Unit Title:	**Managing recovery from substance dependency**
OCR unit number:	O2
Level:	Entry 3
Credit value:	3
Guided learning hours:	25
Unit reference number:	T/507/1036

Unit aim and purpose

This unit will provide learners with an understanding of lifestyle balance. Learners will understand how to overcome negative thoughts and unhelpful behaviours and understand how to build positive relationships. They will know how life goals affect recovery.

Learning Outcomes	**Assessment Criteria**	**Teaching Content** i.e. – must be covered e.g. – suggestions for coverage
The Learner will: 1 Understand lifestyle balance	**The Learner can:** 1.1 Describe different aspects of an individual's lifestyle	e.g. • employment • finances • relationships • accommodation.
	1.2 Describe positive experiences or rewards in an individual's life	e.g. • helping someone • taking a walk • listening to music • gaining employment.
2 Know how to overcome negative thoughts and unhelpful behaviours	2.1 Identify negative thoughts	e.g. • negative self-labelling • pessimism.
	2.2 Identify unhelpful behaviours	e.g. • becoming aggressive • avoiding social situations.
	2.3 Identify positive activities to deal with negative thoughts or unhelpful behaviours	e.g. • attend a mutual aid group • go to the gym • talk to a friend who has a positive attitude.

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Learning Outcomes	Assessment Criteria	Teaching Content i.e. – must be covered e.g. – suggestions for coverage
3 Understand how to build positive relationships to aid recovery	3.1 Identify barriers that prevent relationships being positive	e.g. • anger • fear of being rejected • resentment.
	3.2 Identify ways to overcome barriers to positive relationships	e.g. • expressing feelings in an assertive and collaborative way • using a calm tone of voice • listening carefully to others.
	3.3 Identify people or groups that can support recovery	i.e. People and mutual aid groups who can help, e.g. • partner • friends • family members • Alcoholics Anonymous • Narcotics Anonymous.
4 Know how life goals affect recovery	4.1 Identify life goals	e.g. • travel • have good family relationships • have a job • stop using substances.
	4.2 Identify what motivates a person to achieve their life goals	e.g. • desire to be happier • desire to have more money • desire to have more self-confidence.
	4.3 Identify what could prevent a person from achieving their life goals	e.g. • spending time with friends who still misuse substances • accepting negative thoughts.

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Assessment

All units are centre-assessed and externally moderated by OCR. Units may be assessed using any method, or combination of methods, which clearly demonstrate that the learning outcomes and assessment criteria have been met.

To meet the assessment criteria the learner will demonstrate that they can identify different aspects to their lifestyle and identify positive experiences or rewards in their lives. The learner will identify negative thoughts and unhelpful behaviours and identify positive activities to deal with these. They will also show that they can identify people who can aid recovery, identify barriers that prevent relationships being positive, state ways of communicating positively and be able to identify one mutual aid group that can support recovery.

In addition, the assessment will provide the learner with the opportunities to identify the following: life goals, what motivates them to achieve life goals and what could prevent them from achieving life goals.

Evidence requirements

The Record of Assessment and Evidence for this unit must be completed in full and signed by the assessor to confirm the evidence is authentic and meets the requirements of the learning outcomes and assessment criteria. The completed Record of Assessment and Evidence, together with any other appropriate form of evidence that has been generated for the unit, must be submitted for moderation.

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