



Expectations for Group Members Alcohol /Drug Group

As you begin your group therapy experience, there are a few expectations for you to consider.

Attendance: Regular attendance at group meetings and commitment to the work of the group are very important. Some groups ask for various hours of commitment based on the offense and the referring state jurisdictions regulations; therefore, you cannot miss more than 3 groups for the duration of your group treatment. If you must cancel due to illness or emergency, please call your instructor/Calvary staff at (703)530-9800, before the session begins. **YOU ARE REQUIRED TO INFORM YOUR INSTRUCTOR AND THE CALVARY STAFF DURING BUSINESS HOURS 9:00AM -6:00PM. YOU MUST ARRIVE ON TIME FOR YOUR (ALL Groups are held on Monday, Tuesday, and Wednesday, Thursday). NO ONE WILL BE ADMITTED IF THEY ARE 15 MINUTES LATE.**

Please allow extra time to check-in before group. The group will begin and end on time. For a group to work effectively, it is important that you attend all scheduled sessions and be on time.

Confidentiality: We ask that everything that is shared in group remain confidential (unless it is about yourself and you choose to share it with someone) and that you agree to not reveal the identity of other group members to anyone outside the group. Professional facilitators are legally and ethically responsible to report certain safety issues to the proper authorities. These include serious suicide and homicide threats, sexual/physical abuse or neglect of a child or vulnerable adult. It is also expected that all group members will promise to maintain confidentiality.

Expression of Feelings: Group therapy often invokes strong feelings. It is expected that these feelings will be expressed verbally rather than physically. Like other forms of therapy, what you get out of your group experience will depend largely on what you invest into it. You will make the most progress if you allow yourself to experience and discuss your true feelings and reactions to others. Try to move into areas that are emotionally uncomfortable to you. It is normal to feel some anxiety as you share your personal feelings, thoughts, and experiences with others. We encourage you to take risks while remaining aware of your own comfort zone. The group facilitators will maintain safety.

Responsibility: Each group member must take responsibility for working on their therapeutic goals and reasons for being in the group. No one is going to force members to talk or reveal difficult material. It is up to each member to do so on their own. One of the benefits of group therapy is getting input from your peers instead of just one therapist. When you receive feedback from other members, try to remain open and simply listen to what

they must say. Members of Calvary Counseling Center substance abuse groups are committed to maintaining abstinence. If a relapse does occur, it must be discussed promptly in the group—as must thoughts or concerns about resuming drug/alcohol use.

Saying Goodbye: Members that feel they are finished with their group work are expected to inform the group and return to say good-bye to the other members. Please keep in mind that it is natural to feel some anxiety about starting in a group for the first time. With time, most students find that they become comfortable with the group process and with other group members. Additional group rules and pre-group meetings are usually a part of the group process, and they may vary slightly according to the leaders and type of the group.

Additionally, I understand that I am to adhere to the following guidelines:

Calvary Counseling Center operates several groups, serving a variety of client needs at a number of locations. The program you attend will have rules and expectations specific to that program and location. These will be explained to you. In the meantime, we expect clients to adhere to the following basic “program-wide” rules.

I understand that while participating in the drug-alcohol-group, I am expected to:

1. Maintain “confidentiality” about other clients during group.
2. Attend all sessions, unless otherwise excused.
3. Be on time for all scheduled classes/groups, appointments, and groups.
4. Participate in all group activities, including and not limited to 12-Step meetings group lectures etc.
5. Textbook, supplies and supplemental materials/ assignments are required at all group sessions.
6. Adhere to not smoking in the building.
7. Not drink any alcoholic beverages.
8. Not use any mood- or mind-altering drugs unless prescribed by a physician and approved by our medical doctor.
9. If I do not follow these rules and expectations, I understand I may be discharged and referred back to my Probation Officer and or referring agency.
10. Other reasons I may be discharged from group include:
 - a. Engage in Random Drug Screening
 - b. Positive drug or alcohol UAs during treatment.
 - c. Outstanding/unpaid balance.
 - d. Violent/Aggressive behavior or verbal threats made toward other clients or staff members.
 - e. Possession of alcohol, drugs or paraphernalia on premises.
 - f. Lack of meaningful and significant progress in the program/group therapy.

Client’s Signature

Date

By signing my name, I acknowledge that I have received a full explanation of the above. I understand and agree to comply with these rules and acknowledge that upon my request I can receive a copy of these.

The program shall establish written rules to protect the health, safety, and welfare of all clients. The consequences for violating program rules shall be defined in writing and shall include clear identification of violations that may result in discharge. Every client shall be informed verbally and in writing of the program rules and consequences for violating the rules at the time of admission. The facility shall enforce the rules fairly and objectively and shall not implement consequences for the convenience of staff.