



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

Date: October 13, 2016

Title: MICA CHOICES aka CHOICES

Component: Community Rehab & Support (CRS)

Service: Wellness Self Management (WSM)

Population: Any member of PROSper community with a co-occurring disorder

Frequency: 1 time per week

Duration: 50 minutes

Description: A stage-wise MICA group that assists members in identifying the effects of substance abuse in their lives and its impact on their overall life goals. This group will assist clients in developing the desire to address substance abuse while providing the benefit of peer feedback. Motivational Interviewing techniques will be employed along with development of discrepancy between current life status and future goals, eliciting change talk, and exploration of stages of change. This group will focus on Seeking Safety's idea of "choice points" in addiction combined with DBT Behavior Chains, and REBT style work for challenging addiction-based self-talk. The group will also focus on empowerment and decision making as a way of overcoming victimization and sense of powerlessness.

Mode of Work:

- A. **Purpose:** Engagement into MICA treatment. To educate members on co-occurring disorders and how substance abuse can impact lives.
- B. **Group Framework:** Mixed media along with open process. Group will discuss topics related to co-occurring disorders and harm reduction, some of which will include: learning to identify emotional states before, during, and after substance use, the beneficial and adverse consequences of substance abuse, how to deal with social situations involving substance use, and goal-setting and recovery.

Expected Outcome: Group members will have a better understanding of co-occurring disorders and make educated decisions about sobriety. Members will express vestment in their MICA treatment and develop insight into their use of substances.