



Braughtworks Consulting  
Applying Science to Practice  
[www.braughtworks.com](http://www.braughtworks.com)

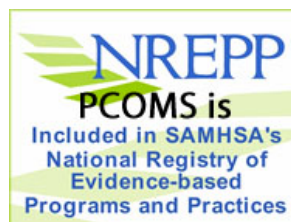
## **2017 GADBHDD Behavioral Health Symposium**

October 5: 1:00pm – 2:30pm

*Facilitating Recovery Action and Progress Groups*

**George S. Braucht;** LPC, CPCS & CARES  
Braughtworks Consulting  
Email: [george@braughtworks.com](mailto:george@braughtworks.com)

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



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



## Facilitating Recovery Action and Progress Groups

Page 2 of 4

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?



# Facilitating Recovery Action and Progress Groups

Page 3 of 4

## 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 (GSRs), 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!



## Facilitating Recovery Action and Progress Groups

Page 4 of 4

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, 8<sup>th</sup> ed.). *Theory and practice of group counseling*. Belmont, CA: Brooks/Cole.
2. Duncan, B. L. (2014, 2<sup>nd</sup> 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, 5<sup>th</sup> ed.). *The theory and practice of group psychotherapy*. New York: Basic Books.
6. [www.heartandsoulofchange.com](http://www.heartandsoulofchange.com), [www.pcoms.com](http://www.pcoms.com),  
[www.betteroutcomesnow.com](http://www.betteroutcomesnow.com), [www.brauchtworks.com](http://www.brauchtworks.com)



## Outcome Rating Scale (ORS)

Name \_\_\_\_\_ Age (Yrs): \_\_\_\_\_ Sex: M / F

Session # \_\_\_\_\_ Date: \_\_\_\_\_

Who is \_\_\_\_\_  
Examination copy only. See [www.heartandsoulofchange.com](http://www.heartandsoulofchange.com)  
to download a reusable version.

If other, what is your relationship to this person: \_\_\_\_\_

Looking back over the last week, including today, help us understand how you have been feeling by rating how well you have been doing in the following areas of your life, where marks to the left represent low levels and marks to the right indicate high levels. *If you are filling out this form for another person, please fill out according to how you think he or she is doing.*

**ATTENTION: TO INSURE SCORING ACCURACY PRINT OUT THE MEASURE TO INSURE THE ITEM LINES ARE 10 CM IN LENGTH. ALTER THE FORM UNTIL THE LINES PRINT THE CORRECT LENGTH. THEN ERASE THIS MESSAGE.**

### Individually

(Personal well-being)

I-----I

### Interpersonally

(Family, close relationships)

I-----I

### Socially

(Work, school, friendships)

I-----I

### Overall

(General sense of well-being)

I-----I

The Heart and Soul of Change Project

[www.heartandsoulofchange.com](http://www.heartandsoulofchange.com)

© 2000, Scott D. Miller and Barry L. Duncan

# Group Session Rating Scale (GSRS)

Name _____	Age (Yrs): _____
ID# _____	Sex: M / F _____
Session # _____	Date: _____

---

Please rate today's group by placing a mark on the line nearest to the description that best fits your experience.

---

Examination copy only. Download the free scales at [www.heartandsoulofchange.com/measures](http://www.heartandsoulofchange.com/measures).

## Relationship

I did not feel understood, respected, and/or accepted by the leader and/or the group.

I-----I

I felt understood, respected, and accepted by the leader and the group.

## Goals and Topics

We did *not* work on or talk about what I wanted to work on and talk about.

I-----I

We worked on and talked about what I wanted to work on and talk about.

## Approach or Method

The leader and/or the group's approach are/is not a good fit for me.

I-----I

The leader and the group's approach are a good fit for me.

## Overall

There was something missing in group today—I did not feel like a part of the group.

I-----I

Overall, today's group was right for me—I felt like a part of the group.

The Heart and Soul of Change Project

---

[www.heartandsoulofchange.com](http://www.heartandsoulofchange.com)

© 2007, Barry L. Duncan and Scott D. Miller

# Self-Completed Overview of Recovery Experience (SCORE) Board: Name: \_\_\_\_\_

©2008 George S. Braucht, LPC & CPCS: [brauchtworks.com](http://brauchtworks.com)

**Briefly describe your goals & tasks(s) in the column on the right. In the bottom row, ✓ when a goal is accomplished.**

\*Interaction Types: **I**ndividual (face-to-face), **G**roup, **P**hone, **E**lectronic video, **T**ext, **O**ther

Interaction # & Type*	1__	2__	3__	4__	5__	6__	7__	8__	9__	10__	11__	12__	13__	Goal # _____:
Date														
Re-arrest Risk (0-10)														
Outcome Rating Scale (ORS, 0-40)														
Craving/Challenge Rating (0-10)														
Session/Relationship/Group Session Rating Scale (0-40)														

Write an "O" in the column below to show each of your ORS scores.

40														When: _____
35														Adult SRS/GSRS/RRS Clinical Cutoff = 36
30														Adult ORS Clinical Cutoff = 25
25														Goal # _____:
20														Tasks = What:
15														How Much:
10														How Often:
5														When:
0														

Examination copy for training only. Download reusable version at [www.brauchtworks.com/toolkit](http://www.brauchtworks.com/toolkit)



# Recovery Action and Progress Group Preparation Checklist 150721

©2015 George S. Braucht, LPC & CPCS; [www.brauchtworks.com](http://www.brauchtworks.com)

# = one for each participant

\* = PCOMS scales (ORS & GSRS) from [www.heartandsoulofchange.com](http://www.heartandsoulofchange.com)

\*\* = from [www.brauchtworks.com](http://www.brauchtworks.com)

1. File folder #.....
2. Outcome Rating Scale (ORS) #\* .....
3. Group Session Rating Scale (GSRS) #: printed on the back of the ORS .....
4. SCORE Board #: printed on the back of the Recovery Action and Progress Group Handout if not on the name tent.....
5. Recovery Action and Progress Group Handout #\*\* .....
6. Pen or pencil # .....
7. Centimeter ruler # .....
8. Name tag or tent #: tent works best when using stickers or other rewards and SCORE Board may be printed on the back .....
9. Recommended: Recovery Capital Scale Plan and/or Whole Health Action and Management (WHAM) Plan #\*\* .....
10. Recommended: Flip chart pad, stand, masking tape and markers .....
11. Recommended: A clock everyone can see and/or consider asking for a volunteer to notify the group 10 minutes before the scheduled end time .....
12. Recommended: Participant rewards – stickers for attendance, coupons for meeting weekly tasks or progress toward goals, treats, etc. ....





## *Welcome to our Recovery Action and Progress Group: Glad you're here!* 150816

First, complete an **Outcome Rating Scale (ORS)** and update your **SCORE Board**.

Second, review the (A.) **Safety and Respect Guidelines**.

Third, a participant (B.) **Checks-in** with another participant using the (C.) **Relationship Enhancement Skills (PINK OARSI) for Mutually Beneficial Relationships**. Afterwards, that participant Checks-in with someone else. Repeat until every participant checks-in with the group.

Last, about 10 minutes before group ends, complete the **Group Session Rating Scale (GSRS)** then discuss the scores and what will make the next group better. Add GSRS score to **SCORE Board**.

### A. Safety and Respect Guidelines

1. Turn off cell phones, computers, etc., & tell someone before you leave the room.
2. Vegas Rules: Say "Vegas Rules" before you say something not to be repeated outside.
3. No fixing! Instead, share what recovery activities have worked for you by saying "I...."
4. What other guidelines will help make this a safe and respectful place for you? Add to flip chart.

### B. Check-in. Use the Relationship Enhancement Skills (PINK OARSI) and ask...

1. What's **right** with you today?
2. What is your Outcome Rating Scale (ORS) score?
  - a) What **progress** did you make since your last group on your **recovery goals**? You may show your **SCORE Board**.
  - b) In which area (subscale) did the most improvement occur?
3. What is your highest **craving or challenge level** since the last group, from 0-10, with **0** = No alcohol or illicit drug use or troubling feelings or thoughts about the challenges that brought you to this group occurred; **10** = Used AOD or had challenging feelings, thoughts or behaviors
4. How **safe and sober** is where you are staying tonight? 0 =Not at all; 10 = Completely
5. Would you like **more time** to discuss a topic after everyone has checked in?

### C. Relationship Enhancement Skills (PINK OARSI) for Mutually Beneficial Relationships

*Practice intentionally not knowing or curiosity with...*

1. **Open-Ended Questions**: First listen from the position of intentionally not knowing with curiosity, imagination, intuition, and wonder then ask; Who, What, When, Where, How or Why
2. **Affirmations/Validations**: Affirm, validate and show understanding of the other person's perspective and focus on her or his strengths; "You stayed sober last weekend!"; "You avoided..."; "You're concerned about..."; "You learned..."; "You would like for us to..."; etc.
  - Begin with "You...", not "I"
  - Describe observed characteristics and behaviors
  - Avoid problem solving
  - Attribute interesting qualities to the person
  - Focus on passions and strengths or positive attributes that you see, hear and/or feel
3. **Reflections/Paraphrases**: State feelings/thoughts that you heard and/or saw
  - Begin with: "You think (feel)...," "You're wondering if..."
4. **Summaries**: Short, clear statements that organize the main points that you heard
5. **Information giving**: Use OARS first, ask for permission before sharing **potential options** that have worked for you others that you know. Share how **you** feel and what **you** need in this mutually beneficial relationship.

