

# SSTC Menu of Programs



## Program Phases

### **Phase 1**

Acute Treatment Services (ATS)

Minimum of 72 hours

Phase is completed once medical determines the client no longer requires this level of care.



### **Phase 2**

Clinical Stabilization Services (CSS)

Upon completion of ATS a client will transfer to CSS where they will remain until discharge, typically between 45-90 days.

## **Phase 1: ATS**

### **❖ Mindful Recovery**

**Frequency: 7x per week**

**Duration: 45 minutes**

This group is intended to provide clients with a daily practice of self-awareness with a goal on the present. The goal is to assist clients in being able to cope with cravings or urges by learning how to tolerate their feelings and take a non-judgmental approach. Additionally, the goal is to provide clients with a healthy form of stress reduction.

### **❖ Morning Reflections**

**Frequency: 6x per week**

**Duration: 45 minutes**

This group is designed to support clients in starting their day with a positive, recovery based mindset and attitude. It is an opportunity for open discussion and peer support.

### **❖ Developing Healthy Habits**

**Frequency: 1x per week**

**Duration: 45 minutes**

This group is goaled on supporting clients in developing healthy habits that will support their recovery including creating a routine with structure and setting consistent daily expectations.

### **❖ Understanding Mental Health & Substance Use Disorders**

**Frequency: 7x per week**

**Duration: 45 minutes**

The goal of this group is to gain an understanding of co-occurring mental health and substance use disorders through identifying mental health symptoms, enhancing coping skills, and incorporating mental health wellness into a recovery plan.

### **❖ Post-Acute Withdrawal Syndrome (PAWS)**

**Frequency: 3x per week**

**Duration: 45 minutes**

The goal of this group is to gain an understanding of addiction as a disease of the brain and become familiar with the impact and ramifications of early abstinence on mental health, functioning, and healing of an individual's body, mind and spirit.

### **❖ 12 Step Overview**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to learn how 12 step programs are utilized in recovery from Substance Use Disorder, understand different types of 12 step meetings and the purpose of joining a "home group," and discuss how to choose a sponsor and the importance of having one.

❖ **Statutory Reviews**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is for client to understand the Statutory Review and Civil Commitment Review processes and learn what is required to be recommended for discharge.

❖ **Unit Expectations**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to review the expectations of the housing unit, understand the expectations regarding room decorum, and learn how to use the unit phones.

❖ **Treatment Overview**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to review the programming, phases, and schedules, learn group expectations, and understand Mental Health Services including the Opioid Treatment Program (OTP).

❖ **Culture of Recovery**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to define the words culture and recovery, understand how to create a culture of recovery, and learn skills to participate in the culture.

❖ **Pathways to Recovery**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to define recovery and recovery capital and identify different pathways to recovery.

❖ **Medication Assisted Treatment (MAT)**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to help clients understand MAT as a pathway of recovery to include risks and benefits and the importance of the three necessary parts of MAT.

❖ **Tobacco Education**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to discuss the relationship between tobacco use and other drug/alcohol use, identify coping skills to utilize when experiencing urges to use tobacco, and review resources for tobacco dependence recovery.

❖ **Managing Compulsive Behaviors**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to define compulsive behavior and identify the necessary components of addiction recovery.

❖ **Recovery Wellness Planning**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to define a recovery wellness plan and identify the components, recognize the benefits of planning and using a schedule, and create your wellness toolbox and begin to design your own recovery plan.

❖ **Sober Ways to Have Fun**

**Frequency: 2x per week**

**Duration: 45 minutes**

This group provides an opportunity for clients to consider the diminishing “fun” they’ve had over the years due to their lifestyle while using. Open discussion occurs regarding the “medicine of laughter” and options for healing and healthy ways to have fun without the use of substances.

❖ **Recreation**

**Frequency: 7x per week**

**Duration: 45 minutes**

This time period is offered to provide clients with an opportunity to engage in wellness activities. The goal is to assist clients in identifying and practicing healthy leisure activities without the use of substances.

❖ **Recovery Theatre**

**Frequency: 1x per week**

**Duration: 45 minutes**

This group is designed to provide clients with an opportunity to watch a recovery oriented movie followed by open discussion and peer support.

❖ **Unit Meeting**

**Frequency: 1x per week**

**Duration: 45 minutes**

This group is designed to create unity and peer support in the housing unit. It also provides an opportunity to recognize those who are discharging from the program and the progress they have made.

❖ **First 90 Days**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to provide an opportunity for clients to discuss concerns they may have about the first 90 days of their recovery post discharge. The goal is to provide clients with peer support and tools they can use to assist them during this high risk period of time.

❖ **Circle Process**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this process group is to provide an opportunity for community building through identifying shared values.

❖ **Faith Based Recovery**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to provide an opportunity to practice their faith as a pathway to recovery.

❖ **Mindful Art**

**Frequency: 7x per week**

**Duration: 45 minutes**

The goal of this group is to provide an opportunity to practice mindfulness through artistic expression. Clients are encouraged to remain present in the moment and goaled on their chosen art. The goal is on helping clients to practice introspection and healthy coping skills to promote the healing process.

❖ **Recovery Meeting**

**Frequency: 7x per week**

**Duration: 45 minutes**

The goal of this group is to introduce clients to the process and structure of a recovery meeting and provides an opportunity for fellowship with a goal of effecting change in a client's thinking to bring about recovery.

❖ **Refuge Recovery Meeting**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to introduce clients to the process and structure of a Refuge recovery meeting and provides an example and practice time for mindfulness coping skills with a goal of effecting change in a client's thinking to bring about recovery.

❖ **Check Out**

**Frequency: 7x per week**

**Duration: 45 minutes**

The goal of this group is to support ending the day with a positive, recovery based mindset and attitude, provide an opportunity to reflect on gratitude for the day, and set goals for tomorrow.

## **Phase 2: CSS**

### **❖ Mindful Recovery**

**Frequency: 7x per week**

**Duration: 45 minutes**

This group is intended to provide clients with a daily practice of self-awareness with a goal on the present. The goal is to assist clients in being able to cope with cravings or urges by learning how to tolerate their feelings and take a non-judgmental approach. Additionally, the goal is to provide clients with a healthy form of stress reduction.

### **❖ Morning Reflections**

**Frequency: 6x per week**

**Duration: 45 minutes**

This group is designed to support clients in starting their day with a positive, recovery based mindset and attitude. It is an opportunity for open discussion and peer support.

### **❖ Developing Healthy Habits**

**Frequency: 1x per week**

**Duration: 45 minutes**

This group is goaled on supporting clients in developing healthy habits that will support their recovery including creating a routine with structure and setting consistent daily expectations.

### **❖ Drumming**

**Frequency: 1x per week**

**Duration: 45 minutes**

This group is intended to provide clients with an opportunity to learn and practice drumming as a form of mindfulness meditation.

### **❖ Relapse Prevention**

**Frequency: 1x per week**

**Duration: 45 minutes**

This group is goaled on learning the basics of relapse prevention, identifying high risk situations, understanding relapse justification, discussing the relapse process, developing a plan to prevent relapse, and learning the steps of recovery.

### **❖ Recovery Roadmaps**

**Frequency: 2x per week**

**Duration: 45 minutes**

The goal of this group is to better understand the relapse process, explore attitudes and motivation related to substance use, review the impact of substance use, and create a change plan by gaining the knowledge skills and support needed to prevent relapse.

### **❖ Opioid Treatment Program (OTP) Education Groups**

**Frequency: 2x per week**

**Duration: 45 minutes**

The goal of this group is to learn and practice the core concepts of recovery, develop the skills necessary to successfully manage progress in recovery, and support pathways of treatment.

❖ **Dialectical Behavior Therapy (DBT) Skills**

**Frequency: 2x per week**

**Duration: 45 minutes**

The goal of this group is to learn and refine skills in changing behavioral, emotional, and thinking patterns associated with problems in living, that is, those causing misery and distress.

❖ **ReWire**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to learn the think-feel-do cycle and cognitive behavioral therapy skills to utilize to understand and manage emotions and make positive behavioral changes.

❖ **Re-Entry Planning**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to provide information about re-entry planning resources to include residential treatment, housing, employment, recovery, and other aftercare supports in an effort to assist clients in developing a comprehensive discharge plan.

❖ **Grief & Loss**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this process group is to understand the stages of grief, learn how to effectively cope with grief, and learn how loss can impact substance use and recovery.

❖ **Step Work**

**Frequency: 2x per week**

**Duration: 45 minutes**

The goal of this group is to learn and understand the 12 step model of recovery.

❖ **Overdose Prevention**

**Frequency: 1x per month**

**Duration: 45 minutes**

The goal of this group is to understand risk factors for overdose, identify signs of an overdose, and learn how to respond to an overdose.

❖ **Family Recovery**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to understand risk factors for overdose, identify signs of an overdose, and learn how to respond to an overdose.



❖ **Nurturing Families**

**Frequency: 2x per week**

**Duration: 45 minutes**

Nurturing Families is an evidence based, trauma informed and nationally validated family systems intervention that focuses on: Bonding & Attachment, Healthy Relationship, Maintenance, Emotional Regulation, Healing & Recovery, Empathy & Self-Awareness, Sense of Belonging, Self-Identity & Self-Worth, Age Appropriate Expectations, and Dignified Discipline Alternatives.

❖ **Understanding Angry Feelings**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to understand anger, learn how to manage anger in relationships, and review the aggression cycle.

❖ **Recovery Wellness Planning**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to define a recovery wellness plan and identify the components, recognize the benefits of planning and using a schedule, and create your wellness toolbox and begin to design your own recovery plan.

❖ **Mentorship**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to provide clients with information and mentorship and the benefits of having a mentor to provide support throughout their recovery journey.

❖ **Building Resilience**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to understand the impact of trauma on our responses, beliefs, and lives and define resiliency in relation to family and recovery.

❖ **Making the Future Better than the Past**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to learn how to identify and manage feelings through the use of effective coping skills with a focus on how trauma impacts thoughts, feelings, and behaviors.

❖ **Wellness**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to learn the categories of wellness, provide an introduction to nutrition, learn skills for weight and stress management, and understand the components of fitness including cardiovascular training and flexibility.

❖ **Animal Assisted Treatment**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to support client's throughout their time in programming, to improve one's overall wellbeing, and learn how to cope with stressors with the assistance of a trained therapy animal. This group is designed specifically to help those in recovery who will benefit from an alternative treatment method.

❖ **Unlock Your Thinking Open Your Mind**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to identify how feelings, thoughts, and cognitive distortions can threaten recovery, interfere with healthy thinking, and fuel unwanted behavior.

❖ **Getting Motivated to Change**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to introduce the role of motivation in behavior change, explore the thought processes and action phases of change, encourage the adoption of strategies for strengthening commitment to change, and explore maintaining gains and focus on goals once the change process has started.

❖ **Ideas for Better Communication**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to identify roadblocks to effective communication, learn strategies to examine and begin to repair past relationship problems, and define different communication styles and their impact on relationships.

❖ **Strengthening Aftercare**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to introduce clients to the Pathfinder case management program and explain the services the program provides to support a client's recovery upon discharge.

❖ **Creative Writing**

**Frequency: 1x per week**

**Duration: 45 minutes**

The goal of this group is to introduce the power of therapeutic writing and provide an opportunity for clients to practice this skill and experience the benefits to both their mental wellness and recovery.

❖ **Mindful Gardening (offered seasonally)**

**Frequency: 1x per week**

**Duration: 45 minutes**

This group provides clients with an opportunity to practice mindfulness through the act of gardening. Clients are encouraged to remain present in the moment and focused on learning the process of gardening from starting the seeds through maintaining a garden. The focus is on helping clients to practice introspection and healthy coping skills to promote the healing process.

❖ **Community Resources**

**Frequency: 1x per week**                      **Duration: 45 minutes**

The goal of this group is to introduce clients to resources in the community and explain the services they provide to support a client's recovery upon discharge. This group will include outside agencies directly presenting about their services to the clients.

❖ **Recreation**

**Frequency: 7x per week**                      **Duration: 45 minutes**

This time period is offered to provide clients with an opportunity to engage in wellness activities. The goal is to assist clients in identifying and practicing healthy leisure activities without the use of substances.

❖ **Fitness**

**Frequency: 2x per week**                      **Duration: 45 minutes**

The goal of this group is to improve flexibility, strength, endurance, balance, and awareness utilizing different types of exercise.

❖ **Recovery Theatre**

**Frequency: 1x per week**                      **Duration: 45 minutes**

This group is designed to provide clients with an opportunity to watch a recovery oriented movie followed by open discussion and peer support.

❖ **Unit Meeting**

**Frequency: 1x per week**                      **Duration: 45 minutes**

This group is designed to create unity and peer support in the housing unit. It also provides an opportunity to recognize those who are discharging from the program and the progress they have made.

❖ **First 90 Days**

**Frequency: 1x per week**                      **Duration: 45 minutes**

The goal of this group is provide an opportunity for clients to discuss concerns they may have about the first 90 days of their recovery post discharge. The goal is to provide clients with peer support and tools they can use to assist them during this high risk period of time.

❖ **Circle Process**

**Frequency: 1x per week**                      **Duration: 45 minutes**

The goal of this process group is to provide an opportunity for community building through identifying shared values.

❖ **Faith Based Recovery**

**Frequency: 1-2x per week**

**Duration: 45 minutes**

The goal of this group is to provide clients with an opportunity to practice their faith as a pathway to recovery.

❖ **Mindful Art**

**Frequency: 2x per week**

**Duration: 45 minutes**

This group provides clients with an opportunity to practice mindfulness through artistic expression. Clients are encouraged to remain present in the moment and goaled on their chosen art. The goal is on helping clients to practice introspection and healthy coping skills to promote the healing process.

❖ **Recovery Meeting**

**Frequency: 6-7x per week**

**Duration: 45 minutes**

This group introduces clients to the process and structure of a recovery meeting and provides an opportunity for fellowship with a goal of effecting change in a client's thinking to bring about recovery. Recovery Meetings include AA & NA Meetings, SMART Recovery Meetings, and Refuge Recovery Meetings.

❖ **Refuge Recovery Meeting**

**Frequency: 1x per week**

**Duration: 45 minutes**

This group introduces clients to the process and structure of a Refuge recovery meeting and provides an example and practice time for mindfulness coping skills with a goal of effecting change in a client's thinking to bring about recovery.

❖ **Check Out**

**Frequency: 7x per week**

**Duration: 45 minutes**

The goal of this group is to support ending the day with a positive, recovery based mindset and attitude, provide an opportunity to reflect on gratitude for the day, and set goals for tomorrow.