

32nd STREET FMHU GROUPS

DREAMS & NIGHTMARES GROUP

WHO: Open to patients who have nightmares or problematic dreams; can be PTSD related or not.

WHEN: Tuesdays 0800-1000

HOW TO REFER: Please place a formal consult in AHLTA/CHCS for Mental Health NAVSTA, and make sure the wording in the consult emphasizes that the consult is only for this group so that a full intake is not scheduled when not required. For additional information about this group please send an email to LT Hummel

MINDFULNESS SKILLS GROUP

WHAT: This group will offer a new mindfulness skill each month. Some of the monthly focus areas to include:

Diaphragmatic breathing, Safe Place Visualization, Mantram Repetition, PMR, Wise Mind, and Letting Go - just to name a few. **WHEN:** Mondays 1300- 1415

MANTRAM REPETITION TRAINING PROGRAM

WHAT: Mantram Repetition or Rapid Relaxation Response Program was developed from the work of Sri Eknath Easwaran. It is an evidenced-based complementary and spiritually-based practice to manage unwanted thoughts or feelings throughout the day.

WHEN: Wednesdays: 1300-1430 (excluding holidays).

WHERE: NAVSTA FMHU Conference Room (Please check-in 15 minutes prior to group at NAVSTA FMHU Front Desk)

BALANCED LIVING GROUP

WHO: Open to patients who have difficulties with borderline personality disorder symptoms or other borderline personality disorder traits. STEPPS is a cognitive-behavioral, skills-training group therapy treatment for borderline PD. **WHEN:** Wednesdays 1000-1200

GRIEF AND LOSS GROUP

WHEN: Thursdays 1400 - 1530

HOW TO REFER: Please place a formal consult in AHLTA/CHCS for Mental Health NAVSTA, and make sure the wording in the consult emphasizes that the consult is only for this group so that a full intake is not scheduled when not required. For additional information about this group please send an email to Dr. Bosker.

LIMITED DUTY GROUP

WHEN: Mondays 1430-1600 until August then Tuesdays 1430-1600

WHERE: FMHU Conference Room (please check in 15 minutes prior to group at NAVSTA FMHU front desk)

HOW TO REFER: Please place a formal consult in AHLTA/CHCS for Mental Health NAVSTA, and make sure the wording in the consult emphasizes that the consult is only for this group so that a full intake is not scheduled when not required. For additional information about this group please send an email to Dr. Bosker.

MANAGING EMOTIONS AND INTERPERSONAL COMMUNICATION SUPPORT GROUP

WHEN: Mondays 1030-1200

HOW TO REFER: Please place a formal consult in AHLTA/CHCS for Mental Health NAVSTA, and make sure the wording in the consult emphasizes that the consult is only for this group so that a full intake is not scheduled when not required. For additional information about this group please send an email to Dr. Hunt.

MEN'S GROUP

WHEN: Tuesdays 1030-1200

HOW TO REFER: Please place a formal consult in AHLTA/CHCS for Mental Health NAVSTA, and make sure the wording in the consult emphasizes that the consult is only for this group so that a full intake is not scheduled when not required. For additional information about this group please send an email to LT Hummel

WOMEN'S GROUP

WHO: Active-duty female service members

WHEN: Thursdays 0930 - 1100

HOW TO REFER: Please place a formal consult in AHLTA/CHCS for Mental Health NAVSTA, and make sure the wording in the consult emphasizes that the consult is only for this group so that a full intake is not scheduled when not required. For additional information about this group please send an email to Dr. Bosker.

MIND OVER MOOD

WHEN: Thursdays from 1400-1530

HOW TO REFER: Please place a formal consult in AHLTA/CHCS for Mental Health NAVSTA, and make sure the wording in the consult emphasizes that the consult is only for this group so that a full intake is not scheduled when not required. For additional information about this group please send an email to Dr. Hunt.

WOMEN'S COGNITIVE PROCESSING THERAPY (GROUPS A and B)

WHO: Open to any active-duty female service member who has experienced any form of trauma (combat, child sexual/abuse, domestic violence, etc.)

WHEN: Mondays or Tuesdays 1000 - 1200

HOW TO REFER: Please place a formal consult in AHLTA/CHCS for Mental Health NAVSTA, and make sure the wording in the consult emphasizes that the consult is only for this group so that a full intake is not scheduled when not required. For additional information about this group please send an email to Dr. Ghaed.

MANAGING STRESS & ANXIETY (GROUPS A and B)

WHO: Any service member experiencing ANY kind of anxiety disorder or anxiety-related symptoms (panic/agoraphobia, posttraumatic stress, social anxiety, generalized anxiety, phobias/fears, obsessive thoughts/compulsions)

WHEN: Tuesday 1300-1500 or Wednesdays (moving to Mondays) 1300-1500 (depending on cycle- see below start dates for which cycle)

HOW TO REFER: Please place a formal consult in AHLTA/CHCS for Mental Health NAVSTA, and make sure the wording in the consult emphasizes that the consult is only for this group so that a full intake is not scheduled when not required. For additional information about this group please send an email to Dr. Ghaed.

NMCS D Groups

MIND OVER MOOD

WHO: Open to all active-duty military members, dependants, and retirees with a mood or anxiety order diagnosis.

WHEN: Thursdays 1300 - 1430

HOW TO REFER: Any patient being followed by an ongoing mental health professional can attend without AOP intake. Please place a formal consult in AHLTA/CHCS for Mental Health, NMCS D, Adult Psychology, and make sure the wording in the consult emphasizes that the consult is ONLY for the Mind Over Mood group through AOP so that a full intake is not scheduled when not required. If it is close to the start date and you still want patients to attend, feel free to contact Dr. Grossman in lieu of a formal consult.

ADSEP GROUP

WHO: Any Active-Duty service member currently in the process of being Administratively Separated for any reason.

WHEN: Fridays 1000-1130 (starting Sept 9th)

WHERE: Check in at AOP front desk Bldg1, 1st Floor.

HOW TO REFER: Please place a formal consult in AHLTA/CHCS for Mental Health Adult Outpatient Psychology, and make sure the wording in the consult emphasizes that the consult is only for this group so that a full intake is not scheduled when not required. For additional information about this group please send an email to Dr. Delucas.

SLEEP 101 SEMINAR

WHAT: This class will provide patients with information regarding biological, behavioral, and cognitive aspects of sleep. Patients will learn proven behavioral and cognitive strategies to improve their sleep.

WHO: Open to all active-duty service members and staff

WHEN: Fridays from 0830-1000. The seminar consists of two 90 minute interactive lectures. Patients should start with Seminar #1 (see handout for schedule)

WHERE: NMCS D Bldg-5 Conference Room

CPT-C GROUP FOR WOMEN

WHO: Open to any female who has experienced any form of trauma (combat, child sexual/abuse, domestic violence, etc.)

WHEN: Tuesdays 1430 - 1600 & Fridays 0900-1030 (all enrolled patients will attend both)

HOW TO REFER: Please place a formal consult in AHLTA/CHCS for Mental Health NMCS D adult psychology, and make sure the wording in the consult emphasizes that the consult is only for this group so that a full intake is not scheduled when not required. For additional information about this group please send an email to Dr Anson.

CBT-INSOMNIA GROUP

WHAT: This evidenced based intervention incorporates the primary tenants of effective treatment for insomnia including education, stimulus control, sleep restriction, cognitive restructuring, relaxation training and relapse prevention. Participants will be required to maintain a sleep log throughout the intervention

WHO: Open to all active-duty service members

WHEN: Tuesdays 1030-1200 (Feb-April meetings- See handout for next cycle). Starting April 11th the group will begin meeting on Fridays from 1030-1200.

WHERE: Patients will be told where the group is meeting after completing a pre-screen with Dr. Carter.

HOW TO REFER: Patients should be formally referred via AHLTA (AOP psychology). Please state "CBT-Insomnia" within the referral. The patients will be contacted and scheduled for an individual appointment with Dr. Carter to be screened for the next available group. If you have any questions please send an e-mail to Dr. Carter.

TRAUMA EDUCATION FOR COUPLES

WHO: Open to all Active Duty adult patients with a history of trauma symptoms.

WHEN: Thursday 0900 - 1030

HOW TO REFER: Any patient being followed by an ongoing mental health professional can attend without an AOP specific psychology intake so long as they have been evaluated once by a NMCSD mental health LIP and carry a five-axis diagnosis. Please place a formal consult in AHLTA/CHCS for Mental Health, NMCSD, Adult Psychology, and make sure the wording in the consult emphasizes that the consult is ONLY for this group so that full intake is not scheduled when not required. Please also send a short encrypted E-mail to Ms. Contreras indicating your interest in having your patient attend this group.

MINDFULNESS FOR PAIN MANAGEMENT

WHO: Open to all patients who are ready to work with their emotional or physical pain issues in radically different way: with acceptance of what is right now. Any ACTIVE DUTY military member (anxiety, depression, chronic medical issues, or chronic pain.) This is expanded from previously being only open to pain/medical issues. Group runs in 8 week cycles. SM must attend one of the first two groups to be accepted into the group that cycle.

WHEN: Thursday 0900-1100

Feel free to contact Dr. Weits with any questions you may have about this group.

TRANSITIONS GROUP

WHO: This group is for recently discharged patients from NMCSD's Inpatient Mental Health who have not yet had their first outpatient provider appointment.

WHEN: Tuesdays and Thursdays 0830 - 1000 & 1030 - 1200

HOW TO REFER: Contact David Falkner, LCSW (619) 531-1455 prior to patient's discharge.

MED BOARD GROUP

WHEN: Wednesdays 0830 - 1000

HOW TO REFER: Contact David Falkner, LCSW (619) 531-1455. Please submit a consult for a pre-group individual appointment PRIOR to your patient attending this group.

PTSD PROCESS GROUP

WHO: Open to any active-duty service member or retiree who has been diagnosed with combat or non-combat related PTSD. **WHEN:** Wednesdays 1100 – 1215 **WHERE:** BLDG 6, DECK 5

HOW TO REFER: No formal referral is needed. Patients are free to join the group and walk in whenever they like. Feel free to address any questions about the group to Dr. Deal.

MCAS MIRAMAR GROUPS

MIND OVER MOOD GROUP

WHERE: MCAS Miramar BMC Conference Room (please have patients check in at Miramar MHU front desk)

WHEN: Mondays from 0800-0930 (please have patients check in 15 minutes prior at Miramar MHU front desk)

For additional information about this group please send an email to LT Guzman.

COGNITIVE PROCESSING THERAPY FOR MEN

WHO: Male Active Duty service members with a diagnosis of PTSD currently receiving mental health treatment from a provider and who have been provided with PTSD psychoeducation and some basic coping skills (such as LT Mulvey's or LT Ruehl's Trauma Education Plus Coping group involvement)

WHERE: Miramar Branch Medical Clinic Conference Room (please have patients check in at MHU front desk 15 minutes beforehand)

WHEN: Tuesdays and Thursdays from 1300-1430 (patient are expected to attend both sessions each week)

HOW TO REFER: Please place a formal consult in AHLTA/CHCS for Mental Health Miramar Psychology (will be routed to NMCSD AOP Central Booking), and make sure the wording in the consult emphasizes that the consult is only for this group so that a full intake is not scheduled. For additional information about this group please send an email to LT Guzman .

SKILLS GROUP: MANAGING OVERWHELMING EMOTIONS

WHERE: MCAS Miramar BMC Conference Room (please check-in 15 minutes prior to group at Miramar MHU Front Desk)

WHEN: Mondays: 1400-1530 (excluding holidays)

HOW TO REFER: Please place a formal consult in AHLTA/CHCS for Mental Health Miramar, and please indicate that the consult is for the Skills Group. For additional information about this group please send an email to LT Mulvey.

TRAUMA EDUCATION PLUS COPING SKILLS GROUP

WHAT: Trauma Education plus Coping Skills Group

This is a Posttraumatic Stress Disorder (PTSD) symptom management group. The group is designed to help Service Members understand the effects of PTSD and find ways to cope more effectively with the symptoms experienced.

WHEN: Thursdays: 0800-0930 (excluding holidays).

WHERE: MCAS Miramar BMC Conference Room (Please check-in 15 minutes prior to group at Miramar MHU Front Desk)

HOW TO REFER: Please place a formal consult in AHLTA/CHCS for Miramar Mental Health Psychology, and make sure the wording in the consult emphasizes that the consult is only for this group so that a full intake is not scheduled when not required. Also please indicate name of Mental Health Provider in consult and whether the patient is being recommended for a follow-on treatment or currently receiving PTSD treatment, whether it be within the treatment track model, individual CPT or PE, etc. For additional information about this group please send an email to LT Mulvey.

MCRD GROUPS

Anxiety & Depression Group (for LGB service members)

WHO: Any Gay, Lesbian, or Bi-Sexual active duty service member experiencing ANY kind of anxiety or depressive disorder or anxiety or depressive-related symptoms.

WHEN: Wednesdays 1300-1430

HOW TO REFER: Please place a formal consult in AHLTA/CHCS for Mental Health MCRD, and make sure the wording in the consult emphasizes that the consult is only for this group so that a full intake is not scheduled when not required. For additional information about this group please send an email to Dr. Epstein

NTC MENTAL HEALTH GROUPS

TRAUMA EDUCATION PLUS COPING SKILLS GROUP

WHEN: Thursdays: 1400 to 1530 (excluding holidays).

WHERE: NTC Mental Health Clinic (Please check-in 15 minutes prior to group at NTC Mental Health Front Desk)

HOW TO REFER: Please place a formal consult in AHLTA/CHCS for Mental Health NTC, and please indicate that the consult is for Trauma Education plus Coping Skills Group with LT Ruehl. For additional information about this group please send an email to LT Ruehl. The group is open to any patient that is currently being followed by a mental health provider and has been seen at least once for an intake before being referred to the group. Please let patients know that they will need to check in with the front desk at NTC Mental Health 15 minutes prior to the start of the group

PERINATAL SUPPORT GROUP

WHO: Active duty members or dependents who are postpartum (up to 1 year postpartum). Babies newborn to 12 months are welcome to attend.

WHERE: NTC - Conference Room, 2nd Deck, Section B 2051 Cushing Rd. San Diego, CA 92134

WHEN: Tuesdays from 1330 -1430 (excluding federal holidays)

HOW TO REFER: Send an e-mail to Dr. Clark indicating your desire to have the patient enrolled in the group.

Mind Body Medicine Groups

Mind-Body Medicine Tri-Fold Flyer for 2014

Meditation Group:

What: A group to teach various meditation techniques to enhance quality of life, staying focused on the here-and-now, and being present in the moment.

Where/When: Mondays @ 1200 (Bldg. 6 1st Deck Large conference room)
Tuesdays @ 1200 (Large conference room BLDG 6 1st floor)
Wednesdays @ 0730 (Health and Wellness small conference room BLDG 26 1st floor)
Wednesday @ 1230 in Bldg 3 1st Deck OB/GYN Conference Room
Feel free to contact HM1 Brown via E-mail or at: (619) 532-6487

Mind-Body Education Group:

What: A group to teach the inseparable connection of the mind and body. Teaches how health and wellness in one area can lead to improve functioning in another.

Where/When: Tuesdays @ 0900-1100 (Large conference room BLDG 6 1st floor)

How to Refer: For additional information about this group please send an email to HM1 Brown.

Healthy Intentional Living:

What: A group to teach meditative techniques that can be practiced anywhere along with skills to manage stress and healthy sleep skills.

Where/When: A seven week course that meets Wednesdays from 1300-1500 (Bldg. 1 2nd deck ID Conference Room)

How to Refer: Please E-mail directly the course leader Dr. Jahan in order to get your patient enrolled in this course. Feel free to also direct all questions about the course to this address as well or call: (619) 532-6157.

Mind-Body Pain Management Group:

What: A group to teach meditative techniques that can be practiced anywhere, learn skills to manage stress and promote a healthy outlook, improve sleep, and appreciated the power and importance of interpersonal connections in one's life.

Where/When: Thursdays from 0800-1000 in Bldg 26 1st Deck H&W Large Classroom

How to Refer: For additional information about this group please send an email to HM1 Brown.

Mind-Body Medicine for Stress Resilience Group:

What: A group to teach meditative techniques that can be practiced anywhere, learn skills to manage stress and promote a healthy outlook, improve sleep, and appreciated the power and importance of interpersonal connections in one's life.

Where/When: Tuesdays from 0900-1100 in Bldg 6 1st Deck Large Conference Room

How to Refer: For additional information about this group please send an email to HM1 Brown.

Mind-Body Medicine for Mothers-To-Be Group:

What: A group to teach meditative techniques that can be practiced anywhere, learn skills to manage stress and promote a healthy outlook, improve sleep, and appreciated the power and importance of interpersonal connections in one's life.

Where/When: Thursdays from 1300-1500 in Bldg 3 1st Deck OB/GYN Conference Room

How to Refer: For additional information about this group please send an email to HM1 Brown.