

## Adult Group Schedule

SUD group assignments will be based on ASAM level

### Level 1 - Outpatient

Monday	Tuesday	Wednesday	Thursday	Friday
		Exploring Change	Addictions & Recovery	
		3-4 pm	4-5 pm	
		Com Room 3 - Kade	Com Room 3 - Trent	

### Level 2 - Intensive Outpatient

Monday	Tuesday	Wednesday	Thursday	Friday
			Acceptance & Commitment 11 am-12 pm Blue Room - Megan	
		Smart Recovery 1-2 pm Com Room 3 - Trent		
	Mindfulness 11:00am – 12:00 Comm Room 3-Euell			

### Additional Group Options

Monday	Tuesday	Wednesday	Thursday	Friday
Neurobiology of Addiction 2:00-3:00 pm Green Room- Jen H		Conflict Resolution 2-3 pm Com 3 - Euell	E-IMR 2:00-3:00 Green Room- Lacey	
			Essential Skills- Holistic Wellness 2:00-3:00 Blue Room- Chris/Euell	Healing w/ Trauma 2-3 pm Blue Room - Megan
	Peer-to-Peer 1-2 pm Green Room - Lydia			
	Coping with Anger 4:00-5:00 Green Room - Matt	Exploring Change 3:00-4:00 Comm room 3- Kade	Addictions & Recovery 4:00-5:00 Comm Room 3- Trent	
Steps to Recovery 4:00-5:00 Blue Room - Mark	Skills for Life 4-5 pm Com Room 3 - Euell	MRT Women's 4:00-5:00 Green Room- Brooke & Stephanie		
Relearning Conflict 5-6 pm Green Room – Jen H	Men's Group 5:00-6:00 Blue Room- Matt	MRT Men's 4:00-5:30 Blue Room - Mark		
		DUI Education 5:30-6:30 pm Com Room 1&2 - Destiny	Criminal Conduct & A&D Treatment 5:00-6:00 Blue Room - Matt	

PROGRAM	LEVEL	DESCRIPTION
Addictions & Recovery	Level 1: Outpatient	Through the voices of experts in addiction medicine and psychology, along with people in recovery, this program provides straightforward introduction to the disease of addiction and assists the transition to recovery with the strategies and tools needed, when small choices can have big consequences, 20 modules.
Exploring Change	Level 1: Outpatient	Utilizes the psycho-educational model where the primary focus is to enhance the motivation for change. This is a 10-session model with a semi-structured format. Topics are ordered to generally follow the stages of change and the goal is to assist the participants to look inward for direction while being assisted with feedback from peers.
Acceptance & Commitment	Level 2: Outpatient	Utilizes psycho-education, group discussion, metaphors, and experiential exercises to gain psychological flexibility skills. Six core concepts are acceptance, mindfulness, diffusion, self-as-context, values, and commitment. Is utilized for mental health as well as substance use diagnoses.
Conflict Resolution	Level 2: Outpatient	Practical communication skills for preventing, managing, and resolving conflict with in-session practice. Will address how psychological needs and trust are basics in conflict development. Incorporates how to utilize non-verbal communication, assertiveness behaviors, and boundaries.
Neurobiology	Level 2: Outpatient	Neurobiology of Addiction and Medical Aspect of Substance Use Disorders video provide basic information on how drugs and alcohol affect the central nervous system, particularly the brain and its chemistry. By utilizing the video broken into twelve sections along with the handouts, clients discuss the topics and engage in an effective educational hour.
Smart Recovery	Level 2: Outpatient	SMART Recovery incorporates The Integrative Model of Change, Rational Emotive Behavior Therapy and Solution Focus Therapy. There are three main objectives for this program, to engage the individuals in a therapeutic relationship and motivate change through education.
Criminal Conduct & Substance Abuse Treatment	Potentially assigned	An interactive program that looks at the interaction of substance abuse and criminal conduct to motivate change in adults, through cognitive behavioral therapy.
DUII	Potentially assigned	The DUII Education group uses the responsible decisions impaired driving program curriculum to provide accurate information about the effects of substance use on the mind, body and driving ability to help participants make responsible decisions about high risk behavior. Twelve-hour requirement to complete.
EIMR: Enhanced Illness Management & Recovery	Potentially assigned	The Enhanced Illness Management and Recovery group is a step-by step program that gives people information and skills to help them set and achieve personally meaningful recovery goals. This group is for SPMI dual diagnosis clients who struggle with Mental Health and addiction diagnosis. This group is for long term treatment/recovery and can take up to one year to complete. It can be provided in an individual or group format.
Essential Skills Group for Holistic Wellness	Potentially assigned	This group is comprised of 6 sessions, that will provide mental health skills for improving social interactions and living and integrated life.
Healing W/Trauma	Potentially assigned	Group focuses on how trauma effects the mind which leads to change in future responses. Also presents skills to utilize while healing from traumatic past. Intent is to assist participants in gaining insight and coping skills.
Mindfulness	Potentially assigned	Participants practice in session being in the present moment. Meditations are utilized with accompanying discussions as a group regarding their experiences. Is utilized for mental health as well as substance use diagnoses.
MRT	Potentially assigned	MRT is a systematic, cognitive-behavioral, and step-by-step treatment strategy designed to enhance self-image, promote growth of a positive, productive identity, and facilitate the development of higher stages of moral reasoning. Twelve steps to complete.
Relearning Conflict	Potentially assigned	The class is skill-based and focused on the brain, including how the brain works in conflict and strategies, to affect the quality of recovery in relationships.
Skills for Life	Potentially assigned	“Skills for Life” - This group is comprised of 6 sessions that will provide mental health skills for improving social interactions and living an integrated life. This is for low acuity clients who are already enrolled.
Men’s Group		Group focuses on issues that many men struggle with, especially if they are experiencing problems with drugs and alcohol. The program is organized into four sections: self, relationships, Sexuality and spirituality.
Coping w/ Anger		This group follows a CBT workbook and is similar to MRT but for anger. Can be used as court ordered anger management program.
Steps to Recovery		This group will follow some of the principles of NA. The group atmosphere will provide help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle.