

# Rutland Mental Health Services

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## *ADULT OUTPATIENT PROGRAM*

### WEEKLY THERAPY GROUP

Rutland Mental Health Services provides a variety of services to adults with substance abuse and mental health problems. The Adult Outpatient Program has a Weekly Therapy Group that offers help and support to adults who are experiencing difficulty and need support and skill building. The group meets on Thursdays from 2:15 to 3:15 at our 7 Court Square building and averages 6-10 participants.

#### Weekly Therapy Group Components:

- ❖ Psychotherapy – Group participants discuss emotional challenges and are given feedback and support from other members and staff.
- ❖ Psycho education – Group participants are given information and are taught skills to assist them when challenged by overwhelming emotions or situations. Some topics include: stress management, development of a wellness plan, understanding distorted thinking, developing healthy relationships, understanding emotions, increasing community supports, using distraction to manage overwhelming feelings.
- ❖ Medication Evaluation and Treatment – For those that need an evaluation or treatment, our psychiatric nurse practitioner can provide an indepth evaluation and recommendations for medication.
- ❖ Substance Abuse Assessment – For those who are struggling with the use of substances, we offer them an evaluation that includes recommendations for treatment should they need it.

The Weekly Therapy Group is staffed by Master's Level Clinicians with considerable experience in the provision of mental health and substance abuse treatment. Method of payment is insurance or self payment. A sliding fee is available for residents of Rutland County.

For more information, please contact our Intake Office at 78 South Main Street in Rutland at 802-775-2381.

Career Choices  
Child & Family Services\*  
Community Access Program

Community Rehabilitation & Treatment  
Emergency Crisis Services

Evergreen Substance Abuse Services\*  
Vocational Opportunity Works



\*United Way Member Agency



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