

Sample Community Integration Program Group Support Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 AM - 11:30 AM	Coping Skills (Dialectical Behavioral Therapy-Informed)	Recovery Wellness	Mindfulness-Based Cognitive Therapy	Cognitive Behavioral Therapy (CBT)	Social Engagement Group
12:00 PM - 1:30 PM					Recreation/Leisure Activity Group
3:15 PM - 3:45PM	Alternate Experience				
Please note: the services below are scheduled individually as mutually agreed upon on the Service Planning Worksheet by the participant, family and team: Community-Based Services, Family Services, Therapeutic Services, Medical Services					
*Schedule subject to change, ask CIP Team for current group schedule					

Community Integration (CIP) Program Groups

Alternate Experience Group

For participants joined by shared goals and values, it incorporates a fundamental belief that there are many ways to understand hearing voices, seeing things others do not see, and/or other unusual or commonly misunderstood experiences. It is a place where people can meet to talk about their experience without fear of judgment. It offers mutual support with the opportunity to explore experiences and learn from others with similar stories.

Cognitive Behavioral Therapy (CBT)

Supports identifying and modifying unhelpful thoughts and behaviors that underlie symptoms caused by psychological distress. CBT focuses on learning how to change thoughts from negative and self-defeating to positive and self-affirming.

Coping Skills (DBT-informed)

Using a number of different Dialectical Behavior Therapy (DBT) inspired resources, this group aims to teach four different sets of skills: core mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. These skills are aimed at developing awareness of emotional responses and developing or enhancing effective coping skills that help to reduce distress, regulate intense emotions, and improve relationships.

Mindfulness-Based Cognitive Therapy (MBCT)

Combines the ideas of cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness. The heart of this work lies in becoming acquainted with the modes of mind that often characterize mood disorders while simultaneously learning to develop a new relationship to them.

Recovery Wellness Group

This group focuses on developing the basic and reinforcement skills necessary to long term recovery. It is common in early recovery to lose sight of the basics and the result is often relapse or recurrence of symptoms of illness due to an underdeveloped foundation in the recovery process.

Recreation/Leisure Activity

Opportunities to reconnect with sober or wellness-oriented group activities help prevent isolation and encourages connection and meaningful activity. Utilizing exercise to manage stress, anxiety, weight gain, or emotional well-being are valuable additions to treatment and increases self-confidence.

Social Engagement Group

A social group gathering centered around fellowship through a group game or activity. Skills around building healthy social connections, refusal skills and discussion of sober activities are incorporated.