

(continued) the ability to cope with painful thoughts and feelings such as anxiety, stress, and sadness.

Led by Doris Russell and
co-facilitated by Taija LaFountain

United Counseling Service's vision is to help people improve the quality of their lives. We believe our client-centered interdisciplinary approach using aspects of Acceptance Commitment Therapy, Body/Mind/Spirit, Self-Esteem Building, Motivational Interviewing, Twelve Step Facilitation, Relapse Prevention Therapy, Change and Process-Based Treatment, will provide a treatment experience that will help clients learn how to focus and lead a value-based lifestyle.

This program is designed to address multiple factors concurrently, to help participants maintain and achieve sobriety and improve everyday functioning. The treatment includes evidence-based protocols, including the Wellness Recovery Action Plan (WRAP), Collaborative Network Approach (CNA), Dialectical Behavior Therapy Informed (DBT-Informed), and several other healing modalities.

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United Counseling Service provides outpatient counseling and addictions services, emergency mental health services, extensive rehabilitation services, home and school-based services, employment services for people recovering from mental illness or with developmental disabilities, and Early Childhood Services. In response to COVID-19, UCS has developed a warm line available Monday - Friday 8am—5pm for anyone living in Bennington County.

Confidentiality

All contacts and records in this agency are kept in strict confidence governed by federal regulations. No acknowledgement or release of information is given without the consumer's expressed written permission.

Policy of non-discrimination

United Counseling Service is an equal opportunity employer. It is our policy to comply with all applicable federal and state laws related to fair employment practices. To the extent required by these laws, UCS does not discriminate in its employment decisions on the basis of race, color, ancestry, religion, sex, gender identity, sexual orientation, age, marital/civil union status, national origin, citizenship, place of birth, military/uniformed service or veteran status, disability, genetic information, having a positive test result on an HIV related blood test or other legally-protected classification.

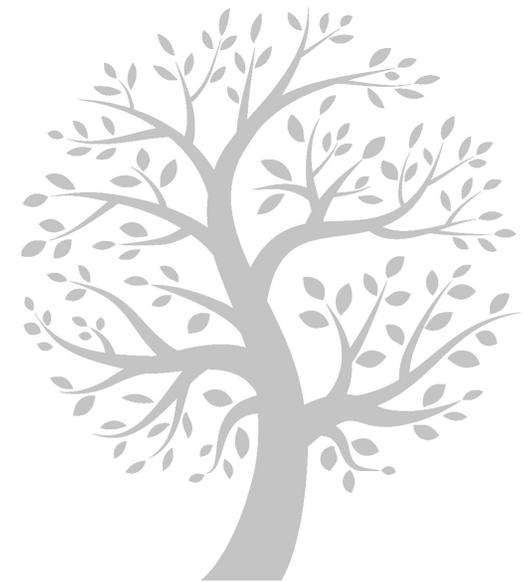
Rev. 1.22



Intensive Outpatient Program

(IOP)

**In-person treatment & telehealth
options available*



Bennington

100 Ledge Hill Drive, P.O. Box 588
Bennington, Vermont 05201
(802) 442-5491
ucsvt.org

This program includes three hours of intensive group therapy three days a week (Tues, Thurs, & Fri) for a period of six weeks. To learn more or register, please contact United Counseling Service at (802) 442-5491.

Tuesday
9am-12pm

9:00 am - 10:30 am

Through the use of **Collaborative Network Approach** (based on Open Dialogue, the Finnish evidence based practice), clients will develop a healthy and supportive recovery network.

Led by the Victor Martini & Taija LaFountain

10:45am-12pm

Recovery Coaching - The role of a Recovery Coach reflects a collaborative and strength-based approach, with the primary goal being to assist individuals in achieving sustained long-term recovery from the effects of opioid and other substance use disorders. Recovery Coaches practice basic evidence-based approaches: including motivational interviewing, resource provision, boundaries, and power of peer support. Recovery coaches do not replace other professional services; however, they complement the existing array of support services. The Recovery Coach is not a sponsor, friend, case manager, social worker, judge, psychologist, or therapist,

but rather an important resource for a lifelong recovery support to achieve long-term recovery. Recovery Coaches help clients find ways to prevent addiction, or reduce harm associated with addictive behaviors. Recovery Coaches can assist individuals by connecting them to the appropriate resources including harm reduction, detox, treatment, family support and education, local or online support groups; or help a client create a change plan to recover on their own. In this section of IOP, clients will work with Turning Point and Taija on Recovery, the next steps in prevention and recovery. There will also be some mindfulness activities included.

Led by Taija LaFountain and Keili Trottier

Thursday
9am-12pm

9am-10:30am

Self Esteem - This is an opportunity to challenge negative beliefs about self and begin to rebuild a positive of self-worth. this is done by learning, practicing and mastering skills in a groups and at home.

Led by Keili Trottier

10:45am-12pm

WRAP Group - The Wellness Recovery Action Plan is designed to create a unique plan that is based on the person's strengths, identifies early warning signs of

mental health and/or substance abuse challenges. When completed, each participant will have a meaningful crisis plan.

Led by Joanne Larsen and Keili Trottier

Friday
9am-12pm

9am-10:30am

Mindfulness-based Sobriety (MBS) -

Clients will learn the principles of mindfulness-based sobriety (MBS) for comprehensive recovery planning using the MBS principles to set value guided goals in order to lead a value-informed lifestyle. Clients will explore the six core-principles of ACT and develop a life-changing mindset known as psychological flexibility to handle painful thoughts, feelings, triggers, urges, and cravings.

Led by Rose Mylott and co-facilitated by Taija LaFountain.

10:45am-12pm

Dialectical Behavior Informed Therapy (DBT Informed) -

Clients will utilize a DBT informed framework to learn and practice skills (mindfulness skills, interpersonal effectiveness skills, emotional regulation skills, distress tolerance) that enhance