


DUAL RECOVERY SERVICES (DRS) SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Last Friday of the Month	Saturday
10-10:50 AM Staying on Track Group <i>Horizons Apts. (MONTEREY)</i> Robin	10-10:50 AM Seeking Safety Group <i>Pajaro St. Wellness Center (SALINAS)</i> Amber	12-12:50 AM Trauma Informed Women's Group <i>Pajaro St. Wellness Center (SALINAS)</i> Isamar 1-1:50 PM Communication Group <i>Pajaro St. Wellness Center (SALINAS)</i> Robin	1-1:50 PM Relapse Prevention Group <i>Pajaro St. Wellness Center (SALINAS)</i> Isamar 2-2:50 PM Roadmap to Wellness Group <i>Pajaro St. Wellness Center (SALINAS)</i> Amber	10-10:50 AM Seeking Safety Group <i>Pajaro St. Wellness Center (SALINAS)</i> Amber	11 AM-12 PM DRS Store <i>Pajaro St. Wellness Center (SALINAS)</i>	
11-11:50 AM Staying on Track Group <i>Horizons Apts. (MONTEREY)</i> Robin	11-11:50 AM Wellness Recovery Action Plan (WRAP) Group <i>Pajaro St. Wellness Center (SALINAS)</i> Isamar	2-2:50 PM Wellness & Recovery Group <i>Pajaro St. Wellness Center (SALINAS)</i> Robin				
DUAL RECOVERY ANONYMOUS (DRA)		Tuesday	Wednesday	Thursday	Friday	Saturday
The primary purpose of DRA is to help one another achieve dual recovery, to prevent relapse, and to carry the message of recovery to others who experience a dual disorder.		10-10:50AM <i>Loc: Methodist Church (SALINAS)</i> 7-7:50 PM <i>Loc: Pearl St. (MONTEREY)</i>	12-12:50 PM <i>Loc: Pajaro St. Wellness Center (SALINAS)</i>		4 PM- 4:50 PM <i>Loc: Rockrose (SALINAS)</i>	1-1:50 PM <i>Loc: Lupine Gardens (SALINAS)</i>
SOUTH COUNTY GROUPS			Wednesday			
Primary focus is to create opportunities to build positive life skills and peer support through the sharing of positive messages and receiving feedback in a safe environment.			10-10:50 AM Positive Life Skills Alicia	Group Meets the FIRST TWO Wednesdays in Gonzales at 411 Center St., Gonzales Ca. 93926 and the LAST TWO Wednesdays in King City at 200 Broadway St. Suite 70 King City Ca. 93930		

DRS OFFICES

Interim Inc., Pajaro Street Wellness Center
 339 Pajaro Street, Suite D
 Salinas
 (831) 800-7530 Option 4

Please fax MCBH referrals to:
 Victoria Gonzalez, DRS Program Coordinator
 Office:(831) 800-7530 Ext. 423
 Cell: (831)402-6192 Fax: (831) 975-5862



Updated 05.15.15

INDIVIDUAL COUNSELING
 by appointment





Dual Recovery Services Group Description

Staying on Track Group	The Staying on Track Group is a group for individuals with co-occurring disorders who are in the maintenance stage of recovery. The group's main goals are to build social support and practice safe coping tools.
Seeking Safety Group	The purpose of the Seeking Safety Group is to discuss commitment and its impact on sobriety and recovery, using the standard seeking safety format of a check in, a quote, and discussion maintained by the group members around the topic and safe coping skills.
Wellness Recovery Action Plan (WRAP) Group	The purpose of the Wrap Group is to support clients to explore wellness tools that can help them live a clean and sober lifestyle while managing their symptoms to maintain wellness.
Women's Group	The purpose of the Women's Group is to provide clients an understanding of the issues and experiences that typically impact women, such as self-esteem, body image, parenting, trauma and abuse, and addiction to support their mental health wellness and sobriety.
Communication Group	The purpose of the Communication Group is intended to educate clients on effective and non-violent communication techniques to support clients better manage their mental health symptoms, strengthen their sobriety, and learn healthy boundaries.
Wellness and Recovery Group	In the Wellness and Recovery Group individuals learn and build safe coping tools, and discuss healthy habits that support mental health and recovery.
Relapse Prevention Group	The purpose of the Relapse Prevention Group is to understand the relapse process, identify and cope effectively with high-risk situations, discuss and cope effectively with interpersonal conflict, and work on coping and overcoming social pressure that can support clients live a clean and sober lifestyle while managing symptoms.
Roadmap to Recovery Group	The Roadmap to Recovery Group explores and discusses ways to implement harm reduction, reduce positive and negative symptoms, strengthen sobriety from drugs and alcohol, and provides educational material to empower client's in their own recovery. Group activities include but are not limited to: arts & crafts; stretching & exercise; self-expression; exploring nutrition; and exploring music in addition to standard Seeking Safety, Mind over Mood and WRAP based work.
Positive Life Skills Group	The primary focus of the Positive Life Skills Group is to create opportunities to build positive life skills and peer support through the sharing of positive messages and receiving feedback in a safe environment.
Dual Recovery Anonymous (DRA):	The primary purpose of DRA is to help one another achieve dual recovery, to prevent relapse, and to carry the message of recovery to others who experience a dual disorder.