

ADAPTING prime solutions®



For many, the group experience of Prime Solutions® is part of what makes it so impactful. In light of CDC recommendations regarding COVID-19, here are additional ideas to reduce risk in Prime Solutions groups. We offer these tips out of an abundance of caution and concern for your health, and that of your group members.

Planning & Setup

- Keep the group small.** The White House has recommended 10 people or less for meetings.
- Spread out seating.** Practice social distancing as much as possible. CDC recommends 6 feet of spacing.
- Open doors and windows** whenever possible, especially during breaks.
- Clean restrooms.** Keep them well stocked with soap and paper towels.

Wipe Down

- Door knobs & handles**
- Tables & desks**
- Remotes & clickers**
- Markers**
- Workbooks.** Have participants wipe down workbooks before collecting them, or consider allowing participants to take them home and bring them back to the next group session.

Have Available

- Provide the following, or request that participants bring their own:
 - Hand sanitizer**
 - Tissues**
- Welcome packs.** Do not use group kinesthetic learning tools like play dough, wikistix, etc. Consider individual use items instead.

Be Thoughtful About Prime Solutions Content

- Checking In.** Your positive emotion and present focus questions to open Session Topics are even more important now, when there is so much uncertainty, anxiety, and fear. Provide a place of refuge by reminding people what remains. What goodness have you observed in others? What has inspired you? What has made you laugh?
- Session Topics.** Choose topics that might be especially useful to clients navigating these changing times. For example, *I Am Powerful* focuses on managing craving, but has a much bigger message about how we manage challenging situations.
- Activities.** Be creative! How might you do the workbook and/or session topic activities in new ways that still engage people? For example, *Stay on Message* might be done as a relay instead of two teams. One person challenges and the next responds. The responder then challenges the next person, and so on until a topic travels the room, but without anyone moving. The Solutions Provider acts as a Coach and Cheerleader along the way. Remember to keep the above guidelines in mind around space, using markers, and touching things that others have touched as you use activities or create new ways to accomplish these things.
- Take Aways.** In addition to the usual Take Away, encourage people to practice social connection even as they keep their physical distance. For example, ask how they can reach out to someone who might be isolated in the next week - a phone call, a text, or an email to a friend or loved one? Knocking on an elderly neighbor's door and seeing if they need something? Then check-in and see what happened.

Please know that we are here for you!

Even under normal circumstances, the PRI team is largely remote. So while we are making adjustments to our trainings, our day-to-day operations are remaining the same, allowing us to provide the same high level of client services and responsiveness we always strive toward. If you are an instructor continuing to host programs and sessions, we can continue to provide materials and support.

Stay connected: www.primeforlife.org



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