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.