

# COD Group Notes Template

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Use this example to help determine how you might want to structure your **COD group counseling notes**.

## Group Name

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Substance Use, Well-Being, and Recovery Group *(should be individualized to the specific group name)*

## Group Goals

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To support mental wellness by reducing substance use and its impact on the primary mental health condition.

## Intervention

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Elicit group participants' mental health symptoms, stresses, and threats to recovery; determine the role that substance use plays in reducing mental wellness; and discuss counseling, support, and medication strategies that both address mood, anxiety, and psychotic features and reduce vulnerability to active substance use.

## Response

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*(should be individualized based on the mental status and subjective reports of each patient in the group)*

## Plan

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Continue treatment plan and return to group next week.

