

# **Adult Support Groups for Mental Health and Substance Abuse Services**

## ***Drug, Alcohol and Dual Diagnosis Groups***

### **Alcoholics Anonymous**

The primary purpose of the AA group is to help persons come together and share their experience, strength and hope with each other as it pertains to alcoholism. Individuals may also talk about their experiences with drug addiction. The group discusses personal feelings and the unmanageable behavior that led to addiction. Lastly, the group discusses practical ways to cope with the feelings of anger, frustration and disappointment that previously led to drinking and using drugs.

### **Also Offered- Narcotics Anonymous**

### **SMART Recovery Groups**

Self-Management and Recovery Training (SMART) is a group for people with a drug or alcohol dependency. It is an alternative or supplement to 12-step programs. SMART is a philosophical approach based on cognitive/behavioral psychology methods, particularly Rational-Emotive Behavior Therapy. Central to this therapy is the recognition that people's thoughts influence their emotional or behavioral reactions. Many people believe that they respond to events, when actually it is the interpretation, or thoughts about the event that determine the behavioral reaction. Since people's thoughts are responsible for their behavior, if one can discover the types of thoughts they have that lead them to use drugs and alcohol, changing their thinking may help them to change their substance use behavior. Thought modification alone is certainly not enough for substance abuse to cease. SMART also focuses on increasing motivation to quit, handling urges without acting on them, developing new ways of coping with problems, and creating a healthy positive lifestyle. Individuals who participate in a 12-step program and would like to learn additional recovery techniques are welcome to come

### **A New Day – A Group for Women in Alexandria's Drug Treatment Court**

This is a group for women who are participating in Alexandria's Family Drug Treatment Court. The group discusses a variety of issues such as:

Promoting/Facilitating Change  
Relationships  
Coping Skills  
Parenting

Healing from Within  
Honesty/Trust  
Taking Responsibility  
Making Lifestyle Changes

### **Considering Change- For Persons with a Drug or Alcohol Dependency**

This group helps individuals with a drug or alcohol dependency to understand the process of change and learn ways to move through that process successfully. Participants will consider their relationship with alcohol and drugs to determine what changes they would like to make, regardless of why they are coming to treatment or who asked them to come.

### **Substance Abuse Recovery Groups for Spanish Speaking Persons**

**Responsible Relationships Group-** For persons who have an alcohol/drug problem associated with difficulties in social relationships. This group focuses on teaching how to constructively express emotions. Participants will learn how to curb alcohol and drug use and how to express actual feelings.

**Preparing for the Journey** – This group is for persons who may not have decided whether or not to confront their alcohol/drug problem. The aim of the group is to reduce obstacles to change through an open and honest appraisal of self-destructive alcohol/drug abuse.

**Making the Journey** – This group is for persons who have already returned to abstinence and have some concrete plans for better living. The therapy looks for positive developments and affirms the possibility of increasing new sources of satisfaction and growth.

**Choosing the Journey** – This group is for persons in recovery from an alcohol dependency that are vulnerable to relapse. Emphasis will be on constructive change and increasing problem solving skills. The therapy will explore the actual alcohol experience to find its personal meaning. A common group goal will be abstinence from alcohol.

### **Grupos de Alcohol y Drogas en Español**

**Mejorando las Relaciones Interpersonales-** Este grupo es para personas que han tenido problemas en sus relaciones interpersonales principalmente por causa de alcohol o drogas. Las sesiones enseñarán como expresar las emociones de una manera constructiva. Los participantes aprenderán a refrenar el uso del alcohol o las drogas y también a identificar sus emociones.

**Preparando el Camino-** Este grupo es para personas que no están seguras acerca de aceptar y cambiar su problema con alcohol o drogas. El objetivo de las sesiones será reducir la resistencia a través de una honesta y abierta evaluación de los efectos destructivos del alcohol y las drogas.

**Siguiendo el Camino** - Este grupo es para personas que ya no usan alcohol o drogas pero necesitan reforzar su decisión. La terapia se enfocara en estrategias para reforzar los cambios y en alternativas para aumentar nuevas fuentes de satisfacción y crecimiento.

**Eligiendo un Camino** - Este grupo es para personas que sufren de dependencia al alcohol o las drogas, y que son vulnerables a una recaída. El énfasis en las sesiones será reducir la resistencia al cambio y aumentar capacidades para resolver problemas. La terapia explorara el significado personal dado al alcohol o las drogas a través de las experiencias de cada participante. El objetivo será obtener la sobriedad.

### **MATRIX Family Recovery Education Class**

The Matrix Program is a comprehensive substance abuse treatment program consisting of individual and group sessions over a 16 week period. These groups are based on the latest information known about the effects of drugs and alcohol on the brain and provide strategies to counteract these effects while the brain heals from substance use. The groups meet on Mondays, Wednesdays and Thursdays. Men's groups are available in the evenings and a women's group is available in the mornings. Groups include:

#### **Matrix Program**

The Men's Matrix Program is a comprehensive substance abuse treatment program consisting of individual and group sessions over a 16 week period. Groups meet Monday, Wednesday and Thursday evenings. Participants attend all four groups, which include:

**Early Recovery Group-** This group meets twice weekly and consists of eight one-hour sessions during the first month of treatment. In this group, participants learn many of the basic skills they need to provide a strong foundation for recovery.

**Relapse Prevention Group-** This group meets twice weekly for sixteen weeks and consists of thirty-two ninety-minute group sessions. These sessions help participants to maintain abstinence by delivering information, support and guidance as they proceed through their recovery journey. Participants also learn to schedule activities that support recovery.

**Family Education Group-** This group meets once weekly and consists of twelve ninety-minute group sessions. Family Education groups provide Matrix Program participants, their families or supportive others, or interested community members with recent, research-based information about the specific drugs participants may be using. The group also provides information on family issues during drug and alcohol use and in recovery, the recovery process, and community resources available to participants and their families.

**Social Support Group-** This is an open-ended group for those who have attained a stable recovery and completed the Matrix program. Participants may attend this group for as

long as they feel necessary, or resume attendance at any time they choose. This group is a “bridge” for those who are growing their community-based recovery support systems and provides a place to discuss successes and potential challenges to recovery.

### **Recovery Space**

Recovery Space is a gathering dedicated to the belief that “the person is never the problem.” The two main purposes of Recovery Space are to acknowledge the life-threatening effects of dependency on alcohol and illegal substances and to discuss what people can do to repair the damage that has been done.

Most of the participants have this in common: They see that substance use has an unwanted and dangerous influence over their life and they know that overcoming the influence requires a difficult and long lasting journey of change and recovery. Recovery Space may be helpful for persons who:

- are courageously meeting the challenges of the recovery journey
- have recently taken a step toward starting or restarting the recovery journey
- are considering whether they are ready, willing and able to start or resume recovery
- can observe and participate with an open mind

The goal is to gather wisdom, share skills and explore knowledge in the face of difficult life “journeys” of all kinds.

### **Skills to Enhance Personal Success (STEPS) - For Persons in Recovery from Alcohol or Drug Use- Men’s Group and Women’s Group**

This group holds separate meetings for men and women. STEPS is for those who want to learn skills to help manage their lives better and to avoid relapse into drug or alcohol use. Meetings focus on the skills of mindfulness, tolerating distress, regulating emotions and developing interpersonal effectiveness (Dialectical Behavior Therapy skills). The class emphasizes identifying ways to cope with problems in a drug-free way.