

Region Ten Group Therapy

How to access group therapy services

Group therapy helps individuals to grow their communication and socialization skills, express issues, and accept feedback from others. Region Ten is now providing group counseling through telehealth for adults in our community using Zoom (zoom.us). Telehealth is the term for treatment services that are delivered over the phone, tablet, laptop or computer, and Zoom is available on each of these devices. Call **434-972-1829** or email **adult.intake@regionten.org** to learn more about group therapy services.

Group descriptions

Intensive Outpatient (IOP): Three groups offered to develop skills and strategies to maintain sobriety, focus on early recovery and relapse prevention, and family education. M/Tu/F 9:15AM-12:15PM. M/W/F 5-8PM.

Healthy Relationships: Examine difference between healthy and unhealthy relationships, learn how substance use affects relationships, and build effective communication skills. Thursdays from 11 AM- 12:30 PM.

Anger Management: Psycho-education to identify emotions related to anger, coping skills, and to manage anger in healthy ways. \$150 out of pocket cost. Tuesdays from 4-5 PM.

***NEW* Mindfulness Skills:** Nurture greater wellbeing through evidence-based mindfulness skills. Learn and put into practice a variety of awareness techniques to enhance resiliency in every day life. Tuesdays 5-6:30PM.

***NEW* DBT Skills:** Gain skills for emotional regulation Core mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness. Thursdays 9-10:30 AM.

Seeking Safety: Build resiliency skills for individuals who have experienced trauma, in a supportive, safe space with peers. Wednesdays from 10-11 AM (men) and 10-11:15 AM (women).

CHOICES: Learn to identify problem behaviors related to substance use in order to understand and facilitate behavioral change. Tu/Th from 1:15-2:45 PM.

ASAP: Treatment to complete VASAP requirements related to DUI charges. \$320 out of pocket cost. Tuesdays 5-6:30pm and Thursdays from 5:30-7 PM.

Relapse Prevention: Develop a recovery maintenance plan, challenge thoughts that support problem behavior, and recognize warning signs that lead to problem behavior. Mon/Fri 9:15-10:30 AM. Mon/Thurs 5-6:15PM.

***NEW* Aftercare:** For individuals who have completed SUD treatment and seeking ongoing support and maintenance. Mondays 10:30-11:30 AM.

Coping Skills: For individuals with co-occurring mental health and substance use disorder to identify triggers, practice effective communication, and improve decision-making skills. Tuesdays 10:00-11:00 am.



Adult Access Services

434-972-1829

adult.intake@regionten.org

Emergency Services

434-972-1800