

Quality Assurance Form: START NOW Session 1: Understanding START NOW Skills Training

Date: _____ Facilitator (s): _____ Facility: _____ Group ID: _____ Length of group (#min.): _____

Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective

Contents	Done?	Ratings	Comments
C1. Reviewed intro <i>(including reasons & ways people resist change)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed "The START NOW Approach" <i>(including asking participants to choose statements)</i>	none some fully	0 1 2 3 4 5	
C3. Reviewed "The 4 START NOW Skills Units"	none some fully	0 1 2 3 4 5	
C4. Reviewed the "Welcome . . ." page & asked for commitment to comply with expectations	none some fully	0 1 2 3 4 5	
C5. Assigned a new real life practice exercise <i>(includes reviewing instructions, answering questions, & asking for commitment)</i>	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 2: Focusing Skills

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members (includes intro's & review of group expectations)	none some fully	0 1 2 3 4 5	
C2. Reviewed & discussed real life practice exercise- "My START NOW Personal Goal"	none some fully	0 1 2 3 4 5	
C3. Introduced Focusing Skills (includes discussing examples of focusing & not focusing, & problems due to not focusing)	none some fully	0 1 2 3 4 5	
C4. Reviewed the "About Focusing Skills" page	none some fully	0 1 2 3 4 5	
C5. Reviewed the "Focusing: How to Practice It" page	none some fully	0 1 2 3 4 5	
C6. Conducted in-group focusing exercise- "Count your Breaths"	none some fully	0 1 2 3 4 5	
C7. Assigned a new real life practice exercise (includes reviewing instructions, answering questions, & asking for commitment)	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 3: Open & Balanced Attitude

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed real life practice exercise- Focusing	none some fully	0 1 2 3 4 5	
C3. Facilitated Focusing exercise: "Small Words from Long Words"			
C4. Introduced "Starting with an Open & Balanced Attitude"	none some fully	0 1 2 3 4 5	
C5. Reviewed the "Closed vs. Open" Page	none some fully	0 1 2 3 4 5	
C6. Lead the In-Group Exercise	none some fully	0 1 2 3 4 5	
C7. Reviewed "A Balanced Attitude"	none some fully	0 1 2 3 4 5	
C8. Assigned the Practice exercise: "Open & Balanced Attitudes"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 4: ABC Patterns

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed the Practice exercise: "Open & Balanced Attitudes"	none some fully	0 1 2 3 4 5	
C3. Introduced "Understanding ABC Patterns"	none some fully	0 1 2 3 4 5	
C4. Reviewed "The ABC System" & the Examples Following	none some fully	0 1 2 3 4 5	
C5. Assigned the Practice Exercise "Break It Down, Using the ABC System"	none some fully	0 1 2 3 4 5	
C6. Instructions for Ongoing ABC Practice	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 5: Accepting Myself

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed the Practice exercise: "Break It Down: Using the ABC System"	none some fully	0 1 2 3 4 5	
C3. Facilitated Focusing exercise: "Tuning In"	none some fully	0 1 2 3 4 5	
C4. Introduced "Accepting Myself"	none some fully	0 1 2 3 4 5	
C5. Reviewed the "Accepting Myself" Skills Sheet	none some fully	0 1 2 3 4 5	
C6. Asked Participants to do the Practice exercise: Accepting Myself	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 6: Accepting My Situation

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed the Practice exercise: "Accepting Myself"	none some fully	0 1 2 3 4 5	
C3. Reviewed ABC practice exercise	none some fully	0 1 2 3 4 5	
C4. Introduced "Hard-to-Accept Situations"	none some fully	0 1 2 3 4 5	
C5. How is Accepting my situation Helpful?	none some fully	0 1 2 3 4 5	
C6. Reviewed the "How Can I Accept My Situation?" Skills Sheet	none some fully	0 1 2 3 4 5	
C7. Asked Participants to do the Practice exercise: "Accepting My Situation"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 7: Self-Care Skills

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed the Practice exercise: "Accepting My Situation"	none some fully	0 1 2 3 4 5	
C3. Facilitated Focusing exercise: "Motorcycle Hidden Objects"	none some fully	0 1 2 3 4 5	
C4. Introduced Self-Care Skills	none some fully	0 1 2 3 4 5	
C5. Reviewed the "Self-Care Skills: Physical Wellness & Mental Wellness" Skills Sheets	none some fully	0 1 2 3 4 5	
C6. Assigned Real Life Practice Exercise: "Check Up!!!"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 8: My Spiritual Self

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed the Practice exercise "Check Up!!!"	none some fully	0 1 2 3 4 5	
C3. Reviewed ABC practice exercise	none some fully	0 1 2 3 4 5	
C4. Introduced "My Spiritual Self"	none some fully	0 1 2 3 4 5	
C5. Presented the "What does being spiritual mean to you?" Page	none some fully	0 1 2 3 4 5	
C6. Presented the "Here are some things other people have said . .. " Page	none some fully	0 1 2 3 4 5	
C7. Reviewed "Ways to Recognize & Celebrate my Spiritual Self"	none some fully	0 1 2 3 4 5	
C8. Assigned Real Life Practice Exercise: "Recognizing & Developing my Spiritual Self"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 9: Identifying & Developing my Values

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed the Practice exercise "Recognizing & Developing my Spiritual Self"	none some fully	0 1 2 3 4 5	
C3. Facilitated Focusing exercise: "Starting w. Me Word Search"	none some fully	0 1 2 3 4 5	
C4. Introduced "Identifying & Developing my Values"	none some fully	0 1 2 3 4 5	
C5. Facilitated the In-group Values Exercises	none some fully	0 1 2 3 4 5	
C6. Reviewed & discuss "things to Know about Values"	none some fully	0 1 2 3 4 5	
C7. Assigned the Real Life Practice Exercise "My Values"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 10: Respecting my Personal Boundaries

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Review the Practice exercise "My Values"	none some fully	0 1 2 3 4 5	
C3. Reviewed ABC practice exercise	none some fully	0 1 2 3 4 5	
C4. Introduce "My Personal Boundaries"	none some fully	0 1 2 3 4 5	
C5. Reviewed "About Personal Boundaries"	none some fully	0 1 2 3 4 5	
C6. Reviewed "Examples of Personal Boundaries"	none some fully	0 1 2 3 4 5	
C7. Assigned Real Life Practice Exercise: "My Personal Boundaries"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 11: My Emotions & Feelings, part 1

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed real Life Practice Exercise: "My Personal Boundaries"	none some fully	0 1 2 3 4 5	
C3. Facilitated Focusing exercise: "Matching Rhythms"	none some fully	0 1 2 3 4 5	
C4. Introduced "My Emotions & Feelings, part 1"	none some fully	0 1 2 3 4 5	
C5. Discussed the "How Emotions are Helpful" Page	none some fully	0 1 2 3 4 5	
C6. Reviewed the "How to recognize & Talk about Feelings" Page	none some fully	0 1 2 3 4 5	
C7. Assigned a Real Life Practice Exercise: "My emotions & Feelings, part 1"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 12: My Emotions & Feelings, part 2

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed Real life Practice Exercise: "My Emotions & Feelings, part 1"	none some fully	0 1 2 3 4 5	
C3. Reviewed ABC practice exercise	none some fully	0 1 2 3 4 5	
C4. Introduced "Understanding my Emotions & Feelings, part 2"	none some fully	0 1 2 3 4 5	
C5. Reviewed "Understanding Emotional Reactions: Triggers"	none some fully	0 1 2 3 4 5	
C6. Reviewed "Understanding Emotional Reactions: Process"	none some fully	0 1 2 3 4 5	
C7. Facilitated the "In-session Exercise"			
C8. Assigned Real Life Practice Exercise: "Understanding my Emotions & Feelings"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 13: Coping with Upset Feelings through Actions

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise: "My Emotions & Feelings, part 2"	none some fully	0 1 2 3 4 5	
C3. Facilitated Focusing exercise: "Time your Breaths"	none some fully	0 1 2 3 4 5	
C4. Introduced "Coping with Upset Feelings though Actions	none some fully	0 1 2 3 4 5	
C5. Reviewed the "Coping with Upset Feelings through Positive Actions" Skills	none some fully	0 1 2 3 4 5	
C6. Coping with Upset Feelings through Actions, part 2, & Assign Real Life Practice Exercise:	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 14: Coping with Upset Feelings through Thoughts & Imagery

Date: _____ Facilitator ID's: _____ Facility: _____ Group ID: _____

Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective

Contents	Done?	Ratings	Comments
C1. For rolling admissions only- Welcomed any new group members (includes intro's & review of group expectations)	none some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise: Coping with Upset Feelings through Actions	none some fully	0 1 2 3 4 5	
C3. Reviewed ABC practice exercise	none some fully	0 1 2 3 4 5	
C4. Introduced "Coping with Upset Feelings through Thoughts & Imagery"	none some fully	0 1 2 3 4 5	
C5. Reviewed "Thought Errors"	none some fully	0 1 2 3 4 5	
C6. Reviewed "Coping with Upset Feelings by Replacing Thought Errors"	none some fully	0 1 2 3 4 5	
C7. Facilitated "coping with upset Feelings through Imagery" Exercise	none some fully	0 1 2 3 4 5	
C8. Assigned Real Life Practice exercise: "Dealing with Upset Feelings through Thoughts & Imagery"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:



Rater: _____

Quality Assurance Form: START NOW Session 15: Recognizing & Coping with Depression			
Date: _____		Facilitator ID's: _____	
Facility: _____		Group ID: _____	
Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective; 3= Acceptable; 4=Effective; 5=Very Effective			
Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise: "Dealing with Upset Feelings through Thoughts & Imagery"	none some fully	0 1 2 3 4 5	
C3. Facilitated Focusing exercise: "Small Words from Long Words"	none some fully	0 1 2 3 4 5	
C4. Introduced "Recognizing & Coping with Depression"	none some fully	0 1 2 3 4 5	
C5. Reviewed the "Information about Depression" page	none some fully	0 1 2 3 4 5	
C6. Reviewed & Discussed "Coping with Depression through Actions"	none some fully	0 1 2 3 4 5	
C7. Coping with Depression through Thoughts & Imagery	none some fully	0 1 2 3 4 5	
C8. Assign Real Life Practice Exercise: "My Personal Plan for Recognizing & Coping with Depression"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	
Overall Comments:			

Rater: _____





Quality Assurance Form: START NOW Session 16: Coping with Anger

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise "My Personal Plan for Recognizing & Coping with Depression"	none some fully	0 1 2 3 4 5	
C3. Reviewed ABC practice exercise	none some fully	0 1 2 3 4 5	
C4. Introduced "Coping with Anger"	none some fully	0 1 2 3 4 5	
C5. Coping with Anger: Recognize your triggers & Signs	none some fully	0 1 2 3 4 5	
C6. Coping with Anger: preventing Impulsive Actions	none some fully	0 1 2 3 4 5	
C7. Assigned Real Life Practice Exercise: "Coping with anger"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 17: Coping with Worry & Anxiety

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise: "Coping with Anger"	none some fully	0 1 2 3 4 5	
C3. Facilitated Focusing exercise: "Coping with Emotions Crossword"	none some fully	0 1 2 3 4 5	
C4. Introduced "Coping with Worry & Anxiety"	none some fully	0 1 2 3 4 5	
C5. Purposes of Anxiety	none some fully	0 1 2 3 4 5	
C6. Additional Information about Anxiety	none some fully	0 1 2 3 4 5	
C7. Anxiety & Avoidance	none some fully	0 1 2 3 4 5	
C8. Reviewed "Coping with Worry & Anxiety" Skills Sheet	none some fully	0 1 2 3 4 5	
C9. Assigned Real Life Practice Exercise: "Coping with Worry & Anxiety"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 18: Coping with Loss & Grief

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise: "Coping with Worry & Anxiety"	none some fully	0 1 2 3 4 5	
C3. Reviewed ABC practice exercise	none some fully	0 1 2 3 4 5	
C4. Introduced "Coping with Loss Grief"	none some fully	0 1 2 3 4 5	
C5. About Loss & Grief: Ideas for Discussion	none some fully	0 1 2 3 4 5	
C6. Ways to Cope with Loss & Grief	none some fully	0 1 2 3 4 5	
C7. Assigned Real Life Practice Exercise: "Coping with Loss"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 19: Beginning Positive Relationships

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise: "Coping with Loss"	none some fully	0 1 2 3 4 5	
C3. Facilitated Focusing exercise: "Auction Hidden Objects"	none some fully	0 1 2 3 4 5	
C4. Introduced "Understanding the Importance of Positive Relationships"	none some fully	0 1 2 3 4 5	
C5. Reviewed the "2 Different types of Relationships" page	none some fully	0 1 2 3 4 5	
C6. Reviewed the page "How START NOW skills can be used to build Positive Relationships"	none some fully	0 1 2 3 4 5	
C7. Teach "building Positive Relationships: Starting with the Basics"	none some fully	0 1 2 3 4 5	
C8. Assigned Real Life Practice Exercise: "Building Positive Relationships"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____





Quality Assurance Form: START NOW Session 20: Understanding START NOW Skills Training

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	None some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise: "Beginning Positive Relationships"	None some fully	0 1 2 3 4 5	
C3. Reviewed ABC practice exercise	None some fully	0 1 2 3 4 5	
C4. Facilitate focusing or ABC In-Session Practice Exercise	None some fully	0 1 2 3 4 5	
C5. Introduced "Active Listening"	None some fully	0 1 2 3 4 5	
C6. Review the page that begins, "Sometimes when we're talking with someone"	None some fully	0 1 2 3 4 5	
C7. Teach "Active Listening"	None some fully	0 1 2 3 4 5	
C8. Assigned Real Life Practice Exercise: "Active Listening"	None some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	None some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	None some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	None some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	None some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 21: Assertiveness Skills

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise: "Active Listening"	none some fully	0 1 2 3 4 5	
C3. Facilitated Focusing exercise: "Repetitive Movement"	none some fully	0 1 2 3 4 5	
C4. Introduced "Assertiveness Skills"	none some fully	0 1 2 3 4 5	
C5. Reviewed & Discussed Examples of Aggressive, Passive & Assertive Communication	none some fully	0 1 2 3 4 5	
C6. Reviewed "what is Assertive Communication?" and "Tips for Assertive Communication"	none some fully	0 1 2 3 4 5	
C7. In-session Practice Exercise" Assertive Communication	none some fully	0 1 2 3 4 5	
C8. Assigned Real Life Practice Exercise: Assertive Communication	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 22: Responding to Feedback

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members (includes intro's & review of group expectations)	none some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise: "Assertive Communication"	none some fully	0 1 2 3 4 5	
C3. Reviewed ABC practice exercise	none some fully	0 1 2 3 4 5	
C4. Introduced "Responding to Feedback"	none some fully	0 1 2 3 4 5	
C5. Reviewed "Responding to Positive Feedback"	none some fully	0 1 2 3 4 5	
C6. Reviewed "About Negative Feedback"	none some fully	0 1 2 3 4 5	
C7. Reviewed "Responding to Constructive Negative Feedback"	none some fully	0 1 2 3 4 5	
C8. Reviewed "Responding to Destructive Negative Feedback"	none some fully	0 1 2 3 4 5	
C9. Assigned Real Life Practice Exercise: "Responding to Feedback"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 23: Increasing my Support System

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members (includes intro's & review of group expectations)	none some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise: "Responding to Feedback"	none some fully	0 1 2 3 4 5	
C3. Facilitated Focusing exercise: "Positive Memory Imagery"	none some fully	0 1 2 3 4 5	
C4. Introduced "Increasing my Support System"	none some fully	0 1 2 3 4 5	
C5. Reviewed "Types of Support"	none some fully	0 1 2 3 4 5	
C6. Conducted Group Brainstorming: "How Can People Increase their Support Systems?"	none some fully	0 1 2 3 4 5	
C7. Reviewed "Skills for Seeking Support"	none some fully	0 1 2 3 4 5	
C8. In-Group Written Exercise: "My Support System"	none some fully	0 1 2 3 4 5	
C9. Assigned Real Life Practice Exercise: "Increasing My Support System"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 24: Recognizing & Avoiding Negative Relationships

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise: "Increasing My Support System"	none some fully	0 1 2 3 4 5	
C3. Reviewed ABC practice exercise	none some fully	0 1 2 3 4 5	
C4. Introduced "Recognizing & Avoiding Negative Relationships"	none some fully	0 1 2 3 4 5	
C5. Reviewed "Recognizing Negative Relationships"	none some fully	0 1 2 3 4 5	
C6. Reviewed "Avoiding Negative Relationships"	none some fully	0 1 2 3 4 5	
C7. Assigned Real Life Practice Exercise: "Recognizing & Avoiding Negative Relationships"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 25: Setting Boundaries

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise: "Recognizing & Avoiding Negative Relationships"	none some fully	0 1 2 3 4 5	
C3. Facilitated Focusing exercise: "Relationships Word Search"	none some fully	0 1 2 3 4 5	
C4. Introduced "Setting Boundaries"	none some fully	0 1 2 3 4 5	
C5. Reviewed Examples	none some fully	0 1 2 3 4 5	
C6. Reviewed "Skills for Setting Boundaries"	none some fully	0 1 2 3 4 5	
C7. Assigned Real Life Practice Exercise: "Setting Boundaries"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 26: Coping with Rejection

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise: "Setting Boundaries"	none some fully	0 1 2 3 4 5	
C3. Reviewed ABC practice exercise	none some fully	0 1 2 3 4 5	
C4. Introduced "Coping with Rejection"	none some fully	0 1 2 3 4 5	
C5. Introduced "Coping with Rejection through Thoughts & Imagery"	none some fully	0 1 2 3 4 5	
C6. Introduced "Coping with Rejection through Actions"	none some fully	0 1 2 3 4 5	
C7. Assigned Real Life Practice Exercise: "Coping with Rejection"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 27: Believing in my Future

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise: Coping with Rejection"	none some fully	0 1 2 3 4 5	
C3. Facilitated Focusing exercise: "Positive Place Imagery"	none some fully	0 1 2 3 4 5	
C4. Discussed Upcoming Termination of the Group	none some fully	0 1 2 3 4 5	
C5. Introduced "Believing in My Future"	none some fully	0 1 2 3 4 5	
C6. Reviewed Believing in My Future-Skills	none some fully	0 1 2 3 4 5	
C7. Assigned Real Life Practice Exercise: "Believing in My Future"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 28: Setting & Making My Goals

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise: "Believing in My Future"	none some fully	0 1 2 3 4 5	
C3. Reviewed ABC practice exercise	none some fully	0 1 2 3 4 5	
C4. Introduced "Setting & Making My Goals"	none some fully	0 1 2 3 4 5	
C5. Reviewed "Goal Setting"	none some fully	0 1 2 3 4 5	
C6. Reviewed the "Making my Goal" page	none some fully	0 1 2 3 4 5	
C7. Do the Group Practice Exercise: "Making My Goal"	none some fully	0 1 2 3 4 5	
C8. Assigned Real Life Practice Exercise: "Setting & Making My Goals"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 29: Problem Solving

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise: "Setting & Making my Goals"	none some fully	0 1 2 3 4 5	
C3. Facilitated Focusing exercise: Mazes	none some fully	0 1 2 3 4 5	
C4. Discussed Upcoming Termination of the Group	none some fully	0 1 2 3 4 5	
C5. Introduced "Problem Solving"	none some fully	0 1 2 3 4 5	
C6. Presented "Problem-solving Steps"	none some fully	0 1 2 3 4 5	
C7. Did the Group Practice Exercise: "Using the Problem –Solving Method"	none some fully	0 1 2 3 4 5	
C8. Assigned Real Life Practice Exercise: "Problem Solving"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 30: Setting & Reaching Educational Goals

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise: "Problem Solving"	none some fully	0 1 2 3 4 5	
C3. Reviewed ABC practice exercise	none some fully	0 1 2 3 4 5	
C4. Discussed Upcoming Termination of the Group	none some fully	0 1 2 3 4 5	
C5. Introduced "Setting & Researching Educational Goals"	none some fully	0 1 2 3 4 5	
C6. Reviewed "Setting Educational Goals"	none some fully	0 1 2 3 4 5	
C7. Reviewed "Skills for Reaching Educational Goals"	none some fully	0 1 2 3 4 5	
C8. Assigned Real Life Practice Exercise: "Setting & Reaching Educational Goals"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 31: Setting & Reaching Vocational Goals

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise: "Setting & Reaching Educational Goals"	none some fully	0 1 2 3 4 5	
C3. Facilitated Focusing Exercise: "Small Words from Long Words"	none some fully	0 1 2 3 4 5	
C4. Discussed Upcoming Termination of the Group	none some fully	0 1 2 3 4 5	
C5. Introduced "Setting & Reaching Vocational Goals"	none some fully	0 1 2 3 4 5	
C6. Reviewed "Things to Consider When Looking for Work"	none some fully	0 1 2 3 4 5	
C7. Reviewed "Making your First Contact"	none some fully	0 1 2 3 4 5	
C8. Assigned Real Life Practice Exercise: "Setting & Reaching Vocational Goals"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



Quality Assurance Form: START NOW Session 32: Celebrating & Continuing My Progress

Date: _____ **Facilitator ID's:** _____ **Facility:** _____ **Group ID:** _____

*Ratings: 0=Not Covered; 1=Very ineffective; 2=Ineffective;
3= Acceptable; 4=Effective; 5=Very Effective*

Contents	Done?	Ratings	Comments
C1. <i>For rolling admissions only-</i> Welcomed any new group members <i>(includes intro's & review of group expectations)</i>	none some fully	0 1 2 3 4 5	
C2. Reviewed Real Life Practice Exercise: "Setting & Reaching Vocational Goals"	none some fully	0 1 2 3 4 5	
C3. Facilitated practice exercise for ___ABC or ___ Focusing	none some fully	0 1 2 3 4 5	
C4. Discussed Termination of the Group	none some fully	0 1 2 3 4 5	
C5. Introduced "Celebrating & Continuing My Progress"	none some fully	0 1 2 3 4 5	
C6. Discussed Participants' Experience of START NOW	none some fully	0 1 2 3 4 5	
C7. Reviewed "Skills for Continuing My Progress"	none some fully	0 1 2 3 4 5	
C8. Assigned Real Life Practice Exercise: "Continuing My Progress"	none some fully	0 1 2 3 4 5	
Process	Done?	Ratings	Comments
P1. Attempted to maintain the structure of group session, setting limits as needed	none some fully	0 1 2 3 4 5	
P2. Verbally reinforced & affirmed efforts toward positive change	none some fully	0 1 2 3 4 5	
P3. Demonstrated acceptance & empathy	none some fully	0 1 2 3 4 5	
P4. Attempted to involve all participants	none some fully	0 1 2 3 4 5	
P5. Rolled with resistance	none some fully	0 1 2 3 4 5	
P6. Emphasized practicing skills in real life	none some fully	0 1 2 3 4 5	
P7. Attempted to elicit change talk	none some fully	0 1 2 3 4 5	

Overall Comments:

Rater: _____



