



## Department of Psychiatry OP Recovery Services

**Title:** Group Guidelines

**Purpose of Guidelines:** To describe group counseling services for clients within the ORS Program

**Responsibility:** Treatment Providers of Multidisciplinary Team.

### **Procedure:**

Group counseling will be provided to three or more individuals by a counselor in order to utilize special skills to assist clients in achieving treatment objectives.

1. Patients are informed of the following:
  - Expected to attend all sessions
  - To be timely to appointments and group sessions
  - Attend sober support meetings each week
  - Failure to meet expectations could result in discharge from programming
2. The means of achieving treatment objectives through group counseling include:
  - A review of group agreements and expectations at the start of each group session
  - Exploration of alcohol and other drug problems and/or addiction and co-existing mental illness and their ramifications.
  - Examination of attitudes and feelings.
  - Consideration of alternative solutions and decision making.
  - Discussing didactic materials about alcohol and other drug and co-existing disorder related problems
3. The length and frequency of sessions will be determined individually by treatment needs and goals as outlined in the individual treatment plan.
4. Group counseling services will be provided at the AOD Treatment Services Program site or in the client's natural environment.
5. The client to counselor ratio shall not exceed 12:1 and shall not exceed 20.

6. Group counseling services include, but are not limited to exploration of the following topics:
- Relapse triggers, prevention and prevention/crisis plan for the co-existing disorders.
  - Working a 12-step program.
  - Building coping and sober support systems.
  - Family systems, boundaries, and codependency.
  - Cognitive Interventions.
  - Coping with loss, grief, and guilt.
  - Issues related to ongoing recovery from alcohol and other drug problems/addiction and mental illness.
  - Coping and sober support systems
  - Gender and culturally specific issues related to ongoing recovery from alcohol and other drug problems/addiction and/or mental illness.
  - Recovery issues related to school and/or employment.
  - Family systems, boundaries, and codependency.
  - Incorporating the 12-step program into daily living.
  - Relationships.
  - Leisure time and activities.
  - Feelings needs and communication.

Resources: SAMHSA Treatment Improvement Protocol Series No. 41

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