

Addiction Centre Adult Program – Specialized Groups

Chronic Pain

The Addiction Centre runs a group for individuals experiencing a chronic pain disorder, which is complicated by pain medication abuse or dependence issues. The group emphasizes alternate and non-medical techniques for managing pain, and works with patients to actively taper or maintain abstinence from pain medication. Through individualized participation in psychoeducational, support and relaxation focused group sessions, and including medical consultation; patients acquire skills to improve their functional abilities and reduce their reliance on addictive pain medications.

Couples Participating in Recovery

The Addiction Centre offers a 10 session closed group for couples, where one partner is in recovery from a substance and/or behavioural addiction. This group is designed to help the partner in recovery maintain abstinence as well as to rebuild trust in the relationship. Communication and conflict resolution skills will be enhanced through a variety of in-group and homework activities.

Family Support Group

Family members and friends of Addiction Centre Adult program patients are invited to attend the Family Support Group, facilitated by two clinicians. Patients need to be involved in, or on the waitlist for one of our groups, and the family member / friend must be at least 16 years old. The Family Support Group runs weekly, and covers the following topics: Addiction Centre program and the *Stages of Change* model; Basic Facts about Addiction; Concurrent Disorders, including Q & A with an Addiction Centre consulting physician; Supportive vs. Enabling Relationships; Communication Skills; Self-Care, Self-Help, and other community resources. Participants are welcome to attend for six consecutive weeks.

Gambling Group

The Addiction Centre offers a specialized, 10 session closed group for patients experiencing pathological gambling issues as well as a mental and/or physical health concern. The relationship between gambling, other substance use, mental health issues and personality traits is discussed. Patients will acquire skills that support relapse prevention and challenge distorted thinking related to gambling.

Open Group

The Addiction Centre facilitates a group designed for patients diagnosed with a chronic and persistent mental illness, such as schizophrenia; and who are also dealing with a substance and/or behavioural addiction. Education and discussions focus on the relationship between substance use and/or behavioural addiction and mental health issues. There will be an emphasis on building skills related to relapse prevention and stress management.

Tobacco Cessation Support Group

The Addiction Centre provides a six week closed group designed for patients who are experiencing nicotine dependence co-occurring with a mental and/or physical health concern. This group provides education on nicotine dependence, and the impact of tobacco use on mental and physical health. The relationship between nicotine dependence and other substance / behavioural addictions is explored in the context of considering tobacco cessation. Patients will acquire skills which support cessation and develop an individualized tobacco *quit plan*. Pharmacological interventions will be explored via medical consultation. Abstinence from tobacco products is not a requirement for participation in the group.