

Partial Hospital and Intensive Outpatient Programs - Unit Practice Manual
John Dempsey Hospital - Department of Nursing
The University of Connecticut Health Center

PROCEDURE FOR: Program Content

POLICY: The Partial Hospitalization Program (PHP) and/or Intensive Outpatient Program (IOP) are tailored for each patient, the goal being to reflect and replicate life in the greater community, emphasizing therapeutic interaction with staff and peers as a means of accompanying change.

PROCEDURE: The following groups are offered per program (specific details follow):

- **Partial Hospitalization Program**
 - Community Issues Psychotherapy Group
 - Community Meeting
 - Coping Skills Group
 - Empowerment Group
 - Family Issues Psychotherapy Group
 - Goals Group
 - Independent Living Skills Group
 - Medication Management Group
 - Personal Issues Psychotherapy Group
 - Psychotherapy Group
 - Recovery Skills Group
 - Relapse Prevention Group
 - Spirituality Psychotherapy Group
 - Stress Management Group
 - Time Management Group
 - Vocational/Avocational Skills Group
 - Wellness Group
- **Intensive Outpatient Program - General Psychiatric**
 - Coping Skills Group
 - Education Group
 - Family Issues Psychotherapy Group
 - Goals Group
 - Personal Issues Psychotherapy Group
- **Intensive Outpatient Program - Dual Diagnosis**
 - Education Group
 - Family Issues Psychotherapy Group
 - Goals Group
 - Personal Issues Psychotherapy Group
 - Relapse Prevention Group

EFFECTIVE DATE: 5/03

REVISION DATES: 6/08, 8/08

REVIEWED DATES: 10/09, 12/09

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PROCEDURE FOR: Program Content

PROCEDURE FOR: Partial Hospitalization Program
Community Issues Psychotherapy Group

GROUP

DESCRIPTION: The group meets once a week for 50 minutes. The entire patient community attends, as well as assigned clinical staff. The model of the Large Group is a modified "Yalom" approach with an emphasis on psychosocial issues that can be generalized to involve as many patients as possible. The group provides a forum where, with encouragement from staff, patients discuss their concerns or complaints which they have experiences within the various groups, throughout the treatment week. The group is thus on the non-directive end of the spectrum of groups in the program. Special attention is paid to ongoing individual and group dynamics. Dynamics at the level of staff/patient community, when they are overtly significant are particularly important to address with this group. Furthermore, there are times when crucial events such as patient relapses might be most useful to discuss in terms of their impact on the whole PHP community.

This group is facilitated administratively by assigned clinical staff. He or she starts and stops the meeting, introduces new members and adds any other relevant factual information at the beginning of the group. Staff members function as equal co-therapists. Staff may choose to intervene whenever it is deemed appropriate. Other staff members may choose to encourage additional group themes in response to patient material brought to the discussion.

- OBJECTIVES:**
1. To allow the opportunity to work on critical community themes which reflect patient issues.
 2. To use a therapeutic milieu consisting of staff and the patient population to develop themes of "community" and "all of us". The sense of the power of the "whole" is important modeling for future group experiences.
 3. To afford an opportunity for increased work on individual symptom management issues as they impact the overall treatment community.
 4. To integrate and synthesize the cognitive/emotional work that is occurring in other areas of the program.
 5. To encourage team work and mutual trust in the development of appropriate coping strategies.
 6. To focus on interpersonal relationship issues.
 7. To enhance certain crucial generic goals in the program, i.e., to increase impulse control, improve coping skills and enhance one's ability to attend to others while continuing to maintain appropriate interpersonal boundaries.

DOCUMENTATION: Group Attendance Sheet

EFFECTIVE DATE: 9/89

REVISION DATES: 9/90, 9/91, 1/95, 12/97, 12/99, 9/02, 5/03, 6/06, 5/07, 6/08

Procedure

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PROCEDURE FOR: Program Content

REVIEWED DATES: 10/09, 12/09

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PROCEDURE FOR: Program Content

PROCEDURE FOR: Partial Hospitalization Program
Community Meeting

GROUP

DESCRIPTION: The Community Meeting meets five times per week for 50 minutes. The purpose of this group is to use this as an opportunity for the patients to check in and report on the events that occurred for them from the time they left program the day before until their return the following day.

- OBJECTIVES:**
1. To assess for relapse.
 2. To assess for any safety issues.
 3. To assess if the patient is thinking about goals for the day.
 4. To assess how the needs of the individual will impact the larger group throughout the day.

DOCUMENTATION: Group Attendance Sheet

EFFECTIVE DATE: 5/03

REVISION DATES: 6/06, 5/07, 6/08

REVIEWED DATES: 10/09, 12/09

Partial Hospital and Intensive Outpatient Programs - Unit Practice Manual
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PROCEDURE FOR: Program Content

PROCEDURE FOR: Partial Hospitalization Program
Coping Skills Group

GROUP

DESCRIPTION: Coping Skills Group is a 50-minute group. All patients are eligible to attend. Patients are asked to explore and write-up coping techniques and share these plans with staff and fellow group members in order to improve functional performance.

- OBJECTIVES:**
1. To develop problem solving skills.
 2. To develop coping and stress management skills.
 3. To teach planning skills in a task oriented way.
 4. To encourage conceptualization and interpretation of new, more adaptive behaviors.
 5. To improve functional performance.

DOCUMENTATION: Group Attendance Sheet

EFFECTIVE DATE: 12/97

REVISION DATES: 12/99, 2/00, 9/02, 5/03, 10/04, 6/06, 5/07, 6/08

REVIEWED DATES: 10/09, 12/09

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PROCEDURE FOR: Program Content

PROCEDURE FOR: Partial Hospitalization Program
Empowerment Group

GROUP

DESCRIPTION: This group meets for 50 minutes. Group members are provided with a safe and encouraging forum in which they are given the opportunity to explore and practice healthy assertive communication, socialization and coping skills. Members are invited to create a variety of life scenarios in which they are invited to role-play and then partake in group discussion.

- OBJECTIVES:**
1. Develop direct and honest communication skills.
 2. Decrease feelings of helplessness and anxiety.
 3. Increase self-efficacy.
 4. Claim responsibility for the choices made.
 5. Access and utilize personal strengths.
 6. Increase knowledge of addictions, maladaptive behaviors and the recovery process.
 7. Increase awareness of self-sabotaging behaviors and work towards decreasing these behaviors.

DOCUMENTATION: Group Attendance Sheet
Daily Group Progress Note

EFFECTIVE DATE: 6/06

REVISION DATES: 4/07, 6/07, 6/08

REVIEWED DATES: 10/09, 12/09

Partial Hospital and Intensive Outpatient Programs - Unit Practice Manual

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PROCEDURE FOR: Program Content**PROCEDURE FOR:** Partial Hospitalization Program
Family Issues Psychotherapy Group

GROUP DESCRIPTION: This group meets once per week for 50 minutes. The model of the small group is modified "Yalom" model with an emphasis on issues within the client's family, extended family, and can be generalized to involve all patients in the group. The group is paced to follow the patient's agenda and is directive only in that is to provide a supportive milieu for discussing family issues that may be of a sensitive or painful nature. The therapists' interventions are intended to promote this atmosphere and facilitate patient to patient interaction.

Deeper psychological interpretations are a secondary goal and are used minimally. The therapist is free to vary his/her stance from being the facilitator of the group process to being an active director or confronter, depending on the flow of group process.

- OBJECTIVES:**
1. To help the patient identify interpersonal conflicts as they occur in his/her family.
 2. To help the patient distinguish between different types of conflicts.
 3. To identify maladaptive coping mechanisms for dealing with the distress.
 4. To improve the patient's problem-solving and decision-making skills.
 5. To help the patient become more adaptive at home and in the community.
 6. To identify natural support systems at home and in the community.
 7. To practice more effective communications and interpersonal relationships.

DOCUMENTATION: Group Attendance Sheet

EFFECTIVE DATE: 7/88

REVISION DATES: 8/82, 9/84, 11/85, 1/86, 4/87, 9/87, 9/88, 9/89, 9/90, 9/91, 1/95, 12/97, 6/98, 12/99, 2/00, 9/02, 5/03, 6/06, 4/07, 6/07, 6/08

REVIEWED DATES: 10/09, 12/09

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PROCEDURE FOR: Program Content

PROCEDURE FOR: Partial Hospitalization Program
Goals Group

GROUP

DESCRIPTION: The Goals Group is a 50 minute group that meets once per week. During each group, goals will be agreed upon with a plan of action to work from for the week to help improve functional performance. Goals and progress will be reviewed in the next goals group attended. The group meets once a week when the individual goal sheet is filled; it is placed in the patient's chart in the Treatment Outcome section. Each patient is responsible for writing down their own goals and sharing these goals with the rest of the community.

- OBJECTIVES:**
1. To develop problem solving skills.
 2. To provide a structured forum to meet treatment goals.
 3. To improve reality testing.
 4. To teach planning skills in a task-oriented way.
 5. To clarify strengths and weaknesses.
 6. To encourage future-orientation.
 7. To learn ways to concretize more.
 8. To encourage conceptualization and integration of new, more adaptive behaviors.
 9. To improve functional performance.

DOCUMENTATION: Group Attendance Sheet

EFFECTIVE DATE: 4/87

REVISION DATES: 4/88, 10/88, 8/89, 9/89, 9/90, 1/91, 1/92, 1/95, 12/97, 8/98, 2/00, 9/02, 5/03, 6/06, 5/07, 6/08

REVIEWED DATES: 10/09, 12/09

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PROCEDURE FOR: Program Content

PROCEDURE FOR: Partial Hospitalization Program
Independent Living Skills Group

GROUP

DESCRIPTION: Independent Living Skills Group is a 50 minute group. All patients are eligible to attend. Patients are asked to develop tools to better enable them to deal with their daily lives. This may include coping techniques, avocational social and time management techniques and home management training.

- OBJECTIVES:**
1. To develop coping and stress management techniques.
 2. To teach planning skills in a task-oriented way.
 3. To develop problem-solving skills.
 4. To encourage conceptualization and integration of new more adaptive behaviors.
 5. To promote home management training.

DOCUMENTATION: Group Attendance Sheet

EFFECTIVE DATE: 12/97

REVISION DATES: 12/99, 2/00, 9/02, 5/03, 5/07, 6/08

REVIEWED DATES: 10/09, 12/09

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PROCEDURE FOR: Program Content

PROCEDURE FOR: Partial Hospitalization Program
Medication Management Group

GROUP

DESCRIPTION: The Medication Management Group is a 50-minute group that meets with the entire patient community. All patients are eligible to attend. The APRN or qualified staff member facilitates the group. Each member reviews individual medication-related issues with the facilitator as well as the group, i.e., concerns, dosing, side effects as well as any changes that need to be made. There also is a discussion around the benefits of medication and its place in the treatment of mental health issues.

- OBJECTIVES:**
1. To assess response of individuals to medications.
 2. Education on the potential side effects of medications.
 3. Troubleshooting for side effects with individuals and the group.
 4. Education on the importance of medication and its complementary role with psychotherapy.
 5. To provide forum for patients to discuss past experiences with medications.

DOCUMENTATION: Group Attendance Sheet

EFFECTIVE DATE: 6/06

REVISION DATES: 4/07, 6/07, 6/08

REVIEWED DATES: 10/09, 12/09

Partial Hospital and Intensive Outpatient Programs - Unit Practice Manual

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PROCEDURE FOR: Program Content**PROCEDURE FOR:** Partial Hospitalization Program
Personal Issues Psychotherapy Group**GROUP**

DESCRIPTION: Each group meets twice a week for 50 minutes. The model of the small group is a modified "Yalom" model with an emphasis on psychosocial issues that can be generalized to involve as many patients as possible. The group is paced to follow the patients' agenda and expands upon rather than starts with a specific agenda. The group is thus on the non-directive end of the spectrum of groups in the program. Special attention is paid to ongoing individual and group dynamics in other aspects of the program and attempts are made to achieve some kind of synthesis of these other aspects. The therapists' interventions are intended to help the patient move toward greater autonomy as the primary goal of the Partial Hospitalization Program (PHP) is to allow patients to function without such a structure program in the long run.

Deeper psychological interpretations are a secondary goal and are used minimally. The therapist is free to vary his/her stance from being the facilitator of the group process to being an active directive confront of a given individual patient, depending on the flow of the group process.

- OBJECTIVES:**
1. To help the patient identify interpersonal conflicts as they occur in his/her environment.
 2. To help the patient distinguish between different types of conflicts.
 3. To identify maladaptive coping mechanisms for dealing with the distress.
 4. To improve the patient's problem-solving and decision-making skills.
 5. To help the patient become more adaptive at home and in the community.
 6. To identify natural support systems at home and in the community.
 7. To practice more effective communications and interpersonal relationships.

DOCUMENTATION: Group Attendance Sheet

EFFECTIVE DATE: 7/88

REVISION DATES: 8/82, 9/84, 11/85, 1/86, 4/87, 9/87, 9/88, 9/89, 9/90, 9/91, 1/95, 12/97, 6/98, 12/99, 2/00, 9/02, 5/03, 1/04, 6/06, 5/07, 6/08

REVIEWED DATES: 10/09, 12/09

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PROCEDURE FOR: Program Content

PROCEDURE FOR: Partial Hospitalization Program
Psychotherapy Group

GROUP

DESCRIPTION: Each group meets once per week for 50 minutes. The model of the small group is a modified "Yalom" approach with an emphasis on psychosocial issues which can be generalized to involve as many patients as possible. The group is paced to either follow the patients' agenda or start with a specific agenda, depending on the needs of the group. The group is designed to use a mutual-aid format, though special attention is paid to ongoing individual and group dynamic issues, and attempts are made to achieve some kind of synthesis in this regard. The therapists' interventions are intended to help the patient move toward greater autonomy within the context of the group as well as within their life experiences outside of the program.

Deeper psychological interpretations are a secondary goal and are used minimally. The therapist is free to vary his/her stance from being the facilitator of the group process to being active and directive, depending on the flow of the group process.

- OBJECTIVES:**
1. To help the patient identify interpersonal conflicts as they occur in his/her environment.
 2. To help the patient distinguish between different types of conflicts.
 3. To identify maladaptive coping mechanisms for dealing with distress.
 4. To improve the patient's problem-solving and decision-making skills.
 5. To help the patient become more adaptive at home and in the community.
 6. To identify natural support systems at home and in the community.
 7. To practice more effective communication and interpersonal relationships.

DOCUMENTATION: Group Attendance Sheet

EFFECTIVE DATE: 4/07

REVISION DATES: 6/07, 6/08

REVIEWED DATES: 10/09, 12/09

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PROCEDURE FOR: Program Content

PROCEDURE FOR: Partial Hospitalization Program
Recovery Skills Group

GROUP

DESCRIPTION: This group meets for 50 minutes and is facilitated by assigned clinical staff.

The goal of this group is to enhance treatment by review of each patient's process and assess progress toward their goals, both in and out of the PHP program.

- OBJECTIVES:**
1. The patient will relate and formulate the events that were meaningful for them during the day.
 2. Group cohesiveness will be enhanced vis-à-vis experiential group activities.
 3. The patient will verbalize a plan for how time will be used until return to their next PHP day.

DOCUMENTATION: Group Attendance Sheet

EFFECTIVE DATE: 8/87

REVISION DATES: 9/89, 9/90, 9/91, 1/95, 12/97, 6/07, 6/08

REVIEWED DATES: 11/88, 10/89, 8/90, 9/91, 12/97, 12/99, 2/00, 9/02, 5/03, 10/06, 4/07, 6/08, 10/09, 12/09

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PROCEDURE FOR: Program Content

PROCEDURE FOR: Partial Hospitalization Program
Relapse Prevention Skills Group

GROUP

DESCRIPTION: Relapse Prevention Skills Group meets four times per week for 50 minutes. The purposes of this group are:

1. to develop recovery tools and sober skills for avoiding relapses through the use of educational videos, handouts, role playing and audio tapes, and
2. to enhance patient knowledge of lifestyle habits and skills that promote physical and mental well-being.

- OBJECTIVES:**
1. To develop drug refusal skills.
 2. To identify high-risk situations and triggers and concrete strategies for dealing with each.
 3. To develop a community support network through the use of fellowship meetings, sponsors, spiritual guides and organizations that will provide help to individuals trying to overcome personal problems.
 4. To identify and participate in sober leisure interests as a way to deal with boredom, manage stress and enhance ones sense of well being.
 5. To learn recovery tools as a way to help clients modify their addictive behaviors.

DOCUMENTATION: Group Attendance Sheet

EFFECTIVE DATE: 12/97

REVISION DATES: 12/99, 2/00, 9/02, 5/03, 6/06, 5/07, 6/08

REVIEWED DATES: 10/09, 12/09

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PROCEDURE FOR: Program Content

PROCEDURE FOR: Partial Hospitalization Program
Spirituality Psychotherapy Group

GROUP

DESCRIPTION: This group meets for 50 minutes, once per week, and the patients are given the choice to attend either a spirituality based or personal issues based psychotherapy group. Within the spirituality format, group members are provided with a safe and open environment to explore the relationship between spirituality and recovery, and process their thoughts and feelings related to this dynamic.

- OBJECTIVES:**
1. Gain personal insight and fulfillment.
 2. Increase spiritual awareness.
 3. Experience inner peace.
 4. Learn and practice self-soothing/self-regulating skills (i.e., visualization, meditation, guided imagery, relaxation music, deep breathing exercises, progressive muscle relaxation).
 5. Increase self-esteem and develop a positive self-concept.
 6. Nurture mind-body-spirit through education on nutrition, exercise, awareness, and concept of grace.

DOCUMENTATION: Group Attendance Sheet
Daily Group Progress Note

EFFECTIVE DATE: 6/06

REVISION DATES: 6/07, 6/08

REVIEWED DATES: 10/09, 12/09

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PROCEDURE FOR: Program Content

PROCEDURE FOR: Partial Hospitalization Program
Stress Management Group

GROUP

DESCRIPTION: The Stress Management Group is a 50-minute group. All patients are eligible to attend. Patients are asked to develop techniques to assist in coping with new and chronic stressors within their lives. This may be done through discussing audiovisuals, printed materials, didactic presentations and clients' previous experiences.

- OBJECTIVES:**
1. To identify lifestyle-related stress and distress.
 2. To understand personal style of approaching stress.
 3. To reduce the intensity of emotional reactions of stress.
 4. To learn to moderate physical reactions to stress.
 5. To develop comprehensive planning approaches to stress-related issues.

DOCUMENTATION: Group Attendance Sheet

EFFECTIVE DATE: 6/06

REVISION DATES: 4/07, 6/07, 6/08

REVIEWED DATES: 10/09, 12/09

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PROCEDURE FOR: Program Content

PROCEDURE FOR: Partial Hospitalization Program
Time Management Group

GROUP The Time Management Group is a 50 minute group that meets once a week.
DESCRIPTION: All patients are eligible to attend. Patients are asked to write up weekend plans and then share these plans with staff and fellow group members to promote community reintegration.

- OBJECTIVES:**
1. To develop the ability to structure time constructively.
 2. To encourage appropriate use of time.
 3. To assist in the development of coping skills through the use of constructive activity.
 4. To provide peer pressure to promote the probability of follow through with plans.
 5. To promote community reintegration.

DOCUMENTATION: Group Attendance Sheet

EFFECTIVE DATE: 12/97

REVISION DATES: 12/99, 2/00, 9/02, 5/03, 6/06, 5/07, 6/08

REVIEWED DATES: 10/09, 12/09

Partial Hospital and Intensive Outpatient Programs - Unit Practice Manual
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PROCEDURE FOR: Program Content

PROCEDURE FOR: Partial Hospitalization Program
Vocational/Avocational Skills Group

GROUP

DESCRIPTION: Vocational/Avocational skills group is a 50-minute group which meets once per week. All patients are eligible to attend. Patients are asked to explore vocational and avocational issues with staff and fellow group members in order to improve functional performance and provide a daily structure. This group provides the opportunity to understand the importance of structure be it through work or leisure.

- OBJECTIVES:**
1. To develop vocational and avocational skills.
 2. To develop coping and stress management skills in work, school, volunteer work or leisure activities.
 3. To encourage conceptualization and interpretation of new, more adaptive behaviors in different environments.
 4. To improve functional performance by structuring time.

DOCUMENTATION: Group Attendance Sheet
Group Note for each group member

EFFECTIVE DATE: 6/06

REVISION DATES: 4/07, 6/07, 6/08

REVIEWED DATES: 10/09, 12/09

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PROCEDURE FOR: Program Content

PROCEDURE FOR: Partial Hospitalization Program
Wellness Group

GROUP

DESCRIPTION: The Wellness Group meets once per week for 50 minutes. The purpose of this group is to increase the patients' awareness of their overall self-care and lifestyle and how that impacts their functioning level and sense of well being. A variety of approaches are utilized, i.e., role playing, video and audio teaching tapes and lectures, educational games, craft activities and exercise programs.

- OBJECTIVES:**
1. To make the patient aware of their needs physically, emotionally, spiritually and socially.
 2. To make the patient aware of the role he takes in planning and structuring time.
 3. To demonstrate and encourage utilization of stress management techniques.
 4. To identify and make healthy self-care and lifestyle changes.
 5. To assist patient in identifying short and long term goals and formulate realistic plan for achievement of goals.

DOCUMENTATION: Group Attendance Sheet

EFFECTIVE DATE: 5/03

REVISION DATES: 6/06, 5/07, 6/08

REVIEWED DATES: 10/09, 12/09

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PROCEDURE FOR: Program Content

PROCEDURE FOR: Intensive Outpatient Program - General Psychiatric
Coping Skills Group

GROUP

DESCRIPTION: Coping Skills Group is a 50 minute group that meets with no more than 8-10 patients. All patients are eligible to attend. Patients are asked to explore and write-up coping techniques and share these plans with staff and fellow group members in order to improve functional performance.

- OBJECTIVES:**
1. To develop problem solving skills.
 2. To develop coping and stress management skills.
 3. To teach planning skills in a task oriented way.
 4. To encourage conceptualization and interpretation of new, more adaptive behaviors.
 5. To improve functional performance.

DOCUMENTATION: Group Attendance Sheet

EFFECTIVE DATE: 12/97

REVISION DATES: 12/99, 2/00, 9/02, 5/03, 10/04, 6/06, 5/07, 6/08

REVIEWED DATES: 10/09, 12/09

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PROCEDURE FOR: Program Content

PROCEDURE FOR: Intensive Outpatient Program - General Psychiatric
Education Group

GROUP

DESCRIPTION: Education Group is a 50 minute group that meets three days a week with no more than 8-10 patients. The purpose of the group is to educate clients on specific diagnostic related topics through the use of videos, handouts and role playing. This will ultimately enhance the clients' knowledge of psychiatric issue to help promote physical and mental well being.

- OBJECTIVES:**
1. To develop problem solving skills.
 2. To provide a structure forum to meet treatment goals.
 3. To improve reality testing.
 4. To teach planning skills in a task-oriented way.
 5. To clarify strengths and weaknesses.
 6. To encourage future-orientation.
 7. To learn ways to concretize more.
 8. To encourage conceptualization and integration of new, more adaptive behaviors.
 9. To improve functional performance.

DOCUMENTATION: Group Attendance Sheet

EFFECTIVE DATE: 1/05

REVISION DATES: 6/06, 5/07, 6/08

REVIEWED DATES: 10/09, 12/09

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PROCEDURE FOR: Program Content

PROCEDURE FOR: Intensive Outpatient Program - General Psychiatric
Family Issues Psychotherapy Group

GROUP

DESCRIPTION: Each group meets once a week for 50 minutes with no more than 8-10 clients. The model of the small group is a modified "Yalom" and Motivational Enhancement Therapy model with an emphasis on family psychosocial issues that can be generalized to involve as many clients as possible. The group is paced to follow the clients' agenda and expands upon, rather than starts with, a specific agenda. The group is thus on the non-directive end of the spectrum of groups in the program. Special attention is paid to ongoing individual, family and group dynamics in other aspects of the program and attempts are made to achieve some kind of synthesis of these other aspects. The therapists' interventions are intended to help the patient move toward greater autonomy as the main goal of the IOP program is to allow clients to function without such a structure program in the long run.

Deeper psychological interpretations are a secondary goal and are used minimally. The therapist is free to vary his/her stance from being the facilitator of the group process to being an active directive confront of a given individual client, depending on the flow of the group process.

- OBJECTIVES:**
1. To help the patient identify interpersonal and family conflicts as they occur in his/her environment.
 2. To help the client distinguish between different types of family and individual conflicts.
 3. To identify maladaptive coping mechanisms for dealing with the distress.
 4. To improve the client's problem-solving and decision-making skills.
 5. To help the patient become more adaptive at home with family and in the community.
 6. To identify natural support systems at home and in the community.
 7. To practice more effective communications and interpersonal relationships.

DOCUMENTATION: Group Attendance Sheet

EFFECTIVE DATE: 1/05

REVISION DATES: 6/06, 6/07, 6/08

REVIEWED DATES: 10/09, 12/09

Partial Hospital and Intensive Outpatient Programs - Unit Practice Manual
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PROCEDURE FOR: Program Content

PROCEDURE FOR: Intensive Outpatient Program - General Psychiatric
Goals Group

GROUP

DESCRIPTION: Goal Group is a 50 minute group that meets with no more than 8-10 patients. The patients will be divided according to substance abuse problems versus general psychiatric problems. During each group goals will be agreed upon with a plan of action to work from for the week to help improve functional performance. Goals and progress will be reviewed in the next goals group attended. The group meets once a week when the individual goal sheet is filled; it is placed in the patient's chart in the Treatment Outcome Section. Each patient is responsible for writing down their own goal and sharing these goals with the rest of the community.

- OBJECTIVES:**
1. To develop problem solving skills.
 2. To provide a structured forum to meet treatment goals.
 3. To improve reality testing.
 4. To teach planning skills in a task-oriented way.
 5. To clarify strengths and weaknesses.
 6. To encourage future-orientation.
 7. To learn ways to concretize more.
 8. To encourage conceptualization and integration of new, more adaptive behaviors.
 9. To improve functional performance.

DOCUMENTATION: Group Attendance Sheet

EFFECTIVE DATE: 1/04

REVISION DATES: 6/06, 5/07, 6/08

REVIEWED DATES: 10/09, 12/09

Partial Hospital and Intensive Outpatient Programs - Unit Practice Manual
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PROCEDURE FOR: Program Content

PROCEDURE FOR: Intensive Outpatient Program - General Psychiatric
Personal Issues Psychotherapy Group

GROUP

DESCRIPTION: Each group meets two times per week for 50 minutes. The model of the small group is a modified "Yalom" approach with an emphasis on psychosocial issues which can be generalized to involve as many patients as possible. The group is paced to follow the patients' agenda and expands upon, rather than starts with, a specific agenda. The group is thus non-directive relative to the spectrum of groups in the program. The group is designed to use a mutual-aid format, though special attention is paid to ongoing individual and group dynamic issues, and attempts are made to achieve some kind of synthesis in this regard. The therapists' interventions are intended to help the patient move toward greater autonomy within the context of the group as well as within their life experiences outside of the program.

Deeper psychological interpretations are a secondary goal and are used minimally. The therapist is free to vary his/her stance from being the facilitator of the group process to being active and directive, depending on the flow of the group process.

- OBJECTIVES:**
1. To help the patient identify interpersonal conflicts as they occur in his/her environment.
 2. To help the patient distinguish between different types of conflicts.
 3. To identify maladaptive coping mechanisms for dealing with distress.
 4. To improve the patient's problem-solving and decision-making skills.
 5. To help the patient become more adaptive at home and in the community.
 6. To identify natural support systems at home and in the community.
 7. To practice more effective communication and interpersonal relationships.

DOCUMENTATION: Group Attendance Sheet

EFFECTIVE DATE: 1/04

REVISION DATES: 6/06, 6/07, 6/08

REVIEWED DATES: 10/09, 12/09

Partial Hospital and Intensive Outpatient Programs - Unit Practice Manual
John Dempsey Hospital - Department of Nursing
The University of Connecticut Health Center

PROCEDURE FOR: Program Content

PROCEDURE FOR: Intensive Outpatient Program - General Psychiatric
Relapse Prevention Skills Group

GROUP

DESCRIPTION: Relapse Prevention Skills Group meets four times per week for 50 minutes per session. The purpose of this group are: (1) to develop recovery tools and sober skills for avoiding relapses through the use of educational videos, handouts, role playing and audio-tapes, and (2) to enhance patient knowledge of lifestyle habits and skills that promote physical and mental well-being.

- OBJECTIVES:**
1. To develop drug refusal skills.
 2. To identify high-risk situations and triggers and concrete strategies for dealing with each.
 3. To develop a community support network through the use of fellowship meetings, sponsors, spiritual guides and organizations that will provide help to individuals trying to overcome personal problems.
 4. To identify and participate in sober leisure interests as a way to deal with boredom, manage stress and enhance one's sense of well-being.
 5. To learn recovery tools as a way to help clients modify their addictive behaviors.

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EFFECTIVE DATE: 1/04

REVISION DATES: 6/06, 5/07, 6/08

REVIEWED DATES: 10/09, 12/09

PROCEDURE FOR: Program Content

PROCEDURE FOR: Intensive Outpatient Program - Dual Diagnosis
Education Group

GROUP

DESCRIPTION: Education Group is a 50 minute group that meets three days a week, with no more than 8-10 clients. The purpose of the group is to (1) educate clients on specific diagnostic related topics through the use of videos, handouts and role playing, and (2) assist client to develop positive coping skills. This will ultimately enhance the client's knowledge of dual diagnosis issues in order to promote physical and mental well being, improve functional performance and ability to sustain long term sobriety.

- OBJECTIVES:**
1. To develop problem solving skills.
 2. To develop coping and stress management skills.
 3. To improve reality testing.
 4. To clarify strengths and weaknesses.
 5. To teach planning skills in a task oriented manner.
 6. To encourage future-orientation.
 7. To learn ways to concretize more.
 8. To encourage conceptualization and integration of new, more adaptive behaviors.
 9. To improve functional performance.

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REVISION DATES: 1/04, 1/05, 6/06, 5/07, 6/08

REVIEWED DATES: 10/09, 12/09

Partial Hospital and Intensive Outpatient Programs - Unit Practice Manual

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The University of Connecticut Health Center

PROCEDURE FOR: Program Content**PROCEDURE FOR:** Intensive Outpatient Program - Dual Diagnosis
Family Issues Psychotherapy Group**GROUP**

DESCRIPTION: Each group meets once a week for 50 minutes with no more than 8-10 clients. The model of the small group is a modified "Yalom" and Motivational Enhancement Therapy model with an emphasis on family psychosocial issues that can be generalized to involve as many clients as possible. The group is paced to follow clients' agenda and expands upon, rather than starts with, a specific agenda. The group is thus on the non-directive end of the spectrum of groups in the program. Special attention is paid to ongoing family, individual and group dynamics in other aspects of the program, and attempts are made to achieve some kind of synthesis of these other aspects. The therapists' interventions are intended to help the clients move toward greater autonomy as the main goal of the IOP program is to allow clients to function without such a structured program in the long run.

Deeper psychological interpretations are a secondary goal and are used minimally. The therapist is free to vary his/her stance from being the facilitator of the group process to being an active directive confront of a given individual client, depending on the flow of the group process.

- OBJECTIVES:**
1. To help the client identify interpersonal and family conflicts as they occur in his/her environment.
 2. To help the client distinguish between different types of family and individual conflicts.
 3. To identify maladaptive coping mechanisms for dealing with the distress.
 4. To improve the clients' problem-solving and decision-making skills.
 5. To help the client become more adaptive at home with family and in the community.
 6. To identify natural support systems at home and in the community.
 7. To practice more effective communications and interpersonal relationships.

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PROCEDURE FOR: Program Content

PROCEDURE FOR: Intensive Outpatient Program - Dual Diagnosis
Goals Group

GROUP

DESCRIPTION: Goal Group is a 25 minute group that meets one time per week with no more than 8-10 patients. During each group, goals will be agreed upon with a plan of action to work from for the week to help improve functional performance. Goals and progress will be reviewed in the next goals group attended. Each patient is responsible for writing down their own goal and sharing these goals with the rest of the group.

- OBJECTIVES:**
1. To develop problem solving skills.
 2. To provide a structured forum to meet treatment goals.
 3. To improve reality testing.
 4. To teach planning skills in a task-oriented way.
 5. To clarify strengths and weaknesses.
 6. To encourage future-orientation.
 7. To learn ways to concretize more.
 8. To encourage conceptualization and integration of new, more adaptive behaviors.
 9. To improve functional performance.

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PROCEDURE FOR: Program Content

PROCEDURE FOR: Intensive Outpatient Program - Dual Diagnosis
Personal Issues Psychotherapy Group

GROUP

DESCRIPTION: Each group meets two times a week for 50 minutes. The model of the small group is a modified "Yalom" and Motivational Enhancement Therapy model with an emphasis on psychosocial issues related to a dual diagnosis. The group is paced to follow the clients' agenda and expands upon, rather than starts with, a specific agenda. The group is thus on the non-directive end of the spectrum of groups in the program. Special attention is paid to ongoing individual and group dynamics in other aspects of the program, and attempts are made to achieve some kind of synthesis of these other aspects. The therapists' interventions are intended to help the client move toward greater autonomy as the main goal of the IOP program is to allow clients to function without such a structure program in the long run.

Deeper psychological interpretations are a secondary goal and are used minimally. The therapist is free to vary his/her stance from being the facilitator of the group process to being an active directive confront of a given individual client, depending on the flow of the group process.

- OBJECTIVES:**
1. To help the client identify interpersonal conflicts as they occur in his/her environment.
 2. To help the client distinguish between different types of conflicts.
 3. To identify maladaptive coping mechanisms for dealing with the distress.
 4. To improve the client's problem-solving and decision-making skills.
 5. To help the client become more adaptive at home and in the community.
 6. To identify natural support systems at home and in the community to support sobriety and relapse prevention.
 7. To practice more effective communications and interpersonal relationships.

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PROCEDURE FOR: Program Content

PROCEDURE FOR: Intensive Outpatient Program - Dual Diagnosis
Relapse Prevention Group

GROUP

DESCRIPTION: Relapse Prevention Group meets three times per week for 50 minutes, with no more than 8-10 clients. The purpose of this group are: (1) to develop recovery tools and sober skills for avoiding relapses through the use of educational videos, handouts, role playing and audio-tapes, and (2) to enhance client knowledge of lifestyle habits and skills that promote physical and mental well-being.

- OBJECTIVES:**
1. To develop drug refusal skills.
 2. To identify high-risk situations and trigger and concrete strategies for dealing with each.
 3. To develop a community support network through the use of fellowship meetings, sponsors, spiritual guides and organizations that will provide help to individuals trying to overcome personal problems.
 4. To identify and participate in sober leisure interests as a way to deal with boredom, manage stress and enhance one's sense of well being.
 5. To learn recovery tools as a way to help clients modify their addictive behaviors.

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