

Group Dynamics in Wellness Court

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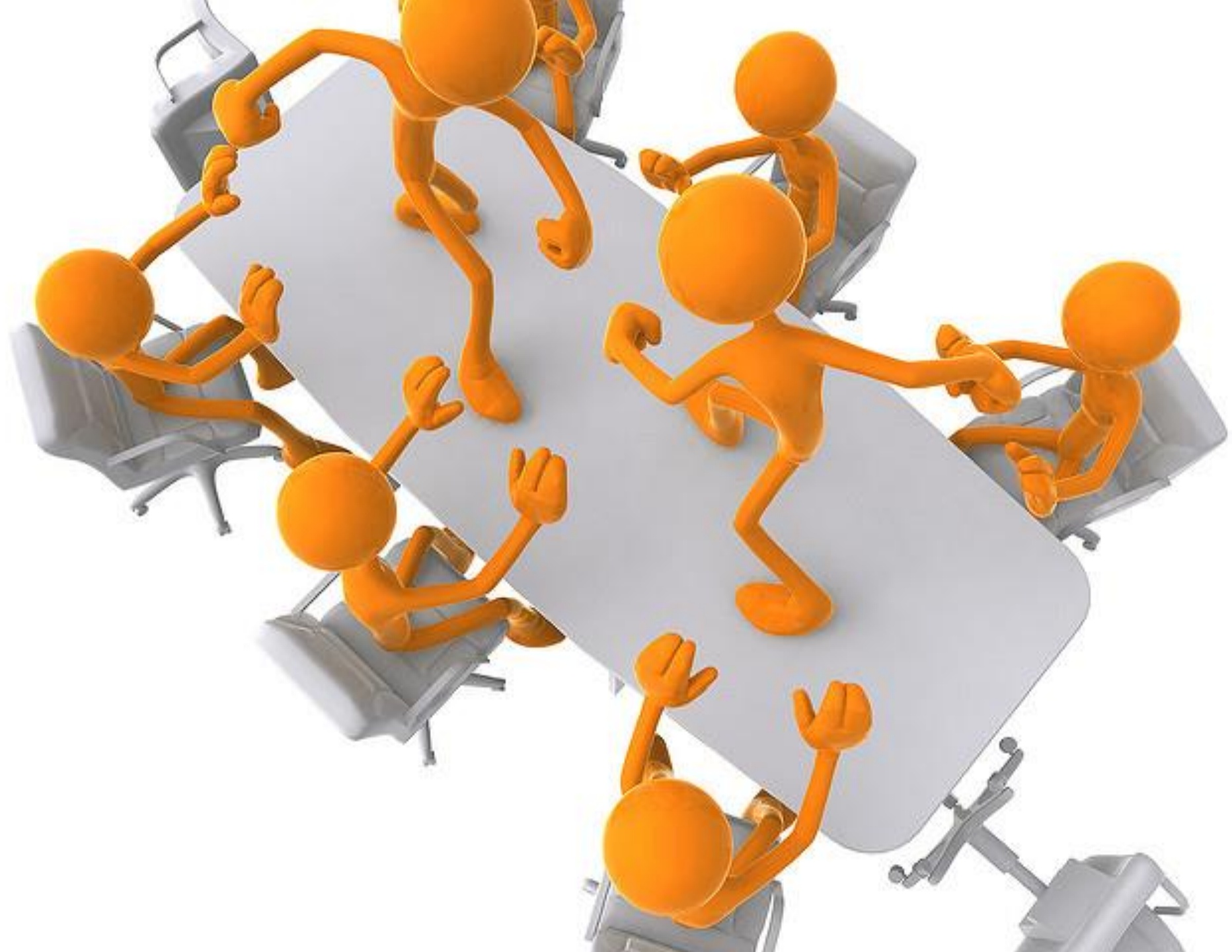
Counselor III



Why groups for Wellness Court?

- Create a support system for participants
- Provide opportunity to challenge thought process in regards to drug or alcohol addiction
- Cost effective
- Evidence based practice





Ever Changing Dynamics of Group

Ever Changing Dynamics of Group

- Phases impact group dynamics
- Number of group members
- Level of readiness
- MAT
- Prepared to meet the needs of participants with Co-Occurring disorders
- Age ranges of participants

Group Cultures

- Setting group cultures
- Group rules:
 1. *Respect each other*
 2. *Confidentiality- what's said in group stays in group*
 3. *Participation is a must*
 4. *Honesty-Taking responsibility for your actions*
 5. *Help one another with practicing confidentiality*
 6. *Please no foul language. Please use proper verbal expression*
 7. *Attendance is required with the exception of excusable absence arranged with group facilitator*
 8. *Set a goal for better direction in your life*
 9. *Always be prepared to present your next step*
 10. *No side conversations*
 11. *Offer positive feedback*
 12. *Please pay attention when a group member is presenting their step*
 13. *Use of cell phone is prohibited*

Fidelity of MRT[®] Model in Healing to Wellness Court

- Evidenced Based Practice
- Healing to Wellness Court
- Fidelity Monitoring Checklist example:

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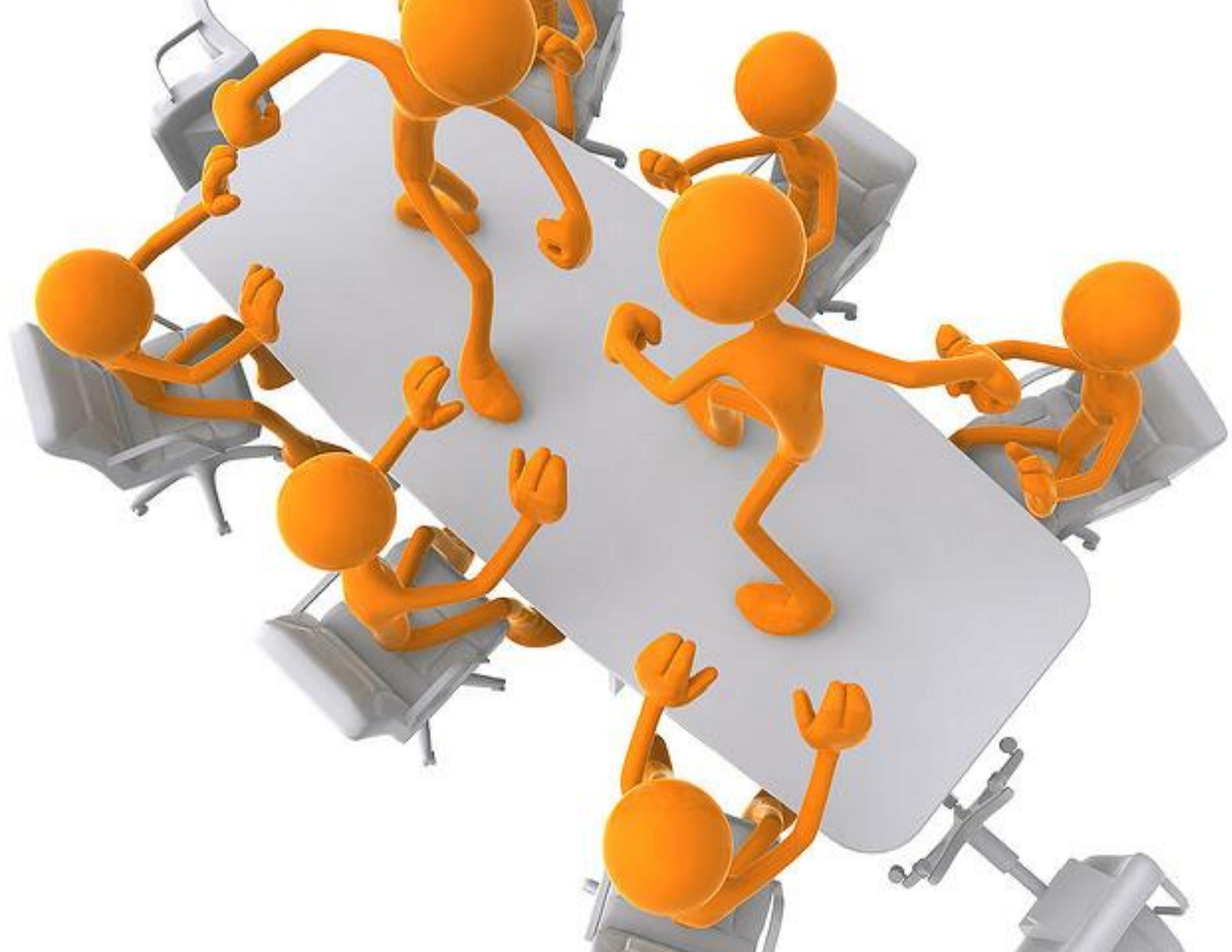
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C. Step 2: Shield and Life Mask, Life Wheel, and Testimony

1. Shield and Life Mask: Does the Facilitator FAIL any that:
 - a. Has mostly words or blanks (1-4)
 - b. Have no words or more than 5 words on line 5
2. Life Wheel: Does the Facilitator FAIL any that:
 - a. Has mostly words or blanks
 - b. Section 3 has a long-term problem rather than a short task
3. Does the Facilitator require "pass" on Shield/Mask and Wheel prior to giving Testimony?
4. Does Facilitator require group member to present from memory without any prompts at place?
5. Does the Facilitator/group FAIL any that:
 - a. Miss acknowledging any of the 3 areas
 - b. Include any blaming
6. The testimony presentation concludes and the group member is asked only clarify group member leaves the room. Group members who have passed Step 2 discuss (2/3 agreement required). Person who passes returns to applause; if fail, told why testimony next group
7. Corrected feedback was offered by a client if necessary?

Importance of Solidarity among Healing to Wellness Team





Relationships developed in Healing to Wellness Court

- Encourage participants supporting one another, however....
- Romantic relationships with fellow participants

QUESTIONS?

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