

# **12 Step Groups at Behavioral Health Hospital**

The adult unit at Behavioral Health Hospital has been re-designing the format and the content of therapeutic programming that takes place on the unit. Below you will find information on the content of inpatient AA/NA groups, as defined by the new programming requirements. Many of the changes reflect a need for more structure and a more cohesive theme across the services offered. For example, a BHH staff member will now be required to be present at each meeting that is run by anyone who is not a staff member, in order to measure outcomes of the groups and make any notes needed.

## Content of the 12 step groups:

The purpose of an inpatient 12 step group is to share stories of hope from the facilitators. This allows the patients to relate to recovering alcoholics/addicts, become introduced or reintroduced to the 12 step community, and get contacts for support after discharge. The content of the group should be similar to a speaker meeting, with one to two speakers sharing their story. At the beginning of the group, the speaker may choose an AA/NA reading or related piece of inspirational material before sharing his/her story. After the story is shared, the speaker may allow for limited questions. The meeting is traditionally closed with the Serenity Prayer.

## Points to remember:

- Inpatient meetings should be sharing of your own personal story and answering questions related to recovery only.
- Meetings last for 45 minutes-please end the meeting on time as running past 45 minutes causes the next group to begin late, and throws off an already tight schedule.
- There should be 2-3 volunteers present at each group; any volunteers over this number will need to wait in the lobby.
- Facilitators for the group should have a minimum of one (1) year of sobriety time before presenting at an inpatient group.
- Any former patient must wait one (1) year from their discharge date before returning as a 12 step speaker/volunteer.
- A Behavioral Health staff member will sit in on each AA/NA meeting.

Thank you for your past service at Behavioral Health Hospital. We hope you will continue to provide 12 Step meeting for our population as they are often the first meeting for many patients and a welcomed familiar tradition for others.

Staff of Behavioral Health Hospital; April 2012