



Department of Medicine: UTMC Care Clinic

Title: Group Guidelines

Purpose of Guidelines: To describe group therapy services for clients participating in the Recovery Services Program

Responsibility: Multidisciplinary Treatment Team Providers.

Procedure:

Group therapy will be provided to three or more individuals by a counselor to utilize psychotherapeutic clinical 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
 - Failure to meet expectations could result in (1) referral to a higher level of care or (2) discharge from programming.
2. The means of achieving treatment objectives through group therapy include:
 - A review of group agreements and expectations at the start of each group session
 - Exploration of 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 and co-existing disorder related problems
3. The length and frequency of sessions will be a clinical determination based on the individual treatment needs and goals as outlined in the individual treatment plan.
4. Group counseling services will be provided at the UTMC Care Clinic site or in the client's natural environment, via telehealth when applicable.
5. The client to counselor ratio shall not exceed 12:1 and shall not exceed 20 total clients at any given time.

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.
 - 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 addiction and mental illness.
 - 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.
 - 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
HIV/AIDS Bureau Policy 16-02

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