**Medication Assisted Treatment Group Format   
Chapa-De Indian Health**

1. **Intro** 
   * Quote – encourage patients to bring quotes. Quote should be relevant to recovery topic of the day.
   * Mindfulness - 5 minute guided
   * Announcements
   * Agreement on group rules – Have a patient in group read the group rules each week.
   * Introductions/check-ins – different themes (i.e. “Something I enjoyed this past week…” (10 minutes)
2. **Educational Topics (see example curriculum)**

(10 minutes)

1. **Recovery Tools (see example curriculum)**

(40 minutes)

iv. **Check-out** – “upcoming plans”, “…changes I want to work on”, etc.

**MAT Curriculum rotating every 8 weeks (example)**

1. **Life Management**
   1. Basic Need: shelter, food, income vehicle, support -
   2. Goal Setting priorities – have handout
   3. Jobs/work: what is work? what is a job? - handout
   4. Job interviews and resume writing
   5. Setting a new course; dreams, hopes, great ideas
   6. Healthy Living
      1. Diet/exercise/sleep/hydration
      2. Tobacco cessation
2. **Recovery 101**
   1. Principles of Recovery (12 Step) have handout
   2. Resentment/forgiveness –have handout
   3. Values – have handout
   4. Phases of MAT -
   5. Priorities in Recovery – Relapse Prevention
   6. Medication Assisted Treatment - explained
3. **Relationships**
   1. Boundaries – have handout
   2. Communication – have handout
   3. Parenting –have handout
   4. Non-Violent Communication
4. **Stress Management**
   1. Mindfulness Workshop –four meditations
   2. Self-Compassion –have handout
   3. Autonomic Nervous System – how it works
5. **Creativity and Healing**
   1. Native Recovery
      1. White Bison
      2. Red Road to Wellbriety
   2. Potential
   3. Arts
      1. Poetry
      2. Storytelling
      3. Music
      4. Art
   4. Cultivating an authentic spirituality
      1. Four Agreements
6. **Mental Health in Recovery**
   1. Managing Depression
   2. Managing Anxiety
   3. Bipolar DO
   4. ADHD
   5. Trauma/resilience
7. **CBT and Emotional Health**
   1. Thought Traps – have handout
   2. ABC Behavioral worksheet –have handout
   3. Returning to Feelings – have handout
   4. Life Stages – Erikson’s Stages of Psychosocial Development/Maslow’s Hierarchy of Needs –have handout
   5. Emotional Intelligence/Social Intelligence
8. **Other/Wild Card week** 
   1. Group Processes
   2. Special guests – Behavioral Health or visiting teachers

**Education topics**

* 1. Bup/Brain power point
  2. MAT Treatment Agreement
  3. Side Effects
  4. UDS
  5. Taking care of your prescriptions
  6. Legal service
  7. MD Q&A
  8. Tapering off of buprenorphine
  9. AOD
     1. Cannabis
     2. Alcohol
     3. Benzodiazepines and sedative hypnotics
     4. Methamphetamine and cocaine