

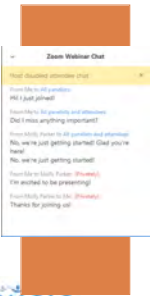
Hosting Virtual Support Groups

"Meeting" people where they are




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Welcome!!!!



- Please feel free to ask questions or make comments by unmuting yourself or by putting a question in the chat box.
- Please make sure that your name is correct, you can rename yourself by clicking on the 3 dots on the top right of your image or in the participant box.




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Type in the chat box please!!!


What questions do you have about leading online groups???



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Establish Group Agreements/Ground Rules

*Display your agreements on a slide at start of each virtual meeting




- Agreement on how you will work together – respectfully and effectively.
- Creates a safe and respectful place for individuals.
- Empowers the group and takes away the hierarchy of facilitator setting the 'rules' for everyone to follow.
- People are much more likely to respect and adhere to an agreement that they have helped create.

Examples:

- Confidentiality
- Listen
- Accept
- Avoid interrupting and side conversations
- Share resources/ideas, with understanding it might not work for every family
- Don't judge
- Start and end on time
- ?

* When problems or conflicts arise you will be able to refer back group agreements (e.g. We all agreed at the beginning that it's best if only one person speaks at a time...)



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Additional Online Support Group Rules

- Important online support group rules:
 - No recording or screenshots
 - If others are near, participants must wear earbuds/headphones for confidentiality purposes




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- Start and stop on time
- No screenshots or recording or any kind
- Everything said here stays here, valuable lessons and information can be shared without names being used
- Be respectful and judgment-free
- If other people (including your children) are around, use a headset or earbuds to protect group privacy
- Speak for yourself and give everyone a chance to speak
- Agree to disagree, it's ok to have a differing opinion



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**WHAT HAPPENS IN THE GROUP,
STAYS IN GROUP - THIS IS A
SECRET GROUP FOR A REASON.**

The End

Confidentiality Agreements/Contracts


It is crucial that confidentiality is covered at each group. Many in-person groups will have the confidentiality statement at the top of their sign in sheets, have so it is agreed to at each meeting.



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Types of support groups

- Training focus with speakers & topics
- General discussion group
- Curriculum focused
 - NCTSN Resource Parent Curriculum; <https://www.nctsn.org/resources/resource-parent-curriculum-ipc-online>
 - ** Project Revive, created by New Mexico CYFD under a federal grant
- Book club
 - ** Wounded Children, Healing Homes, by Jayne Schooler




** on Google Drive site NACAC will share

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Format of group

- Can just have general discussion, what's going on with everyone.
- Can have topic or questions ready to go
- Can have a speaker/presenter


- Always smart to have some questions or topics ready to go in case the group isn't "flowing"



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Example of Variety of Groups


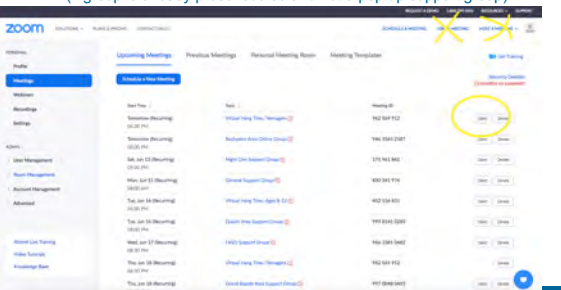
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Mon, 6/22	Mon, 6/22	Tue, 6/23	Tue, 6/23	Wed, 6/24	Wed, 6/24



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Just a reminder-click start not host or join



(if group is already prescheduled and not a pop up support group)



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Pop Up Support Groups

- Many families have enjoyed spontaneous pop up groups.
 - Just put a post on your Facebook page, send out an email, or reach people however you do, and start a pop up group.



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Online Support Group Tips

- Practice beforehand at least once
- Have a notebook or paper ready for notes
- Start with introductions:
 - Name
 - City
 - Make up of family
 - Question with a fairly quick answer (see next slide)
- Limit group size and expect less participation
- Do not post links in public spaces, only in private groups



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Questions for Introductions

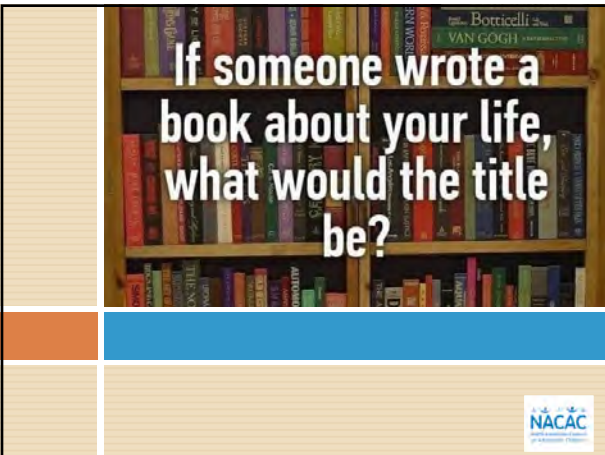
- What fictional family did you want your family to be like? Is it or isn't it and why?
- What fictional family would you like to have dinner with and why?
- If you could absorb a language overnight, which one would you choose and why?
- Ask each person to fill in the blanks:
 - My mind is _____
 - My body is _____
 - My spirit is _____



Brainstorm other questions!

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If someone wrote a book about your life, what would the title be?



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Additional "starter" questions...

- Name one positive thing that has come out of the "stay at home" situation.
- What is an activity your family loves to do together?
- What self care have you practiced lately?
 - (If people can't think of any self care, remind them attending this group is self care!)
- Are you a dog or a cat person?
- What animal would you choose to be and why?
- What is a childhood memory that makes you smile?
- What is an odor from childhood that brings you joy?



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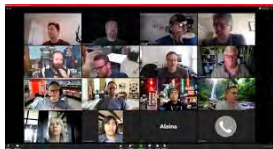
Do not forget, you can MUTE people!!!!



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View Options on Zoom

Gallery View



*Gray box on each side of video is clue that someone is on their phone or tablet and not a computer.

Speaker View



*For new users to Zoom, you might need to let them know they can swipe to see others if on phone or tablet.



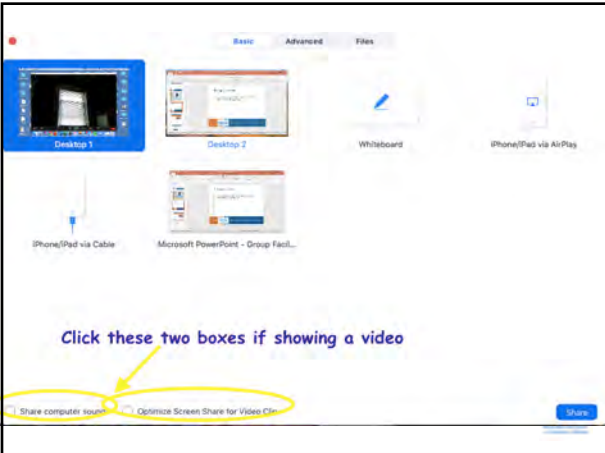
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Sharing your screen

- You can share a video clip, image, comic strip, PowerPoint presentation, etc. It is easier if you have item open on your desktop before sharing.



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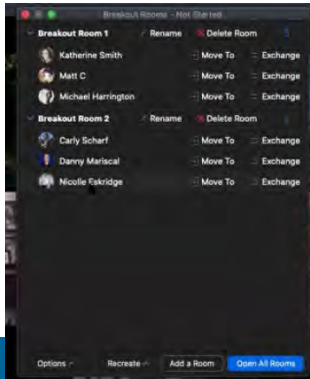


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Break out rooms

Can split participants into 2 or more break out rooms

Choose automatically or manually



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Polling

- In the settings under account management, polling needs to be checked before this can be used.
- Have to set up poll questions before the group.
- The poll answers will show up as people are answering and you can share the results with the group immediately.
- Here is an example...



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90% of communication is non-verbal

Think about how this will change your facilitation style. You cannot react to body language or facial expressions. Listen for clues in odd pauses or hesitations, sighs, a "caught" voice.

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Google Resource Drive

- <https://drive.google.com/open?id=1ZQhXU7rbPxefBTUF2iXsCi70uVof8dpZ>
- This Google Drive has lots of resources that you may use anytime.
- You can add resources to the drive that you like and recommend for other support group leaders!!!



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IF YOU WANT TO NAP WHILE THE KIDS ARE HOME, JUST SAY "WAKE ME UP IN 30 MINUTES SO WE CAN CLEAN THE HOUSE." THEY WILL THEN DO LITERALLY ANYTHING TO AVOID WAKING YOU.

I CANNOT CONTROL
(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE ACTIONS OF OTHERS

PREDICTING WHAT WILL HAPPEN

OTHER PEOPLE'S MOTIVES

MY POSITIVE ATTITUDE

TURNING OFF THE NEWS

HOW I FOLLOW GOV RECOMMENDATIONS

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

THE AMOUNT OF SLEEP I GET AT HOME

HOW LONG THIS WILL LAST

HOW OTHERS BEHAVE

I CAN CONTROL
(So, I will focus on these things.)

LISTENING MY SOCIAL MEDIA


DISPATCH: Corrie Stephens, All-Grading, 2020

Self-Care Check-In

Use the emoji that most describes how you're practicing self-care today.

- 👉 Physical: Moving your body.
- 👉 Emotional: Honoring how you feel today.
- 👉 Spiritual: Something good for the soul.
- 👉 Personal: Spending time on a hobby.
- 👉 Social: Quality time with someone.
- 👉 Household: Cleaning and organizing.
- 👉 Pampering: Treating yourself.

Blessing/Manifesting




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Neither a teacher or an expert

A group facilitator should be a "guide on the side, not a sage on the stage"

FACILITATION IS THE ART OF STIMULATING DEEPER UNDERSTANDING, FRESH THINKING AND BEHAVIOURAL TRANSFORMATION.



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Keys to Success

Make sure attendees feel:

- Welcome
- Respected
- Important/valued




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7 Characteristics of Effective Group Leader

- An optimistic worldview
- Open-mindedness
- Self-awareness and self-reflection
- Capacity for empathy and emotional regulation
- The ability to maintain appropriate boundaries
- Leadership skills
- A strong support system



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You are a REFRAMING COACH!!!!



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Quick Reminders for Facilitator



- Be positive
- Engage everyone in the first 5-10 minutes
- Accept that conflict is normal; work through it



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Laughing is crucial



We have to find the humor in some of the tough situations. Laughter lowers blood pressure, reduces stress hormones, triggers the release of endorphins, & improves cardiac health



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Proactive Facilitators

- ❖ Interrupt and redirect unrelenting “storming”
- ❖ Anticipate difficult behaviors
- ❖ Willing to address issues head-on

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Balance

Establish Your Credibility:

It is important that the members know you are human, but you don't want to consume the meetings with your needs

Learn the difference between effective sharing and taking over the group with your issues.

Oversharing?

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Know local resources

It is essential that the group facilitator is extremely knowledgeable about local/state resources.




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Keep Spirits Light

Tips for finding humor or breaking tension

- Suggest someone uses a sticker chart
- Ask people to go around and share some of the wackiest advise they have received
- Other ideas???

Have everyone pull up their favorite parenting meme





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Support Group Is Not Therapy!



- Be cautious to not have the group turn into counseling for an individual who is struggling greatly.
- We need to support them and each other, but not cross the line into therapy.
- Sometimes, there can be a parent who has mental health issues which can overtake the group.
- If this is happening, a private conversation with the individual is necessary.
- As facilitator, be careful not to over-commit or over-extend.



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Questions to keep the flow

- What do you have planned for summer to keep kids busy? Or holidays?
- What kind of therapy has been most helpful for your children, if any?
- What is the best piece of parenting advice anyone has given you?
- What is the most helpful thing someone outside of your family has done to help your family out?
- When was the last time you were alone in your house?



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Questions or Comments??



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We are here to support
 adoptive/foster/kinship support group
 leaders. Please reach out if we can help!!



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