



Center for Human Development, Inc.
 "Working for Healthy Communities"
 www.chdinc.org

541-963-8880

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 - <i>Kade</i>	Com Room 3 - <i>Trent</i>	

Level 2 - Intensive Outpatient				
Monday	Tuesday	Wednesday	Thursday	Friday
			Acceptance & Commitment	
			11 am-12 pm	
			Blue Room - <i>Megan</i>	
		Smart Recovery		
		1-2 pm		
		Com Room 3 - <i>Trent</i>		
Neurobiology of Addiction		Conflict Resolution		
2-3 pm		2-3 pm		
Green Room - <i>Stephanie</i>		Green Room - <i>Megan</i>		
		Exploring Change	Addictions & Recovery	DBT Skills Group
		3-4 pm	4-5 pm	3-4 pm
		Com Room 3 - <i>Kade</i>	Com Room 3 - <i>Trent</i>	Blue Room - <i>Jacquelyn</i>

Additional Group Options				
Monday	Tuesday	Wednesday	Thursday	Friday
	Mindfulness			
	11 am-12 pm			
	Green Room - <i>Megan</i>			
Social Skills Practice Playground				
12-1 pm				
Blue Room - <i>Jacquelyn</i>				
	Peer-to-Peer	MRT Women's	E-IMR	
	1-2 pm	4-5 pm	2-3 pm	
	May Lane - <i>Lydia</i>	Com Room 3 - <i>Lisa</i>	Green Room - <i>Sandra/Lacey</i>	
		Finding Support While Transitioning To Your Truest Self		
		4-5 pm		
		Green Room - <i>Jacquelyn</i>		
		MRT Men's		
		4-5:30 pm		
		Blue Room - <i>Mark</i>		
Healing w/ Trauma				
5-6pm				
Blue Room - <i>Megan</i>				
Relearning Conflict		DUII Education	Criminal Conduct & Substance Abuse Treatment	
5-6 pm		5:30-6:30 pm	5-6 pm	
Green Room - <i>Lisa</i>		Com Room 1&2 - <i>Troy</i>	Blue Room - <i>Lisa</i>	

Specific referral only Beginning 2/8/24

No completion expectation

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, defusion, self-as-context, values, and commitment. Is utilized for mental health as well as substance use diagnoses.
Conflict Resolution	Level 2: Outatient	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.
DBT Skills Group	Level 2: Outatient	Dialectical Behavior Therapy skills training is focused on the four main concepts that DBT is built on to increase the ability to balance emotions, challenge destructive thinking and behaviors, improve communication, and support individuals in building a life that reflects personal values and goals. The four skills groups of DBT are: mindfulness, emotion regulation, distress tolerance, and interactive and social success.
Neurobiology	Level 2: Outpatient	Neurobiology of Addiction and Medical Aspect of Substance Use Disorders video provide basic information or 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 os substance abuse and criminal conduct to motivate change ina dults, 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.
Finding Support While Transitioning To Your Truest Self	Potentially assigned	A supportive place for transgender and gender questioning adults to come together to share and grow as unique individuals. Group will be a variety of approaches from mental health coping skills, processing experiences and views through creative activities, and education about the physical and mental changes that can come when transitioning. Having to face the unknown alone is hard and with limited access to resources for the transgender and gender individuals in our region; getting one's body and legal documentation to reflect your truest self can be an overwhelming task, but with support and affirming conversations it doesn't have to be a solitary journey to there!
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 assit 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.
Social Skills Practice Playground	Potentially assigned	A skills group focused on improving social skills, gaining confidence in being your true self in social settings, learning how to read other people's social cues, and how to best protect your own social battery. Even those with "great" social skills can become overwhelmed in social interactions if the people they are socializing with are becoming a drain on the well-being of one's mental health rather than a part of daily life that fills up social and mental energy to be able to have the motivation to go do the things in life that are of true value and bring meaning to life.
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.