

OUTPATIENT SERVICES: ADULTS

Adult Services provides treatment options designed to address the complex nature of addiction. We offer a broad range of evidence-based practices for men and women 18 and over, utilizing best practices recognized for their success in reducing the negative impact of addiction to the individual, and the community. Our collaborative approach with community partners allows us to work together to address the multiple problems that addiction brings. All groups are 1 ½ hours in length. The cost for all services is based on a sliding fee scale.

Group	Intended Participant	Locations	Focus	Technique	Length
Men's Recovery Group	Men who have legal issues, Boulder County Dept of Housing and Human Services (DHHS) involvement, or who need solid support accompanied with accountability	Longmont	Helping men live lives of character and accountability in a sober environment. Topics include intimacy, character, accountability, sexuality, pain and anger, past trauma, and healthy relationships.	Group process and psycho education based on The Matrix Model: The Family Unit	26 weeks
Readiness	Co-ed group to help people engage in the process of therapy and introduction to treatment	Longmont & Boulder	Triggers, relapse prevention, stages of change, community support groups, dealing with anxiety, and living a clean and sober life	Unique engagement activities framed in motivational interviewing and CBT techniques	12 weeks
Recovery Skills	A psycho-educational group that focuses on teaching people about the process and treatment of addiction	Longmont & Boulder	Addiction as a disease, impact on the brain and body, infectious diseases, relapse prevention, safe people and friends	Psycho-education and group process combined with motivational interviewing and CBT techniques.	12 weeks
Relapse Prevention	Designed for people who are stable in their recovery or are working through a lapse	Longmont & Boulder	A traditional process-oriented group that focuses on sobriety as a way of life, relapse prevention strategies, safe relationships, and good decision making; group accountability is key	CBT techniques in the context of a process group designed to build group cohesion and accountability	Ongoing
Cognitive Behavioral Therapy (CBT) Group	Men in recovery who need to look at the way they think and how to restructure faulty thinking patterns	Longmont	Specific skills are taught to help men make good decisions, and to strengthen positive thinking patterns	Cognitive behavioral homework, writing assignments and personal application to enhance skill development	Ongoing
Seeking Safety for Men - Men's Recovery Group	Men who have experienced or witnessed violence and have trauma in their history. Men in recovery	Longmont	Beginning to address the cognitive, behavioral, and interpersonal issues resulting from trauma and substance abuse; helping men deal with addiction and sobriety by helping them look at areas of their lives that have been impacted by addiction and its consequences	CBT techniques as detailed in the Seeking Safety Curriculum: intimacy, character, accountability, sexuality, pain and anger, and past trauma, healthy relationships and male roles in today's society	26 weeks
SSIC (Strategies for Self-Improvement and Change)	A group to address criminogenic behaviors, as well as substance abuse issues. A group for the more criminal thinkers	Longmont & Boulder	Helping individuals understand the interaction of thoughts, feelings and actions that have led to AOD/criminal conduct and learn empathy building, relapse prevention strategies, engaging in healthy relationships, and improving communication skills	Strict CBT to help change criminal thinking and AOD use	52 weeks

Outpatient Services (Intakes and therapeutic services) · Boulder 303.441.1275 · Longmont 303.678.6166 · Lafayette 303.666.0515

Intensive Services (Detox, TRT, monitoring services) · 3180 Airport Rd., Boulder 303. 441.1281 · www.BoulderCountyARC.org