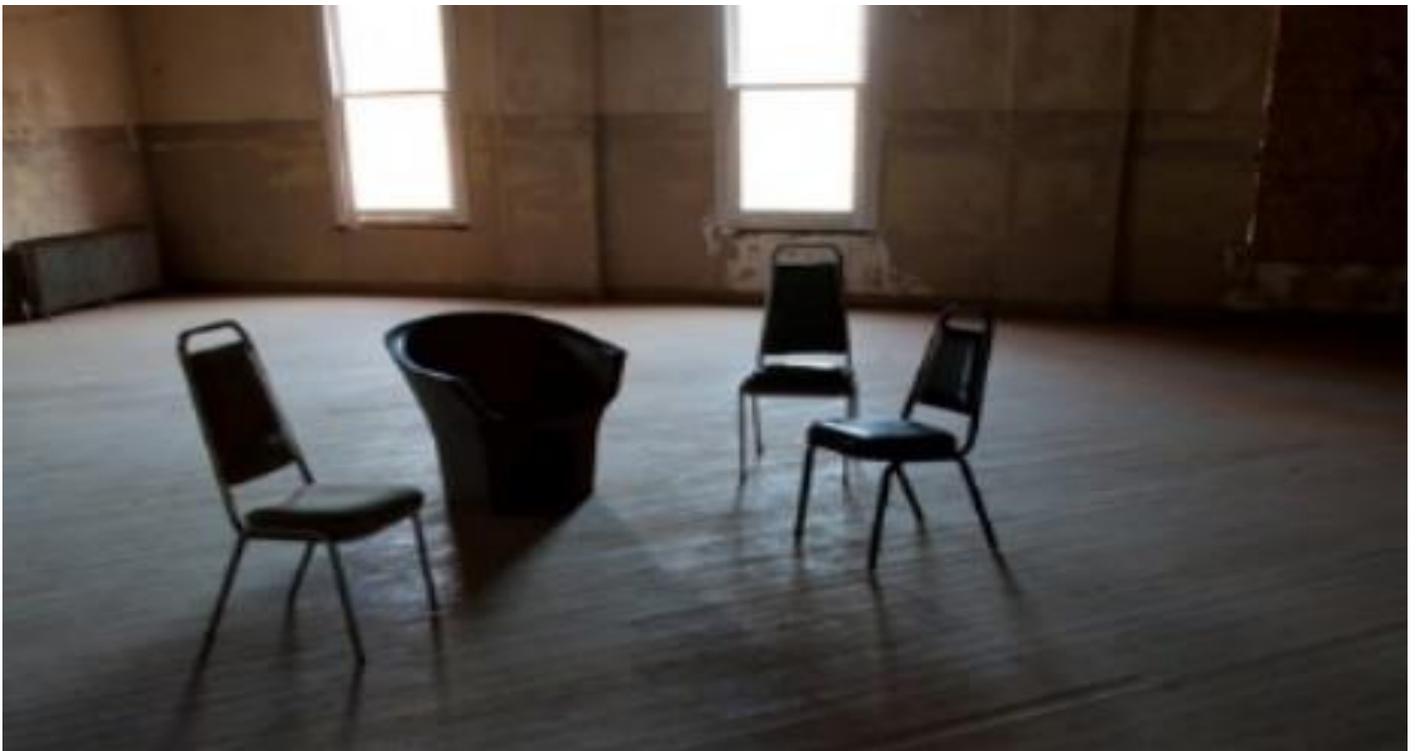


# Unconventional Group Treatment in a Housing First Setting

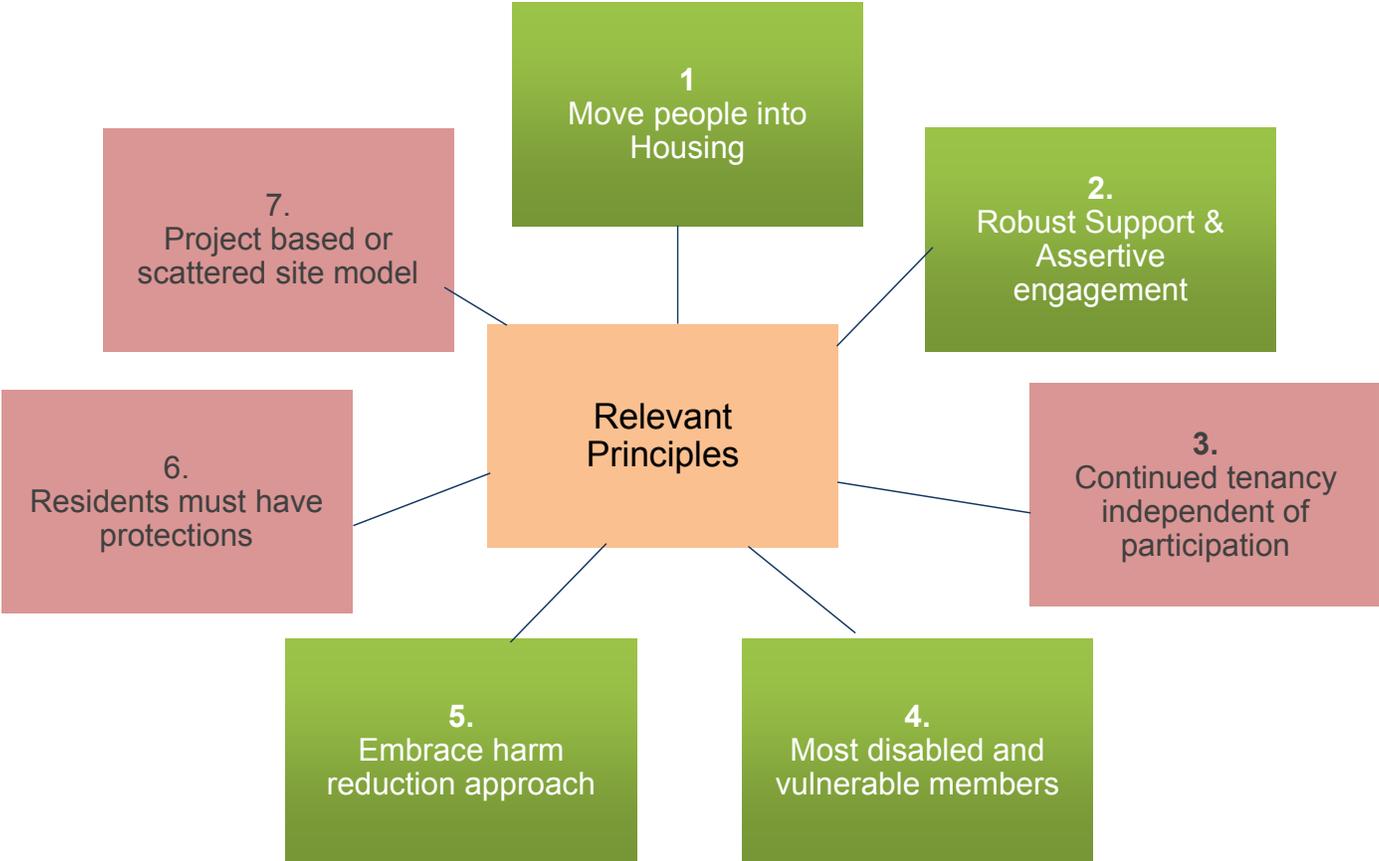


Level of Care = 1.0 Outpatient  
Treatment

# Agenda

- 1. Relating Housing First Principles and Outpatient Treatment**
- 2. Group Structure and Content**
- 3. Sample Check-in, Sample Group, and Sample Treatment Plan**
- 4. Outcomes/Consequences**

# Housing First Principles



## Relating Housing First Principles and Outpatient Treatment



Why Bring  
Treatment  
to Housing?

✓ Well known reasons for not keeping appointments

*“finding a vein in addicts like you”*

✓ Offered at project based rather than scattered sites housing

## Relating Housing First Principles and Outpatient Treatment

Robust  
support &  
Assertive  
engagement

✓tx remains more of engaging effort, in which long term relationships are essential



## Group Structure and Content

Who  
Attends?

- ✓ seeking change; “trying it”
- ✓ encouraged by care team including housing, mental health, and misc. staff
- ✓ mandated to care
- ✓ misc. others

What Happens  
In Treatment  
Groups?

- ✓ time-limited check in
- ✓ issues of concern for clients
- ✓ topics initiated by facilitator

# Sample Check in Issues

1.

Trouble w/my payee.

2.

I use my mental health medications because they get me high.

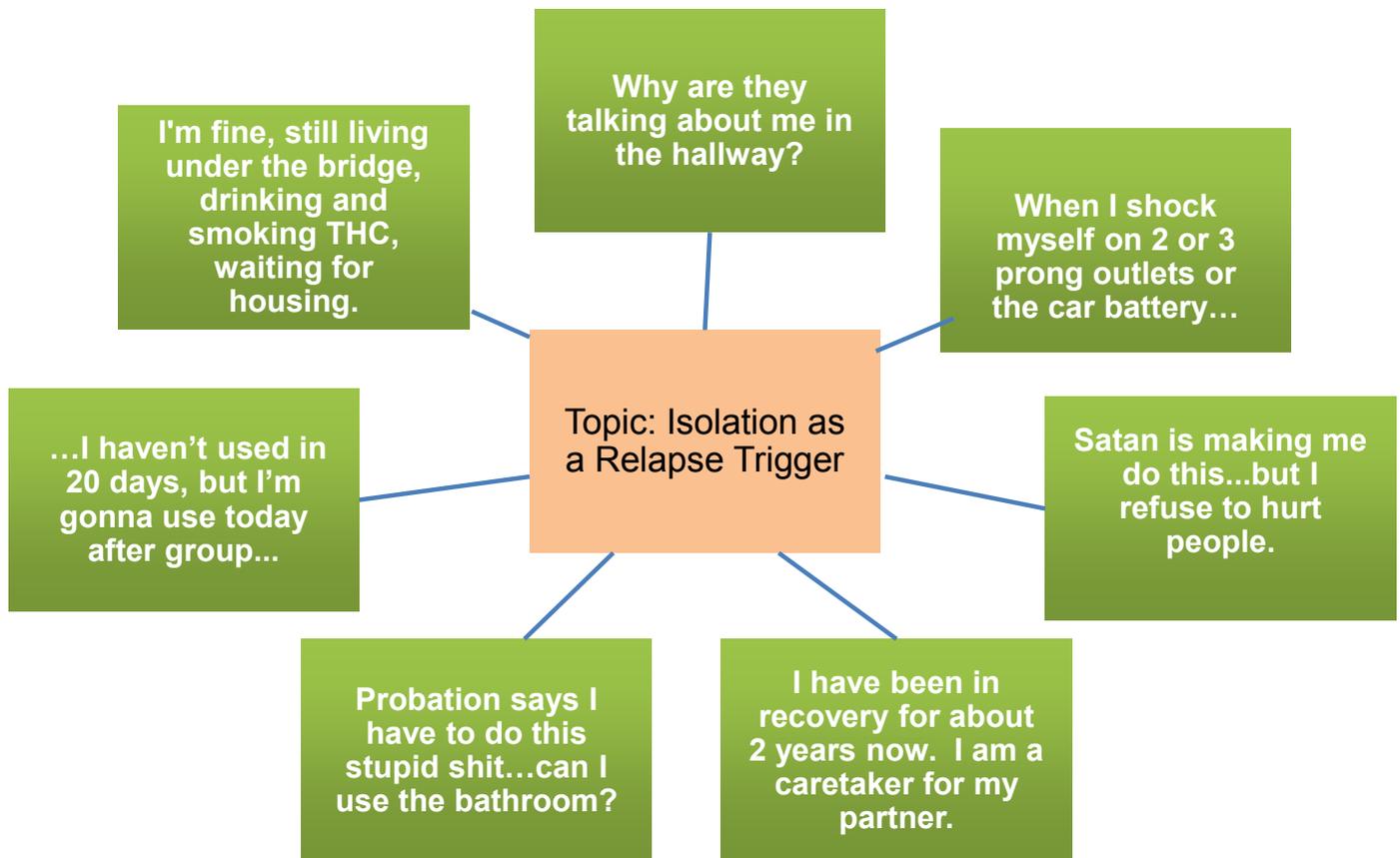
3.

When am I going to get my housing?

4.

Last month I got housing after waiting for six years. Just last week they found my friend outside frozen to death near my building.

# Sample Group



# Relating Housing First Principles and Outpatient Treatment



Including  
“most disabled  
& vulnerable”



- ✓ Who stays?
- ✓ Who chooses to come back another day?
- ✓ Who is asked to come back another day?



Harm  
Reduction



- ✓ Continually defining and
- ✓ “supporting commitments to recovery”.

## Problem/concern statements from sample treatment plans

1. "I want to get off the heroin...no internal shooting-no blood veins anymore/only muscle...".
2. "I'm not ready to quit, right now, I want to talk...tell the truth about my use...".
3. "This is going to eventually take me out, 16-17 cups of 22oz coffee daily...cut in half... I could try 8".
4. "I want to be a prostitute who doesn't blow all her money on crack."
5. "I want to stop meth[amphetamine] only and I want to keep using alcohol and dope[heroin]."

## Outcomes Related to Group Process

What works?

- ✓ solid content adapted to client lives
- ✓ traditional topics, ex. Seeking Safety\* Manual
- ✓ life skills
- ✓ managing stresses of housing

What doesn't work?

- ✓ advice giving
- ✓ judgmental
- ✓ facilitator dominated
- ✓ domination by particular ideas/group members
- ✓ check-in only

## Outcomes Related to the Group Process

SURPRISES



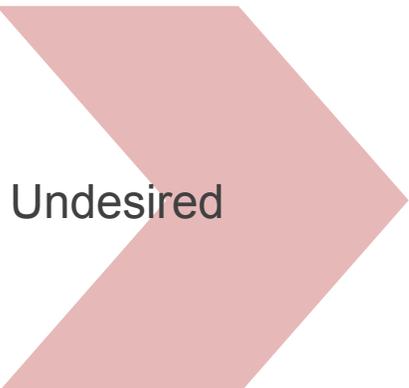
- ✓ strong group structure, ie group rules
- ✓ high level facilitator preparation
- ✓ impact of strong group members
- ✓ eagerness for learning

## Outcomes/Consequences



Desired

- ✓ learning social skills to include coping/anger management/relationships etc.
- ✓ building of community support/recovery network
- ✓ info exchange
- ✓ relapse within limits



Undesired

- ✓ some decreased motivation to abstain
- ✓ challenges in behavior management

# Voices of group

“-you guys are my family now...I don't want the pipe as a wife, I don't want the needle as a wife...you are my substitute family”

“I've been drinking my whole life then I lost my wife, both my sons drank themselves to death. They couldn't handle losing their mother. I buried them both and drank over it for the rest of my life. Now I haven't had a drink in about a year...”

“-I had suicidal thoughts when I was drunk...”

“-don't do that...talk to someone...there is help”

“I'm very comfortable here in these groups to speak my mind...even though I'm using...and maybe I will learn something”

“when I get angry, I get mad, mad, mad and I get away from it...and figure out what to do later...I don't always have to do something...there is karma”

# Unconventional Group Treatment in a Housing First Setting



Questions & Feedback:  
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