

# 1

## What is a Treatment Team?

### Facilitator Notes

#### Main Learning Points:

This is the first session. Every session except this one will begin with a review of the Main Learning Points from the last session.

#### Tips for this Session



1. If you use this topic introduction, you may want to draw two large rectangles on the board before class begins as part of the topic introduction (see next page). Write underneath them, “Time and energy put into reaching my recovery goals.”
2. You will want to loop back and use the second large rectangle to see how the participants’ understanding has changed at the end of the session.

#### General Tips

All people learn by their own unique set of “modalities” (seeing, hearing, saying, touching). Use a combination of learning modalities as you facilitate sessions to accommodate the variety of diverse learners. If you say something out loud, you may want to also write it on a flip chart; if you use a hand gesture to demonstrate a concept, also speak the words describing the gesture.

You have heard the saying, “A picture can speak a thousand words.” Many of us retain information better if provided with a visual example. For example, in this session consider drawing the rectangles. Others may learn better by reading information aloud. And learning is generally enhanced when we apply more than one learning modality (e.g. writing something down and saying it out loud).

Many of us learn best when we apply the information to our every day lives. Encourage participants to choose a personal practice option to practice between sessions can assist people to translate new information and skills into their own environment.

## Suggestion for Topic Introduction and Relevance to Participants

*“When we are in school, there are many types of teams that people can join. Has anyone ever been part of any kind of team in school?”*

(Be positive and encourage responses – you may hear – basketball, football, track, bowling, wrestling, baseball, golf, soccer, gymnastic, speech, etc.).

*“What is special about being on a team?”*

(again, encourage responses)

*“A ‘team’ is defined as a group of people who work together in a project or an activity, or a group of people on the same side, like in football or a debate. Being on a team means that you’ve got people working with you to achieve the same thing.”*

*“Here is a rectangle. Who can read what’s written underneath it? Thanks, \_\_\_\_\_.  
 ‘Time and energy put into reaching my recovery goals.’ How much of this box represents the time and energy your team puts into helping you reach your recovery goals? How much of this box represents the time and energy YOU put into reaching your recovery goals?”*

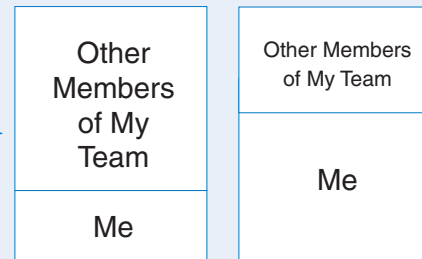
(You may want to let all participants put a mark where they think the Treatment Team efforts are and where they think their individual efforts are. Thank them for participating in the exercise.)

*“Today we’re going to begin a new workbook: ‘Partnering with My Treatment Team.’ This workbook will help us identify who the members of a treatment team are, discuss how a team works together to reach goals and how to practice teamwork skills.*

*“Let’s answer the first six questions on the Topic Assessment before we start, just to see how familiar we are with this topic.”*

### Topic Assessment Answer Key

**1. C    2. B    3. B    4. A**



T – topic introduction  
 R – relevance to participant  
 I – identify objectives  
 M – materials for session  
 M – motivate to use

# Topic Assessment



Mark one:  Pre  Post

Your Score:  
+ \_\_\_\_ out of 4

**Directions:**

1. Read each question carefully.
2. Read every answer before marking one.
3. Mark only one answer to each question.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**1. My Team:**

- A. Is responsible for making decisions for me about my goals and my treatment.
- B. Should mostly just take care of my basic housing and money needs.
- C. Helps me manage my illness and reach my recovery goals.
- D. Is a necessary hoop to jump through when it comes to dealing with the system.

**2. My Team:**

- A. Has exactly the same training and experience.
- B. Has special skills, talents, training and experience.
- C. Plays distant or disconnected roles in my recovery.
- D. Doesn't have special knowledge or skills.

**3. A treatment team relationship is a democratic relationship.**

- A. True    B. False

**4. I partner with My Team on my recovery journey.**

- A. True    B. False

**5. I am confident that I understand the different roles of my treatment team.**

- Strongly Disagree     Disagree     Neither Agree Nor Disagree     Agree     Strongly Agree     Unsure

# Topic Assessment



**6. This information is important for me to know.**

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

**At the end of the session, answer these questions before turning in this paper:**

**7. This session helped me.**

- |                          |                          |                               |                          |                          |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>      | <input type="checkbox"/> | <input type="checkbox"/> |
| Strongly<br>Disagree     | Disagree                 | Neither Agree<br>Nor Disagree | Agree                    | Strongly<br>Agree        |

**8. What I liked about this session:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**9. How this session could have been better for me:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# What is a Treatment Team?

## Objectives for this Session

1. Identify a treatment team.
2. Understand the experience and skills that members of the treatment team have, that enables them to help people.
3. Practice at least 2 positive statements about your relationship with your team.

The term “Treatment Team” refers to all the people who work with you to help you in your recovery. Each member of your treatment team has special skills and a unique role in this process, including you. You are the most important member of your treatment team. It is called a team because everyone on the team is working together to reach specific goals.

This workbook is written for YOU. The goal of this workbook is to assist you in learning about and talking about your thoughts and preferences. You will have opportunity to explore your priorities and practice new skills. Look at the list below and make a check beside the topics that are the most important and interesting to you at this point in your recovery. All these topics will be covered in this workbook.



- 1. Choosing and working toward my recovery goals.
- 2. Getting to know the Members of Your Treatment team.
- 3. Discovering each team member’s special knowledge, skills and talents.
- 4. Practicing partnership skills to help me be an active member of my team.
- 5. Other: \_\_\_\_\_.

### Main Learning Point #1

**The treatment team can help you manage your illness and reach your recovery goals.**

## What is a Treatment Team?

(continued)



Choose a topic you marked above and discuss and/or write your thoughts about its importance in your recovery. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Your treatment team is made up of unique individuals who have special training, education and skills. Each one of us has different kinds of experience and knowledge. Our roles are all important, but each of our roles is different. Each one of us has a certain part to play as a team member. All of us use our special skills to work together, as partners.

### Main Learning Point #2

**Your team has special skills, talents, training and experience.**



Think about, write and/or discuss what special knowledge and skills you have that will help you and your team succeed. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**A Treatment Team relationship is a partnership.** A partnership is a give and take relationship. Each member of the partnership has a job to do, a role to fill, responsibilities to meet and agreements to keep. Sometimes the partnership is balanced, 50-50. Everyone does the same amount of work. We put in about the same amount of time and energy into reaching recovery goals. However, in reality, the balance of a partnership shifts and changes. This means that sometimes one person does a little more or works a little harder than the other person. It is not 50-50 very often. As you recover, you are likely to accept more of the responsibility for reaching your goals and moving your life forward.

## What is a Treatment Team?

(continued)

### Main Learning Point #3

**A Treatment Team relationship is a partnership.**

**Partner with Your Team on Your Recovery Journey.** No matter where you are in your recovery, members of your treatment team are your partners. If you are just starting to take first steps toward recovery or if you have accomplished much, partnering with your team helps you reach your goals.

It's very likely that the specific members of your team will change over time. Some people will leave the team, and others will join the team at different times in your treatment. Keeping that sense of "my team" may be challenging at times, but it is important.



Write and/or discuss the experiences, thoughts or feelings that come to mind when you think about people who were an important part of your Treatment Team in the past:

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### Main Learning Point #4

**Partner with your team on your recovery journey.**

## Review & Moving Forward



The *main learning points* of this session are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Move Forward – Choose a Personal Practice Option

It's important to practice new knowledge and skills. What will you do between now and the next session? Please choose one option from the list below:

- 1. STUDY.** I am going to reread my handout at least once.
- 2. SHARE.** I will share my handout with someone in my support network. I will ask \_\_\_\_\_ to read it and talk with me about my treatment.
- 3. LIST.** I will make a list of who is on my team now. I will bring the list and share at the next session.
- 4. OTHER:** \_\_\_\_\_

### Take an “Extra Step Forward” (optional)

- 5. DISCUSS.** I will talk to \_\_\_\_\_ about how they have been important Members of Your Treatment team in the past.

If there is time left before the end of the session, you might talk about your personal practice goals. How will you **remember** and **complete** your goal by the next session?