

NATIVE AMERICAN RECOVERY CENTER

9417 N 17TH PL PHOENIX, AZ 85020

DAILY SCHEDULE

STAFF FACILITATED THERAPY

GROUP/EVENT DESCRIPTIONS:

STAFF MEDITATION GROUP (15-45 MINUTES): STAFF FACILITATES A MORNING MEDITATION, FIRST READING FROM “THOUGHT FOR THE DAY” LITERATURE. FOLLOWED BY GUIDED MEDITATION. (CLIENT MEDITATION GROUP IS A “CLIENT LED” MEDITATION GROUP).

BSHC CLINIC CULTURAL SUPPORT (225 MINUTES): THE PATIENT WILL ENGAGE IN OBSERVANCE OF NATIVE CUSTOMS AND TRADITIONS. TRADITIONAL HEALING, RECOVERY, AND SELF-AWARENESS PRINCIPLES WITHIN THE NATIVE AMERICAN COMMUNITY. THE PROVIDER WILL USE PSYCHOEDUCATION AND GROUP THERAPY TO ADDRESS TRAUMA, GENERATIONAL TRAUMA, EPIGENETICS, DOMESTIC VIOLENCE, AND ABUSE WITHIN THE NATIVE AMERICAN COMMUNITY.

GROUP THERAPY- RELAPSE PREVENTION (45 MINUTES): CLINICIAN WORKS TO DEVELOP STRATEGIES, INCLUDING COGNITIVE (RELATED TO THINKING) AND BEHAVIORAL (RELATED TO ACTION), TO ADDRESS THOSE SPECIFIC HIGH-RISK SITUATIONS. WITH MORE EFFECTIVE COPING, THE PATIENT DEVELOPS INCREASED CONFIDENCE TO HANDLE CHALLENGING SITUATIONS WITHOUT ALCOHOL AND OTHER DRUGS (I.E., INCREASED SELF-EFFICACY).

GROUP THERAPY- LIFE SKILLS (45 MINUTES): PATIENTS ENGAGE IN LIFE SKILLS GROUP THERAPY THAT FOCUSES ON PRACTICE AND TEACH-
CONCEPTUAL SKILLS: LITERACY; SELF-DIRECTION; AND CONCEPTS OF NUMBER, MONEY, AND TIME.
SOCIAL SKILLS: INTERPERSONAL SKILLS, SOCIAL RESPONSIBILITY, SELF-ESTEEM, GULLIBILITY, NAÏVETÉ (I.E., WARINESS), SOCIAL PROBLEM SOLVING, FOLLOWING RULES, OBEYING LAWS, AND AVOIDING BEING VICTIMIZED.
PRACTICAL SKILLS: ACTIVITIES OF DAILY LIVING (PERSONAL CARE), OCCUPATIONAL SKILLS, USE OF MONEY, SAFETY, HEALTH CARE, TRAVEL/TRANSPORTATION, SCHEDULES/ROUTINES.

GROUP THERAPY- SELF HELP (60 MINUTES): SELF-HELP GROUP FOCUSES ON PARTICIPATING IN A SELF-GOVERNING GROUP MADE UP OF INDIVIDUALS WHO SHARE THE SAME OR A SIMILAR CONCERN OR ISSUE. MEMBERS PROVIDE EMOTIONAL SUPPORT AND ADVICE TO EACH OTHER. THIS GROUP MAY CONSIST OF SMART RECOVERY, CELEBRATE RECOVERY, REFUGE RECOVERY, ALCOHOLICS ANONYMOUS, COCAINE ANONYMOUS, HEROIN ANONYMOUS, CRYSTAL METH ANONYMOUS, OR CODEPENDENTS ANONYMOUS. GROUP MAY BE CONDUCTED OFF SITE.

GROUP THERAPY- EVENING REVIEW (45 MINUTES): CLINICIAN CONDUCTS A EVENING GROUP WHERE THE PATIENTS CONSTRUCTIVELY REVIEW THEIR DAY. WERE THEY RESENTFUL, SELFISH, DISHONEST OR AFRAID? DO THEY OWE AN APOLOGY? HAVE THEY KEPT SOMETHING TO THEMSELVES WHICH SHOULD BE DISCUSSED WITH ANOTHER PERSON AT ONCE? WERE THEY KIND AND LOVING TOWARD ALL? WHAT COULD THEY HAVE DONE BETTER? WERE THEY THINKING OF THEMSELVES MOST OF THE TIME? OR WERE THEY THINKING OF WHAT THEY COULD DO FOR OTHERS, OF WHAT THEY COULD PACK INTO THE

STREAM OF LIFE? THIS APPROACH TO A DAILY REVIEW IS DERIVED FROM THE LITERATURE- THE BIG BOOK OF ALCOHOLICS ANONYMOUS.

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MEDICATION EDUCATION- ASSISTED SELF ADMIN (VARIED): THIS EVENT IS CONDUCTED AS NEEDED FOR PATIENTS THAT TAKE MEDICATION. BHT ASSISTS CLIENT IN THE SELF ADMINISTRATION OF MEDICATION, INFORMS AND DISCUSSES WITH THE PATIENT THE PURPOSE OF THE MEDICATION, BENEFITS, AND SIDE EFFECTS. MEDICATION ARE LOGGED IN THE PATIENTS MEDICATION ADMINISTRATION RECORD. AT THIS TIME, BHT WILL FOLLOW UP WITH THE PATIENT TO ON NECESSARY MEDICAL CHECK-UPS, PREVENTIVE CARE, AND IF COMMUNICATION IS NEEDED WITH THEIR PCP AND/OR OTHER HEALTH PRACTITIONERS.

COMMUNITY REINTEGRATION- TALKING CIRCLE (60-180 MINUTES): THIS EVENT IS HELD IN DIFFERENT LOCATIONS IN CHANDLER, AZ AND PHOENIX, AZ. PATIENT IS TRANSPORTED AND SUPERVISED BY BHT. EVENT CONSISTS OF- "TALKING CIRCLES ARE BASED ON THE SACRED TRADITION OF SHARING CIRCLES. PEOPLE LEADING A TRADITIONAL SHARING CIRCLE WILL HAVE A BLESSING FROM AN ELDER TO DO THIS, AND WILL USE SPECIAL PRAYERS AND SACRED OBJECTS IN THE CEREMONY.

PARTICIPANTS SIT IN A CIRCLE. THE CIRCLE SYMBOLIZES COMPLETENESS.

REVIEW GROUND RULES WITH PARTICIPANTS. FOR EXAMPLE:

EVERYONE'S CONTRIBUTION IS EQUALLY IMPORTANT.

STATE WHAT YOU FEEL OR BELIEVE STARTING WITH 'I-STATEMENTS,' E.G., 'I FEEL ...'

ALL COMMENTS ARE ADDRESSED DIRECTLY TO THE QUESTION OR THE ISSUE, NOT TO COMMENTS ANOTHER PERSON HAS MADE. BOTH NEGATIVE AND POSITIVE COMMENTS ABOUT WHAT ANYONE ELSE HAS TO SAY SHOULD BE AVOIDED.

AN EVERYDAY OBJECT SUCH AS A ROCK OR PENCIL IS SOMETIMES USED AS A TALKING OBJECT.

WHEN THE TALKING OBJECT IS PLACED IN SOMEONE'S HANDS; IT IS THAT PERSON'S TURN TO SHARE HIS OR HER THOUGHTS, WITHOUT INTERRUPTION. THE OBJECT IS THEN PASSED TO THE NEXT PERSON IN A CLOCKWISE DIRECTION.

WHOEVER IS HOLDING THE OBJECT HAS THE RIGHT TO SPEAK AND OTHERS HAVE THE RESPONSIBILITY TO LISTEN.

EVERYONE ELSE IS LISTENING IN A NONJUDGEMENTAL WAY TO WHAT THE SPEAKER IS SAYING.

SILENCE IS AN ACCEPTABLE RESPONSE. THERE MUST BE NO NEGATIVE REACTIONS TO THE PHRASE, "I PASS."

SPEAKERS SHOULD FEEL FREE TO EXPRESS THEMSELVES IN ANY WAY THAT IS COMFORTABLE; BY SHARING A STORY, A PERSONAL EXPERIENCE, BY USING EXAMPLES OR METAPHORS, AND SO ON."

GROUP OUTING- SOCIAL SKILLS (120-240 MINUTES): OFF SITE GROUP OUTING WHERE CLIENTS ARE TRANSPORTED AND SUPERVISED BY BHT TO ENGAGE IN ONE OF THE FOLLOWING ACTIVITIES-

ODYSEA AQUARIUM, TOMBSTONE, SHOOT HOUSE, RAGE ROOM, HEARD MUSEUM, KAYAKING SALT RIVER, PHOENIX ZOO, DESERT BOTANICAL GARDEN, TOP GOLF, HURRICANE HARBOR WATERSLIDES, DIAMONDBACKS BASEBALL GAME, WRIGLEY MANSION, PHOENIX ART MUSEUM, MYSTERY CASTLE, HALL OF FLAME MUSEUM, PUEBLO GRANDE MUSEUM, ROSSON HOUSE MUSEUM, ARIZONA SCIENCE CENTER, CASTLES AND COASTERS, JAPANESE FRIENDSHIP GARDEN OF PHOENIX, VAN GOGH EXPERIENCE, ORTHEUM THEATER, PIONEER HISTORY MUSEUM, BRASS ARMADILLO ANTIQUE MALL, PHOENIX POLICE

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MUSEUM, K1 GO KARTS, ENCHANTED ISLAND AMUSEMENT PARK, WILDLIFE WORLD ZOO SAFARI PARK, PANGEA LAND OF DINOSAURS, GOLFLAND SUNSPLASH, ARIZONA CAPITOL MUSEUM, OASIS WATER PARK, AZ ICE ARCADIA, PENSKE RACING MUSEUM, TALISEN WEST HOUSE, SCOTTSDALE MUSEUM OF THE WEST, PHOENIX COYOTES AT GILA RIVER, BUTTERFLY WONDERLAND, AZ AIR FORCE MUSEUM, GOLD PANNING AT GOLDFIELD, AZ MUSEUM OF NATURAL HISTORY, MEDIEVAL TIMES, KARCHTNER CAVERNS STATE PARK.