

# Boise VAMC's

## Guide to Behavioral Health Groups and Workshops

### **Mission:**

The Behavioral Health Service's mission is to maintain and improve the health and well-being of Veterans through excellence in health care, social services, education, and research.

Veterans: This document can be located on the Boise VAMC website:  
[Mental Health Care | VA Boise Health Care | Veterans Affairs](#)

VA Providers: This document can be located on the BH SharePoint, Shared Documents:  
**S:\Mental Health\BH Group Guide**

## Behavioral Health Levels-of-Care

Each Veteran receiving care through the Behavioral Health Department is individually assessed to ensure the optimal level-of-care is provided for each unique situation. Treatment plans are tailored to each Veteran's needs, strengths, and resources. Our multidisciplinary team of professionals is comprised of psychiatrists, psychologists, licensed social workers, licensed mental health counselors, peer support specialist, nurse practitioners, nurses, pharmacists, and occupational therapists. Chaplaincy services are available upon request. As a training facility, we have multiple professional trainees, as listed above, participating in our programs that provide additional services with supervised care.

This guide has been created to provide Veterans and family members a comprehensive resource describing the many psychotherapeutic groups available at the Boise VAMC Behavioral Health Department. Psychotherapeutic groups offer many benefits in the treatment of mental health recovery and substance abuse recovery. Groups are often as efficacious as individual therapy. Groups offer the opportunity for peer support and interaction.

Please use this guide to better understand the groups offered so our Veterans can receive the best possible treatment for their mental health needs.

**Please talk to your Behavioral Health provider if you're interested in being referred to the groups listed. In the event you do not have an assigned provider and you are interested in attending one of the groups listed, please contact:**

**Behavioral Health Service  
(208) 422-1108**

***Peer Support – (208) 422-1000 + Option 1 + extension***

**Cameron Rail      ext: 7266  
Steve Walker      ext: 4543**

## A Recovery Model for You!

**Recovery** is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Recovery is about finding your way in the world:

The way that works best for you so you can live the best life possible. So, you can live in the community you choose and do the things that keep you healthy.

Recovery is about living well.

- It is about moving beyond any label.
- It is about deciding who you are. Not about how others decide who you are.
- It is about creating a good life of your own choosing.

Change the focus from “What is the matter with you?” to: **“What matters to you?”**

In using this guide, please note that:

- Unless otherwise specified, all groups are in the Behavioral Health Building (114)
- GR = Group Room

## **TUESDAY**

### **SUD Intensive Outpatient Group (IOP)**

Nichole Herold.

M/W/F 9:00-11:00 am, In-Person Building 114

**“INVITE ONLY”**

This group is for veterans new to recovery who need a higher level of care. Veterans will learn about early recovery skills, thinking errors, PAWS, coping skills, and other tools needed to become and remain sober. This group is a psychoeducational and process group. WRAP group is incorporated into the IOP Group on Fridays. This group is for 8 weeks, then the curriculum repeats. Attendance at every group session is strongly encouraged.

### **SUD Recovery Process Group**

Miguel A.

M/W/F 10:00-11:00 am, In-Person Building 114

Intended for veterans who are active in recovery. This group helps identify and process challenging areas for veterans and helps to expand on motivations to change while celebrating the benefits/rewards of recovery.

### **SUD Continuing Care**

Kirk Stadelmeyer

M/W/F 10:00-11:00 am, In-Person Building 114

**“INVITE ONLY”**

This is a VVC or in-person group for people who are continuing their care and have been sober for a while. Topics include emotional regulation and sober lifestyles. Discussion of transition of treatment to community social support. (12-step, rec therapy, church activities, Phoenix Recovery Program).

### **Social Skills Group (MHICM ONLY)**

Julie Orozco Geoff Hall

M 10:30-11:30 am, MHICM Kitchen

Social Skills group is an evidenced base group for individuals with severe chronic mental illness. The group consists of learning one skill each week, like making a request, or expressing a negative emotion. Each skill consists of 3-4 steps that are practiced in a series of role plays by each member. Referrals are accepted yearly. Participants must learn the 4 basic skills through individual sessions prior to starting the group which usually begins in February and lasts four to five weeks.

### **MHICM Recreation Group (MHICM ONLY)**

Julie Orozco

M, 11:30-2:00pm. Bldg. 114

Veterans to engage in various recreational opportunities in the community. Activities include bowling, playing pool, going on walks and to the movies.

### **Freedom from Emotional Eating Group**

Dr. Karlyne Morawe & Dr. Tanya Watford

M, 1130-1300 VVC

This group is for veterans who engage in unhelpful eating behaviors as a way to address difficult or unwanted experiences. Skills taught in the group are adapted from DBT with the goal of reducing unhelpful eating behaviors used to regulate emotions. The group is held for 10 weeks on Mondays from 1130 until 1300 and is a closed cohort. The next cohort will meet May 15th. (Please send referrals to either Dr. Karlyne Morawe or Dr. Tanya Watford).

### **SUD Continuing Care**

M 1:00-2:00 pm, VVC

**“INVITE ONLY”**

This is a VVC group for people who are continuing their care and have been sober for a while. Topics include emotional regulation and sober lifestyles. Discussion of transition of treatment to community social support. (12-step, rec therapy, church activities, Phoenix Recovery Program).

## **TUESDAY**

### **SUD Relapse Prevention**

M/W/F 2:00-3:00 pm, VVC

This group is an open group for veterans. This group provides strategies, skills, and tools needed to remain sober and prevent relapse. This group is appropriate for veterans who have been sober for 6-months or longer. Contact your case manager or Miguel A. to get on the list at 208-422-1000 x7770

### **Trauma Symptom Management**

Morgan Robinson, LMSW

Mondays from 2:30 to 3:30 via VVC

Open cohort

This group is for veterans who have experienced significant trauma during their life. A PTSD diagnosis is not required for this group. People on the anxiety spectrum may find this group useful. Trauma symptom management group teaches veterans how to better manage common signs and symptoms associated with exposure to traumatic events. Examples of signs and symptoms include, but are not limited to avoidance, hyperarousal, intrusive experiences, emotion regulation, and sleep disturbances. Specific traumatic events experienced by participants are not discussed in group. The group is held for 10 weeks on Mondays from 2:30 to 3:30pm.

### **Vietnam Support Group**

Joshua Echeverria, LCSW

Tu, 10:00 a.m.-11 am, Bldg. 114 GR 1, 2

This group is for Vietnam COMBAT veterans. This group is populated with totally disabled, PTSD/depression/now sober combat veterans. This group provides socialization and supportive psychotherapy. It provides an opportunity to talk about current issues related to relationships, gaining, chronic illness, and to re-examine traumatic experiences (if that is what is needed). To refer a veteran, please first verify that they did deploy to Vietnam and then contact Josh Echeverria to refer.

### **SUD Access To Recovery**

T/TH 10:00-11:00 am, In-Person Building 114

This is a drop-in, awaiting placement group for Veterans who are questioning their substance use disorder, ambivalent about sobriety, or in the process of recovery.

### **DBT Tuesday/Thursday (Dialectical Behavioral Therapy) Skills Group**

Josh Bode

Tu & Th 10:00-11:30am, VVC

Please ask your provider to submit a consult for this group. This group provides the opportunity to learn coping skills to decrease interpersonal chaos, labile emotions and moods, impulsivity and confusion about self. This group offers veterans skills training in mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation. The group involves homework and outside skills practice and lasts approximately 32 weeks.

### **Lesbian Gay Bisexual Transgender Questioning + (LGBTQ+) Support Group**

Susie Klepacki

Tu, 12pm-1pm, Hybrid VVC & in-person

This support group offers LGBTQ+ Veterans with peer support in a safe, supportive, educational environment.

### **Bereavement Group**

Lucinda Scott, PhD and Hilary Jacobs, LMSW

T 1230-1400, In-Person Building 114

Veterans who are not currently a BHIP patient will need a BHIP consult and can be screened following intake. Contraindications for group participation include the experience of traumatic death (e.g., grieving the loss of a young child, sudden deaths from accidents, suicide, murder, etc.), complex/complicated grief, severe and untreated mental health concerns, acute mental health crisis, or active thoughts or feelings of suicide.

## **TUESDAY**

### **Housing-Up Group**

John Randall

Tu, 2:00 pm-3:00 pm, River St. Conference Room

Ongoing, weekly group for veterans with HUD VASH Vouchers seeking housing. Veterans will develop skills and opportunities to decrease barriers to housing.

### **Foundations of Behavioral and Recreational Pain Management ("Boot Camp")**

Rebekah Kintzing, PsyD and Ann Wildman, RT  
Tu, 1300 – 1430, VVC

Pain Management "Boot Camp" is a four-week introduction to active pain management skills. Co-led by Psychology and Recreational Therapy, veterans will receive an overview of a variety of cognitive, behavioral, and movement-based tools to cope with and manage chronic pain. This group is more psychoeducational in nature, and an excellent starting place for veterans with limited to no exposure to behavioral pain management.

### **Taking Charge of My Life and Health**

Lucinda Scott and Janice Lung  
Tuesday, 2:30 – 4:00 pm, VVC

This class is an opportunity to empower Veterans to reflect on what really matters to them and what they want their health for. This group is helpful for those Veterans who are "stuck" and looking for ways to Take Charge of their direction in life. Veterans are encouraged to choose an area of their lives that they want to enhance and develop a plan for carrying out goals and actions. These 7-week courses begin every other month and are available via VVC or in person. Contact Janice Lung or Lucinda Scott if you have an interested veteran.

### **MHICM (Family Group)**

Chalice Silflow

Every Tuesday 3:00pm-4:00pm GR 2  
Must be in MHICM Program

### **Coping with Difficult Emotions**

Ashley Jorgensen, LCSW

Tuesdays, 1630-1730, VVC

The group consists of skills adapted from DBT, ACT, and CBT. It is an open-enrollment group for Veterans who are looking for a place to fine-tune their skills. The content covered will include mindfulness, understanding emotions, barriers to emotion regulation, coping with difficult and/or extreme emotions, and accumulating positive emotions. Contact Ashley Jorgensen for referrals/ questions.

### **Written Exposure Therapy Group.**

Danielle "Naomi" Johnson or Amy Rigenhagen  
T, 4:30pm-5:30pm, VVC

Written Exposure Therapy (WE Therapy) is a type of cognitive behavioral treatment that focuses on decreasing symptoms of post-traumatic stress disorder (PTSD). It is a short-term, group therapy that addresses trauma memories in a safe and supportive environment. This is an open-enrollment group for Veterans diagnosed with PTSD. Any Veteran who wishes to attend the group will need to be screened by the PTSD Clinic. Contact Naomi Johnson for referrals/questions.

### **Trauma Symptom Management**

Hilary Jacobs, LMSW

Tuesdays from 4:30 to 5:30 via VVC  
Open cohort

This group is for veterans who have experienced significant trauma during their life. A PTSD diagnosis is not required for this group. People on the anxiety spectrum may find this group useful. Trauma symptom management group teaches veterans how to better manage common signs and symptoms associated with exposure to traumatic events. Examples of signs and symptoms include, but are not limited to avoidance, hyperarousal, intrusive experiences, emotion regulation, and sleep disturbances. Specific traumatic events experienced by participants are not discussed in group. The group is held for 10 weeks on Tuesdays from 4:30 to 5:30pm.

## **TUESDAY**

### **SUD Women's Group**

Tuesdays from 1700-1830 in building 114  
Lynda Hall and Mimi Fetzer

This group is for veterans who identify as female and have a SUD-related diagnosis. Veterans will be guided through a 10-week series where they will learn about boundaries, recovery skills, mental health, and the importance of self-care. Materials have been compiled from various evidence-based guidebooks and resources, resulting in a meaningful interactive group.

*please contact Lynda Hall or Mimi Fetzer for referrals*

## **WEDNESDAY**

### **MOVE/Weight Program**

Mina Mustafic

Wednesday's Cohort #1 from 9-10AM VVC

Cohort#2 from 2-3PM VVC

This group is for veterans wishing to work on goal of weight loss.

This group takes a holistic approach to weight loss and healthy lifestyle changes, focusing on behavioral health, diet, and exercise. The groups are held for 16 weeks on Wednesday mornings and afternoons and is a closed cohort. The next cohort will start May 1<sup>st</sup>, 2024. (Please ask your Primary Care Provider for referral to learn more).

### **SUD Intensive Outpatient Group (IOP)**

Nichole Herold

M/W/F 9:00-11:00 am, In-Person Building 114

**"INVITE ONLY"**

This group is for veterans new to recovery who need a higher level of care. Veterans will learn about early recovery skills, thinking errors, PAWS, coping skills, and other tools needed to become and remain sober. This group is a psychoeducational and process group. WRAP group is incorporated into the IOP Group on Fridays. This group is for 8 weeks, then the curriculum repeats. Attendance at every group session is strongly encouraged.

### **SUD Recovery Process Group**

Miguel A.

M/W/F 10:00-11:00 am, In-Person Building 114

**"INVITE ONLY"**

This is a VVC or in-person group for people who are continuing their care and have been sober for a while. Topics include emotional regulation and sober lifestyles. Discussion of transition of treatment to community social support. (12-step, rec therapy, church activities, Phoenix Recovery Program).

### **ACT group**

Dr. Watford

W, 1000-1130 VVC

Acceptance and Commitment Therapy (ACT, pronounced "act") focuses on learning ways to accept emotions and thoughts and commit to a quality life. You will not be asked to think differently; instead, you will learn to "see" your thoughts in such a way that they don't continue to guide your behavior. We also will not try to change emotions; rather, we'll focus on acceptance of emotion. Not in a "just give up" fashion! We will do this to reduce struggle with experiences beyond our control and carry emotion compassionately so you can live the life you want to live. This group is not a good fit for someone acutely suicidal or experiencing behaviors consistent with personality disorder diagnoses. This group is a good fit for people wanting to increase adaptive responses to thoughts and emotions, increase values-consistent behavior, improve quality of life and increase meaningful living, and learn skills that support progress toward therapy goals.

### **Cognitive Behavioral Therapy for Chronic Pain**

Rebekah Kintzing

W, 10:30-12:00pm, VVC

This is an 8-week group that covers Cognitive Behavioral Therapy interventions for managing and coping with chronic pain. This group is a great follow up to "Boot Camp" as it takes a "deeper dive" into the skills introduced in those four weeks, but also is a good fit for veterans who have engaged in CBT interventions before or would like a group setting with more support and interaction with other veterans.

## **WEDNESDAY**

### **MHICM Lunch Bunch**

MHICM Staff

W, 11:00-1:00pm, bldg. 114 Kitchen

This group is for veterans in the MHICM program.

This group encourages healthy social and interpersonal skills.

--The vets need to be referred to the MHICM program before they can attend!

### **Social Skills Group (MHICM ONLY)**

Julie Orozco Geoff Hall

W, 11:30-12:30 am, MHICM Kitchen

Social Skills group is an evidenced base group for individuals with severe chronic mental illness. The group consists of learning one skill each week, like making a request, or expressing a negative emotion. Each skill consists of 3-4 steps that are practiced in a series of role plays by each member. Referrals are accepted yearly. Participants must learn the 4 basic skills through individual sessions prior to starting the group which usually begins in February and lasts four to five weeks.

### **Healthy Teaching Kitchen**

Madison Keller

Wednesday afternoons (times vary), in person  
Come join us to learn about cooking and preparing meals, reading recipes and shopping smart. We demonstrate some simple, healthy recipes for your go-to meals. To join this class, contact your Primary Care Provider.

### **SUD Continuing Care**

Kirk Stadelmeyer

M/W/F 10:00-11:00 am, In-Person Building 114

**"INVITE ONLY"**

This is a VVC or in-person group for people who are continuing their care and have been sober for a while. Topics include emotional regulation and sober lifestyles. Discussion of transition of treatment to community social support. (12-step, rec therapy, church activities, Phoenix Recovery Program).

### **Co-Piloting Chronic Pain**

Dr. Alison Radcliffe

W, 1300-1430, VVC

"Co-Piloting" is a six-week introduction to active pain management skills for Veterans and a support person. Members will receive education about pain that includes an overview of a variety of cognitive, behavioral, and movement-based tools to cope with and manage chronic pain. It will also focus on tools to help support open and healthy communication about pain and its management. This group is primarily psychoeducational in nature and is designed to give members the tools to support one another as they live with chronic pain.

### **Mindfulness Based Stress Reduction (MBSR)**

Adam Brotman

W, 2pm-4:30pm, VVC or in-person

8 Week Program

This is a clinically proven program of meditation and mindful movement practices for alleviating stress, anxiety, PTSD, depression, and other conditions. This powerful approach shows you how to develop present moment attention in order to permanently change the way you deal with stress. You will learn how to replace stress-promoting habits with mindful ones – skills that will last a lifetime! This is an 8-week program.

*Please Contact Adam for Referrals*



## **WEDNESDAY**

### **Beyond Service (Post 9/11 Support Group)**

Colleen Fletcher, LMSW

Amy Rigenhagen, LMSW

Wednesdays, 1630-1730, In-Person

This group aims to provide community, connection, and counseling through building supportive relationships during this period of transition from military service. This group is a hybrid of Topic Focused and Open Forum, topics can be rotated based upon interests of the group members and will be related to common challenges during re-adjustment to civilian life. Please contact Colleen Fletcher or Amy Rigenhagen for referrals or questions.

### **Anger Management**

Thomas Madden

W, 5:30-6:30pm, GR 1, B114

This group is for veterans who are self-referred, clinician-referred, or court-ordered to anger management. Managing Anger is a psycho-educational and therapeutic process group that meets each Wednesday's from 5:30 to 6:30 pm for eight consecutive weeks. The group focuses on cognitive, verbal/behavioral coping skills to manage anger using the SAMHSA program. New referrals are welcome!

## Thursday

### **WRAP® Wellness Recovery Action Plan**

Steve Walker, Cameron Rail

9am-4pm, Bldg. 23 Room #105,

Thursday and Friday

*Offered –7-8 Mar, 9-10 May, 18-19 July, and 12-13 Sept 2024*

This Peer Support-lead, two-day workshop explores and develops a Copeland Center approved & versatile strategy for working through recovery to wellness using a Wellness Recovery Action Plan (WRAP®). It employs the concepts of Hope, Self-Responsibility, Education, Self-Advocacy, and Support. This workshop is for people who experience mental health and other challenges and who want to take control of their lives.

### **DBT Tuesday/Thursday (Dialectical Behavioral Therapy) Skills Group**

Josh Bode

Tu & Th 10:00-11:30am, VVC

Please ask your provider to submit a consult for this group. This group provides the opportunity to learn coping skills to decrease interpersonal chaos, labile emotions and moods, impulsivity, and confusion about self. This group offers veterans skills training in mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation. The group involves homework and outside skills practice and lasts approximately 32 weeks.

### **SUD Access To Recovery**

T/TH 10:00-11:00 am, In-Person Building 114

This is a drop-in, awaiting placement group for Veterans who are questioning their substance use disorder, ambivalent about sobriety, or in the process of recovery.

### **Trauma Symptom Management (PTSD) Group**

Destinee Stoeger

Th, 11:00-12:00 VVC

This group is for veterans who have experienced significant trauma during their life. A PTSD diagnosis is not required for this group. People on the anxiety spectrum may find this group useful. Trauma symptom management group teaches veterans how to better manage common signs and symptoms associated with exposure to traumatic events. Examples of signs and symptoms include, but are not limited to avoidance, hyperarousal, intrusive experiences, emotion regulation, and sleep disturbances. Specific traumatic events experienced by participants are not discussed in the group. The group is held for 10 weeks.

### **SUD Diversity Group**

TH 11:00 am-12:00 pm, VVC

**“INVITE ONLY”**

The goal of this SUD IOP Diversity group is to provide equity and inclusion for all Veterans who have felt marginalized because of their race, identity, etc. The SUD IOP Diversity Group’s purpose is to help veterans develop trust and establish a safe place to process the negative experiences that minority groups encounter in the U.S. Military.

### **Mindfulness/Meditation**

Wendy Cary

Th, 12:00-1:00pm, B114, GR4

This weekly experiential group is for all veterans who feel they might benefit from becoming more mindful and aware as they move through their daily life allowing them to make better choices that positively support their health and well-being. Participants will also have the opportunity to explore and practice a variety of meditation techniques to help with issues such as insomnia, pain, and stress.

# Thursday

## **Transforming Group**

Josh Bode

Th, 1:00-2:00pm, (In Person Only)

This group is for all veterans who struggle with maladaptive coping mechanisms, (addiction of any sorts, eating disorder, emotion regulation, boundaries, and much more) This group meets weekly to provide mutual support and insight. Provider helps veterans by using a variety of therapeutic modalities including CBT, Motivational Interviewing and Group Support.

## **CBT-D group**

Jessie Brown, LCSW and Amanda Pentland, LCSW

Th, 1:00-2:30 VVC

The overall goal of CBT-D is to improve symptoms of depression by helping the Veteran to develop strategies to help balanced unhelpful thoughts, emotions and by helping them spend more time engaging in pleasurable or productive activities. The group will learn to apply real-life skills to cope with problems that come, even after therapy has ended. The group will be open to new participants every four weeks. If you have patients who would be a good fit for CBT-D, please cosign us onto a note.

## **STAIR Group**

Melissa Kremer / Naomi Johnson

Th, 2:00 – 3:00, VVC or BLG 114 (Hybrid)

STAIR: This group will focus on developing emotional awareness, the ability to regulate emotions, and skills for navigating relationships. This group will help you understand the unhealthy patterns you have developed in relationships and learn ways to increase assertiveness, flexibility, and closeness with those you care about. This is a 12-week group 60 min group.

## **Taking Charge of My Life and Health**

Lucinda Scott and Janice Lung

Thursday, 2:30 – 4:00 pm, Education Building

This class is an opportunity to empower Veterans to reflect on what really matters to them and what they want their health for. This group is helpful for those Veterans who are “stuck” and looking for ways to Take Charge of their direction in life. Veterans are encouraged to choose an area of their lives that they want to enhance and develop a plan for carrying out goals and actions. These 7-week courses begin every other month and are available via VVC or in person. Contact Janice Lung or Lucinda Scott if you have interested veteran.

## Friday

### **MHICM Breakfast**

MHICM Staff

F, 8:00-10:00 am, Community

This group is for veterans in the MHICM program.

This group encourages healthy social and interpersonal skills.

--The vets need to be referred to the MHICM program before they can attend!

### **WRAP® Wellness Recovery Action Plan**

Steve Walker, Cameron Rail

9am-4pm, Bldg. 23 Room #105,

Thursday and Friday

*Offered – 7-8 Mar, 9-10 May, 18-19 July, and 12-13 Sept 2024*

This Peer Support-lead, two-day workshop explores and develops a Copeland Center approved & versatile strategy for working through recovery to wellness using a Wellness Recovery Action Plan (WRAP®). It employs the concepts of Hope, Self-Responsibility, Education, Self-Advocacy, and Support. This workshop is for people who experience mental health and other challenges and who want to take control of their lives.

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Kirk Stadelmeyer

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**“INVITE ONLY”**

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### **SUD Wellness Recovery Action Plan (WRAP) Elements**

Dan Chapman

F 9:00-11:00, In-Person Building 114

An evidence-based process to help Veterans improve the quality of their lives by incorporating wellness strategies. Veterans will participate in the process aimed at restoring feelings of control by leveraging adaptive, positive skills, abilities, and experiences that have enabled Veterans to get to where they are today.

## **Diabetes Basics Group**

Margaret Grosvenor

F, 1:00-2:30, In-Person, Building 54 Rooms 1-2

7 Weeks

Our Diabetes team will teach you about healthy eating, Mediterranean diet, medications, foot care, exercise, and taking care of your whole health to grab the reins on your diabetes.

Contact your Primary Care Provider or your mental health provider to get started.

## **SUD Relapse Prevention**

M/W/F 2:00-3:00 pm, VVC

This group is an open group for veterans. This group provides strategies, skills, and tools needed to remain sober and prevent relapse.

This group is appropriate for veterans who have been sober for 6-months or longer.

Contact your case manager or Miguel A. to get on the list at 208-422-1000 x7770

# PRINCIPLES OF RECOVERY

