

## PERSONAL HYGIENE 5-SESSION PSYCHOEDUCATIONAL GROUP FOR INMATES WITH IMPAIRMENTS

Group Description: The Personal Hygiene psychoeducational group provides cleaning and grooming skills training modules that address personal hygiene habits for the seriously mentally ill and cognitively limited inmate. The Personal Hygiene group is appropriate for inmates who have difficulties in maintaining their personal hygiene due to their mental illness.

**Essential Safety and Planning Alerts to Group Facilitator:** During the fourth session of this group, inmates will have the opportunity to practice cleaning with mops, brooms, and cleaning supplies. It is essential that, in advance of this group, the group facilitator collaborate with security and the rest of the treatment team to evaluate each potential group member's ability to participate safely in these activities. Evaluation of the inmate's ability to remain safe in this group must be completed before the commencement of the group. **Do not provide aggressive, confused, psychotic, agitated, or otherwise unstable participants with supplies that can be used as weapons.**

During the fifth module of this group, participants will be provided with a "Personal Cleanliness Checklist," which they can use to rate themselves on their personal hygiene habits. Prior to beginning this group, the group facilitator must review the requirements on this Checklist to make sure that they are consistent with institutional rules. Again, it is essential that, in advance of this group, the group facilitator collaborate with security to revise this form as needed prior to the group. The inmate Checklist is found in Module 5. A similar checklist, to be completed by the group facilitator, is found at the end of this Overview. Both Checklists must be brought into line with institutional requirements before the group starts.

Also during the fifth module, participants will be provided with a diagram of their cell that can be used to check the cleanliness and neatness of their personal environment. Two forms of the cell check diagram and provided in module 5: one for a single bunk cell and one for a double bunk cell. As indicated in module 5, only distribute the form of the diagram that is appropriate for your participants. Once more, it is essential that, in advance of this group, the group facilitator collaborate with security to review the requirements on the cell check diagram to make sure that they are consistent with institutional rules. The cell check diagram must be revised as needed prior to beginning the group. In addition, the cell check diagram requires that both the inmate and the Correctional Officer complete portions of it. In advance of this group, you must have arranged approval from security for officers to complete this form.

Following the conclusion of the group, the group facilitator is responsible for checking in with group participants and evaluating their personal hygiene using the Group Facilitator Checklist that is found at the end of this Overview. The group facilitator will evaluate each participant once every two weeks for the month following the conclusion of the group.

### Group Objectives:

Each participant will receive training in personal hygiene skills. These skills include personal cleaning and grooming skills, as well as skills for maintaining a clean and neat personal environment. In addition, some cognitive skills (in anticipating and planning for

barriers to maintaining personal hygiene) will be taught. By the conclusion of the group, participants will have learned to:

- Understand the important overall benefits of maintaining themselves and their environment in a clean and neat manner
- Understand and practice 12 personal hygiene skills:
  - Hand washing
  - Showering
  - Using deodorant
  - Combing their hair
  - Brushing their teeth
  - Shaving
  - Keeping their nails clean and well clipped
  - Wearing clean clothes
  - Making their beds
  - Sweeping their personal space
  - Using a rag and cleaning solution to clean their personal space
  - Mopping their personal space
- Understand and anticipate the potential barriers to completing these skills and maintaining personal hygiene
- Use a self-rating checklist and a cell check diagram to monitor their own progress in maintaining personal hygiene

Group Structure: Each group module is designed to take 40 to 60 minutes. Each module begins with a review of the material covered in the previous session. It is recommended that group size be limited to 4 to 6 participants and that the group meet once a week.

Because the modules gradually build on each other, it is preferable for participants to join the group at the beginning rather than later in the module series. Handouts are included for each module.

Module 1:	Taking Care of the Skin You're In
Module 2:	Grooming and Hygiene Skills
Module 3:	More Grooming and Hygiene Skills
Module 4:	Your Personal Space
Module 5:	Your Personal Cleanliness Plan

Group Structure:

This group involves active "hands-on" training. Participants have no written homework. Instead, each group session concludes with a specific "challenge" to participants to complete particular cleaning and grooming skills during the next week. The expectation is that participants will practice hygiene skills both during the group sessions and afterwards.

The group facilitator will need to model and demonstrate these skills during the group, and assist participants who are having difficulty with practicing the skills. The facilitator also must plan ahead to access cleaning and grooming supplies prior to each session. Participant handouts are provided for each module. With the exception of the Personal Cleanliness Checklist and Cell Check Diagram in the fifth module, these handouts are not essential for successful completion of the group. Although the language in the handouts is simple and concrete, if participants are illiterate or unable to concentrate long enough to read, they can still participate successfully in this group. If their mental illness or illiteracy

prevents them from using the Personal Cleanliness Checklist and Cell Check Diagram by themselves, the group facilitator can assist them.

The fifth group includes a review of the entire set of hygiene skills. As discussed above, the group facilitator is responsible for assisting inmates in maintaining hygiene for the month following the conclusion of the group. During that month, each participant will need to be evaluated twice with the attached Group Facilitator Checklist, at two week intervals.

Hygiene Supplies and Equipment Needed to Facilitate Group Process:

- Chalkboard and chalk, or white board and marker
- Deodorant
- Comb
- Toothbrush
- Razor
- Nail clippers or scissors
- Nail file
- Set on inmate clothing
- Mattress and sheets
- Broom and dustpan
- Cleaning rag and cleaning solution
- Mop and bucket

Materials to Facilitate Group Process:

Module 1 Handouts:	Participant Agreement Taking Care of the Skin You're In Your Washing Chart Pre-Test & Self-Assessment
Module 2 Handout:	Three Grooming and Hygiene Skills
Module 3 Handout:	Three More Grooming and Hygiene Skills
Module 4 Handout:	Cleaning Your Personal Living Space Pre-Test & Self-Assessment
Module 5 Handouts:	Personal Cleanliness Checklist Cell Check Diagram

Group Facilitator Checklist (next page)  
Certificate of Completion!