

## Tips for Use with Groups

These tips were suggested by people who have used the *Journey to Wellness* Guide for themselves and to support others in their recovery and wellness.

### WHAT SORTS OF GROUPS CAN BENEFIT?

- Include in an existing group
  - Wellness-focused groups
  - Recovery support groups
  - Population-based groups (e.g., youth)
- Use to start off a new group or create a group based on this content\*

### WHY IT WOULD BE HELPFUL TO USE WITHIN A GROUP?

- Get new ideas for what to try—simple and actionable steps
- Provides a signpost or reminder for personal priorities

### HOW TO GET STARTED

- For a new group, plan on introducing and discussing one section of the guide at each group session. After the first session, each session can begin with a discussion of how they used it.
- Before getting into the guide, ask about what people are doing now (daily or weekly).

### IDEAS FOR PRINTING THE GUIDE

- While you can share the links for the online flipbook version and for downloading the guide, it will probably be most helpful in a group if everyone has a printed version.
- You can share a printed version of the guide in color or black-and-white, depending on options you have and how the other person might experience the full color version.
- You may choose to share the full-size version or the “pocket” version or both.

### OTHER TIPS

- Encourage discussion, sharing, and peer support.
- Offer a structure for helping people think about their plans for using the guide on their own.
- Resist giving advice or suggestions about what to do when. Instead, help people identify the “what and when” that will work best for them.
- Consider co-facilitators for leading the group.
- The facilitator(s) will be most helpful if they have used the guide for themselves.

**See the related tip sheets for using the guide on your own and/or with someone else.**

\*If you are interested in starting a new group based on this content, you are welcome to contact us for guidance (swarbrma@rutgers.edu). We also would appreciate hearing ways you have used the guide.