Support Groups 2016 Meeting at MHA-Dallas

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1. **Depression and Bipolar Support Alliance support group at MHA-Dallas uses Pathways to Recovery: A Strengths Recovery Self-Help Workbook by Pricilla Ridgway:**

   Pathways to Recovery was developed by the University of Kansas, School of Social Welfare. The Pathways model guides participants through a process of self-assessment, self-discovery and planning. Pathways to Recovery helps individuals set life goals and realize their dreams.

   The primary participants in this group are persons diagnosed with a mood disorder. Family members and friends of such individuals may also participate.

2. **All Recovery International support group meetings uses the RI Method:**

   Recovery International offers meetings to men and women of all ages that ease the difficulty from mental or behavioral health issues by gaining skills to lead more peaceful and productive lives. In the last 79 years RI has equipped over 1 million people with tools to control behavior and change attitudes.

   The RI Method is self-help through learning and practicing a simple set of living skills which encourage and improve personal growth and the encouragement to keep trying.

3. **Hoarding and Cluttering Support Group at MHA-Dallas uses Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding by David F. Tolin, Randy O. Frost, Gail Steketee:**

   Many participants of the Buried in Treasures Workshop have stated that the book, Buried in Treasures, along with the support of their group and facilitator, changed not only the state of their home, but the state
of their mind as well. One participant said that she had read the book on her own a year before she took the class, and although it helped some, after reading it a second time with her peers, it was transformative.

4. Taking Care of You support group at MHA-Dallas uses Seeking Safety: A Treatment Manual for PTSD and Substance Abuse by Lisa M. Najavits:

Part of SAMHSA’s National Registry of Evidence-based Programs and Practices, Seeking Safety is an integrated treatment designed to address the unique relationship between PTSD and substance use in either individual or group settings. This approach centers on five principle philosophies:

1) Safety is the highest priority to begin the recovery process and throughout the recovery process, specifically focusing on attaining safety in relationships, thinking, behavior, and emotions,
2) Integrated treatment of PTSD and substance use concurrently,
3) Focus on ideals to counteract loss occurred through PTSD and substance use,
4) Addressing four major content areas: cognitive, behavioral, interpersonal, and case management, and
5) Attention to the clinical process.

The concept of safety is interwoven into each unit, with the idea that safety allows for forward movement in the trauma – recovery process. Safety is defined as discontinuing substance use, eliminating suicidality and suicidal ideation, minimizing exposure to high – risk behavior, letting go of unhealthy relationships (platonic and romantic), gaining control over PTSD symptoms (depression, dissociation, hyper - arousal, anger, etc...), and ending self – harming behaviors. Clients learn to both prioritize their own safety, in addition to taking responsibility for their own safety.

5. The Depression Support Group at MHA-Dallas uses the Cognitive Behavioral Workbook for Depression 2nd Edition by William J. Knaus, Ed.D.:

Cognitive behavioral therapy (CBT) is the most widely used treatment for depression for one simple reason: it works. The CBT program in this workbook has helped thousands of readers defeat the depressive thoughts and beliefs that keep them from enjoying life and feeling like themselves. Used alone or in conjunction with therapy, The Cognitive Behavioral Workbook for Depression delivers evidence-based tools you can confidently use to do better, feel better, and prevent depression from coming back. Through a series of worksheets and exercises, you’ll evaluate your depression and learn key skills for overcoming it. Once you have your depression symptoms under control, you will appreciate the additional information on preventing relapse that is special to this new edition. This workbook also includes twenty-five bonus tips from depression experts that can jump-start your recovery.

6. Achievement Though The Arts (ATTA):

ATTA envisions our community supporting art as a means of recovery through self-expression in a stigma-free environment. The general business meetings are the first and third Fridays of the month; the peer support group for artists/consumers meets on the second and fourth Fridays.

7. Dual Recovery Anonymous: A traditional 12-step program for co-occurring disorders

Dual Recovery Anonymous™ is an independent, nonprofessional, Twelve Step, self-help membership organization for people with a dual diagnosis. Our goal is to help men and women who experience a dual illness. We are chemically dependent and we are also affected by an emotional or psychiatric illness. Both illnesses affect us in all areas of our lives; physically, psychologically, socially, and spiritually.