

Mental Health & Substance Abuse Groups

Clients only

Please call (815) 941-3404 for more information

Defining your value system- This group explores personal values, what values are rooted in, how they are adopted, which values trump other values, and the relationship between values and our overall well-being, choices and paths taken. Participants will have the opportunity to explore beliefs, values, and spiritual goals. All beliefs/spiritual paths are welcome.

Aging Well- Are the golden years you imagined feeling more like rusty years? Do you feel alone, less valuable, like your life is empty, or that your health has become a full time job? This group will allow you to discuss with others who struggle with the senior years and help you gain a greater perspective on what you can do to better cope with the aging process.

Teen G.I.R.L.S.- Girls in Real Life Situations (G.I.R.L.S) is group counseling, designed to give participants an opportunity to feel empowered, gain self-awareness, develop positive coping mechanisms, improve daily problem-solving skills, feel connected with other girls, and make healthy decisions as they grow through turbulent times. This group is for girls middle and high school aged.

Substance Abuse- Participants will gain an understanding of the effects of drugs and alcohol on the brain and body, its impact on judgement and behavior, and its legal consequences. Participants will also learn how to avoid people, places, and things that may have a negative impact on their lives.

Caged by Clutter-This group is for those who hoard or experience problems related to having too many things. Problems may include safety risks, feels of shame or embarrassment, pressure from others to clean up your home, financial problems, risk for legal action or fines, or inability to function well in your home. Participants will explore their beliefs about their belongings and how to change them to gain back control of their homes and their lives.

Young Motherhood- Are you a mother under the age of forty who could use some extra support? If so, check out this 11-week group! Participants will learn skills and find support covering topics such as navigating the struggles of motherhood, understanding your own past, self-esteem, and others. All relationship statuses accepted.

WRAP- WRAP is a nine-week program that was developed and is led by people who are successfully managing mental health challenges. Participants will learn to identify their “Wellness Tools,” which are the things they can do to feel better and stay well. Visit mentalhealthrecovery.com and let your therapist know if you would like to be on the list to attend our next WRAP program! Scheduled to start January 2022.

Co-Occurring Disorders- Participants will learn about their co-occurring mental health and substance use issues and develop coping skills to help manage them. They will discover how to identify symptoms and will be assisted with learning healthy ways to manage them. Members will also have the opportunity to mentor peers and connect with resources.

Process- This group will provide support and coping skills for clients negatively affected by the Covid-19 pandemic. Increased social isolation, anxiety, depression, fears, and other thoughts and feelings will be addressed based on the needs of group participants.

Anxiety- This group will seek to define stress and anxiety and how they play a role in our lives. Group covers topics such as stress/burnout, unavoidable stress, stress management, positive and negative stressors, stress relief, connection between thoughts, feeling, and behaviors, self-talk, positive/negative thinking patterns, rational thinking, reverse cognition, cognitive restructuring, and living in the present.

Seeking Safety- Many people who experience trauma don't feel emotionally or physically safe, and they may not get the care they need. The Seeking Safety group identifies how to build safe coping skills in the present. This group is appropriate for people who are struggling with substance abuse and/or trauma.

Positive Psychology- The Positive Psychology group will provide guidance on developing “habits of happiness” in your daily routine, the ability to analyze your experiences and identify which activities and people give you the most joy, discover your own sense of humor, and learn new ways to be good to yourself.

CSG: Community Support Group- Some sessions of this program are held at GCHD and others, in community settings. Participants will learn to apply the skills they have acquired in therapy to their daily lives in order to stay mentally and physically healthy. Interventions will facilitate illness and self-management, skill building, use of natural supports, and utilizing community resources.