

Group Summaries

Last Updated January 2010 by Hilary Greene

The purpose of this summary is to provide information about some groups at Andrew, the names of which may not completely describe the group. The dates, times, facilitators, etc. are purposely not included here as these facts frequently change - see the Group Calendar on each floor. This does NOT include all groups offered (for instance "Hymn Singing" is self explanatory). And, note that the groups listed may not always be offered. The Group Calendar lists who the group facilitator is - please consult with that person, or with other staff on your floor, for specific information about these or other groups.

Group Name	Facilitated by which staff team	Goal of Group	Refer a resident who has these characteristics:
Talking and Listening 1:1	SW	Increase appropriate interpersonal interactions with others. Learn basic social skills such as conversational skills, assertiveness, asking and answering questions, manners and etiquette. This group tailors to need of individual resident through 1:1s.	This 1:1 is for residents functioning at a level that would not allow participation in the Building Social Skills or Interpersonal Skills groups. Please talk to your floor social worker if you feel your resident is appropriate for this 1:1.
Building Social Skills	SW	Learn social skills such as Initiating Conversations, Maintaining Conversation, Maintaining Eye Contact Staying on Topic, Advocating for yourself, Maintaining Boundaries	Residents attending this group should be able to do the following: Respond to questions asked directly of them, Exhibit a willingness and ability to attend group and participate, make basic requests * Residents may have low IQ's and/or Developmental Delays.
Interpersonal Skills	SW	To help residents who already have mastery of basic social skills improve and maintain their interpersonal skills and relationships.	Residents who have more advanced interpersonal skills. Talk to your floor social workers about appropriateness of the group for a specific resident.
Coping with Panic and Anxiety	SW	A 'symptom management' group focusing on skills related to coping with Panic and Anxiety including: deep breathing, progressive muscle tension/relaxation, imagery, mindfulness, healthy eating for stress relief, mindfulness, humor and exercise. While some of the group may be focused on gaining insight, we try to always make time for practicing a skill.	Any resident who experiences panic or anxiety at any level (which would be most residents), who can tolerate a 35-minute group and/or who needs a note for attending (IPS) groups or has 'attending Symptom Management group' as part of their goal

Group Name	Facilitated by which staff team	Goal of Group	Refer a resident who has these characteristics:
DBT Skills (Dialectical Behavioral Therapy)	SW	Learn skills related to emotion regulation, mindfulness, interpersonal effectiveness, and distress tolerance.	Referral by Floor Social Worker Required. Must commit to attending most groups and completing homework outside of group on own or with PM. Ideal for residents with Borderline Personality Disorder but open to other residents
Redeem Self Esteem	SW	Enhance self-esteem and self-confidence through the use of discussion, group and individual work, worksheets, art projects and games. Residents are encouraged to check in at the beginning of each group and give themselves positives at the end of each group	Everyone is welcome, especially those who struggle with low self esteem
Stress Relief	SW	Learn and practice ways to reduce stress by identifying triggers of stress and learning new coping skills. Through discussion, worksheets, art projects and games, individuals will learn how to better manage stress and better control emotions in the future.	Everyone is welcome, especially those experiencing stress of any kind
Freedom From Addictions	SW	To provide support and education to residents with addiction issues.	Residents in any stage of recovery from addiction to substances including alcohol, drugs, nicotine, food or gambling.
Mental Health, Mental Wellness	SW	This is a psycho-educational group to help residents better understand mental illness, treatment, and coping skills. Current events related to issues of mental health and treatment are also discussed.	Any resident who is interested in the topic and is able to actively participate in a group discussion.
Healthy Relationships Group	SW	Learn skills for establishing and maintaining healthy relationships (boundaries, effective communication skills, warnings of unhealthy relationships, and discussing resident's situations as they arise). Use of role-playing, discussion, interactive games and worksheets.	This group is an open group and encourages new participants weekly.
Assertiveness Skills Group	SW	Learn skills to become more assertive (benefits of being assertive, effective communication, techniques in saying "no". The group includes learning skills in appropriate, effective communication, the benefits of being assertive. Use of role-playing, discussion, interactive games, and worksheets	The group is specifically tailored to enhance participation through creating a fun and interactive environment. This group is open and encourages new participants weekly.

Group Name	Facilitated by which staff team	Goal of Group	Refer a resident who has these characteristics:
Thinking Better Feeling Better	SW	Symptom Management especially for depression	A resident who has symptoms of depression, negative thinking
Kickin' Butts	SW	Support and information for residents quitting or cutting back on smoking/chewing	Desire to quit or cut back on smoking or someone who is struggling with quitting or staying quit
Anger Management	SW	Learn about anger and skills to manage it.	Resident who need constructive anger management skills; refer resident to group facilitator.
Illness Management & Recovery	SW	Learn about components of "recovery" from MI, and how to implement them.	Appropriate for a 'higher functioning' resident who has some insight and can understand recovery concepts. Make referral to group facilitator.
Successful Independence	LSI	Learn skills to prepare residents for a more independent setting. (Hygiene, transportation, housekeeping, meal planning, nutrition and cooking, money management, housing options, community supports).	Resident who is interested (and appropriate) for living more independently in the future. Expected to come weekly for approximately 16-week session.
Basic Math Skills	LSI	Learn skills ranging from counting change to GED class assistance. Most teaching done with handouts focused on interest/ability of each resident	Any resident interested in improving his/her math skills.
Knit Wits	LSI	Learn this relaxing and useful hobby! All supplies provided. Most residents use knitting looms (anyone can do it!). Also learn how to use knitting needles/crochet hook if desired.	Everyone is welcome!
Clothes Doctor	LSI	Learn to sew, mend, patch, hem etc.	Everyone is welcome!
Basic Cooking and Snacks	LSI	Learn to cook/bake/prepare simple snacks	Everyone is welcome!
Beauty Bash	LSI	Boost self esteem! Learn to apply makeup, nail polish and style hair. Good hygiene is emphasized.	All women are welcome!
Computer Skills	LSI	Learn computer skills; finish a project; have fun!	Everyone is welcome!
Aquarium Fun	LSI	Learn about fish and the hobby of maintaining aquariums; enjoy company of others; keep the two Andrew aquariums maintained for the enjoyment of all residents!	Everyone is welcome!
Freelance Art	LSI	Enhance quality of life for residents by providing an opportunity to work on art projects of any kind; help residents socialize with each other while working on art projects as opposed to working on art projects alone.	Everyone is welcome to come, particularly residents who have an interest in art and/or have a tendency to work on art projects alone.

Group Name	Facilitated by which staff team	Goal of Group	Refer a resident who has these characteristics:
Literacy Life	LSI	Enhance quality of life for residents by providing vocabulary and reading exercises to help residents improve their vocabulary and reading skills.	Everyone is welcome to come, especially residents who have difficulty reading and/or have a limited vocabulary. High functioning residents who want to expand their vocabulary are also welcome to come. Residents are given different assignments based on their skill level.
Men's Haircuts	LSI	Improve self esteem by providing free haircuts at Andrew	Everyone is welcome to come including female residents. However, complicated haircuts (feathering, laying) cannot be done at this group.
Good Eats	LSI	Learn to make meals and other food items independently.	Everyone is welcome! Typically held one Saturday per month. Residents must talk to facilitator prior to the group to ensure a spot in the group, which is limited to 9 residents.
Fuzzy Photo	TR	To socialize, relax and work on fine motor skills.	A resident who will enjoy coloring pictures including black and white velvet pictures. Everyone is welcome.
Walkers	TR	To maintain physical activity, get out in the community and to keep moving!	Everyone is welcome!
Paper Creation	TR	Improve fine motor skills and work on following directions.	Any resident who will enjoy making origami paper creations!
YMCA	TR	Maintain physical fitness, socialize with others and integrate into the community.	Any resident who will enjoy working out, running, walking, lifting weights, bike riding, and swimming. Open to everyone!
Dancing Fever	TR	To be physically active, have fun and share time with others interested in dance and music.	Everyone is welcome!
SCREAM Stretching Creates Real Energy and Momentum	TR	Reduce stress and increase flexibility with deep breathing and stretching techniques.	Everyone is welcome!
Comic Relief	TR	Take a break to laugh – it's good for us!	Everyone is welcome!
Poetry Group	TR	Help residents express emotions by sharing poems written by you or others. Sometimes go to poetry readings.	Everyone is welcome!