

Case Notes:

Group Session Date: 03/21/2023

Session Co-Facilitators: Natalia Quinones

Team Members Present & their roles: Natalia and Angelina Co-facilitators

Lesson Topic: Rock Bottom Resilience

Number of Group Members in Attendance: 3 members

Length of Session: 30 min

Overview:

The session was about discussing how to remain resilient when hitting rock bottom. Three group members participated, and they seemed to understand group norms and the agenda of the session. One member was quiet and withdrawn throughout the session, while the other two members shared their experiences and identified strategies for building resilience. Participants were engaged and provided support to one another.

Assessment:

The group dynamic was supportive, and participants encouraged and validated each other throughout the session. It is recommended that the group continue to meet and discuss additional strategies for building resilience. Participants should continue to practice the skills and strategies discussed and seek support from their support systems or mental health professionals as needed.

Plan:

The next session is scheduled for April 4th, 2023, at 2 pm. Members are assigned to practice self-care methods shown in the session and reach out to someone in their community to relate and vent to.

Group Session Date: 04/04/2023

Session Co-Facilitators: Natalia Quinones

Team Members Present & their roles: Angelina and Natalia Co-facilitators

Lesson Topic: Rock Bottom Resilience

Number of Group Members in Attendance: 3 members

Length of Session: 30 min

Overview:

The session was about discussing how to recognize when hitting rock bottom and what resources can be used to combat the effects. Group members shared their experiences and emphasized the importance of self-care and supportive friends, family members, and mental health professionals in helping them bounce back from rock bottom moments.

Data:

One group member was withdrawn at the beginning of the session but opened up as the group progressed. Members discussed self-care strategies such as exercise, meditation, journaling, and therapy, and the power of a positive mindset in building resilience.

Assessment:

The psychoeducational group was successful in promoting self-care and community as essential for maintaining motivation. Participants showed progress and the potential for positive change in a safe and supportive environment.

Plan:

Participants were encouraged to continue practicing the skills and strategies discussed and seek further support if needed. The group will meet again on April 11th, 2023, at 2 PM to discuss additional strategies for building resilience.

Group Session Date: April 11, 2023

Session Co-Facilitators: Natalia Quinones

Team Members Present & their roles: Angelina and Natalia Co-facilitators

Lesson Topic: Rock Bottom Resilience

Number of Group Members in Attendance: Entire Class

Length of Session: 35 min

Overview:

This was the final session of the psycho-educational group focused on discussing rock-bottom resilience. Throughout the sessions, we aimed to provide education and support to participants who may have experienced a rock bottom moment in their lives. In this last session, we reviewed and reflected on the skills and strategies that the group members have learned throughout the program and discussed ways to continue building resilience and support beyond the group.

Data:

All group members were present for the final session, and they all participated actively in the discussion. Members shared how the group has helped them feel more empowered, supported, and motivated to keep moving forward. Participants shared stories of how they implemented different strategies that we have discussed throughout the program, such as self-care practices, positive affirmations, seeking support from friends and family, and reaching out to mental health professionals when needed. Members reported feeling more confident in their ability to cope with life's challenges and expressed gratitude for the opportunity to participate in the program.

Assessment:

The group dynamic was supportive, and participants provided encouragement and validation to one another throughout the program. Participants showed significant progress in their ability to identify their strengths and resilience-building strategies. The group has been successful in promoting the importance of self-care, community, and positivity in maintaining motivation and resilience.

Plan:

In closing, we congratulated the group members for their progress and encouraged them to continue practicing the skills and strategies discussed throughout the program. We also provided them with resources that could help them continue building resilience and support

beyond the group. We thanked them for their participation and wished them all the best in their future endeavors. Finally, we invited them to reach out to us if they ever need further support or resources.