



Community Care Network
Rutland Mental Health Services

Adult Services Clinical Groups



Quitting Time (IOP)

Intensive outpatient treatment three to four times per week focused on kickstarting a recovery journey and providing stability. This is an open program, designed to provide the highest level of outpatient substance use treatment and engage new members quickly. The group includes components of relapse prevention, substance use education, written assignments, family involvement, health, and group therapy, to create a solid foundation for recovery. Upon completion of this treatment phase, individuals are generally referred to outpatient groups described below for continued support. These groups happen at 7 Court Square.

AM IOP meets every Monday, Wednesday and Friday 8:30am -11:30am.

PM IOP Meets every Monday, Tuesday, Wednesday and Friday 5pm -7pm

Empowered Change

In this group participants will learn a range of cognitive, emotional, and social skills aimed at improving daily functioning while supporting recovery. Participants will build the tools they need to problem solve, manage thoughts, emotions, and relationships more effectively. Individuals will be supported to incorporate the tools, skills and insights gained in this group into a comprehensive relapse prevention plan. This group meets twice a week on Monday's and Friday's at 7 Court Square to allow for planning for the week and weekend.





DBT – Intensive

This weekly psychotherapy group provides a supportive, structured space for individuals to learn and practice core Dialectical Behavior Therapy (DBT) skills. DBT is an evidence-based approach designed to help people manage intense emotions, reduce impulsive or harmful behaviors, and build a life worth living. This course requires a referral from your current provider, a six-month commitment to weekly group sessions and homework, and a weekly individual therapy session with a Community Care Network DBT clinician.

This group meets on Tuesday's @ 7 Court Square.

DBT – Inspired Modules Group Distress Tolerance

These Modules are available to anyone who is interested in developing increased skills. The focus is to assist people in learning skills and strategies to cope with distressing life circumstances by recognizing unhelpful patterns and practicing DBT-informed skills in a therapeutic setting. Each Model is led by a team of two clinicians from our clinical program team. The Models are as follows:

DBT - inspired Mindfulness Skills - 7 weeks

DBT - Inspired Interpersonal Effectiveness - 10 weeks

DBT - inspired distress tolerance - 7 weeks

DBT - inspired Emotional regulation - 10 weeks

This group meets on Wednesday's at 7 Court Square





Men's Group

Are you tired of "toughing it out" alone? Join our weekly Men's Group at 7 Court Square. This is a safe space to process life's challenges, learn from peers, and address gender-specific issues in a non-judgmental environment. Through active listening and expert facilitation, we focus on breaking down stigma and strengthening your journey. Come as you are for an open-topic discussion every Tuesday.

Women's Group

This supportive and empowering group is designed for women navigating co-occurring mental health and substance use challenges. Together, we create a safe, nonjudgmental space to explore the complex experiences that impact emotional well-being and recovery. Group topics may include anxiety, depression, body image, relationship dynamics, self-compassion, stigma, coping skills, PTSD, and trauma. Through open discussion, shared experiences, and practical tools, members are encouraged to build insight, strengthen resilience, and foster meaningful connection.

Whether you are early in your recovery journey or looking to deepen your growth, this group offers understanding, encouragement, and the opportunity to heal alongside other women who truly get it. This group meets at 7 Court square on Thursday's.

Exploring Connections for Change

Group facilitators will lead you through a process of exploring your relationship with alcohol and other substances and its impact on personal, interpersonal and social aspects of life in effort to support personal growth. We will explore the physical and psychological effects of substance use, long term effects of use, and support you in exploring alternative routes in life that don't involve substances. This group meets on Monday's at 7 Court Square.





Flexible Thinking Group

This group, based in acceptance and commitment therapy (ACT), will focus on self-development, finding what is important to us, and practicing ways to move toward it. The group will explore how to make room in our minds, bodies, and spirits for experiences that show up for us in the process of cultivating self-awareness and changing our behavior in a compassionate, nonjudgmental way. This group will learn about the core processes of ACT and how engagement in those processes can increase one's flexible thinking as well as a sense of fulfillment in their life. This group is open (anyone can join at any time), this group runs for 8 weeks total and meets at 7 Court Square on Thursday's

Anger Management

Are you ready to move from reaction to reflection? This group is designed to help you understand and manage anger. You'll learn to recognize early warning signs, break the cycle of aggression, and understand how your past influences your present. By the end of the course you will have built a personal Anger Control Plan to help you stay grounded and maintain healthy relationships. This group meets at 7 Court Square on Friday's.

Building Resilency

In this group we explore symptoms you are experiencing in order to provide education on why you may feel the way you do, help you bring an awareness to how your symptoms impact your day to day behavior, learn and practice coping skills and to build resilience in your day to day life. We ask that when you join our group you commit to 10 weeks in order to develop a supportive and therapeutic environment for all members. Meets on Tuesday's at 7 Court Square.





Co-Occurring Group

Managing both mental health and substance use is a balancing act that requires a specialized toolkit. In this group, we put your daily life at the center of the conversation. Rather than just talking about theories, we use your real-world experiences to practice CBT skills and master the "Seven Big Emotions." Join us to learn how to manage your strongest feelings, prevent relapse, and build a stable life that feels like your own. Meets on Tuesday's at 7 Court Square.

Cognitive Awareness & Transformation (CAT)

Cognitive behavioral therapy, interactive journaling, and behavior modification techniques are provided for those who have severe or persistent difficulties with the criminal justice system. This will be an abstinence-based, disciplined environment with a heavy emphasis on following rules and procedures. Group members may be mandated into treatment via the criminal justice system though others are welcome as needed.

This group meets on Wednesday's 7 Court Square.

The Spring Cycle will run from
March 16th, 2026 until May 22nd, 2026

For more information on how to sign up your persons served
please call our Intake Department

802-775-4388



Community Care Network

Rutland Mental Health Services



Clinical Group Schedule

Spring Catalog

Group	Monday	Tuesday	Wednesday	Thursday	Friday
AM IOP	8:30-11:30		8:30-11:30		8:30-11:30
PM IOP	5:00-7:00	5:00-7:00	5:00-7:00		5:00-7:00
Empowered Change	10:00-11:30				10:00-11:30
DBT Intensive		3:00-5:00			
DBT Modules			3:30-5:00		
Men's Group		5:00-6:30			
Women's Group				11:00-12:30	
Flexible Thinking				4:00-5:00	
Anger Management					12:00-1:30
Co-Occurring Group		1:00-2:00			
CAT Group			4:00-5:30		
Building Resilency		2:00-3:30			
Exploring Connections	3:00 - 4:30				



Adult Services Available

Open Access

Access Specialists serve as the primary, coordinated point of entry for adult behavioral health and substance use treatment services. Access specialists manage referrals from community partners, eldercare, law enforcement, and complete opening paperwork with individuals presenting for behavioral health services, ensuring seamless access to care and eliminating waiting times. Access clinicians conduct person centered initial assessments and clinical reassessments, centered on connecting individuals to agreed upon services centralized to identified behavioral health and wellness care needs.

Employment Services VOW

Ready to build your professional future? Our program offers the tools you need to succeed, from crafting a standout resume and mastering interviews to accessing specialized training and education. We focus on connecting the right people with the right jobs to ensure long-term satisfaction for everyone involved.

Housing

Finding and keeping a place to live can be overwhelming, but you don't have to do it alone. This program is designed to help you navigate the housing market with ease. We'll walk you through the application process, help you search for the right rental, and even assist with applying for subsidies to help cover costs.

Outreach

Empower your journey toward independence with our community support outreach program. We help you build the essential life skills needed to maintain stability and reach your personal goals. From mastering daily routines for independent living to connecting with others in our community based outreach groups, we provide the tools and support system you need to thrive.

Care Management

Our Care Manager program empowers individuals to take control of their lives. We help you identify your goals, build the skills to reach them, and navigate the treatment system with ease. From care coordination to resource linking, we bridge the gap between where you are and where you want to be.





Wellness Wing

Discover your potential and find your community through our Wellness Wing Groups. We offer a dynamic space to explore new hobbies, deepen current interests, and expand your social support network. Whether you're looking to master day-to-day living skills, learn new coping strategies, or simply connect with others and have fun, our program provides the perfect bridge to a more active and fulfilling community life.

Peer Support

Peer support connects individuals with shared lived experiences of mental health or substance use challenges to foster hope, empowerment, and recovery. These specialists provide non-clinical, empathetic support—including mentoring, goal-setting, and resource connection—to help others navigate recovery journeys, build community, and develop coping strategies.

Street Outreach

Being unhoused is a circumstance, not an identity. Our program focuses on reaffirming dignity by meeting people where they are and offering a reliable bridge to community resources. By building authentic relationships we ensure that no neighbor has to navigate the path to stability alone.

Veteran Navigator

A dedicated guide—often a fellow veteran—who assists military members, veterans, and their families of all eras in accessing federal, state, and local resources. They provide personalized support to navigate complex systems for mental health, housing, employment, and benefits.

Eldercare Program

Mental health care should be accessible to everyone, regardless of mobility. Our Eldercare Program brings vital support—including counseling and therapy—directly to the homes of seniors in Rutland County. If you or a loved one are 60+ and find it difficult to travel, our team is here to help. To get started, please request a referral through the Southwestern Vermont Council on Aging. Questions? Reach out to us at eldercare@rmhscn.org.





Couples Counseling

Strengthen your bond with Couples Counseling at RMHS. Using the world-renowned Gottman approach, we help partners move past conflict and toward a future rooted in trust and commitment. You'll learn how to replace negative patterns—like the 'Four Horsemen' of relationship distress—with healthy communication and effective problem-solving. This program is open to all Adult Services clients ready to invest in a more fulfilling romantic relationship.

Caregiver Support Program

Caregiving is a deeply rewarding yet demanding role that comes with a unique set of pressures. The Caregiver Support Program is a dedicated, cost-free resource for unpaid caregivers in Rutland and Bennington counties. We are here to 'care for the caregiver,' providing the guidance and resources you need to overcome the mental, emotional, and practical obstacles of your journey. Questions and referrals can be sent to caregiversupport@rmhscn.org

Individual Therapy

Seeking specialized, individual therapy that works? RMHS offers an expert, evidence-based approach integrating EMDR/Flash Technique for trauma, specialized eating disorder care, and DBT/CBT for emotional regulation. We help you move past trauma, heal your relationship with food, and build lasting, actionable skills for a better life. Start your journey to recovery today

Med Management

Mental health care isn't "one size fits all."

Sometimes, finding clarity feels like trying to see through a thick fog. Medication management is a vital tool to help clear that fog and give you back your ability to function. Whether it's finding the right dose or ensuring your prescriptions work safely together, our team is here to guide you every step of the way with, Psychiatric Assessment's, Initial evaluations, Ongoing side-effect monitoring, Personalized safety checks. You deserve a plan as unique as you are.

