

Welcome Back & Group Sharing

Facilitator:

Suggested time: 10 minutes

Materials: PowerPoint slides; whiteboard; Community Agreements

Teaching:

Welcome back the participants. Take attendance. Go over the Community Agreements and the day's agenda, giving participants a heads-up that some difficult topics, including substance use, gambling, and financial abuse will be covered in this class. If any topic is activating or makes participants uncomfortable, as always they are encouraged to try to push through the discomfort or take a break from class to take care of themselves.

Discussion:

Begin sharing with one facilitator going first. Sharing should include how the week has gone with issues around finances and how the money saving ideas are going. If there has been any savings as a result of using the ideas, this should be shared, with an estimated dollar amount. Ask participants to share how their budgets are going. Give each participant, and the facilitators, 2-3 minutes to share.

Mental Health & Addiction Challenges & Money

Facilitator:

Suggested time: 20-30 minutes

Materials: PowerPoint slides; Student Guide p. 134-140; whiteboard; "Connections Between Poverty and Mental Health" Handout

Teaching/Discussion:

Begin this workshop with a discussion of the two-way relationships between mental health/addiction challenges and money. Go over the examples in the Student Guide of how financial stress can affect a person's mental health and how a person's mental health can affect their finances. Ask the class to add to these examples and pass out the "Poverty and Mental Health" handout. Discuss the effect of poverty and financial insecurity/stress on a person's mental