



Men's Recovery Services

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-1030 Early Recovery (DTAP) (EM)	9-1030 Anger Management (BB) 10:30-12 Relapse Prevention (JS) <u>starts 8/15/17</u>	9-1030 Healthy Relationships (EM) (requires referral from RC) 9-1030 Thinking for a Change (DTAP) (GS)	9-1030 Early Recovery (DL) 9-1030 Dialectical Behavior Therapy (DBT) (TJ)	9-1030 Early Recovery (DTAP) (AH)	10-1130 Early Recovery (CS)
1030-12 Relapse Prevention (DTAP) (BB) 1030-1200 Parenting for Men (VM)	1030-12 Domestic Violence: Power and Control/ Violencia Domestica (EM) <i>Spanish Bilingual</i>	1030-12 Warrior Within (DTAP) (GS) 10:30-12 Relapse Prevention (JS) <u>starts 8/16/17</u>	1030-12 Relapse Prevention (JS)	1030-12 Relapse Prevention (DTAP) (AH)	1130-1 Relapse Prevention (JA)
3:00-4 Keeping Myself Together (Life Skills) (RC)	1:30-2:30 Staying Busy and Healthy (WHAM) (RC)	1:30-2:30 Breaking the Blues (RC)			
		3-4 Walking and Exercise (RC)			
4-530 Early Recovery (DTAP) (DL) 4-5:30 Domestic Violence: Power and Control (EM)	4-530 Early Recovery (JS) 4-530 Parenting for Men (DL)	4-530 Thinking for a Change (DTAP) (MR) 4-5:30 Early Recovery (JS) <u>starts 8/16/17</u> 5:30-7 Relapse Prevention (JS) <u>starts 8/16/17</u>	4-530 Early Recovery (JS)	4-530 Early Recovery (DTAP) (DL) 4-530 MRT (GS)	
530-7 Relapse Prevention (DTAP) (JA)	530-7 Relapse Prevention (JS)	530-7 Healthy Relationships (EM) (requires referral from RC) 530-7 Warrior Within (DTAP) (GS)	530-7 Relapse Prevention (JS)	530-7 Relapse Prevention (DTAP) (JA)	

CODAC's Men's Recovery Services provides specialty care for men facing addiction, anger issues and trauma

3130 E. Broadway Blvd

Men's Recovery Services Group Descriptions

Early Recovery Teaches basic tools of recovery from alcohol and/or other drug use. The group is structured so that the person served can acquire basic recovery skills and understand the value of 12-Step and mutual help programs.

Relapse Prevention Learn new ways of handling challenges involved with long-term sobriety. Learn healthy alternative behaviors to prevent drug and alcohol relapse.

Domestic Violence: Power and Control Break down factors of power and control and actively work to change societal conditions that support men's use of power and control tactics. Learn how to have an equal relationship.

Anger Management Helps men understand what makes them angry. They can also teach people how to deal with their frustration, irritation, and anger before they build up stress, create conflicts in relationships, and cause chaotic situations.

Healthy Relationships is designed to provide education on enhancing intimacy and self-respect in personal relationships, and covers topics including stereotypical gender role expectation, assertive communication, sexuality and sexual myths, male reproductive health, resolving conflict, and problem solving. Homework assignments are designed to improve self-knowledge as well as increasing personal awareness of partner perspectives.

Thinking for a Change (T4C) is an integrated, cognitive behavioral change program that includes cognitive restructuring, social skills development, and development of problem solving skills. For trainers, NIC offers T4C offender program materials and a curriculum for training program facilitators. NIC can also assist agencies in training staff to facilitate the program.

Warrior Within Follows the "Seeking Safety" Curriculum and is a present-focused therapy to help people attain safety from trauma/PTSD and substance abuse.

Parenting for Men is designed to support and encourage positive parenting by fathers. Skills will be taught and discussed. Personal concerns that effect parenting and children will be open for discussion.

Acceptance and Commitment is based on an approach to psychology called ACT (Acceptance and Commitment Therapy). ACT is a type of mindfulness-based behavior therapy that helps you become willing and able to let thoughts and feelings come and go while pursuing what matters most to you. The core skill development areas are: self-awareness; mindfulness of breath, thoughts, emotions, sensations, and urges; values workout; and goal-setting and achievement.

Mindfulness is a group that offers member education on the process of developing mindfulness through exploration of perception and personal belief systems while increasing awareness of the world around, and within, us.

Celebrating Success is held every third Thursday of the month, 4-6pm to "celebrate" individual successes in recovery. Members are highly encouraged to bring family, friends, children, and recovery supports. Food is provided. Specifically designed to provide education and information to family members who currently have a member in recovery. Attention is focused on helping family members understand their relationship rights and responsibilities, education on possible lifestyle changes needed to maintain balance, the importance of setting healthy boundaries, and some of the dangers related to possible co-dependence.

MRT is a cognitive-behavioral counseling program that combines education, group and individual counseling, and structured exercises designed to foster moral development in treatment-resistant clients.

Dialectical Behavior Therapy (DBT) This DBT Skills group is an open co-ed group which teaches people skills to manage interpersonal relationships, distress tolerance, emotion regulation, and mindfulness. Mindfulness skills are especially emphasized to help promote quality of life. . DBT Skills has been shown to benefit people with depression, anxiety, PTSD, substance abuse, self-harm, and BPD symptoms.

WRAP The Wellness Recovery Action Plan® or WRAP®, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be.

Breaking the Blues is designed to help participants kick the blues and get busy enjoying life

Staying Busy and Healthy (WHAM) focuses on developing mind-body resiliency to promote self-management skills.

Keeping Myself Together (Life Skills) works toward assisting you with scheduling your day, learning how to budget, and rebuild the skill set needed for everyday life.

Family Foundations is the key to keeping your sobriety. This time is set aside for members to bring in their families and rebuild their relationships with those close to them.

Walking and Exercise focuses on mid to older adults and helps provide tools to stay healthy.