



Using iClickers to Facilitate Addiction Recovery Sessions at a Homeless Shelter ©

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Wayside Christian Mission

GOALS

- Create an environment where honesty is not feared, but celebrated.
- Create an environment where participants can be open with themselves and each other.
- Create an environment where struggles are universalized and can be freely discussed without fear of consequences.
- Foster lessons in humility and community

SUMMARY

Compared to sessions without clickers, using clickers appeared to facilitate the trust process. Instead of denying their cravings (even to themselves), clients were able to respond honestly and then deal with their cravings appropriately.



PROJECT DESCRIPTION

Wayside Christian Mission is the area's largest homeless facility and offers several social programs for homeless individuals in addition to providing basic food and shelter. One of the social services offered to clients at Wayside is the addiction recovery program.. The program has strict guidelines and relapses can result in dismissal from the program as well as from the shelter.

The iclicker audience response system is an instructional technology used primarily in educational and business settings. The iclicker system was introduced in a session at Wayside Christian Mission in which clients had been meeting for 4 months and were at the trust development stage. After making sure the clients were confident that their responses would be anonymous, questions were asked about residual cravings for the addiction substance. These questions typically produced some shame or guilt among those in recovery and sometimes took several weeks for the clients to admit publicly to their cravings.

When clickers were used in this situation, however, some of the clients were emboldened by their anonymity and responded honestly. The histogram displays of responses then served as a discussion catalyst for all the clients.

IMPACT

- It took only one client being honest to impact the quality and depth of the session discussions.
- Regardless of whether or not the clients would share out loud, they reported that the act of 'clicking' forced them to be honest with themselves which was helpful to them in their recovery.

FEEDBACK FROM CLIENTS:

- "Honesty is important to recovery, without honesty I will probably use [drugs] again".
- "If I have to push that button [on the clicker] I have to be honest with myself."
- "If I am not honest with myself I am going to be out there doing what I do".



REFERENCES

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