

Lake County Health Department and Community Health Center
Behavioral Health Services Women's Residential Services
GROUP COUNSELING DESCRIPTIONS

MONDAY

9:00-10:00 a.m. HEALTHY STEPS TO FREEDOM

****Goal of group- Obtain or maintain physical health and well-being.***

Healthy Steps to Freedom is a health and body image program designed for women in substance abuse programs that find weight and energy issues to be prevalent in their drug use and subsequent treatment. Research has shown that more women than men in treatment use for weight loss and increased energy needs. Because women gain weight when they stop using drugs, the fear of gaining even more weight or the desire to lose weight can negatively impact intervention efforts. Healthy lifestyles are taught as an alternative approach for clients who have used drugs to stay thin, lose weight, curb appetites or boost energy.

LEARNING OBJECTIVES:

- 1) How does my health help or hinder my recovery?
- 2) How can I restore my personal health & the physical damage caused by my drug use?
- 3) Stimulants – how do they affect me?
- 4) How much influence do the media really have?
- 5) Finding my healthy weight & body shape
- 6) Addressing my personal energy needs
- 7) Is there a “perfect diet” for me?
- 8) How can I tell if I have unhealthy eating patterns?
- 9) The importance of physical activity during my recovery and how to get started

10:15-11:15 a.m. COMMUNITY

****Goal of group- Positively reinforce the pro-social recovery behaviors displayed in the following 7 areas: Responsibility, Respect, Caring, Trustworthiness, Citizenship, Fairness, and your own personally developed SMART Daily Goal during the last 7 days. Will Identify residential community issues and problem-solve solutions. Identify, and review personal SMART goals for the coming week in treatment.***

This group processes issues impacting Women's Residential Services as a community to address healthy reintegration in the community. The goal of Contingency Management is to systematically weaken the reinforcement provided by substance abuse and its related lifestyle and to strengthen the reinforcements obtained from participating in healthier alternative activities and behaviors. Contingency Management (Reward system) is in place for extrinsic motivation to adhere to structure and society norms, while you build up your intrinsic motivation. We are using reinforcement and consequences to shape behavior, which is Operant conditioning. This is the building blocks of good engagement. You will be involved in rule reviews and discussions, sharing your concerns, ideas and requests, and a personal review of your weekly progress and issues you will work on in the upcoming week.

LEARNING OBJECTIVES:

- 1) Experience reward and analyze any changes in pro-recovery behavior percentages from week to week.
Monitor personal progress.
- 2) To set SMART personal, daily goals for the upcoming week.
- 3) Review program rules and discuss them for a clearer understanding.
- 4) Learn how to positively impact the community in which you reside.

4:00-5:00 p.m. COGNITIVE BEHAVIORAL TECHNIQUES (CBT)

****Goal of group- Understand cognitive distortions and how to change dysfunctional thinking.***

This group will provide you with the skills necessary to change dysfunctional thinking. You will have the opportunity to challenge your old thoughts with new ways of looking at yourself and your recovery.

LEARNING OBJECTIVES:

- 1) Examine and challenge self-defeating learned behaviors
- 2) Understand what cognitive distortions are and how to change thought patterns
- 3) Apply and implement cognitive behavioral changes
- 4) Identify your values and core beliefs and how it affects your self esteem

7:30-8:30 p.m. PROCESS CREATIVE GROUP

****Goal of group- Develop skills to relieve stress and explore creative expressions.***

This group offers the opportunity to learn new skills such as crochet or knitting, or if client prefers, they may utilize this time to draw, color, write poetry, or take part in other creative expressions and, encourage sober socialization activities and an.

LEARNING OBJECTIVES:

- 1) Learn new outlets to practice stress relief and creative expression
- 2) increase self-esteem through the practice of new skills
- 3) Have opportunity to and work towards completion of project goals
- 4) Opportunity to socialize and learn, as well as practicing communication skills

7:30-8:30 p.m. BRAIN GAMES

****Goal of group- Normalize thoughts and feelings of oneself.***

This group offers an alternative to Process Creative Group and allows for the opportunity to learn about the inner-workings of one's brain as it relates to why we say eat, fell and act as we do. An exploration and discussion on components of the human brain related to specific topics. National Geographic's "Brain Games" shows interactive experiments that test how easily the brain can be fooled- uncovering the surprising nature of how we process information, feel emotions, and perceive the world around us.

LEARNING OBJECTIVES: Increase awareness of thoughts and feelings.

TUESDAY

9:00-10:00 a.m & 10:15-11:15 a.m. WRAP (Wellness Recovery Action Plan)

****Goal of group- Learn how to increase and maintain mental health wellness and sobriety using Wellness Recovery Action Planning.***

This group presents a structured system for monitoring uncomfortable and distressing signs and symptoms. You will learn to maintain your mental health wellness and sobriety through planned responses, reducing, modifying, or eliminating those signs and symptoms.

LEARNING OBJECTIVES:

- 1) Learn about key recovery concepts that are the foundation of WRAP (Wellness Recovery Action Planning).
- 2) Learn about the importance of Wellness Tools and develop a list of wellness tools to aid in continued mental health wellness and sobriety.
- 3) Participate in experiential and interactive exercises.
- 4) Develop a WRAP (Wellness Recovery Action Plan) which includes; wellness toolbox, daily maintenance plan, triggers and action plan, early warning signs and action plan, signs that things are breaking down and action plan, crises plan, and post crises plan.

1:00-2:00 p.m. SOCIAL THINKING

****Goal of group- Enhance social thinking skills and learn to better adapt and respond to people and situations in the environment.***

Social thinking is what we do when we interact with people: we think about them. And how we think about people affects how we behave, which in turn affects how others respond to us, which in turn affects our own emotions.

LEARNING OBJECTIVES:

- 1) Enhance social thinking skill
- 2) Will be able to use the terms “expected and unexpected” related to behaviors observed in their presence, and then describe their own behaviors as expected or unexpected, and then using these concepts beyond the group session.
- 3) Will be able to explain how expected and unexpected behaviors can impact how someone else feels, when observing others and then when describing how people are reacting to them and then using these concepts beyond the group session.
- 4) When getting frustrated, will determine the size of the problem, their own and others emotional reactions to problems based on the size and then minimize their own emotional response to problems they acknowledge to be relatively small and then using these concepts beyond the group session.
- 5) Will be able to identify how effectively others are using whole body listening and then be able to monitor and modify their own behavior with verbal cues to use whole body listening and then using these concepts beyond the group session.
- 6) Will be able to predict what other people are looking at and thinking about based on where they observe them to be looking and then using these concepts beyond the group room.
- 7) Will monitor other clients as well as their own ability to stay central in a group of clients by monitoring if their brains and body are in the group or out of the group and then using these concepts beyond the group session.
- 8) Will modify their own behavior based on what they see others looking at/possibly thinking about (e.g. will think with their eyes to determine whose turn it is in a game, etc.) and then using these concepts beyond the group session.
- 9) Will be able to define and use the concepts of being a “Just ME” versus a “Thinking of You”, when considering if other people think the client is working as a member of the group or not appearing to be part of the group and then using these concepts beyond the group session.
- 10) Learn how to identify various levels of alertness, moods, and sensory needs, effective regulation strategies, the impact of regulating strategies and how to use them independently, strategies for problem solving, perspective taking and understanding how one's behavior impacts others, Increase awareness of emotions and facial expressions.

4:00-5:00 p.m. & 7:30-8:30 p.m. NURTURING FAMILIES

****Goal of group- Learn techniques to nurture family and self through education about life cycle and development. Learning reinforced through didactic exercises.***

The nurturing families group addresses specific needs of families affected by parental substance abuse. It focuses on the effects of substance use diagnosis on families, parenting, and the parent-child relationship, incorporating Joan and Eric Erickson's eight themes of growth spanning the life cycle and the Stone Center's Self-in-Relation theory of women's development. Combines both experiential and didactic exercises.

LEARNING OBJECTIVES:

- 1) Exploring, discovering, and celebrating abilities
- 2) Encourage and provide safety for experience of feelings which had been limited or repressed.
- 3) Practicing application of parenting skills first for oneself, and then with one's child.

WEDNESDAY

6:00-7:00 a.m. MAKE-UP GROUP

****Goal of group- Opportunity to obtain information and be accountable for missing group attendance.***

This group will be attended if you have refused a group in the last 7 days, it is an opportunity to learn the information you missed.

8:30-9:30 a.m. or 2:00-3:00 p.m. YOGA/PHYSICAL ACTIVITY

****Goal of group- Learn and practice physical activity to aid in increasing physical health and healthy living skills.***

10:15-11:15 a.m. INTIMACY

****Goal of group- Identify unsatisfactory repetitive patterns in intimate relationships, learn to set healthy boundaries, practice communication and behavior patterns to create healthier relationships.***

This group presents an overview of intimacy. You will learn different types of intimacy, explore healthy and unhealthy relationship beliefs, and discuss safe and unsafe self-nurturing, as well as setting appropriate boundaries.

LEARNING OBJECTIVES:

- 1) Learn about the different types of intimacy
- 2) How to develop and utilize support systems.
- 3) Learn the core beliefs of secure attachment and disordered attachment
- 4) How to set healthy boundaries with yourself and with others.

4:00-5:00 p.m. & 6:15-7:15 p.m. STEPPS (Systems Training for Emotional Predictability and Problem Solving)

****Goal of group- Learn emotional and behavioral management skills (I), and develop an awareness of emotional intensity disorder and definitions of primary emotional filters (II).***

In this cognitive-behavioral, skills training approach group participants will learn about Emotional Intensity Disorder. Clients learn specific emotional and behavioral management skills. The skills include: Distancing, Communicating, Challenging, Distracting, Managing Problems. Setting Goals, Eating, Sleeping, Exercise, Leisure, Physical Health, Abuse Avoidance, and Relationship Management.

LEARNING OBJECTIVES:

- 1) Having an awareness of Emotional Intensity Disorder and the primary filters that you process life through.
- 2) Emotion Management Skills Training
- 3) Behavior Management Skills Training

THURSDAY

8:30-10:00 a.m. TOBACCO DEPENDENCE TREATMENT

****Goal of group- (Educational Group): Gain knowledge and insight to consider moving towards a tobacco-free lifestyle.***

(Quit Group): Develop and practice techniques for maintaining a tobacco-free lifestyle.

(Also see Social Thinking listed on Monday) This group will address tobacco addiction using an educational, motivational, and supportive intervention approach. The 5 A's, consistent with strategies produced by the National Cancer Institute and American Medical Association, are the five major steps to intervention for those who use tobacco. The 5 A's stand for: Ask, Advise, Assess, Assist, Arrange. Cessation medication treatment therapies have been proven to increase success rates. This success rate increases when medication and counseling are used in combination. Three types of nicotine replacement are available over the counter.

LEARNING OBJECTIVES:

- 1) Evaluate current tobacco use and determine willingness to make a reduction and/or quit attempt
- 2) Learn about Quit Resources
- 3) Harm reduction

10:15-11:15 a.m. LIVING IN BALANCE

****Goal of group- Educate about mental health issues as they relate to chemical dependency/abuse and recovery. Explore coping methods for both mental health and substance use diagnoses.***

This group will address mental health issues as they relate to chemical dependency and recovery. This group will explore methods for coping with mental health issues in recovery; for example, the proper administration of medication and effective ways to communicate with your physician/therapist.

LEARNING OBJECTIVES:

- 1) Distinguish between a mental health versus chemical dependency issues.
- 2) Understand how each issue directly relates to the other.
- 3) Explore coping mechanisms.

1:00-3:00 p.m. ENHANCING MOTIVATION

****Goal of group- Establish motivation and increase awareness of the pros and cons of change. Also, plan for change by increasing self-efficacy.***

The focus of this group is learn the art of self-motivation to integrate change.

LEARNING OBJECTIVES:

- 1) Increase awareness of motivation and explore how to enhance it to produce change
- 2) Introduce coping skills to enhance motivation including: EFT Tapping and Resource Tapping
- 3) Learn how the stages of change are instrumental to making changes over time
- 4) Increase self-efficacy to increase internal motivation
- 5) Explore pros and cons to change

4:00-5:00 p.m. ANGER MANAGEMENT

****Goal of group- Learn and practice skills to successfully manage anger.***

This group will help you develop the skills that are necessary to successfully manage anger.

LEARNING OBJECTIVES:

Learn events and cues to anger, the aggression cycle and cognitive restructuring.

- 1) Develop anger control plans and practice assertiveness and conflict resolution skills.

6:00-6:30 p.m. FAMILY ENGAGEMENT

****Goal of group- Promote family communication.***

This group assists family/significant other in understanding aspects of substance abuse/dependency. Discussion is facilitated to share concerns, coping strategies, and stages of recovery.

LEARNING OBJECTIVES:

- 1) Promote family communication
- 2) Provide factual information regarding substance abuse/dependence
- 3) Develop helpful coping strategies to support recovery efforts

FRIDAY

8:30-9:30 PHYSICAL ACTIVITY- Gym

****Goal of group- Learn and practice physical activity to aid in increasing physical health and healthy living skills.***

10:00-11:00 a.m. SOCIAL THINKING

****Goal of group- Enhance social thinking skills and learn to better adapt and respond to people and situations in the environment.***

This group consists of specific activities centered on the WRS Social Thinking Curriculum.) These activities will incorporate learning new skills and provide opportunities for personal growth and development.

LEARNING OBJECTIVES:

- 1) Enhance social thinking skills through activities

2:00-3:00 p.m. BEREAVEMENT

****Goal of group- Work through a number of tasks to achieve the adjustment and growth needed for future development and healthy survival after a loss.***

The focus of group is to increase awareness that loss is a normal part of life and offer education and experiences to address client losses, including the loss of their substance use and the lifestyle that accompanies it.

LEARNING OBJECTIVES:

- 1) Learn stages of grief and realize endurance and survival of past and current losses.
- 2) Offer exercises and assignments that allow the client to experience feelings avoided through substance use.
- 3) Enhance coping skills for expected and unexpected loss.

4:00-5:00 p.m. & 6:15-7:15 p.m. MINDFUL RECOVERY

****Goal of group- Increase awareness and understanding of the role mindfulness may have in recovery by reducing cravings and increase impulse control.***

The focus of this group is to learn mindfulness to increase awareness and accept the recovery process and commit to value based actions.

LEARNING OBJECTIVES:

- 4) Define and apply mindfulness to improve quality of life
- 5) Plan and prepare for recovery; including but not limited to relapse prevention
- 6) Identify personal values and demonstrate acceptance and commitment to these values

4:00-5:00 p.m. & 6:15-7:15p.m. ENHANCING MOTIVATION

****Goal of group- Establish motivation and increase awareness of the pros and cons of change. Also, to plan for change by increasing self-efficacy.***

The focus of this group is learn the art of self-motivation to integrate change.

LEARNING OBJECTIVES:

- 6) Increase awareness of motivation and explore how to enhance it to produce change
- 7) Introduce coping skills to enhance motivation including: EFT Tapping and Resource Tapping
- 8) Learn how the stages of change are instrumental to making changes over time
- 9) Increase self-efficacy to increase internal motivation
- 10) Explore pros and cons to change

SATURDAY

9:00-10:00 a.m. and 10:15-11:15 a.m. DOMESTIC DUTY GROUP

****Goal of group- Learn and practice behaviors that increase environmental care and functioning and enhance self-care skills.***

This group is to assist you in developing life management skills. As the addiction progresses, these skills tend to decrease to a point where the addict becomes consumed in obtaining their drugs. This group encourages you to develop a team approach by lending to others' physical, as well as moral, support. Furthermore, this group supports personal responsibility and accountability in the care of your environment.

LEARNING OBJECTIVES:

- 1) Promote a clean, sanitized environment
- 2) Encourage teamwork
- 3) Promote personal responsibility and accountability for our environment

4:00–5:00 p.m. SEEKING SAFETY

****Goal of group- Gain an understanding of safe coping skills that apply to trauma/PTSD and substance abuse as well as the link between the two. Learn, practice and enhance the use of safe coping skills.***

This group will address PTSD/Trauma and substance abuse. The group focuses on the need to establish safety – to work toward discontinuing substance use, letting go of dangerous relationships, and gaining control over symptoms that stem from trauma such as dissociation and self-harm. This group will teach “safe coping skills” that apply to both trauma/PTSD and substance abuse.

LEARNING OBJECTIVES:

- 1) Explore what safety means and learn safe coping skills.
- 2) Gain an understanding of the link between Trauma and Substance Abuse.
- 3) Participate in experiential and interactive exercises.
- 4) Learn how to ask for help and take care of self.
- 5) Practice compassionate self-talk.
- 6) Identify signs of danger and safety; create a safety plan.
- 7) Learn and practice how to set boundaries in relationships.

7:30-8:30 p.m. SOCIAL THINKING ACTIVITY

****Goal of group- Enhance social thinking skills and learn to better adapt and respond to people and situations in the environment.***

This group is designed for all women and children who are on the unit. This group allows the opportunity to experience the joy of sober fun. (Also see Social Thinking listed on Monday) Planned activities such as game night, brain gym, movie-popcorn night, ice-cream socials, spa night, arts, outdoor sports, etc. will teach pro-social thinking and behavior, sportsmanship and social skills.

LEARNING OBJECTIVES:

- 1) Learn and experience the ability to have sober fun
- 2) Practice appropriate social thinking

SUNDAY

6:00-7:00 a.m. MAKE-UP GROUP

****Goal of group- Opportunity to obtain information and be accountable for missing group attendance.***

This group will be attended if you have refused a group in the last 7 days, it is an opportunity to learn the information you missed.

12:00 p.m.-2:00 p.m. SOCIAL THINKING

****Goal of group- Enhance social thinking skills and learn to better adapt and respond to people and situations in the environment.***

Social thinking is what we do when we interact with people: we think about them. And how we think about people affects how we behave, which in turn affects how others respond to us, which in turn affects our own emotions. Women without children visiting will be taken to a 12-Step Meeting to accomplish a specific Social Thinking assignment, to then complete and process upon return from the meeting.

**1:45-2:15 p.m. FAMILY WRAP SESSION &
2:45-3:45 p.m. FAMILY ENGAGEMENT**

****Goal of group- (Family WRAP) Assist family/significant others in understanding and developing a Wellness Recovery Action Plan and to develop coping strategies to support recovery efforts.***

(Family Engagement- every 8 weeks) Family/significant others learn how to support mental health wellness and sobriety using Wellness Recovery Action Planning. The family will identify daily wellness plans, as well as crisis plans.

These groups assist family/significant others in understanding aspects of substance abuse/dependency. Discussion is facilitated to share concerns, coping strategies, and stages of recovery.

LEARNING OBJECTIVES:

- 1) Promote family communication
- 2) Provide factual information regarding substance abuse/dependence
- 3) Develop helpful coping strategies to support recovery efforts

2:45-3:45 p.m. STRENGTHENING FAMILIES (MOMS & KIDS- as needed)

****Goal of group- Skill-building to prevent substance abuse among youth and learn and strengthen parenting skills, including positive communication.***

The Strengthening Families Program is for women and their children that are here visiting, or residing at WRS with their mom. It's a parent, youth, and family skills-building curriculum designed to address the following learning objectives.

LEARNING OBJECTIVES:

- 1) Prevent substance abuse and other behavior problems, among youth.
- 2) Strengthen parenting skills. Increase communication between mother and child.
- 3) Build family strengths.

6:15- 7:15 p.m. BEYOND TRAUMA (and for some Process 7:30-8:00pm)

****Goal of group- For women, the experience of trauma often leads to disorders such as addictions, eating disorders, and self-harm. With sensitivity and understanding this group will explore the interrelationship between substance abuse, trauma, and mental health. Topics include abuse and the family, power and abuse, why women abuse substances after trauma and more.***

LEARNING OBJECTIVES:

- 1) Learning more about trauma is and how widespread it is in women's lives.
- 2) Exploring how trauma and abuse have impacted you.
- 3) Developing coping mechanisms, doing exercises to help you feel grounded, and focusing on safety.

OTHER SCHEDULED ACTIVITIES

Refer to the Client Daily Schedule to see the following:

1. Scheduled Individual Session times
2. Scheduled Case Management times
3. Scheduled 12-Step Meetings
4. Scheduled Study Halls
5. *Voluntary* Pastoral Group counseling, and Sunday Service
6. *Voluntary* Animal Assisted Therapy

GOODBYE GROUP (AS NEEDED)

When a peer leaves Women's Residential Services, it is a mixture of happiness and sadness, hopefulness and fears. Goodbye group gives you the opportunity to put closure on your relationship with the peer. It is time to send the peer off with words of advice and favorite memories.

****Goal of group- Allow an opportunity for healthy closure and practice of communication skills.***

LEARNING OBJECTIVE:

- 1) Learn to say goodbye and put closure on a relationship.