



Crestone Recovery Hybrid Group Menu

Advanced Group Therapy Spanish Speaking Only

This group is designed to create balanced thoughts surrounding stressors, ways to accept emotions, roles reinforcement plays in substance use, ways to create personal resilience, learn skills to maintain sobriety, receive assistance in creating a program of recovery, and healthy refusal skills to avoid relapse. At the end of the group, the group members will create a relapse prevention plan that is based on their new knowledge surrounding loss, additional timelines, and ways they have learned to build personal resilience.

Competency Restoration

Outpatient Restoration is an education program that helps clients learn and understand the court process, the roles of people involved in their court case(s), how to communicate with their attorney, learn skills to assist clients in making good decisions regarding their case, and assist clients to understand how they can best participate in their defense.

Conflict Resolution

Utilizes the SAMHSA Anger Management for substance use and mental health client curriculum to assist clients in managing anger and its triggers. Cognitive Behavior Therapy model detailing cues for anger, keeping an anger diary, plan for controlling anger, learning the aggression cycle, thought stopping techniques for conflict resolution.

DBT Meets the 12-Steps

DBT Meets the 12 steps and assists clients in reaching the goal of moving from a life of addiction to sobriety using core DBT skills of Mindful Acceptance and Change, Without Judgement. Clients will learn about the AA and NA 12-Steps philosophies of Surrender and incorporate this into understanding the underlying issues of their addiction while becoming skillful in using DBT core skills to create successful change.

DBT Skills Group

This group series is modeled on the evidenced-based protocol developed by Marsha Linehan. Participants will progress through modules to develop skills for Emotion Regulation, Mindfulness, Distress Tolerance, and Interpersonal Effectiveness. These skills will be used by participants to progress toward developing a life that is manageable and worth living.

Early Recovery Skills

Based upon Matrix intensive outpatient alcohol and drug treatment program. This structured treatment program is designed to give the substance user the knowledge, structure, and support, to allow them to achieve abstinence from drugs and alcohol.

Exploring Trauma (Men Only)

Utilizes the Exploring Trauma manual materials to assist in addressing men's struggles with an understanding of what trauma is, its process, and its impact on both the inner self (thoughts, feelings, beliefs, values) and the outer self (behavior and relationships) of trauma and CBT of co-occurring (mental health and substance use).

Spanish Speaking Early Recovery Skills

Habilidades de recuperación temprana para hablar español

Basado en el programa de tratamiento intensivo de alcohol y drogas para pacientes ambulatorios de Matrix. Este

programa de tratamiento estructurado está diseñado para proporcionar al consumidor de sustancias el conocimiento, la estructura y el apoyo que le permitan lograr la abstinencia de las drogas y el alcohol.

Emotional Well-Being and Acudetox

Over 90-180 days, clients attend a psychosocial skills group training to gain knowledge, structure, and support in order to practice and support development skills of resilience, change, improve self-esteem, growth, and optimism with receiving support from their peers to support emotional well-being with mindfulness skills, acudetox/acuwelness skills, and coping skills.

Advanced Gathering and Acceptance and Belonging (GAB)

Over 52 weeks, clients attend weekly Psychosocial Skills Group training for up to two hours per session, to practice prosocial communication skills, engage in healthy interactions, collaborate on resource needs, and receive support from their peers, to improve community integration/reduce feelings of isolation/hopelessness/learn about community resources.

Finding Hope After Grief and Loss

This group is not limited to the death of a loved one but addresses a broader scope of loss that each of us experiences during our lifetimes. The purpose of the group is to have a safe place for us to share our thoughts, feelings, and needs. To give support to each other in dealing with any challenges or concerns we may have in any part of our lives. To learn how to express thoughts, feelings, and needs in healthy ways, to resolve problems and conflicts without hurting ourselves or others, healthy communication skills, to be a good friend to others, by supporting them without trying to fix their problems, to make the best choices for ourselves, that we are responsible for our feelings, thoughts, and actions, and that by making good choices we have the power to change our lives.

Healing Trauma (Women Only)

Utilizes the Healing Trauma manual materials to assist in addressing women's struggles with an understanding of what trauma is, its process, and its impact on both the inner self (thoughts, feelings, beliefs, values) and the outer self (behavior and relationships) of trauma and CBT of co-occurring (mental health and substance use).

Helping Men Recover

Utilizes the Helping Men Recover curriculum. This program addresses both substance use and components that men consistently identify as triggers for relapse and the areas of greatest change in their journey with reducing/managing symptoms of substance use, preventing relapse, and incorporating fundamental changes to develop new skills and ways of thinking.

Helping Women Recover

Utilizes the Helping Women Recover curriculum. This program addresses both substance use and components that women consistently identify as triggers for relapse and the areas of greatest change in their journey with reducing/managing symptoms of substance use, preventing relapse, and incorporating fundamental changes to develop new skills and ways of thinking.

Mind Over Mood

A CBT approach to identifying mood and influencing the outcome of our actions through well-thought-out and planned interventions.

Mindfulness

Focuses on teaching new ways to create healthier pathways that can free us from suffering, fear, anxiety, and addiction. In this group, you will learn the basic principles of Mindfulness and Mindfulness breathing meditation as a Practice.

Moral Reconciliation Therapy (MRT)

Is the premiere cognitive-behavioral program for substance use treatment and criminal justice populations. MRT leads to enhanced moral reconciliation, better decision-making, and more appropriate behavior through a self-based individualized group format.

Motivation to Change

Is a group designed for those in early and pre-contemplative stages of change with their substance use. The group allows participants to explore their use and evaluate a need to change while identifying skills to maintain changes they have started.

Positive Psychology: How to Achieve Happiness (In-Person Only)

Positive psychology is a scientific study of the strengths and behaviors that enable individuals and communities to thrive and flourish. The field is based on the belief that people want to lead meaningful and fulfilling lives and enhance their positive experiences of love, work, and play. Positive psychology focuses on building the good in life instead of repairing the bad, and on moving the lives of average people up to "great."

Relapse Prevention

The relapse prevention group discussions create balanced thoughts surrounding stressors, ways to accept emotions, roles reinforcement plays in substance use, ways to create personal resilience, learn skills to maintain sobriety, receive assistance in creating a program of recovery, and healthy refusal skills to avoid relapse. At the end of the group, group member creates a relapse prevention plan that is based on their new knowledge surrounding loss, additional timeline, and ways they have learned to build personal resilience.

Spanish Speaking Relapse Prevention

Prevención de recaídas en España

Las discusiones grupales de prevención de recaídas crean pensamientos equilibrados en torno a los factores estresantes, formas de aceptar las emociones, roles que desempeña el refuerzo en el uso de sustancias, formas de crear resiliencia personal, aprender habilidades para mantener la sobriedad, recibir asistencia para crear un programa de recuperación y habilidades saludables de rechazo para evitar recaídas. Al final del grupo, los miembros del grupo crean un plan de prevención de recaídas que se basa en sus nuevos conocimientos sobre la pérdida, el cronograma de adicción y las formas en que han aprendido a desarrollar la resiliencia personal.

Relationships in Recovery

Group members discuss ways to understand more about the ways relationships interact with addiction and recovery efforts, be able to improve and repair relationships without losing focus on recovery efforts, learn ways to feel supported by others, see improvements in interpersonal relationships, and feel more fulfilled in life as you rebuild damaged relationships and develop healthy relationships.

SMART Recovery

SMART Recovery is a skills-based intervention group to assist clients move forward in recovery, and to gain sobriety and/ or to maintain sobriety.

Strategies for Self-Improvement and Change (SSIC)

SSIC is a substance use group focused on identifying how one can create and commit to change for alcohol and drug use and criminal conduct. Group members will be able to identify thoughts, emotions, and choices that lead to a healthier and happier life.

Current as of 1/31/2025

Think Wise Co-Occurring

Focuses on understanding how mental illness and addiction can become intertwined which often creates devastation and hopelessness in our lives. The group will focus on multiple co-occurring topics.