

## Welcome to our Resiliency 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 resiliency 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 **resiliency 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.

