

# Group Services



***A therapeutic interaction shown to be successful with identified populations, diagnoses & service needs. Services are directed toward achievement of specific goals defined by the individual & specified in the Individualized Resiliency Plan.***

**Services may address goals/concerns such as promoting recovery, & the restoration, development, enhancement or maintenance of:**

- 1. Illness & medication self-management knowledge & skills;**
- 2. Problem solving skills;**
- 3. Healthy coping mechanisms;**
- 4. Adaptive skills;**
- 5. Interpersonal skills;**
- 6. Daily living skills;**
- 7. Resource management skills;**
- 8. Knowledge regarding mental health conditions, substance use disorders & other relevant topics that assist in meeting the youth's & family's needs;**
- 9. Skills necessary to access & build community resources & natural support systems.**

**MH Peer Support Program (S.P.A.R.K.)**  
18 & up

1. Individual must have a mental health diagnosis
2. Individual requires skills needed to manage symptoms & utilize community resources
3. Individual may need assistance to develop self-advocacy skills
4. Individual may need assistance & support to prepare for a successful work experience
5. Individual may need peer modeling to take increased responsibilities for his/her own recovery
6. Individual needs peer supports to develop or maintain daily living skills

**SA Outpatient Group (Step One Recovery Center)**  
18 & up

1. The substance use is incapacitating, destabilizing or causing the individual anguish or distress & the individual demonstrates a pattern of alcohol &/or drug use
2. The individual's substance use history after previous treatment indicates that provision of outpatient services alone ( is not likely to result in the individual's ability to maintain sobriety
3. The individual is able to function in a community environment even with impairments in social, medical, family, or work functioning
4. The individual is sufficiently motivated to participate in treatment

**Emerging Adult Group (HUB & The Den)**  
16 to 30

- HUB & the Den focus on peer advocacy & helping young adults find their voices. We support young people who could use an extra hand in becoming adults. Whether you need help learning to manage emotions, improve communication skills, or complete the responsibilities of adulthood, our groups provide guidance & assistance.
- Youth & emerging adults receive beneficial guidance as they pursue: Applying to college, Building character, Finding housing, Fun & educational outings, Graduating high school, Making social connections, Managing finances, Obtaining a GED, Searching for jobs, Volunteer & outreach opportunities.

