



Department of Psychiatry OP Recovery Services

Title: Psycho-educational Groups

Purpose of Guidelines: To describe intensive group treatment services within Outpatient Recovery Services Program that are psycho-educational in nature.

Responsibility: Treatment Providers of Multidisciplinary Team.

Procedure:

1. Psycho-educational groups are conducted based on individual programming schedules
2. Groups shall be conducted at UTMC Services Program site or in clients' natural environment.
3. Client to Counselor ratio shall not exceed 12:1.
4. Components of the group include exploration of alcohol and other drug problems and/or addiction and co-occurring mental illness and their ramification. This includes an examination of attitudes and feelings, consideration of alternative solutions and decision making and/or discussing didactic materials with regard to alcohol and other drug related problems and mental illness.
5. Psycho-educational topics included within each six-week segment are:
 - The disease concept of chemical dependency.
 - Alcohol and other drug education including risks, physiological, psychological and long-term effects.
 - Education on mental illness including understanding various disorders and their symptoms.
 - Education on the duality of their disease and its impact on recovery.
 - Education on proper nutrition and its implication for recovery.
 - Risks and implications for alcohol and other drug use with pregnancy.
 - Tuberculosis, Hepatitis type B and C, HIV, and sexually transmitted diseases.
 - Concepts of and working a 12-Step Program.
 - Abstinence and recovery.
 - Sober living, including recreation, leisure and relaxation.

Resources:

CMS CoP 70.3 Partial Hospitalization Services

SAMHSA Treatment Improvement Protocols 41

Approved by: Recovery Services Leadership T. Singh, MD 11/2019

Revised/Reviewed: 12/2022