

## Group Therapy

Group therapy may benefit individuals by increasing communication, socialization, and supports, in addition to the education and skills taught by a licensed therapist.

This AODA group will be a closed group format. Once a group is formed no new members will be allowed during the 11 weeks of group sessions. Closed groups can foster trust, increase accountability, and may increase feelings of connection through a shared experience.



### Behavioral Health Division

421 County Road R  
Black River Falls, WI 54615  
Phone: 715.284.4301  
[www.co.jackson.wi.us](http://www.co.jackson.wi.us)

*Check out our website for additional information and a referral form!*

#### Non-Discrimination

In accordance with the Civil Rights Act, no one will be denied services based on race, color, national origin, religious affiliation, gender, age, disability, or sexual orientation.

## Substance Abuse Treatment Group

*For individuals who struggle with addiction.*

**Jackson County DHHS  
Behavioral Health Division  
421 County Road R  
Black River Falls, WI 54615**

*Don't be ashamed of your story. It will inspire others.*

## The Group Model

The group model framework consists of empirically supported treatment theories including skills development, cognitive behavioral therapy, motivational interviewing, and psychoeducation techniques.



Sessions are organized to assist in the process of recovery through the following:

- ◆ Goal setting
- ◆ Psychoeducation
- ◆ Self-assessment
- ◆ Worksheets
- ◆ Relapse prevention planning



## Group Schedule

Group starts during the **2nd week** in the months of **January, April, July, and October** of every year. An intake appointment is required with the therapist before admissions to group.

Group will meet at Jackson County Department of Health and Human Services in the **Behavioral Health Division**.

Group will run for **11 session**, and clients must be dedicated to 80% of sessions in order to successfully complete treatment.

Group will be held on **Thursdays from 2:30 pm to 4:00 pm**. A detailed schedule will be provided during intake session.

Clients may be put on a waiting list for upcoming group as space is limited.

## Getting Started

### Referral Process

- ◆ Must be a resident in Jackson County
- ◆ Make contact with BH Specialist at **715.284.4301 ext. 303** or the referral form can be found at [www.co.jackson.wi.us](http://www.co.jackson.wi.us)
- ◆ Schedule financial intake to determine insurance coverage or eligibility for the sliding fee scale
- ◆ Schedule intake assessment with therapist to begin process to admission to group

### Confidentiality

We respect a client's right to privacy, and have developed policies and procedures to protect from any unauthorized release of confidential information set within the current agency, state, and federal guidelines. Confidentiality within a group setting is a shared responsibility among members and leaders.

