

Independent Living Curriculum Project



Making and Keeping Friends

Component:	CRS	Service:	BLST	Duration:	15 # of Sessions at 45 minutes each
Service Definition (per Part 512):	<p>Basic Living Skills Training is a service designed to improve an individual's ability to perform the basic skills necessary to achieve maximum independence and acceptable community behaviors that are critical to his or her recovery. This service focuses on the acquisition of skills, as well as strategies for appropriate use of the skill, utilizing teaching interventions such as motivational, educational and cognitive-behavioral techniques. The service may include opportunities to practice, observe, reinforce and improve the individual's skill performance. The topics which may be covered include, but are not limited to: grooming and personal hygiene, nutrition, homemaking, building relationships, childcare, transportation, use of community resources, and engaging in social interactions.</p>				
Class Description:	<p><i>This group will help people to identify why forming relationships are important to them. At the completion of this group, participants will be able to identify the qualities they would like in their friends, identify places to go to make friends, learn strategies for keeping strong friendships, establish boundaries in friendships, and resolve problems in relationships.</i></p>				
Learning Approaches/ Modalities	<input type="checkbox"/> Lecture <input checked="" type="checkbox"/> Discussion <input type="checkbox"/> Mixed media/ Art-based <input checked="" type="checkbox"/> Pen & paper exercises <input type="checkbox"/> Computer-based interventions <input checked="" type="checkbox"/> Role play interventions <input type="checkbox"/> Modeling/ coaching <input type="checkbox"/> Lab <input type="checkbox"/> Other: _____				
Location	<input checked="" type="checkbox"/> Site-Based <input type="checkbox"/> Community-Based: _____				
Who should participate?	<p><i>This group is intended for any participant who has a desire to increase their social support network by making friends. This may include people who have a social, education, employment, education, or housing goal.</i></p>				
Purpose:	<p><i>The purpose of this group is to teach participants skills to make and keep friends.</i></p>				
Class Objectives:	<p><i>Participants will identify the qualities they would like in their friends, identify places to go to make friends, learn strategies for keeping strong friendships, establish boundaries in friendships, and resolve problems in relationships.</i></p>				

Source(s):

[Making and Keeping Friends—A Self-Help Guide. https://store.samhsa.gov/shin/content/SMA-3716/SMA-3716.pdf](https://store.samhsa.gov/shin/content/SMA-3716/SMA-3716.pdf)

[NAMI http://www.nami.org/Find-Support/Teens-Young-Adults/Friendship-and-Mental-Health#sthash.zbkrdnN1.dpuf](http://www.nami.org/Find-Support/Teens-Young-Adults/Friendship-and-Mental-Health#sthash.zbkrdnN1.dpuf)

<http://www.recreationtherapy.com/articles/lutfiyya.htm>

Table of Contents

Session 1: Overview and Introduction

This lesson's goal is to establish group rules, introduce the group and relate the group to the participants' individual PROS goals.

Session 2: Qualities of Good Friends

Participants will learn about qualities that make a good friend and identify the qualities in friends that are most important to them.

Session 3: Making Friends

Participants will learn strategies for making friends. They will identify one new strategy and commit to trying it.

Session 4: More about Making Friends

Participants will identify additional ways that they can meet people in the hopes of making new friends. The concept of boundaries in friendships is introduced in this lesson.

Session 5: Guidelines for Keeping Friendships Strong

Participants will spend the next several session learning about ways to keep friendships strong. They will learn how self-esteem, having varied interests, and related to strong friendships

Note: This lesson is comprised of 6 sessions.

Session 6: Guidelines for Keeping Friendships Strong

Participants will learn more strategies for keeping friendships strong, including learning why being able to spend some time alone is important, why having a variety of friends is important and taking action to make new friends.

Session 7: Guidelines for Keeping Friendships Strong

Participants will learn more strategies for keeping friendships strong, including how they can take action to make new friends and communicate openly to foster friendships.

Session 8: Guidelines for Keeping Friendships Strong

Participants will learn more strategies for keeping friendships strong. They will learn how to listen and share equally and how to take equal responsibility for the friendship.

Session 9: Guidelines for Keeping Friendships Strong

Participants will learn more strategies for keeping friendships strong. They will learn why it is important to keep personal information confidential and to have fun with friends.

Session 10: Guidelines for Keeping Friendships Strong

Participants will learn more strategies for keeping friendships strong, in particular how to arrange to visit someone in their home, and how to cope with losing a friend.

Session 11: Establishing and Honoring Boundaries

Participants will learn why boundaries are an important part of friendships. They will learn what people commonly set limits around and will identify what kind of limits are important to them in their own friendships.

Session 12: Resolving Problems in Relationships

Participants will feel more comfortable with how to resolve problems in relationships. They will learn to be assertive and practice ways of resolving problems.

Session 13: Building Skills that Enhance Friendships

Participants will learn qualities that strengthen friendships. They will be able to identify the unique strengths that they offer to friends. Participants will also identify what they would like to work on to help them make and keep friends.

Session 14: Building Skills that Enhance Friendships (Continued)

Participants will learn how life circumstances can sometimes make friendships difficult. Participants will also learn about when to consider ending a friendship.

Session 15: Time to Get Started!

Participants will identify a goal for themselves about making and keeping friends. They will make a list of small goals that they will accomplish to help them reach their goal.

Facilitator Practice Considerations

ROPES Method

Review – This is the first step in ROPES. Its purpose is to prepare individuals' readiness for the class. This is done by having students relate to the topic you are about to teach (5-10 minutes)

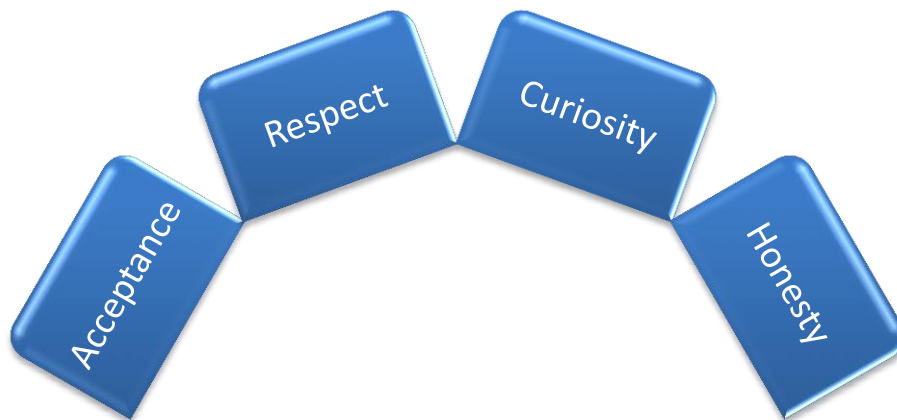
Overview – The purpose of the Overview is to inform students about the context and importance of the lesson. A learning outcome and agenda should be included (2-5 minutes)

Presentation – The purpose of the Presentation is to impart the essential information needed to learn a new skill (15-20 minutes)

Exercise – The purpose of the Exercise is to have students perform and repeat the new skill. Assign activities that require students to practice the new skill. The activity should be narrowly focused on the new skill only. Include all the characteristics of the new skill as presented in the previous step (15 minutes)

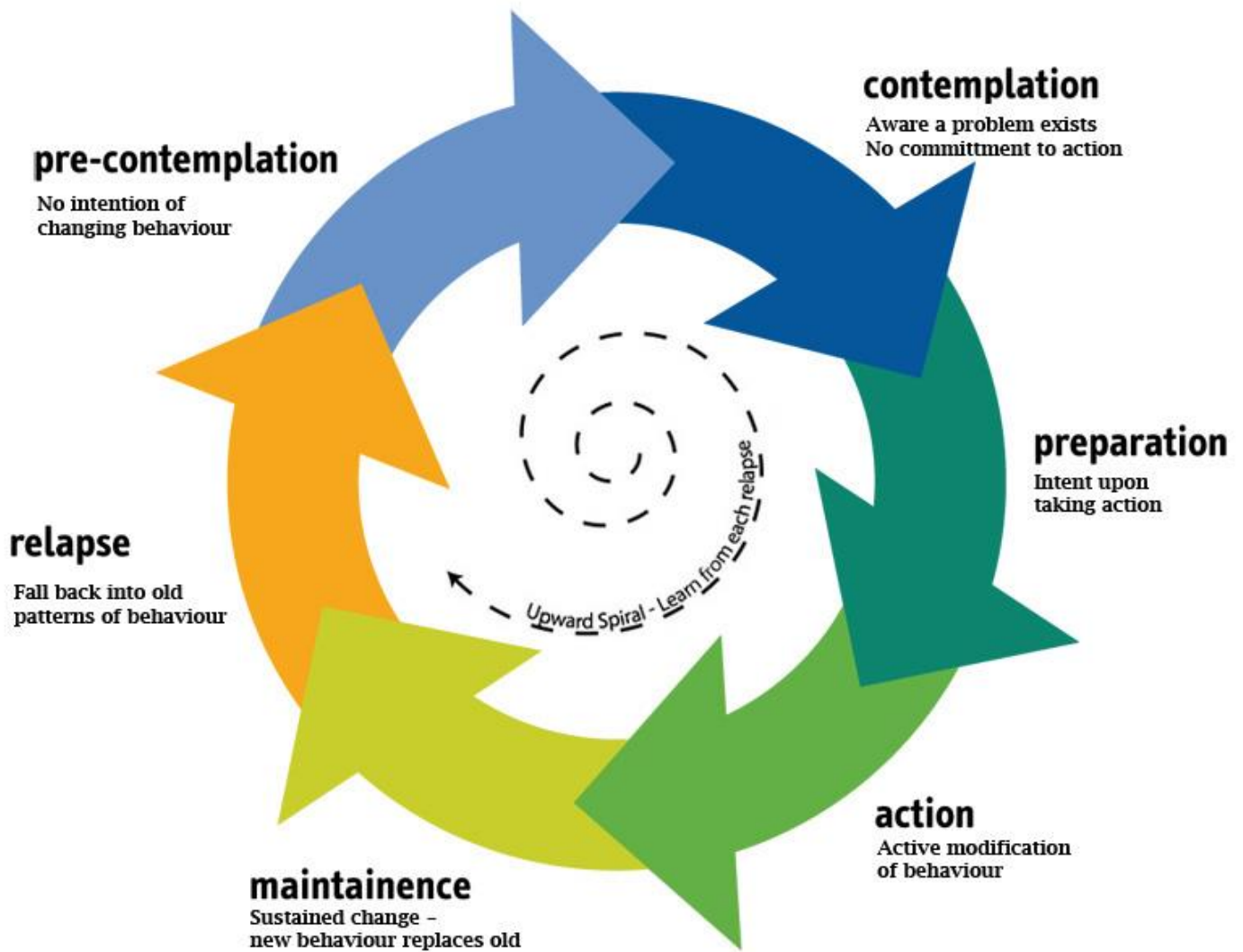
Summary – The purpose of the Summary is to briefly reiterate what was covered in the lesson. This step brings the lesson to a close. Cover the key points of the skill steps. Include the same characteristics of the skill that was used in the previous steps. No new information should be introduced here (2-5 minutes)

ARCH Principles



Micucci, Joseph A. (2009)

Stages of Change



Transtheoretical Model of Change Prochaska & DiClemente