SUD GROUP CURRICULUM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	**Monday Check in** Clinical check-in and weekend debrief; explore triggers and use of coping skills and explore how clients are feeling going into the week.	**Communication Styles** Supporting clients in identifying their own communication styles, learning adaptive and maladaptive communication skills as well as the implementation of effective communication.	**Appreciation & Gratitude** Opening clients into a place of gratitude and appreciation to begin their programing day. PHP is getting the clients comfortable with this mindset and IOP focuses on supporting clients with how they can incorporate this mindset into their own recovery success program.	**Journal & Process** Clients begin their day with an international journal prompt. PHP is focused on getting the clients comfortable with this activity and IOP focuses on supporting clients in how they can incorporate this mindset into their own recovery success program.	**Weekend Planning** Clinical check-in and debrief of the week; explore triggers, use of coping skills and how clients are feeling going into the weekend.
10:00 AM	**Wellness is Recovery** Asking clients to take inventory of their physical, emotional, mental, social, and intellectual well being. PHP is focused on identifying and setting goals, while IOP is centered around the implementation and impact of holistic wellness.	**Stress Management** Supporting clients in understanding and better managing stressful situations. At the IOP level of care this can look like the discussing the stress of balancing their recovery program and employment.	**Life Skills** Equipping clients with practical tools and knowledge to navigate daily life. PHP focuses time management, organization, goal setting and problem-solving while IOP practices tracking progress towards individual goals, role-playing real-life scenarios and offering peer support in overcoming common challenges.	**Step Study** Supporting clients with principles and practices outlined in traditional 12-step programs. PHP will discuss feelings of ambivalence, finding acceptance and encouragement of fellowship and sponsorship while IOP focuses on the application of their personal recovery journey.	**Relapse Prevention** PHP is focused on supporting the cletins in understanding the stages of relapse and identifications of triggers while IOP is focused on the implementation and the continual maintenance of their relapse prevention plan.
11:00 AM	**Emotional Regulation** Supporting clients in becoming familiar with how they experience and express their emotions. PHP is focused on initiating and inhibiting actions triggered by emotion while IOP is focused on modulating actions triggered by emotions.	**Professional Development** Focuses on enhancing skills and strategies for career growth and success. Discussions can center around on resume building, job search techniques, networking strategies, and interview preparation.	**Healthy Relationships** Exploring of the dynamics of healthy interpersonal connections and boundaries. PHP focuses on the importance of mutual respect and trust while IOP will focus on setting and maintaining boundaries in different types of relationships and exploring the impact of substance use on interpersonal connections.	**Gender and Safe Space Process** Discussing the intersection of gender identity, societal norms, mental health and addiction recovery.	**Healthy Living** Focus on the connection to physical and mental well-being. PHP focuses on discussions surrounding nutrition, exercise, sleep hygiene, stress management, and self-care practices while IOP offers practical support for integrating healthy lifestyle habits into daily routines.
	LUNCH BREAK (12:00 PM - 1:00 PM)				
1:00 PM	**Reframing and Resilience** Supporting clients to overcome learned helpless through empowerment strategies. PHP focuses on identifying negative cognitions and their impact on overall functioning while IOP focuses on the implementation of positive reframe and resilience strategies.	**Anger Management** Supporting clients with strategies to recognize and cope with their personal presentation of anger, PHP provides education on the interplay between anger and substance cravings, while IOP facilitates role-playing exercises to practice healthy coping mechanisms.	**Self-Esteem** Supporting client in fostering self-worth and confidence. PHP focuses on exploring strengths, setting achievable goals, and learning assertiveness while IOP focuses on on self-compassion and resilience when for overcoming setbacks and building a positive self-image.	**Community Integration** Supporting IOP clients to plan for successful reintegration into their communities; this discussion will center around managing employment, developing strong support systems and the exchange of supportive community resources.	**Peer Process** Supporting clients through shared experience, encouraging clients to bring up topics of concerns and offer peer insight while fostering a strong sense of community and connection.
2:00 PM	**Life Skills** Equipping clients with practical tools and knowledge to navigate daily life. PHP focuses time management, organization, goal setting and problem-solving while IOP practices tracking progress towards individual goals, role-playing real-life scenarios and offering peer support to overcome common challenges.	**Step Study** Supporting clients with principles and practices outlined in traditional 12-step programs. PHP will discuss feelings of ambivalence, finding acceptance and encouragement of fellowship and sponsorship while IOP focuses on the application of their personal recovery journey.	**Trauma in Recovery** Supporting clients with processing their trauma. PHP involves psychoeducation on trauma responses, the neurobiology of trauma, and the connection between trauma and addiction while IOP can begin to explore the connection between trauma and substance use as a way of coping.	**Interpersonal Skills** Supporting clients development of effective communication and relationship-building abilities through skill-building exercises such as active listening and assertive communication practices, role-playing scenarios to navigate social situations, and peer support discussions to share experiences and insights.	**Transitions in Treatment** The goal of this group is to foster a conversation with clients regarding successful transitions through the recovery process. For PHP, conversation can be focused on the transition to lower level of care while IOP's focus will be on the transition to more independence and accountability in their recovery.
3:00 PM	**Healthy Living** Focuses on the connection to physical and mental well-being. PHP focuses on discussions surrounding nutrition, exercise, sleep hygiene, stress management, and self-care practices while IOP offers practical support for integrating healthy lifestyle habits into daily routines.	**Gender and Safe Space Process** Discussing the intersection of gender identity, societal norms, mental health and addiction recovery.	**Mindfulness Practices** Helping client to incorporate mindfulness as a coping tool to support with both mental health and substance use. PHP focuses on the concept of mindfulness while IOP can dive into the practical application for integrating mindfulness into daily routines outside of treatment.	**Conflict Resolution** Focus on understanding the dynamics of conflict, identifying common triggers, and developing effective strategies for resolution. Clients will focus on active listening techniques, self-awareness, empathy-building exercises and peer feedback sessions.	**Mindfulness Practices** Helping client to incorporate mindfulness as a coping tool to support with both mental health and substance use. PHP focuses on the concept of mindfulness while IOP can dive into the practical application for integrating mindfulness into daily routines outside of treatment.