

Utica ARS GROUP DESCRIPTIONS

- **Building Self-Compassion** – The old saying goes that, “You are your own worst critic”. It is very true that most of us are hard on ourselves in our achievements, career or study, social standing, relationships, appearance, body image, financial status, etc. If you identify with being your own harshest critic, then join us on the journey from self-criticism to self-kindness.
- **Boundaries** – Participants will gain a better understanding of how to set healthy boundaries, how to recognize if their personal boundaries (mental, physical and emotional) are being violated and what they can do to protect themselves
- **Building Emotional Resilience** – Topics discussed: Coping With Depressive Sensations, Attending To Your Anxiety
- **Resting Your Mind**- A support group that utilizes a meditative reading from the book “A Restful Mind”. This group provides practice that promotes reflection, awareness, and offers new insights and perspectives to individuals living with mental illness.
- **Mental Health/Substance Abuse** – Discussion revolving around personal struggles with a co-occurring diagnosis of mental health disorders and substance abuse. Research-based coping skills taught based on OASIS material.
- **Mindfulness Group** – This group will be using The Mindfulness Toolbox: 50 Practical Tips, Tools & Handouts for Anxiety, Depression, Stress & Pain by Donald Altmen. This group will provide “attendees with mindfulness tools that deliver an essential set of engaging, practical strategies along with key research and evidence-based information. The awareness boosting methods in this guidebook offer participants a means of reappraising and observing negative and anxious thoughts, habits, pain, and stress in fresh ways that produce new insight, positive change, and a sense of hope.”
- **Cognitive Behavior Therapy** – Led by our Peer Advocate, this group will help participants gain an understanding how stress, depression, anxiety, fear and anger dependencies and negative responses can all be addressed by CBT. DVD series presented by Professor Jason Satterfield, Ph.D.
- **Community Conversation**- An Afternoon “Coffee Hour” to relax and discuss various topics with friends.
- **Crafts** – This peer led “fun” group allows individuals to be creative through many different types of art projects including painting, seasonal craft making and beading. Crafts group is an opportunity for members to engage within the community based on a shared interested. Socialization skills are increased within this group as there is much interaction, sharing or projects, teaching of techniques, and discussion on a variety of topics.
- **Domestic Violence Survival Workbook** – This book contains five separate sections – that will help participants learn more about themselves as well as the impact of domestic violence in their lives and the lives of their family members.
- **Don’t Sweat The Small Stuff** – This peer led group includes reading and discussing simple and effective ways to keep the little things from taking over your life. Specific techniques, management of symptoms, and coping skills are discussed. Based on **Don’t Sweat the Small Stuff** by Richard Carlson (100)
- **Living Without Depression & Manic Depression** – Every Year depression and manic depression affect more than 11 million people in the US. Living Without Depression and Manic Depression gives them hope and inspiration and provides practical steps they can take to help themselves. The workbook **Living Without Depression & Manic Depression** A workbook for Maintaining Mood Stability by Mary Ellen Copeland, M.S. she is also the Author of The Depression Book.

- **Living a Healthy Life with Chronic Conditions** – This book has helped thousands of people with chronic illness fulfill their greatest possible physical potential and to once again derive pleasure from life. Its simple goal is to help anyone with a chronic illness to live a productive, healthy life.
- **Anger Management** - A “classroom” type group that provides individuals participating in the 8-20 week program with an understanding of core concepts and safe place to share experiences if they choose. Skills taught and consistent practice is necessary to successfully manage anger. Participants will gain effective coping skills for anger to use in everyday life
- **Making Healthy Choices** – In this group, we will discuss such issues as emotional eating, healthy fast food, eating well over 50, lactose intolerance, as well as trying new fruits and veggies and sharing healthy recipes
- **Mental Health News!** – This peer led group provides participants with the most recent information on all sorts of topics relevant to mental wellness. Group readings and discussions are based on articles published in issues of **Psychology Today, Scientific American Mind,** and **Time Magazine,** to name a few. 12-16 week duration
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