

Downward Spiral

Adolescent Version

Appendix H:
Downward Spiral
Peer Facilitator Handbook

TRIP APPENDIX

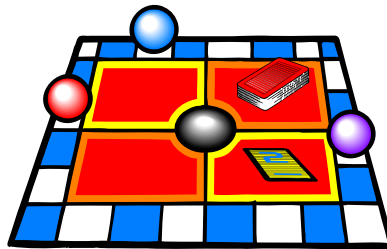
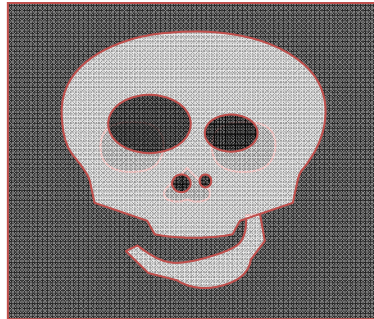
Appendix 1



Peer Facilitation Handbook

Peer Facilitation Handbook

USING PEER LEADERS TO ENHANCE THE DOWNWARD SPIRAL GAME



Downward Spiral Peer Facilitation

Leader Notes for Module

As general objectives for this module, peer leaders will:

- Learn to play Downward Spiral game
- Gain expertise in the rules of Downward Spiral
- Explore ways to interact with peers to enhance the game experience
- Gain perspectives on how to process the game with peers

Rationale

Peer leaders (senior peers that have advanced in treatment) can help provide richness and focus during the playing of the *Downward Spiral* game. Peers are important opinion leaders for teens. The *Downward Spiral* game experience provides a good backdrop for peer mentoring and guidance around issues of past drug experiences, consequences, and commitment to recovery.

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TRIP PEER FACILITATION HANDBOOK

RECRUITING PEER LEADERS

As we know, teens will often believe another teen over an adult. And when it comes to relating to anecdotal stories, another teen's experiences are much more moving than hearing an adult's stories about when they were teens. Over the past few decades, we have seen more and more evidence about the value of teen mentors or peer leaders across a variety of settings.

Peer mentors or peer leaders are used informally in the TRIP program. They are brought in to help play and help facilitate the *Downward Spiral* segments of the intervention. Their role includes clarifying game rules, encouraging sharing and focus among players, sharing personal anecdotes, when appropriate, and serving as "fill-in" players should group size be too small to play the game effectively.

In some programs, peer leaders are "ready-built" into the framework of the treatment approach itself (e.g., in therapeutic community settings). In others, peer leaders emerge through the program's criteria for engagement and improvement. Programs should use their own measures for choosing clients to participate as peer leaders for TRIP. In general, we would expect that these teens were beyond 30 days in treatment, were doing well in their own recovery, were not experiencing ongoing discipline problems, and were comfortable talking to a group.

Once potential peer leaders are recruited, you will put them through a brief training session in which they learn to play *Downward Spiral* and understand the rules, are coached in facilitation skills, and receive a certificate as a TRIP peer leader. You will need at least 4 recruits to conduct the training class. The class will take about 2 hours to conduct.

Recruiting peer leaders for TRIP may require more preparation when the TRIP intervention is first used in a program. Thereafter, "graduates" of TRIP that have already experienced the *Downward Spiral* game (and the role of a peer leader) may be recruited.



Training Peer Leaders

STEP ONE

Welcome participants to the group. Take a minute to acknowledge members with a quick introduction:

Welcome to the training class for becoming peer leaders for TRIP. At the end of the class you will know a lot about the Downward Spiral games and a lot about each other.

Go around the room quickly and ask group members to introduce themselves.

Distribute *Peer Leader Role and Duties* (page 11) handout and briefly review with participants.

You will have three basic roles and duties as a peer leader for TRIP. As you can see in the first column - one role is that of "game master" for Downward Spiral and Reflection cards in the first session. Next, in the second session you will help with the "icebreaker" and also help newcomers design personal spirals - their own Downward Spiral cards. And last - you can be a listener and helper to teens new to the program. Also, other duties as assigned. That means the group counselor may call on you for your help or ideas at different times.

You can use the space at the bottom of each column to take notes or jot down ideas as we go through the training today.

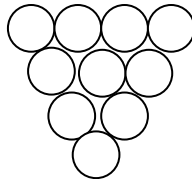
Introduce "Triangles" icebreaker as one activity they will be participating in as co-facilitators.

There are two sessions that you will be involved in as co-facilitators or "game masters" to help other teens new to the program. (If appropriate: Some of you may remember...). In the first session, we play Downward Spiral, and in the second, we do some activities

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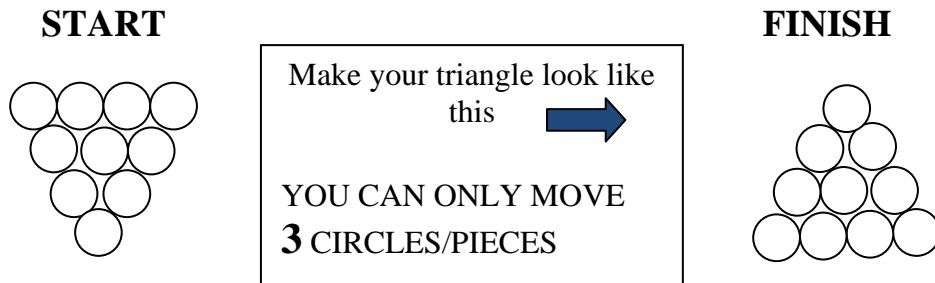
based around the game. For the second session, there's a "thinking task" or icebreaker called "Triangles." I'll run you through it today so you can see how it works, then you can help others.

Distribute oat cereal or candy packets and go around the room and help each person create a triangle using the circle shapes so that base is on top (like so):



Instruct participants to not touch their triangle until given their instructions.

Demonstrate on erasable board or show example of what participants have in front of them and what the "solved" puzzle should look like:



Here are the rules. The triangle in front of you has the base on the top (little end down). You need to copy it exactly so that the base is now on the bottom (little end up).

You can only move 3 of the "ohs" or pieces to make this happen. It can be done. Take a stab at solving the puzzle.

You can move a piece as a "trial" to help you think, if you want. But once you have moved it and taken your hand off, it counts as an official "move."

I'll be checking to see how you go about solving it. (If appropriate: If you remember doing this from your days as a "newcomer," don't give it away. Sit quietly and you can demonstrate it once we are done.

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When you help out as the "game masters" for this activity, you will do what I'm doing, verifying that someone solved it by returning the pieces and watching them do it by moving ONLY 3 of the round pieces. Once verified, that person is a winner and waits to see who comes in next.

Allow time for participants to work on the puzzle. Discuss the activity:

Ask: *How did you figure it out?*

Did you take some "practice" moves?

When you serve as "game master" what do you think you will need to watch for?

How can you help other teens learn from this activity?

STEP TWO

Introduce the Downward Spiral game:

As a peer leader in TRIP, one of your main jobs will be to help newcomers to this program play a game called Downward Spiral. You are going to play the game today and learn all the rules so you can teach others. After we play for a while, we will stop and talk about how you, as more "senior" members of treatment, can help make the game memorable for kids that are new to recovery.

Set up the Downward Spiral game board (or boards). Have the participants assist you with the set up in order to help them become familiar with all the pieces. Use this as a teaching opportunity to explain to them the purpose of each game piece (see *Set Up*, page 12).

Next, use Downward Spiral *Quick Rules* (page 13) to briefly explain the rules and process of the game. Provide a copy of *Quick Rules* (page 13) and a copy of *Complete Rules* (pages 14-17) for each board of players. Copy *Score Sheet* (page 18) for each player.

Here's how you play in a nutshell. You will each choose a playing piece and then use the dice to move around the board. You will land on different colored spaces. Depending on what it is, you will draw a card

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and do what it says. You will have a Score Sheet for keeping up with your money and possessions - which will be a challenge...because this is the Downward Spiral. In the game, you play the part of someone who continues to abuse drugs and alcohol, even when there is everything to lose.

I'll leave you with a copy of Quick Rules and the Complete Rules. I'll be here to oversee as you play. But part of what you will do today is become familiar with the rules, so if you get stuck, use the rule pages to help figure it out.

Allow about 40-45 minutes of play.

STEP THREE

Briefly process participants' experiences with game. Encourage their observations, as well, using some of the following questions:

What did you think of the game?

What did you like best? Least?

What scenario was most realistic to you?

What scenario scared you the most?

Who do you think "won" the game? What do you base that on?

Was there a "biggest loser" in the game? What's that based on?

Distribute a "Reflection Card" to each player and allow a minute for participants to reflect:

Take a minute to read over the scenario on your card and to think hard about the reflection question that is asked. Imagine that the person in the card is you. Let yourself think about your strengths and possibilities when you aren't burdened with all the hassles of getting high.

Once you've had a chance to think and reflect, we'll go around the room and talk about our cards and our thoughts.

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Go around the room and allow players to share their scenarios and their thoughts about a more positive future. Use probes, as needed to encourage participants to share their reflections.

Summarize the game and discussion:

The Downward Spiral game was designed to give players a feel for what happens when drugs and alcohol hijack the brain. Thinking suffers, and when thinking suffers, people can make really stupid decisions and choices. The game gives plenty of examples. It truly is a Downward Spiral.

And we've also had a chance to reflect on the "upward spiral" - the way thinking and behaving can change once people get a handle on recovery. Getting high can make people feel lousy, in part, because it gets in the way of taking care of the little things that can make all the difference. Sometimes when people are high they forget about all the strengths and possibilities that they possess.

STEP FOUR

Lead peer leaders in a discussion about how the Downward Spiral and reflection cards might be helpful to newcomers:

After today, you will be recruited to serve as peer leaders when Downward Spiral is played in classes for kids who just came into treatment. Your role, beyond just keeping everyone straight about the rules, is to also help them understand how staying in treatment and being serious about recovery is the smartest thing they'll ever do.

Ask for discussion: *How do you see yourself helping newcomers?
What do you think will have the biggest impact on them about the game?
What will you encourage them to think about?*

Introduce Personal Spiral cards activity and allow participants to write a few cards of their own for practice:

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You have some blank cards, like those in the Downward Spiral game. I'd like for you to try writing some scenarios like those in the game, based on something you have experienced or heard about that has to do with problems and consequences of drug use. You may have to think for a minute, but most of us know of "reality" cases where drugs or alcohol (or both) caused trouble. If you can't think of a real life situation then be creative and make one up.

At the bottom, just like the sample card you have, show how many points the situation will "cost" the person (what they lose).

And if you want, you can put your own favorite quotes on the back. This might be song lyrics that have meaning for you, or something you heard in a movie or read in a book. Take some time with it - I'm looking forward to seeing what you come up with.

This will be an activity that you participate in and assist newcomers with as part of the second session of Downward Spiral. Your job will be to walk around and help anyone that gets stuck, as well as sharing your own cards with the group.

Allow participants time to work on their cards. Once participants have completed their cards, play an informal "game" to share the cards with each other.

Now we'll play a quick game with the cards you have created. We will go around the room, and when it is your turn, you take a card from another player. Read it aloud and see what the consequences are, as well as the quote, if there is one. Your score will be recorded on the board.

This will be an "informal" game that you will help lead as a peer leader in TRIP. You will join with the newcomers in playing and helping keep score.

Go around the room once, with participants reading each other's cards. When the round is completed, process with a few questions:

Who lost the most, in terms of points? What was the scenario about?

(To the card's author) How did you come up with the scenario?

Which scenarios seemed really "true" or "real" to you?

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Lead a discussion about how this activity may impact newcomers:

What is something from the game that you think would be especially helpful for newcomers?

How do you see yourself helping make these activities - making personal cards and playing with them - a good learning experience for newcomers?

What do you hope newcomers will learn from this activity?

What can this game teach newcomers about how to avoid their own personal downward spiral?

STEP FIVE

Summarize the role of the peer leader for TRIP and distribute copies of Downward Spiral rules and certificates:

Thank you all for participating today. You will be contacted to serve as a peer leader in the TRIP classes by the group's counselor. In the meantime, you have copies of the Quick Rules and Complete Rules to take with you to review, in case you need it.

You will be serving a very important role in helping newcomers play and learn from the Downward Spiral game. You will be able to do this because you know the game, and because you are able to share your stories and your ideas, as you demonstrated today.

I'll end with a quote, since there are lots of quotes in Downward Spiral. I think this one sums up the main point of the game:

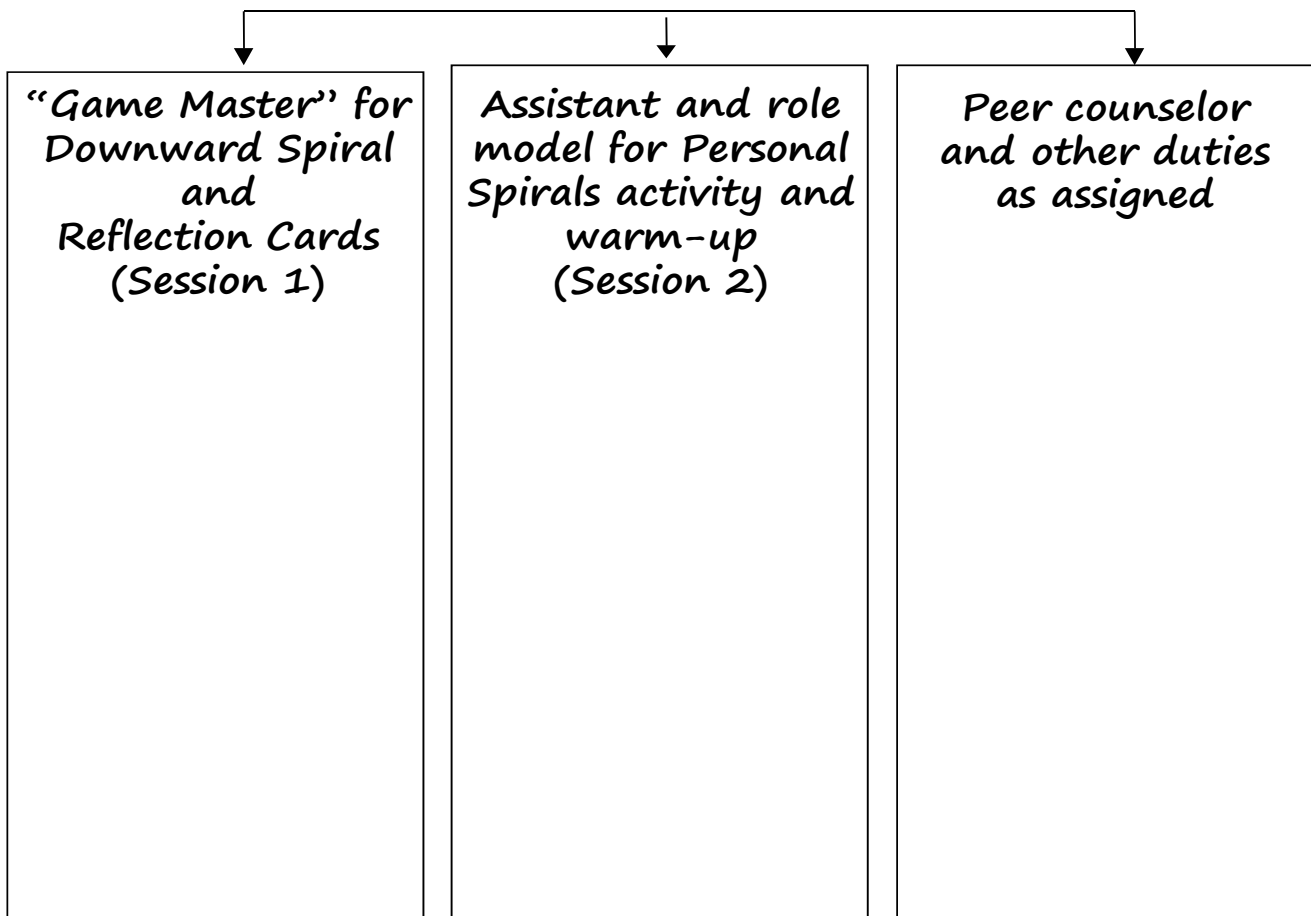
"Nobody can go back and start a new beginning, but anyone can start today and make a new ending."

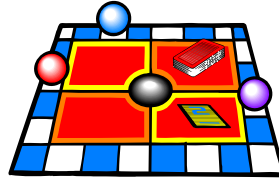
Thank peer leaders and distribute certificates. Let them know how and when they will be contacted to take part in a TRIP group.

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MY ROLE AND DUTIES





Downward Spiral Set-Up

(6 players per game set)

Unroll board and lay out with weights (books) to help flatten. You may want to mount your board(s) on cardboard or foamboard using a spray adhesive

When ready to play:

Set out decks of cards by color for easy reach by players

Remove "Reflection Cards" (Hot Pink) and keep separate. These are used at the end of the game for processing

Set up bank, with money arranged for easy access by players

Unpack dice and playing pieces

Make a copy of Downward Spiral Score Sheet for each player








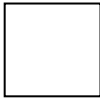
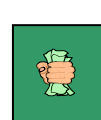

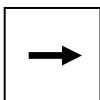
Make a copy of Downward Spiral Quick Rules for each player

Have pencils available for Score Sheets (there may be a need to erase)

**QUICK RULES TO PLAYING....
DOWNWARD SPIRAL**

You play the role of someone who decides to continue abusing drugs (alcohol is a drug). Your goal is to outlast the other players or recover.

- Get a game piece, a score sheet, a copy of quick rules to playing, a pencil, and \$200 from the Reader/Banker.
- Roll all three dice and move your game piece.
- Draw a card with the same icon/color as the square you land on (see below for details).
- Read the card out loud or hand it to the Reader/Banker to read to everyone, and then he/she gives it to you. Keep each card (except the Opportunity Card) until the end of the game.
- Keep track of your score, possessions, and jail time on your score sheet.

Land on this		→ Get a Health Card	Land on this		→ Get an Opportunity Card (see additional rules if necessary)
Land on this		→ Get a Self-Concept Card	Land on this		→ Get a Recovery Card (you win)
Land on this		→ Get a Chance Card	Land on this		→ Get a Death Card (you lose)
Land on this		→ Get a Social Card	Land on this		→ Safe Square (roll again)
Land on this		→ Get a Financial/ Legal Card	Land on, or pass this		→ Collect \$200
			Land on this		→ Move up or down one level in the spiral. This is also a Safe Square (roll again)

**THE COMPLETE RULES FOR
*DOWNWARD SPIRAL***



THINGS TO KEEP IN MIND

- 1. You don't need to read the complete rules before playing the game.** Start playing the game using the quick rules and if something comes up that is not covered on the score sheet or the quick rules, refer to the complete rules.
- 2. If you can't find the rule for a specific situation, make up a rule that makes sense.** Just use your rule consistently.
- 3. As long as you are getting something out of the game, you are playing it right.**

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THE BASICS

Game Description: Downward Spiral takes players on a journey that is plagued with pitfalls due to continued drug use. Health problems, loss of social support, loss of self-esteem, financial difficulties, and jail terms are all part of the game. Factual information supports negative consequences whenever possible. Quotes are also used to capture the flavor of certain consequences. In the Downward Spiral the odds are truly stacked against you. You will most likely lose everything dear to you, including your health, family, and possessions. Luck and the decisions you make determine how long it takes before you succumb to the mounting dangers of continued substance abuse.

Objective: Your objective is to survive for as long as possible. To win, you must either outlast your peers or recover. The last remaining player or the first to recover wins.

Ways You Lose:

- If you land on a death square, you are removed from the game.
- If you go to jail 4 times you are sent to prison for life, and removed from the game.

Ways You Win:

- You are the last player still standing at the end of the game or you land on the recovery square.

Reader/Banker: Choose 1 player (this could be the peer facilitator) to be the Reader/Banker for the game. He or she will read the consequence cards (if the player asks them), keep track of the money, and referee the game. At the beginning of the game the Reader/Banker should pass out a score sheet, quick rules sheet, pencil, game piece, and \$200 to each player.

Dice: Use all 3 dice, unless you are rolling to decide who goes first, or want to sell a possession (see “selling a possession”), or rolling to decide a consequence.

Game Board Squares: The square you land on determines what happens. In most cases, the icon/color matches the type of card you read. Other squares have consequences as listed on the quick rules.

Score Sheet: The score sheet is used to keep track of your personal assets. As cards are read, you will lose points from a dimension (Emotional Health, Physical Health, Thinking/Judgment, Girl/Boy Friend Support, Family Support, Friend Support, Personal Satisfaction, Personal Accomplishment, and Self-Confidence/Self-Esteem). When you lose points in any of these areas, place as many Xs in the squares for that dimension as the points lost. Start from the 1st box and move right for each dimension. If you “X” out all 15 points in any row, you start to “X” out points in a similar dimension.

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In addition to points, you keep track of your possessions and jail time on the score sheet. If you lose or sell a possession (see “selling a possession” for more info), cross it off your score sheet in the “lose” column. If you get sent to jail, mark it off on your score sheet (see “going to jail” for more info).

Consequence Cards: There are 8 different consequence cards (Social, Financial/Legal, Health, Self-Concept, Death, Recovery, Chance, and Opportunity). Keep each consequence card you receive (except the Opportunity card), and place it face down in front of you. When the consequence cards say things that differ from the rules, follow the instructions on the cards. **As you play the game and hear the consequences read to you, please try to consider how you would feel if the consequence did happen to you. Imagine the types of feelings, thoughts, and concerns you would have.**

SPECIAL CIRCUMSTANCES

MONEY MATTERS

Borrowing money from friends and relatives: Sometimes you may not have the money to pay back debts or fines. In this case you can sell possessions (see possessions on the score sheet). The cards will tell you whether or not you can ask your friends, family, or girl/boy friend for help (it will cost you Social Support points). If the card doesn’t say how many points, it is 1 point per \$100.

Losing your Job: Some cards may say you lose your job. If you lose your job you no longer collect \$200 when you land on or pass the “\$” square. If you roll 3 of a kind in regular play, you get your job back, but you do not collect back pay.

Selling a Possession: If you have no money, you may attempt to sell your possessions to raise money that you need. To sell a possession:

- First announce which item you intend to sell.
- You can sell the item and receive the full value from the bank. You get to keep the difference between what you owe and the value of the possession.
- If the object is not worth enough to cover your debt, continue to sell possessions until the dollar amount of the debt is covered.

JAIL

Go to Jail: Some of the cards send you to jail. This means that you lose 1 turn (unless the card says otherwise), mark off a jail term on the score sheet, place your piece in jail, and place a black marker on your square to hold your place until you get out. Four (4) jail terms and you lose.

Getting Out of Jail: Unless the card says otherwise, lose 1 turn when you “Go to Jail.”

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OPPORTUNITY CARD

Opportunity Squares/Card: There are 2 possibilities if you land on an opportunity square:

1. You can earn back points for remembering what things happened to other players in the game. Each consequence, fact, quote, or proverb remembered from other players' cards is worth 1 point anywhere on the score sheet. You cannot remember consequences, facts, or quotes from your own cards. You cannot write down other players' cards as they are occurring. After the player who landed on the square has had an opportunity to try and earn back 4 points (1 point for each thing correctly remembered), the player to his/her left has the opportunity to earn back up to 2 points (1 point for each thing correctly remembered). The players cannot repeat consequences, facts, or quotes that have already been used to earn back points. After the player on the left has tried to earn back 2 points, it is the next player's turn until everyone has had an opportunity. If there is any question, the group decides if the person remembered enough to earn a point. Do not keep the opportunity card, it will be re-used throughout the game.
2. If you land on an opportunity square, you can earn back points for a specific dimension. If you have not lost any points for the specified dimension, select a similar dimension and gain those points back instead.

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DOWNWARD SPIRAL SCORE SHEET

Dimension	POINTS														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Emotional Health															
Physical Health															
Thinking/ Judgment															
Girl/Boy Friend Support															
Family Support															
Friend Support															
Personal Satisfaction															
Personal Accomplishment															
Self-Confidence/ Self-Esteem															

Note: If you lose all 15 points in any row, start to mark off consequences in a similar dimension. For example, if you lost all 15 Physical Health points, you would start to lose either the Emotional Health or Thinking/Judgment points.

Value of Personal Possessions

Possession	Value	Lose	
Car	\$5,000		Selling an Item If you need to sell an item, roll a die. If you roll an even number you get the complete value for that object. If you roll an odd number you must sell the item to cover the amount of the debt. You get no additional cash even if the item was worth more than the debt. If the object was worth less than the debt, sell other possessions.
Laptop	\$1,000		
Plasma TV	\$500		
iPod	\$200		
CDs/DVDs	\$200		
Cell Phone	\$100		
Jewelry	\$150		

Times sent to Jail

1	2	3	4
Unless the card says otherwise, lose 1 turn when you "Go to Jail" and mark it off on the score sheet. If you go to jail 4 times, you get life in prison and lose the game.			

Certificate of Completion



Be It Known That

has successfully completed

Peer Leadership training for TRIP

Developed by the Institute of Behavioral Research

Texas Christian University, Fort Worth, Texas

AWARDED _____, _____ at _____

Training Coordinator

Program Director