



Here for All.

Stanly County Group Therapy Sessions

In addition to traditional outpatient individual therapy, Monarch offers a variety of Group Therapies. Group Therapy has significant benefits, including reducing mental health symptoms and addressing personal goals. Participants experience emotional support, empathic understanding, and authentic encouragement from one another. Individuals can increase self-confidence through revealing their interior lives. Group therapy is instrumental in healing many types of emotional and psychological struggles people experience: depression, anxiety, anger, fear, shame, etc. Members feel less alone in the world through understanding that what they're going through is not altogether uncommon. Understanding other people's problems, goals, and solutions helps members clarify their own.

Committed attendance is encouraged, as the commitment to the group is in itself therapeutic. When members "show up," they do so not only for themselves, but for other participants as well.

Sessions will be held at
350 Pee Dee Avenue, Ste. A
Albemarle, NC 28001
(704) 986-1500

For more information about these and other services offered at Monarch, call (866) 272-7826.



Find us on Facebook



Taking Control of your Thoughts and Moods: *Mondays, 10 a.m. - 11:30 a.m.*

According to recent data, more than 1 in 10 American adults struggle with clinical depression. Some noticeable symptoms include difficulty sleeping, loss of appetite, loss of motivation, and difficulty concentrating. Because depression affects nearly 8 million people, you are not alone. However, what many do not realize is that depression is one of the most treatable mental health diagnoses. Our depression group utilizes Cognitive Behavioral Therapy (CBT) techniques to help identify, challenge, and replace problematic thinking patterns that often underline depression. Find hope and support from others, develop new skills, and decrease symptoms through learning how to take control of your thoughts and moods.

Seeking Safety: *For women – Tuesdays, 9:30 a.m. - 11:30 a.m.*

Seeking Safety: *For men – Wednesdays, 1 p.m. - 2:30 p.m.*

Seeking Safety is a cognitive behavioral evidence-based approach to managing symptoms of Post Traumatic Stress Disorder and substance abuse. This model combines the best of group with some individual sessions. In a safe and supportive environment, individuals will be exposed to a vast number of coping skills designed to rebuild boundaries, self-esteem, and self-confidence that were diminished due to a history of trauma.

Recovery Times Two: *Tuesdays, 1 p.m. – 2:30 p.m.*

Recovery Times Two provides support to individuals with a dual diagnosis of substance abuse and a co-occurring mental health disorder. Individuals will receive integrated treatment designed to treat both disorders simultaneously. An evidence-based approach suggested by the Substance Abuse and Mental Health Services Administration (SAMSHA) will be utilized as a component of the integrated treatment for co-occurring disorders.

I Don't Need to be Here: *Wednesdays, 5:30 p.m. – 7 p.m.*

I Don't Need to Be Here focuses on the needs of adolescents who have encountered social, legal, or academic problems related to the use of substances. This group also offers parental and family education and therapy on the effects of substance use. It is an evidence-based program from the Substance Abuse and Mental Health Services Administration (SAMSHA). The group combines Motivational Enhancement Therapy with a cognitive behavioral approach, and also identifies community resources for participants.



Stanly County Group Therapy Sessions

One of North Carolina's most trusted providers of services for people with mental illness, substance abuse challenges, and intellectual and developmental disabilities.

Piedmont Region Behavioral Health Services

Serving Cabarrus, Davidson, Rowan, Stanly and Union counties.

Day Treatment (Ages 11-21)

Peer Support (Adults only)

Outpatient Therapy and Psychiatric Services
(Children and adults)

Assertive Engagement (Children and adults)

Assertive Community Treatment Team (ACTT) (Adults only)

Intensive In-Home Services (Ages 4-20)

Residential Services (Adults only)

For the most up-to-date information on **Monarch Behavioral Health** services and where they are provided, or for more information, go to www.MonarchNC.org or call (866) 272-7826.

Monarch provides supports and services to people with intellectual and developmental disabilities, mental illness and substance abuse challenges throughout North Carolina. Monarch, which operates The Arc of Stanly County, is a nonprofit and is an affiliate chapter of The Arc of North Carolina and The Arc of the United States. The nonprofit organization is nationally accredited by CQL and CABHA certified.



An affiliated chapter of The Arc



Substance Abuse & Driving While Impaired Group Therapy (SA/DWI)

SA/DWI I: *Mondays, 5 p.m. – 7 p.m.*

SA/DWI II: *Tuesdays, 5 p.m. – 7 p.m.*

SA/DWI III: *Wednesdays, 9 a.m. – 11 a.m.*

SA/DWI I, II, & III provides substance abuse treatment opportunities each week. SA/DWI I is more specific to "short-term" treatment. SA/DWI II is designed for those participants who require "longer-term" treatment. SA/DWI III provides a morning session for individuals who want to get their driver's license reinstated. While these groups are specific to the needs of Driving While Impaired offenders, they also meet the needs of individuals who are referred by the Department of Social Services (DSS) and the Department of Community Probation. Individuals are encouraged and motivated to quickly comply with their referring entities. Group participants will gain insight on the effects of alcohol and drugs on the body and brain; the disease model; the progress of the disease ranging from social use to addiction, as well as how substance use disorders impact the family. Additionally, individuals will consider their psychosocial biological predisposition to substance use, their "stage of change," and identify their personal triggers both internal and external. Driving While Impaired legislation, Mother's Against Drunk Driving, and other consequences of substance abuse will be covered. Motivational Interviewing, a person-centered approach that meets individuals where they are and uses specific motivational techniques for each stage of change from pre-contemplation to maintenance, will be incorporated into these sessions.

Creative Coping: *Fridays, 10 a.m. – 11 a.m.*

Finding ways to cope — with depression, stress, anxiety and more — is one of the important keys to overcoming any mental health challenge. Creative Coping combines creative self-expression with techniques found in more traditional Cognitive Behavioral Therapy (CBT) to improve overall functioning in the world. Group members find strength in numbers, learn from each other, and will develop new skills to help reduce symptoms.

Anger Management (*For individuals with substance abuse and mental health diagnosis*):
Wednesdays, 3 p.m. – 4:30 p.m.

This group is designed for individuals with substance abuse and mental health diagnosis who have difficulty controlling their anger. Approximately 40 percent of frequent cocaine users reported engaging in some form of violent behavior, according to data from the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Household Survey on Drug Abuse. Anger and violence often can have a causal role in the initiation of drug and alcohol use. This group is an evidence-based model that has been delivered to hundreds of individuals over the years, and is popular with both individuals and clinicians. This intervention is appropriate for individuals referred by the courts to address anger issues that have resulted in legal charges. It is not, however, appropriate for individuals needing domestic violence counseling and/or treatment.

Dialectical Behavioral Therapy: *Mondays, 1 p.m. – 3 p.m.*

Dialectical Behavioral Therapy is the evidence model for individuals diagnosed with Borderline Personality Disorder. Developed by Marsha M. Linehan, Ph.D., it is identified by Behavior Research and Therapy as the "gold standard" for the treatment of this diagnostic category. Cognitive Behavioral Therapy is designed to specially address interpersonal effectiveness, emotion regulation, distress tolerance and mindfulness. The two hour groups are designed to build skills and the built-in individual therapy is designed to review weekly progress and use of skills.