

Bridgeway Recovery Services Adult Outpatient AD Group Descriptions

Parenting In Recovery Group (Make Parenting A Pleasure, Saks, Hyman, Reilly, Rusch)-This is a 12 session curriculum. This group is open to all parents receiving our services and focuses on managing and understanding stress, anger management techniques, effective communication skills, child development and discipline. This is a curriculum designed for parents who are considered “at risk” and are experiencing high levels of stress during the parenting years.

DUII Group (Driving With Care, Wanberg, Milkman, Timken)-This is a 12 session group. Among the topics covered are; post acute withdrawal, the disease concept of addiction, how alcohol effects the brain and the body, tolerance, BAC, Oregon DUII laws, drink equivalencies, other drugs and their effect on the nervous system, problematic substance use patterns, problematic substance use outcomes, criteria for abuse and dependence, replacing problematic beliefs and thought patterns, identifying signs of relapse (recidivism) and relapse prevention. Each client is required to make a relapse prevention plan around future non-impaired driving prior to completion. A DUII Ed Only group is also offered and consists of 6 (2) hour sessions covering all of the ISSR required topics.

12-Step Facilitation Group (Nowinski)-This group is 12 session curriculum. The 12 Step Facilitation Group is evidenced-based, for people who want to learn more about 12 step programs or strengthen their current 12 step understanding. Topics covered are: assessment, acceptance, surrender, getting active in a 12 step program, genograms, enabling, people, places and routines, emotions, moral inventories and relationships. Individuals are encouraged to journal their recovery as well as complete some outside suggested reading.

Intensive Outpatient Treatment Group (Matrix)-This is a 40 session curriculum (minimum) when provided in its entirety. The Matrix IOP is an evidence-based structured approach for treating adults who abuse or are dependent on stimulant drugs. This treatment model incorporates elements of relapse prevention, cognitive-behavioral, psycho-education, and family approaches, as well as 12-Step program support for clients to use in sustaining their recovery post treatment. The group format is designed to allow group members to benefit from group discussions as a means of processing materials presented.

This includes three separate groups which are provided as standalone groups. They are:

Early Recovery Group-This is an 8 session curriculum that includes the topics of; stop the cycle, identifying external triggers, identifying internal triggers, introducing 12 step or mutual help activities, body chemistry and recovery, common challenges in early recovery, thinking-feeling-and doing and 12 step wisdom. This provides a structured group meeting for new clients to learn about various recovery skills. This introduces clients to basic tools of recovery and aids them in stopping drug and alcohol use. Co-ed and women’s specific groups are available.

Relapse Prevention Group-This is a 32 session curriculum with a focus on allowing clients to interact with other people in recovery, alert clients to the pitfalls of recovery and the precursors of relapse, give clients the strategies and tools to use in sustaining their recovery and to allow group members to benefit from group discussions. Co-ed and women’s specific groups are available.

Family Group-The family group is a 12 session curriculum that runs concurrently with the 2 previous groups. It focuses on the stages of family recovery and includes topics on triggers and cravings, alcohol, 12 step meetings, the science of methamphetamine, roadmap for recovery and avoiding/coping

with relapse. This group acts as a support group for family members and allows for family participation in the client's recovery process.

Stages of Change Group (Velazquez, DiClemente)-This 12 session curriculum. It examines the process of change while helping client's navigate through the difficult stages from use to recovery. It is designed to help individuals develop internal motivation to make positive changes in their lives. Topics include, a day in the life, values, refusal skills, goal setting, problem solving and confidence and temptation. This group is appropriate for any stage of change. This group is also provided in Spanish for adults (Hispanic Focus).

Recovery Skills Group (TCU)-This is a 20 session curriculum. It is appropriate for individuals well into the contemplation stage of change that focuses on the development of early recovery skills for individuals that struggle with addiction. Some of the topics covered in this group are maintaining recovery, social networks and recovery, support groups in recovery, family recovery issues, effective communication styles, skills for better relationships, coping with stress, managing anger and future challenges.

Relapse Prevention Group (Gorski)-This is a 15 session curriculum. It is appropriate for people well into the contemplation stage of change with two or more relapse cycles. This is an intensive course that focuses on stabilization, warning sign identification, warning sign management, and recovery planning. The weekly homework includes reading and writing assignments. Topics covered encompass post acute withdrawal, schedule of recovery activities, immediate relapse prevention plan, early intervention plan, recovery and relapse history, warning sign review and analysis as well as recovery planning.

Continued Recovery Group-This is an ongoing open-ended weekly group. This group was established to help adults who have completed or are about to complete treatment services stay connected to positive, pro-social activities after their treatment is completed. Through this group they have the opportunity stay connected to their counselors who can offer continued accountability in their lives after treatment and peers that they have developed strong connects with during their treatment episode.

The Effects of Drugs on the Brain Group (NIDA)-This is a 6 session group. This course provides an accurate understanding of addiction. The group is open to all interested individuals and is psycho-educational in nature. The group covers what addiction is, how addiction takes hold in the brain, why some people are more vulnerable than others to addiction, how people can recover once they are addicted and how addiction impacts the human brain.

Adolescent AD Group Descriptions

Drug Education Group (Epoch Counseling Center)-This group is a 4 session curriculum that is a group-based outpatient treatment for adolescent substance abuse (GBT). It is for those adolescents ages 13-17 who do not have an extensive history associated with drugs and alcohol. This group focuses primarily on education of substances rather than treatment for substances. There are no pre-requisites for this group and is typically an entry level group. This is a co-ed group.

Life Skills Group (Epoch Counseling Center)-This is a 15 session curriculum that is a group-based outpatient treatment for adolescent substance abuse (GBT). It is designed to help adolescents, ages 13-17 gain skills to aide with success in their life. Group topics include but are not limited to: setting short term and long term goals, assessing school and future education goals, coping with stress, managing thoughts about use. Through this group adolescents will have the opportunity to develop skills that may

have been lacking, or hindered, due to substance use. There are no pre-requisites for this group. This is a co-ed group.

Relapse Prevention Group (Matrix)-This is a 32 session curriculum with a focus on allowing adolescents to interact with other adolescents in recovery. This group alerts adolescents to the pitfalls of recovery and the precursors of relapse, gives them strategies and tools to use in sustaining their recovery and allows group members to benefit from group discussions. This group is split into gender specific groups for both Early Adolescents, ages 13-14 and Older Adolescents, ages 15-17.

Cannabis Youth Treatment Group (Cannabis Youth Treatment)-This is a 12 session curriculum that uses MET/CBT5 and CBT7. It is designed for adolescents, ages 13-17 whose primary drug of choice is marijuana. This group is beneficial in helping build ambivalence toward using marijuana. The group will help adolescents break down the reasons s/he currently smokes marijuana and the positive and negative outcomes associated with continued use of the substance in their life. This is a co-ed group.

Continued Recovery for Youth Group-This is an open-ended, ongoing group. This group was established to help adolescents stay connected to and participate in positive, pro-social activities after their treatment is completed. Once an adolescent completes treatment with Bridgeway they are invited to attend this group. Participation is voluntary. Through this group they have the opportunity to go on field trips, gain access to special programs in the community and stay connected to their counselors who can offer continued accountability in their lives after treatment. An adolescent may enter this group, through a counselor recommendation, while still in treatment, if they show positive growth in their recovery and leadership type qualities. This is a co-ed group.

Adolescent Co-Occurring Disorder Treatment Group Description

Co-occurring Treatment Group (Hazelden) – This is a 16 session curriculum. This group was created for adolescents currently working to manage both mental health and substance abuse concerns. This group addresses specific mental health diagnoses, symptom identification, barrier identification, crisis planning and relapse prevention planning.

Adult Co-Occurring Disorder Treatment Group Descriptions

Co-Occurring Disorder Cognitive Behavioral Therapy (COD CBT: Hazelden, Franklin, Ellis)-This is a 24 session curriculum of topics that include introduction to CBT, (Breathing retraining, education, and cognitive restructuring), goals of positive psychology, symptoms of mental health disorder, exploration of the more common diagnoses, difficulties associated with co-occurring disorders, mental health and substance related issues, negative feeling states, common styles of thinking and cognitive distortions, the Cognitive Restructuring Process, the Franklin Reality Model and Ellis' REBT. Along with use of these tools, development of new thought/action plans, as well as mental health and substance use relapse prevention plans are covered. Clients are challenged to examine their old coping mechanisms and thought processes in a group setting and then apply new information/skills to their old challenges to create new coping skills/mechanisms and behavior. This is a co-ed group.

Co-Occurring Disorder Relapse Prevention (Hazelden, Gorski)-This is a 16 session curriculum that includes topics of substance education, developing a schedule, exploring internal and external triggers, the cognitive triangle, temptations, thought stopping techniques, Gorski's Relapse Syndrome, human development, defense mechanisms, use of daily inventory of relapse symptoms and recovery activities, cognitive processes that lead to relapse justification, distorted thinking, and the relationship for all of

these topics to both mental health issues and substance related issues. Included in this is helping clients to develop action plans for both mental health issues (anxiety, depression, etc.) as well a substance relapse and the use of substances for self medication/coping mechanisms. Clients will explore the intimate relationship between their substance use and their mental health challenges and understand how each feeds on the other. Stability for both is essential for sustained recovery. This is a co-ed group.

Seeking Safety (Najavits)-This is a group for people who have experienced both trauma and substance abuse. The group is a safe place for survivors to increase their ability to care for themselves as they begin their recovery journey. The aim of the group is to help members to increase healthy coping skills, identify and use safe support and to change their understanding of themselves as trauma survivors as well as the role that substance use plays in this experience. *Seeking Safety* is a step towards recovering from the effects of trauma, and it empowers members to make immediate changes that will positively impact their well being in the present moment. Members do not share the details of their traumatic experience in group so as to avoid triggering and re-traumatizing one another. Members are encouraged to share those details as they are ready to in the safety of their individual counseling sessions.

Anger Management CBT Group (SAMHSA)-This is a 12 session curriculum. It was designed for adult male and female substance abuse and mental health clients (age 18 years and above). Many substance abuse and mental health clients are victims of traumatic life events, which in turn, lead to substance use, anger and violence. This group combines a cognitive behavioral therapy approach with relaxation techniques and communication skills as interventions, proven to de-escalate and control or manage anger.

Understanding My Diagnosis Group (Hazelden)- This is a 16 session curriculum. It addresses stages of change and specific mental health diagnosis, symptom identification, barrier identification and crisis planning. Skill building such as goal setting is utilized to help clients address and overcome obstacles in preparation for making changes to better support themselves in the future. This group is open to all clients currently challenged by mental health symptoms as well as substance abuse concerns.

Dialectical Behavioral Therapy (Linehan, Moonshine)- This is a 16 week curriculum. This group addresses the clients' need to develop skills to manage interpersonal effectiveness, emotional regulation and distress tolerance. This treatment modality was created to help clients develop mindfulness, acceptance of change, able to become centered and flexible as well as develop an understanding between wants and needs.

Untangling Relationships (MRT)-This is a 12 session curriculum. The goal of this group is to help the "concerned significant other" identify and address how their dysfunctional relationships contribute to ongoing substance use and mental health concerns. It helps group members identify what a healthy relationship looks like and how positive communication can be an effective skill in the development of a functional relationship.

Mindfulness-Based Relapse Prevention (Bowen, Chawla, Marlatt)- The practice of mindfulness helps us to recognize and observe our thought patterns in a non-judgmental way reducing the chance that one will act from a place of pure emotional reasoning. Mindfulness helps us to be in emotion, rather than running from or being controlled by emotion. Because a common relapse trigger is a perceived inability to tolerate difficult emotions, the practice of mindfulness is an effective recovery tool. Mindfulness is an evidence-based practice that is being used to successfully treat depression, anxiety,

chronic pain conditions, eating disorders, Borderline Personality Disorder and addictive behaviors. It is also recognized as a practice that affects our nervous system by positively reducing the effects of chronic stress and thus disease. In this group we will practice meditation and stress reduction, build awareness of habitual cognitions, emotional patterns and behaviors that influence relapse potential. There is no prior experience with meditation necessary or spiritual belief system required to participate. It will be less psycho-educational, and more experiential.