

Group Therapy

OVERVIEW - BAPTIST BEHAVIORAL HEALTH

Group is a combination of psychotherapy and psychoeducational groups. There will be opportunities to share during the first hour of psychotherapy and throughout the length of the program, especially if someone has an issue in relation to the educational topic being discussed.

In group we discuss that counseling is about learning what the individual can do differently to feel better about a situation or circumstance. It's reinforced again and again that we cannot change others, only the way we respond to others.

This is a list of psychoeducational topics we attempt to cover: Neuroscience discoveries and how they relate to understanding our thoughts and behaviors, understanding the abilities of the conscious and subconscious brain, contrasting the past, the present and the future, explore the relationships of self-esteem and unpleasant feelings, healthy boundaries, examine distorted, outdated core beliefs, being proactive, having goals, making plans, and of course, self-care.

QUESTIONS	IOP	PHP
We have 2 online groups.	Intensive Outpatient Program 3 hours of programming	Partial Hospitalization Program 4 hours of programming and Medication management
Hours	9:00 AM to 12:30 PM	9:00 AM to 12:30 PM half hour lunch- return until 2:15 PM
Breaks	Two 15-minute breaks at appropriate times, however, going to the bathroom, getting more coffee, stepping out of frame to answer a question during group are all fine.	
How many days?	Monday through Friday for 2 weeks	
Ages	18 and up.	
Do I have to come to this group?	No. These are both voluntary programs. No one is mandated to attend these groups. Therefore, we do not complete any paperwork for court or supervision.	
Can you work while in group?	Yes, but it is not recommended. Patients find the program mentally exhausting.	
Which group?	Group placement depends on several factors: First, Medicare and Tricare require PHP, they will not pay for an IOP group. Beyond this mandate, placement depends on outpatient resources, severity of symptoms, provider recommendations, patients' willingness to attend and sometimes insurance.	
Can I still go to individual therapy during group?	If your insurance pays both, they typically do not pay for individual sessions while in a group program. We suggest not seeing your counselor while in the 2 weeks of group. Going to your medication manager is alright.	
Paperwork	Time off work forms should be completed by the referring provider. Group therapy provides an attendance note, if requested, and a discharge summary which will be located in the chart on the patient portal.	

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Why still Online? It's been working great! We had no idea it could work this well with adults. The Zoom format has many benefits that were never thought of before. It has increased attendance for patients. When running late, they simply log in, instead of showering, driving downtown, parking in the garage to get to the Howard building. Below are some of the differences.

QUESTIONS	ONLINE	IN-PERSON
Time frames	At Baptist, we have an online, compact, program that provides intensive therapy with the convenience of in-home availability.	Other hospitals are providing in-person at this time, typically 2-3 times a week over a 4-6-week time frame.
Unsupervised Patients	There are no unsupervised times among patients, staff is always present when patients are present.	There are times patients are unsupervised such as before the start of group, during breaks and at the end of group in parking lot.
Food and movement	No snacks or water provided. When sleepy or in need of a stretch can get up and stretch/stand behind their chair if needed. Patients are allowed to pace in the room but are not allowed to pace with the device.	Hospital provided coffee for patients to make, water, some crackers and animal cookies. Able to stand up against a wall when needed to stretch or getting sleepy.
Difference in Environment	In own environment, can control temperature, must be dressed as if attending an in-person session. Can be indoors or outdoors. Required to be in a place they can focus and if needed, wear ear buds, headphones, etc. Group limit is 12.	Meet in a room with 11 chairs and about 2 side tables. Chairs are typically within 1-2 feet of each other in a circle. Group limit is 10. Temperature runs on the cool side encouraging those to wear a sweater/ jacket that need one.
Difference in Activities	Allowed to doodle, knit, or other fidget-type exercises as long as not distracted from group. Typically, not seen on camera.	No fidget exercises allowed as the group's focus would be on individual.
Differences in behaviors	Eating allowed as long as it is not disruptive to group, allowed to smoke, vape, use your own bathroom, able to use own pet for comfort regardless of service animal status.	Snacking is allowed if not disruptive to group, smoking is allowed only on breaks, must leave hospital campus to smoke, limited bathrooms on the floor, group mainly stays inside the same room. No pets are allowed unless verified service animal.

Unique to telehealth: To participate in this program, you have to be in the state of Florida. You are required to have the video feed on and face in the video frame during group time. Cannot attend in a moving car, either as a driver or a passenger, while in group.