



Psychosocial Rehabilitation Program Group Descriptions

12 Step Recovery: An introduction to 12-step recovery and abstinence-based living. Group members will receive education about each of the twelve steps and what “working them” looks like. An opportunity to do step work (homework) will be offered for those interested. Group will include recovery tools and skills for newcomers to 12-step recovery, as well as for those with significant “dry time”, but who feel they are stuck or stagnant in their recovery.

Alternative Wellness: The group will cover the benefits of using music, exercise, and meditating/focused thought to cope with mental health symptoms. Some groups will be hands on and some will be informational. Activities will include: music, meditation, yoga, and other types of soothing/invigorating activities.

Anger Management: This group will cover highly, effective approaches to understanding and controlling anger including pragmatic tools for day to day life. Each consumer will be able to tailor a personal program to practice Anger Management coping skills and discover a deeper understanding of how anger affects all areas of life - both physically and mentally. Conflict resolution techniques and considerations will be covered as well. *Anger Management for Substance Abuse and Mental Health Clients Workbook* by SAMHSA

Animal Therapy: The purpose of this group will be to help clients overcome social anxiety, grief, depression, and feelings of loneliness with the help from a nonjudgmental source, who happens to have four legs and a wagging tail.

Anxiety: Breaking Free: This group will introduce consumers to a variety of techniques that will teach them to understand and cope with the many aspects of Anxiety. There will be a specific focus on how anxiety leads to procrastination and what can be done to break this cycle. The group will complete exercises from *The Procrastination Workbook* by William Knaus, Ed.D. and will also use *The Worrier's Guide to Overcoming Procrastination* by Pamela Wiegartz, Ph.D. and Kevin Gyoerkoe, Psy.D. as a resource.

Art and Recovery: Art helps individuals express a full range of feelings through different media. This group offers chalk art pastel, charcoal pencils, colored pencils, watercolor and more. We will create projects for personal use, and you may also provide your one-of-a-kind creations to the Pioneer Art Gallery as well as other galleries in the community.

Back from the Bluez: This group is designed to provide you with information about depression, and it suggests strategies for how you can manage your mood. It is organized into modules that are designed to be worked through in sequence. Topics will include: An overview of Depression, Behavioral Strategies for Managing Depression, The Thinking-Feeling Connection, The ABC Analysis, and Unhelpful thinking styles, Exploring ways to examine and challenge unhelpful thoughts, core beliefs and self-management.

Sources: Center for Clinical Interventions, The CBT workbook for Depression and Your Depression Map.

Book Club: Boundaries: This Group is designed to assist in recognizing and learning about boundaries in clients' lives. This group is designed to have clients explore areas of their life: physical, mental, emotional, and spiritual. The group will explore these areas and learn what a healthy boundary is and how to create these boundaries in their lives. This Group will be working from the book, *Boundaries* by Dr. Henry Cloud & Dr. John Townsend.

CBT: Suicide Prevention: This group focuses on helping individuals who struggle with suicidal ideations and suicide attempts. CBT techniques are utilized to guide clients through their own narrative to help identify under developed skills in order to create adaptive coping skills and safety plan. This group will utilize *Choosing to Live* by Thomas E. Ellis and Cory F Newman.

Community Inclusion: This group is designed to help consumers plan and enjoy activities to engage in and connect with their community. Consumers will be encouraged to take the needed steps to integrate back into their community. These activities provide the opportunity for consumers to develop social skills, relaxation skills, and hobbies to help battle boredom in an in-vivo (real-life) setting. Topics will also include employment, civic engagement, housing, education, recreation, and spirituality. These activities will mostly take place outside of Pioneer Center, but occasionally peer support/socialization or educational activities will be planned at the center to help reduce social isolation and promote recovery. Consumers will also have opportunities to problem solve new areas to be addressed through committees or organized meetings. Consumers who are nearing their end of PSR treatment will be required to take this group.

Conflict Resolution: This group is designed to assist in developing skills to resolve conflict. Techniques are based on learning to jointly resolve conflict rather than taking a competitive win /lose approach.

Co-Occurring Addictions & the Body: This Co-Occurring group will be providing education in The Science of Addiction-Drugs, Brains, and Behavior. The material presented will focus on understanding the effects of substances on the body and brain. All material is evidenced based from National Institutes of Health, NIDA – National Institute of Drug Abuse.

Co-Occurring Addictions & Family: Families are an important part of recovery for their loved one's Recovery with a Co-occurring mental health disorder and substance abuse disorder. Sessions will focus on understanding issues that occur when people grow up and live in families with serious problems (such as addiction and mental illness) and over time family members develop unhealthy ways to cope with these diseases.

Co-Occurring Bridging the Gap: This group meets weekly to discuss methods and techniques of substance abuse relapse prevention. The group will focus on how to stay stable while working a program and how substance abuse can affect mental health.

Co-Occurring Co-Dependency: This group will focus on understanding and changes with codependency, the stages of development, as well as the warning signs of codependent behaviors. Additional topics that will be discussed will focus on addiction and codependency that develops, family and codependency as well as recovery skills for breaking the cycle of codependency and addictive behaviors. Focus will be in providing evidenced based material by Melody Beatty, using her book entitled, "Codependency No More", as well as worksheets and role play exercises.

Co-Occurring Harm Reduction: This group focuses on making a commitment to reducing harm, particularly substance abuse, promoting health, and improving the quality of life. This group can also be utilized by individuals to engage in other high risk behaviors such as self-injury, other addictions, sexually inappropriate behaviors, etc. The group will complete exercises from the *Holistic Health Recovery Program Workbook* by Yale University School of Medicine Division of Substance Abuse.

Co-Occurring Living In Balance: This group is an evidenced-based curriculum that is tailored to the substance abuse/co-occurring population. This group utilized education and exercises that focus on group process and interaction through discussion and role plays, strengthens neglected areas of life, and teaches relaxation and visualization techniques. This group will utilize the *Living in Balance Curriculum* by Hazelden.

Co-Occurring Mindfulness: This group will provide clients with an introduction to mindfulness techniques that can be utilized to help manage symptoms of substance abuse and mental health. Clients will learn to identify triggers and when to implement techniques in order to maximize success of the techniques.

Co-Occurring Seeking Safety: This group is an evidenced-based approach that assists clients who have a history of significant trauma, particularly with PTSD, and substance abuse. The goal of the group is to establish safety by working towards discontinuing substance abuse and gaining power over symptoms associated with trauma. Resource: *Seeking Safety* by Lisa M. Najavits (Limited Enrollment)

Coping With Depression: This group will meet weekly to address everyday stressors that can attribute to depression and feelings of sadness. The purpose of this group will be to learn how to recognize and handle those stressors in a positive and healthy manner.

Coping with PTSD: This group examines the effects of trauma on individuals on a biological and psychological level. Group members will be able to identify their individual triggers. Techniques will be introduced to lessen the severity and frequency of symptoms.

Critics Review: This group will provide an opportunity for the participants to use their critical thinking skills by viewing, analyzing, and interpreting various forms of media and literature pertaining to mental health recovery. The group will focus on holding appropriate discussions, expressing individual opinions, and maintaining constructive debates regarding the week's topic. The goals that will be addressed include: critical thinking, socialization, advocacy, assertiveness and creative expression.

Effective Communication: This group will focus on building skills to effectively exchange information, feelings and meaning through the use of verbal and non-verbal communication. The elements of communication will be broken down and addressed to better understand the client's position on either end of the conversation. This group's goal is to produce a better understanding of the roles of communication, resulting in all parties obtaining the most out of the process.

Garden Footprints: This group will process utilizing plants and horticulture activities to improve social, educational, psychological, and physical adjustment of persons thus improving their body, mind, and spirit. This group includes physical activity, relaxation and enjoyment, skill development, creative expression, sensory stimulation, intellectual and personal growth, social interaction, a sense of productivity and self-satisfaction by creating, and leaving their own "footprint in the garden". (Limited enrollment).

Healthy Living: This group offers education to consumers as to the benefits of making positive and healthy choices about nutrition, food safety and preparation, over all wellness, and living a safe and healthy lifestyle. Utilizing this information in a working kitchen can help promote recovery in a holistic approach as well as promote living more independently in a safe and healthy way. Resource: Lilly. Nutrition, *Wellness and Living a Healthy Lifestyle*. (Limited Enrollment)

Healthy Me: This group will focus on how to make your life healthier through understanding the impact on how these areas affect your mind, body, soul, and overall living. Areas that will be covered throughout this group quarter are healthy eating, physical activates basic financial budgeting, goal setting, building healthy relationships, managing triggers, communication skills, confidence building, and work related concerns.

Healthy Relationships: The purpose of this group is to help clients build and maintain healthy relationships in their lives. This group will utilize learning material provided to help them focus on maintaining relationships, conflict resolution skills and opening up communication lines with the people around them.

Managing Bipolar: The group will introduce clients to a variety of techniques that will teach them to understand and cope with the many aspects of Bipolar disorder. There will be a specific focus on using Interpersonal Social Rhythm Therapy (IPSRT) to address managing the symptoms of Bipolar. The group will explore how interpersonal relationships and social rhythms can help or harm episode recurrence.

Managing Emotions: This group covers ways to correctly identify emotions and examine healthy vs unhealthy responses. This group will also cover ways to change beliefs out situations to better manage emotions. Group members will be able to examine their beliefs about certain situations to see if their responses are rational or irrational.

Managing Schizophrenia: The group will introduce clients to a variety of techniques that will teach them to understand and cope with the many aspects of Schizophrenia and Schizoaffective Disorder. The group will explore how interpersonal

relationships, daily life choices, and social rhythms can help or harm episode recurrence. Coping Skills, stress management, symptoms management, and relapse prevention will be discussed.

Meditation Group: This group will serve as a mind guide to relaxation. The group leader will explore the issue of stress and how it relates to a person in recovery. Consumers will learn and practice a variety of relaxation techniques. If relaxation needs to be in your wellness toolbox, this is the group to take.

Men's Group: Men participating in this group will learn how to receive and give appropriate support with issues unique to men including survivor issues, grief and loss issues, and men's health. The group leader will guide and encourage group members to explore ways of increasing self-esteem and self-confidence through learning effective communication skills and the opportunity to practice recovery skills in a safe environment. This group is recommended for new PSR consumers subject to clinical considerations.

Mental Health Issues In Recovery: This group meets weekly to discuss issues affecting recovery. Client discussion is of current and past events that have presented problems for the client remaining in recovery and in the remission from their illnesses. This is a mandatory group for all new clients.

Mental Health Recovery Education Topics: This group meets weekly for the purpose of educating the client about their illness and what is needed to remain in remission and recovery. A different topic is covered each week. The twelve week education plan covers a variety of topics ranging from symptoms, disorders and stages of change to nutrition, exercise and community reintegration. Instructors vary each week and are selected for familiarity with the topic for the week. The group is required for new consumers of the PSR program and is open to others subject to clinical recommendations. This is a mandatory group for all new clients.

Mental Health Recovery, Lifestyle Change and Continuing Care Topics: This group meets weekly for the purpose of teaching clients the techniques of relapse prevention and continuing care. A different topic is covered each week. Topics will focus on educating the client on what it means to be in recovery and what is needed to remain there, including such subjects as acceptance, self-esteem, mindfulness and continuing care planning. Instructors vary each week and are selected for familiarity with the topic for the week. The group is required for new consumers of the PSR program and is open to others subject to clinical recommendations. This is a mandatory group for all new clients.

Mindfulness for Mental Health: This group is designed to educate the client on what mindfulness is and what mindfulness is not. Clients will learn how utilize mindfulness skills in one's recovery. Clients will learn mindfulness skills to help with anxiety, worry, negative thoughts, and how to manage ones uncertainty. Clients will discuss and practice mindfulness skills in group and learn how to implement mindfulness skills in their life. Sources: Centre Clinical Intervention.

Motivational Tools & Goals: Discussion topics will include: what is motivation, how can I increase my motivation, how to set realistic goals, developing goals and identifying/defining the steps to achieve them, exploration of things that have helped achieve goals in the past, and what can make us successful in achieving our goals today.

Navigating Intimate Relationships: This group will help discover ways to develop and maintain healthy intimate relationships. We will define intimacy and explore and discuss what makes a healthy intimate relationship, barriers to intimacy, ways to increase closeness, and communicating in intimate relationships.

Nutrition & Mental Wellness: This group is designed to provide clients with personal awareness about one's body. This group will cover and educate clients on: What is body Image? What is Body Dysmorphic? Could I have Body Dysmorphic? And how one can learn how to build body acceptance through reducing appearance preoccupation, reducing checking & reassurance seeking, overcoming negative predictions, avoidance & safety behaviors, adjusting appearance assumptions, and self-management planning skills to improve one's body image. This group will complete exercises from Centre for Clinical Interventions on Building Body Acceptance

Peer to Peer: This group will provide an opportunity to share experiences, resources, ideas, and suggestions with others to offer support and encouragement in a peer setting. Topics will include recovery & community resources, social skill challenges and tools for growth, available community groups and contact information, empowerment exploration.

Practical Change: This group will focus on changing dysfunctional emotions and thinking into positive, mindful, and compassionate behavior. Practical tools and techniques will be used to address mental health concerns.

Psychotropic Medication and Management: This group is designed to educate clients on psychotropic medications, how to speak with providers regarding medications, and keeping medication records for appointments. The group will discuss different categories of psychotropic medications, common side effects, and managing medications on a daily basis and with care providers.

Relapse Prevention: This group meets weekly to discuss methods and techniques of mental health relapse prevention. The group will focus on how to stay stable while working a program.

Self-Awareness: Emotional IQ consists of four core abilities which help to identify, use, understand, and manage emotions in positive and constructive ways. Social-Awareness is the skill which assists in becoming more emotionally intelligent in the environment. This group will use activities, discussions and evaluations to assist clients with recognizing, understanding and responding to the emotional behaviors of others, as well as social situations.

Self-Esteem Group: This group will guide consumers through the dynamics of self esteem, letting go of critical self-talk, and provide education on promoting healthy self-acceptance. The group leader will utilize a variety of hands-on exercises and techniques to improve self-esteem. Materials include Burns, *Ten Days to Self-Esteem*, (Harper, 1993) and Richardson, *Stand Up for Your Life* (Free Press, 2002).

Setting Boundaries: Where do I end and you begin? This group will help recognize the purpose of having boundaries to protect and take care of yourself. Education will be offered in: asserting personal values as a way to protect from having them compromised, setting limits, maintaining a positive self-concept, communicating needs/wants, learning that what “you” want matters, taking responsibility for your life.

Steps to Master Anxiety: This group will work on areas of one’s life that lead to anxiety. This group will cover the following components: relaxation, exercise, coping & panic, exposure, overcoming negative self-talk, changes in mistaken beliefs, visualization, self-esteem, nutrition, medication, and meditation. This group will explore these areas and learn new, healthier ways to handle one’s anxiety. The group will complete exercises from, *The Anxiety & Phobia Workbook* by Edmund J. Bourne, PHD.

Spirituality & Mental Wellness: Our group will explore spirituality – what it is and what it isn’t. The differences and similarities of religion vs. spirituality will be examined. We will discuss the benefits of spirituality in recovery, spiritual practices, and ways to develop/grow your spirituality. This group is inclusive and appreciates everyone for their own faith journey. It allows and accepts all beliefs and faith practices.

Spontaneous Happiness: This group will be based directly on the guidelines set by Dr. Andrew Weil, MD in his book entitled, *Spontaneous Happiness*. The group will follow his eight-week program that focuses on caring for your physical, emotional, and spiritual well-being. Scattered within the eight-week program will be additional topics such as: goal setting, nutrition, physical activity, as well as meditation/relaxation techniques.

Train Your Brain: This group will include handouts, concentration games, 3D puzzles, and more to aid in strengthening your brain; the more you use your brain, the stronger it becomes. Playing games, rearranging letters in a word, solving puzzles, and deciphering optical illusions can all keep you feeling younger, more focused, and more socially flexible.

Understanding Bipolar Disorder: This group is designed to educate the client on what bipolar disorder is and what are its characteristics and symptoms. Techniques and skills are discussed that will assist the client in recognizing when mood swings are taking place and how to cope with the symptoms of Bipolar Disorder.

Understanding Schizophrenia: This group is designed to educate the client on what Schizophrenia and Schizoaffective disorder is and what are its characteristics and symptoms. Techniques and skills are discussed that will assist the client in recognizing when active symptoms are taking place and how to cope with the symptoms of Schizophrenia and Schizoaffective Disorder. Emergency and Assistance plans will be made.

Vocational Readiness: This group is focused on preparing clients to ready themselves for employment. The group will focus on resume writing, career exploration, job interview skills, etc.

WRAP and Mental Health Recovery: This group is designed to introduce the concept of “recovery” and encourage people to develop their own definitions of recovery. Participants will develop their own personal strategies for enhancing and maintaining their recovery through development of their own personalized Wellness Recovery Action Plan. The group will be divided into two hours separated by a break. The first hour will involve presentation and discussion of pertinent recovery topics and the second hour will be devoted to the nuts and bolts of developing a WRAP. This group is appropriate for consumers who have never developed a complete WRAP. Sources: Copeland, M. *Mental Health Recovery including WRAP* and Illinois Division of Mental Health, *Resources and References for Recovery Educators and WRAP Facilitators*.

Women’s Group: Women participating in this group will learn how to receive and give appropriate support with issues unique to women including survivor issues, grief and loss issues, and women’s health. The group leader will guide and encourage group members to explore ways of increasing self-esteem and self-confidence through learning effective communication skills and the opportunity to practice recovery skills in a safe environment. This group is recommended for new PSR consumers subject to clinical considerations.