

Creating a Group Schedule That Meets People's Goals



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What's so difficult about developing a schedule?



- “It takes so long”
- “It’s overwhelming”
- “I always get stuck with the groups I hate”
- “How do we meet each clients needs?”
- “All the MICA groups ended up on the same day!”



Poll for new ideas

Survey

- List of all groups
- Descriptions
- “I need it”

**Ask for
feedback/suggestions
re: time/days**

Polling for activities

Group Survey for June 2015

	SA=Substance Abuse	I need it
MICA - One Day at a Time	SA group- for anyone	
MICA - Engagement	Sa group, people who aren't sure about quitting	
MICA - Relapse Prevention	SA group- to help avoid relapse	
WSM+	SA group- structured, follows book	
Smoking Cessation	People who wanna quit cigs	
Breaking the Habit	NON-SA group- Other addictions	
Seeking Safety	SA/Trauma - structured, follows book	
Surviving to Thriving	Advanced trauma group- Take SiS first	
Strength in Survival	Education about trauma and effects	
What's Getting in the Way?	To look at barriers to work/school	
Ready to Work	Applying for jobs together	
Planning for Work	Almost ready to work, but have questions	
Working Through	Work/School- follows book	
Coping with Work & School	Now that you're working, how to handle it	
World of Work	What employers expect of you, how to succeed	
Coping with Change	If you are struggling with changes happening	
Planning for Change	How to make change- goal planning	
Coping skills	How to cope with stressors and symptoms	
Alternative Coping Skills	Other ways to cope- breathing, tapping, light yoga	

How to decide which groups offer

Have the team pick out their groups



- Have them come prepared
- Have the whole team together
- Know how many groups each person is getting
- Discuss ‘specialty’ groups and training
- Be fair



Use multi-colored post-its:

Separate them by 'specialty'

Orange: Trauma

Pink: DBT/CBT

Blue: MICA

Green: Other

Yellow:

Vocational



Create the schedule

Meeting the clients goals



- Meet 1:1
- Discuss IRP: Hopes, Goals, Objectives and Barriers
- Stage of change
- Group descriptions
- Schedule them

Troubleshooting



- Long breaks between groups
- Doesn't want groups on____ (Friday...)
- Has taken the group so many times they could teach it!
- Doesn't recognize any barriers