SERVICE NAME	TRAUMA SKILLS GROUP
Funding Source	Reporting Center funding, or if available, behavioral health funding
Setting	Reporting Center/Service Center/Satellite Center
Basic Definition	Structured, psychoeducational, and led by a clinical professional designed to help participants understand the impacts of trauma and build practical coping strategies. Trauma skills groups are focused on the present, teaching tools for emotional regulation, distress tolerance, and improved functioning.
Service Expectations (include EBP)	• Closed Group • Gender specific, if desired • Use of Motivational Interviewing • Facilitator sets the tone of a supportive, empathetic, trauma informed, and respectful environment. • Complete documentation within 3 business days after completion of weekly session, and immediately relay concerns to supervising officer • Provide referral recommendations to supervising officer, if applicable • All facilitators must submit a *Program Plan Overview* 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. Beyond Trauma- Hazelden (women specific), 2. Trauma Resiliency Model (TRM) By: Elaine Miller-Karas, 3. Skills Training in Affective and Interpersonal Regulation (STAIR) By: Dr. Marylene Cloitre, 4. Trauma Affect Regulation: Guide for Education and Therapy (TARGET) By: Dr. Julian D. Ford • Curriculum and handouts utilized are to be provided by the facilitator.
Length of Services	6 weekly sessions per group cycle 1- 2 hour session per week. 1 hour documentation/preparation per weekly 2 hour 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 have successfully completed the group when they've successfully completed all 6 weekly sessions
Staffing Requirements	Additional Training/Certification in Trauma and/or Trauma Informed Care w/ documentation Appropriately licensed and credentialed professionals (Psychiatrist, APRN, P.A., Psychologist, Provisionally Licensed Psychologist, LIMHP/LICSW, LMHP/LCSW, PLMHP/PLCSW, LADC) work with trauma within their scope of practice. A **dually licensed clinician** is preferred for any client 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 shall be a Registered Service Provider with Probation.***
Maximum Class Size	12
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

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	at least the minimum (6) number of participants are present. As a result, a class may need to be 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
Desired Participant Outcome	• Learned understanding of trauma • Enhanced emotional regulation and coping • Increased grounding abilities • Development of mindfulness tools • Increased empowerment • Increased self-compassion and awareness
Rate	$110.00 per hour

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