4/29/20

*Finding Your Best Self* *(FBS)* Fidelity Scale—Brief Version

**Part 1: Intervention**

Rate **how much** *(quantity)*the facilitator did each item, using this scale:

 0 – Not Done

 1 – Done a Little

 2 – Done a Lot

 3 – Done Thoroughly

The facilitator:

1. \_\_\_\_\_ followed the session structure for FBS.
2. \_\_\_\_\_ spent most of the session on an FBS chapter.
3. \_\_\_\_\_ helped the participant(s) apply the material to trauma.
4. \_\_\_\_\_ helped the participant(s) apply the material to addiction.
5. \_\_\_\_\_ engaged the participant(s) in the chapter exercises.
6. \_\_\_\_\_ engaged the participant(s) in the *recovery voices* segment.
7. \_\_\_\_\_ helped the participant(s) relate the material to current real-life problems.

**Part 2: Process**

Rate **how helpful** *(quality)*the facilitator was on each item, using this scale:

 0 – Harmful

 1 – Ineffective (Not too helpful)

 2 – Somewhat helpful

 3 – Extremely helpful

The facilitator:

1. \_\_\_\_\_ was supportive and gave positive feedback
2. \_\_\_\_\_ encouraged the participant(s) to take responsibility for recovery.
3. \_\_\_\_\_ was genuine, warm, and compassionate.
4. \_\_\_\_\_ responded to problems and strong emotions in a professional way.
5. \_\_\_\_\_ was a good listener and allowed the participant(s) to speak a lot of the time.
6. \_\_\_\_\_ was engaged and directive as needed to keep the discussion meaningful.

*For group sessions.* The facilitator:

1. \_\_\_\_\_ encouraged a positive bond between group members.
2. \_\_\_\_\_ kept the session safe and supportive for all group members.
3. \_\_\_\_\_ shared time and attention across group members.
4. \_\_\_\_\_ promoted safety by ensuring that no graphic details of addiction or trauma were discussed.