



GUAM BEHAVIORAL HEALTH & WELLNESS CENTER

OUTPATIENT GROUPS

LIVE OUT LOUD.

August 2019-Current

Description of Groups and Rationale:

Researchers have documented the importance of immediate treatment for improving symptoms, reducing relapse episodes, and preventing deterioration and disability among individuals suffering from psychotic illness. SAMSHA adopted Recovery After an Initial Schizophrenia Episode (RAISE) initiatives several years ago to address these concerns. The primary focus on the GBHWC M&M group is to assist the consumer and families become more aware of the importance medications and compliance to treatment regime. Weekly sessions will address consumers' concerns about medication side effects to include importance of daily exercise and a good diet. Consumers will also receive information about State/Federal programs and entitlements (e.g. AAPD, DVR, DISID, SSDI, food stamps, housing, para-transit etc). Finally, there will be sessions on budgeting and financial planning tips.

MONDAY

M & M Group

(aka Monday's Orientation and Life Management Group)

9:00am-10:00am

Drop-In Group

RATIONALE: The primary focus on the GBHWC M & M group is to assist the consumer and families become more aware of the GBHWC Services and community resources. Consumers will also receive information about State/Federal programs and entitlements (e.g. AAPD, DVR, DISID, SSDI, food stamps, housing, para-transit etc). Social workers will provide additional information and resources on other topics as needed.

TUESDAY

SAFE-T GROUP

(aka post suicide attempt group)

9:00am-10:00am

Drop-In Group

RATIONALE: Researchers have documented the importance of providing 45-day follow-up care for consumers with recent suicide attempts or high risk for suicidal behaviors.

GBHWC SAFE-T group provides 45-day follow up care for consumers using Collaborative Approach for Managing Suicide (CAMS). CAMS is not a new psychotherapy per se but an outpatient suicide-specific therapeutic framework intended for patients who are drawn to suicide as a way of coping. Group therapy concepts covered include: identification of suicide risk, collaboration, and the importance of focusing on factors related to the suicidal wish. Based on the CAMS theoretical model, consumer's suicidal thoughts and behaviors are defined as thoughts about death without intent to engage in suicidal behavior, active thoughts about suicide, active planning for suicide, active preparatory behavior for a suicidal act, and active attempts to die by suicide.

Consumers are screened weekly for suicidal cognitions/behaviors, weekly review of existing suicide prevention safety plans and changes, if needed, are made to keep the suicide safety plan as a prevention tool. In the SAFE-T group, the members provide emotional support and encouragement with the goal to monitor all consumers for at least 45-days post discharge from Adult Inpatient Unit. This SAFE-T group is also compliance with CARF recommendations for post suicide crisis services.

WEDNESDAY

FIRST PSYCHOSIS GROUP

9:00am-10:00am

Drop-In Group

RATIONALE: Researchers have documented the importance of immediate treatment for improving symptoms, reducing relapse episodes, and preventing deterioration and disability among individuals suffering from psychotic illness.

SAMSHA adopted Recovery After an Initial Schizophrenia Episode (RAISE) initiatives several years ago to address these concerns. The First Psychosis group is based on Recovery-Oriented Cognitive Therapy for Schizophrenia, also known as Cognitive Therapy-Recovery (CT-R). CT-R is a collaborative treatment for psychiatric rehabilitation using collaborative, person-centered, and personalized interventions based on the individual's cognitive difficulties related to their positive and negative symptoms (i.e. attention, memory, and executive functioning, and/or who have low motivation). The group sessions focus on decreasing the consumers' defeatist beliefs, dysfunctional attitudes, while improving their asocial beliefs which are associated with poor recovery. CT-R focuses on improving consumers' cognitive insights to improve overall functioning.

Additionally, the First Psychosis Group reviews the importance of medications and compliance to treatment regime. Weekly sessions will address consumers' concerns about medication side effects to include importance of daily exercise and a good diet.

CAREGIVERS FOR FIRST PSYCHOSIS GROUP

9:00am-10:00am

Drop-In Group

RATIONALE: Caregivers are provided a forum to discuss and examine questions and concerns regarding family members symptoms with emphasis on recovery. The group sessions focus on decreasing the family members' negative symptoms (e.g. low energy, low motivation, defeatist beliefs, dysfunctional attitudes) while improving and assisting with recovery strategies.

THURSDAY

SEEKING SAFETY GROUP

9:00AM-10:00AM

RATIONALE: Seeking Safety is an evidence-based, present-focused counseling group therapy to help consumers with symptoms and reactions related to major depression disorder, Bipolar, PTSD and substance abuse. Seeking Safety groups have been successfully implemented for many years across vulnerable populations including homeless, criminal justice, domestic violence, severely mentally ill, veterans and military, and others. Consumers do not have to meet formal criteria for PTSD or substance abuse to teach coping skills for MDD, Bipolar etc. Some of the topics are listed below:

- Introduction & Importance of Care and Case Management
- Depression
- Taking Back Your Power
- When Substances and other things Control You
- Honesty
- Asking for Help
- Setting Boundaries in Relationships
- Getting Others to Support Your Recovery
- Healthy Relationships
- Community Resources
- Compassion
- Creating Meaning
- Discovery
- Integrating the Split Self
- Recovery Thinking
- Taking Good Care of Yourself
- Commitment
- Respecting Your Time
- Coping with Triggers
- Self-Nurturing
- Red and Green Flags
- Detaching from Emotional Pain (Grounding)
- Life Choices
- Termination

SOCIAL SKILLS GROUP

9:00AM-10:00AM

DROP-IN GROUP

RATIONALE: Social Skills Training (SST) group uses the principles of behavior therapy to teach communication skills, assertiveness skills, and other skills related to disease management and independent living.

SST is conducted in small groups by two co-therapists. Skills are broken down into several discrete steps. After reviewing the steps of the skill, the therapist models the skill by demonstrating a role play. Consumers then do role-plays to learn and practice the skill. Therapists and group members provide constructive feedback to the individual after each role play and each participant is given an opportunity to practice the skill several times. Repeated practice and “overlearning” of skills are important aspects of SST. Duration, frequency, and exact content of SST interventions depends on the needs of the consumers and the treatment setting.

ACCEPTANCE & COMMITMENT THERAPY

3:00PM-4:00PM

DROP-IN GROUP

Acceptance and Commitment Therapy, known as “ACT” (pronounced as the word “act”) is a mindfulness-based behavioral therapy that challenges consumers with anxiety, depression and substance use to be opened to unpleasant feelings, and learn not to overreact to them, and not avoid situations where they are invoked.

ACT uses a wide range of experiential exercises and values-guided behavioral interventions. This group therapy will focus on problems underlying symptoms FACE (e.g. Fusion with your thoughts; Evaluation of experience; Avoidance of your experience; Reason-giving for your behavior) and teach healthy alternatives with ACT (Accept your reactions and be present; Choose a valued direction and Take action). ACT has proven effective with a diverse range of clinical conditions: depression, OCD, workplace stress, chronic pain, the stress of terminal cancer, anxiety, PTSD, anorexia, heroin abuse, marijuana abuse, and even schizophrenia. A study by Bach & Hayes showed that with only four months of ACT that consumers had less re-admission rates for schizophrenic patients.

**The Guam Behavioral Health & Wellness Center
790 Gov. Carlos G. Camacho Road, Tamuning,
Guam 96913**

Hours of Operation:
Monday-Friday (except Holidays)
8:00am-5:00pm
Crisis 24 Hours

For more information contact:
(671) 647-5440

Crisis Hotline:
(671) 647-8833/ 647-8834
(For emergencies call 911)

Rape Crisis Intervention:
(671) 647-5351

