How to access group therapy services

Group therapy is a helpful resource for individuals who could benefit from connecting with others who are experiencing similar issues. During COVID-19, Region Ten is providing group counseling through telehealth for adults in our community using the Zoom platform. Telehealth is the name for treatment services that are delivered over the phone, tablet, laptop or computer, and Zoom can be accessed 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 9AM-12PM. M/W/F 5-8PM. Women only group: M/W/F 12:30-3:30 PM.

- **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, personal triggers, build coping skills, and to manage anger in healthy ways. $150 out of pocket cost. Tuesdays from 4-5 PM.

- **New** Co-Occurring Skills: For individuals with co-occurring mental health and substance use disorders to identify triggers, practice effective communication, build healthy relationships and improve decision-making skills. Tuesdays from 12:30-1:30 PM.

- **Seeking Safety:** Build resiliency skills for individuals who have experienced trauma, in a supportive, safe space with peers. Wednesdays from 9-10 AM (men) and 10-11 AM (women).

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

- **ASAP:** Treatment to complete VASAP requirements related to DUI charges. $320 out of pocket cost. Tuesdays and Thursdays from 5-6:30 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 9-10:15 AM. Mon/Thurs 5-6:15PM.

- **New** Stress Management: Identify individual’s physical, social, and emotional stressors, and develop strategies for motivation, relaxation techniques, and how to respond to stressful situations. Fridays from 1-2 PM.

Adult Access Services
434-972-1829
adult.intake@regionten.org

Emergency Services
434-972-1800