



September 18, 2014: 5:00pm-6:30pm

Conducting Peer Recovery Action and Progress (RAP) Groups:

A webinar for CARES & Supervisors

with

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Conducting Peer Recovery Action and Progress (RAP) Groups

My Key Takeaways

1. _____
2. _____
3. _____

My Notes, Doodles, etc.



Conducting Peer Recovery Action and Progress (RAP) Groups

A. Webinar Schedule:

5:00pm - 6:30pm

B. Before this Webinar

1. Get the free individual user license and the ORS and RRS forms:
 - a. Go to or click this link if you are online → www.heartandsoulofchange.com,
 - b. At the top of that page click on “**ors/srs**”,
 - c. Click on “**download**”,
 - d. Read the license agreement then register as a new user by providing your email address,
 - e. Select “**Peer Scales**”.
2. Download the free SCORE Board (peer and professional versions) from:
www.braughtworks.com/change_agent_toolkit

C. Objectives

1. Describe at least two variations for conducting effective peer RAP groups
2. Recognize the IMPACT criteria for setting goals and creating a weekly action plan
3. Use the ORS, GRS and the SCOREboard

D. Poll Questions

1. I have ___ level of mastery conducting recovery groups
 - a. Novice - Have an incomplete understanding, approaches tasks mechanistically and needs supervision to complete them.
 - b. Advanced Beginner - Have a working understanding, tends to see actions as a series of steps, can complete simpler tasks without supervision.
 - c. Competent - Have a good working and background understanding, sees actions at least partly in context, able to complete work independently to a standard that is acceptable though it may lack refinement.
 - d. Proficient - Have a deep understanding, sees actions holistically, can achieve a high standard routinely.
 - e. Expert - Have an authoritative or deep holistic understanding, deals with routine matters intuitively, able to go beyond existing interpretations, achieves excellence with ease.



2. I have a __ level of mastery administering, documenting and analyzing the ORS and GSRS.
 - a. Novice
 - b. Advanced Beginner
 - c. Competent
 - d. Proficient
 - e. Expert

3. My supervisor has a __ level of mastery administering, documenting and analyzing the ORS and GSRS.
 - a. Novice
 - b. Advanced Beginner
 - c. Competent
 - d. Proficient
 - e. Expert

E. Tools for conducting Peer Recovery Action and Progress (RAP) Groups

1. Outcome Rating Scale (ORS) and Group Session Rating Scale (GSRS):
available at www.heartandsoulofchange.com (see B. above)
 2. *Self-Completed Overview of Recovery Experience Board (SCORE Board)
 3. *Recovery Capital Scale and Plan
 4. *Recovery Group Handout
 5. *WHAM Recovery IMPACT Weekly Goals
 6. *WHAM Recovery IMPACT Weekly Daily Activity &Take-Home Log
 7. Name tent/tag
- * = available at www.brauchtworks.com

F. RAP Group guidelines

1. Arrive early for group and have ORSs available as participants enter
2. For a 1 hour group: limit to 10 or divide into subgroups of 10



3. Provide a folder for each participant: ORS, GSRS, SCORE Board, RAP Group Handout, ruler, pen (Recovery Capital Scale and Plan [WHAM], name tents/tags)
4. Follow the instructions at the top of the RAP Group Handout
5. Facilitator's role: model the OARS

G. Begin the first group with:

Thank you for coming today – I am glad to see each one of you. Let's begin by reviewing our group guidelines...

We'll do things a little differently than perhaps you're used to because what is most important are your recovery goals, your view of how you are progressing in your recovery, and how well this group is working for you. I'd like to get your feedback using a form called the Outcome Rating Scale that others found helpful in making this the best support group possible. Would that be OK with you?

Anyone forget their glasses or otherwise need help reading or writing? OK, would any of the rest of you be willing to help with reading or writing? (Ask each helpee) Who would you like to help you?

H. Peri Kyriacos

1. Group description
 - a. Began as a volunteer → internship → paid, part-time position
 - b. 15-20 female inmates; ½ mandated by judge & ½ volunteers
 - c. Closed group
 - d. Planned transfer criteria: Attend two 2-hour groups per week for 4 weeks
 - e. Focus on strengths & empowerment tools such as:
Learn to pray, control anger, get along with family, recovery activities, journaling, etc.
2. Challenges
 - a. Closed group limits the number who can be served
 - b. Role confusion: Began by doing AA meetings stopped because participants tended to get mixed up - staying in recovery coach role was a struggle
 - c. Groups get too large – break into subgroups with that session



I. Suggested Resources

1. *Community Tool Box*: the Work Group for Community Health and Development, University of Kansas. Chapter 21 - Creating and facilitating peer support groups:
http://ctb.ku.edu/en/tablecontents/section_1180.aspx
2. Wagner, C. & Ingersoll, K. (2013). *Motivational interviewing in groups*. New York: Guilford.

