

Pearl Health Clinic Groups

01



Intensive outpatient program (IOP)

Pearl Health Clinic offers Mental Health Intensive Outpatient Programs (IOP) for Adolescents (ages 13-17).

IOP allows individuals to receive intensive treatment without hospitalization. Group therapy is the main IOP intervention. Weekly individual and/or family therapy, regular medication review, and case management are also included. 6-9 total hours of services per week for Adolescents (hours are based upon insurance requirements/patient needs). Groups meet 4pm-6pm every Tuesday, Wednesday, and Thursday. The typical IOP admission lasts 10 to 12 weeks. IOP space is limited to 10 Adolescents at a time.

02



Grief Group

Grief groups allow those who have lost loved ones to have a safe space that allows us to discuss our thoughts as we learn to release our feelings and emotions affiliated with grief that may otherwise have been held in due to lack of support. Groups offer nonjudgmental support and need for your feelings to be heard, witnessed, and accepted by others experiencing similar losses. Grief groups provide everyone the opportunity to learn to recognize their new grief norms and acknowledgement that you are not grieving wrong, our world has been changed forever. Through our connections, traditions and learned experiences we learn from and teach one another how to grieve in this grief illiterate world. Grief is hard, but ignoring our grief makes it even more challenging. Grief doesn't need a lot of time, but it needs dedicated time. Grief groups can help you navigate through this difficult time and recognize that you are not alone in this pain.

03



Suboxone Group

In this Suboxone treatment group, you'll find a safe space to connect with others who understand the challenges of opiate addiction. Led by a therapist experienced in substance use disorders, the group sessions offer support and coping mechanisms tailored to the unique struggles of overcoming opiate dependence. Together, you'll build a network of encouragement and explore the underlying causes of your addiction for a holistic path to recovery.

04



Coping skills

Learn about emotions and how best to express them in a healthy way. We also learn to identify safe people in our lives who will support us and help us to use the new skills we are using. We work on understanding and naming the coping skills we currently use and determining if they are still of benefit to us. We learn what makes a coping skill effective and we work at identifying and developing healthy coping skills that will help us feel better and get our needs met in a positive way.

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Enhancing Self-regulation

This group builds on the Coping Skills group. In this group we work on identifying additional healthy coping skills that will help us when we are feeling overwhelmed or angry. Our group leaders help members explore activities that will work for them, such as breathing, music, mindfulness, somatic states and more.

06



Enhancing attachment

This group teaches healthy communication skills and interactions between our clients and family members. Members learn about and practice verbal and written affirmations that they can use within their family systems. Members will learn how to recognize, acknowledge, and meet needs, both as a giver and receiver.

07



Adult Yoga Group / Mindfulness

This group starts out with a 30 minute yoga session where group members will learn to connect with themselves and others while gaining body awareness through trauma informed yoga. After the Yoga sessions, the group works on connection and mindfulness through discussion and activities. This group will also work for those who do not wish to participate in the Yoga component as they can benefit from the group by joining in for the non-physical portion.

08



Social skills and self esteem

This group focusses on helping members learn about, develop, and practice additional social skills. Just a few of the things we work on are giving and receiving affirmations, identifying and replacing negative self-talk, participating in self-care, learning about healthy boundaries, and focusing on pro social behaviors.

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09



Impulse Control and Anger Management

The focus of this group is to help group members identify their anger escalation pattern and build the skills to use 3 body-based anger de-escalation techniques to reduce impulsive behavior.