

Adult Day, Evening and Weekend (DEW) program description

January – April 2024

Groups are cancelled on statutory holidays.

Core groups

Core groups are closed (not drop-in) groups, and you will need to sign up for these groups with either the intake worker or with your clinician. You will be with the same group of participants for the full **six weeks** for this weekly one hour and 15-minute group session. These groups will be offered virtually using zoom with limited in person options.

In-person Core Groups

Core	Day	Time	Dates	Location
Relapse Prevention (Seasonal)	Wednesdays	11:30 – 12:45pm	December 6, 13, 20 and 27, 2023	Royal Columbian Hospital - 330 E Columbia Street, New Westminster – meet the facilitator in the lobby of the Mental Health and Substance Use Wellness Centre
Cognitive Behavioral Therapy (CBT)	Wednesdays	9:30 AM - 10:45 AM	<ol style="list-style-type: none"> 1. Jan 3, 2024 – February 7, 2024 2. February 21, 2024 – March 27, 2024 3. April 10, 2024 – May 15, 2024 	Royal Columbian Hospital - 330 E Columbia Street, New Westminster – meet the facilitator in the lobby of the Mental Health and Substance Use Wellness Centre
Understanding Substance Use	Wednesdays	11:30 PM – 12:45 PM	<ol style="list-style-type: none"> 1. Jan 3, 2024 – February 7, 2024 2. February 21, 2024 – March 27, 2024 3. April 10, 2024 – May 15, 2024 	Royal Columbian Hospital - 330 E Columbia Street, New Westminster – meet the facilitator in the lobby of the Mental Health and Substance Use Wellness Centre

Reclaiming Our Lives	Wednesdays	3:00 PM – 4:30 PM	<ol style="list-style-type: none"> 1. January 3 – February 21, 2024, 2. March 6 – April 10, 2024 3. April 24 – June 5, 2024 	Creekside Withdrawal Management Centre Day, Evening, Weekend Treatment Program - 2 nd floor, 13740 – 94A Avenue, Surrey
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Virtual Core Groups

Core	Day	Time	Dates
Cognitive Behavioral Therapy (CBT)	Tuesdays (evenings)	6:00 PM – 7:15 PM	<ol style="list-style-type: none"> 1. January 9 – February 13, 2024 2. February 27 – April 2, 2024 3. April 16 – May 21, 2024
	Fridays	3:00 PM - 4:15 PM	<ol style="list-style-type: none"> 1. January 5 – February 9, 2024 2. February 23 – March 29, 2024 3. April 12 – May 17, 2024
	Saturdays	12:00 PM – 1:15 PM	<ol style="list-style-type: none"> 1. January 6 – February 10, 2024 2. February 24 – March 30, 2024 3. April 13 – May 18, 2024
Understanding Substance Use	Tuesdays	9:30 AM - 10:45 AM	<ol style="list-style-type: none"> 1. December 12, 2023 - January 23, 2024 2. February 6 – March 12, 2024 3. March 26 – April 20, 2024
Mindfulness Based Relapse Prevention (MBRP)	Mondays	3:00 PM – 4:15 PM	<ol style="list-style-type: none"> 1. January 8 – February 12, 2024 2. February 26 – April 8, 2024 3. April 22 – May 27, 2024
	Thursdays- Women only group	6:00 PM – 7:15 PM	<ol style="list-style-type: none"> 1. December 14, 21, 28 and January 4, 11, 18 2. February 1 – March 7, 2024 3. March 21 – April 25, 2024
Motivational Dialogue/ Wellness Recovery Action Plan (WRAP)	Thursdays	9:30 AM – 10:45 AM	<ol style="list-style-type: none"> 1. November 23, 30, December 7, 14, 21 and 28 2. January 11 – February 15, 2024 3. February 29 – April 4, 2024 4. April 18 – May 23, 2024

Post Traumatic Growth (PTG)	Wednesdays	1:00 PM - 2:15 PM	<ol style="list-style-type: none"> December 6, 2023 – January 10, 2024 January 24 – February 28, 2024 March 13 – April 17, 2024
	Wednesdays (evenings)	6:00 PM – 7:15 PM	<ol style="list-style-type: none"> Jan 10, 2024 – February 14, 2024 February 28, 2024 – April 3, 2024 April 17, 2024 – May 22, 2024

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
Self-Management and Recovery Training (SMART)	Mondays	2:00 PM - 3:00PM	Weekly- Ongoing	Royal Columbian Hospital - 330 E Columbia Street, New Westminster – meet the facilitator in the lobby of the Mental Health and Substance Use Wellness Centre
	Tuesdays	10:00 AM – 11:00 AM	Weekly - Ongoing	
Open Forum	Tuesdays	11:15 AM - 12:30 PM	Weekly – ongoing	Royal Columbian Hospital - 330 E Columbia Street, New Westminster – meet the facilitator in the lobby of the Mental Health and Substance Use Wellness Centre
Dialectical Behavior Therapy (DBT) Informed-Open Skills Group	Thursdays	9:30AM - 10:45 AM	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
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Elective Virtual groups

Virtual Elective groups	Day	Time
Rewarding recovery/contingency management **discuss with clinician if eligible**	Thursdays	3:00 PM – 4:00 PM
Mental Wellness: Depression	Mondays	12:30 PM – 1:30 PM
Grief and Loss	Tuesdays	1:00 PM – 2:00 PM
	Thursdays	12:30 PM – 1:30 PM
Self-management and Recovery Training (SMART) re	Wednesdays	3:00 PM – 4:00 PM
Mental Wellness: Anxiety	Thursdays	3:00 PM – 4:00 PM
Dialectical Behavior Therapy (DBT) Informed- Open Skills Group	Fridays	1:30 PM - 2:45PM
Early Recovery Skills	Fridays	1:00 PM – 2:00 PM
Open forum	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.*

Session	Day	Time
Mental Health in the Workplace	Mondays	11:00 AM – 12:00 PM
Volunteering Session	Mondays	1:30 PM – 2:30 PM
Knowing Yourself in the Workplace	Mondays	2:00 – 3:00 PM
General Job Search Skills	Mondays	6:00 – 7:00 PM
Resume Writing	Tuesdays	11:00 AM – 12:30 PM
	Saturdays	2:00 – 3:30 PM
Getting Along in the Workplace	Tuesdays	11:00 AM – 12:00 PM

Returning to Work	Tuesdays	6:00 PM – 7:00 PM
Open Forum	Wednesdays	11:00 AM - 12:00 PM
To Work or Not to Work	Wednesdays	3:00 – 4:00 PM
Workplace Rights and Responsibilities	Thursdays	9:30 – 10:30 AM
Career Exploration	Thursdays	1:00 – 2:30 PM
Interview skills	Thursdays	1:00 - 2:30 PM
	Saturdays	2:00 – 3:30 PM
Digital Literacy Session: Online job applications	Fridays	3:00 – 4:00 PM
Staying at the Workplace	Fridays	3:00 - 4:00 PM

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
Cognitive Behavioral Therapy (CBT)	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.
Understanding Substance Use	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.
Mindfulness Based Relapse Prevention (MBRP)	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.

Motivational Dialogue/ Wellness Recovery Action Plan (WRAP)	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.
Post Traumatic Growth (PTG)	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.
Wellness Group for Men	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.
Reclaiming Our Lives	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.
Elective groups	Description
Dialectical Behavior Therapy Informed-Open Skills Group	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.
Rewarding recovery	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.
Money Smart	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.
*Early recovery skills – Rapid Access Group	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.
Open Forum	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.
Mental wellness – depression	These sessions each offer a foundational understanding of the symptoms, causes and potential interventions for addressing depression.

Mental Wellness: Anxiety	These sessions each offer a foundational understanding of the symptoms, causes and potential interventions for addressing anxiety.
Self-management and Recovery Training (SMART)	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.
Grief and Loss	Explore grief and loss as they relate to substance use and their associated emotions during the grieving process
Mental Health in the Workplace	This session will provide information about how mental health and the workplace are correlated. Learn how to manage mental health, depression and disability at work. Clients will understand how working affects their person with disability (PWD) benefits. The session will also explain how to be inclusive in the workplace.
Volunteering Session	This session will showcase the benefits of volunteering and how to choose which organizations clients would like to volunteer at. This session will have organizations and guest speakers who can provide more information about the volunteering process.
Knowing Yourself in the Workplace	This session will provide clients with a safe space to discuss their workplace concerns. Clients can speak upon their challenges with self-esteem, setting boundaries and accepting success/failures in the workplace. This session can support clients with knowing how they want to present themselves in the workplace with suggestions, resources and peer support.
General Job Search Skills	This session will go over general job search skills and tips.
Resume Writing	This session will be presented in a series of sessions, providing clients with the general skills and knowledge needed to create a professional resume and cover letters and how to match it to the job description to pass online screening algorithms. Clients will learn who they can use as references and how to ask them to be a reference. Another session will address how to market oneself online and network effectively while utilizing your job search skills.
Getting Along in the Workplace	This session will provide clients with tools to resolve conflict, maintain healthy workplace relations and when and how to use assertive language. Assertive communication can help clients learn how to address workplace agreements and disagreements in a professional manner. The session will also outline healthy behaviours in the workplace and how to be prepared and productive at work.
Returning to Work	This session will outline a general return to work plan (RTW). The return-to-work plan will encompass a gradual return to work, showcasing how to ask for accommodations and re-establish a work routine. Clients can also prepare themselves to re-enter the workforce and reunite with their co-workers to explain what that they were doing during their leave of absence.
Open Forum (Vocational Rehabilitation)	This session will be customized depending on the identified needs of the clientele.
To Work or Not to Work	This session will explore client's motivation to work and allow them to discuss their work readiness through their emotional well-being, balancing work and personal life and exploring their fears regarding work. The clients will understand how work can develop their personalities and lead to a better quality of life.
Workplace Rights and Responsibilities	This session will outline the Substance Use Act to give clients a better understanding of substance use in the workplace and what rights and responsibilities they have, and the employer has. This session will also provide scripts for how to communicate their substance use with authority figures and colleagues; it will also explore what information to disclose.
Career Exploration	This session will focus on assisting clients in finding their interests, values and strengths in the workplace which can help them pick a career and set goals. Clients will have a better

	understanding of how their skillset, qualifications and experience can navigate them towards different careers.
Interview Skills	The session will allow clients to address their pre-interview jitters. Clients will practice a mock interview to learn how to answer interview questions and dress appropriately. The session will offer new interview techniques, labour market trends and interview preparation strategies.
Digital Literacy Session: Online Job Applications	This session will be in a series; the sessions will empower clients to learn the basics of Microsoft and professional software. Clients can also learn how to use social media for job search and creating online job search profiles as per new hiring processes.
Staying at the Workplace	This session will be in a series, providing clients with the skills and knowledge to manage their workload and work on a cooperative team while sharing responsibilities and accountabilities. Clients will learn coping mechanisms and how their substance use may affect them in the workplace. Clients can also express their fear of not maintaining employment and how it may affect their livelihood.
Sleep Wellness	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.