



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

541-962-8800

Adult Group Schedule(s)

Group treatment will be assigned based on ASAM level

Level 1 - Outpatient

Monday	Tuesday	Wednesday	Thursday	Friday
Exploring Change - 4pm			Addictions & Recovery - 4pm	
Community Room 3			Community Room 3	

Only for those assigned to Behavioral Health or Treatment Court

Level 2 - Intensive Outpatient

All clients assessing at level 2 on the ASAM, must attend all the below listed groups weekly, unless replaced by another treatment activity by treating clinician/counselor

Monday	Tuesday	Wednesday	Thursday	Friday
			Acceptance & Commitment - 11am	Conflict Resolution - 11am
			Blue Room	Blue Room
Seeking Safety - 1pm		Smart Recovery - 1pm		
Women - Blue Room		Community Room 3		
Neurobiology - 2pm		Living in Balance - 2pm		
Green Room		Community Room 3		
Exploring Change - 4pm		Seeking Safety - 4pm	Addictions & Recovery - 4pm	
Community Room 3		Men - Blue Room	Community Room 3	

Groups potentially assigned by your Counselor

Monday	Tuesday	Wednesday	Thursday	Friday
	Mindfulness - 11am			
	<input type="checkbox"/> Green Room			
	Peer-to-Peer - 1:00pm			
	<input type="checkbox"/> May Lane			
<input type="checkbox"/> EIMR - 3pm		<input checked="" type="checkbox"/> BT - 3pm <small>Start</small>	<input type="checkbox"/> MRT - 3pm <small>Start</small>	
Green Room		Date Pending Blue Room	Date Pending Green Rm	
		<input type="checkbox"/>		
		<input type="checkbox"/> Grief & Loss - 3pm		
		WebEx		
		<input type="checkbox"/> BIP - 5:30pm		
		Blue Room		
	Coping with Anger - 5:30pm	<input type="checkbox"/> DUII - 5:30pm		
	Blue Room	Community Room 1&2		

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.
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: Inpatient	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: Inpatient	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.
Living in Balance	Level 2: Inpatient	Twelve unique sessions make the Core Program component of "Living in Balance" helps clients from varied backgrounds address life issues that are often neglected during addiction
Neurobiology	Level 2: Inpatient	Neurobiology of Addiction and Medical Aspect of Substance Use Disorders video provide basic information on how drugs and alcohol affect the central nervous system, particularly the brain and its chemistry. By utilizing the video broken into sections along with the handouts, clients discuss the topics and engage in an effective educational hour.
Seeking Safety - men/women	Level 2: Inpatient	An integrative treatment approach developed specifically for co-occurring PTSD and substance abuse.
Smart Recovery	Level 2: Inpatient	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
Batterer Intervention Program	Potentially assigned	This program is a community-based program designed for people who abuse their intimate partners. BIP attempts to educate abusers about the impact and implications of their behavior, with the goal of encouraging abusers to change their behavior. BIP helps abusers learn skills for nonviolence and teaches ways to monitor and understand feelings of anger, inadequacy, and jealousy.
Coping with Anger	Potentially assigned	Targeted to adults who have problems with managing feelings of anger and frustration in an appropriate way. It is used primarily with violent offenders, argumentative or oppositional clients, as a supplement program with domestic violence perpetrators, with road rage, substance abuse and drug courts.
DBT	Potentially assigned	Dialectical behavioral therapy: is a type of cognitive behavioral therapy, that tries to identify and change negative thinking patterns and pushes for positive behavioral changes.
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.
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.
Mindfulness	Potentially assigned	Participants practice in session being in the present moment. Meditations are utilized proceeded with processing as a group 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.
Peer-to-Peer	Potentially assigned	Peer-to Peer group is educational program for adults with mental health conditions who are looking to better understand themselves and their recovery. This group is designed to help support individuals with severe mental illness. This course provides an opportunity for mutual support and growth. Experience compassion and understanding from people who relate to your experiences. This is a place to learn more about recovery in an accepting environment. Peer-to-Peer helps you: Set a vision and goals for the future, Partner with health care providers, Develop confidence for making decisions, Practice relaxation and stress reduction tools, Share your story, Strengthen relationships, Enhance communication and learn about mental health treatment options.
Grief & Loss	Potentially assigned	A WebEx based therapy group supporting clients who are dealing with grief, and losses of many types - parent, child, partner or others, incorporating educational and skills buildin activities designed to promote sharing and processing of grief in healthy ways.