

NOW OFFERING THERAPEUTIC SUPPORT GROUPS



Dual Diagnosis Support Group (adults 18+)

Led by Melissa Bigger, LCSW, LCAS

Mondays 5:30 - 6:45pm

Often times when people are experiencing a mental health condition, they utilize substances as a way to cope. While this is an unhealthy coping mechanism, it is important to understand the relationship between mental health and substance abuse/misuse. This group focuses on increasing awareness about the impact substance use and mental health have on one another and how to lessen addictive behaviors. The group will provide general support for both mental health and substance use, an opportunity to process the impact of these behaviors, and psychoeducational tools to cope with these behaviors. The clinician will utilize Cognitive Behavioral Therapy, Motivational Interviewing and Dialectical Behavior Therapy to help improve coping skills and reduce maladaptive behaviors. Topics will include triggers, the disease model of addiction, coping skills, consequences of co-occurring disorders, and relapse prevention. Members will be encouraged to share experience, strength, and hope to support one another in managing symptoms related to both mental health and addiction.



After Care Support Group (adults 18+)

Led by Sheri Tiziani, MS, LCMHCS

Mondays 5:30 - 6:45pm

The After Care Group is an opportunity for individuals who have already completed some type of mental health treatment to receive ongoing support. This group allows participants to process generally and receive and provide support, as well as review psychoeducational topics related to relapse prevention, self-awareness, Cognitive Behavioral Therapy and Dialectical Behavior Therapy, healthy relationships, life adjustments, parenting skills/support, stress management, mood disorders, anxiety, and self-esteem. Self-reflection is encouraged as a way to provide insight into patterns contributing to both mental health struggles and wellness.



Men's Support Group (adults 18+)

Led by Andrew Harris, MS, LCMHC

Mondays 5:30 - 6:45pm

Men often do not seek mental health treatment because of the additional stigma which can lead to avoidance, anger, isolation and substance abuse. This group provides a safe space for men to communicate and receive support through general processing. Psychoeducational topics include relapse prevention, self-awareness, Cognitive Behavioral Therapy and Dialectical Behavior Therapy, healthy relationships, life adjustments, parenting skills/support, stress management, mood disorders, anxiety, and self-esteem.



Family Support Group

(immediate adult family members of HopeWay clients)

Led by Erin Dos Reis, LCSW

Wednesdays 5:30 - 6:45pm

The group will help each family unit to better understand what their loved one is learning while at HopeWay, what to expect during treatment and how to best support them on their mental health journey. Family members will have an opportunity to process, and receive and provide support. The clinician will focus on general mental health education and psychoeducational topics related to relapse prevention, Cognitive Behavioral Therapy and Dialectical Behavior Therapy, self-awareness and parenting skills/ support. This could also be appropriate and beneficial for HopeWay alumni families.

**To inquire, please call
HopeWay Psychiatry & Associates
at 980-859-0990.**

Cost per session \$50