

GOALS GROUP

Goals group provide a place for members to learn from each other. The coordinator or group leaders will set realistic strategies to work towards their “Individual Treatment Goals” and discuss in a group setting how to implement as well as motivate them to set goals for the week. Members will be required to document goals they are working on in the group and have an up-to-date “Individual Treatment Plan with current goals”. A copy goal will be provided to members to work on during the week.

RECREATIONAL THERAPY

This Group provides an opportunity for members to develop positive social interactions through learning and playing various types of games. It allows individuals to process feelings thoughts and behaviors that emerge from both team play and competition.

FOUNDATIONS OF CBT:

This group will provide a comprehensive overview of the terminology, principles, and skills used in Cognitive Behavioral Therapy. Members will practice skills in group as well as at home, utilizing tools such as thought records to observe and challenge negative thinking. Topics covered will include automatic thoughts, core beliefs, cognitive distortions, and unhelpful thinking styles.

SYMPTOM MANAGEMENT

The purpose of this group is to provide a place where people can learn and discuss symptoms of mental illness. The group will identify symptoms, increase awareness of the concept of recovery and expand the possibilities of recovery in their own lives. We will identify personal recovery goals and coping skills to manage our symptoms.

YOGA-COGNITIVE BEHAVIORAL THERAPY (Y-CBT)

Yoga CBT is a new research based psychological paradigm that combines the scientifically documented effects of yoga with cognitive behavioral therapy. This integrative group treatment model addresses the symptoms of anxiety and depression by combining traditional psychotherapy with yogic practices and philosophies, didactic material, and group process. Y-CBT blends the effective techniques of CBT with yogic exercises, breathing, and teachings. The result is a new highly effective system of therapy that simultaneously calms the anxiety of the mind and eases the stress in the body.

WELLNESS GROUP

This group is run by Robert Elswit who is a Riverside psychiatrist every other week. The group discusses medications and aspects of wellness that pertain to the group members.

NATURE GROUP

The focus of this group is to study and discuss nature and science. Members of this group will explore the animal kingdom, plants, weather and explore the environment while socializing with peers.

SOCIAL SKILLS

This group will be focused on learning social skills such as communication (both verbal and non-verbal), collaboration with others, empathy, etiquette for behavior in social situations, understanding social cues, managing conflicts, and self-control. Group will be discussion-based and will also include active role plays and activities to practice social skills.

ADDICTIVE THINKING

This group is for members who want to be educated in managing addictive thinking patterns that lead to substance abuse, relapse, addictions to food, sex, gambling, the internet or obsessive thinking. The group will identify situations and stressors that lead to addictive thinking and learn ways to create positive coping strategies utilizing mindfulness techniques, SMART Recovery tools and TED talks.

LUNCH PREPARATION

This group provides an opportunity to develop skills such as basic cooking; meal planning; discussion of basic nutrition & socialization. The members prepare meals cooperatively, making lunch for everyone in the program.

MENTAL HEALTH RECOVERY (led by our peer specialist)

Group discussions are focused on various ideas about Recovery. Some of the topics include: what is recovery? What are some of the changing views of recovery within the mental health system? What are some of the new emerging ideas around recovery & how can we use these in our personal recovery? How do hope & courage fit into recovery & how do we build/renew these? We share our own personal experiences around the topics discussed.

PLANNING POSITIVE EXPERIENCES

This group explores how integrating meaningful activities into one's life can have a positive impact on physical and mental health and improve general well-being. Group members will support each other in identifying personally meaningful activities, scheduling these activities into a weekly routine, and finding ways to remove barriers that prevent engagement in these experiences.

DEALING WITH CHANGE

This is a discussion group on how to make transitions or deal with change. Handouts, posters of basic principles or tips will be utilized.

BRAIN GYM

The brain gym program is based on the concept that learning challenges can be overcome by carrying out certain movements, the use of which will create pathways in the brain. There are 26 exercises, which are designed to "integrate body & mind" in order to improve "concentration, memory, reading, writing, organizing, listening, physical coordination, and more."

ANGER MANAGEMENT: Creative Responses to Anger

This group focuses on understanding this universal emotion and on working with anger by exploring strategies for recognizing its early warning signs, reducing escalation, and using it to further change, as well as expressing it constructively and creatively. Members will learn to identify their personal triggers and to respond with self-soothing, self-care, and skillful interpersonal communications.

COPING WITH DEPRESSION

Using a variety of current, evidence-based practices, group members will explore and discuss coping skills for managing depression and mania. This group requires some writing.

ART THERAPY

Art Therapy allows individuals to build self-esteem, express ideas and thoughts about difficult topics, non-verbally communicate, and problem-solve. Various art materials and directives provided by the group leader are used to explore a variety of topics and issues. At the end of each group, members have an opportunity to share and discuss their artwork receiving support and feedback.

ASSERTIVENESS TRAINING

Psycho-educational components cover setting healthy boundaries, managing conflict, expressing needs and wishes appropriately, and initiating positive changes. Members are encouraged to share their experiences and explore as a group various assertive, respectful, and self-affirming interventions they would be willing to practice. Brief readings, group discussion, and member-generated role-plays will make the material relevant, practical, and accessible to all.

GROUP THERAPY

A group in which members discuss any serious issues they are experiencing. Members are asked to try to connect with what others are saying, offer feedback, support others & help in solving problems in an experiential way.

CINEMATHERAPY

This is a group for everyone to view movies as visual stories of human experiences. We'll discuss important themes and topics that arise and how they may pertain to our lives as well as how they affect society.

SENSORY GROUP

This group will cover the five senses: visual, hearing, smell, taste and touch. The group is designed to teach coping strategies to self-sooth to manage symptoms daily. This group will be interactive, and tap into individual's creativity.

INTRO TO DBT

This group is an introduction to Dialectical Behavioral Therapy (a coping skills training group which uses the curriculum of Marsha Linehan's skills training manual). Members learn the basic skills of DBT & discuss them.

JOURNALING THROUGH ART

This is a journaling for EVERYONE, no art skills are required! You don't even have to know how to draw a stick figure. You will use a journal or book where you will combine art and words for the purpose of expressing yourself! It is a place where you can work through emotions without having to talk about them. It can be a meditating and relaxing process to express your emotions and experiences through different materials. Art journaling is about the process not the product and there is no wrong way to do it!

DBT SKILL BUILDING

This group is a skill based Dialectical Behavioral Therapy group, which uses the curriculum of Marsha Linehan's second additional skills training manual. Members learn the DBT skills through group discussion and handouts. Clients are encouraged to use the DBT skills daily to manage symptoms.

LIFE SKILLS

A skills building group with a focus on ways to increase independence in such areas as: self-care, money management/budgeting, developing healthy lifestyles and making educated choices in daily life.

OPEN STUDIO

Group members have access to a variety of materials to work on individual art projects. Developing coping skills, structuring free time, building social skills, and creative expression are goals of the group.

MOVING THROUGH RECOVERY:

The group is based on a set of skills which people who have made a recovery identified as the skills which were helpful for them. We will learn about the skills by reading articles, watching TED Talks or other recovery-based videos and doing writing exercises. The group will discuss and learn how to integrate these skills into daily life. Members will also participate in a short seated movement exercise to practice movement as a recovery skill.

RELAXATION

Group members begin and end group with self-assessment of stress levels. Through stretching, breathe awareness, body scanning, and guided imagery, members will learn to self-soothe and relax.

WRAP (Wellness Recovery Action Plan)

This group uses WRAP format and guidelines by Mary Ellen Copeland to present ideas and information related to creating a wellness and recovery lifestyle. Key components to be discussed are: hope, personal responsibility, self-advocacy, education, and support. Group members develop their own wellness recovery action plans. This group requires writing.

POSITIVE THINKING

The purpose of this group is to apply cognitive-behavioral strategies to everyday situations. To learn the connection between thinking, emotions and behaviors and how these can be challenged to decrease having an unrealistic perspective on life.

GROUP THERAPY

A group in which members discuss any serious issues they are experiencing. Members are asked to try to connect with what others are saying, offer feedback, support others & help in solving problems in an experiential way.

SELF ESTEEM

The purpose of this group is to explore ways to develop & increase positive self-esteem. Through the use of many fun activities, members discuss their strengths and accomplishments, as well as affirm each other.

RELATIONSHIP BUILDING

Relationship building involves a sequence of activities and discussions to help members build social skills, problem-solve, and better manage social demands. The group experience will help each member to define his/her individual self in a positive way and develop self-esteem through building a variety of relationships.

STRESS MANAGEMENT

Group members listen to five minutes of relaxing music at the beginning of group followed by rating their stress level. The group will learn and practice a variety of stress reducing skills and are encouraged to use them during the course of the week.

MUSIC APPRECIATION

This group promotes listening to a variety of music and learning to appreciate music you may have thought you didn't like. We will learn about various musicians and identify instruments. The mix of music suggested by members and/or introduced by leader will include Classical, Jazz, Alternative Rock, World Music, and everything in between. There will be time for group discussion following the listening.