

Boise VAMC's

Guide to Behavioral Health Groups and Workshops

Mission:

The Behavioral Health Service's mission is to maintain and improve the health and well-being of Veterans through excellence in health care, social services, education, and research

Veterans: This document can be located on the Boise VAMC website: www.boise.va.gov
VA Providers: This document can be located on the BH SharePoint, Shared Documents

Behavioral Health Levels-of-Care

Each Veteran receiving care through the Behavioral Health Department is individually assessed to ensure the optimal level-of-care is provided for each unique situation. Treatment plans are tailored to each Veteran's needs, strengths, and resources. Our multidisciplinary team of professionals is comprised of: psychiatrists, psychologists, licensed social workers, licensed mental health counselors, peer support specialist, nurse practitioners, nurses, pharmacists, and occupational therapists. Chaplaincy services are available upon request. As a training facility, we have multiple professional trainees, as listed above, participating in our programs that provide additional services with supervised care.

This guide has been created to provide Veterans and family members a comprehensive resource describing the many psychotherapeutic groups available at the Boise VAMC Behavioral Health Department. Psychotherapeutic groups offer many benefits in the treatment of mental health recovery and substance abuse recovery. Groups are often as efficacious as individual therapy. Groups offer the opportunity for peer support and interaction.

Please use this guide to better understand the groups offered so our Veterans can receive the best possible treatment for their mental health needs.

Please talk to your Behavioral Health provider if you're interested in being referred to the groups listed. In the event you do not have an assigned provider and you are interested in attending one of the groups listed, please contact:

Behavioral Health Service

(208) 422-1108

(208) 422-1145

A Recovery Model for You!

Recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Recovery is about finding your way in the world:

The way that works best for you so you can live the best life possible. So you can live in the community you choose and do the things that keep you healthy.

Recovery is about living well.

- It is about moving beyond any label.
- It is about deciding who you are. Not about how others decide who you are.
- It is about creating a good life of your own choosing.

Change the focus from "what is wrong with you?" to: **"What is right with you?"**

In using this guide, please note that:

- Unless otherwise specified, all groups are located in the Behavioral Health Building (114)
- GR = Group Room

MONDAY

HCHV/SUD Group/Non VA Location

Tom Madden

M, 9:00-10:00am

Closed group for veteran's staying at the River of Life

Peer Pain Support Group

Steve Walker and Larry Buttel

M (2nd & 4th week), 10:00-11:30am, GRs 2

This group is for veterans who have successfully graduated from the 8-week Pain Management Class. The Pain Graduate Group is an ongoing psycho-educational & process group incorporating non-pharmacological approaches to effective pain management. Group members are encouraged to invite spouses/significant others or an adult that plays an important role in their life. The focus of topics presented and issues addressed is on increasing the level of functioning in spite of chronic pain. Specific techniques involving guided imagery and deep relaxation are incorporated into each group.

Accept and Commitment Therapy Group (ACT)

Craig Lodis

M, 10:00-11:30 am, GR 4

ACT is a scientifically-based psychotherapy that considers suffering to be directly connected to our relationship with our thoughts and feelings. When we are suffering, we tried to rid ourselves of painful experiences such as anxiety, sadness, negative thoughts, bad memories, etc. Sometimes this effort to eliminate the pain becomes a source of pain itself. So in ACT, we work on viewing thoughts and feelings with a different stance or attitude. The ultimate goal is to help the client build a better life based on his or her personal values.

Social Skills Group (MHICM ONLY)

Julie Orozco

M 10:30-11:30 am, MHICM Kitchen

Social Skills group is an evidenced base group for individuals with severe chronic mental illness. The group consists of learning one particular skill each week, like making a request, or expressing a negative emotion. Each skill consists of 3-4 steps that are practiced in a series of role plays by each member. Referrals are accepted yearly. Participants must learn the 4 basic skills through individual sessions prior to starting the group which

usually begins in January and lasts four to six weeks.

Peer OSAT Support Group

Deanna Brent

M 11:00-12:00 pm, B 23 Room 110

This group is for veterans who are in recovery from substances or are struggling with substances. This peer group's objective is to inspire others by learning how to cope with cravings and/or other life problems. This group models the recovery model implementing the 10 elements of recovery and provides support and nurturance.

Healthy Thinking

Cigdem Hyder

M, 1:00 – 2:30pm, GR 2

This 6-week skills based group teaches skills in treating Major Depression. Veterans will be able to identify depressive symptoms and learn skills that help to treat depression.

Letting Go Group

Chris Drouillard

M, 1pm-2pm, GR 3

Group discusses the meaning of emotional baggage and the fact that wherever you go, there you are. The notion is explained that during down time and boredom often times our emotional baggage creeps into our brains and pushes us towards maladaptive coping mechanisms. The group generates a list of potential emotional baggage issues, including shame, guilt, regret, anger. Veterans select 1 item from the generated list mentioned as an issue they are willing and wanting to get rid of; CBT handouts and MI modalities are used to assist Vet's in recognizing the futility of continuing in the same patterns. The entire concept is discussed as a symbolic experience, with the hope that they will realize that carrying these emotions around with them actually get in the way of healthy living. Post Traumatic Growth: As appropriate, Vets will discuss the growth they have had from the experiences of holding onto emotional baggage and then choosing to let them go.

MONDAY

Trauma Symptom Management (PTSD) Group

Nathan Powell

M, 2:30-4:00pm, GR 4

This group is for veterans who have experienced significant emotional trauma. Diagnoses most often include, but are not limited to, PTSD, anxiety disorder NOS, and adjustment disorder.

This cognitive-behavioral skills development class teaches veterans how to better manage common signs and symptoms associated with exposure to traumatic events. Symptoms associated with interpersonal trauma (combat and or sexual trauma) are targeted. Our goals are quite simply to facilitate understanding of what happens to the mind, body, and spirit when exposed to trauma and the application of that understanding to “**do something**” about reactions to trauma which most often take the form of psychiatric signs and symptoms. This is **not** a Trauma focus group, and specific traumatic events experienced by participants are not discussed in-group. This group works well as a stand-alone treatment or, alternatively, in preparation for more intense Trauma-focus work.

The group is held for 8 weeks on Monday from 2:30-4:00p.m., Bldg. 114, Group Room 4 and you may begin at any time.

CBT for Insomnia

Ed Plies

M, 2:00 – 3:30 p.m. Bldg. 116 (Bi-Monthly)

This 7 week group is for veterans who are interested in making behavioral changes to address insomnia. Facilitators teach sleep restriction therapy, stimulus control, sleep hygiene, relaxation techniques, and cognitive restructuring to comprehensively address insomnia.

Moving Forward: A Problem-Solving Class

Danae Perez-Cahill

M, 3-4pm - B85a (Patient Education Classroom)

MOVING FORWARD is an educational program developed to help Veterans become more successful in reaching life's goals. Conducted over 4 classes, it teaches practical “problem-solving” skills to help individuals better define their problems, set reasonable goals, be creative in coming up with good solutions, make better decisions, and know what steps to take when things are not going well.

Guitars for Veterans Workshop

Steve Walker

M, 4:30-6:00pm, GR1&2

Provide brief description:

This Peer led Workshop is aimed at providing Veterans struggling with PTSD and other emotional distress a unique therapeutic alternative. G4V pursues its mission to share the healing power of music by providing free guitar instruction. The weekly (10 Weeks) guitar lessons provided by our volunteers are individualized and designed to help students learn at their own pace while accommodating any physical and/or emotional challenges. More information can be found on this nationally recognized organization at www.guitars4vets.org

Peer Forward Focus Group

Steve Walker

M, 6pm-7pm, GR1&2

This is a peer facilitated group for any Veteran from any era that has experienced a traumatic event. This group focuses on today and how we move forward after our traumatic events. The group will involve both in-patient and out-patient veterans who want to focus on moving forward knowing that they are not alone and that others are working on their own recovery. This group will incorporate the 10 elements of the recovery model: Holistic, Hope, Responsibility, Person Centered, Strength-Based, Non-Linear, Respect, Peer Support, Empowerment, Self-Direction and Hope.

TUESDAY

MOVE/Weight Program

Mona Randall

Tu, 10:00-11:30am, Bldg 54

This group is for veterans wishing to work on weight issues.

This group takes a holistic approach to weight loss and healthy lifestyle changes, focusing on behavioral health, diet, and exercise.

Lesbian Gay Bisexual Transgender (LGBT) Support Group

Susie Klepacki

Tuesday, 10am-11am, GR 1

This support group offers LGBT Veterans with peer support in a safe, supportive, educational environment.

ACT in Recovery (OSAT)

Craig Lodis

Tu, 11:00 a.m.- 12 p.m. Bldg 23 room 110

This group is for veterans struggling with alcohol and substance use and those in recovery.

The purpose of this group is to learn ways to tolerate discomfort and learn coping skills. Veterans will learn to use what matters most in their lives to guide their actions. This is an open group. Veterans are allowed to attend at any point.

Peer Vietnam PTSD Group

Steve Walker

Tu, 11:00 a.m.-12:30 p.m. B114, GR 1

This Peer led group is for dual diagnoses Viet Nam combat veterans with PTSD and some other diagnosis (e.g. Etoh/Drugs, Depression, Bipolar, Schizoaffective DO). This group is populated with totally disabled PTSD/depression/now sober combat veterans who have already gone through an inpatient and/or outpatient intensive trauma treatment. This group provides socialization and supportive psychotherapy. It provides an opportunity to talk about current issues related to relationships, gaining, chronic illness, and to re-examine traumatic experiences (if that is what is needed).

Bereavement Group

Janis Glenn and Wendy Taylor

T, 11:00-12:00pm, GR 3

(group meets weekly for 7 sessions held 3 times during the year – please contact Wendy/Janis for group start dates)

This group is for veterans seeking support in the loss of a family member, close friend, or a person important to their life. Family members of veterans who have passed away are also welcome. Please contact Wendy or Janis at 422-1108/1145 for questions, referrals, or for more group information.

PTSD Group II

Steve Walker

Tu (every other Tues) 9:00-10:00 a.m. GR 1

This group is for Vietnam/Retired/Officers combat veterans with PTSD.

This group is for Vietnam and Korean combat veterans, who are generally officers or retired military. This group is focused on PTSD treatment and provides support and some socialization. Age range of the veterans in this group is from 65 to 78.

NAMI Connection Recovery Support Group

Peer Group: Facilitated by Peers

Susie Klepacki

Tu, 1:00-2:30pm, GR2

Peer to Peer NAMI Connection Recovery Support Group is a collaborative group between NAMI and the Boise VAMC. The weekly group is designed for individuals living with mental illness in which people learn from each other's experiences, share coping strategies, and offer each other encouragement and understanding.

DBT (Dialectical Behavioral Therapy)

Skills Group

Susie Klepacki

T, 1:15-2:30pm, GR3

This group is open to all veterans. This group provides the opportunity to learn coping skills to decrease: interpersonal chaos, labile emotions and moods, impulsivity and confusion about self. This group offers veterans skills training in mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation. The group involves homework

TUESDAY

and outside skills practice and lasts approximately 16 weeks.

Housing-Up Group

John Randall

Tu, 2:00 pm-3:00 pm, River St. Conference Room
Ongoing, weekly group for veterans with HUD VASH Vouchers seeking housing. Veterans will develop skills and opportunities to decrease barriers to housing.

CPT-Group A-B114 (block group) Cognitive Processing Therapy

Ingrid Mckie

Tues, 3:00-4:30pm, GR3

This group is for veterans dealing with PTSD. This is a 13-week class course and an evidence-based treatment for PTSD. Group members learn how trauma experiences affect their daily life and how these experiences changed their thoughts and beliefs. Group members also learn to recognize and manage emotions that stem from trauma. Memories of the trauma experience are not avoided but processed through a structured method that addresses how the trauma affected their thoughts regarding safety, trust, power/control, self-esteem, and intimacy.

Advanced Pain Management

Cody Maddox

8 weeks

Day/Time: Tu, 9:30-11:00

The chronic pain management program is built around a recovery model that encourages veterans to fully live life despite chronic pain. Veterans that graduate from the pain management group will be able to attend an advanced group aimed at identifying additional resources that can help facilitate their recovery and create structured space that will allow them to talk with other veterans about the recovery process.

The intention of the group is to encourage veterans to become more independent during the recovery process. Part of that process is reaching out and helping other veterans. Hence, becoming aware of multiple resources will help veterans act as a "pain peer," reaching out to their fellow service members who are also struggling with chronic pain. These opportunities will be coordinated through the chronic pain program.

STAIR Therapy

Mandi Dietz/Melissa Kremer

Tu, 3:00 p.m. -4:30 p.m. Bldg 114, GR 3

Skills Training in Affect and Interpersonal Regulation (STAIR) is an evidence-based cognitive behavioral therapy for those with symptoms from trauma experiences. Created by Dr. Marylene Cloitre, this therapy provides psychoeducation about trauma and skills training in emotion regulation and interpersonal functioning.

Please Note: This is NOT a trauma processing group but helps prepare Veterans for that work by giving them skills to manage their emotions and behaviors. The group is appropriate for those Veterans in outpatient treatment who just want to learn skills for managing PTSD, want to move onto more intensive PTSD treatment but remain uncertain, and/or those who need more foundational skills to prepare them for work on their trauma experiences. It also is highly recommended for those Veterans considering or who have been referred for residential PTSD treatment.

STAIR group will run 12 weeks and will close be closed to new participants following week two.

Peer- Women's Hope and Recovery

Deanna Brent

T, 4:00 p.m. Bldg 23

This group provides peer support to assist women veterans, as well as women who are a *collateral* to a veteran, with any addiction and/or codependency issues. This group helps maintain the Mental Health Recovery process. This is an open, peer led support group focusing on the 10 Elements of Recovery: Holistic, Hope, Responsibility, Person Centered, Strength-Based, Non-Linear, Respect, Peer Support, Empowerment, Self-Direction and Hope.

MHICM (Family Group)

Chalice Silflow & Kevin Slager

Every 4th Tuesday 4:00 -5:30pm GR 2

Must be in MHICM Program

Second Chance

Chris Drouillard

Tu, 5:30-6:30pm, GR3

This group is for veterans in sobriety.

This group provides support and camaraderie for those in recovery from addictions. Group membership includes those new to recovery and those who have practiced sobriety for years.

Members are given opportunities to discuss roadblocks to successful recovery and coping mechanisms necessary for successful recovery.

Anger Management

John Randall

T, 5:00-6:00pm, GR 1

This group is for veterans who are self-referred, clinician-referred, or court-ordered to anger management. Managing Anger is a psycho-educational and therapeutic process group that meets each Tuesdays from 5:30 to 6:30 pm for eight consecutive weeks. The group focuses on cognitive, verbal/behavioral coping skills to manage anger using the SAMHSA program. New referrals are welcome!

Wednesday

Job Club

Travis Wilson

Wed, 10:00-12:00 pm, GR 4

This group is for all outpatient unemployed veterans.

This group offers veterans the opportunity for vocational assistance for the purpose of obtaining employment. This group will provide education on resume writing, filling out applications, interview skills, and barriers to employment, social skills, and community vocational resources. Veteran representative from the Idaho Department of Labor will provide a workshop once a month. Lasts approximately 4 weeks.

This group is for all outpatient unemployed veterans.

This group offers veterans the opportunity for vocational assistance

Pain Management (offered through Telehealth)

Cody Maddox

W, 10:30-12:00pm, GR1

This group is for veterans who suffer from chronic pain. This eight week pain management class is a psycho-educational group that addresses the bio-psycho-social aspects of chronic pain. Veterans learn cognitive behavioral interventions aimed at improved pain management and increased overall functioning.

Never Surrender (OSAT Group)

Julie Goodman

W, 11:00am-12:00 pm, B 23, Room 110

This group is for those veterans seeking continuing substance abuse care.

This group typically serves retired or disabled vets who use DAV or public transportation during daytime hours. It is highly focused on sobriety and encourages examination of events of daily living that impact each member's program of recovery.

MHICM Lunch Bunch

MHICM Staff

W, 11:00-1:00pm, Bldg 114 Kitchen

This group is for veterans in the MHICM program. This group encourages healthy social and interpersonal skills.

--The vets need to be referred to the MHICM program before they can attend!--

Reasons for Living

Mary Pierce

Wed, 11:00 – 12:30 pm GR 3

This group is for veterans on the High Risk for Suicide List or referred by their provider due to a significant suicide attempt, ongoing suicidal ideation and/or desire to die. This group is part support, part CBT, and Distress Tolerance Skill Building.

Smoking Cessation

Sharlene Green

W, 11:00 – 12:00pm, Pt Education Room

This group is for any veteran who is interested in a smoking cessation support group. The group is for veterans in all different stages of making the decision to stop smoking and follows the Tobacco Cessation Handbook provided to all who attend a meeting. Many veterans have already attended the SMA (Shared Medical Appointment) facilitated by Dr. Twomey, Dr. Green and Dr. Kilfoyle, held Wednesday at noon so the support group is intended for veterans who want additional support.

Symptom Management/Recovery

Chalice Silflow

W, 11:30-12:30pm, GR4

This group is for all veterans who struggle with mental illness.

This education group teaches concepts related to recovery and symptom management. It is also a support group in which members can discuss events going on in daily lives and get feedback and support.

Healthy Changes OSAT Group

Cigdem Hyder

W, 1:00 – 2:00pm, GR4

This group is for any veteran with a SUD (substance use d/o) who is in pretreatment, stabilization, or Early Recovery Development Stage This is a Substance Abuse Education Group designed to help vets with court-obligated D and A Ed/SAT, as well as those who want to learn more about the purposes for substance abuse, process of relapse, and stages of recovery. This is the

Wednesday

introductory class into the OSAT program that assesses the vet's motivation for change.

Mindfulness Based Stress Reduction (MBSR)

Ingrid Mckie, Adam Brotman

W, 2-4:30 pm, GRs 1&2

This is a clinically proven program of meditation and mindful movement practices for alleviating stress, anxiety, PTSD, depression and other conditions. This powerful approach shows you how to develop present moment attention in order to permanently change the way you deal with stress. You will learn how to replace stress-promoting habits with mindful ones – skills that will last a lifetime! This is an 8-week program.

Peer Hope and Recovery Mental Health Recovery Support Group

Steve Walker, Larry Buttel

W, 2:00-3:00pm, GR4

This group provides peer support to assist Veterans in maintaining the Mental Health Recovery process. This is an open, peer led support group focusing on the 10 Elements of Recovery: Holistic, Hope, Responsibility, Person Centered, Strength-Based, Non-Linear, Respect, Peer Support, Empowerment, Self-Direction and Hope.

WRAP® Wellness Recovery Action Plan

Larry Buttel, Deanna Brent, Steve Walker,
Every 3 months.

This Peer Support-lead, four-week workshop explores and develops a Copeland Center approved & versatile strategy for working through recovery to wellness using a Wellness Recovery Action Plan (WRAP®). It employs the concepts of Hope, Self-Responsibility, Education, Self-Advocacy, and Support. This workshop is for people who experience mental health and other challenges and who want to take control of their lives.

CPT Graduate Group

Melissa Kremer

W, 3:00 p.m. -4:30 p.m. Bldg 23 (2nd and 4th Wed)

This group is for those who have completed CPT to touch point for worksheets and questions. Short term participation

Peer Loss and Grief Work-Shop

Steve Walker and Larry Buttel

W, 3:00 p.m.- 4:00 p.m., Bldg. 114

March, June, Oct

Peer-Led Workshop is open to all veterans. It is a four week class. The Workshop offers veterans skills training in identifying who we are and how relationships define us. We discuss all types of losses and how they affect our identity or how they define us. We will discuss grief and different approaches to loss and discuss ideas about moving past our losses. The fourth week gives a chance for everyone to talk about their losses and how they are dealing with their Grief.

VJO/OSAT

Sara Kearney, Josh Bode

W, 5:00 p.m. -7:00 p.m. Bldg 23

This group is intended as an education group that meets ASAM level 1 requirements ordered by the courts. The goal is to educate veterans in the court system on the risks and consequences of substance use.

ACT for Recovery

Rodney Dotson

W, 5:30-6:30pm, Bldg 114

This group is primarily for veterans with Trauma/PTSD, and/or substance abuse.

The purpose of this group is to train participants to be better observers of their own thoughts and feelings, which can help them to be less stuck with negative self-talk and more able to conceive of a self that is not their thoughts. The group also encourages willingness to accept internal experiences that they cannot change and to take action consistent with their values. In order to do this, we will be discussing each group member's current life challenges and their responses to them from an ACT perspective. ACT is rooted in behavior therapy and puts a premium on changing behavior, making it more in line with personal values and less dictated by attempts to control distress, especially by avoidance. Participants can expect to feel more open, flexible, confident and empowered by engaging in this process, which can move them forward in living the life they want.

Peer Support Chronic Pain Management Class

Steve Walker and Larry Buttel

Th, 10:30-12:00 pm, GR2

This is a peer facilitated group for veterans, significant others, and family members (who are old enough for the class room) who have dealt with chronic pain for five years or more and who have no end to their pain.

The goals of this time-limited group are to 1) teach pain coping skills, 2) provide chronic pain educations, and 3) provide social support. The group lasts eight weeks and is capped at 10 to 12 participants.

Hepatitis C Education Class

Patricia Michas and Maryanne Sims

Th (4th Thursday of the week), 10:30-12:00pm,

T111 Research/Education Conference Room.

Refer all newly diagnosed patients. This class is recommended for all Hepatitis C patients and is required for Hepatitis C patients considering treatment.

This group helps educate veterans with Hepatitis C.

TOPICS TO BE COVERED INCLUDE: -Overview of Hepatitis C Basics, including genotype, Transmission, Risk factors, Effects of Hepatitis C on liver (fibrosis & cirrhosis), Importance of Hepatitis A & B vaccine, Treatment Overview, Common side effects of treatment, Suggestions for managing side effects, and Suggestions for maintaining healthy life style changes.

Mindfulness/OSAT

Ted Burgess

Th, 11:00 a.m., Bldg 23

This group is for veterans in recovery.

This group offers veterans skills training in mindfulness, awareness, and constructive living.

The group involves homework and outside skills practice and lasts 8 weeks

Mindfulness/Meditation

Wendy Cary

Th, 12:00-1:00pm, B114, GR4

This weekly experiential group is for all veterans who feel they might benefit from becoming more mindful and aware as they move through their daily life allowing them to make better choices that positively support their health and well-being. Participants will also have the opportunity to explore and practice a variety of meditation techniques to help with issues such as insomnia, pain, and stress.

Women's Wellness

Lalainya Bacon

Th 1:00-2:30pm, B114, GR 3

This group is open to all female veterans and female spouses of veterans.

This is an open-ended process group in which members talk about their coping with a multitude of issues: depression, social anxiety, PTSD, relationship struggles. Common variables shared by group members are gender, isolation, and boundary-setting issues.

Transforming Group

Chris Drouillard

Th, 1:00-2:00pm, B 114, GR4

This group is for all veterans who struggle with maladaptive coping mechanisms, (addiction of any sorts, eating disorder, emotion regulation, boundaries, and much more) This group meets weekly to provide mutual support and insight. Provider helps veterans by using a variety of therapeutic modalities including CBT, Motivational Interviewing and Group Support.

Friday

MHICM Breakfast

Keri Barbero

F, 8:00-10:0 am, Community

This group is for veterans in the MHICM program.

This group encourages healthy social and interpersonal skills.

--The vets need to be referred to the MHICM program before they can attend!--

Advanced Pain Management

Cody Maddox/Beth Fassig

8 weeks

9:30 am – 11:00 a.m. Bldg 114, GR 1

The chronic pain management program is built around a recovery model that encourages veterans to fully live life despite chronic pain. Veterans that graduate from the pain management group will be able to attend an advanced group aimed at identifying additional resources that can help facilitate their recovery and create structured space that will allow them to talk with other veterans about the recovery process.

The intention of the group is to encourage veterans to become more independent during the recovery process. Part of that process is reaching out and helping other veterans. Hence, becoming aware of multiple resources will help veterans act as a “pain peer,” reaching out to their fellow service members who are also struggling with chronic pain. These opportunities will be coordinated through the chronic pain program.

MOVE Exercise Class

Mona Randall

F, 11:00-12:30pm, GR 1 & 2

This group is for veterans wishing to work on weight issues.

This group takes a holistic approach to weight loss and healthy lifestyle changes, focusing on behavioral health, diet, and exercise.

Seeking Safety (OSAT Group)

Julie Goodman

F, 11:00- 12:00pm, Bldg 23

This group is an open process group that addresses the relationship between PTSD and Addiction (how the two often go hand in hand and complicate the other). The groups consist of a set of specific coping skills that promote safe vs. unsafe coping behaviors. The philosophy behind this curriculum is that it is best to address addiction and trauma issues together—as these coping skills are helpful for both PTSD and addiction. Referrals appropriate for this group are vets with both addiction and PTSD (or a trauma history) issues. The curriculum consists of 19 coping skills (1-2 sessions per coping skill). This is not a closed group—new vets can rotate in as openings become available.

MOVE Support Group

Mona Randall

F, 2:00-3:00pm, GR 2

This group is for veterans wishing to work on weight issues.

This group takes a holistic approach to weight loss and healthy lifestyle changes, focusing on behavioral health, diet, and exercise.

CBOCS

Burns:

Social Skills Group

Steve Bull

Tu, 1:00-2:30pm

Burns-Hines, Oregon

541.573.3339, ext. 2001

This group provides a social setting for veterans to participate in. Group runs from January to April.

Pain Management (offered through Telehealth)

Cody Maddox

W, 10:30-12:00pm, GR1

This group is for veterans who suffer from chronic pain. This eight week pain management class is a psycho-educational group that addresses the bio-psycho-social aspects of chronic pain. Veterans learn cognitive behavioral interventions aimed at improved pain management and increased overall functioning.

CBOCS

Caldwell:

Peer Pain Support Group (group is also offered through Tele Health)

Steve Walker

M (2nd & 4th week), 10:00-11:30am, GRs 2

This group is for veterans who have successfully graduated from the 8-week Pain Management Class.

The Pain Graduate Group is an ongoing psycho-educational & process group incorporating non-pharmacological approaches to effective pain management. Group members are encouraged to invite spouses/significant others or an adult that plays an important role in their life. The focus of topics presented and issues addressed is on increasing the level of functioning in spite of chronic pain. Specific techniques involving guided imagery and deep relaxation are incorporated into each group.

Caldwell Trauma Group

Randon Kessinger

Tu, 12:30-1:55 pm, Caldwell CBOC, Conference room
Caldwell Trauma Group is actually a series of groups provided to veterans as a cohort over the course of a year at the Caldwell CBOC. The Trauma Symptom Management Group is offered in the spring (March-May) and is followed by Cognitive Processing Therapy in the fall (Sept.-Nov). We continue with the cohort to a final 8-week class at the beginning of the year (Jan-Feb), which may be either a process group or in vivo exposure group as determined by the needs and interests of group members.

Caldwell Trauma Group

Randon Kessinger

W, 1:00-2:30 pm, Caldwell CBOC, Conference Room

Caldwell Trauma Group is actually a series of groups provided to veterans as a cohort over the course of a year at the Caldwell CBOC. The Trauma Symptom Management Group is offered in the spring (March-May) and is followed by Cognitive Processing Therapy in the fall (Sept.-Nov). We continue with the cohort to a final 8-week

class at the beginning of the year (Jan-Feb), which may be either a process group or in vivo exposure group as determined by the needs and interests of group members.

Caldwell Behavioral Health Group

Randon Kessinger

W, 3:00-4:00pm, Caldwell CBOC, Conference Room.

This is an ongoing group for veterans with psychiatric disorders of diverse range and severity. Group members relate with and support one another in dealing with various challenges as determined by the members' participation.

Pain Management (offered through Telehealth)

Cody Maddox

W, 10:30-12:00pm, GR1

This group is for veterans who suffer from chronic pain. This eight week pain management class is a psycho-educational group that addresses the bio-psycho-social aspects of chronic pain. Veterans learn cognitive behavioral interventions aimed at improved pain management and increased overall functioning.

CBOCS

SALMON

Salmon Behavioral Health Group

Christine McFarlin

Tu. 11:30 a.m.-12:30 p.m., Conference Room

This group is a weekly open-ended group for Veteran's with mental health issues in need of additional support and guidance in a safe environment to gain skills in emotional regulation, mindfulness, interpersonal effectiveness, and distress tolerance using the DBT skills workbook and handouts.

Pain Management (offered through Telehealth)

Cody Maddox

W, 10:30-12:00pm, GR1

This group is for veterans who suffer from chronic pain. This eight week pain management class is a psycho-educational group that addresses the bio-psycho-social aspects of chronic pain. Veterans learn cognitive behavioral interventions aimed at improved pain management and increased overall functioning.

CBOCS

Twin Falls:

Post Combat Care:

Alex Tubbs

Tu, 2:00-3:30p.m, Twin Falls annex, Conference Room (450 Falls Ave ste 108)

This is a process style support group that offers support to Veterans with issues related to PTSD and combat.

Cognitive Behavioral Therapy (CBT) & Substance Abuse Treatment Classes:

Kirk Hazen

W, 9:00-11:00a.m or 3:00-5:00p.m. Twin Falls annex, Conference Room (450 Falls Ave ste 108)

This is a topic driven group that has been created as a starting point to help people both with and without substance abuse issues. In this curriculum we address chronic pain, PTSD, guilt, anger, anxiety, depression, forgiveness, self-pity, stress reduction, how to use the 12-steps, overeating, alcohol use, quitting smoking, active listening & family communication, and numerous other issues. The classes are facilitated with an emphasis on teaching a skill that can be used in everyday life.

Pain Management (offered through Telehealth)

Cody Maddox

W, 10:30-12:00pm, GR1

This group is for veterans who suffer from chronic pain. This eight week pain management class is a psycho-educational group that addresses the bio-psycho-social aspects of chronic pain. Veterans learn cognitive behavioral interventions aimed at improved pain management and increased overall functioning.