OAKLAWN



Elkhart Child & Adolescent Groups

AFFIRM

AFFIRM aims to provide an affirming, supportive space for LGBTQ+ youth to share their experiences and hear from other youth who may have similar experiences. It is rooted in Cognitive Behavioral Therapy (CBT), with the goals of increasing positive coping, stress management and reducing symptoms of depression and anxiety. This group meets for nine weeks and is for ages 12-18, depending on composition of the group.

Growing Beyond Jr. Ages 5-7

This group is designed to improve parent-child interactions, emotional regulation and impulse control. Each week, activities will help your child learn more about their emotions, their body and their power to choose. Parents will learn about mental health, connecting with their child and positive ways to cope with unwanted behaviors. This is a multi-family group. It meets for eight weeks and is for children ages 5-7 and their caregivers.

Growing Beyond Ages 8-11

This group focuses on the importance of family connection in the development of youth and teens. You'll learn how to cope with emotions, solve problems, communicate and build healthy habits to take care of yourself. This is a multi-family group. It meets for six weeks and is for children ages 8-11 and their caregivers.

If your child is struggling with things like stress, trauma, anxiety or depression, our team is here to help. We work with youth and families to build skills, support growth and help you succeed.

2600 Oakland Ave.
Elkhart, IN 46517

574-533-1234

www.oaklawn.org

Growing Beyond Ages 12-18

This group focuses on the importance of family connection in the development of youth and teens. You'll also learn about mental health and mental illness, get to know others who experience similar challenges and explore how to cope with emotions, problem solve, communicate and build healthy habits to take care of yourself. This is a multi-family group. It meets for six weeks and is for youth 12-18 and their caregivers. This group is offered in English and Spanish.

New Hope Adolescent Addictions Program

New Hope is an intensive substance use treatment program for youth with a moderate to severe substance use disorder. Based on the Matrix Model Intensive Outpatient Program, youth participate in multiple group sessions each week for 16 weeks. Youth receive the knowledge, structure and support to achieve abstinence from alcohol and other substances and initiate long-term recovery. Components of the group include recovery skills, relapse prevention, adolescent education, parent education/support, social support, individual/family therapy and random urine drug testing. Upon completion of the intensive group, members transition to aftercare.

Recovery Connections

This weekly group is for youth who are using substances without needing an intensive level of treatment. Family attendance and participation are required. In this 10-week group, youth and their caregivers will learn about the connection between mental health and substance use and work together to build sober coping skills in order to meet the goals for substance use and mental health that they develop together. Upon completion of this group, families will have the opportunity to engage in individual and family therapy. Includes weekly/random drug screens. This group is offered in English and Spanish.

Moral Reconation Therapy (MRT)

This group is for adolescents who are involved in risky behaviors, poor decision-making, and/or the criminal justice system. You'll progress at your own pace through 12 steps which promote accountability and personal responsibility for decisions and consequences. MRT is an evidence-based practice that has been proven to enhance self-image, promote growth of a positive, productive identity and help encourage better decision making. Groups are offered for high school-aged youth.