

CATALOG OF GROUP ACTIVITIES

**PRAIRIE RIDGE
ADDICTION TREATMENT SERVICES
2011**

Adolescent Matrix

Facilitator: Chris Hager
Wednesdays: 4:00 p.m. to 5:00 p.m.
Location: Group Room #2 (East Side)

The Matrix Model for Teens and Young Adults is a treatment program designed to give adolescents the knowledge, structure, and support to (1) evaluate the significance of their drug and alcohol use, (2) move them to a place of abstinence, and (3) provide a supportive environment for sustained recovery. Both the materials and the content are structured to address the unique substance abuse issues of adolescents and their families. Many evidence-based practices are integrated into the treatment approach of this program to include: Motivational Interviewing, Cognitive-Behavioral Therapy, Contingency Management, and Twelve Step Facilitation.

Chronic Treatment Group

Facilitator: Kate Weiner

Tuesdays: 3:00 p.m.- 4:00 p.m.

Location: Group Room B (West Wing)

This is an open group for those who have a long history of substance abuse needs and continue to struggle with their sobriety. The group is specifically designed to help those who need ongoing support and who are willing to share their struggles with the larger group. Group members in this group are encouraged to exchange phone numbers in order to be support for others in the group. We discuss topics relevant to areas that group members may be struggling with and/or those topics there is interest in. The Chronic Treatment Group is a group driven by group members. Accountability is provided by other group members, and a willingness to provide feedback to group members is also highly encouraged. Commitment to attend group weekly is required.

Continuing Care Group – Charles City

Facilitator: Jess Thronson
Mondays: 5:30 p.m. to 6:30 p.m.
Location: Group Room

This group will focus on reviewing and applying the skill sets from Matrix and DBT. To be appropriate for the group, clients should have completed Matrix or an outpatient DBT group and be well established in the action phase or early maintenance phase on the Prochaska and DiClemente Scale. These clients may be referred directly to the group. Other clients with a sobriety history and a strong skill base who have experienced recent relapse may also be appropriate. Please consult with the facilitator before referring such clients into the group. This is not a group for learning the skills, but a group for continuing to improve clients' ability to apply the appropriate skills in relevant life situations.

Full-Day Intensive Outpatient/Day Treatment (IOP/DT) Program

The Full-Day Intensive Outpatient/Day Treatment (IOP/DT) program is held in conjunction with our residential treatment program. The typical format for IOP/DT clients involves participation in programming with the residential clients and occurs between the hours of 9 a.m. and 5 p.m. Monday through Friday. Programming can include a combination of individual and group services and the client will work with an individual therapist to select appropriate groups from the menu of options. Based on the need of the client, the number of therapeutic hours a client participates in will range from 20 to 35 hours per week. Participants also have the option of attending on the weekends or in the evenings if they find that they are in need of additional support during these hours. The IOP/DT program averages 15 days of service. Admission into the IOP/DT program is limited and dependent on space available. Admission is managed by the Residential Program Manager, Lorrie Young.

Evening Intensive Outpatient Program (EIOP)

Facilitator: Randy Bobst
Tuesday/Wednesday/Thursday: 5:30 p.m. to 8:30 p.m.
Location: Large Group Room

The Evening Intensive Outpatient (EIOP) program is an intense treatment experience provided on an outpatient basis for persons dealing with an addiction or substance abuse issue. The program is 6 weeks long and requires a priority commitment from those choosing to participate. Attendance at all scheduled sessions is required. More than TWO unexcused absences will result in the need to extend care.

Treatment will consist of weekly individual sessions with the EIOP counselor (to be scheduled individually) and group meetings on Tuesday, Wednesday and Thursday of each week. The group schedule is as follows:

Evening IOP	Tuesday	Wednesday	Thursday
5:30 pm To 8:30 pm	ORS and Treatment Planning	DBT Skills	DBT Skills
	Matrix	Matrix	SRS and “Weekend” Planning

After completing IOP, participants will move to other outpatient programming. The programming will be designed to meet the goals that the counselor and the individual have mutually agreed upon. These goals may be addressed by individual counseling, participation in other Prairie Ridge groups, and/or EIOP Continuing Care*.

*EIOP, participants will usually be recommended for ongoing support through a Continuing Care group to be offered on Monday evenings from 5:30pm to 7:00pm.

Family Treatment Group

Co-Facilitators: Jameson Mayberry/Molly Bartusch (alternate)

Saturdays as scheduled: 9:00 a.m. to 12:00 noon

South Entrance – Large Group Room

We know that those who suffer with chemical dependency do not suffer alone. Each recovering person generally has several close persons in their lives that have experienced firsthand the ongoing problems that substance abuse has caused in their loved ones' life.

It is really difficult to be a family member to someone in the early stages of recovery. It is normal to feel fear and panic about their choices, and possibilities of relapse. Sometimes normal feelings like this can put further strain on already shaky relationships, and even negatively affect paths of recovery.

Research indicated that the chances of treatment being successful are immensely increased if significant others can better understand and be educated about the predictable changes that will occur within the relationship as recovery continues.

Prairie Ridge utilizes a program that has shown significant results in family members' better understanding and knowing how to manage the obstacles that recovery can bring to families. The Matrix Program has shown significant results in national studies.

We invite you to participate in this important piece of the recovery process. The group provides a non-threatening environment with a focus on education and mutual understanding. Each family is encouraged to participate at least one time.

Additionally, trained family therapists are available to provide individual family therapy care when requested.

Gambling Group

Facilitator: Jim Whitehurst

Wednesdays: 5:30 p.m. to 7:00 p.m.

Location: Small 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.

Mariposa Group

Facilitator: Kate Weiner
Mondays: 1:00 p.m. to 3:00 p.m.
Location: Group Room B (West Wing)

Mariposa Group is a group for people that have dual needs related to mental health and substance abuse. People that are typically referred to this group have some type of community supportive services, such as SCL or RCF services. This group focuses on reinforcing a person's sobriety while acknowledging a need for continued support, education, and skill development. We utilize several curriculums such as Matrix and DBT. We also use role plays and have time reserved in group where clients have the opportunity to get feedback from each other about difficult situations they are dealing with. This group does move at a slower pace and acknowledging the mental health component to a person's recovery efforts.

Matrix Group

Day Matrix Group

Facilitator: Chris Hager
Tuesdays & Fridays
10:00 a.m.– 12:00 p.m.
Location: Group Room A, West Side

Evening Matrix Group

Facilitators: Chris Hager/Jim Whitehurst
Tuesdays & Thursdays
5:30 p.m. – 7:30 p.m.
Locations: Chris – Group Room A, West Side
Jim –Group Room B, West Side

The Matrix Model: Intensive Outpatient Alcohol and Drug Treatment is an approximately 12-week treatment program that has been continuously adapted and revised over the last two decades in order to give persons with substance dependence and their families the most thorough and up-to-date knowledge, structure, education and support possible so they might achieve long-term recovery from alcohol and drug dependence.

The Matrix Model focuses on two specific skill sets: Early Recovery Skills and Relapse Prevention.

Early Recovery Skills - clients 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. Early Recovery also implements the use of two informational treatment films.

Relapse Prevention - clients are encouraged to explore personal needs and troubleshoot for possible barriers to long term abstinence. Patients continue to learn how to implement skills learned. This component of group offers ongoing, support and camaraderie to patients as they proceed through the recovery process.

The Matrix Group is held twice weekly, Tuesdays/Thursdays, from 5:30-7pm, covering both Early Recovery Skills and Relapse Prevention in a rolling curriculum making The Matrix, an open group where clients can start at any point in time in the curriculum.

Urine testing is implemented with The Matrix Model on a case by case basis at Prairie Ridge Addiction Treatment Services.

Matrix Group – Charles City

Facilitator: Jess Thronson

Matrix Skill Development, Wednesdays, 10:00 a.m. to 11:00 a.m.

Matrix Relapse Prevention, Wednesdays, 11:00 a.m. to 12:00 p.m.

Location: Group Room

The Matrix Model: Intensive Outpatient Alcohol and Drug Treatment is an approximately 16-week treatment program that has been continuously adapted and revised over the last two decades in order to give persons with substance dependence and their families the most thorough and up-to-date knowledge, structure, education and support possible so they might achieve long-term recovery from alcohol and drug dependence.

The Matrix Model focuses on two specific skill sets: Early Recovery Skills and Relapse Prevention.

Early Recovery Skills - clients 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. Early Recovery also implements the use of two informational treatment films.

Relapse Prevention - clients are encouraged to explore personal needs and troubleshoot for possible barriers to long term abstinence. Patients continue to learn how to implement skills learned. This component of group offers ongoing, support and camaraderie to patients as they proceed through the recovery process.

Each Matrix Group is held once a week on Wednesday from 10:00 a.m. – 11:00 a.m., and 11:00 a.m. – 12:00 p.m. respectively. These sessions cover Early Recovery Skills and Relapse Prevention in a rolling curriculum making The Matrix an open group where clients can start at any point in time in the curriculum.

Drug screening is implemented with The Matrix Model on a case by case basis at Prairie Ridge Addiction Treatment Services.

Matrix Group – Algona

Facilitator: Phil Heath

Matrix Skill Development & Relapse Prevention, Wednesdays, 5:30 p.m. to 6:30 p.m.

Location: Algona Office Group Room

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Relapse Prevention - clients are encouraged to explore personal needs and troubleshoot for possible barriers to long term abstinence. Patients continue to learn how to implement skills learned. This component of group offers ongoing, support and camaraderie to patients as they proceed through the recovery process.

Each Matrix Group is held once a week on Wednesday from 5:30 p.m. to 6:30 p.m. These sessions cover Early Recovery Skills and Relapse Prevention in a rolling curriculum making The Matrix an open group where clients can start at any point in time in the curriculum.

Drug screening is implemented with The Matrix Model on a case by case basis at Prairie Ridge Addiction Treatment Services.

Outpatient Group – Algona

Facilitator: Phil Heath

Mondays: 4:00 p.m. to 5:00 p.m.

Location: Algona Office Group Room

This is an open process and skills group for men and women seeking outpatient support for substance abuse/dependency issues. The focus of the group includes skill development on a variety of topics, such as early recovery and relapse prevention skills (from the Matrix curriculum), along with mindfulness, interpersonal effectiveness, and emotion regulation (from the DBT curriculum). Participants are asked to contribute to group discussions and occasionally complete reflections between sessions. Most clients participating in the outpatient group will also be seen individually in the Algona Office.

This is an open group with length of involvement dependent on how a client responds.

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

Facilitator: Dana Hrubetz

Co-Facilitator: Michele Haugen, Community Treatment Coordinator w/DOC

Mondays & Wednesdays: 3:30 p.m. to 4:45 p.m.

Location: Department of Corrections

This is cognitive behavioral therapy provided to individuals in the North Iowa area who are on probation/parole. Requires a 3½-4 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 be more responsible to his/her community and society.
 - 4) Continuing to reinforce plan to prevent recidivism and relapse
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Seeking Safety Group

Facilitator: Molly Bartusch
Tuesdays: 3:00 p.m. to 5:00 p.m.
Location: Group Room A (West Wing)

Seeking Safety Group is a cognitive-behavioral group that meets one time weekly. It focuses on treatment symptoms relating to substance use and trauma. The group focuses heavily on acquiring skills necessary to leave dangerous relationships, gain control over problematic symptoms related to mental health, and stopping self-harming behaviors. Seeking Safety focuses on helping members learn coping skills related to asking for help, utilizing community resources, exploring “recovery thinking”, taking good care of one’s body, rehearsing honesty and compassion, increasing self-nurturing activities, and establishing safe relationships.

Staying Alive (Continuing Care) Group

Facilitator: Jim Whitehurst

Wednesdays: 9:15 a.m. to 10:15 a.m.

Location: Group Room #1 (Main Outpatient Area)

Staying Alive is intended for individuals that have already completed primary treatment. The group is designed for long-term continuing support for the members. The emphasis is on practicing the skills and using the tools acquired in treatment in the “real” world. The members support one another and practice practical sobriety. The world does occur “one day at a time” and we seek to act appropriately today; what is necessary today to stay sober; what is the next indicated right thing to do in the current moment or circumstance. The group is usually small and very interactive.

Taking Charge Group

Facilitator: Molly Bartusch
Monday and Wednesday: 3:30 p.m.-4:30 p.m.
Location: Group Room B (West Wing)

This is a skill and process-based group for men and women referred by the Department of Human Services (DHS). The group offers clients the opportunity to explore the following areas:

- 1) Personal Life Journey and Values
- 2) Avoiding Triggers and Relapse Prevention
- 3) Effective Communication Skills
- 4) Emotion Management
- 5) Stress Reduction
- 6) Exercise in Recovery

Clients may enter the group at any point in the curriculum. Participants should plan on a minimum 10 month commitment to the group and may participate in other groups, in addition to Taking Charge. Drug testing will be a requirement for Taking Charge participants. Method and schedule of testing will be determined by the Department of Human Services (DHS) worker and primary therapist.

Taking Charge Group – Charles City

Facilitator: Jess Thronson

Friday: Taking Charge Process Group, 3:00 p.m.-4:00 p.m.

Friday: Taking Charge Skills Group, 4:00 p.m.-5:00 p.m.

Location: Charles City Office Group Room

This is a skill and process-based group for men and women referred by the Department of Human Services (DHS). The group offers clients the opportunity to explore the following areas:

- 1) Personal Life Journey and Values
- 2) Avoiding Triggers and Relapse Prevention
- 3) Effective Communication Skills
- 4) Emotion Management
- 5) Stress Reduction
- 6) Exercise in Recovery

Clients may enter the group at any point in the curriculum. Please note there are differences between the Mason City Office implementation and the Charles City Office's implementation of this curriculum. Length of participation, additional services and drug screening will be discussed on an individual basis with the client, primary therapist, and DHS worker(s).

Talking About Change (TAC) Group

Facilitator Jameson Mayberry
Mondays as scheduled
TAC A, 5:30 p.m. to 6:30 p.m.
TAC B, 6:30 p.m. to 7:30 p.m.
Location: Group Room A (West Wing)

Facilitator: Betty Vos
Daytime Wednesdays as scheduled
TAC A, 10:00 a.m. to 11:00 a.m.
TAC B, 11:00 a.m. to 12:00 p.m.
Location: Group Room B (West Wing)

Facilitator: Jess Thronson
Wednesday: TAC A, 3:00 p.m.-4:00 p.m.
Wednesday: TAC B, 4:00 p.m.-5:00 p.m.
Location: Charles City Office Group Room

*(Availability issues in this Outreach Office may result in delayed start dates.)
Please check with support staff or facilitator for the next available start date.*

This closed group meets 4 consecutive weeks for 2 hours. The purpose of this group is to provide education and reflection for clients to enhance motivation to assist them in making change.

The TAC curriculum consists of the following:

- Week 1: Session A: Introductions, Group Goals/Rules, Stages of Change
 Session B: Neuroscience
- Week 2: Session A: Continuum of use
 Session B: Life Maps, Values Card Sort
- Week 3: Session A: Interviews, Cost Benefit/Decisional balance, Financial worksheet (What
 my use has cost me).
 Session B: Pros and Cons, Drug Set/Setting
- Week 4: Session A: (Action Phase) Problematic Use Assignment, Low Risk Assignment,
 Necessary/Manageable/Tolerable
 Session B: Four Ways To Change, Effective Goal Setting, Troubleshooting

**** One individual appointment will be scheduled after completion of the four group sessions.**

Talking About Change (TAC) Group - Algona

Facilitator: Phil Heath

Tuesdays: 3:00 p.m. to 4:00 p.m.

Location: Algona Office

This closed group meets four (4) consecutive weeks for one (1) hour. The purpose of this group is to provide education and reflection for clients to enhance motivation to assist them in making change.

The TAC curriculum consists of the following:

Group 1: Introductions, Stages of Change, Neuroscience

Group 2: Continuum of use, DSM criteria, Life Maps, Cost Benefit/Decisional balance, Financial worksheet (What my use has cost me), Value card sort, (let clients know about calling someone close to them next group before they leave).

Group 3: Clients call concerned other, Drug/Set/Setting

Group 4: (Action Phase) Problematic Use Assignment, Low Risk Assignment, Necessary/Manageable/Tolerable, Four Ways To Change, Effective Goal Setting, Troubleshooting

Talking About Change – 2 (TAC-2)

Facilitator: Phil Heath
Tuesdays: 4:00 p.m. to 5:00 p.m.
Location: Algona Office

This group will be a continuation of the Talking About Change curriculum for four consecutive weeks. This group is more for clients that are **preparing and committed** to make changes with their substance use. This group is more of an experiential approach. Much of the discussion in the group is about what has taken place in the client's life since the last group session. Clients will be responsible for daily record keeping of life events. The clients will report substance use, if any, and process what is working and what needs to improve. Goal setting, vulnerabilities, and resiliency factors, to name a few, will be topics discussed.

Please call before referring individuals to this group as its' existence will be dependent on referrals received.

Talking About Change – 2 (TAC-2)

Facilitator: Jameson Mayberry

Tuesdays: 5:30 p.m. to 6:30 p.m.

Location: Group Room #1 (East Side)

6 groups, and optional individual sessions

This group will be a continuation of the Talking About Change curriculum. This group is more for clients that are **preparing and committed** to make changes with their substance use. This group is more of an experiential approach. Much of the discussion in the group is about what has taken place in the client's life since the last group session. Clients will be responsible for daily record keeping of life events. The clients will report substance use, if any, and process what is working and what needs to improve. Goal setting, vulnerabilities, and resiliency factors, to name a few, will be topics discussed.

Thinking For Change – T4C

Facilitator: Dana Hrubetz

Mondays and Wednesdays: 8:00 a.m. to 9:00 a.m.

Location: Group Room A (West Wing)

Mondays and Wednesdays: 4:30 p.m. to 5:30 p.m.

Location: Small Group Room 1 (East Side)

Tobacco Cessation Group

Facilitator: Betty Vos
Tuesdays: 6:00 to 7:00 p.m.
Location: Group Room (East Side)

The tobacco treatment group will run for 6 weeks and will be a closed group. The group will work on preparing members to quit tobacco use, and if all goes well they will quit during the group, while continuing to process how it's going and gaining support.

Several topics will be addressed such as previous quit attempts, the neurobiology of nicotine addiction, tobacco health effects, tobacco industry manipulations, triggers, behaviors associated with use, NRT's and other medications, and action planning around quitting.

12 by 12 Group/Peer Mentors

Facilitator: Mike Losee

Wednesdays: 4:00 to 5:00 p.m.

Location: Small Group Room #3 (Residential Side)

This is an open group, ongoing. A peer-led overview of the 12 Steps and 12 Traditions.

12-Step Facilitation Group

Facilitator: Phil Heath

Fridays: 1:00 to 2:00 p.m.

Location: Algona Office Group Room

This group is intended for persons who satisfy the criteria of substance dependence and abuse. It is intended to be flexible enough to allow for persons who have never been exposed to the 12 Steps of Alcoholics Anonymous (AA) or Narcotics Anonymous (NA), as well as for individuals who have had such exposure. It is intended to orient and/or facilitate individuals' active participation in the fellowship of AA or NA. This is an open group.

Vibrant Women's Group

Facilitator: Betty Vos

Tuesdays: 10:00 a.m. to 11:00 a.m.

Location: Group Room B (West Wing)

A Continuing Care support group for older women. This group is open to women at mid life or beyond who are in recovery and want to improve the quality of their lives. Group members identify and share the essential components of their ongoing recovery and support one another in increasing the vibrancy of their lives. Curriculum elements from Matrix, DBT, Seeking Safety and other recovery resources are utilized to expand and reinforce group members' recovery skills. Group members should have successfully completed a skills group and/or have some successful sobriety before entering the group.

Women's DBT Skills Group

Facilitator: Betty Vos

Wednesdays: DBT Overview & Integration, 3:00 p.m. to 4:00 p.m.

Wednesdays: DBT Skills, 4:00 p.m. to 5:00 p.m.

Location: Group Room A (West Wing)

DBT is a highly focused outpatient skills group requiring weekly group attendance and weekly individual appointments for a period of six months to one year. This is a skill-based group, which provides training in the areas of interpersonal effectiveness, mindfulness, emotion regulation, and distress tolerance. DBT emphasizes the acceptance of individuals as they are, while encouraging them and teaching them skills/tools that will enable them to make changes in their life. The group is intended for adults who experience suicidal urges, engage in impulsive behaviors that are potentially self-damaging, experience an inadequate and unstable sense of self-image, and/or experience unstable and unsatisfying relationships. Group members must first be seen by a DBT clinician before entering.
