

GROUP/CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	
9:00 AM	SUD IOP 9:00a – 12:00p		SUD IOP 9:00a – 12:00p	SUD IOP 9:00a – 12:00p		
9:30 AM		Living In Balance (a) 9:30a – 11:00a			Living in Balance (b) 9:30a – 11:00a	Illness Management and Recovery 10:00a – 11:30a (Virtual) Start Date 07/12/2024
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM		WRAP Group 12:30p – 2:00p State Date 07/02/2024	Smoking Cessation 12:30p – 2:00p	8 Dimensions of Wellness 12:30p – 2:00p	Illness Management and Recovery 1:30p – 3:00p Start Date 07/11/2024	
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM		Smoking Cessation (Virtual) 3:00p – 4:30p		Relationships are Hard 3:30p – 5:00pm 06/13/24 – 07/18/24 Middle School 07/25/24 – 08/29/24 High School		
3:30 PM	8 Dimensions of Wellness (Virtual) 3:30p – 5:00p					
4:00 PM						
4:30 PM						
5:00 PM						

GROUP/CLASS SCHEDULE

ALL GROUPS/CLASSES BY REFERRAL. If you are interested in attending a group/class please speak to one of your providers at BCCMHA.

8 Dimensions of Wellness Class – Individuals learn about the 8 Dimensions of Wellness: spiritual, intellectual, financial, physical, occupational, social, emotional and environmental and how each dimension supports overall happiness, health, and recovery. 8 Dimensions of Wellness is open to all adults with a mental health diagnosis and/or co-occurring needs. Group is offered virtually and on-site.

Illness Management and Recovery – Individuals participate in weekly sessions to develop skills and strategies to manage their mental health and treatment. Open to adults diagnosed with major depressive disorder, bipolar disorder, schizophrenia, and schizoaffective disorder. Group is offered virtually and on-site.

Living in Balance – 12-week class appropriate for individuals working toward recovery from substances. Open to all adults with a substance use disorder diagnosis and/or co-occurring needs.

Relationships are Hard – The focus of this 6-week open group is to increase awareness and improve healthy relationships in teens. Areas to be discussed include boundaries – setting and maintaining, how to manage and discuss everyday stressors; improving communication, being able to identify components of a healthy relationship and the red-flags of unhealthy relationships, grief and loss, and maintaining sense of self in relationships. The first 6-week session is aimed at youth who will be in 6-8 grade and the second session is for those in 9-12 grade during the 2024-2025 school year.

Smoking Cessation – Individuals can join any time when they are ready to quit nicotine/tobacco use. They will have the support they need while setting goals and building healthy habits to become a successful quitter. Group is offered virtually and on-site.

Substance Use Disorder Intensive Outpatient (SUD IOP) – 18-session group (3 sessions per week) providing increased intensity, frequency, and structure in treatment to assist individuals seeking recovery from substances; appropriate for individuals needing a higher level of care than outpatient services alone can provide. Open to adults with a substance use disorder and/or co-occurring needs.

WRAP (Wellness Recovery Action Planning) Class – Individuals will make their own personalized wellness recovery action plan with the support of their peers. Individuals will build a wellness toolbox, identify stressors and warning signs and make action plans to manage them. WRAP class is open to all adults with a mental health diagnosis and/or co-occurring needs. Group is offered virtually and on-site multiple times throughout the calendar year.