

# Alcohol & Drug Council of Tompkins County, Inc.

## Group Descriptions 2012

### **For Your Information (FYI)**

1 session per week

*Eligibility Criteria:* Individuals with an abuse diagnosis and/or people in a pre-contemplative stage of change.

*Group Description:* The FYI group is educational in nature. The group leader draws upon the evidence-based model “Prime for Life” and motivational interviewing to educate participants on substance use and its effects on their lives.

### **College Student Group**

1 session per week (8 weeks)

*Eligibility Criteria:* Closed group for college students with abuse or dependence.

*Group Description:* Participants will explore substance and the unique challenges within the college environment. Participants are encouraged to share their experiences and provide feedback and support to one another. Information is delivered through a variety of modalities including but not limited to videos, handouts, worksheets and communication. This group utilizes both processing and education based on the group.

### **Transitions**

3 sessions per week

*Eligibility Criteria:* This group is for those adults with a dependence diagnosis who fall between inpatient and outpatient treatment. Participants are in a contemplative or pre-contemplative stage of change.

*Group Description:* This group provides treatment, support and accountability. Group leaders use the Texas Christian University evidence-based model “Motivation 10” to engage participants in the treatment process.

### **Recovery 1**

2 sessions per week

*Eligibility Criteria:* Dependence diagnosis in the preparation and/or action stage of change.

*Group Description:* The purpose of this group is to provide information on the disease concept of addiction; detailing signs and symptoms. The clinician uses visual and experiential techniques along with motivational interviewing to assist participants in gaining insight and beginning a recovery plan.

### **Recovery 2**

1 session per week (approx. 12 weeks)

*Eligibility Criteria:* Most clients move to this group from the Recovery I group. The requirement to be part of this group is an admission of powerlessness over alcohol/drugs. Participants are in a stage of preparation or action.

*Group Description:* Clients are expected to learn and demonstrate constructive coping skills to deal with situations and relationships. It is a process group.

### **Relapse Prevention**

1 session per week

*Eligibility Criteria:* Completed Recovery 1 & 2 or demonstrate readiness for a relapse plan, stage of action and/or maintenance.

*Group Description:* Group uses materials from Gorski and a Mindfulness model by Jon Kabat-Zinn. Each client is expected to identify relapse triggers and to devise a personal relapse prevention plan.

### **Seeking Safety**

2 sessions per week

*Eligibility Criteria:* Targeted to clients with a substance abuse/dependence diagnosis along with a trauma history.

*Group Description:* This group uses the evidenced-based model Seeking Safety as its model of treatment that stresses developing coping skills, self care and safety.

### **Recovering Professionals Group:**

1 session per week

*Eligibility Criteria:* completed Recovery 1 and is a professional.

*Group Description:* The focus of the group is to provide information about the course of addiction as an illness and the course of recovery. Special emphasis is placed on the psychological needs of professionals, and the way the disease manifests itself in their lives.

### **Acceptance Commitment Group**

*Eligibility Criteria:* Those individuals that are struggling with their emotions and are seeking tools to regulate their emotions.

*Group Description:* This group focuses on mindfulness and behavioral activation to increase clients' psychological flexibility.

### **Dual Recovery**

3 sessions per week

*Eligibility Criteria:* Clients who have a diagnosis of a mental illness as well as chemical dependency.

*Group Description:* The purpose of this group is to increase group members' awareness about the adverse impact of alcohol and drugs and to emphasize the destructive interplay of mental illness and chemical dependency. We use the evidenced-based model Acceptance Commitment Therapy as the model for this group.

### **Steps to Recovery**

*Group Description:* Grounded in the concept of understanding addiction as a disease with spiritual and mental health components. Group sessions will focus on assisting participants in developing or enhancing their understanding of the 12 Step program of recovery.

Group sessions will be structured to review the 12 Steps and assist participants in understanding the core principle of each step.

### **Adolescent Group**

2 sessions per week (minimum 6 weeks)

*Eligibility Criteria:* Adolescents (ages 12 – 17) with a chemical dependence diagnosis.

*Group Description:* Participants will resolve ambivalence and develop opportunities to learn, practice, and process. Ideally, parents and guardians need to be involved in the family group if their teen is in the adolescent group.

### **Families in Treatment (FIT)**

*Eligibility Criteria:* Significant others/parents who have experienced the negative side effects of a loved one's alcoholism or drug addiction. Open to the community. Registration and small fee required (a limited number scholarships are available based on demonstrated need).

*Group Description:* The goal of this five week group is to help families understand their role in the recovery process.

For more information, please visit our website or contact us at:



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Alcohol & Drug Council of Tompkins County, Inc. is a private 501(c)(3) nonprofit agency that reduces, and works to eliminate, drug and alcohol abuse in Tompkins County by providing outpatient treatment services along with education and community-based prevention strategies.

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**GROUP SCHEDULE**

Time	Monday			Tuesday			Wednesday			Thursday			Friday					
9:00	Men's Recovery 1			Orientation Group		Men's Recovery 1				Cognitive Behavioral Therapy-Emotions								
10:00															Men's Recovery 2			
10:15																		
10:30	Transitions	Dialectical Behavioral Therapy		Dual Recovery 1	Women's Recovery 1	Transitions		Women's Recovery 2	Dual Recovery 1	Women's Recovery 1	Transitions							
11:00																		
11:30																		
12:00																		
1:00					Dual Recovery Relapse Prevention		Orientation Group											
1:30																		
2:00																		
2:30																		
3:00		Fundamentals of Dual Recovery					Fundamentals of Dual Recovery											
3:30																		
4:00	Men's Recovery 1					Adolescent		Men's Recovery 1				Adolescent						
4:30		Relapse Prevention		BASICS					College									
5:00			Steps to Recovery															
5:30	Men's Recovery 1					Men's Recovery 2	Families in Treatment	Recovering Professionals		Men's Recovery 1	Mindfulness Relapse Prevention							
6:00																		
6:30																		
7:00																		

\*Women's Suboxone Group will be held the 2<sup>nd</sup> Tuesday of the Month from 12:00-1:00.