



UTMC Care Clinic Recovery Services

Title: Psycho-educational Groups

Purpose of Guidelines: To describe group treatment services within UTMC Care Clinic. 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 and need.
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 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 regarding addiction and mental illness.
5. Psycho-educational topics included within each six-week segment are:
 - The disease concept of chemical dependency.
 - Addiction 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 nutrition and its implication for recovery utilizing an evidenced based approach.
 - Risks and implications for alcohol and other drug use with pregnancy.
 - Tuberculosis, Hepatitis type B and C, HIV, and sexually transmitted diseases.
 - Concepts of 12-Step Program and other peer support programs.
 - Abstinence, harm reduction and recovery.
 - Sober living, including recreation, leisure, and relaxation.
6. Treatment will be implemented by utilizing concepts from evidenced based practices and curriculum. Duration of treatment will be based on individual needs.

Resources:

SAMHSA Treatment Improvement Protocols 41
HIV/AIDS Bureau Policy 16-02

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