

# Adult Day, Evening and Weekend (DEW) program description

May – August 2024

Groups are cancelled on statutory holidays.

Individuals can self-refer by:

1. Calling **1-888-587-3755** option 4 then option 0 to speak to a receptionist. A clinician will then call back to assist with determining what sessions may support desired goals.
2. Visiting during intake drop-in hours at one of our locations:
  - a. Monday, 10:00 a.m. - 1:00 p.m. – Surrey
  - b. Tuesday, 1:00 p.m. - 3:30 p.m. – New Westminister
  - c. Wednesday, 1:00 p.m. - 3:30 p.m. – Chilliwack
  - d. Thursday, 1:00 p.m. - 3:30 p.m. – New Westminister
  - e. Friday, 09:00 a.m. - 12:00 p.m. – Surrey
3. Referrals from other service providers are welcomed with the individual's consent.

<b>Surrey</b>	Creekside Withdrawal Management Centre Day, Evening, Weekend Treatment Program - 2 <sup>nd</sup> floor, 13740 – 94A Avenue, Surrey
<b>New Westminister</b>	Royal Columbian Hospital - 330 E Columbia Street, New Westminister – meet the facilitator in the lobby of the Mental Health and Substance Use Wellness Centre
<b>Chilliwack</b>	Chilliwack General Hospital - 45600 Menholm Rd., Chilliwack, BC V2P 1P7

## Core groups

You will be with the same group of participants for the full **six weeks** for this weekly one hour and 15-minute group session. Registration is closed after the second session.

### In-person Core Groups

Core	Day	Time	Dates	Location
<b>Cognitive Behavioral Therapy (CBT)</b>	<b>Wednesdays</b>	9:30 AM - 10:45 AM	<ol style="list-style-type: none"> <li>1. April 10, 2024 – May 15, 2024</li> <li>2. May 29 – July 3, 2024</li> <li>3. July 17 – August 21, 2024</li> </ol>	Royal Columbian Hospital - 330 E Columbia Street, New Westminster – meet the facilitator in the lobby of the Mental Health and Substance Use Wellness Centre
<b>Understanding Substance Use</b>	<b>Wednesdays</b>	11:30 AM – 12:45 PM	<ol style="list-style-type: none"> <li>1. April 10, 2024 – May 15, 2024</li> <li>2. May 29, 2024 – July 3, 2024</li> <li>3. July 17 – August 21, 2024</li> </ol>	Royal Columbian Hospital - 330 E Columbia Street, New Westminster – meet the facilitator in the lobby of the Mental Health and Substance Use Wellness Centre
<b>Reclaiming Our Lives</b>	<b>Wednesdays</b>	3:00 PM – 4:30 PM	<ol style="list-style-type: none"> <li>1. April 17 – May 22, 2024</li> <li>2. June 5 – July 10, 2024</li> <li>3. July 24 – August 28, 2024</li> </ol>	Creekside Withdrawal Management Centre Day, Evening, Weekend Treatment Program - 2 <sup>nd</sup> floor, 13740 – 94A Avenue, Surrey

### Virtual Core Groups

Core	Day	Time	Dates
<b>Mindfulness Based Relapse Prevention (MBRP)</b>	<b>Mondays</b>	3:00 PM – 4:15 PM	<ol style="list-style-type: none"> <li>1. April 22 – June 3, 2024</li> <li>2. June 17 – July 29, 2024</li> <li>3. August 12 – September 23, 2024</li> </ol>

<b>Motivational Dialogue/ Wellness Recovery Action Plan (WRAP)</b>	<b>Thursdays</b>	9:30 AM – 10:45 AM	<ol style="list-style-type: none"> <li>1. April 18 – May 23, 2024</li> <li>2. June 6 – July 11, 2024</li> <li>3. July 25, 2024 – August 29, 2024</li> </ol>
<b>Post-Traumatic Growth (PTG)</b>	<b>Thursdays</b>	11:30 AM – 12:45PM	<ol style="list-style-type: none"> <li>1. April 4 – May 9, 2024</li> <li>2. May 23 – June 27, 2024</li> <li>3. July 11 – August 15, 2024</li> <li>4. August 29 – October 3, 2024</li> </ol>
<b>Cognitive Behavior Therapy (CBT)</b>	<b>Fridays</b>	3:00 PM - 4:15 PM	<ol style="list-style-type: none"> <li>1. April 12 – May 17, 2024</li> <li>2. May 31 – July 5, 2024</li> <li>3. July 19 – August 23, 2024</li> </ol>
	<b>Saturdays</b>	12:00 PM – 1:15 PM	<ol style="list-style-type: none"> <li>1. April 13 – May 18, 2024</li> <li>2. June 1 – July 6, 2024</li> <li>3. July 20 – August 24, 2024</li> </ol>

## Elective groups

Elective groups are open, meaning you will be joined by different participants for each session. You can sign up for as many of these one-hour workshops as you wish, and for most you will need to attend only once when it fits your schedule. These groups will be offered virtually using Zoom with limited in person options. See the last page for a description of groups.

### Elective In Person groups

Elective In Person	Day	Time	Dates	Location
<b>Self-management and Recovery Training (SMART)</b>	<b>Mondays</b>	2:00 PM - 3:00PM	Weekly	Royal Columbian Hospital - 330 E Columbia Street, New Westminster – meet the facilitator in the lobby of the Mental Health and Substance Use Wellness Centre
	<b>Tuesdays</b>	10:00 AM – 11:00 AM	Weekly	
	<b>Tuesdays</b>	2:00 PM – 3:00 P	Weekly	
<b>Early Recovery Skills</b>	<b>Wednesdays</b>	10:30 AM – 11:30 AM	Weekly	Creekside Withdrawal Management Centre Day, Evening, Weekend Treatment Program - 2 <sup>nd</sup> floor, 13740 – 94A Avenue, Surrey
<b>Dialectical Behavior Therapy (DBT)</b>	<b>Thursdays</b>	9:30AM - 10:45 AM	Weekly	Royal Columbian Hospital - 330 E Columbia Street, New Westminster

<b>Informed-Open Skills Group</b>				– meet the facilitator in the lobby of the Mental Health and Substance Use Wellness Centre
<b>Mental Wellness - Depression</b>	<b>Thursdays</b>	1:00 PM – 2:00 PM	Weekly	Creekside Withdrawal Management Centre Day, Evening, Weekend Treatment Program - 2 <sup>nd</sup> floor, 13740 – 94A Avenue, Surrey
<b>Mental Wellness - Anxiety</b>	<b>Fridays</b>	12:30 PM – 1:30 PM	Weekly	Creekside Withdrawal Management Centre Day, Evening, Weekend Treatment Program - 2 <sup>nd</sup> floor, 13740 – 94A Avenue, Surrey
<b>Finding Peace</b>	<b>Fridays (Starting April 12, 2024)</b>	3:00 PM - 4:30 PM	Weekly	Creekside Withdrawal Management Centre Day, Evening, Weekend Treatment Program - 2 <sup>nd</sup> floor, 13740 – 94A Avenue, Surrey
<b>Early Recovery Skills</b>	<b>Saturdays</b>	2:00 PM – 3:00 PM	Weekly	Creekside Withdrawal Management Centre Day, Evening, Weekend Treatment Program - 2 <sup>nd</sup> floor, 13740 – 94A Avenue, Surrey

### Elective Virtual groups

Virtual Elective groups	Day	Time
<b>Mental Wellness: Depression</b>	Mondays	12:30 PM – 1:30 PM
<b>Grief and Loss</b>	Tuesdays	1:00 PM – 2:00 PM
<b>Self-management and Recovery Training (SMART)</b>	Wednesdays	3:00 PM – 4:00 PM
<b>Mental Wellness: Anxiety</b>	Thursdays	3:00 PM – 4:00 PM
<b>Rewarding Recovery</b>	Thursdays	3:00 PM – 4:00 PM
<b>Dialectical Behavior Therapy (DBT) Informed- Open Skills Group</b>	Fridays	1:30 PM - 2:45 PM
<b>Early Recovery Skills</b>	Fridays	1:00 PM – 2:00 PM
<b>Open forum</b>	Saturdays	3:30 PM – 4:30 PM

# Vocational rehabilitation counselling services

All vocational rehabilitation elective sessions occur *every two weeks except for Open forum which occurs weekly.*

## In Person Vocational Rehab Groups

Elective In Person	Day	Time	Dates	Location
<b>Exploring Values and Skills</b>	<b>Tuesdays</b>	1:00 PM – 2:00PM	Weekly	Creekside Withdrawal Management Centre Day, Evening, Weekend Treatment Program - 2nd floor, 13740 – 94A Avenue, Surrey
<b>Managing Emotions</b>	<b>Wednesdays</b>	1:00 PM – 2:00 PM	Weekly	Creekside Withdrawal Management Centre Day, Evening, Weekend Treatment Program - 2 <sup>nd</sup> floor, 13740 – 94A Avenue, Surrey

## Virtual Vocational Rehab Groups

Elective In Person	Day	Time	Dates
<b>Community Engagement</b>	<b>Mondays</b>	12:30 PM - 13:30 PM	Starting March 4, 2024 Every Second Week
<b>Readiness Skills</b>	<b>Mondays</b>	6:00 PM – 7:00 PM	Starting March 4, 2024 Every Second Week
<b>Nurturing Self-Care for Mental Health</b>	<b>Mondays</b>	11:00 AM- 12:00 PM	Starting March 11, 2024 Every Second Week
<b>Empowering Yourself</b>	<b>Mondays</b>	2:00 PM – 3:00 PM	Starting March 11, 2024 Every Second Week

<b>Candidate Evaluation</b>	<b>Tuesdays</b>	11:00 AM – 12:30 PM	Starting March 5, 2024 Every Week
<b>Reintegrating during Recovery</b>	<b>Tuesdays</b>	6:00 PM – 7:00 PM	Starting March 12, 2024 Every Second Week
<b>Stress Management</b>	<b>Wednesdays</b>	11:00 AM – 12:00 PM	Starting March 6, 2024 Every Week
<b>Assertiveness</b>	<b>Thursdays</b>	10:00 AM – 11:30 PM	Starting March 7, 2024 Every Week
<b>Work Life Balance</b>	<b>Saturdays</b>	11:00 AM-12:00 PM	Starting March 8, 2024 Every Week

## Occupational therapy services

### Elective groups

Session	Day	Time
Money Smart	Fridays	10:00 AM – 11:00 AM
Sleep Wellness	Tuesdays	3:00 PM – 4:00 PM

## DEW Program Group descriptions

Core groups	Description
<b>Cognitive Behavioral Therapy (CBT)</b>	Learn about and apply a variety of CBT skills, like identifying and challenging unrealistic negative thoughts, in order to respond more skillfully to triggers and other internal experiences to support participants in their recovery.

<b>Understanding Substance Use</b>	An educational group to provide participants with an understanding of substance use and addiction from psychological, biological and social perspectives, and to provide guidance on the range of services and interventions that can support people with substance use challenges.
<b>Mindfulness Based Relapse Prevention (MBRP)</b>	Learn about and apply the skill of mindfulness, and how it can support your recovery. Participants will become more aware of their triggers and internal experiences and will develop the ability to respond to these more skillfully.
<b>Motivational Dialogue/ Wellness Recovery Action Plan (WRAP)</b>	Begins with two sessions exploring and identifying values, hopes and aspirations, and setting recovery goals based on these. During the following four sessions, participants create a WRAP to support them in having a comprehensive plan for recovery.
<b>Post Traumatic Growth (PTG)</b>	Learning about trauma and its effects through the lens of resiliency. During the six lessons, participants first explore tools and engage in activities that promote grounding, safety and calm followed by ways to move past the pain and discover new strengths, opportunities, meaning and purpose.
<b>Wellness Group for Men</b>	A group tailored for any self-identifying males (he, him, his) who have histories of troubled substance use and who are interested in changes in the direction of improved global wellness. Group focus will be on male identity and culture as it relates to developing goals, life principles, mental and physical wellness, meaningful relationships and thought processes that can lead to substance use. Using the 'Wellness Wheel' model, men will become equipped with tools to think about and construct pathways for improved well-being.
<b>Reclaiming Our Lives</b>	The first portion of this group focuses on identifying individual patterns in thinking, feeling, behaviour and relating and participating in life. The emphasis is on bringing awareness to the more self-limiting conscious and unconscious learnings and habits that make our daily lives more challenging. The second part of the group is spent creating and reinforcing different patterns of thinking, behaving, relating and being in the world, leading to implementing new options in difficult situations and more satisfying outcomes.
<b>Finding Peace</b>	Body-oriented therapy helps with personal patterns, such as how we may hold on to stress. Through various gentle and safe techniques such as breathing exercises, easy movement, art and body awareness, facilitators guide participants into new experiences. Body-oriented therapies are a unique and exciting complement to other therapeutic perspectives.
<b>Elective groups</b>	<b>Description</b>
<b>Dialectical Behavior Therapy Informed-Open Skills Group</b>	Learn and practice skills to improve emotion regulation, communicating effectively with others, managing stressful situation and improving mindfulness. This Dialectical Behavioral Therapy (DBT) informed group has a classroom style approach, emphasizing the learning and mastery of tangible skills for recovery and developing a life worth living.
<b>Rewarding recovery</b>	Rewarding recovery is based on the principles of contingency management (CM), which is an evidence-based treatment that provides motivational incentives to reinforce behavior change. Clients who are seeking to change their relationship to stimulants are eligible. Group content primarily involves SMART goal setting, skill building and behavior change.
<b>Money Smart</b>	In this group, participants will explore their values and beliefs about money. Participants will be introduced to budgeting, will learn how to deal with impulse buying, commonly used sales tactics will be discussed, spending tips will be shared and lastly, a session on understanding debt will be covered. This group is for anyone that would benefit from learning skills to track and manage their money more wisely.

<b>*Early recovery skills – Rapid Access Group</b>	A group to support participants in developing some key skills that could be useful at any stage of their recovery, but which are particularly useful in the early stages, regardless of what a person’s recovery goals are. Can be helpful to attend while awaiting a space in the Core group program.
<b>Open Forum</b>	An opportunity for participants to share experiences, reflect on the program and bring forward questions and topics of interest to them, in the context of their recovery. Also, an opportunity to share wisdom, address setbacks and challenges and provide mutual support between participants.
<b>Mental wellness – depression</b>	These sessions each offer a foundational understanding of the symptoms, causes and potential interventions for addressing depression.
<b>Mental Wellness: Anxiety</b>	These sessions each offer a foundational understanding of the symptoms, causes and potential interventions for addressing anxiety.
<b>Self-management and Recovery Training (SMART)</b>	Learn new tools and techniques for self-directed change. This is a self-management and recovery training program as an alternate to 12-step groups.
<b>Grief and Loss</b>	Explore grief and loss as they relate to substance use and their associated emotions during the grieving process
<b>Sleep Wellness</b>	In this group, participants will gain an understanding of the role sleep plays in overall well-being. We explore common habits that may impact sleep quality, followed by the provision of practical strategies for sleep enhancement. The group also serves as a forum for knowledge exchange, encouraging members to share insights and experiences related to their sleep patterns and improvements.
<b>Exploring Values and Skills</b>	This group explores aspects of oneself, such as skills and values that can help you gain clarity on what career paths, hobbies, relationships or personal goals align with who you are and what you find meaningful.
<b>Managing Emotions</b>	This group teaches how to manage emotions and relationships; including the ability to understand, express, and regulate one’s own emotions. Participants will learn the capacity to empathize with others and build healthy connections with partners in family, workplace and personal settings.
<b>Community Engagement</b>	This session will assist participants in engaging with communities to address needs, make decisions, and implement actions regarding substance use recovery. Participants will explore volunteer opportunities, resources, and funding available in Fraser Health that support recovery efforts.
<b>Readiness Skills</b>	This session will discuss skills for the workplace, including the abilities and attributes that participants need to succeed in a professional environment. Topics will include job search skills and strategies, sustaining employment, and presenting oneself effectively in the workplace.
<b>Candidate Evaluation</b>	This group will meet in a series of sessions where participants will gain general skills and knowledge about Applicant Tracking Systems (ATS), a crucial recruiting tool for employers. Participants will learn how to write a professional resume, cover letter, and how to tailor them to the job description to increase the chances of passing online screening algorithms. Sessions will cover new interview techniques, current labor market trends, and interview preparation strategies.



<b>Stress Management</b>	Participants will learn stress management techniques in this group. Each session will focus on tools that can be used in the workplace and everyday life. Some strategies include time management, relaxation techniques, healthy lifestyle choices, and cognitive restructuring.
<b>Assertiveness</b>	Participants will explore how to express thoughts, needs and boundaries while respecting the rights and opinions of others. It encompasses communication skills, confidence and the ability to advocate for yourself in a professional manner.
<b>Work Life Balance</b>	The group will teach how to balance professional commitments and personal life. Participants will learn how to effectively manage the demands of work, family, and daily activities to achieve a sense of well-being and fulfillment.
<b>Nurturing Self- Care for Mental Health</b>	This group will offer multiple sessions that prioritize physical, mental, and emotional well-being while navigating the challenges of recovery. Participants will learn strategies to maintain a healthy routine, seek support, and practice mindfulness and stress reduction techniques including addressing workplace-related stressors.
<b>Empowering yourself</b>	Sessions focus on how to take control of one's life, make positive choices, and navigate the challenges of recovery with self-belief and resilience. Topics include setting boundaries, dealing with success and failure, cultivating a sense of self-worth, and building self-esteem to overcome challenges.
<b>Reintegration during Recovery</b>	This group will support participants with reintegrating into school, work, and community during recovery from substance use by providing resources tailored to their specific need such as life skills training, workplace accommodations, and coping skills.