

Behavioral Health Groups

H.O.P.E

This is a **closed group** that is specific to patients who are residing under certain Village grants.

Coping Skills

Coping Skills is a 12-session program that focuses on teaching healthy ways to express needs appropriately, even when stressed and frustrated. In this class, participants will learn different ways to see themselves, situations, and other people. They will learn how to apply these healthy techniques to increase their coping skills in everyday life.

Reflections Group

Reflections Group uses popular movies to discuss important issues that affect many people. Topics include: stress management, problem solving, communication, dealing with chronic illness, grief and loss, trauma, and managing emotions.

Seeking Safety (Women's Group)

This group focuses on women regaining safety in their lives after trauma, substance abuse, or both. The group explores topics such as: boundary setting, self-care, noticing "red and green flags", grounding techniques as well as other skills that focus on having a more structured and "safe" lifestyle.

Tools for Change

Motivational Interviewing (MI) - based group with a dual recovery focus (AOD and MH). Curriculum focuses on: pros and cons of making changes, talks about values/lifestyles, and how client's substance use or behavior may interfere with what client identifies as being important. Participants will develop a change plan that they can use as a reference for making changes.