



## **SPECIALIZED GROUPS: OPEN GROUP**

### **TARGET POPULATION**

- Patients experiencing substance related issues and/or behavioural addictions combined with a chronic and persistent mental illness.

### **GOALS**

- To provide support to patients interested in reducing/ceasing or maintaining abstinence from substance use and/or participation in behavioural addictions.
- To offer patients a group where they can discuss mental health issues including medications and symptomatology.
- To increase awareness of the relationship between substance use and/or behavioural addiction and mental health issues.

### **ACTIVITIES**

- Group facilitators will provide information and education about substance related issues and/or behavioural addictions including relapse prevention and problem-solving skills.
- Group facilitators will offer support through the learning process.
- Group facilitators will facilitate discussions regarding illness, medication, stress reduction, abstinence, relapse prevention, and goals.
- Patients are encouraged to attend groups regularly and are able attend on an ongoing basis for long term support.

### **OUTCOME**

Individuals attending the group will:

- Gain an understanding of the importance of abstaining from substance use and/or behavioural addictions.
- Learn skills to decrease stress and improve quality of life.
- Gain an understanding of the benefits of long term abstinence.