

The 3-Step Referral Method: Protocol (For Group or 1:1 sessions)

Prior to Beginning your 1:1 or Group session, please do the following:

- Review all **HANDOUTS** (also found on the task bar under Handouts for Patients)
- Print a sufficient amount of all **HANDOUTS** & Journal for patient(s) prior to session 1
- Determine what method will be used to address Step 2 that involves arranging for a current self help group member to accompany or meet your patient(s) at the initial meeting (*this will be determined either by you or has been established by your site*) of the 3-Step Referral Method

Session1

First, distribute all **HANDOUTS** & Journal to patient(s)

Next, review all Handouts with Patient(s) using the following Talking Points and allowing for discussion:

1. Handout 1: **Brief Introduction:**

- 12 Step groups (AA, NA & CA)
- Basics of AA, NA & other Self-Help groups
- Literature
- Anonymity

2. Handout 2 **Part 1: Going to Meetings:**

- Getting to Meetings
- Overconfidence
- Finding a sponsor

3. Handout 2 **Part 2: Problems & Solutions:**

- a. Ask patient(s) to briefly review all topic areas covered in the Problems & Solutions handout

b. Ask patient(s) if they would like to address any of the problems from the list below:

1. Everyone knows each other
2. They all seem happy and I am not
3. I don't get along in groups
4. How do I introduce myself
5. There is too much talk of God
6. When I get as bad as these people I will quit
7. I am not like these people, they can't understand me
8. How do I become a member?
9. Too many people smoke
10. Are these people for real?

c. Read and discuss the solution as mentioned in the brochure. **Also** elicit a any additional concerns or questions and address (If you find one or more problems that are noted frequently, and are not included in our list, please provide feedback via email to john.mckellar@va.gov).

2. Identify a local meeting for patient(s) to attend

1. Note that if a number of patients are going to the same meeting arrange for a self-help group member to meet the group or individuals at the designated location **or**
2. Utilize methods the site has in place for peer accompaniment **or**
3. Utilize methods that you have designated for peer accompaniment prior to 1:1/group session

3. Be sure to tell patient(s) to note their experience of attending the self-help group meeting and to bring their journals with them to the next session.

- ***Although not all patients go to self-help group meetings those who do increase their chances of long term recovery.*

Session2

- For those who were not able to or did not attend a self-help group meeting (chosen in the previous meeting) they should be instructed to review Handout 2 **Part 2: Problems & Solutions**. Then...
 - Schedule another self-help group meeting
- For all others: Review journal/ discuss experience of self-help meeting
- Review Handout 3: **Group Participation**
 - Talking Points:
 - Getting Started
 - Joining a group
 - How to help at meeting
 - Going on speaker commitments
- Schedule the next self-help group meeting and arrange for peer accompaniment (similar to the first session)

Session 3

- Repeat steps in outlined under session 2 as needed with patient(s)
- For individuals who have been successful at identifying & attending self-help group meetings discuss the idea of finding a temporary sponsor (Refer to Handout 2 **Part 1: Going to Meetings**)