

# Step-By-Step Guide to the Repair Council

Repair council should last no more than 20 minutes

1. The repair council will ask the person doing the repair to assess if he or she is emotionally regulated (“centered” or balancing emotion and reason) and willing to hear feedback from the repair council on the chain. If not, the repair council will advise the person do practice skills to become centered before completing the council.
2. The person doing the repair gives a 30 second or less description of egregious behavior itself (what happened, when, where). No “war stories” or gory details.
3. The person doing the repair presents the completed chain analysis in 5 minutes or less. The chain should tell a complete story of what events, thoughts, feelings, and behaviors led up to the egregious behavior. The chain should not name specific people or refer to people in judgmental ways.
4. The chain should identify what link was most “broken” in the chain and what skills could have been used to prevent the egregious behavior (solution analysis).
5. Repair council members should be asked to share how the egregious behavior impacted them (what consequences did the behavior have on the person’s community).
6. Repair council members should also be asked to offer feedback on other possible links in the person’s chain, other possible opportunities for skills use, and any suggestions for repairs and over-repairs.
7. The council will come to an agreement about what the repair and over repair will be. The MHRN will give the approval and make sure the repair and over-repair are not excessive and can be completed within 24 hours.
8. The patient will follow-up and complete the repair and over-repair. The behavior change protocol is considered complete as soon as reparations are completed and approved of by the organization.