



WESTERN MICHIGAN UNIVERSITY
Unified Clinics
Behavioral Health Services

BEHAVIORAL HEALTH SERVICES Treatment Groups

Outpatient and Intensive Outpatient Groups

MOTIVATIONAL ENHANCEMENT GROUP

This 8-week group is design to assist individuals in resolving the ambivalence that is typical and predictable by anyone faced with a decision to make a significant change in life. Group members are directed through the process of committing to recovery by examining their values in relation to their actions, completing decisional balance exercises evaluating the benefits of change versus staying the same, enhancing self-efficacy in the pursuit of recovery and developing and maintain motivation for recovery. This group is complementary to CBT-based groups but the focus is not on *how* change is made but on *why* change is important.

EARLY RECOVERY SKILLS GROUP (Outpatient/Intensive Outpatient)

This is an 8-week Matrix group that introduces individuals to the basic tools of recovery and assists them in stopping their alcohol and/or other drug use. The group is structured so that the person served can acquire basic recovery skills and understand the value of 12-Step and mutual help programs. The person served will learn about their triggers and cravings to use, techniques to manage these feelings, refusal skills and relapse prevention skills. They will also discuss the challenges for those in early recovery and gain a greater understanding of how thoughts and emotions contribute to behaviors. The individuals in group are asked to identify and recognize the positive benefits of their recovery efforts. The Early Recovery Skills program is offered twice a week as a stand-alone program as well as part of the BHS Matrix Intensive Outpatient treatment programming.

RELAPSE PREVENTION GROUP (Outpatient/Intensive Outpatient)

This 15-week Matrix OP/IOP recovery group discusses the stages of recovery, focuses on relapse prevention skills through the use of behavioral rehearsals, discusses obstacles to recovery as well as the challenges of maintaining and sustaining change. The group process leads each individual through the identification of their own high risk social situations and mood states. Clients develop a written relapse prevention plan based on their individualized recovery needs and present this plan in group. Clients gain understanding of the commitment needed for the process of recovery and are given the clinical assistance and support to address self defeating behaviors, family/relationship issues and the challenges of maintaining sobriety and working recovery. This group also functions as a step-down group for clients completing other groups so

that they may make a smooth transition to continued treatment at lower level of care. The Relapse Prevention Group program is offered twice a week as a stand-alone program as well as part of the BHS Matrix Intensive Outpatient treatment programming.

FAMILY EDUCATION GROUP (Outpatient/Intensive Outpatient)

This 12-week group is designed to provide consumers and their significant others information about how substance use and addiction impacts families and what is involved in the recovery process. Significant others, whether they be family members (16 years or older) or friends, join with the person served in this group to gain a greater understanding of recovery and support. The group helps those with substance use problems bolster their support for recovery and also allows significant others the opportunity to voice their support, concerns and challenges. The group topics include the process of addiction and recovery, the impact of various drugs, the benefits and course of recovery and the process of re-establishing trust in relationships.

WOMEN'S SEEKING SAFETY GROUP (Outpatient/Intensive Outpatient)

This gender-specific treatment group consists of 15 sessions and is based on Lisa Najavitz's "Seeking Safety" program. This group recognizes the high incidence of trauma, past and present, experienced in the life of substance abusing women and women involved in the criminal justice system. This integrated treatment group is designed to continually address both substance abuse and post traumatic stress disorder. "Safety" is an overarching theme of the group that includes discontinuing use, minimizing exposure to risk (relapse prevention strategies, safe sex, and prosocial associations), gaining control over extreme symptoms and stopping self-harming behaviors.

MEN'S HELPING MEN RECOVER GROUP (Outpatient/Intensive Outpatient)

This "promising practice" 18-week gender specific, trauma-informed treatment group is based upon Dr. Stephanie Covington's framework, initially developed for women, and the principles for exploring men's treatment needs. The program takes a holistic approach to treating substance use disorders by addressing the physical, psychological, emotional, behavioral, spiritual, environmental, and sociopolitical dimensions of addictions for men. This program is the first addiction treatment curriculum that fully integrates a male-based, trauma-informed approach by taking trauma into account, guarding against triggering trauma response and the avoidance of re-traumatization, adjusting clinical staff behavior to support a man's coping capacity, allowing trauma survivors to manage their trauma symptoms successfully so that they are able to access, retain, and benefit from treatment services. The Helping Men Recover program is provided by clinical staff trained in the program delivery. It is offered once a

week as a stand-alone program as well as part of the BHS Matrix Intensive Outpatient treatment programming.

WOMEN'S HELPING WOMEN RECOVER GROUP

This 17-week evidence-based treatment program addresses issues that many women struggle with, especially if they are abusing alcohol or other drugs. The program assists women on the path of healing that involves self-discovery, connecting in healthy relationships, understanding one's sexuality, and gaining a spiritual connection. The program is divided into four modules: Self, Relationships, Sexuality, and Spirituality. These areas are of primary focus as they typically are identified as triggers for relapse and the areas of greatest change in recovery. The program is provided by clinical staff trained in the program delivery and it is offered twice a week in the Oakland Drive site.

COPING SKILLS GROUP

This 15-week group acknowledges the need for individuals to learn adequate self regulation, distress tolerance and stress management skills in order to manage their emotions and life challenges in an adaptive manner. Equally important is the need to find some relief from the immediate and overwhelming emotions associated with abstinence, treatment involvement and the demands of life without the self medication of addiction. This group leads individuals towards insight about their ability to regulate emotions without the use of mood altering substances. Specific mood regulation and affect management skills are introduced and practiced in this group in order to modify the individuals' current level of emotional disturbance as well as allowing them to attain coping skills that will assist them, not only in early stages of recovery, but throughout their life.

PAIN MANAGEMENT GROUP

This 12-week CBT-based group is designed to address chronic pain problems for individuals who have misused pain medication or other addictive substances in order to manage their pain. This group meets once a week and focuses on skill acquisition such as cognitive restructuring, activity pacing, body awareness and relaxation skills as well as increasing functionality. Journaling, functional analysis of one's beliefs about pain and the connection of chronic pain with the use of addictive substances are continually addressed in this group.

EARLY INTERVENTION GROUP

This treatment group runs 8 weeks and is designed to assist the client in understanding fundamental concepts of addiction, recovery, the change process, cognitive restructuring and prosocial versus antisocial values and thinking. This

eight week group is designed to inform, educate and motivate clients regarding the negative aspects of substance use and dysfunctional behavior. By raising awareness and developing insight, clients gain understanding of the importance of discontinuing use in order to avoid further problems, improve the quality of their life and to successfully complete parole or probation.

RE-DIRECTING THE SUBSTANCE ABUSING CLIENT

This treatment group consists of 15 sessions and is aimed at improving the client's ability to avoid substance use and minimize their maladaptive behavior by improving the client's social skills and thinking skills. The client's cognitions, attitudes and values are a major focus of this group as is affect awareness and social skill development. The skill development focus is on recidivism avoidance skills, thinking errors and elimination of self defeating behaviors. These efforts are supported by cognitive restructuring, behavioral rehearsals and the development and refinement of relapse/recidivism prevention planning.

SAFE AND SOBER DRIVING

This treatment group, which is 16 weeks in length, is designed for repeat drinking and driving offenders. With the strong emphasis on cognitive behavioral methods, this group addresses substance use problems that include abuse, dependence and addiction. Beyond the substance use disorder perspective, this treatment intervention targets the specific behaviors of impaired driving, the disregard for public safety and has as its stated goals to prevent relapse into use and recidivism of impaired driving. The group is comprised of modules of specific skill sets that include problem understanding and management of cravings and urges; cognitive self control skill development; social skills and relationship building; relapse and recidivism prevention; and community responsibility skills. Additionally, the group emphasizes weekly assessment of skill attainment. In session exercises including skill development practices and behavioral rehearsals as well as continued practice with strategic thinking skills.

ALCOHOL AWARENESS

The AA program is based on the premise that individuals who are educated about the adverse effects of alcohol consumption, and the consequences of drinking and driving are less likely to engage in drinking and driving behavior. The program provides knowledge to the clients to aid them in making better decisions in the future with regard to their alcohol consumption and the decisions they may make while under the influence, with a special emphasis on the drinking and driving behaviors.

PRE-TREATMENT GROUP

This group, run by Behavioral Health Services' Peer Support Specialist, consisting of three 1 ½ hour sessions that utilizes an educational, didactic and self-help format. The goal is to provide educational and motivational services to facilitate the client's ability to make an informed decision about their alcohol/drug use. Behavioral Health Services evaluates the client's awareness of substance abuse and criminal behavior problems, readiness to engage in treatment and the benefits of treatment.

SERVICES FOR YOUNG ADULTS

YOUNG ADULT GROUP

This treatment group is designed for young adults between the ages of 18 and 25 with diagnosable substance disorder conditions. The group is one and one half hours in length, delivered over the period of 8 weeks. The intent of this group is to engage the individual in substance use disorder treatment and through motivational enhancement strategies, relapse prevention skill development, improved understanding of personal risk factors and increasing awareness, move the individual into an active stage of problem remediation. Moving clients along the stages of change, analyzing the costs/benefits of their use, recognizing thinking errors, identifying high risk situations and managing urges are additional objectives for clients in this group.

DIDACTIC

This is a 6-week psycho/educational treatment group designed to assist young adults between 18-25 years old who have demonstrated significant problematic substance use. The goal is to increase awareness about the processes of problem development, receive normative data about the extent of substance use for young adults, enhance motivation for change and to focus on harm reduction and protective behavior strategies. Topics and concepts covered in this group are the physical effects/damage caused by the various categories of drugs; the progressive and chronic nature of addiction; the impact of substance use on families and significant relationships; the physiological and psychological processes of urges and triggers and the high risk for violence, harm, STDs, HIV and other health problems connected with abusive/addictive behaviors. Individuals will have the opportunity to discuss and reflect on the relevance of this information in their lives.

BRIEF INTERVENTION

This is a five session evidenced based intervention that consists of two individual motivational interviewing sessions and three cognitive behavioral sessions for young adults experiencing substance use problems in the early stages of problem development. This intervention is designed to assist young adults in examining

their behavior, identify thinking processes that may be problematic and to explore their ambivalence and the discrepancies between their behavior and the values they hold. In this intervention young adults are given the opportunity to improve and bolster their coping skills, challenge thoughts and urges for use and to increase self-efficacy for behavioral self-management.

LIFE CHOICES

Life Choices is a one session educational/diversion program for college-age students that provides valuable information regarding alcohol and drug use. Life Choices is based on the belief that education about the social, physical and legal effects and consequences of alcohol and other drug use; self-assessment combined with personalized normative data and values clarification can help individuals avoid further problems with alcohol and other substances. This diversion program is indicated for students that have shown early signs of problem behavior. Behaviors that warrant a referral to Life Choices include being found in possession of alcohol or substance related paraphernalia, testing with a BAL below .04 or to serve as a possible informal violation/warning. Attending the program fulfills the requirements of WMU's Office of Student Conduct or Residential Advisors. The "Life Choices" program consists of one session held at various times during the week.

STRATEGIES FOR SUCCESS

Strategies for Success is a diversion program for university students based on the belief that educational interventions, harm reduction strategies and protective behavior strategies can help individuals avoid repeated problems with alcohol and other substances. Strategies for Success consists of two sessions designed so each participant considers his/her motives for use of substances, assists each participant in examining his/her relationship with substances and associated personal risk factors, provides personalized normative data to gain a realistic understanding of his/her use as well as to develop a better understanding of resources that are available at WMU and how to seek assistance as necessary. Behaviors that warrant a referral to Strategies for Success include Minor in Possession arrest, angry behavior while using substances including alcohol, a high BAL above .04, a second alcohol/drug violation or a formal violation of student conduct. Attending the program fulfills the requirements of WMU's Office of Student Conduct or Residential Advisors.