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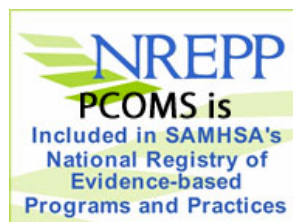
2017 GADBHDD Behavioral Health Symposium

October 5: 1:00pm – 2:30pm

Facilitating Recovery Action and Progress Groups

George S. Braucht; LPC, CPCS & CARES
Braughtworks Consulting
Email: george@braughtworks.com

Certified Trainer in the Partners for Change Outcome Management System
(**PCOMS**) with the Heart and Soul of Change Project:
www.heartandsoulofchange.com



The endless vine: Ancient symbol of
Life, Infinity, and the Interweaving Flows
of Being and Movement Within and Without



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Description. Participants will practice relationship enhancement skills and a recovery/mental health/peer support group process that includes the Partners for Change Outcome Management System, a SAMHSA evidence-based practice. Learn to engage each group participant in setting goals, monitoring progress, and supporting one another while honoring the individual's voice and choice. We will explore how this session's participants can enhance clinical and/or peer programs with recovery action and progress (RAP) groups currently in use by service providers in the Department of Community Supervision and by Certified Addiction Recovery Empowerment Specialists (CARES).

Objectives. Upon completion of this training participants will be able to:

1. Establish guidelines that promote a safe and respectful group environment,
2. Use five fundamental relationship enhancement skills to engage as allies in courageous and healing conversations, and
3. Facilitate a five-step support group process.

Schedule 1:00pm - 2:30pm

Promoting Safety and Respect Guidelines

4. Turn off cell phones, pagers and other PDAs (profoundly distracting accessories)
5. No fixing: Instead, share what works for you using "I" statements
6. Stretch: Try a different or unfamiliar role, even if for a short time
7. Notify someone before you leave the room or if you will return to the room after more than 15 minutes beyond the start time
8. What other guidelines will help make this a safe and respectful place to maximize the benefits of this experience for you?



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Ten Practical Considerations for Conducting PCOMS-informed Groups

1. Appropriate for various group types or purposes
 - ☉ Interpersonal process
 - ☉ Psychoeducation
 - ☉ Skill development
 - ☉ Mindfulness
 - ☉ Cognitive-behavioral, Psychoanalytic, Humanistic, etc.
 - ☉ Peer support

2. Frequency
 - 📄 Weekly?
 - 📄 More frequently: do ORS at the beginning of the week's first group and GRSR at the end of the last group; reference the SCORE Board throughout
 - 📄 Less frequently: reduce attendance as community-based supports develop

3. Open vs. closed, and use peer co-facilitators!

4. Teach the use of the Outcome Rating Scale (ORS), Group Session Rating Scale (GSR), Self-Completed Overview of Recovery Experience Board (SCORE Board) and/or Better Outcomes Now (BON)
 - 👉 During an individual session or an orientation group is best practice

5. Size matters!
 - Σ Maximum of 10 for a 60-90 minute group with one facilitator or
 - Σ Subdivide and separate larger groups within the group room when you have more than 10 and float between the groups

6. Name tags or tents
 - 🌟 Learn and use one another's names
 - 🌟 Display individual icons, mottos, contingency management rewards, etc.

7. Make the ORS available and encourage completion before group
 - ➡ Don't be late for group because they will likely start without you!



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8. ORS scores above 32+ likely means something is not right or unusual; a first score of 35+ is invalid
 - ☑ Assist each participant to connect the ORS score with last week's lived experience, not how they "feel" now
 - ☑ Encourage ORS sub-scale score mark revisions when disconnects are realized with the issue(s)/need(s) for which services are sought
9. Many people like jotting down around each sub-scale areas of the ORS phrases, doodles or drawings that represent key events of the past week
 - ✍ Provides a written record of life events when they look back through their ORSs
 - ✍ Also helpful for journaling
10. Review ORS and GSRS data during clinical supervision or performance support to identify who is not on track and/or at risk of dropping out
 - ☺ Facilitates immediately experienced and cumulative career growth

F. References and Resources

1. Corey, G. (2011, 8th ed.). *Theory and practice of group counseling*. Belmont, CA: Brooks/Cole.
2. Duncan, B. L. (2014, 2nd ed.). *On becoming a better therapist: evidence-based practice one client at a time*. Washington, DC: American Psychological Association.
3. Duncan, B. (2005). *What's right with you: Debunking dysfunction and changing your life*. Deerfield Beach, FL: Health Communications.
4. Wagner, C. C. & Ingersol, K. S. (2013). *Motivational interviewing in groups*. New York: Guilford.
5. Yalom, I. D. & Leszcz, M. (2005, 5th ed.). *The theory and practice of group psychotherapy*. New York: Basic Books.
6. www.heartandsoulofchange.com, www.pcoms.com,
www.betteroutcomesnow.com, www.brauchtworks.com

