

UTMC CARE CLINIC GUIDELINES RYAN WHITE PROGRAM

Guideline: Group Guidelines

Policy Number Superseded:

Responsibility: Multidisciplinary treatment team providers

Purpose of Guideline: To describe group therapy services for patients participating in the Recovery Services Program



Effective Date: 4/2026

Initial Effective Date:
March 2024

Procedure:

- (A) Group therapy will be provided to three or more individuals by a counselor to utilize psychotherapeutic clinical skills to assist patients in achieving treatment objectives.
- (1) Patients are informed of the following:
 - (a) Expected to attend all sessions.
 - (b) To be timely to appointments and group sessions.
 2. If a patient is struggling to attend or engage, the treatment team will work collaboratively to identify barriers, adjust the treatment plan, and determine whether additional support of different level of care would better meet the patient's needs. Discharge is considered only when clinically appropriate or when the patient chooses to discontinue services.
 - (2) The means of achieving treatment objectives through group therapy include:
 - (a) A review of group agreements and expectations at the start of each group session.
 - (b) Exploration of addiction and co-existing mental illness and their ramifications.
 - (c) Examination of attitudes and feelings.
 - (d) Consideration of alternative solutions and decision-making.
 - (e) 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 patient to counselor ratio shall not exceed 12:1 and shall not exceed 20 total patients at any given time.
- (6) Group counseling services include, but are not limited to exploration of the following topics:
 - (a) Relapse triggers, prevention and prevention/crisis plan for the co-existing disorders.
 - (b) Building coping and sober support systems.
 - (c) Family systems, boundaries, and co-dependency.
 - (d) Cognitive interventions.
 - (e) Coping with loss, grief, and guilt.
 - (f) Issues related to ongoing recovery from addiction and mental illness.
 - (g) Sober support systems.
 - (h) Gender and culturally specific issues related to ongoing recovery from alcohol and other drug problems/addiction and/or mental illness.
 - (i) Recovery issues related to school and/or employment.
 - (j) Incorporating the 12-step program into daily living.
 - (k) Relationships.
 - (l) Leisure time and activities.
 - (m) Feelings needs and communication.

Resources: SAMHSA Treatment Improvement Protocol Series No. 41

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