SERVICE NAME	BEHAVIORAL HEALTH COGNITIVE SKILLS GROUP
Funding Source	Reporting Center funding, or if available, Behavioral Health funding
Setting	Reporting Center/Service Center/Satellite Center
Basic Definition	Behavioral Health Cognitive Skills group is designed to help adults learn practical coping skills to manage daily stressors and higher intensity behavioral health symptoms. Focusing on how thoughts, feelings, and behaviors interact, this group empowers participants to identify and change unhelpful thinking patterns by creating goals to achieve and maintain wellness, in a supportive peer setting, while incorporating components of mindfulness and other emotion regulation techniques.
Service Expectations (include EBP)	• Open Group • Use Motivational Interviewing • Facilitator sets the tone of a supportive, empathetic, trauma informed, and respectful environment • Focused and skill-based interventions to target: Cognitive Restructuring, Behavioral Activation (breaking the cycle of avoidance and inactivity that increases behavioral health symptomology) and Modification, Mindfulness and Acceptance, Stress Tolerance and Problem Solving • Complete documentation within 3 business days of completion of weekly session and immediately relay any concerns to supervising officer and/or Reporting Center Coordinator. • Provide referral recommendations to supervising officer, if applicable. • All facilitators must submit a Program Plan Overview (PPO) with their RFQ application to AOCP at the beginning of each procurement cycle and utilize the approved AOCP curriculum. • <u>AOCP Approved Curriculum:</u> 1. Cognitive Behavioral Therapy for People with Co-Occurring Disorders: by Hazelden, 2. Illness Management and Recovery (IMR) by: Kim Mueser and Susan Gingerich (if utilizing this curriculum group logistics may be altered outside of this service definition to follow IMR group layout, must be noted in PPO and approved by AOCP) • Curriculum and handouts utilized are to be provided by the facilitator
Length of Services	12 weekly sessions per group cycle 1– 90 min session per week 45min preparation/documentation per 90min weekly session (.50hrs per 1.0hr of group, if group time is shortened in anyway, doc/prep time shall also be shortened) 1 hour staffing/consultation with supervising officers monthly. Participants successfully completed the group when they've successfully completed all 12 weekly sessions.
Staffing Requirements	Appropriately licensed and credentialed professionals (Psychiatrist, APRN, P.A., Psychologist, Provisionally Licensed Psychologist, LIMHP/LICSW, LMHP/LCSW, PLMHP/PLCSW) A **dually licensed clinician is preferred** for any individual with a co-occurring diagnosis. All provisionally licensed/credentialed professionals must be supervised by an appropriately licensed professional pursuant to State licensing requirements. ***All facilitators and any clinical supervisor must be a Registered Service Provider with Probation***.
Maximum Class Size	12

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Minimum Class Size	6 *Minimum Class Size* refers to the number of referrals needed to schedule the group. If fewer than the minimum (6) attend, the class may still be held. However, if attendance falls below the minimum (6) for two consecutive weeks, the class cannot be held in the third week until at least the minimum (6) number of participants are present. As a result, a class may need to be temporarily suspended due to insufficient attendance.
Hours	Most groups will be scheduled outside of normal working hours, including evenings and weekends.
May be facilitated through Teleservices	Yes – with a maximum of 12 participants between all sites, no hybrid options are available.
Desired Participant Outcome	• Ability to identify cognitive distortions • Increased behavioral activation (breaking the cycle of avoidance and inactivity that increases behavioral health symptomology) • Exposure and response prevention • Increase in social support • Symptom reduction • Increased self-efficacy
Rate	$110.00 per hour

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