

## **Bear River Mental Health**

### **Bear River House – 88 West 1000 North, Logan, Utah**

#### **ACCEPTANCE and COMMITMENT THERAPY (ACT)**

**Thursday** 10:15 am - 11:30 am

This group utilizes ACT principals to help participants decrease rigid thinking through the process of acceptance. This concept is known as thought flexibility. The group also helps participants identify what their core values are. While values are not the same as goals or a point at which we work to arrive, values do serve a purpose like a compass. Through behaviors and choices, participants learn to identify and increase mindfulness around values, so they are able to work towards what is meaningful in their lives.

#### **ACTIVE LIFESTYLE**

**Tuesday** 1:00 pm – 3:00 pm

This group focuses on ways to stay balanced and active in everyday living. We focus on client strengths and explore areas that need improvement. Participants engage in experiences within the community that help educate them about resources and business that are available to them. Participants engage in activities that encourage active living such as bowling, games at the park, small hikes, thrifting, humane society, library, crafts, learning new recipes, Cache Valley bus tours, etc.

#### **CLIENT ACTIVITY**

**Monday / Friday** 1:00 pm – 2:00 pm

This group allows participants an opportunity to connect with one another and informally practice the skills they've learned in other settings. Although a staff member is present to oversee the activity and provide guidance, it creates an opportunity for participants to step into the role of planning, preparing and leadership.

#### **COMPUTER CLASS**

**Monday / Tuesday / Thursday / Friday** 12:45 pm - 1:45 pm

**Wednesday** 12:30 pm - 1:30 pm

This group focuses on basic computer skills to improve independence, personal development, and ways to build self-esteem. Participants are encouraged to use the computer as a tool to help assist them in developing hobbies and interests, and to communicate with friends and relatives.

#### **FITNESS**

**Monday / Wednesday / Friday** 1:15 pm - 2:45 pm

This group is about staying healthy and fit and focuses on personal motivation and wellness, as well as providing opportunities for both anaerobic and aerobic exercise. BRMH offers rides to and from a local gym for this group.

#### **FOUNDATIONS**

**Monday / Wednesday / Thursday / Friday** 9:30 am - 12:00 pm

**Tuesday** 10:15 am - 12:00 pm

In this group participants learn and practice basic social skills such as listening, talking in a group, as well as one-on-one, expressing gratitude, eye contact, joining a group activity. Basic lessons are presented, and current events are introduced to facilitate discussion. Staff

conduct a “check in” to assess how participants are doing, followed by an activity in the community to practice and implement the skills learned.

### **HEALTH and WELLNESS**

**Monday** 10:15 am - 12:00 pm

In this group, together with staff, participants plan and prepare nutritious, simple, affordable recipes. The best part is sampling the recipes! A wellness check in is conducted in order to assess the level of health and wellness, including weekly exercise, weekly healthy eating, and if goals were met and practiced from the previous week. Each participant is encouraged to set a small weekly health and wellness goal to increase overall health. Information regarding nutritional habits, sleep hygiene, and exercise is provided.

### **HELLO TO HAPPINESS**

**Friday** 10:15 am - 12:00 pm

In this group, participants learn to use a gratitude journal, which encourages participants to recognize positive things in their life and allows staff to help participants reframe upsets into “blessings in disguise”. Staff present lessons on gratitude, optimism, savoring, signature strengths, benefits of smiling, laughter and kindness. Participants engage in activities in the community to model, teach and practice social skills learned in group.

### **PEER SUPPORT**

**Wednesday** 12:45 pm – 2:00 pm

This group is a gathering of individuals with the lived experience of mental illness. Participants come together to talk with one another about their experiences, struggles and challenges. The support group becomes an anchor for recovery from their illnesses and helps to develop skills to live more effectively in the community. Hope and trust grow between the participants as they offer support and encouragement to one another. Participation can be a freeing experience, as individuals realize “I am not alone.”

### **PERSONAL DEVELOPMENT for Life and Work**

**Wednesday** 2:30 pm - 4:30 pm

This group is designed for working adults or those considering work soon. The purpose is to teach the soft skills necessary to be successful in a work setting, i.e. communication skills, self-esteem in the workplace, dealing with supervisors and co-workers, and knowing how to work with customers effectively.

### **RECREATION, SOCIALIZATION, AND INTEGRATION (RSI)**

**Wednesday** 10:15 am - 12:00 pm

This group allows people to interact and socialize while working on cooperative tasks, planning recreational activities for the Bear River House and building self-esteem by participating in meaningful task that help the Bear River House community.

### **RELATIONSHIP DYNAMICS**

**Tuesday** 10:15 am - 12:00 pm

This group focuses on skills and behaviors to improve relationships, making them healthier and more enjoyable. Topics include self-esteem, boundary setting, forgiveness, how to deal with toxic people, communication and assertiveness, conflict resolution.

### **STRESS MANAGEMENT**

**Thursday** 1:00 pm – 2:30 pm

In this group, participants have the opportunity to practice stress management tools, explore new methods of stress relief and decrease anxiety/stress. The participants' anxiety/stress level is assessed at check-in and again at the conclusion of the group in order to evaluate change. Activities include art therapy, self-care methods, and stress relief through being outside in nature.

### **TRANSITIONS**

**Tuesday / Thursday 4:00 pm - 7:30 pm**

This group focuses on integration skills such as getting involved in school, work, volunteer, community and relationships, as well as recovery skills. Guest speakers often attend to share knowledge and insight on mental health topics or community-based topics of interest. The curriculum is based on Dr. Seigenberg's "Steps to Recovery". Tuesday night is recovery based and Thursday night is integration based. The group also participates in many activities in the community. Participants make weekly goals and report back the following week. Dinner is provided, during which participants use the social skills that have been modeled and taught.

### **WELCOME MEETING**

**Monday, Wednesday, Thursday, Friday 9:30 am -10:15 am**

This group allows participants to check-in with each other to see how they are doing. It is a time where current events, announcements or other interesting information can be shared to practice having natural conversations. As part of the meeting agenda, we participate in a mindfulness exercise that varies from day to day... this helps bring our thoughts to the present and prepares individuals to participate in the upcoming group in a more meaningful way.