

Services that are offered to Effingham County Probation ISOC clients

Case management

Parenting
Budgeting
Housing Assistance
Employment Assistance
Resume Building
DHS Paperwork (SNAP, Medicaid, etc.),
Locating Dr/Dentist
Values/Responsibilities
Refusal Skills
Hygiene and Self-Care
Sexual Health
Education/GED
Making Decisions
Interpersonal Skills
Setting and Attaining Goals
Nutrition/Shopping on a Budget
Medication Compliance/Monitoring

GROUPS

Dialectical Behavior Skills Training - Clinical

DBT group is focused on teaching clients' skills to effectively manage their emotions in life. This group has four modules: distress tolerance, mindfulness, emotion regulation, and interpersonal relationship skills. Clients can enter this group at the end of any module. Modules typically last a few months.

Reasoning & Rehabilitation - Clinical

This is a cognitive group focused on teaching problem solving skills to clients. This group works very well for individuals that struggle to take steps to solve problems for themselves or struggle to recognize how their choices impact themselves and the people around them. This is a closed group, so people can only join at certain times. A group typically runs for 33

sessions, approximately 4 months. There is no sobriety requirement for this group.

Anger Management – Clinical

This is an excellent group for individuals that have issues controlling their anger without resorting to aggression. This group would count toward any Court or DCFS required anger management class. This is a closed group that runs at various points throughout the year.

Seeking Safety - Clinical

This group is for individuals with a history of substance abuse and trauma. Typically, a clinician will refer a client to this group rather than a probation officer due to the sensitive nature of the topics discussed. Clients must have the ability to maintain sobriety/stability while talking about difficult issues from their past.

12 Step Group – Clinical

An introduction into the 12 step program which includes acceptance, surrender, getting active in 12 step fellowship, getting active in mental health treatment. There are also five elective topics: barriers to getting active in 12 step fellowships; barriers to mental health treatment; people, places, and routines; emotions; living for recovery. There are also two conjoint topics which include enabling and caring detachment. Individuals can be added to this group at any time. 10-12 weeks

Early Recovery Skills - Clinical

This group is a section from the Matrix, with focus on connecting thoughts to emotions to behavior; as well as situations that arise in early recovery. Group members will learn about the honeymoon and wall phases of recovery, as well as different ways to gain support while in recovery. This groups helps members recognize their external and internal triggers for use as well. Individuals can be added to this group at any time. 8-9 weeks

Substance Abuse Group – Clinical

This group is about identifying high-risk factors for use including: negative feelings, cravings, pleasant emotions, physical discomfort/illness, testing personal control, social pressure to drink or use; having fun with others, and conflict with others. This group is all guided, and participants are asked to record their listed above factors each week to see how it affects their lives and sobriety. Individuals can be added to this group at any time. I would highly recommend this group, there is a lot of good material in here that participants have good discussion about. 10-12 weeks

Relapse Prevention – Clinical

In the Matrix model of material; it is about a 6 month long group with discussions on gaining long-term sobriety and how to avoid relapse. There is a vast amount of information covered in these sections, including how financial burdens, external cravings, hitting 'the wall', and many other risk factors for relapse.

Untangling Relationships - Clinical

This group is closed and only runs when we have enough people on the list. It is a group about coping with codependent relationships- covers many relationships, not just intimate/partner relationships. I'm unsure how long this group runs, Kayla typically runs it.

Living Sober – Clinical

Living Sober is an open group that is for people looking to transition out of Substance Abuse treatment/probation. It's about living your life sober without the professional supports. It's good for people to have with the last leg of treatment.

Parenting – Case Management

Parenting Group is a curriculum that will teach parents the basics of parenting, nature vs. nurture, appropriate discipline, developmental milestones, what to expect from a whatever age child, etc.

Moral Reconation Therapy (MRT) - Probation

MRT is a systematic, cognitive-behavioral, step by step treatment strategy designed to enhance self-image, promote growth of a positive, productive identify, and facilitate the development of high stages of moral reasoning.

Individual Therapy - Clinical

We have two full time counselors available for individual treatment. Priority for individual treatment is given to clients that score high or very high on the ARA, women with children, IV drug users, pregnant women, and those with DCFS involvement. Individual treatment entails regular one on one sessions to address mental health and/or substance use issues that are not appropriate to be discussed in a group setting. Examples of these topics include suicidality, homicidality, domestic violence, severe trauma, severe behavioral issues, antisocial personality disorder, and/or medical concerns.

Life Skills – Case Management

Life Skills is a 12 week curriculum that covers various topics including: Making decisions, refusal skills, interpersonal skills, values & responsibilities, setting & attaining goals, parenting & child development, hygiene/self care, employment, education, budgeting, and housing.

Moving On - Probation

Moving On: A Program for At-Risk

Women provides women with alternatives to criminal activity by helping them identify and mobilize personal and community resources.

- Flexible and open-ended intervention program, allowing for continuous intake
- Draws on the evidence-based treatment models of relational theory and cognitive-behavioral therapy
- Ideal for group or individuals in community corrections as well as institutional settings

Program content is organized around four main themes:

1. encouraging personal responsibility and enhancing motivation for change
2. expanding connections and building healthy relationships
3. skill enhancement, development, and maintenance
4. relaxation and stress management skills