



CCS Group Availability

Openings to start in MAR 2024

Dane County Department of Human Services
Behavioral Health



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ARC: Outpatient

Outpatient

Outpatient/ day treatment.

Age group	Adults (18+)
Start date	03-11-2024
End date (if applicable)	
Meeting time	9:30am-2:15pm
Location	1409 Emil Street

To register, contact: 608-283-6426

For more information, follow this link.

https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_3lQ1biBCTEXvfwy

ARC: Day Treatment

Day Treatment

Age group	Adults (18+)
Start date	03-11-2024
End date (if applicable)	
Meeting time	9:30am-2:15pm
Location	1409 emil street

To register, contact: 608-283-6426

Cornucopia: Therapeutic Art

Therapeutic Art

Age group	Adults (18+)
Start date	03-07-2024
End date (if applicable)	
Meeting time	12:30
Location	2 S Ingersoll Madison

To register, contact: Gregory Smith

Forward Counseling: Art Group

Art Group

This group is designed to help you build positive coping skills and increase social connections through creative art projects. The focus of this group will be on building a safe community while engaging our senses, creativity, and humor! We will explore identity through the making of masks from paper clay. Guidance and materials will be provided by the facilitator, You are also welcome to bring additional materials from home!

Age group	Adults (18+)
Start date	03-11-2024
End date (if applicable)	04-29-2024
Meeting time	2PM -3:30 PM
Location	2000 Engel St. Suite 201 Monona WI 53714

To register, contact: info@forward-counseling.com

For more information, follow this link.

https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_3e2eKIGvCudehwj

Greyley Wellness: Compassionate Connections

Compassionate Connections

A group focused on finding support and validation while working on skills for deeper connections and self regulation.

Age group	Adults (18+)
Start date	04-29-2024
End date (if applicable)	06-03-2024
Meeting time	4:00-5:00pm
Location	Greyley Wellness, 2010 Eastwood Dr, Suite 300, Madison

To register, contact: <https://www.greyleywellness.com/ccsgroups>

For more information, follow this link.

https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_3PMF9OR7G4Zkfah

Greyley Wellness: Ouch! Chronic Pain Group

Ouch! Chronic Pain Group

A group focused on finding support and validation while working on skills for deeper regulation and coping with chronic pain.

Age group	Adults (18+)
Start date	04-29-2024
End date (if applicable)	06-03-2024
Meeting time	11:00am-12:00pm
Location	Virtual- Telehealth

To register, contact: <https://www.greyleywellness.com/ccsgroups>

For more information, follow this link.

https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_2fe4bfypgz70ajU

Journey-GROW: Behavioral Activation Group

Behavioral Activation Group

Behavioral activation is a therapeutic process that emphasizes structured attempts to increase behaviors and activities that are likely to lead to positive reinforcement in the environments in which individuals function. This increase in activity leads to improvements in thoughts, mood, quality of life, and a higher likelihood of achieving values-based long-term goals (Hopko et al., 2003).

As part of the behavioral activation process, group participants will engage in self-monitoring to better understand the connection between their behaviors and their feelings. Through this group, individuals will: (a) learn to schedule activities and engage in behaviors that create an environment where positive reinforcement is more readily available, and (b) learn to solve problems that historically have prevented them from engaging in positive behaviors. Group topics will include identifying values, developing SMART goals, problem-solving and decision-making, overcoming obstacles, building social skills and community, and using pleasurable activities to motivate.

Training Objectives:

At the end of this training, participants will be able to:

Explain the theoretical basis of behavioral activation.

Identify their personal values and how those values influence their goals and behavior.

Create meaningful and achievable goals.

Plan and prioritize activities.

Identify positive reinforcers in their lives and how to increase access to them through their behavior.

Identify negative symptoms that impact their ability to achieve their goals.

Identify positive coping strategies and behaviors that are consistent with their personal goals.

Age group	Adults (18+)
Start date	03-28-2024
End date (if applicable)	06-13-2024
Meeting time	10-11am
Location	49 Kessel Ct or virtual-TBD

To register, contact: Journey Mental Health Center Intake: 608-280-2720

Journey-GROW: Rainbow Recovery Group

Rainbow Recovery Group

Rainbow Recovery group is for LGBTQIA+ individuals who are seeking to connect with other members of the community. The group is currently facilitated by members of the LGBTQIA+ community. The group layout typically is a check-in, an icebreaker, taking space to discuss what is on a member's mind, followed by an activity that seeks to empower, stimulate discussion, and bring people together, and then a short checkout process.

Age group	Adults (18+)
Start date	03-14-2024
End date (if applicable)	
Meeting time	Thursdays 1-2:30pm
Location	Virtual: open group

To register, contact: Journey Mental Health Center Intake: 608-280-2720

ODCC: DBT

DBT

Age group	Youth and adults
Start date	05-06-2024
End date (if applicable)	
Meeting time	Variety of days and times available for next module
Location	Telehelath

To register, contact: Rob@odcfc.com

SOAR: Writing Your Way

Writing Your Way

The purpose of this skills group is to implement a 6-week curriculum to teach clients healthy coping skills for managing anxiety, depression, and trauma through creative writing and journaling. Participants need not have prior experience in expressive writing.

ISDE Lisa Marie will provide writing prompts, skills, and co-reflection on how to engage with one's emotions through writing. Participants will be able to increase self-esteem and decrease isolation through creative writing.

Age group	Adults (18+)
Start date	03-05-2024
End date (if applicable)	
Meeting time	Tuesdays 1-2:30pm
Location	4513 Milwaukee St Madison, WI

To register, contact: Lisa Marie Auter

SOAR: Chronic and Iconic

Chronic and Iconic

The purpose of this skills group is to allow participants the space to identify and explore ways to cope with the life stressors chronic illness causes and consider what a meaningful and resilient life alongside chronic illness could look like.

ISDE facilitator will provide discussion and skill building activities around such topics as: finding balance and minimizing overwhelm when facing tasks, learning skills around self-advocacy, and distress tolerance. Clients can decrease their sense of isolation and increase their community living goals by talking to others who share a similar experience. This group will be both in-person and available over Zoom to allow for maximum accessibility.

Age group	Adults (18+)
Start date	03-11-2024
End date (if applicable)	
Meeting time	Mondays, 11:30-1pm
Location	4513 Milwaukee St Madison, WI

To register, contact: Lisa Marie Auter- lisamariea@soarcms.org

SOAR: Grief is a Backpack

Grief is a Backpack

The purpose of this skills group is for participants to identify and explore their language and framework around grief that is inclusive of all experiences and needs. Utilizing passages from the book, “It’s OK That You’re Not OK” by Megan Devine (participants are not required to have this book), ISDE facilitator Lisa Marie Auter will guide discussions around our grief experiences and the support we may or may not receive from others. We will discuss the many types of grief, such as chronic, anticipatory, and the recent DSM diagnosis, “prolonged grief disorder.”

Many conversations around grief happen in large contexts with general coping skills that are often not applicable on a practical level nor are they empowering the individual to work through their feelings rather than “moving on.” This group will empower and encourage participants to use the skills and language discussed to name their own unique grief experience. At the last group meeting, participants will have an option to write or artistically create a memorial that reflects their unique grief process and how they’d like to honor that experience

Age group	Adults (18+)
Start date	03-07-2024
End date (if applicable)	
Meeting time	Thursdays, 12-1:30pm
Location	4513 Milwaukee St Madison, WI

To register, contact: Lisa Marie Auter- lisamariea@soarcms.org

Stay Focused: Stay Focused on Your Goals

Stay Focused on Your Goals

Stay Focused on Healthy Living, Healthy Relationships, Freedom, and Career Development.

Age group	Youth and adults
Start date	03-29-2024
End date (if applicable)	
Meeting time	1:00pm
Location	2921 Landmark Pl, Suite 215, Madison, WI 53713

To register, contact: Mitch Turner

For more information, follow this link.

https://countyofdane.qualtrics.com/WRQualtricsSurveyEngine/File.php?F=F_1LSUvAW7ctKKGN2

Tellurian: Men's Relapse Prevention Group

Men's Relapse Prevention Group

Age group	Adults (18+)
Start date	03-08-2024
End date (if applicable)	
Meeting time	5:30p-7:00p
Location	300 Femrite Dr. Monona, WI 53716

To register, contact: Jason Meir

Triquestrian: DBT

DBT

Age group	Adults (18+)
Start date	03-04-2024
End date (if applicable)	
Meeting time	10am-11:30am Mondays
Location	In Office

To register, contact: info@triquestrian.com

Triquestrian: Harm Reduction

Harm Reduction

Age group	Adults (18+)
Start date	03-04-2024
End date (if applicable)	
Meeting time	4pm-5pm Tuesdays
Location	In Office, Virtual

To register, contact: info@triquestrian.com