

Richard Hall Community Mental Health Center is pleased to offer many different groups available within our Outpatient Department. If you are a current client of the center speak with your provider to see if he/she feels that this group would be appropriate for you. If you are a provider, please contact the group leader before completing a Service Change Request. For new clients or more information, please contact the Assessment Center at (908) 253-3165 to learn more about these groups and other services that we provide. We accept Medicaid, Medicare and most third party insurances and a sliding scale is available upon request.

Fresh Start Recovery Group: The fresh start recovery group is for individuals dealing with co-occurring substance use and/or mental health concerns to feel as though they can start fresh in their lives and learn healthy coping skills to deal with stressors. Individuals will learn how to recognize triggers for unhealthy behavior and increase ways to positively manage them. Created within a safe environment, group members are free to discuss feelings, relationships and challenges they may be experiencing as well as successes.

Kris Borys

Tuesdays 5:30pm-7:00pm

Care Room 218

Grief Support Group: Grief is experienced differently by individuals and in so many ways -- physical, emotional, and spiritual. Grief is all of the feelings we wrestle with when someone dies and our support group will provide a safe environment to process those feelings with others who can support one another through this difficult time.

Nicole Paiva

Thursdays 1:00pm-2:30pm

Room 143

Healthy Relationships: Most people want healthy relationships in their lives, but defining a healthy relationship can be difficult and often we have little to compare our relationships too. This group provides a safe place to discuss relationships; what makes them healthy and unhealthy, balancing power in a relationship and learning that healthy relationships are based on equality and mutual respect, not fear, threats or violence.

Maria Conklin

Wednesdays 1:00pm-2:30pm

Room 142

Or 2nd and 4th Monday of the Month from 7 to 8:30 pm

Options: The Options Program is weekly group therapy for male perpetrators of domestic violence. The clients are required to attend 26 weeks to complete the program and it is in an outpatient setting. The program is available to individuals who are either self-referred or court ordered with a willingness to commit to a program of change and personal growth.

Emily Fletcher and Brett Peppe

Thursdays 7:00pm-8:30pm

CARE Room 219

Peace and Progress: This group is designed to integrate a mindfulness approach with a variety of stress management tools that can be pulled out of your "toolbox" and applied immediately whenever confronted with a stressful situation. Learn to recognize and challenge negative self-talk and how to manage stress and anxiety.

Robert Geiger

Thursdays 12:30pm-2:00pm

Room 139

Relapse Prevention 1: The purpose of the group is to offer members a sense of self-efficacy and stability in their ongoing level of functioning in the community. Studies have shown that people can learn to recognize and manage their symptoms and reduce the chances that they will relapse. If they do relapse, the symptoms may be less severe. Actions you can take before symptoms become severe can help lessen the effect of symptoms on your day-to-day life. Self-management can help you identify these early warning signs and create a plan to help with difficult situations.

NOTE: Group participants need to be able to write, read and interact with other group members in activities planned for the session.

Isabel Suarez (Group 1) Wednesdays 10:30am-12:00pm Room 142

Relapse Prevention 2: *The purpose of the group is to offer a supportive environment as members strive to make healthy life transitions. Members may be experiencing challenges with ongoing psychiatric symptoms, poor ADLS, medication noncompliance, and lack of social supports. Members will explore how symptoms impact daily living, and build coping skills using CBT and DBT techniques. Members will be encouraged to exchange mutual support in an effort to prevent relapse while moving forward with life goals.*

Debi Kaschak (Group 2) Wednesdays 1:15pm-2:45pm Room 143

Solutions 1: *This is an open-format group for the recovery from depression. In this group, Cognitive Behavioral Therapy and Dialectical Behavior Therapy techniques and psychoeducation are utilized. This group takes into account the barriers in the environment that contribute to clients' challenges and encourages clients to seek practical solutions. This group operates on using group process through leader guidance, peer support, and feedback to positively influence goal achievement.*

Marie Di Iorio Thursdays 7:00pm-8:30pm Room 143

Solutions 2: *This is structured format group for the recovery from depression. In this group, Cognitive Behavioral Therapy and Dialectical Behavior Therapy techniques and psychoeducation are utilized. This group takes into account the barriers in the environment that contribute to clients' challenges and encourages clients to seek practical solutions. This group operates on using group process through leader guidance, peer support, and feedback to positively influence goal achievement.*

Marie Di Iorio Tuesdays 1:30-3:00pm Room 142

Social Butterflies: *This group is a play-based social skills group for 8-12 year-olds who are experiencing difficulty with peers relations and emotional regulation. Topics addressed include how to make and keep friends, problem solving, conflict resolution and expressing emotions effectively. This group is geared towards youth who have mild symptoms of ASD, anxiety, ADHD, impulsivity or sensory integration disorder. Youth who are suicidal or who require one-on-one individualized support to participate in group are not appropriate for this group.*

Sara Takla Mondays 6:30pm-8:00pm Room 142

Strength and Support: *This group will provide a supportive environment for members to explore how depression has impacted their lives. Members are encouraged to share their personal experiences while exchanging support with peers. The facilitator will provide educational materials about depression and will explore coping skills from various treatment modalities, including Strengths Based, CBT, and DBT. Group discussions will focus on helping members attain a balanced life and achieve personal goals.*

Debi Kaschak Mondays 5:30pm-7:00pm Room 142

Teen Coping Skills: *This group is a peer-support and educational group that teaches ways to manage the stress and challenges of teen life through discussion and creative means. Each group member sets a personal goal to work on with the group and each person contributes to the growth of other members. This group is appropriate for teens who are anxious, depressed or who have stress from school or family issues. Teens who are actively suicidal or homicidal, have medical issues arising from eating disorders or who are experiencing problems from substance abuse would require a higher level of care and would not be appropriate.*

Robert Geiger Mondays 7:00pm-8:30pm Room 131

Social Thrills: *This group is for adults, ages 18+, that aims to provide adults with developmental disabilities a supportive environment to improve their social and emotional well-being. The group will provide individuals who experience difficulty upholding conversations and managing their emotions with a structured setting which promotes relationships. The group will focus on topics such as identifying, expressing, and coping with proper emotions as well as managing dialogues. Clients who are suicidal, require one-on-one individualized support, or who have not been diagnosed with a developmental disability are not appropriate for this group. Clients must be briefly interviewed by N. Paiva in efforts to assure appropriateness and promote group cohesion.*

Nicole Paiva Tuesdays 2:30pm-4:00pm Room 142

Latino Women in Transition: *This group is for females that speak Spanish ages 30 and older. The group will address adjustment difficulties and ways to manage emotional and behavioral symptoms caused by stressors and changes occurring in their life (e.g., Culture adjustment, losses leaving native country, separation, illness, divorce, empty nest, relationships, work or housing changes). Group dynamic will focus on Cognitive Behavioral Therapy, problem solving skills, self-esteem, assertiveness, and other tools to help cope effectively with changes in their life.*

Isabel Suarez

Tuesdays 1:00 pm to 2:30 pm Room 142

Transitions: *This group is for adolescents transitioning into young adulthood. Early adulthood comes with challenges such as continuing education, job searches, adjustment in family relationships and building a life of one's own. It can be a confusing and stressful time as individuals seek to form an identity of their own. The group's purpose is to serve as a support for this developmental stage in your life, whether individuals know their next step or are still trying to figure that out.*

Maddy Levine

Wednesdays 7-8:30 pm

Room TBD