

Group Notes – 9/24/18

Leader: Karissa Goodman

Support: [REDACTED]

Topic: Support Systems

Time and Location: 2:30 pm in the sunroom

Attendance: Karissa, [REDACTED]

(D) Group started off with reminiscing on a favorite childhood meal. This led into discussing a found or favorite childhood memory from each person's childhood. Participants went around the circle and shared their favorite or memorable experience that they had grown up with. The leader then began to explain how support relates to the foundation of a house and that without it, the house would come crumbling down. This was then related to our human lives and that support is a key part on each of our journeys. The group then shared what their biggest support was in the past and what it currently is. Each person then took a turn and mentioned one way about how they could support others here at Welcome Home.

(A) Each member participated and seemed to understand the questions. Answers were thoughtful and gave the residents time to reflect upon a part of their lives. All participants seem to be aware and oriented about what was happening and what group was about. One resident kept nodding off in the session but would answer when spoken to. Overall this was a successful group.

(P) Leader should start reminding residents of WHC earlier about group so that more will participate.

Was this group successful? Yes or no.

Comments:

Group Notes – 10/8/18

Leader: Karissa Goodman

Support:

Topic: Heroes in our lives

Time and Location: 2:30 pm in the sunroom

Attendance: Karissa, _____

(D) Group started off random questions to get everyone interested and focused. We then dove into superheroes, superpowers, who are current heroes in our lives, and how we can be heroes in other people's lives. _____ gave some deep answers on how superheroes are those who help others and have abilities that ordinary people do not have. The group discussed how Sherry and Michelle are superheroes here at Welcome Home. They also discussed how we can be heroes to others by helping them out and doing things like putting up the water hose or praying for them. Group ended with the leader asking if there were any specific things that they would like to discuss or if the group members had any questions.

(A) Discussion was a little difficult in this group session. Each member would participate if prompted to answer the question. Questions had to be repeated more than once today. Frank was lethargic and seemed to only be focused on getting his car back. Frederick and Robbie had some thoughtful answers and seemed to connect well in group today.

(P) Leader should find easier ways to ask the questions so that all the residents will understand. Leader should also talk with their supervisor to see how to get the group more involved with the discussions.

Was this group successful? Yes or **(No)**

Comments:

Group will be terminated for the time being.