

Four County Mental Health Center

Outpatient Services Specialized Treatment Groups

Four County Mental Health Center, Inc. has the following specialized treatment groups available for clients. Groups will be formed as sufficient referrals are obtained. If you or some one you know might benefit from any of these group therapy approaches, please contact the Four County staff person noted to obtain additional information or to make a referral.

Prior to involvement in a treatment group, the person referred will need to be seen for an individual assessment to determine eligibility and appropriateness.

These groups are offered either at our Coffeyville Office located at 1601 W. 4th Street or our Independence Office at 3751 West Main. An Alcohol/Drug Treatment Group is also available at our satellite office in Fredonia, Kansas.

ADULT SURVIVORS OF CHILD SEXUAL ABUSE

This treatment group is designed to help adult survivors heal from the effects of child sexual abuse which can impact them in a variety of ways: psychologically, socially, sexually and in interpersonal relationships. The goals of the group are as follows: Normalization of feelings; addressing self-blame; reducing feelings of isolation and distrust; examining current relationships for dysfunctional patterns; addressing grief issues related to lost childhood; and developing improved coping mechanisms.

Location: Independence Office Contact Person: Vickie McDonald, LMSW
Phone: 620-331-1748

ANGER MANAGEMENT GROUP FOR ADOLESCENTS

Anger Management Group provides tools for adolescents that wish to behave more positively during anger provoking situations. It is designed for male and female adolescents that are in the 7th to 12th grade. Areas addressed in the group are as follows: 1) Recognizing and accepting responsibility for emotional states; (2) learning and utilizing appropriate short-term and long-term anger reducers; (3) addressing myths about anger; and (4) learning usable information regarding anger. This group may be beneficial both for teens who lack anger control and those that hold anger within themselves. Group duration is a total of ten sessions.

Locations: Coffeyville Office Contact Person: Virginia King, MS, LCP
(620) 251-8180
Independence Office Contact Person: Hans Haltom, MS, LMLP
(620) 331-1748

ADULT ANGER MANAGEMENT GROUP

A ten week psycho-educational program for Adults who want to manage their anger better, and/or have been court ordered into anger management services. Anger Management Group may be joined at any time providing the individual is an open client with Four County and has had an intake assessment. The group meets weekly on a continuous basis. Some of the topic areas include; anger cues, anger triggers, anger escalators, response choice rehearsal, long and short term anger reduction techniques, stress reduction, healthy self talk, anger with children and anger with spouses.

Location: Independence Office Contact Person: T. A. "Tag" Goodspeed, LSCSW
Phone: 620-331-1748

ANGER MANAGEMENT FOR KIDS

Anger Management for Kids provides tools for children to manage anger. This group is for boys and girls in the 3rd to 6th grade. The group meets for five weeks and covers a variety of topics related to feelings and anger management techniques.

Locations: Coffeyville Office Contact Person: Tammy Blaich, LCP
(620) 251-8180
Independence Office Contact Person: Hans Haltom, MS, LMLP
(620) 331-1748

COPING SKILLS FOR CHILDREN

Therapy group for grade school children that assists in developing better coping skills as well as learning to take responsibility for choices and behavior. The group focuses on building self-esteem, understanding feelings, developing stress management skills, anger management, and decision making. There are two separate age groups served: 1) First through third graders, and 2) fourth through sixth graders.

Location: Coffeyville Office Contact Person: Tammy Blaich, MS, LCP
Phone: (620) 251-8180
Location: Independence Office Contact Person: Hans Haltom, MS, LMLP
Phone: (620) 331-1748

COPING WITH DEPRESSION

“Coping with Depression” is an on-going, open group. Individuals ages 18 and over can join at any time to receive support and advice from others with similar difficulties. Topics include, but are not limited to:

- Defining depression and how it affects you
- Developing coping skills to better handle stressors
- Understanding the necessary steps for improved problem solving skills
- Discussing how depression affects your personal relationships

Locations: Independence Office Contact Person:
(620) 331-1748

LIVING SOBER GROUP

The Living Sober Group is designed for adults with alcohol and/or drug usage problems. The goals of the group are to raise awareness of the common challenges and problems faced in recovery, and to help individuals develop coping skills necessary for sober living. The group will offer participants information, support, and feedback from others who are working on their own recovery issues. It will also afford an opportunity for increased self-awareness; enhancement of coping skills; and development of a solid recovery plan. Some of the areas addressed include dealing with cravings and social pressures to use; managing feelings; handling family and interpersonal conflict; and recognizing relapse warning signs. The group is ongoing. New members can come in at any time.

Locations: Coffeyville Office Contact Person: Michel Starns, MS, CADC II
(620) 251-8180
Fredonia Office Contact Person: Michel Starns, MS, CADC II
(620) 331-1748 (Tues/Thurs) (620) 251-8180 (Wed/Fri)

METHAMPHETAMINE RECOVERY GROUP (MRG)

The MRG group is an outpatient treatment group that specifically addresses methamphetamine addiction/abuse as well as abuse of other CNS stimulants. This treatment group will provide outpatient services for individuals who have become addicted to methamphetamine use. Individuals will have the opportunity to gain both educational and personal insight into their own patterns of methamphetamine use and or addiction, understand their personal trigger mechanisms, and develop non self-defeating coping skills they must utilize in order to remain drug free. The group will emphasize the accountability and responsibility of each group member to be open and honest regarding the confrontation and support of their peers.

Locations: Coffeyville Office Contact Person: Michel Starns, MS, CADC II
(620) 251-8180

PATTERN CHANGING

Pattern Changing is a therapy group designed for women who want to change patterns of dependent behavior. This group provides assistance for women with the following issues: (1) Have been or are currently in an abusive relationship. (2) Are currently or have been in a relationship with someone with a substance abuse problem. (3) Have difficulty saying “no” to others. (4) Find themselves being taken advantage of. (5) Try to rescue loved ones from the consequences of their behavior. (6) Have trouble making decisions. Topics addressed include assertiveness, boundary-setting, communication, decision-making, goal setting, self-esteem building, and looking at qualities of a healthy relationship. The group meets weekly for a total of fifteen sessions.

Locations: Coffeyville Office Contact Person: Ginger Graham, MS, LMLP
(620) 251-8180

SURVIVING & THRIVING WITH DEPRESSION & ANXIETY

This is a ten week group open to men and women who are in treatment at Four County Mental Health Center and have been diagnosed with a mood or anxiety disorder. The following areas will be addressed in the ten 1 ½ hour sessions:

- Learn why depression & anxiety exist in some people and not in others.
- What do my thoughts and feelings have to do with my anxiety and depression.
- Identify family patterns of depression and anxiety.
- Identify personal symptoms and warning signs of depression and anxiety.
- Learn to improve personal self-esteem.
- Learn to improve your stress management skills.
- Learn to overcome negative thinking patterns.
- Why do antidepressants work so well?
- What are self-defeating behaviors, and how do they continue to create stress in your life.
- Learn to use assertiveness and other communication skills to decrease depression and anxiety.

Locations: Coffeyville Office Contact Person: Ginger Graham, MS, LMLP
(620) 251-8180