

# **Bear River Mental Health**

## **Logan Outpatient Clinic – 90 East 200 North, Logan, Utah**

### **ANGER MANAGEMENT (HYBRID)**

#### **Monday 4:30 PM – 6:30 PM**

The group is anger management for substance use disorder and mental health clients. Keep in mind that you do not need to be limited to having both. We accept clients that have either substance use addiction or mental health problems. The purpose of the group is to: 1. Learn to manage anger effectively. 2. Stop violence or threats of violence. 3. Develop self-control over thoughts and actions. 4. And receive supports from others. This group is a closed group that meets weekly for 12 sessions.

### **BEYOND CONSEQUENCES, LOGIC, AND CONTROL PARENTING – ADULT**

#### **Friday 10:00 pm – 11:30 pm (10 week session)**

In Person In this group participants will learn trauma-informed skills and techniques to help improve their relationships with the children they care for. Participants will learn about how trauma can impact the development, functioning, and behaviors of a child and how caretakers can appropriately respond to a child with severe behavioral concerns. This is a closed group that opens to new participants every 10 weeks at the beginning of a new course.

### **BUILDING RESILIENCE AS AN LGBTQ ADULT**

#### **Wednesday 10:30 am – 12:00 pm**

In this group, clients will explore different strategies for developing resilience as it relates to being LGBTQ. Some areas of focus will include identifying microaggressions, exploring self-worth, learning to stand up for yourself, body affirmation, and building relationships and support. This is a group focused on skill-building and includes writing exercises that explore personal experiences for the client's own benefit and NOT for group sharing. This is a closed group and lasts for 12 weeks.

### **CHILDREN'S SOCIAL SKILLS DEVELOPMENT (ages 5-12)**

#### **Date and Time Varies**

In this group participants learn various social skills to improve functioning within the home, school, and community. Participants are taught various social skills, including but not limited to communication skills, listening skills, problem-solving skills, and impulse control skills. These skills are taught through group discussion

and community activities. This is a closed group that opens to new participants at the beginning of a new course.

#### DBT SKILLS GROUP - Telehealth (Adults)

**Thursday 1:00 PM -2:30 PM**

In this group participants will learn mindfulness skills, distress tolerance, emotional regulation, and interpersonal effectiveness.

#### DIALECTICAL BEHAVIOR THERAPY (DBT) – ADULT

**Tuesday 1:00 pm – 3:00 pm**

In this group participants will learn mindfulness skills, distress tolerance, emotional regulation, and interpersonal effectiveness. This is a “closed” group that opens to new participants every eight weeks.

#### DIALECTICAL BEHAVIOR THERAPY (DBT) – ADULT

**Thursday 10:00 AM-12:00 PM.**

In this group participants will learn mindfulness skills, distress tolerance, emotional regulation, and interpersonal effectiveness.

#### DIALECTICAL BEHAVIOR THERAPY (DBT) SKILLS – TEEN (ages 13 –17)

**Thursday 4:00 pm – 5:30 pm**

In this group participants will learn and practice the DBT skills of increasing a sense of self-respect, increase ability to make and take care of relationships and getting your wants and needs met. This is a “closed” group that opens to new participants every six weeks at the beginning of the new module.

#### MENTAL HEALTH COURT

**Wednesday at 11:30 am – 12:30 pm**

This is a 12-week course which utilizes the “The Recovery Toolkit” wherein the participant is taught the 12 Principles of Recovery. The group is designed for those who are participating in the Mental Health Court Program.

#### MORAL RECONATION THERAPY - ADULT

**Wednesday 10:00 am – 11:30 am**

In this group participants learn skills and behavioral management techniques to improve behaviors and overall wellbeing. Participants learn ways to be more effective with setting healthy limits, interpersonal relationships, goal setting, and commitments to moral living. This is an open group and new participants can join at any time, contingent upon meeting group criteria.

## WOMEN'S MINDFULNESS – ADULT WOMEN

**Wednesday 10:00 am - 12:00 pm**

In this group participants will learn to creatively adopt skills and tools they can use to manage symptoms from anxiety and depression, as well as build confidence in self. The group will remain open to new group members throughout the year.

11/23/2022