# **Campbell River Mental Health and Substance Use Programs**

# **Early Recovery Program (ERP)**

**What:** Support and education for those in early recovery from substance abuse. These are 15 minute appointment slots.

### Mental Health and Wellness Group

###### For: Adults to learn about a variety of mental health topics and strategies to increase emotional wellness. Includes. CBT and DBT skills and Grounding practices.

**Single Session Walk-In Services (SSWIS)**

**What:** Adults who may have difficulties with mental health and or substance use who would benefit from same day drop in service by phone or in person, meeting with a clinician for up to 40 minutes.

### Smart Recovery

###### What: A self-empowering, abstinence based, self-help support group (NOT a 12-step program) for both men and women based on concepts of Rational Emotive Behavior Therapy (REBT).

### Strategies for Trauma Group

###### What: A “non-talking” group for adults who have experienced trauma or are new to groups. Includes education and practice of grounding skills.

###### Cost: *There is no fee for any of the above noted programs or groups*

**Drop-in:** *No pre-registration required for any of the noted programs or groups*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Programs | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **Early Recovery** | **Drop In**  **Appointments**  **9:30-10:30** | **Drop In**  **Appointments**  **9:30-10:30** | **Drop In**  **Appointments**  **1:30–2:30** | **Drop In**  **Appointments**  **9:30-10:30** | **Drop In**  **Appointments**  **9:30-10:30** |
| **Mental Health and Wellness Group** | Wellness group **1:30-2:30** | Wellness group **1:30-2:30** |  | Wellness group 1:30-2:30 | Wellness group **1:30-2:30** |
| **Single Session Walk-In Therapy (SSWIS) – 40 minute drop in sessions** | SSWIS – Drop In Appointments9:00am-3:00pm | SSWIS – Drop In Appointments **9:00am-3:00pm** | SSWIS – Drop In Appointments **9:00am-3:00pm** | SSWIS – Drop In Appointments **9:00am-3:00pm** | SSWIS – Drop In Appointments **9:00am-3:00pm** |
| smart |  | **SMART Recovery**  **5:30 to 7:00** |  |  | **SMART Recovery**  **12:00 to 1:00** |
| Strategies for Trauma Group |  |  | **Strategies for Trauma**  **1:30-2:00** |  |  |