



ASAP Graduation Coins

Sobriety coins and medallions have been used for many years in sobriety and treatment programs. AA and NA do not have sanctioned coins; additionally, they do not allow their logos to be used on coins. Many groups give out coins at meetings for members who have achieved a certain length of sobriety. Adolescent Substance Abuse Programs gives out coins to clients who have graduated from our TRIP program.

ASAP Graduation Coins

Adolescent Substance Abuse Programs has a history of giving graduation coins to clients during their TRIP graduation ceremony. The coin is a physical reminder of a client's accomplishments, as well as their future goals. Coins from various programs can be individualized in any way, as there is no official coin. The new ASAP coins reflect our curriculum and values, as a way to encourage ongoing sobriety.

Coin Front



The front of the ASAP coin features our logo in the center. Our phrase "The road to recovery" appears under the logo to remind clients that recovery is a journey. Under our logo, the HOW acronym is featured. Above all, we want clients to attend to their journey with Honesty, Open-mindedness, and Willingness.

On the border of the coin, two phrases appear. At the top, we remind clients to "Stick to your values". When clients center their values, they remember that their long-term goals are more important than momentary pleasure. At the bottom of the coin, we include the phrase "Sobriety looks good on you". Clients use this to think about how they look to others and feel to themselves now that they are sober compared to when they were not.

Coin Back



CRAVING CESSATION

The middle of the coin includes a 4-step craving cessation method:

1. Identify physical signs of cravings.
2. Remember urges will pass.
3. Consider the consequences.
4. Visualize your dreams!

ASAP clinicians encourage clients to practice these steps when experiencing an urge to relapse. Neurologists, counselors, and addiction professionals developed this method as a result of years of brain research involving addiction. When this method is employed regularly, people struggling with urges to use will find that the intensity and frequency of craving diminishes more rapidly, thereby decreasing the overall likelihood of relapse.

SLICK

At the top of the border, we chose the phrase "Beware of Slick!" Slick is a personification of the voice of addiction that clients can imagine speaking into their heads. The name "Slick" is a way to describe the voice or thoughts in a client's mind that encourages them to relapse. This is the voice that tries to lead clients down the wrong path.

Slick is particularly cunning, baffling and powerful, and he is a chief ally of addiction. Slick wants clients to relapse; it wants clients nearer and nearer to their drug of choice. Furthermore, Slick is not concerned with health, jail, consequence, death, etc. Making clients aware of this dynamic can assist with relapse prevention. Naming something takes away a bit of its power or mystery. Therefore, giving a name like "Slick" to this aspect of recovery can be useful. Being aware of that voice helps clients to ignore it and actively work against Slick.

ONE DAY AT A TIME

The bottom of the coin features the phrase "One day at a time" which is common in mutual support meetings. This phrase reminds clients that they do not need to focus on being sober "forever" (which is an overwhelming prospect). Focusing on one day (or even one hour or minute) gets a client past a craving, while encouraging continued sobriety. When a client is struggling, seeing this phrase can encourage them to stay present in the current moment.

Sobriety Coins: A Memento and a Reminder

ASAP staff encourages graduates to keep their coin with them at all times and practice these methods of relapse prevention. Above all, clients who keep their coins with them report that they help them in times of crisis when they are thinking about using alcohol or other drugs.