

Zumbro Valley Mental Health Center

MENTAL HEALTH MANAGEMENT

PURPOSE

Mental health management is a new psychotherapy-based program designed to help participants learn relapse prevention strategies to better manage their illness. Utilizing many of the same concepts as day treatment, this group therapy option focuses on key topics each week to assist participants in their day-to-day activities.

Key areas of focus include:

- Process of change
- Stress management
- Emotion regulation and distress tolerance
- Diagnosis and symptom management
- Lowering vulnerability
- Relationship skills

Participants can join the group any time during the 10-week period and continue through the ensuing session.

TOPICS

The 10-week psychotherapy program covers a variety of topics to encourage relapse prevention. This includes: stress management, setting goals and problem solving, relapse prevention strategies, cognitive behavior therapy, crisis planning, medication management dialectical behavior therapy (DBT) and other related topics.

FORMAT

- Bi-weekly group meetings held Wednesdays and Thursdays from 10 a.m. to 11 a.m.
- Fee covered by most insurance carriers
- Participants must have a diagnostic assessment and meet with Ms. Thibodeau prior to joining the group

Contact Information

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