



E-SUPPORT



Updated - 21st June 2018

THE BOARD

The design of the board mirrors Prochaska and DiClemente's cycle of change illustration. The initial prototype had 108 tiles with 5 separate rings representing each stage of the change.

For simplicity and ease of play, the number of tiles was reduced to 44 tiles the board.

The centre of the game represents precontemplative and relapse state.

The two rings with 42 tiles represents the non-linear nature of behaviour change within which players experience the contemplative, preparative, action and maintenance states of change.

Find out more about the tiles in the manual



5 DIFFERENT WAYS OF PLAYING THE GAME



Inspirado recovery board game can be played in five 5 different ways.

People are at different stages of recovery/life at any given time so we have developed different ways of playing the game at different levels of complexities - i.e. from Talking Cards, to Sound Off, to Thoughts and Feelings, to Play-Plan then to Original Inspirado.

Additionally, the development of 5 additional ways of playing Inspirado will break the monotony and boredom of playing the same game over and over again.

The first one (Original Inspirado) is played using all the elements in the box as detailed in the rule book.

The subsequent pages suggests other ways the game can be played.

TALKING CARDS

Playing Talking Cards involves the alert cards and inspirational cards are shuffled together and played.

The board and dice are not used here.

Playing the Game

- 25 alert cards and 25 inspirational cards are randomly picked and shuffled together.
- Three cards shared to each player.
- **Players then take turns to discuss their thoughts and feelings about a card at a time per round.**
- Players receive a morale chip after sharing.
- Cards discussed are returned to the bottom of the deck and replaced with the top card on the deck.
- For inspirational cards, players read out and express their thoughts on it. No morale chips are involved here.
- At the end of the game, going round the table, players discuss what their morale chips mean to them. (Hint: Use the recovery capital worksheet as guide)



SOUND OFF

Playing Sound Off involves the use of the board, alert cards, inspirational cards, morale chips and the numbered die.

Playing the Game

- To start, players take turns to roll the numbered die, then start counting from the Start tile.
- Players DO NOT receive morale chips when they exit the centre tile.
- Players receive morale chips when they respond to either event tile on the board or an alert card.
- **Players respond to both event tiles on the board and alert cards by discussing (sound off) their thoughts and feelings.**
- At the end of the game, going round the table, players discuss what their morale chips mean to them.
(Hint: Use the recovery capital worksheet as guide)



THOUGHTS & FEELINGS

Playing Thoughts and Feelings involves the board, alert cards, inspirational cards, morale chips, numbered die and the behaviour die.

Playing the Game

- As seen in the original game setup, players need a booster roll to start the game.
- Players receive 3 morale chips when they exit the centre tile
- **Players respond to both event tiles on the board and alert cards with the behaviour die.**
- The booster roll (smiling and winking face) secures a morale chip.
- The downer roll (sad, angry and mischievous face) lose a morale chip.
- Players do not lose or gain a morale chip with the controlled roll (neutral face).
- At the end of the game, going round the table, players discuss what their morale chips mean to them.
(Hint: Use the recovery capital worksheet as guide)



PLAY-PLAN

This is an all cards game without the board and or any of the dice.

Playing the Game

- Similar to the Talking Cards Game, the alert cards and inspirational cards are shuffled together - **but not shared**.
- Recovery plan cards are then shuffled and shared to players. 3 cards per player.
- Players receive 5 morale chips before starting the game.
- **Players take turns to respond to 'Talking Card' with a recovery plan card at a time. Recovery plan cards are used as stated in the manual.**
- Players receive morale chips for activating a positive behaviour or deactivating a negative behaviour and vice-versa.
- Used recovery plan cards are returned to the bottom of the deck and replaced with a new one from the top of the deck.
- Used Talking Cards are also returned to the bottom of the deck.
- Inspirational cards, players read out and express their thoughts on it.



RECOVERY CAPITAL

Morale chips serve as the recovery capital in Inspirado recovery board game. Details about the recovery capital can be found in the rule book.

At the end of the game, using the recovery capital worksheet, players identify what their recovery capital actually mean to them. This can be done as homework or done immediately after the session and discussed together as a group.

Alternatively, players can go round the table discussing what their morale chips mean to them. (Hint: Use the recovery capital worksheet as guide)

TALK-YOURSELF-OUT (TYO) FEATURE

- This new optional feature allows players to talk themselves out before they lose a morale chip.
- The TYO feature will require a sheet of paper and a pen to mark and cancel out TYOs gained or used.
- Players get **ONE** TYO at the start of the game.
- They get an additional TYO when they have morale chips which is a multiple of two eg. 2,4,6,8...12



THE BEHAVIOR DIE

BOOSTER ROLL



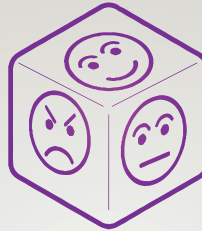
HAPPY/GRATEFUL FACE

This roll means a player is either happy or grateful to make rational, healthy decisions.



CONFIDENT/OPTIMISTIC FACE

This roll means a player is either confident or optimistic to make rational, healthy decisions.



The behaviour die has on it six different smiley faces categorised into BOOSTER ROLLS, CONTROLLED ROLLS and DOWNER ROLLS.

NB: The meaning allocated to these emotions or faces are purely for the purposes of the game to generate conversations.

CONTROLLED ROLL



NEUTRAL/ UNPERTURBED FACE

This roll means a player has not reacted or is undecided about the event presented.

DOWNER ROLL



SAD/ WORRIED FACE

This roll means a player is either anxious, depressed or is wallowing in self pity leading to irrational, unhealthy decisions.



ANGER/ RESENTFUL/ GRUMPY FACE

This roll means a player is harbouring undisclosed resentment and anger about previous incident leading to the player making irrational, unhealthy decisions.



ARROGANT/MISCHIEVOUS FACE

This roll means a player is ambivalent about change. It could also mean the player has grown complacent about change.

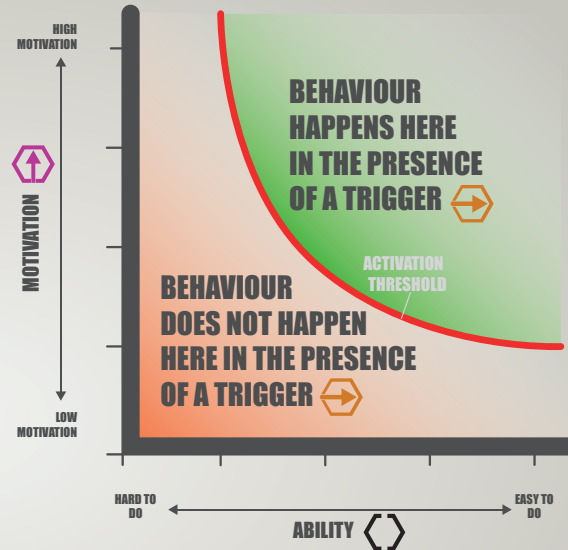
BEHAVIOR CARDS



The behaviour card is used when playing Original Inspirado or Play-Plan.

The content design is based on Fogg's Behaviour Model which suggests that a behaviour happens in the presence of three elements namely; motivation, ability and a trigger. In contrast, the absence or limited availability of any one of the three means the behaviour will not happen.

$$\text{BEHAVIOUR} = \text{MOTIVATION} + \text{ABILITY} + \text{TRIGGER}$$



BJ Fogg <http://www.behaviormodel.org/>

The diagram above is a graph with motivation along the vertical plane and ability across the horizontal plane. The motivational plane ranges from a low to a high motivation, whilst the ability plane ranges from hard to easy to do.

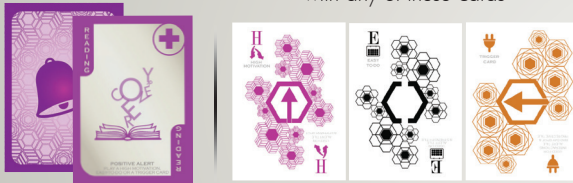
The graph suggests that behaviour only happens in the presence of all three elements above the activation threshold (red curved line) within the green segment, and behaviour does not happen below the activation threshold within the red segment.

BEHAVIOR CARDS

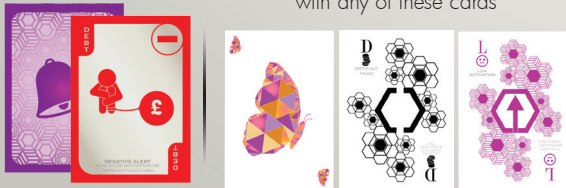
NB: For the purposes of playing the game, it is assumed two elements of a behaviour is always present. A player's role is to play just ONE element in their flush of cards to either activate or deactivate the behaviour.

See example below

Players activate to positive alert cards with any of these cards



Players deactivate to negative alert cards with any of these cards



When playing Inspirado recovery board game, players activate behaviour with a high motivation card, a trigger, an easy-to-do card or the wild card.

Trigger cards become SUPPORT cards when used to activate a positive alert or event while they become TRIGGER cards when used to activate a negative alert or event tile.

A behaviour is deactivated in the game with the difficult-to-do card or the low motivation card or the wild card.

The graph on the previous page suggests motivation needn't necessarily be so high for a behaviour to happen. However the game use 'high motivation' for simplicity in communication. Ideally it should be 'adequate motivation'.

B.J. Fogg's theory emphasizes on the cultivation of tiny habits. The theory encourages the practice of behaviour that requires adequate motivation, an easy-to-do ability and some form of support.

From recovery planning perspective, it encourages taking tiny steps that are specific, measurable, achievable, realistic and timely towards a goal.

TRIGGER/SUPPORT CARDS

Fogg's behaviour model identified three different types of triggers namely spark, facilitator and signal.

SPARK triggers are needed when the behaviour is easy-to-do but motivation is low. E.g. brief interventions at needle exchanges OR trying out a new drug for the first time at a party OR a trauma.

FACILITATOR triggers are needed when motivation is high but the behaviour is difficult-to-do. E.g. recovery coordinators or recovery coaches supporting people in treatment OR being given 'free' gear (drugs) by dealer or friend.

SIGNAL triggers are needed when motivation is high and the behaviour is easy-to-do. E.g. mobile text reminders for appointments OR text message from a drug dealer.

Within the context of the game there are no differences made in the types of triggers present even though they are represented in the form of symbols on the trigger/support cards as shown below.

SPARK TRIGGER/ SUPPORT SYMBOLS



FACILITATOR TRIGGER/ SUPPORT SYMBOLS



SIGNAL TRIGGER/ SUPPORT SYMBOLS




BJ Fogg <http://www.behaviormodel.org/>

ABILITY CARDS

Fogg identified six different types of ability as illustrated below and on the recovery plan cards.




PHYSICAL EFFORT
A behaviour is most likely to happen if it involved less physical effort




ROUTINE
A behaviour is most likely to happen if it can easily become part of a daily routine




TIME
A behaviour is most likely to happen if it takes less time to do it



SOCIAL DEVIANCE
A behaviour is most likely to happen if it is accepted as a social norm.



BRAIN CYCLES
A behaviour is most likely to happen if it does not involve a lot of thinking.



MONEY
A behaviour is most likely to happen if it is affordable.

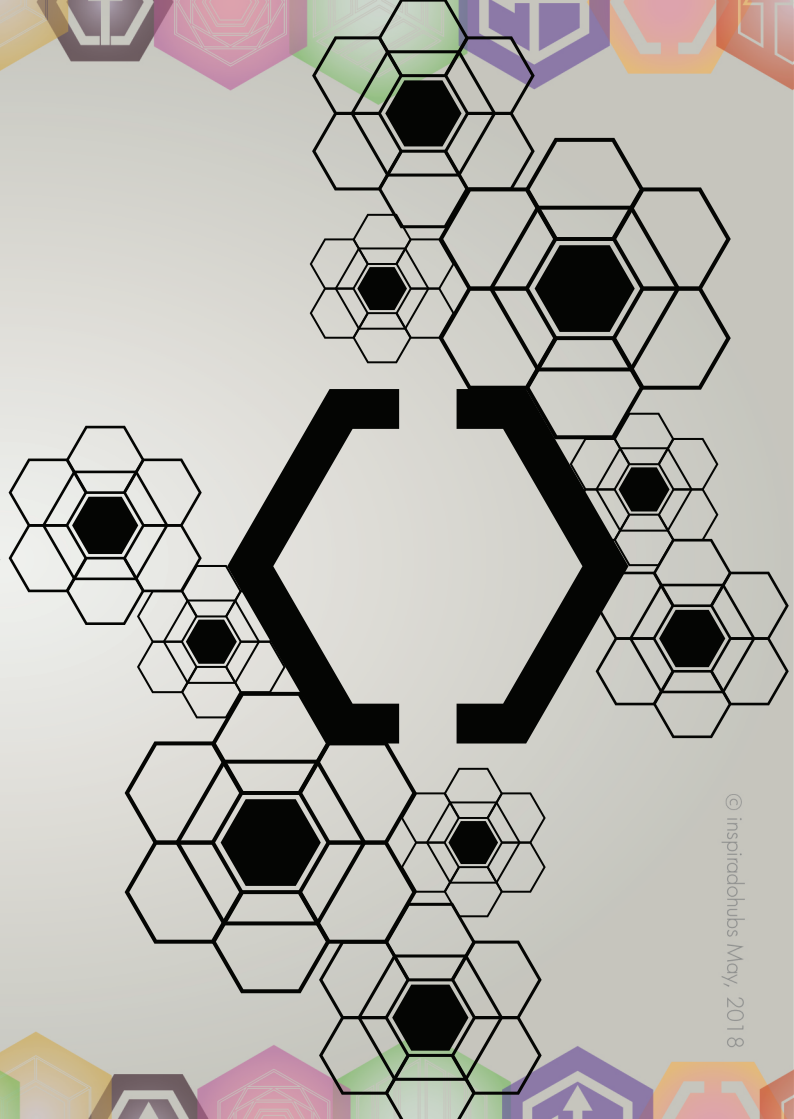
B] Fogg <http://www.behaviormodel.org/>

In the context of recovery planning, Fogg's behaviour theory suggests planning of easier tasks instead of the planning for difficult tasks.

Using the behaviour grid illustrated below he described how to introduce a new behaviour or to stop an unhealthy behaviour in tiny incremental steps.



















The grid suggests 15 different ways of either starting a new behaviour or stopping an old one.

The idea here is encouraging the practice of tiny habits that are specific, measurable, achievable, realistic and timely.



ABILITY CARDS

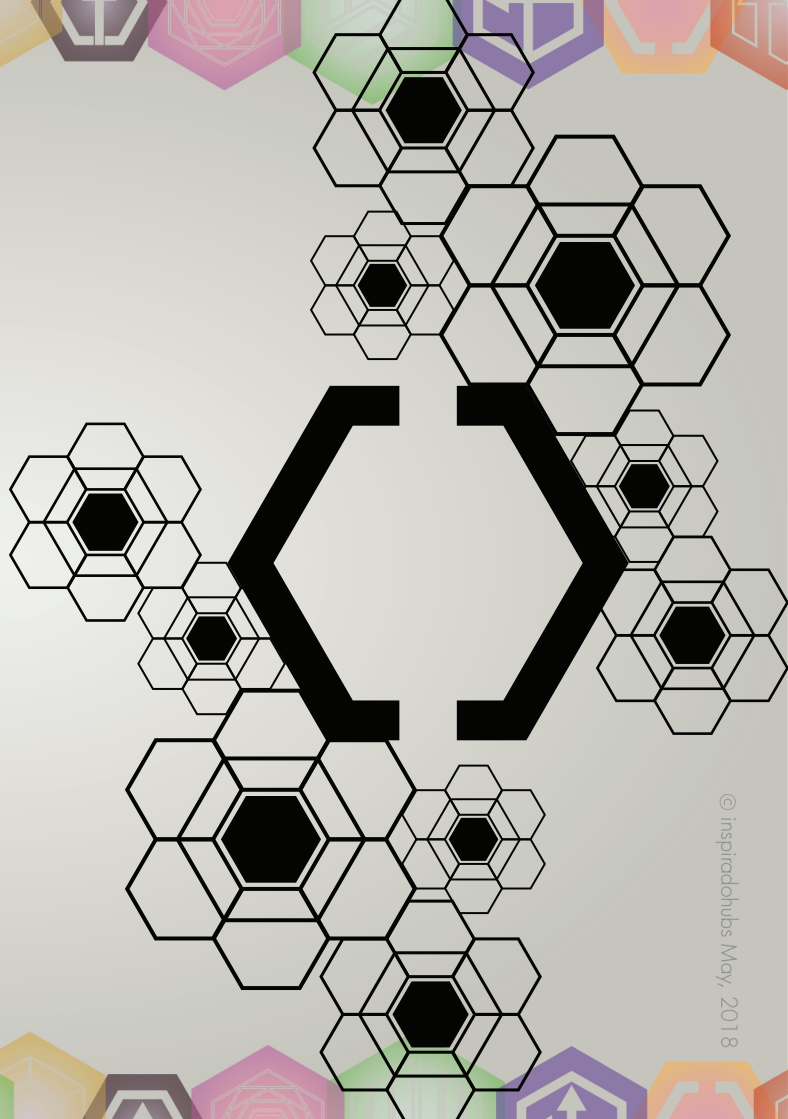
Fogg Behaviour Grid - Adapted in the context of substance use disorder treatment.

	GREEN Do a new behaviour	BLUE Do a familiar behaviour	PURPLE Increase behaviour intensity	GRAY Decrease behaviour intensity	BLACK Stop existing behaviour
 DOT One time	 GREEN DOT Try a new group meeting for the first time	 BLUE DOT Access needle exchange clinic again	 PURPLE DOT Eat 3 times daily for a day	 GRAY DOT Reduce alcohol intake by a can for one day	 BLACK DOT Being heroin-free for a day
 SPAN Period of time	 GREEN SPAN Attend a group meeting for 3 weeks	 BLUE SPAN Access needle exchange clinic for 4 weeks	 PURPLE SPAN Eat 3 times daily for 5 days	 GRAY SPAN Take reduced alcoholic content for a week	 BLACK SPAN Being heroin-free for a week
 PATH From now on	 GREEN PATH Attend a group meeting from now on	 BLUE PATH Access needle exchange clinic from now on	 PURPLE PATH Eat 3 times daily from now on	 GRAY PATH Take reduced alcoholic content from now on	 BLACK PATH Being heroin-free from now on

BJ Fogg <http://www.behaviormodel.org/>

The applications of the grid is inexhaustive. This grid suggests an injection of creativity during recovery planning.

To encourage change, we have designed milestone celebration certificates for all 5 colours to encourage change. The prerogative is with the practitioner or the service to specify the milestones for each behaviour.





MOTIVATIONAL CARDS

The behaviour model identifies the core motivators namely sensation, anticipation and belonging. Each of these core motivators have two sides as illustrated below:



SENSATION

	
Pleasure	Pain

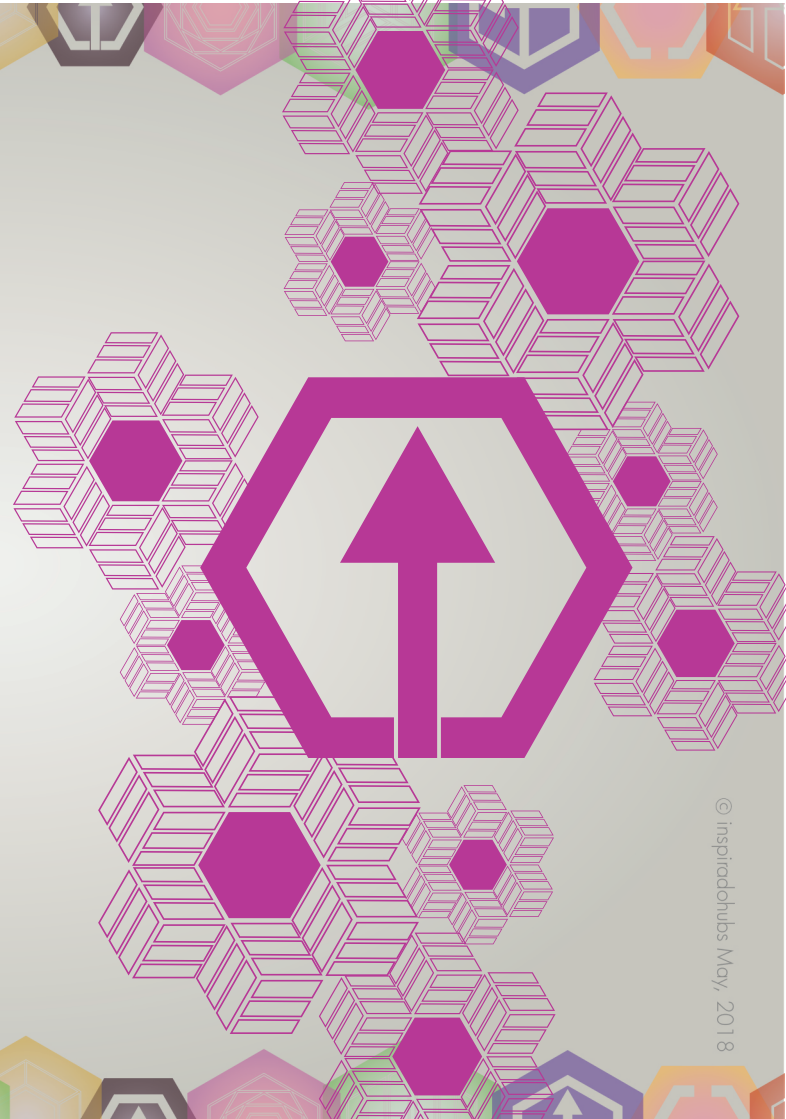
BELONGING

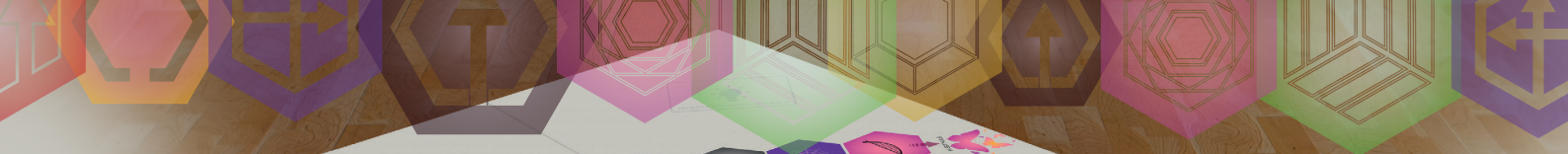
	
Social Acceptance	Social Rejection

ANTICIPATION

	
Hope	Fear

BJ Fogg <http://www.behaviormodel.org/>





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