


Working Together Group

Evidence Behind the Practice





**Who am I
and
Where am I from?**

Jenny Stickney

Occupational Therapist

Dorset Forensic Team

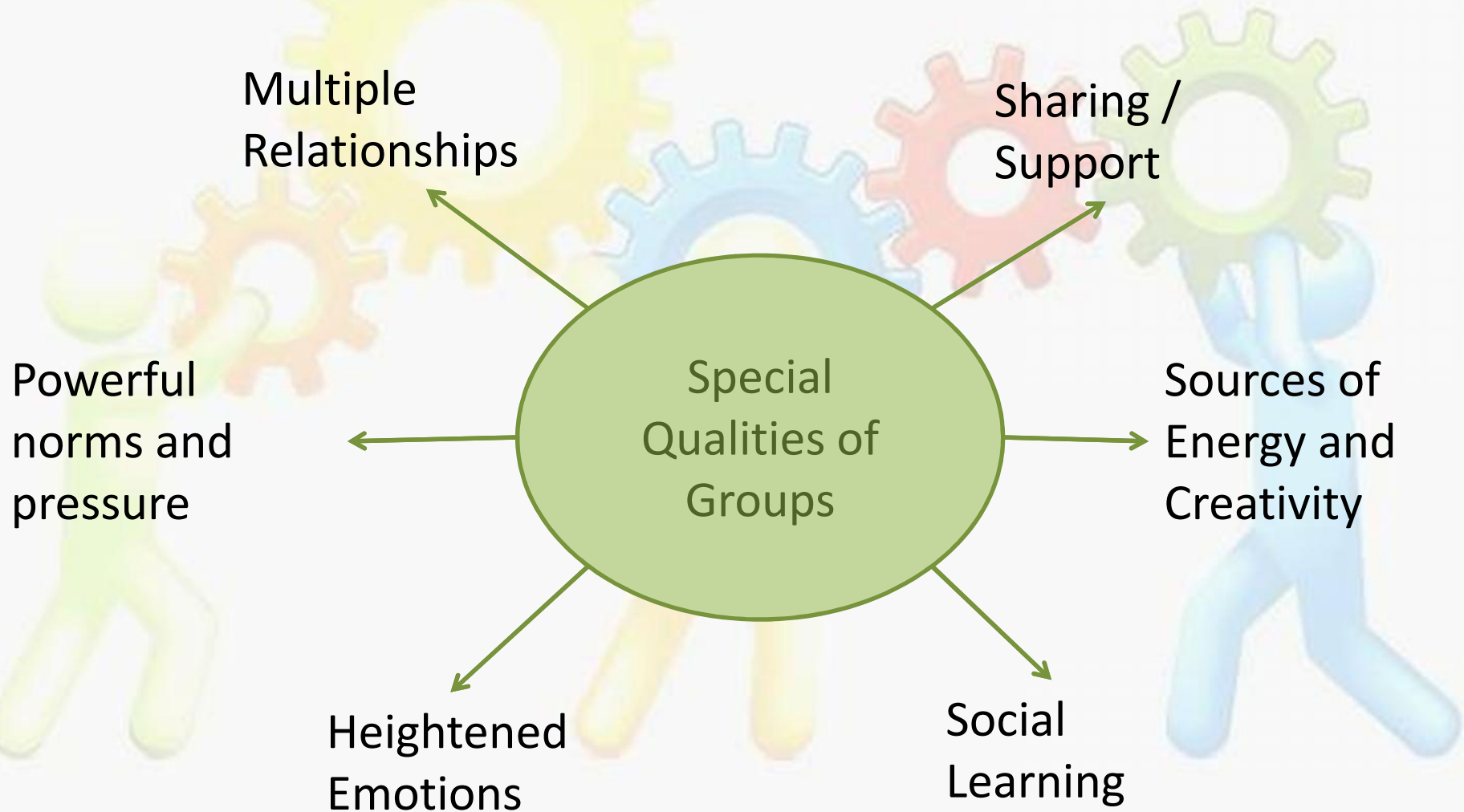
Dorset Healthcare University Foundation NHS Trust



**What Place does Group Work have in
Occupational Therapy Practice?**

Special Qualities of Groups

(Finlay 1994)





Rationale for starting the Working Together group

A Pilot Group

Research Shows ...

‘People who have been institutionalised for long periods of time find adjustment from institutions to the community difficult, and as a result their mental state can deteriorate or they may reoffend to return to the environment that they are used to’.

(Moving to Social Integration of People with Severe Mental Illness:
From policy to practice S. Waits & E. Harding 2006)

Working Together Group

Objective:

To support patients known to Dorset Forensic Team who are...

- Newly discharged
- About to be discharged
- Displaying signs of difficulty living in the community

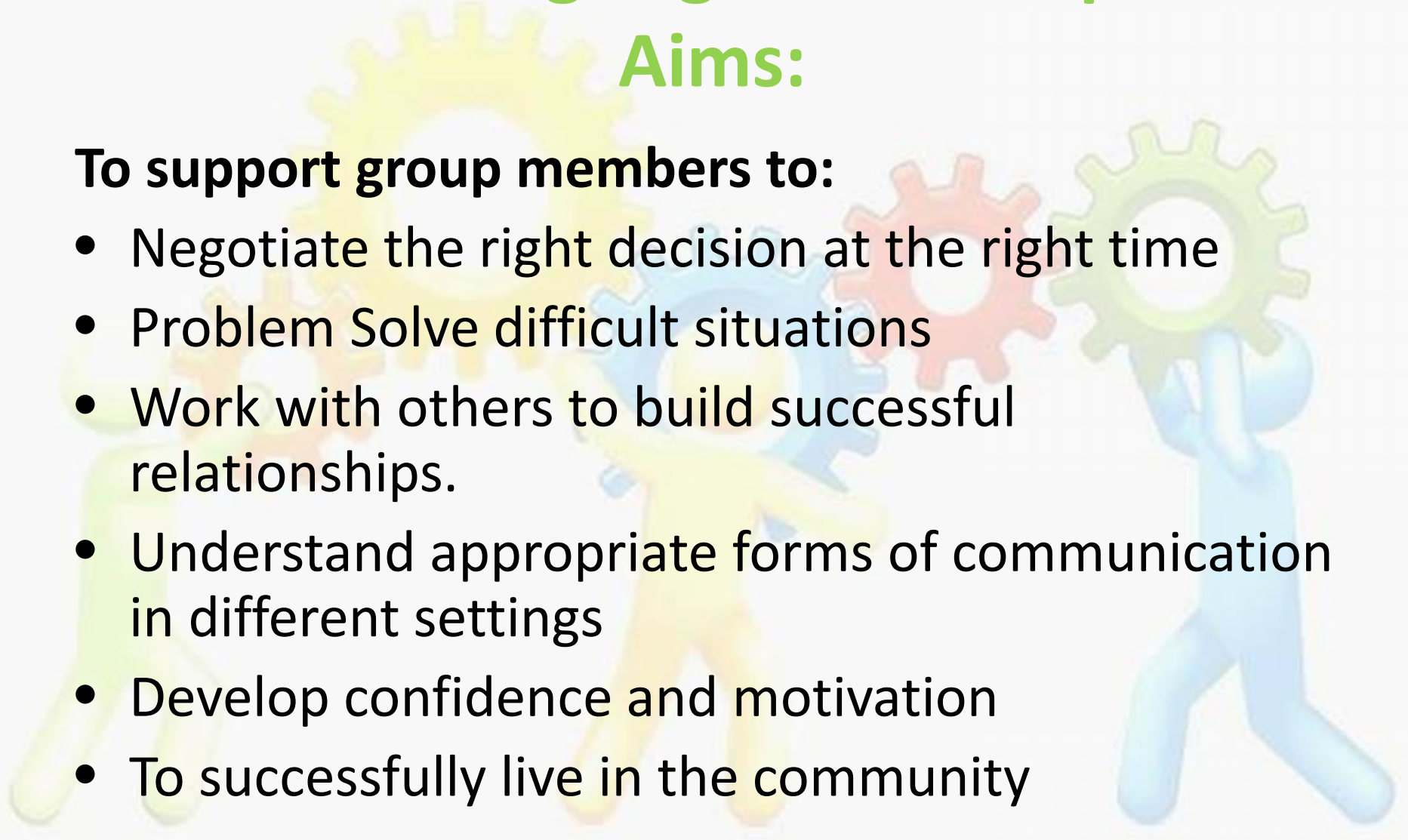
...to understand how to successfully transfer skills learnt in hospital or prison into the community

Working Together Group

Aims:

To support group members to:

- Negotiate the right decision at the right time
- Problem Solve difficult situations
- Work with others to build successful relationships.
- Understand appropriate forms of communication in different settings
- Develop confidence and motivation
- To successfully live in the community



A Closed Group

A group that starts and finishes with the same members

Advantages

- Groups can be more specifically planned and targeted
- Deeper relationships occur with greater cohesion and trust
- Depth of content and level of disclosure increases
- More consistent and predictable, so safer

Disadvantages

- Tendency for group to get “stuck” with members operating in set roles
- Group dependent on members commitment – may fold if several drop out
- Less opportunity to deal with change and adapting to others

Finlay 2004

Composition of the group

- 7 Adult Males known to Dorset Forensic Team with a primary diagnosis of Mental disorder.
- Close to discharge, recently discharged or demonstrating signs of having difficulty with living in the community, requiring support in transferring skills learnt from secure accommodation into effective community living.
- Risk assessed by Dorset Forensic Team to ensure suitability for the group and interpersonal relationships within the group were compatible.

Accommodating the Group



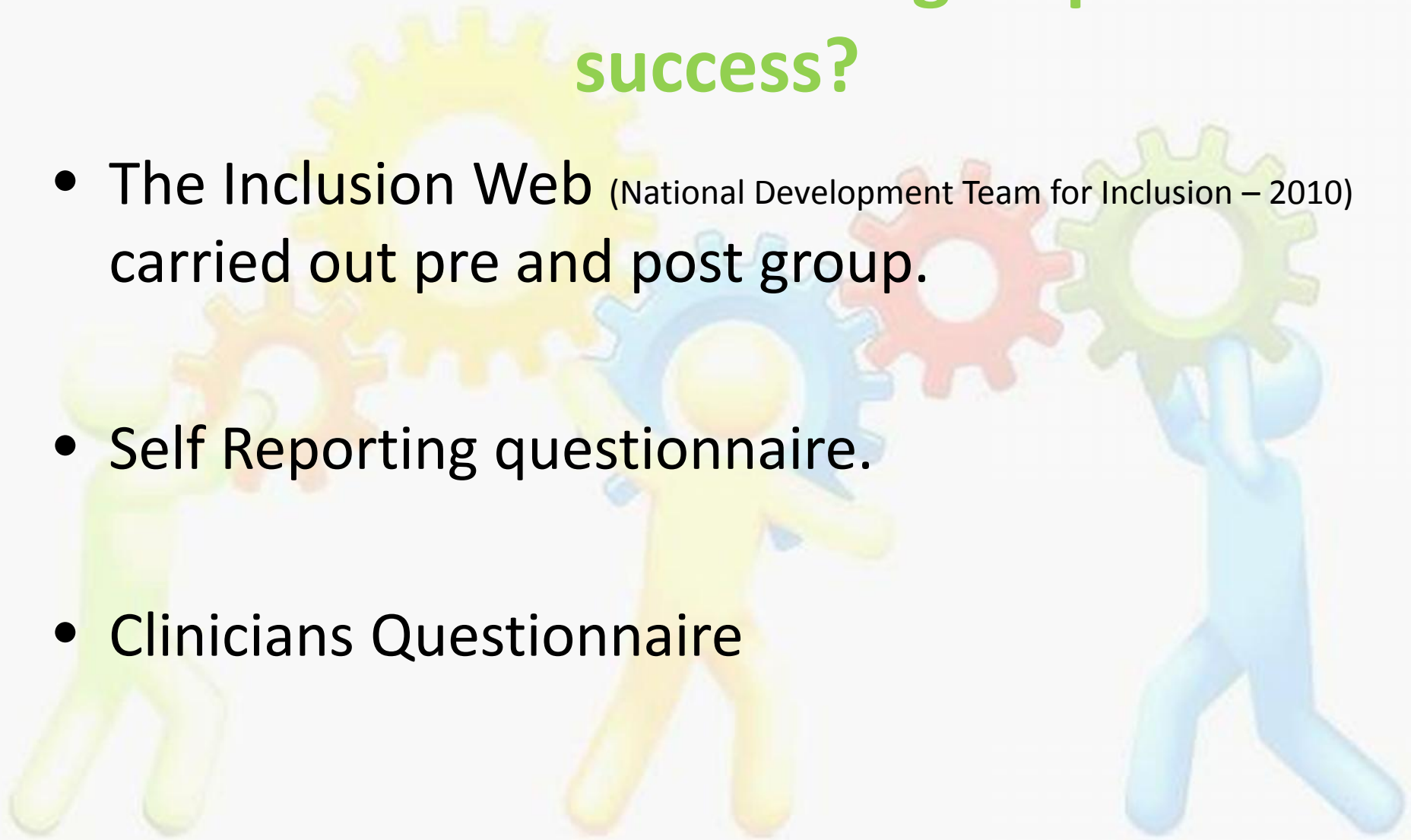
The group needed to be accommodated within the community at a site that would be:

- Easily accessible to all identified group members
- Be and feel safe
- Have a large group room
- Be flexible about how the group room was used.

Agreement was received from a supported accommodation home to use their group room facilities as we needed.

How do we know if the group was a success?

- **The Inclusion Web** (National Development Team for Inclusion – 2010) carried out pre and post group.
- **Self Reporting questionnaire.**
- **Clinicians Questionnaire**



Results of the Working Together Group

- 1 group member left
- Inclusion Web findings
- Findings from the Self Reporting Questionnaire
- The Clinical Perspective



...

- *'The group helped me think about social skills and being more positive'.*
- *'I gained confidence in this group working together as a team and it helped my communication skills'.*
- *'It helped me talk about different thoughts and feelings'.*
- *'I learnt to listen to other people more'.*
- *'I learnt more about the way other people think and do things differently'.*
- *'The work we did made understanding problems easy'.*
- *'I enjoyed the practical tasks – everything was easier when we did it together'.*
- *'It helped in solving problems which may occur in everyday life'.*

Food for Thought

What helped this group work so well?

- The Facilitators
- The Group Members
- The Environment



Where do we go from here?

- Clinical request made to continue with group
- Ethics Committee agreement received
- Next group will commence in the summer





THANK YOU

ANY QUESTIONS