

# **UNIVERSITY SUBSTANCE ABUSE CLINIC**

## **Treatment Groups**

### **EARLY INTERVENTION GROUP**

This treatment group runs eight weeks and is designed to assist the client in understanding fundamental concepts of addiction, recovery, the change process, cognitive restructuring and prosocial versus antisocial values and thinking. This eight week group is designed to inform, educate and motivate clients regarding the negative aspects of substance use and dysfunctional behavior. By raising awareness and developing insight, clients gain understanding of the importance of discontinuing use in order to avoid further problems, improve the quality of their life and to successfully complete parole or probation.

### **RE-DIRECTING THE SUBSTANCE ABUSING CLIENT**

This treatment group consists of fifteen sessions and is aimed at improving the client's ability to avoid substance use and minimize their maladaptive behavior by improving the client's social skills and thinking skills. The client's cognitions, attitudes and values are a major focus of this group as is affect awareness and social skill development. The skill development focus is on recidivism avoidance skills, thinking errors and elimination of self defeating behaviors. These efforts are supported by cognitive restructuring, behavioral rehearsals and the development and refinement of relapse/recidivism prevention planning.

### **REDIRECTING FOR WOMEN**

This gender specific treatment group consists of fifteen sessions and is based on Lisa Najavitz's "Seeking Safety" program. This group recognizes the high incidence of trauma, past and present, experienced in the life of substance abusing women and women involved in the criminal justice system. This integrated treatment group is designed to continually address both substance abuse and post traumatic stress disorder. "Safety" is an overarching theme of the group that includes discontinuing use, minimizing exposure to risk (relapse prevention strategies, safe sex, prosocial associations), gaining control over extreme symptoms and stopping self-harming behaviors.

## **PRE-TREATMENT GROUP**

This is a MDOC contract required group consisting of three 1 ½ hour sessions that utilizes an educational, didactic and self-help format. The goal is to provide educational and motivational services to facilitate the client's ability to make an informed decision about their alcohol/drug use and criminal behavior. USAC evaluates the client's awareness of substance abuse and criminal behavior problems, readiness to engage in treatment and the benefits of treatment.

## **EARLY RECOVERY GROUP**

This early stage treatment group is designed for young adults between the ages of 18 and 25. The group is one and one half hours in length, delivered over the period of eight weeks. The intent of this group is to engage the individual in treatment and, through motivational enhancement strategies and increasing awareness, move the individual into an active stage of problem remediation. Moving clients along the stages of change, analyzing the costs/benefits of their use, recognizing thinking errors, identifying high risk situations and managing urges are objectives for clients in this group.

## **RELAPSE PREVENTION GROUP**

This fifteen week recovery group discusses the stages of recovery, focuses on relapse prevention skills through the use of behavioral rehearsals, discusses obstacles to recovery as well as the challenges of maintaining and sustaining change. The group process leads each individual through the identification of their own high risk social situations and mood states. Clients develop a written relapse prevention plan based on their individualized recovery needs and present this plan in group. Clients gain understanding of the commitment needed for the process of recovery and are given the clinical assistance and support to address self defeating behaviors, family/relationship issues and the challenges of maintaining sobriety and working recovery. This group also functions as a step-down group for clients completing IOP so that they may make a smooth transition to continued treatment at lower level of care.

## **ALCOHOL AWARENESS**

The AA program is based on the premise that individuals who are educated about the adverse effects of alcohol consumption, and the consequences of drinking and driving are less likely to engage in drinking and driving behavior. The program provides knowledge to the clients to aid them in making better decisions in the future with regard to their alcohol consumption and the decisions they may make

while under the influence, with a special emphasis on the drinking and driving behaviors.

### **MOTIVATIONAL ENHANCEMENT GROUP**

This eight week group is design to assist individuals in resolving the ambivalence that is typical and predictable by anyone faced with a decision to make a significant change in life. Group members are directed through the process of committing to recovery by examining their values in relation to their actions, completing decisional balance exercises evaluating the benefits of change versus staying the same, enhancing self-efficacy in the pursuit of recovery and developing and maintain motivation for recovery. This group is complementary to CBT-based groups but the focus is not on *how* change is made but on *why* change is important.

### **COPING SKILLS GROUP**

This eight week group acknowledges the need for individuals to learn adequate self regulation, distress tolerance and stress management skills in order to manage their emotions and life challenges in an adaptive manner. Equally important is the need to find some relief from the immediate and overwhelming emotions associated with abstinence, treatment involvement and the demands of life without the self medication of addiction. This group leads individuals towards insight about their ability to regulate emotions without the use of mood altering substances. Specific mood regulation and affect management skills are introduced and practiced in this group in order to modify the individuals' current level of emotional disturbance as well as allowing them to attain coping skills that will assist them, not only in early stages of recovery, but throughout their life.

### **GOAL SETTING/WEEKEND PLANNING GROUP**

This eight week treatment group is designed to assist individuals in learning how to develop realistic, meaningful and measurable short and long term goals. The content of this group leads individuals to assess their values and look for congruence between their values and their behavior. There is emphasis on learning to delay gratification, the importance of peer and community supports and the role of family or significant others in recovery. Of equal emphasis is planning and scheduling time as a relapse prevention strategy. Each group member develops a weekend plan for activities and free time, identifies potential high risk situations/moods and strategizes how to manage the weekend in a drug free manner. Each individual presents their plan to the group for review and assistance.

## **DIDACTIC**

This is an eight week psycho-educational treatment group designed to educate young adults between 18-25 years old and increase awareness about the processes of problem development, addiction and recovery. Topics and concepts covered in this group are the physical effects/damage caused by the various categories of drugs; the chronic nature of addiction; the impact of addiction on families and significant relationships; the physiological and psychological processes of urges and triggers; high risk for STDs, HIV and other health problems connected with addictive behaviors; and the components of a successful recovery plan. Individuals will have the opportunity to discuss and reflect on the relevance of this information in their lives.

## **LIFE CHOICES**

Life Choices is an educational program for college-age students that provides valuable information regarding alcohol and drug use. Life Choices is based on the belief that education about the effects of alcohol and its social and legal consequences can help an individual avoid repeated problems with alcohol and other substances. This prevention/diversion program is indicated for students that have shown early signs of problem behavior. Behaviors that warrant a referral to Life Choices include being found in possession of alcohol or substance related paraphernalia, testing with a BAL below .04 or to serve as a possible informal violation/warning. Attending the program fulfills the requirements of WMU's Office of Student Conduct or Residential Advisors. The "Life Choices" program consists of one session held at various times during the week.

## **STRATEGIES FOR SUCCESS**

Strategies for Success is a prevention and diversion program for university students based on the belief that educational interventions that examine the effects of alcohol and other drugs on an individual's functioning can help an individual avoid repeated problems with alcohol and other substances. Strategies for Success is designed to assist each participant attending in considering his/her motives for use of substances, to assist each participant in examining his/her relationship with substances and associated personal risk factors as well as to develop a better understanding of resources that are available at WMU and how to seek assistance as necessary. Behaviors that warrant a referral to Strategies for Success include Minor in Possession arrest, angry behavior while using substances including alcohol, a high BAL above .04, a second alcohol/drug violation or a formal violation of student conduct. The "Strategies for Success" program consists of two sessions held on consecutive Fridays.