

## Tiffin and Upper Sandusky Drug and Alcohol Groups

### Adult Drug and Alcohol Groups

#### Understanding Sobriety (USG)

- A group for someone new into substance use with a mild use disorder. This group is an introduction/prevention group focused on people without moderate/severe symptoms of drug use.
- Offered in Tiffin office Tuesdays 5-6PM

#### Stepping into Recovery (SIR)

- Groups focused on working with those in pre-contemplation stage of addiction or for those who are actively using to get motivated for treatment.
- Offered in Tiffin office mornings 10am-12pm Mondays and Wednesdays.
- Offered in Tiffin office evenings 5:30-7:30 pm Tuesdays and Thursdays.
- Offered in Upper Sandusky afternoons 3-5pm on Wednesdays.

#### Intensive Outpatient Program (IOP) – mandatory minimum 9 hours of treatment a week according to ASAM criteria

- Group for people in preparation and action stages of recovery. This group creates a foundation for recovery discussing areas identified in treatment such as creating sober supports, consequences to use, disease model, and more.
- Offered in Tiffin office Monday, Tuesday, Thursday 5-8pm

#### Continuing Care (CC)

- Group for people in action and maintenance stage of recovery. Builds upon learned skills after IOP and works on difficulties in dealing with sobriety and rebuilding lifestyle once they have been sober for a period of time.
- Offered in Tiffin office Tuesdays 2-4pm.

#### Substance Abuse and Mental Illness (SAMI)

- Group for dual diagnosis clients whose severe mental health problems make it difficult to be in a larger group settings. Education of how psychotropic medications and substance use can exacerbate symptoms, education on mental illness in conjunction with drug use.
- Offered in Tiffin office Mondays 11am-12pm

#### Drug and Alcohol Partial Hospitalization Program (PHP) – mandatory 20 hours of treatment a week according to ASAM criteria

- Highest level of care offered at our outpatient facility. Program that would be the next step from an inpatient detoxification facility to continue to learn to change behaviors or to avoid going into residential facility if client has safe home environment that would be supportive of recovery. Topics of groups include anger management, recovery, sober living skills, employment in recovery, trauma, precontemplation group, relaxation skills, coping skills, action toward recovery, nutrition in recovery, and more.
- Offered in Tiffin office Mondays, Tuesdays, and Thursdays 2-8pm and Wednesdays and Fridays 12-5pm. Clients must meet a minimum of 20 hours between the days offered.



## Adolescent Drug and Alcohol Related Groups

### Seven Challenges

- Group for adolescents who have begun using substances or alcohol and education on sobriety and working on building sober living skills to promote prosocial skills. Uses best practice model.
- Offered in Tiffin office Mondays and Fridays 3-5pm. Transport can be offered from local schools to office but clients will have to be picked up at end.

### Children of Addiction

- Group for children (10-13) of addicted family members who may have experienced overdoses or other major consequences of family member's drug use.
- Offered in Tiffin office Tuesdays 6-7pm

### Adolescents of Addiction

- Group for adolescents(14-17) of addicted family members who may have experienced overdoses or other major consequences of family member's drug use.
- Offered in Tiffin office Tuesdays 7-8pm

**To set up treatment to get involved in group and individual counseling please call or Stop in to schedule your assessment:**

**Tiffin Firelands Counseling and Recovery Services**

**76 Ashwood Rd. Tiffin, Ohio 44883**

**419-448-9440**

**Upper Sandusky Firelands Counseling and Recovery Services**

**97 Houpt Dr Suite W. Upper Sandusky, Ohio 43351**

**419-294-4388**