Society

Going forward in life required that I take life seriously. Remember, every day is an opportunity to build on your life out here. Don't let the opportunity pass you by.

FEATURES AND BENEFITS - Hazelden

lum that helps clients address issues in lifestyle areas that may have been neglected during addiction. Living ... Subjects at both sites were randomly assigned to either the 36-session ...

CLINICAL ISSUES IN INTENSIVE OUTPATIENT TREATMENT ...

Group counseling and activities. IOP programs use group counseling and activities as the primary treatment modality. Group sessions are divided among psychoeducation, skill sessions, or ...

Addiction Nursing Competencies: Foundations - Addiction ...

Paired with tools such as medications for addiction treatment and harm reduction strategies, this toolkit strives to enable nurses to safely and effectively deliver care to persons across the ...

BEYOND TRAUMA - Hazelden

Ideally, each group would be a “closed group”; that is, the group would be closed to new members after the first session so the entire group would begin and end the program together. This helps ...

T BASICS 16 Psychoeducation Topic Process Groups - Rhonda ...

Psychoeducation Topic Process Group Format & Presentation Suggestions (Based on 1½ hour group time or modify to meet your group time) Group Opening Suggestions 5 minutes 1. A ...

Lessons and Activities for Teaching Kids about Drug Abuse

• The Brain: Drug Abuse and Addiction Resources and Materials • D.A.R.E. America •

Drug Facts for Teens • Drug Facts • Taking Action to Prevent and Address Prescription Drug Abuse • ...

Engage the Group - Kay Colbert

Engage the Group, Engage the Brain: 100 Experiential Activities for Addiction Treatment by Kay Colbert, LCSW and Roxanna Erickson Klein, PhD, LPC Published by Central Recovery Press, ...

Drugs, Brains, and Behavior The Science of Addiction

the hallmark of addiction. Brain imaging studies of people with addiction show physical changes in areas of the brain that are critical to judgment, decision making, learning and memory, and ...

CE 565 Syllabus: Addiction Counseling: Theory and Practice

methods for delivering client education and treatment from both an individual and group perspectives. Students will be introduced to evidenced-based treatment approaches, including ...

CLINICAL SUPERVISION: AN OVERVIEW OF FUNCTIONS, ...

The addiction profession is constantly changing to reflect new research and new understanding of the populations we serve. As a result, NAADAC is providing addiction professionals ...

The Neuroscience of Addiction - usasciencefestival.org

struggling with addiction as lacking moral character rather than understanding addiction as a complex health issue. They might underestimate the risks associated with legal substances ...

Discussion Questions for Multifamily Groups - mind ...

Is addiction a family disease? If so, how? Who do you consider “family”? What messages did you receive as a child? What are some unspoken rules in your family? What will you tell your ...

COMPETENCIES FOR SUPERVISION IN SUBSTANCE USE ...

The Addiction Technology Transfer Center (ATTC) Network developed the . Clinical Supervision Foundations course to provide an introduction to the essential components of supervisory ...

Stress Coping Strategies for Problem Gamblers

in gambling addiction recovery. Indeed, many people who have struggled with problem gambling report an inability to manage these unpleasant experiences. This deficit creates a reoccurring ...

Co-Occurring Disorders Curricula Guide - CT.gov

“education” related to co-occurring disorders within the concept of relapse prevention of the designated disorder being treated; 3) Psycho-educational groups are not treatment groups, i.e. ...

want to use/drink). - mind remake project

part of this group? What is something you need help with, but are afraid to talk about? What are some ways that you can let go of guilt and shame? How would your life be

different if you were ...

Behavioral Approaches for Group Process - NAADAC

Sep 20, 2017 · Skills of basic group process on how: People interact within a group. Groups form and develop, Group dynamics influence individual's behavior Leader affects group functioning. ...

Group Counseling for People in Medication - adai.uw.edu

Group counseling has long been a mainstay in addiction treatment. However, group format and content need to ... can evolve to: 1) include topics around medication; and 2) fit into the diverse ...

Introduction to Twelve Step Groups - Facilitator's Guide

and other drug addiction. It is designed to help viewers feel less intimidated about attending their first meeting. Eight people in various stages of recovery discuss their first meeting and how and ...

Addiction And Recovery Jeopardy Template (2024)

Therapy and Education addiction recovery jeopardy, jeopardy game addiction, recovery jeopardy template, addiction ... Early Recovery Skills Group Handouts important part of the recovery ...

COD Group Notes Template - RAND Corporation

COD Group Notes Template Use this example to help determine how you might want to structure your COD group counseling notes. Group Name Substance Use, Well-Being, and Recovery ...

Leading Psychoeducational Groups: The Nurse's Role

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Psychoeducation Presentation - Read-Only - Fresno County, ...

3.Group Elements 1.Lesson 2.Consolidation 3.Application 4.Group Dynamics 1 2 3.
9/3/2019 2 ... topics to address these needs. •Facilitate each of the phases of a psychoeducational group: ...

STRAIGHT AHEAD TRANSITION - Drugs and Alcohol

iii Straight Ahead: Transition Skills for Recovery Preface iv Acknowledgments vi Introduction — “Using This Manual” vii Special Notes and Symbols xi Maintaining Your Recovery 1 Social ...

Level of Care Guidelines for Substance Use Disorders - Optum

Service Code: Adolescent: H0007 V1 - Individual; H0007 HQ HA V1 - Group; Adult: H0007 V1 - Individual; H0007 HQ HB V1 - Group; Unit Value: 1 unit = 15 minutes ... ASAM Level 2.1 ...

37 Ideas on How You Can Stay Sober During the Holidays

Dec 4, 2018 · Remember, the addiction is in the person, not the substance; it's critical to stay away from that slippery slope of guessing what might be risky for you. Sober Holidays Tip #14 ...

Behavioral Health Group Plan - Addiction Training

the behavioral health group and START clinic remain a safe space while simultaneously establishing other settings and people who may be safe agents. Explore ways to anchor ...

Part I of Peer Support Group Facilitation Skills - Veterans Affairs

A curriculum-based peer support group is highly structured and includes the following components: There are several planned topics to discuss over time (ex. Vet-to-Vet group; ...

Phases of Dual Recovery - Hazelden

participating in treatment. After that, addiction treatment will focus on education, therapy, and relapse prevention. Since your co-occurring disorders are biopsychosocial in nature, your ...

MOTIVATION AND CHANGE: RECOVERY WORKBOOK

people. In 1811 a group that went under the name of 'General Ned Ludd and his Army of Redressers' started taking action against these advances in technology by attacking factories ...

Addiction Medicine Primer - Centers for Disease Control and ...

Addiction medicine specialists provide education to patients, other providers, community members, and policy makers. ... to apply them. • Network: Addiction medicine specialists ...

Group Close-Out Ideas - Taking the Escalator

www.takingtheescalator.com Pictionary – Make teams, pick the topic, set the timer and see if your team can guess it. Repeat with the other team. You can use the Substance Use/Mental Health ...

Substance Use Education for Nurses - University of ...

to the curriculum for the SBIRT and Addiction Seminar for Nursing Students. The Institute for Research, Education and Training in Addictions (IRETA) co-created this curriculum pursuant to ...

Intensive Outpatient Alcohol and Drug Treatment ...

1. Early Recovery Adolescent Group (for clients 13 through 17 years of age) 4. Early Recovery Young Adult Group (for clients 18 through 25 years of age) 5. Relapse Prevention Group 6. ...

Three Topics: Integrating Tobacco Conversations into ...

Aug 29, 2019 · iv. Talking about quitting with your counselor and/or this group 1. Reinforce that discussion of their tobacco use is an appropriate use of this group as well as any 1:1 counselor ...

SOBRIETY BUCKET LIST - mind remake project

In active addiction, there's little time for anything outside of planning, obtaining, and using your substance of choice. When you get clean, you finally break free from the destructive cycle...

Clinical Supervision FoundationS part Two: participant ...

Addiction Technology Transfer Center (ATTC) National Office University of Missouri — Kansas City ATTC National Office 5100 Rockhill Rd. Kansas City, MO 64110 ... education, and ...

Living in Balance - GEO Reentry Services

Living in Balance (LIB): Moving From a Life of Addiction to a Life of Recovery is a manual-based, comprehensive addiction treatment ... LIB can be delivered on an individual basis or in group s ...

CLOSE AND INTIMATE RELATIONSHIPS IN RECOVERY

recovery. Your addiction has likely had a negative impact on your health, job, finances, reputation, self-esteem, and mental health. You may have compromised, damaged, or destroyed ...

Addiction Nursing Competencies: Skills Checklist - Addiction ...

Paired with tools such as medications for addiction treatment and harm reduction strategies, this toolkit strives to enable nurses to safely and effectively deliver care to persons across the ...

Women, Addiction, and Sexuality - The Center for Gender ...

Gender Issues in Addiction: Men and Women in Treatment, Jason Aronson, 1997 WOMEN, ADDICTION, AND SEXUALITY ... (Covington and Kohen 1984), compared a group of alcoholic ...

Group Skills - Part 2 SERIES 14 "Stages-of-Change & Group ...

Addiction Technology Transfer Center 3414 Cherry Ave NE, Suite 1 50 Keizer, OR 97303 ... bryanm@ohsu.edu Be sure to check out our web page at: www.nfattc.org Unifying science, ...

Addiction Education Group Topics

Addiction Education Group Topics

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