Our chemical dependency department offers a range of services for the individual dealing with a substance abuse problem and their family members in both our San Rafael and Petaluma clinics.

**CHEMICAL DEPENDENCY EDUCATION SERIES** - a 12-week series of classes offered for clients who are participating in recovery groups, their spouses, partners, or family members, and/or any Kaiser member who has questions about their own or someone else’s substance use. Any Kaiser member may attend this class and no intake in Chemical Dependency or Psychiatry is required.

San Rafael (Dept. of Psychiatry): **TUESDAYS 5:00 - 6:30pm**  
Petaluma (Dept. of Psychiatry): **FRIDAYS 5:00 – 6:00pm**

The following groups are by referral after an intake with a Chemical Dependency therapist:

**EARLY RECOVERY GROUPS** (ERG’s) are recovery groups for individuals agreeing to make a commitment to total abstinence from alcohol and drugs for a period of at least three months and who are willing to work on issues of initial recovery. The focus of the Early Recovery Groups is on education, support, and learning relapse prevention strategies, with the goal of assisting you in maintaining total sobriety. If you are having difficulty maintaining a commitment to abstinence, please discuss it in group and/or with your primary therapist. You may be referred to a higher level of chemical dependency treatment. At times during your participation in the program, you may be asked to provide a random urine sample in order to assess your sobriety.

San Rafael (Dept. of Psychiatry):  
Morning: **TUESDAY and THURSDAY 8:00 - 9:30am**  
Evening: **MONDAY, WEDNESDAY, and FRIDAY 5:00 - 6:00pm**

Petaluma (Dept. of Psychiatry):  
Evening: **MONDAY and WEDNESDAY 5:00 - 6:00pm**

**WOMEN’S RECOVERY SUPPORT GROUP** – a drop-in group for women in all stages of recovery who are committed to abstinence from alcohol and drugs.

San Rafael (Dept. of Psychiatry): **FRIDAYS 11am - 12:30pm**

**SENIOR SUPPORT GROUP** - a weekly recovery group offered specifically for seniors who are committed to abstinence from alcohol and drugs and working on issues of recovery.

San Rafael (Dept. of Psychiatry): **MONDAYS 11:00am - 12noon**

**CHEMICAL DEPENDENCY MEDICATION GROUP** – a bi-weekly support group for individuals in recovery who are also prescribed habit-forming medications, such as Suboxone.

San Rafael (Dept. of Psychiatry): **TUESDAYS 5 - 6pm and THURSDAYS 2 - 3:30pm**

**DUAL RECOVERY GROUP** – a weekly, drop-in support group for individuals in any stage of the recovery process who are also challenged by a psychiatric condition.

San Rafael (Dept. of Psychiatry): **TUESDAYS 2 - 3:30pm**

**SELF-HELP MEETINGS** are extremely useful for individuals in any stage of recovery and you will be encouraged to attend such meetings as Alcoholics Anonymous (AA), Narcotics Anonymous (NA), LifeRing, or other such meetings if you are participating in recovery groups.
CHEMICAL DEPENDENCY TREATMENT GROUP GUIDELINES:

Confidentiality – it is of utmost importance that you and your fellow group members respect each other’s confidentiality and anonymity. This means that we expect you to keep the personal information you hear discussed in the groups private, that clients share only their first names with the group, and that clients do not approach one another if they see one another outside of the group or clinic (unless agreed upon beforehand). Please refer to the Informed Consent sheet for additional information on some of the legal limits of confidentiality.

Abstinence – if you use alcohol or drugs on the day you are scheduled to be in an abstinence-based recovery group, please call the front desk and cancel for that day. Return to the next group and talk about your slip. You may also wish to attend a self-help meeting in the meantime for additional support, as well as contact your primary therapist.

Check-in for recovery groups consists of stating your first name, substance(s) of choice, how long it has been since you have used it (them), and whether you are attending outside self-help meetings. You are also encouraged to talk about current stressors or issues that may be affecting your recovery, your physical and emotional well-being as you progress through different stages of recovery, and the behaviors you are doing that might be threatening or strengthening your recovery.

Group discussion – cross-talk is encouraged in the recovery groups, but please keep in mind that all comments should be made in a respectful and supportive manner. Also, comments where you focus on your own personal experiences are generally the most helpful when providing feedback to others.

Romantic, sexual, or business involvement – we ask that you refrain from developing any romantic, sexual, or business relationships with any person in the Kaiser recovery program. This type of involvement tends to jeopardize recovery and the group treatment process.

Clothing – we ask that you avoid wearing clothing or accessories with alcohol or drug related brands, logos, or sponsors to the recovery groups and classes.

Cell phones and beepers should be turned off before the start of any group you attend as part of your treatment here.

Your Primary Therapist is the provider who initially saw you for an intake. You will benefit from having periodic meetings with your provider. Please also contact your therapist if any questions or concerns arise for you during the course of your participation in the program.

[revised 12/09]