

# **CATALOG OF GROUP ACTIVITIES**

**PRAIRIE RIDGE  
ADDICTION TREATMENT SERVICES  
2008**

## **Pathways to Responsible Living (formerly Strategies for Self-Improvement and Change - SSC)**

Facilitator: Dana Hrubetz

Mondays & Wednesdays: 8 a.m. - 9:30 a.m.

Tuesdays & Wednesdays: 4:30 - 6 p.m.

Location: Group Room #2 (Main Outpatient Area)

**This is a closed group serving individuals in the North Iowa area who are on probation/parole. Requires a 3 ½-4 month commitment. (Closed means that once the group begins, no new members begin until the next start date.)**

### **Phase 1: Challenge to Change**

We make changes when we are challenged. This phase assists clients in beginning to build knowledge and skills in several important areas. Group members focus on such things as:

- 1) Building trust and rapport with the counselor, peers, and SSC itself
- 2) Learning how thoughts, feelings and actions are related
- 3) Learning about AOD use/abuse while client evaluates his/her own history and pattern of AOD use
- 4) Learning about antisocial and criminal behavior, cycles of criminal conduct and exploration of past criminal conduct
- 5) Understanding the pathways to relapse and recidivism and to relapse and recidivism prevention
- 6) Developing and planning for building on strengths and changing specific areas of your life

### **Phase 2: Commitment to Change**

Focuses on strengthening knowledge and skills in bringing about changes that lead to a more fulfilling and responsible life. Main goal focuses on personal strengths. Group members focus on such things as:

- 1) Change: Structuring thinking to have more positive and improved emotional and behavioral outcomes.
- 2) Practicing interpersonal and social skills that result in better outcomes in relationships with others.
- 3) Learning skills to help the client to be more responsible to his/her community and society.
- 4) Continuing to reinforce plan to prevent recidivism and relapse

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## **Strengthening Your Assets (Drug-Court Continuing Care)**

Facilitator: Dana Hrubetz

Tuesdays: 6 p.m. to 7 p.m.

Location: Group Room #2 (Main Outpatient Area)

Cognitive-Behavioral Therapy (CBT) is provided once a client has successfully completed his/her primary treatment. Drug Court members are provided an hour or group to share their

positive, ongoing life experiences/rewards as well as any concerns regarding their recovery program. With permission, members are provided with positive feedback and reinforcement from their peers. There is also time to read from the *Daily Reflections* book. Clients engage in round-table discussions on identified needs of the members. Examples include the following: relapse and recidivism prevention, increased awareness of leisure activities, finding balance in lifestyles, etc.

Group is held every other week for one hour. Members also schedule individual counseling sessions with a primary counselor during the weeks the group is not held.

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### **Talking About Change (TAC)**

Facilitator: Ted Bair  
Mondays: 5:30-8:30 p.m.  
Location: Large Group Room

This groups meets 2 consecutive weeks for 3 hours. The purpose of this group is to provide education for clients to enhance motivation to assist them in making change.

The TAC curriculum consists of the following:

**Session 1:** Orientation to rules and purpose of group, Stages of Change discussion, health education – including mechanics of addiction and effects of substance abuse.

**Session 2:** Phases of addiction and continuum of use, cost analysis, and “who is concerned?”, values card sort and identifying how substance use may interfere, pros/cons of use and decisional balance

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### **Coping With Life Problems Without Substances: Introduction to Cognitive Behavioral Therapy/CBT**

Facilitator: Chuck Sweetman  
Mondays: 9 a.m. to 10 a.m.;  
(Primarily residential population)  
Location: Large Group Room(Residential Area)  
**Open Group (meaning people can start on at any time)**

The goal of this group is to introduce the concept of CBT as a means of promoting behavioral change and reduced life problems. Participants will explore cognitive (thinking) errors and their relation to substance abuse. Participants will examine the connection between thinking, emotion, and behaviors and how to disrupt problematic interaction. Specific emotions such as anger, guilt/shame, perfectionism, and anxiety/worry will be addressed utilizing CBT with strategies on a rotating basis.

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## **Living In Balance (a group for family members)**

Facilitator: Betty Vos  
Mondays: 5:30 p.m. to 7:00 p.m.  
Location: Group Room #2 (Main Outpatient Area)

This group is a unique approach to healing the family in recovery! It uses an open, non-threatening environment to ask questions, understand how to help, and understand actions can help or hurt the process of recovery. It is intended for:

- 1) Family and friends of persons that struggle with substances, and
- 2) Clients in recovery who are open to understanding how their substance use affects the people that they love.

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## **Partners In Parenting**

Facilitator: Peg Eppolito  
Fridays 10 a.m. to 11:30 a.m.  
Location: Group Room B (West Wing)  
**(This is an 8-week closed group)**

“Partners” in parenting are encouraged to come. This can be a significant other or anyone who is primarily the caregiver with you.” The *Partners in Parenting* group has been designed to guide and support parents as they improve their communication, problem-solving and guidance skills with their children. It is hoped that by offering a forum where recovering parents with similar concerns can discuss options and solutions for better parenting, the result will be stronger, happier, and more supportive families.

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## **Dual-Diagnosis Group (North Iowa Transition Center)**

Facilitator: Jill Lehmann  
Mondays: 4 p.m. to 5 p.m.  
Location: North Iowa Transition Center, SCL Offices

This is a dual-diagnosis group that is **for Transition Center clients only**. It has the specific focus of addressing the needs of persons who have both serious and persistent mental illness and substance abuse concerns. This group primarily focuses on maintaining recovery and preventing relapse for both mental health symptoms and substance abuse symptoms. We use a supportive, process-oriented approach in this group.

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## **Adventure-Based Therapy (ABT)**

Facilitator: Jane Nelson  
Monday & Wednesday: 10:15 a.m. - 12 noon

This group uses adventure-based portable challenge and low-ropes course activities to foster communication, trust, problem-solving, team-building and group cohesion. Activities offer varying levels of involvement – something for everyone.

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## **Pathways to the Future**

Facilitator: Sandi Jackson  
Tuesdays: 3:30 p.m. to 4:30 p.m.  
Location: Group Room #2 (Main Outpatient Area)

This is an **open** group for both males and females who have both a substance abuse and mental health concern. We will look at skill building, resources, and personal strategies to live with a mental health concern. Group format will be discussion/processing/hands-on activities.

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## **Emotional Intensity Group**

Facilitator: Sarah Thomas  
Tuesdays: 4:30 p.m. to 6 p.m.  
Location: Group Room #1 (Main Outpatient Area)

**Interested individuals must meet with facilitator first to be screened for criteria and fit.**

The Emotional Intensity group is a selective group of women with specific common goals and circumstances. Focus of the group is on self-soothing and mindfulness; as well as developing trust of self and others. The group has a strong DBT/CBT focus, and is an open group. It is intended to be very “client focused” with the following schedule:

- a) “Old business” (10 minutes)
- b) Topic (60 minutes)
- c) “Hot Topic” (20 minutes)

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## Optimistic Women

Facilitator: Peg Eppolito  
Tuesdays: 9 a.m. to 11 a.m.  
Location: Group Room A (West Wing)

This is an **open** group for women with a desire to learn how to live without the use of drugs. This group includes a focus on the following: Addressing relapse issues, anger management, setting boundaries, identifying healthy relationships, understanding domestic violence and sexual assault, identify their values/beliefs, learn how to be creative and use their talents to improve their lifestyle.

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## Women In Recovery

Facilitator: Peg Eppolito  
Wednesdays: 5 p.m. to 6:30 p.m.  
Location: Group Room A (West Wing)

**It is preferable, though not required, to meet individually with facilitator prior to starting the group.**

This is a **closed group**. Women In Recovery is an 8-week program designed to assist women in addressing issues unique to women in treatment and may include such topics as abuse issues, relationships, family of origin issues, lifestyle changes, building self-esteem, parenting strategies, and learning to live as independent women through the development of independent living skills. The members of the group may develop a safety plan for domestic issues as well as substance abuse. Focus in on developing a sense of identity and self-worth.

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## Dual Diagnosis Group (Renew Center)

Facilitator: Jill Lehmann  
Wednesdays: 1 p.m. to 2:30 p.m.  
**Location: at the Renew Center**

The Renew Dual Diagnosis Group has the specific focus of addressing the needs of persons who have both mental health and substance abuse concerns. This group primarily focuses on maintaining recovery and preventing relapse for both mental health symptoms and substance abuse symptoms. We use a supportive, process-oriented approach in this group. While there is no set curriculum, each person has the opportunity to review his/her progress on maintaining recovery each group session, with discussions focusing on the key relapse prevention areas: Situational Determinants & Skills, Cognitive Factors, and Lifestyle Modification.

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## **Purpose-Driven Life Group**

Facilitator: Pat Doyle

Wednesdays: 6 p.m. to 7 p.m.

Location: Group Room #1 (Main Outpatient Area)

### **Open group**

This group is based on implementing the ideas set forth in *Purpose-Driven Life*, a book written by Pastor Rick Warren focused on helping the individual find God's purpose and direction for life. This is a group appropriate for the client who is seeking a faith-based support group for recovery.

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## **Taking Charge**

Facilitator: Peg Eppolito

Mondays, Wednesdays & Thursdays: 4 p.m. to 5 p.m.

Location: Group Room B (West Wing)

**Limit :15 individuals and partners from Cerro Gordo , Floyd, Franklin, Hancock County who have current involvement with DHS.**

This group meets three times per week for one hour to address their use of stimulants. The Matrix Model is being implemented in this group. Group members will work out of workbooks or have handouts to complete each time they attend. Topics include the following: Early recovery (8 weeks), Skill and relapse prevention, (32 weeks).

Criteria for the group includes: Involved with DHS-founded child abuse or endangerment, methamphetamine as the primary drug of choice, commitment to three days per week and three UAs weekly or the drug patch and a team meeting once per month.

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## **Gambling Group**

Facilitator: Chuck Sweetman

Thursdays: 5:30 p.m. to 7 p.m.

Location: Group Room #2 (Main Outpatient Area)

**Must have completed a Gambling Assessment prior to starting the group.**

This group meets weekly with an open format which allows members to identify how gambling has impacted their lives and skill building to promote long-term abilities to improve their lives. Group members discuss changes made and challenges encountered in a supportive atmosphere.

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## Matrix Group

### Morning Group

Facilitator: Jenny Tarr  
Tuesdays & Fridays  
Early Recovery: 9:30-10:30 a.m.  
Relapse Prevention: 10:30-12:00(noon)  
Location: Large Group Room (Main Outpatient Area)

### Evening Group

Facilitator: Jameson Mayberry  
Tuesdays & Thursdays  
Early Recovery: 5:30 to 6:30 p.m.  
Relapse Prevention: 6:30 to 8:00 p.m.  
Location: Large Group Room

The Matrix Model: Intensive Outpatient Alcohol and Drug Treatment is a 16- week individualized program that has been continuously adapted and revised over the last two decades in order to give chemically dependent persons and their families the most thorough and up-to-date knowledge, structure, education and support possible so they might achieve long-term recovery from drug and alcohol dependence. It is the only specific comprehensive treatment program noted as a scientifically based approach in NIDA's *Principles of Drug Addiction Treatment: A Research-Based Guide (1999)*, The curriculum addresses core clinical areas within five groups:

- Weekly Individual/Conjoint sessions consist of eight one-hour meetings for the first two months and then once monthly for the next two months (although additional sessions may be necessary for some patients). Conjoint sessions are designed to orient the patient and, when possible, family members to the intensive outpatient (IOP) approach and to encourage treatment compliance.
- The Early Recovery Skills Group meets twice weekly and consists of eight one-hour sessions during the first month of treatment. Here, patients are introduced to basic cognitive behavioral interventions and the value of Twelve Step participation. Because structure is so important, patients are taught to schedule and document each day of sobriety.
- Patients and family members may attend a 90-minute family education/support group held weekly. Three videos and a facilitator's guide provide extensive information about addiction, treatment and recovery. Participants are taught how alcohol and drug abuse changes the way their brains function, and exercises take these neurobiological changes into account.
- The Relapse Prevention Group meets twice weekly for 16 weeks to deliver information, support and camaraderie to patients as they proceed through the recovery process.

The *Matrix Model* also calls for weekly urine testing as part of its overall structure. "Urine testing is used as a valuable clinical tool that can assist recovery, and it contributes positively to the relationship between the patient and the therapist."



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## **12-Step Facilitation**

Facilitator: Paul Mahoney

Mondays and/or Wednesdays: 5:30 p.m. to 7 p.m.

Location: Mondays - Group Room #1 (Main Outpatient Area)

Wednesdays – Large Group Room (Main Outpatient Area)

The Twelve Step Group is intended for outpatient treatment for individuals who appear to meet the criteria for alcohol or drug dependence. The group is intended as a primary treatment for people who have not used the 12 Steps of Alcoholics or Narcotics Anonymous, as well as individuals who have had some prior exposure to the 12 steps. The group is intended to be flexible enough to allow for individual treatment planning. The objective of the group is the encouragement of participation in the fellowship of AA, NA, or both fellowships. Active involvement in AA/NA outside of Prairie Ridge is expected to be the primary factor responsible for sustained long-term sobriety.