

**Bear River Mental Health**  
**Bear River House – 88 West 1000 North, Logan, Utah**

**HEALTH and WELLNESS**

**Monday 10:15 am – 12:00 pm**

In this group, together with staff, participants plan and prepare nutritious, simple, affordable recipes. The best part is sampling the recipes! A wellness check-in is conducted to assess the level of health and wellness, including weekly exercise, weekly healthy eating, and if goals were met and practiced from the previous week. Each participant is encouraged to set a small weekly health and wellness goal to increase overall health. Information regarding nutritional habits, sleep hygiene, and exercise is provided.

**WELCOME MEETING**

**Monday / Wednesday / Thursday / Friday 9:30 am – 10:15 am**

This group allows participants to check-in with each other to see how they are doing. It is a time where current events, announcements or other interesting information can be shared to practice having natural conversations. As part of the meeting agenda, we participate in a mindfulness exercise that varies from day to day... this helps bring our thoughts to the present and prepares individuals to participate in the upcoming group in a more meaningful way.

**FOUNDATIONS**

**Monday / Wednesday / Thursday / Friday 9:30 am – 12:00 pm**

**Tuesday 10:15 am – 12:00 pm**

In this group participants learn and practice basic social skills such as listening, talking in a group, as well as one-on-one, expressing gratitude, eye contact, joining a group activity. Basic lessons are presented, and current events are introduced to facilitate discussion. Staff conduct a “check in” to assess how participants are doing, followed by an activity in the community to practice and implement the skills learned.

## COMPUTER CLASS

**Monday / Friday 12:45 pm – 1:45 pm**

**Tuesday / Thursday 1:00 pm – 2:00 pm**

**Wednesday 12:30 pm – 1:30 pm**

This group focuses on basic computer skills to improve independence, personal development, and ways to build self-esteem. Participants are encouraged to use the computer as a tool to help assist them in developing hobbies and interests, and to communicate with friends and relatives.

## ACTIVE LIFESTYLE

**Monday / Tuesday / Friday 1:00 pm – 3:00 pm**

This group focuses on ways to stay balanced and active in everyday living. We focus on client strengths and explore areas that need improvement. Participants engage in experiences within the community that help educate them about resources and business that are available to them. Participants engage in activities that encourage active living such as bowling, games at the park, small hikes, thrifting, humane society, library, crafts, learning new recipes, Cache Valley bus tours, etc.

## HEALTHY LIFESTYLES

**Monday / Wednesday / Friday 1:15 pm – 2:45 pm**

This group is about staying healthy and fit and focuses on personal motivation and wellness, as well as providing opportunities for both anaerobic and aerobic exercise. BRMH offers rides to and from a local gym for this group.

## RELATIONSHIP DYNAMICS

**Tuesday 10:15 am – 12:00 pm**

This group provides opportunities to make and keep friendships, navigate difficult interactions, and develop awareness on the subtle forms of verbal and non-verbal communication. Participants will use table-top games as a catalyst for growth and will be at ease in a consequence-free learning environment.

## TRANSITIONS

### **Tuesday / Thursday 4:00 pm – 7:30 pm**

This group focuses on integration skills such as getting involved in school, work, volunteer, community, and relationships, as well as recovery skills. Guest speakers often attend to share knowledge and insight on mental health topics or community-based topics of interest. Tuesday night is recovery based and Thursday night is integration based. The group also participates in many activities in the community. Participants make weekly goals and report back the following week. Dinner is provided, during which participants use the social skills that have been modeled and taught.

## RECREATION, SOCIALIZATION, AND INTEGRATION (RSI)

### **Wednesday 10:15 am – 12:00 pm**

This group allows people to interact and socialize while working on cooperative tasks, planning recreational activities for the Bear River House, and building self-esteem by participating in meaningful tasks that help the Bear River House community.

## PEER SUPPORT

### **Wednesday 12:45 pm – 2:00 pm**

This group is a gathering of individuals with the lived experience of mental illness. Participants come together to talk with one another about their experiences, struggles and challenges. The support group becomes an anchor for recovery from their illnesses and helps to develop skills to live more effectively in the community. Hope and trust grow between the participants as they offer support and encouragement to one another. Participation can be a freeing experience, as individuals realize “I am not alone.”

## ACCEPTANCE and COMMITMENT THERAPY (ACT)

### **Thursday 10:15 am – 12:00 pm**

This group utilizes ACT principles to help participants decrease rigid thinking through the process of acceptance. This concept is known as thought flexibility. The group also helps participants identify what their core values are. While values are not the same as goals or a point at which we work to arrive, values do serve a purpose like a compass. Through behaviors and choices, participants learnt to identify and increase mindfulness around values, so they can work toward what is meaningful in their lives.

## STRESS MANAGEMENT

### **Thursday 1:00 pm – 3:00 pm**

In this group, participants have an opportunity to practice stress management tools, explore new methods of stress relief and decrease anxiety/stress. The participants' anxiety/stress level is assessed at check-in and again at the conclusion of the group to evaluate change. Activities include art therapy, self-care methods, and stress relief through being outside in nature.

## PRE-EMPLOYMENT

### **Thursday 3:00 pm**

This recurring, 12-week Pre-Employment Group will focus on instilling confidence, tenacity, and motivation in our clients. The ideal group members will be those open to seeking employment for the first time, those who have never held a job, those who have been less successful in the workforce, and for those currently employed who are seeking further career opportunities, advancement, and/or a promotion. In this group, we'll instill and integrate employment principles, and practice skills and techniques essential for performing a successful job search, such as interviewing well, interacting with co-workers, and learning how to flourish on-the-job.

## HELLO TO HAPPINESS

### **Friday 10:15 am – 12:00 pm**

In this group, participants learn to use a gratitude journal, which encourages participants to recognize positive things in their life and allows staff to help participants reframe upsets into “blessings in disguise”. Staff present lessons on gratitude, optimism, savoring, signature strengths, benefits of smiling, laughter, and kindness. Participants engage in activities in the community to model, teach and practice social skills learned in the group.