

# Implementation Strategies

Each workbook can be easily implemented into a psychiatric setting in different ways.

## *Group Therapy Instruction*

- A daily or weekly group therapy session, where the patients are offered time to go through the workbook on their own.
- A group discussion, where the patients go through the workbook together, read through it together, and discuss proposed activities.
- A combined feature where the patients can read informational pages out loud and then have quiet time to engage in practice exercises on their own. The exercises can then be opened for discussion by any patients who are interested in sharing.
- Audiobook format can read the book to the patients and they can follow along and complete the exercises. This can be an alternative to the facilitator reading the book out loud or the patients reading out loud.
- Inspiring My Generation recommends that workbooks are reviewed by a trained professional to monitor if a person is at-risk, whenever the facility sees fit.

## *Upon Discharge Resource*

- When a patient is discharged, these workbooks can act as a resource to help building coping skills, express their emotions, build self-esteem, or reach out for help. The case manager, recreational therapist, or appropriate staff member assess the patient and workbook objectives to decide which workbook would be the best fit for the specific patient's needs.

## *Available Formats*

- Paperback
- E-book
- Audio book