



Crestone Recovery Hybrid Group Menu

Anger Management – 10 Weeks

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.

Anxiety and Worry – 10 Weeks

Grounded in CBT, this group is designed to help clients learn practical strategies for identifying triggers to anxiety, challenging thoughts and beliefs that lead to feeling distressed, safely facing situations that cause fear, and overall loosening anxiety's grip one step at a time.

Competency Restoration - Ongoing

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.

Creative Expressions for Mindfulness – 12 Weeks

To provide participants benefit from creative self-expression in a supportive social environment, with opportunity to develop insight, practice positive interpersonal engagement, and utilize watercolor painting/scrapbooking as a coping and wellness tool to promote

improvement in social functioning and reduction in symptom intensity through participation and use of creative activities for coping and symptom management outside of group.

DBT Meets the 12-Steps – 26 Weeks

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 – 26 Weeks – In-Person Only

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. Participants will use these skills to progress toward developing a life that is manageable and worth living.

Early Recovery Skills – 10 Weeks

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) – 12 Weeks (Group on Hold)

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 – 10 Weeks

Habilidades de recuperación temprana para hablar español – 10 semanas

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 – 12 Weeks

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) – 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 – 12 Weeks

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

Current as of 4-29-2026

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) – 12 Weeks

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 – 21 Weeks

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 – 21 Weeks (Group on Hold)

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.

Hopeful Living – Ongoing

Hopeful Living Activity Therapy Art Group will use art-based interventions grounded in solution focused and supportive therapeutic approaches to address symptoms related to psychosis and support self-exploration, identity development, and an improved understanding of living with a psychotic disorder.

Illness Management and Recovery (IMR) – 25 Weeks In-Person Only

Provides essential support for individuals experiencing persistent mental health and substance use challenges. The program focuses on helping members develop effective coping strategies, set and achieve personal recovery goals, and gain a deeper understanding of their symptoms. Through participation, members strengthen their confidence, enhance relapse prevention skills, and work toward maintaining a balanced and healthy lifestyle.

Mind Over Mood – 12 Weeks

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

Mindfulness – 8 Weeks

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 Reconation Therapy (MRT) – Up to 15 Weeks

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

Moral Reconation Therapy (MRT) Anger Management Up to 12 Weeks

It is a cognitive-behavioral counseling program specifically designed for individuals struggling with anger management issues. Developed to target treatment-resistant clients, MRT combines education, group and individual counseling, and structured exercises to foster moral development.

Motivation to Change – 12 Weeks

It 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 – 26 Weeks – 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 – 12 Weeks

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 members create a relapse prevention plan that is based on their new knowledge surrounding loss, additional timeline, and ways they have learned to build personal resilience.

Relationships in Recovery – 12 Weeks Telehealth Only

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.

Current as of 4-29-2026

Self-Esteem and Self-Compassion – 8 Weeks

Sessions will provide education on the connection between thoughts, emotions, and self-esteem, while introducing self-compassion concepts and healthy coping strategies to support emotional well-being and recovery.

SMART Recovery – 12 Weeks

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)
20 Weeks**

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.

Think Wise Co-Occurring – 10 Weeks

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.

Writing to Thrive – 12 weeks

The group will use guided creative writing and structured therapeutic journaling to support emotional expression, process difficult or traumatic experiences, and build coping skills and psychological resilience.