



SUPPORT GROUP PLANNING SHEET

Consider using this form as you begin to plan your support group. To learn more about starting your own support group, please visit iocdf.org/get-involved/start-a-support-group. Additional suggestions for group structure and possible topics for group discussion can also be found in the G.O.A.L. Group Handbook here: iocdf.org/GOAL.

HOW WILL YOUR GROUP BE RUN?

- I want this to be a peer-led group (i.e., someone affected by the disorder)
- I want this to be a professionally-led group
- I would like this to be a mix of both
- I would like the leadership of this group to rotate amongst different people

WILL THERE BE A COST TO ATTEND?

- There will be a minimal fee for people to attend
- This will be a free support group

WHEN AND HOW OFTEN WILL YOUR GROUP MEET?

- This support group will meet:
 - Once a week on: _____ (Mondays, etc.)
 - Every other week on: _____ (Tuesdays, etc.)
 - Once a month on: _____ (1st Thursdays, etc.)
 - Other: _____
- From: _____ to: _____

WHERE WILL YOUR GROUP BE HELD?

- Outpatient Clinic / Hospital
- Local religious establishment (e.g., church, temple)
- Private room at a public space (e.g. coffee shop, library)

Meeting Address: _____

Building Name/ Room Number: _____

Special entry instructions? (reception desk, door buzzer, etc.) _____

WHAT ARE SOME OF THE MOST IMPORTANT GROUND RULES OF YOUR GROUP?

OTHER ISSUES TO CONSIDER

- Will you have an attendance policy?
- Will you have a group confidentiality policy?
- Will you have an expectation that members should also be involved in treatment?
- Will you have an expectation that members have to be active in the group?
- Should there be a "check-in"/introduction component to the group where all group members have an opportunity to briefly:
 - Share how they are working on their OCD symptoms.
 - Talk about non-OCD related updates.
 - Talk about a certain theme.
 - A combination of the above.
- Will there be an educational component to the group meetings? For example:
 - Having a guest speaker or someone in the group designated to educate the rest of the group on an agreed-upon topic before or after the group.
 - Discussion of a book related to treatment or a personal memoir about OCD.
- Will there be an open-ended conversation or Q&A component to the group?
- Will there be a pre-determined topic chosen by the group or leaders to discuss during the meeting (for example: obstacles to treatment)?
- Will there be time for informal socializing?
- Will you make announcements during the group (for example: "Due to the holiday next week the group won't be meeting")? What strategies will you use to advertise your group and find members?

WHAT STRATEGIES WILL YOU USE TO ADVERTISE YOUR GROUP AND FIND MEMBERS?