



Centre de santé mentale

**Royal Ottawa**

Mental Health Centre

# **Recovery Group: Revisiting Group Facilitation by In- Patient Nurses**

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*Mental health and well-being for all • La santé mentale et le mieux-être pour  
chacun*

# Acknowledgements

- The Manager and staff nurses of the in-patient Mood Program
- The Director of the Mood Program
- Anne-Marie Clarkson, RN, MScN candidate



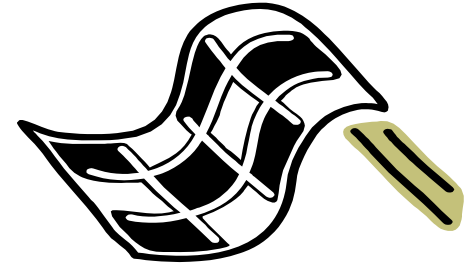
# Outline for Today's Presentation



- The concept of recovery
- Group work as a nursing intervention
- Characteristics of the nurse-led recovery group
- Strategies for adoption of group facilitation
- Evaluation process and results



# How It Began



- Limited participation by in-patient nurses facilitating a weekly Recovery Group
- Unit Manager invited Clinical Nurse Consultant (CNC) to engage nurses in group facilitation
- Establishment of a unit-specific working group comprised of Manager and staff nurses



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# Exploring Recovery



- Group content based on Mary Ellen Copeland, PhD: The Depression Workbook, 2<sup>nd</sup> ed. (2001)
- Core concepts – hope, empowerment, grieving and acceptance, developing support, self-motivation, symptom management, recovery stories



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# Why Group Work?



- Group treatment is effective and efficient for patients to further understand themselves in relation to others through interaction, gain new knowledge and social skills, conquer unwanted thoughts and feelings and change behaviour.

(Austin and Boyd, 2010)

# The “What’s” of the Recovery Group



- Open group
- For in-patients experiencing mood symptoms
- Focus on empowerment
- 10 weekly sessions offering core concepts
- 30 minute group including 15 minutes pre (for preparation) and post (for discussion and documentation)-group



# Challenges Encountered by Working Group

- Availability of in-patient nurses to meet regularly
- Reallocation of crisis beds to unit (leading to uncertainty regarding job positions, scheduling and acuity of unit)
- Anxiety and stress felt by most nurses implementing group facilitation skills



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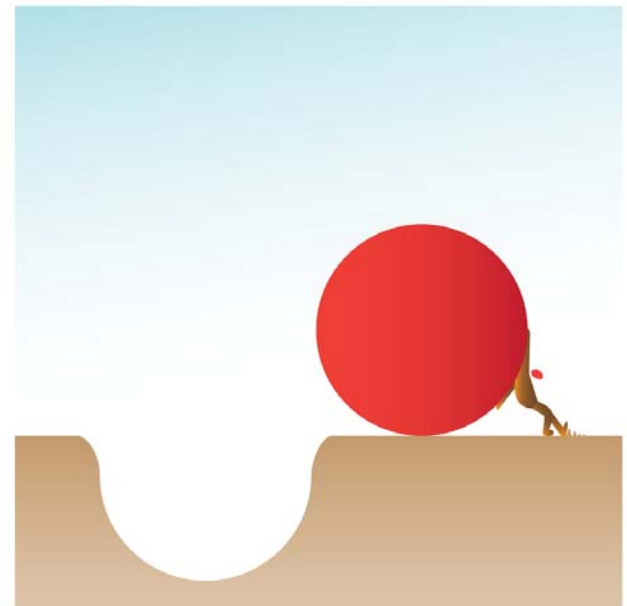
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# Challenges Encountered by Working Group (cont'd)

- Availability of Clinical Nurse Consultant to provide modeling of group facilitation skills and peer supervision
- Adoption of group work by all nurses



# Strategies for Adoption of Use

- Supported by management and discussed at program meetings
- In-service provided on facilitating group work
- Clinical Nurse Consultant co-facilitated group (x 10 sessions) with an in-patient nurse (included protected time for pre-group planning and post-group debriefing and documentation)



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# Strategies for Adoption of Use (cont'd)

- Second in-service scheduled (with two nurse presenters) providing additional group work information reinforcing that group work is being done on other units
- Group content re-visited at staff meeting
- Clinical Nurse Consultant available for on-going support as needed



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# Next Steps



- Continued updating of group content
- Evaluation process
- Continued motivation and commitment by nurses to participate in group work



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# Evaluation Process



- Questionnaire entitled, *Group Evaluation Measure* adapted from Sharry (2001)
- Administered twice during 10 weeks (i.e. at Session 5 and 9)
- Session 5,  $n = 8$ ; Session 9,  $n = 10$
- Measure consisted of 8 Likert scale items and 3 questions for comments

# Evaluation Process (cont'd)

Examples of items:

1. I felt the group content today was relevant to my needs and goals.
2. I felt I had enough group time.
3. I felt the facilitator managed the group well today.

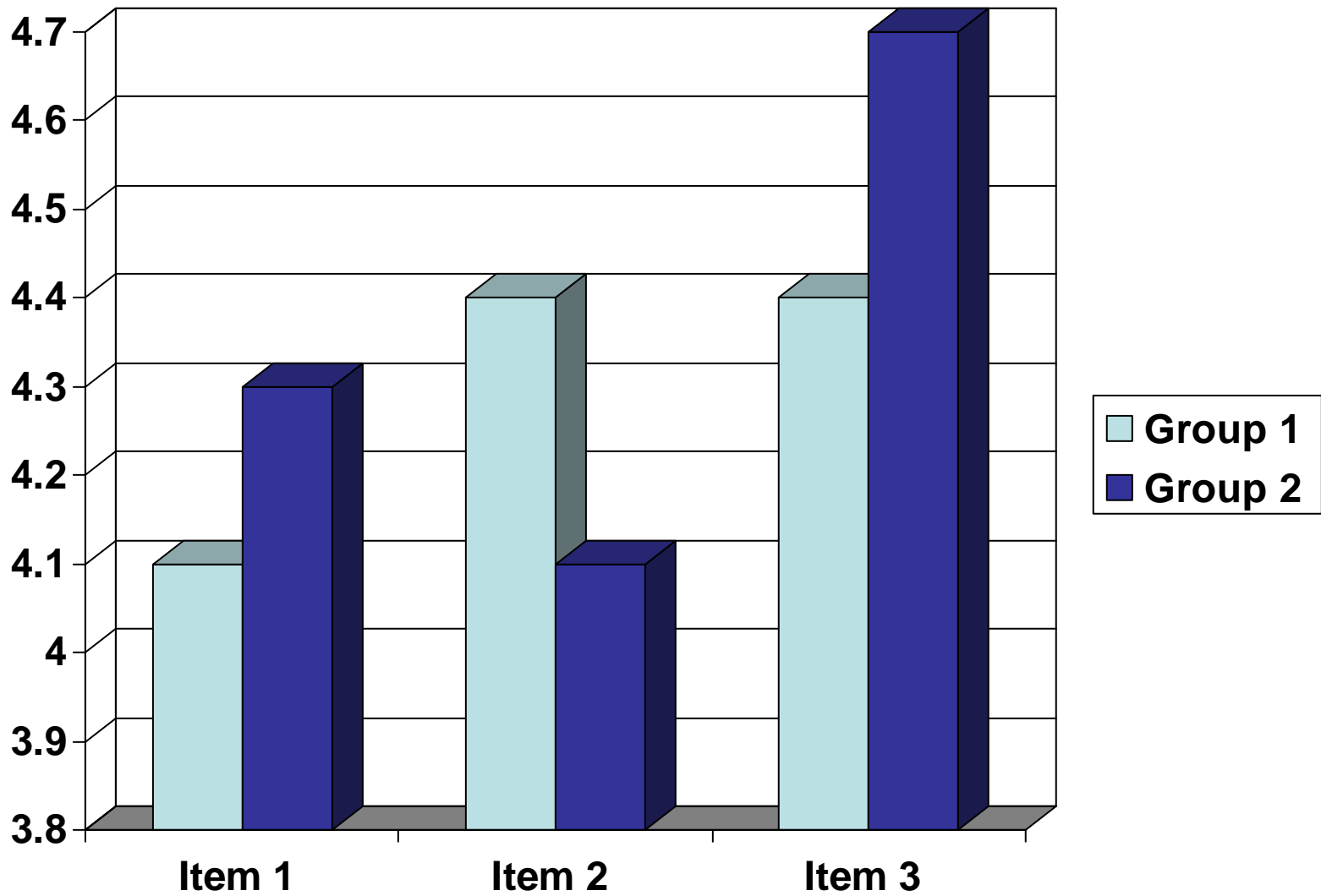
*Disagree strongly 1 2 3 4 5 Agree strongly*



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# Evaluation Results (cont'd)

## “Any Other Comments”?

- “Good to be reminded of all the elements of recovery”.
- “This program was very well run and I enjoyed each session. Thanks”.
- “I’ve only been to 3 of these (I think) but they have all been helpful even though I’ve been quiet”.
- “I could relate to almost all the things talked about”.



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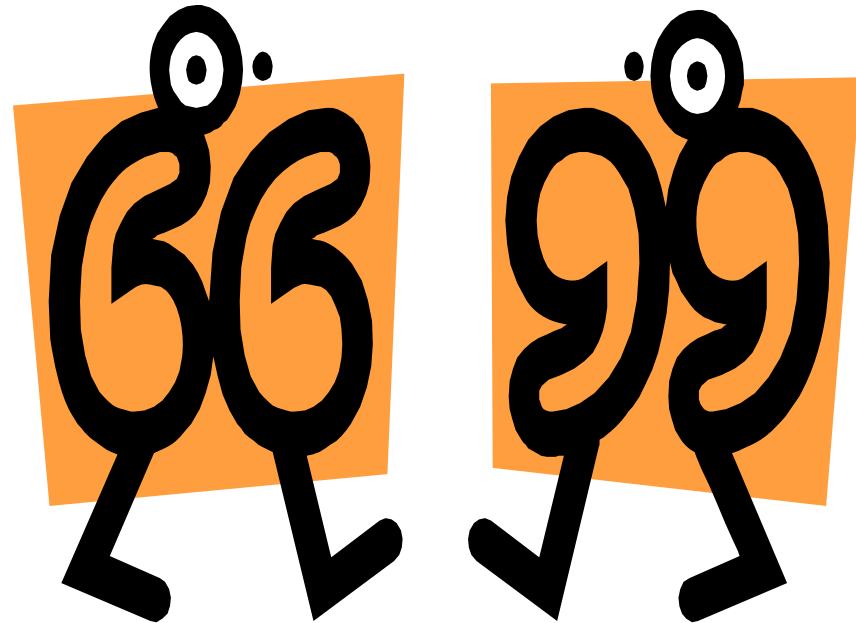
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# Recent Anecdotal feedback

- “I wish this group was offered every day”.



# Questions



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# Key References

Austin, W. & Boyd, M.A. (2010). *Psychiatric & Mental Health Nursing for Canadian Practice*. 2<sup>nd</sup> ed. Philadelphia, PA: Lippincott Williams & Wilkins.

Copeland, M.E. (2001) *The Depression Workbook: A Guide for Living with Depression and Manic Depression*. 2<sup>nd</sup> ed. Oakland, CA: New Harbinger Publications.

Sharry, J. (2001). *Solution-Focused Groupwork (Brief Therapies series)*. Thousand Oaks, CA: Sage.



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THANK YOU



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