



# BHS Outpatient Treatment Services

Spans the life cycle, from toddlers to elders

Trauma-Informed, person-centered, comprehensive, compassionate care

Jessica Hunter, MS, LPC, CCTS

Erin Wilkinson, MSW, LCSW, CCTS-I



River People Behavioral Health opened March 7<sup>th</sup> 2022 and is located on the second floor.





# Individual Outpatient Counseling

- Depression
- Anxiety
- Trauma
- Grief and Loss
- Stress
- Family & Relationship Challenges
- Personal Growth
- Restoring hope, experiencing joy, and finding reasons for living
- Living with calm and presence
- Resolving past and current trauma with support to heal from pain
- Experience and express grief and integrate ...
- Build, rebuild, strengthen, or let go



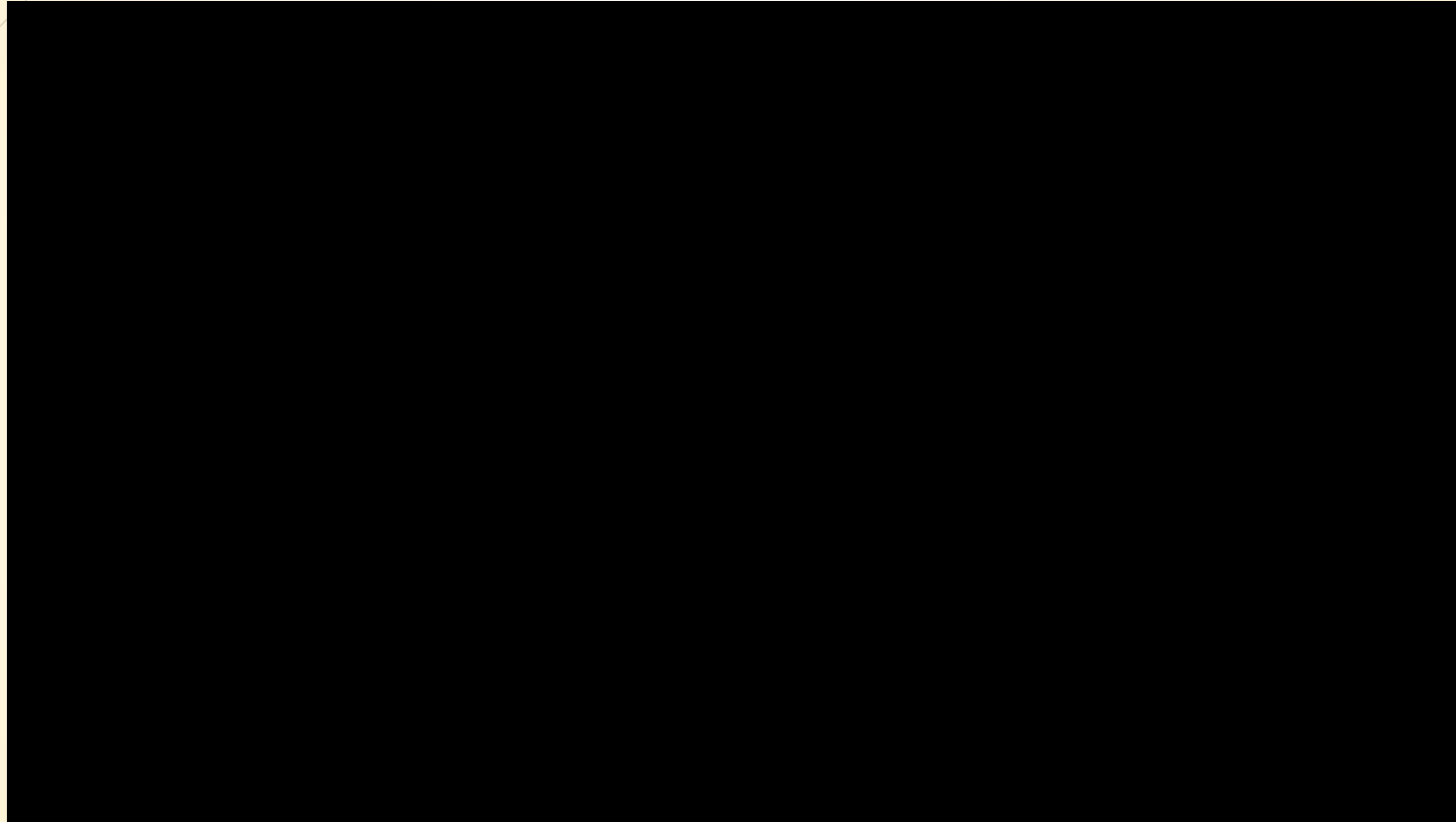


- Cognitive Behavioral Therapy (CBT)
- Solution-Focused Brief Therapy (SFBT)
- Dialectical Behavior Therapy (DBT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- The NeuroAffective Relational Model (NARM)
- Cognitive Processing Therapy (CPT)





# Trauma & Substance Use



➤ Coping, Self-Medication, Avoidance



# EMDR DeTUR™ (Desensitization of Triggers and Urge Reprocessing)



- Targets Triggers, Feelings that lead to Urges





# Substance Use and Co-Occurring Outpatient Treatment



## ➤ Group Counseling

- Self-Awareness
- Insightful Feedback
- Motivation
- Social Skills
- Accountability
- Fellowship
- Normalization





# The Seven Challenges

- 1** We decided to open up and talk honestly about ourselves and about alcohol and other drugs.
- 2** We looked at what we liked about alcohol and other drugs, and why we were using them.
- 3** We looked at our use of alcohol and other drugs to see if it had caused harm, or could cause harm.
- 4** We looked at our responsibility and the responsibility of others for our problems.
- 5** We thought about where we seemed to be headed, where we wanted to go, and what we wanted to accomplish.
- 6** We made thoughtful decisions about our lives and about our use of alcohol and other drugs.
- 7** We followed through on our decisions about our lives and drug use. If we saw problems, we went back to earlier challenges and mastered them.

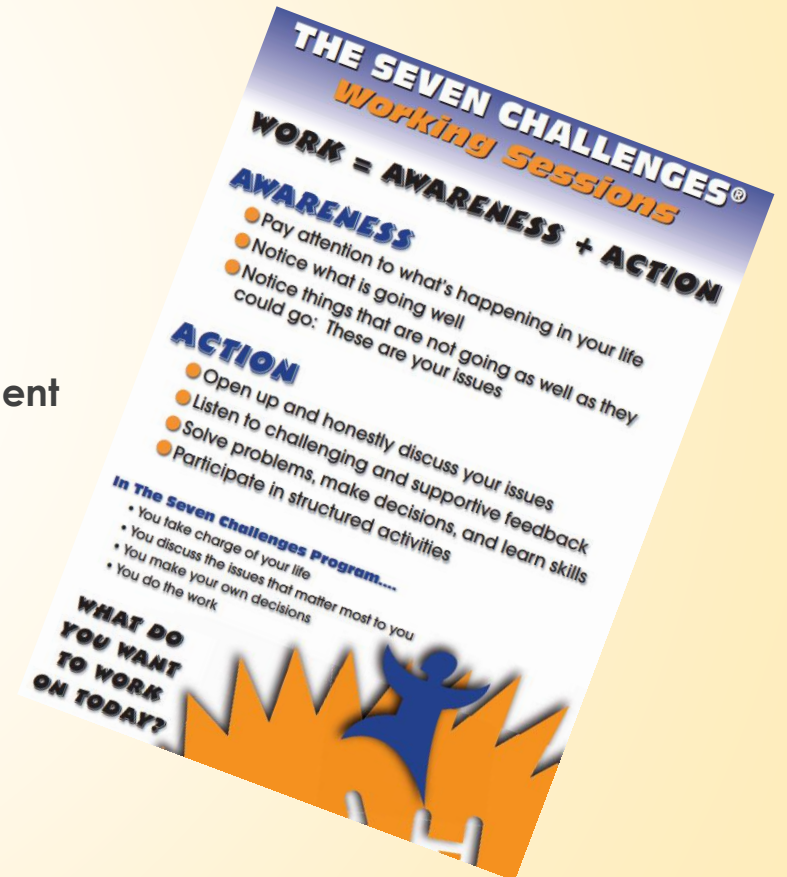
## The Seven Challenges

Challenging ourselves to make wise decisions about alcohol and other drugs

7  
CHALLENGES



- **Seven Challenges**, a decision making model to motivate a decision and commitment to change.
  - Small groups specific to **Adolescents & Adults**
  - **Interactive Journaling** with counselor and **Case Management Support**







# The MATRIX Model

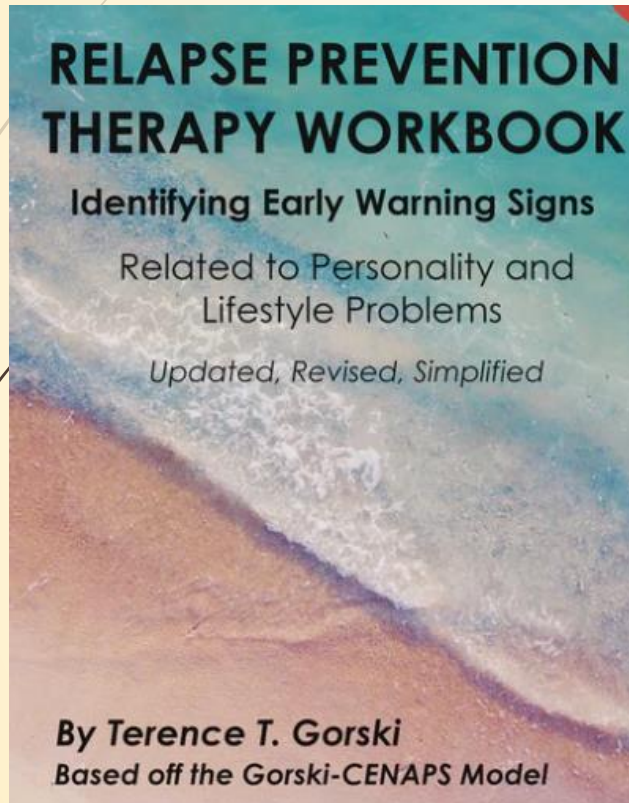


- ▶ **The MATRIX model**, provides a framework for substance abusers in treatment to achieve abstinence.
  - ▶ Intensive small group format for **Adults 4/week**
  - ▶ Components include **Family Education** groups, **Early Recovery Skills** groups, **Relapse Prevention** groups, combined sessions, urine tests, **12-step Programs**, relapse analysis, and **Social Support** groups.





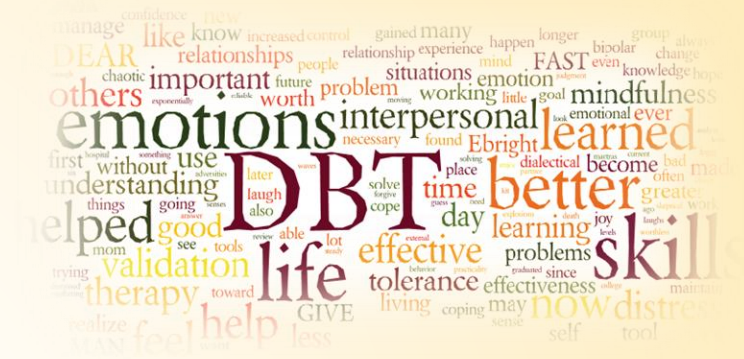
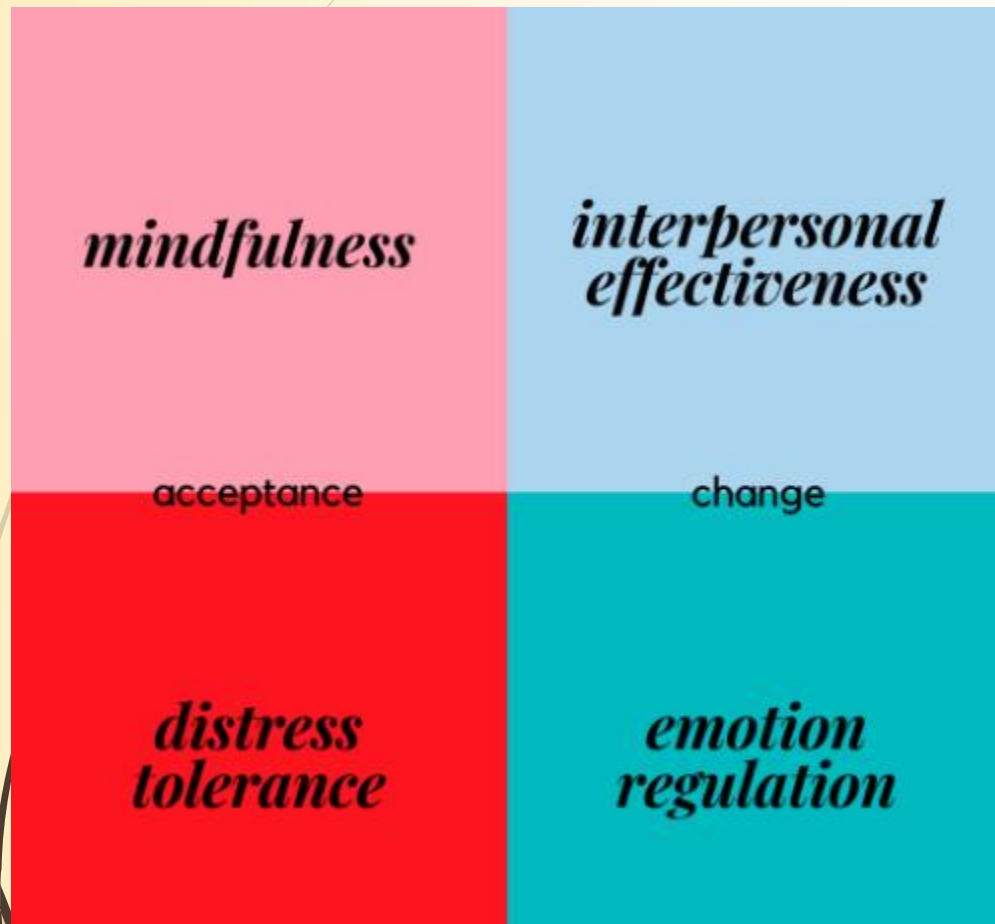
# Gorski Relapse Prevention



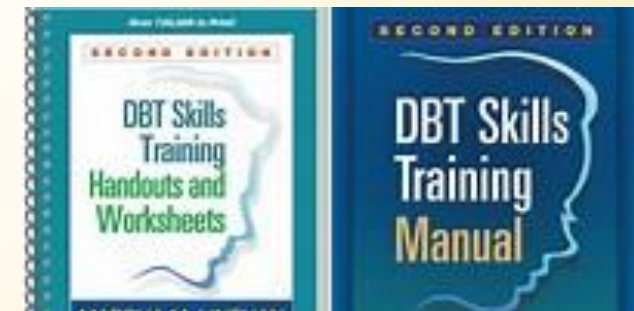
- ▶ For **people in recovery** from alcohol or other drug addiction who have a history of relapse, or are afraid they might relapse
- ▶ Small group format for **Adults**, 10weeks
- ▶ Components include Stress Self-Monitoring, Managing Urges, Building a Recovery Program & Building a Relapse Prevention Plan



# DBT Skills & Mindfulness



- ▶ **DBT Skills Training** groups are for clients who would like to cope more effectively with intense emotions, addictive behaviors, and/or relationship struggles.
- ▶ Groups for **Adolescent Girls & Adults**







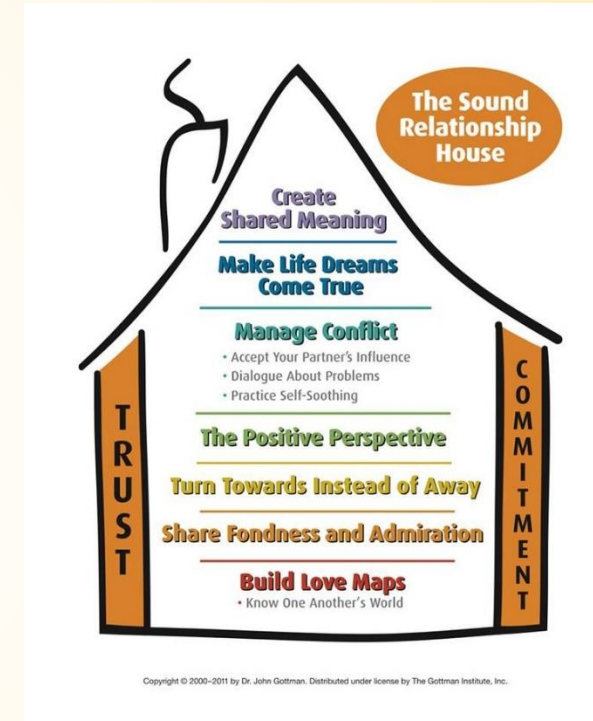
# Family Counseling



"Family therapy in substance abuse treatment can help by using the **family's strengths and resources** to find ways for the person who abuses alcohol or drugs to live without substances of abuse. Family therapy can help families become **aware of their own needs** and aid in the goal of keeping substance abuse from moving from one generation to another."



# Couples Counseling



We provide interventions and tools for a relational approach to healing that addresses three different but overlapping recoveries to include: the person with the addictive disorder, the partner, and their relationship.



# Positive Indian Parenting

- Traditional Parenting
- Story Telling
- Harmony in Childrearing

***Positive Indian Parenting***

**“Honoring Our Children  
By Our Traditions”**


- Traditional Parenting
- Story Telling
- Harmony in Childrearing
- Traditional Behavior Modifications.
- ...and many more!


**Eligibility Criteria:**

- All enrolled SRPMIC Tribal Members living on or off the Reservation.
- Spouses of enrolled SRPMIC Tribal Members.
- Enrolled SRPMIC tribal Members: Parents, Guardians, New Parents, and Non-parents.

**8 Sessions**—Completion of 8 sessions, the participant will be awarded a Certificate and an Incentive.

**Start Date:** February 17, 2022:  
**Every Thursday**  
**Time:** 12:00pm-1:30PM  
**Where:** via Zoom  
**Sign Up/ more information:**  
[tania.hatathlie@srpmic-nsn.gov](mailto:tania.hatathlie@srpmic-nsn.gov)

 **NICWA**  
National Indian Child Welfare Association









# Zoom with a Counselor


## Zoom with a Counselor

**Resources and Nutrition:**  
**Meeting our Basic Needs while Incorporating Mindfulness**  
Thursday, March 31st, 5:00 PM


Learning ways to identify and prioritize our needs, gaining tools and resources to meet our needs, and discussing ways to incorporate mindfulness



Join Paige Riddle, LMSW & Mayra Ornelas Salais, LAC to learn about the ways that our basic and essential needs can impact our wellbeing and mental health. Also learn about available resources and strategies for meeting these needs.




Salt River Pima-Maricopa Indian Community



River People Health Center

**Join Zoom Meeting**  
<https://zoom.us/j/8176569929>



Paige Riddle, LMSW is a Behavioral Health Counselor who provides counseling to adults and families. She has experience working with children and families with involvement in carceral and child welfare systems. Paige uses collaborative meaning-making strategies as well as Solution Focused Therapy and Cognitive Behavioral Therapy in her work with adults and families who may be navigating multiple systems and challenges in their lives. Paige also co-facilitates the Standard Outpatient Program (SOP).


Mayra Ornelas Salais, LAC is a Sr. Behavioral Health Counselor primarily facilitates the Standard Outpatient Program (SOP) and also provides individual and family counseling to address depression, anxiety, grief, and trauma. Mayra joined the BHS team after completing a year-long internship where she gained experience and supported every BHS/AFS outpatient program. She is especially equipped to address co-occurring issues in individual and group counseling.

Questions?  
Call BHS:  
480-362-5707  
Submit Anonymous Questions prior to Zoom session:  
Email Jessica.Hunter@SRPMIC-nsn.gov

- Recovery Month
- Testimonials
- Supporting Family Members in Addiction
- Impact of Addiction on Relationships
- Relapse Prevention
- *Faces of Recovery*



# Virtual Grief & Loss Support Group



**ZOOM** with a  
**Counselor**

**Grief & Loss Support Group**

Join BHS counselor **Micki Begay, MS** in a safe space to talk, share stories, support each other, and learn ways to cope.


**4<sup>th</sup> Thursday of Every Month 5:00pm**  
Feb 25<sup>th</sup>, March 25<sup>th</sup>, April 22<sup>nd</sup>, May 27<sup>th</sup>,  
June 24<sup>th</sup>, July 22<sup>nd</sup>, Aug 26<sup>th</sup>, Sept 23<sup>rd</sup>,  
Oct 28<sup>th</sup>, Nov 18<sup>th</sup> \*, Dec 16<sup>th</sup> \*

Join ZOOM Meeting:  
<https://zoom.us/j/8176569929>

**Micki Begay, MS** is a BHS counselor who works with adults to primarily address past trauma, anxiety, depression, grief, unhealthy relationships, and develop mindfulness skills & techniques.

Got Questions?  
Call BHS:  
(480) 362-5707

Submit Anonymous Questions prior to the ZOOM:  
Email:  
Jessica.Hunter@



## 4 Ways Grief can Lead to Addiction

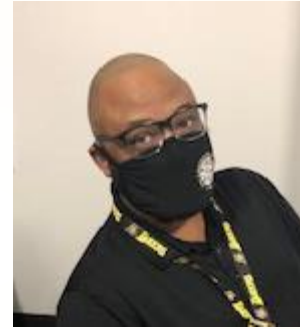
- Hiding From And Never Dealing With Grief
- Using Drugs And Alcohol To Cope
- Replacing A Person Or A Relationship With A Substance
- Lacking The Proper Coping Skills





# BHS Outpatient Treatment Providers

## Child & Adolescent Team







# BHS Outpatient Treatment Providers

## Adult Team





# BHS Outpatient Treatment Providers

- ▶ Evidence based
- ▶ Culturally responsive
- ▶ Advanced Privileges, training, and certification
- ▶ EMDR, DBT, TF-CBT, Gottman, Play Therapy, Sandtray, Seven Challenges, etc.
- ▶ Clinical Supervision



# Unique BHS Treatment Services

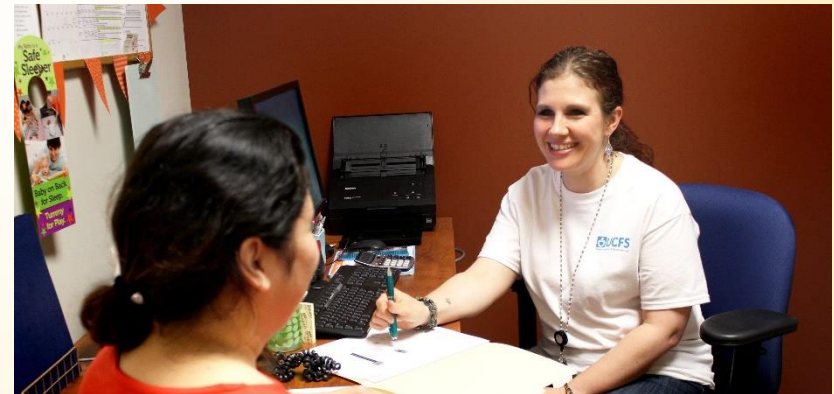
## ➤ Circles of Support

- Specialized wrap-around team intervention consisting of counseling, parenting support & skill building, behavior modification, and case management



## ➤ Case Management

- Advocacy
- Client Navigator
- Broker for resources and referrals







# Referrals



BHS Referral Form

Date \* 4/11/2022

Demographics

Name \* SSN

Date of Birth \* 4/11/2022 Age Gender \* Male Female

- Referrals can be made by **Education, Senior Services, Social Services, a Defense Advocate, a Probation Officer, or other Tribal Departments** online.
- Referrals are processed by **River People Health Center Behavioral Health**, follow-up can be made by calling **(480) 362-5707** (press option 3, press option 1).



# Schedule an Intake



- Schedule an Intake by calling **River People Health Center Behavioral Health(480) 362-5707** (press option 3, press option 1).
- **BHS Intake:** (2 hours) This process includes a general mental health & substance use assessment, screening tools, and an interview.
- After an intake you will be **assigned a personal Counselor** to provide ongoing services.



Questions

Needs

Concerns

Ideas