

Group Session Case Note

Group Session Date: March 21, 2023

Session Co-Facilitators: Adam Bellis and Sophia Cirigliano

Team Members Present & their roles: Sophia – support, Adam – Facilitator

Lesson Topic: What is Isolation?

Number of Group Members in Attendance: 11 people

Length of Session: 28 minutes

Overview: Our subjective and objective was to determine what isolation is and what that looks like for every individual. Then we wanted to focus on how staying plugged in can help you from feeling isolated, and we did this by asking the group members what their plugs are. Our assessment of this group was that they do have some plugs right now as in their grandchildren, bingo, and their animals. Everyone seemed to be interested in finding more ways to be plugged in. Adam led out in most of the content, while I supported him. I did the agenda, icebreaker, and an activity that showed a visual representation of what saying plugged in looks like. All the group discussion was mainly focused on our topic, and they all participated in our discussion. What I would've done differently would be to make the activity not super simple, in a way where they may feel belittled. Our plan was to establish what isolation is and what their plugs are, then next session will be asking how to get other plugs and how to get plugged in? Our last session will be about how to stay plugged in.

Group Session Case Note

Group Session Date: March 28, 2023

Session Co-Facilitators: Adam Bellis and Sophia Cirigliano

Team Members Present & their roles: Sophia – Facilitator, Adam – Support

Lesson Topic: How to find your outlet?

Number of Group Members in Attendance: 11 people

Length of Session: 28 minutes

Overview: Our subjective and objective was to determine how to stay plugged in to your to plugs (hobbies, enjoyments, etc.). Then we wanted to focus on how staying plugged in can help you from feeling isolated, and we did this by asking the group members what their plugs are again. Our assessment of this group was that they are very willing to stay plugged in but the group dynamic was much worse than the first session. Everyone seemed to be interested in finding more ways to be plugged in. Sophia led out in most of the content, while I supported her. I did the agenda, rules and norms again, and reminding the group members of what was covered in session one. All the group discussion was fairly focused on our topic, but also, much of the session was focused on keeping group dynamics intact. There were three disruptors that had a impact on the group. Rules and norms had to be rediscussed several times and I even made a statement to end the group if the level of disrespect were to keep occurring. What I would've done differently would have been to not make such a harsh consequence in ending the group because there were group members that were not being a disturbance. Our plan was to establish

how to get other plugs and how to get plugged in? Our last session will be about how to stay plugged in and encourage others to find plugs.

Group Session Case Note

Group Session Date: April 11, 2023

Session Co-Facilitators: Adam Bellis and Sophia Cirigliano

Team Members Present & their roles: Sophia – Co-Facilitator, Adam – Co-Facilitator

Lesson Topic: How to stay plugged in?

Number of Group Members in Attendance: 11 people

Length of Session: 30 minutes

Overview: Our subjective and objective was to determine how to stay plugged in (especially when the group ends). We wanted to make sure all the group members knew how to use their plug to stay connected when they go about their everyday life. Adam and I co-facilitated this session. This session went really well and Adam addressed the issue we had last time. Adam did a great job doing this without making it uncomfortable. Our disruptors weren't as much or as present as last time, but I could tell we had at least one. They asked a few questions that felt off topic. The only thing we could have done differently is maybe divide the session better between the two of us so we both had an even amount of talking. Our conversation was based on reflecting how we can encourage others as well to stay plugged in.