

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

Peer Support – 422-1000 + Option 1 + extension

Larry Buttel	ext 7830
Steve Walker	ext 7521
Jimi Holcroft	ext 5606

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

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 February and lasts four to five weeks.

Bereavement Group

Trina Elsasser and Ashley Thropp

M, 11:00-12:00pm, GR 4

This education-support 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 Trina or Ashley at 208-422-1108/1145 for questions, referrals, or for more group information. Group meets weekly for 8 sessions and will be held in October, January, and April – please contact Ashly or Trina for group start dates.

MHICM Recreation Group (MHICM ONLY)

Julie Orozco

M, 11:30-2:00pm. Bldg. 114

Veterans to engage in various recreational opportunities in the community. Activities include bowling, playing pool, going on walks and to the movies.

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.

Pain Management (offered through Telehealth)

Cody Maddox

M, 2:00-3:30pm, 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.

Advanced Pain Management

Cody Maddox

M, 2:00-3:30pm, GR1

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.

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.

Guitars for Veterans Workshop

Steve Walker

M, 4:30-6:00pm, BUILDING 54 (Mountain Cove)

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, B114

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

Peer Vietnam PTSD Group

Steve Walker

Tu, 11:00 a.m.-12:30 p.m. 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).

Peer Vietnam PTSD Group II

Steve Walker

Tu, 10:00-11:00 a.m. GR 4

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 and up.

NAMI Connection Recovery Support Group

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 Tuesday

(Dialectical Behavioral Therapy)

Skills Group

Susie Klepacki

T, 1:00-2:00pm, GR3, B114

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 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.

MHICM (Family Group)

Chalice Silflow & Kevin Sligar

Every 4th Tuesday 3:00pm-4:00pm 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.

WEDNESDAY

Job Club

Travis Wilson and Allen Willard
W, 10:00-12:00 pm, Bldg23, Basement –
CWT Computer Lab.

This group is for all outpatient veterans, unemployed or looking for different work. 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.

Brain Health

Brienne Dyer
W, 10:00-11:00, GR 4

The Brain Health group is an 8 session 1-hour class that teaches veterans important information about the brain. During the group, you will learn how to improve everyday problems with memory, attention, and problem solving. You will also learn how good sleep habits, stress management, healthy eating, and exercise will help your brain.

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.

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.

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!

Psychoeducation Group

MHICM Staff
W, 11:30-12:30pm, MHICM Kitchen
This group is primarily for veterans engaged in MHICM who struggle with chronic and persistent mental illness.
This educational group teaches concepts related to recovery including symptom management. Veterans must be referred to this group through MHICM Program Manager if they are not engaged in MHICM.

Women's Wellness

Chris Drouillard
W, 11:00-12:30, B114, GR 4
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.

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

WEDNESDAY

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.

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 Hope and Recovery Mental Health Recovery Support Group

Steve Walker and 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.

Peer Loss and Grief Work-Shop

Steve Walker and Larry Buttel

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

Apr, Jul, 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 114

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.

Anger Management

Thomas Madden

W, 5:30-6:30pm, GR 1, B114

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 Wednesday's 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!

ACT Recovery Group

Emily Konecky

W, 5:30-6:30pm, GR 3

ACT is an evidence-based psychotherapy that considers suffering to be directly connected to our relationship with our thoughts and feelings. When we are suffering we can try to rid ourselves of painful experiences such as anxiety, sadness, negative thoughts, bad memories, chronic pain etc. This effort to eliminate the pain can become a source of the pain itself. We will work on viewing thoughts and feelings with a different view or attitude. The ultimate goal is to help build a better quality of life based on your own personal values.

Thursday

WRAP® Wellness Recovery Action Plan

Larry Buttel and Steve Walker,
9am-4pm, Bldg 54, Thu & Fri, **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.

Peer Support 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/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.

Accept and Commitment Therapy Group (ACT)

Sue Hicks
TH, 1:00 -2:00 pm, GR 2
ACT is an evidence-based psychotherapy that considers suffering to be directly connected to our relationship with our thoughts and feelings. When we are suffering we can try to rid ourselves of painful experiences such as anxiety, sadness, negative thoughts, bad memories, chronic pain etc. This effort to eliminate the pain can become a source of the pain itself. We will work on viewing thoughts and feelings with a different view or attitude. The ultimate goal is to help build a better quality of life based on your own personal values.

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.

Thursday

Group for Caregivers of Veterans with Dementia

Jim Sola and Ashley Thropp

*Second Thursday of every month

11:00 a.m.-12:00pm, B 114, GR3

This group is for caregivers of veterans with dementia. Dementia is a life changing disease that not only impacts those affected, but those who are close to them. This support group is a safe place where caregivers can connect with others who have an understanding of the trials and tribulations faced and have an opportunity to develop a mutual support system. Caregivers will have the chance to exchange information and resources, different coping skills used to deal with this life altering disease, share their own feelings, and make new connections.

Moving Forward: A Problem-Solving Class

Danae Perez-Cahill

Th, 11am -12 pm - 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.

Community Based Employment Services (CBES)

Allen Willard

Thurs, 10:00 a.m., Bldg. 23-Basement

This group is for veterans that are ready for re-entry into competitive employment. This group offers job leads, resume, cover letter assistance and avocation for the veteran with prospected employers.

Empowering Women's Group

Deanna Brent

Thursday 11:00 a.m-12 pm. Bldg. 23

All women veterans who would like to join a non-judgmental space that is honest and has real conversation about life are invited to this group.

Topics that will be discussed, but not limited to, will be around recovery, depression, anxiety, boundaries, self-compassion, coping skills, and relationships, and several other topics.

Please join our community of women focused on caring for ourselves as we navigate through our journeys of recovery.

Friday

WRAP® Wellness Recovery Action Plan

Larry Buttel and Steve Walker,
9am-4pm, Bldg. T111, Thu & Fri, **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.

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
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.

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.

OUTPATIENT SUBSTANCE USE DISORDER (SUD) PROGRAM

Sue Hicks, Nikole Watkins, Deanna Brent
Monday, Wednesday, Friday In Bldg. 23

Offering two outpatient LEVELS OF CARE:

1) Intensive Outpatient (IOP) 9+ hours of SUD treatment/week.

2) Outpatient 1-8 hours of SUD treatment/week.

Also providing Case Management for Addiction

Please ask your provider to be referred.

9AM– Addiction Education, Nikole Watkins

- Disease concept, denial
- Addiction and the brain
- Cross-addiction
- Physical wellness
- Attitudes and beliefs

10AM– Addiction Recovery, Deanna Brent

- Planning for sobriety
- Family relationships
- Self-help
- Boundaries
- Communication

2PM– Relapse Prevention, Sue Hicks

- What is relapse?
- The Relapse Process
- Post-acute withdrawal syndrome
- Warning signs of relapse
- What is Partial Recovery?

CBOCS

Burns:

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:

Caldwell Trauma Group

Randon Kessinger

Tu, 3:00-4:30 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 is offered in the Fall (Sept-Dec) for 10 weeks and is followed by 12 weeks of Cognitive Processing Therapy in the Spring (Jan.-April). We typically continue with the cohort to a final 8-week process group that ends just prior to summer

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 is offered in the Fall (Sept-Dec) for 10 weeks and is followed by 12 weeks of Cognitive Processing Therapy in the Spring (Jan.-April). We typically continue with the cohort to a final 8-week process group that ends just prior to summer.

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.

Caldwell OSAT Group

Randon Kessinger

Th, 2:00pm-3:00 pm, Caldwell CBOC, Conference Room

This group is for veterans seeking outpatient substance abuse treatment. The group provides a supportive environment for all veterans in all phases of recovery.

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, 2:00-3:30 p.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, 9:00-11:00 a.m. or 3:00-5:00 p.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.