

## Check-In/ Check-Out:

At STEP we start and end the day with a group during which youth rate their emotional state on a scale, identify program goals, and then reflect on their progress towards those goals throughout the day. Youth also engage in ice breaker questions in order to build rapport and connection with the other youth in group.

## Skills Group:

Skills group teaches coping skills in order to support them in managing difficult moments, improving communication with others, increasing understanding of emotions and improving strategies to decrease stress. Skills topics can include:

- Mindfulness
- Why emotions are important
- Mind and body connection
- Distress tolerance, distraction
- Distress tolerance, self-soothing
- Crisis survival skills
- Reframing your negative thoughts
- Radical acceptance
- Mindful stopping
- Managing your emotions

## Future Focus:

Education and vocational needs are incredibly important! Future Focus is the time to work on school assignments, school projects, or vocational needs if interested in getting involved with a job or volunteer opportunity. We support with preparing to return to school or jobs after graduation from STEP. We will provide academic support and assistance through online teaching tools, counseling assistance, and emotional support.



## Group Descriptions



## Recreation Group:

Recreation group puts the skills we are learning into practice. Youth participate in a number of activities that open the door to utilizing various coping skills they might not otherwise have been exposed to. Recreation Group can support with feeling more balanced, grounded, and calm with activities like:

- Multi-media art and activities
- Progressive muscle relaxation
- Soothing jars
- Mindfulness and guided visualization
- Coping thoughts books
- Breathing exercises

## Circle:

Circle gives youth the opportunity to share their stories and the feelings behind their experiences through narrative therapy exercises and process groups that allow youth to explore their values and what is important to them. This group helps youth make life decisions that support their vision and goals. This primarily client-led group is a favorite of the youth because it allows them to feel connected to other's experiences and therefore more compassionate to themselves.

## Nursing Corner:

Each STEP program has a Registered Nurse on staff with specialized knowledge around medical issues. In this group, youth will receive psychoeducation about different topics that impact their mental health and overall wellness.

Topics can include:

- Real Talk about Social Media
- Sleep Hygiene
- Breaking the Panic Cycle