

POLICY AND PROCEDURE

REACH for Tomorrow

Group Facilitation Standards

Program: Behavioral Health Day Treatment / Partial Hospitalization Program

Effective Date: February 15, 2026

Review Date: February 15, 2027

Responsible Party: Clinical Director / Director of Medical & Clinical Services

Purpose

To establish clear standards for the facilitation of therapeutic groups within the Day Treatment Program to ensure services are clinically appropriate, structured, and supportive of recovery goals.

Policy

Therapeutic groups are a core component of the Day Treatment Program. Groups must be facilitated by qualified staff using evidence-based or evidence-informed approaches that support treatment goals outlined in the Individualized Service Plan (ISP).

Facilitator Qualifications

Group facilitators must:

- Meet required licensure, certification, or credentialing standards
- Practice within their scope of competency
- Receive training in group facilitation techniques
- Participate in clinical supervision and ongoing professional development

Group Structure

Therapeutic groups must be structured and purposeful. Each group session should include:

- A defined topic or therapeutic focus
- Clear objectives aligned with treatment goals
- Facilitation that encourages participation and engagement
- Opportunities for skill development and discussion

Types of Groups

Group services may include:

- Cognitive Behavioral Therapy (CBT) groups

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- Psychoeducation groups
- Skills training groups (coping, communication, emotional regulation)
- Relapse prevention groups
- Trauma-informed groups
- Recovery support groups

Participant Engagement

Facilitators should create a supportive and respectful environment that promotes active participation. Facilitators should encourage individuals to share experiences, practice skills, and support one another while maintaining professional boundaries.

Group Safety and Boundaries

Facilitators must monitor group interactions to ensure psychological and emotional safety. Staff should address disruptive behavior, reinforce group guidelines, and intervene when necessary to maintain a therapeutic environment.

Confidentiality

Group facilitators must educate participants about confidentiality expectations and encourage respect for the privacy of other group members.

Documentation

Group sessions must be documented in the clinical record and include:

- Date of service
- Group topic or focus
- Duration of the session
- Interventions used
- Level of participation by the individual served
- Response to the intervention

Quality Monitoring

Group facilitation practices may be reviewed through clinical supervision, peer review, and chart audits to ensure adherence to clinical standards and program requirements.