

Caron's Psycho-Educational Support Groups



Caron's Student Assistance Program offers a wide variety of support groups to help students learn to cope effectively with many common barriers to their success. Our programs allow students to gain strength and understanding in a confidential setting from peers who share their struggles while also educating them with the tools necessary to thrive despite their challenges. Groups typically run one class period per week for eight sessions and are facilitated by a trained Student Assistance Program Specialist from Caron Treatment Centers. Group topics include but are not limited to:

Anger Management

Uncontrolled anger can wreak havoc on a student's life and those around them. In this group, students will be given opportunities to learn and practice new methods for dealing appropriately with feelings and expressions of anger.

Changing Families

When parents are divorcing or remarrying, children and teens are often left with a multitude of confusing feelings. Through this group, students realize they are not alone in dealing with these changes and can learn tools for coping appropriately with their family stress. Students meet with other students who are experiencing parental separation and divorce to discuss personal concerns and feelings regarding being a child of divorce.

Grief and Loss

In this group, students meet to gain support from peers experiencing similar feelings of grief or loss as a result of the death of a friend or loved one. Through a variety of methods, students can work through their own unique grieving process while being comforted by peers who can relate to what they're going through.

Teen Issues

Relationship skills, self-empowerment, academic stress, peer concerns and general teen issues are topics covered in this group.

Resiliency Skills

In this group, students dealing with a multitude of different stresses and challenges will participate in sessions designed to foster resiliency skills including boosting optimism, building strong relationships, focusing on goals, becoming a problem solver and defining personal strengths.

Stress Management

Students discuss sources of stress in their lives and gain peer and facilitator support in trying new, healthy methods for managing stress.

Kids of Promise (For Children of Alcoholics/Addicts)

Children of Alcoholics, who are affected by a parent or guardian's misuse or addiction to chemicals, are often difficult to identify but are desperately in need of support. This group provides educational activities as well as a safe environment for students to begin processing their thoughts and feelings with understanding peers.

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Drug and Alcohol Insight

This group has been designed for students identified as being at risk for chemical dependency. The objectives for this group focus on educating students about the risks of substance use, as well as the development of healthy skills such as dealing with feelings, coping with stress, and refusal skills.

Drug and Alcohol Intervention

This group is designed for students whose current drug and alcohol usage puts them at high risk for chemical dependency. In addition to lessons designed to provide a "wake-up call" to students, the group focuses on the benefits of abstaining from drugs and alcohol while empowering them with skills to enjoy life and cope with problems without substances.

Recovery Care Support

Leaving the safety net of a treatment center and entering back into the pressures of school can be very stressful for a student trying to stay sober. This group allows students to be with others who share their unique struggles and provides extra support and encouragement for those returning from residential or other drug and alcohol treatment.

Marijuana Awareness

A curriculum designed to teach high school students the skills necessary to quit and remain abstinent from Marijuana Use. This 8-session psycho-educational support group has been designed as an early intervention for teens at risk for marijuana dependence.

Project CONNECT®- Nicotine Cessation

The main goal of Project CONNECT is to help participants plan, prepare and develop skills that will help them find their own success through the quitting process. Participants meet for approximately 45 minutes, once a week for eight weeks and discuss and work on topics such as, the health effects of tobacco use, goal-setting, decision-making, healthy lifestyle choices, resiliency, stress management and social skills. The program also aims to increase the program participants' knowledge and awareness of the cycle of addiction and the benefits of quitting.