



Parent Trust Ongoing Group Snapshot

Families in Recovery groups are designed to create a **healthy, drug-free social support network** for parents working to strengthen their families and maintain recovery from drug and/or alcohol addiction. Our groups are for new as well as long-time recovering parents.

- Parent Trust groups have at least six parents participating. An established group will have regular core members with new parents intermittently joining the group. Parents can participate for as many weeks as they wish except for time-limited programs. Participation is mandatory in long-term, residential treatment centers.
- Coffee and light snacks can add to the comfort of the group. Some parents like to bring in a few “homey” touches like a colorful tablecloth or a vase of fresh flowers. The facilitator can also bring whatever they would like to make the environment more welcoming.
- New parents are immediately welcomed to decrease any discomfort they might have about joining the group. A core member can also offer to talk to a new parent later in the week to answer any questions that they may have.
- The group starts with quick introductions followed by a brief description of the program for new parents. An overview of program safety policies and procedures, which includes CPS reporting requirements, is read out loud. Group rules are also read as needed.
- The group initiates a time allotment process that ensures equal participation and sharing of individual concerns. A group member volunteers or is assigned to be the timekeeper for the evening. Parents may choose to have occasional, pre-determined topics, activities, or guest speakers. In these meetings, time can be saved for parents needing to address personal issues. By doing this, the group can continue to meet the individual needs of all its members.
- Core group members or Phase 2 or 3 parents can run the meeting using a shared leadership model – they can be responsible for making sure the group runs smoothly and safely. The group facilitator joins the parents in group discussions & problem solving sessions and makes sure the group has a healthy balance of venting, problem solving and celebrating. He/she models appropriate use of supportive listening and communication as needed. The group facilitator also guides the group through difficult or high-risk situations and to provide resource information and referral.
- The parents decide how they would like their group to end. Some groups like to share affirmations while others prefer to just give a friendly goodbye before leaving. The group can do whatever feels most comfortable at the end of the group session.

Our hope is to create an environment for parents where they can practice skills necessary to strengthen their social support network in and out of the treatment services center while focusing on finding better ways to parent.