



Over 18 Program Guide

Program Hours:

Partial Hospital Program (PHP) 9:30am to 2:30pm Daytime

Intensive Outpatient Program (IOP) 9:30 am to 12:40 pm

My Treatment Team

Primary Therapist: _____

Family Therapist: _____

Prescriber: _____

Other: _____

Guidelines for Over 18 Programs

Group Expectations

Respect yourself, others, and the environment.

Keep an open mind and refrain from judgment. Remember that your attitude can have a profound impact on those around you and vice versa.

Challenge yourself with treatment; seek out opportunities throughout each day to find a small takeaway.

Be mindful of others when discussing potentially triggering topics, including unhealthy coping skills.

Please dress appropriately for treatment. We recommend dressing in layers to account for inconsistent temperatures and the potential to go outside. Please do not wear anything that might be considered offensive or triggering to others. Appropriate dress is at the discretion of staff who reserve the right to ask you to change if needed.

Due to allergies, bringing nuts and sharing food are not allowed.

Utilize the designated bathroom breaks so as not to disrupt group time.

Ask for help and support when needed or if you are feeling unsafe.

All belongings from home need to be kept in your assigned locker. Phones and other devices are not allowed in the group room with the exception of devices used for study during study time.

Group members must always be escorted by a staff member when leaving the room.

Respect others' personal space by not engaging in any physical contact.

Confidentiality

Refrain from sharing personal information with peers (including contact information!)

Helps protect the privacy of all group members and keeps Compass a safe place to share personal and/or sensitive information.

Information shared by other group members should not be disclosed to anyone outside of Compass (even if it's someone you know outside of Compass).

Current or former group members should not be referred to by name if they are not present in group.

Therapists are unable to answer questions about other patients and their treatment.

If sensitive information is disclosed to a therapist, the therapist may be in contact with treatment team in order to support progress.

Contact with any current and/or former patients outside of Compass is prohibited in order to maintain the emotional safety and integrity of the entire group room and to allow each patient to focus on their own treatment.

Boundaries

- Any contact with group members outside of treatment is prohibited. This includes in-person interactions, phone calls, video calling, texting, use of social media, and email. Do not exchange contact information (email, phone numbers, social media) with one another.
- No physical contact is permitted.
- No touching others' personal property
- No giving/exchanging gifts.
- No sharing or borrowing items with fellow group members.
- Keep conversations at break and lunch neutral.
- Do not get into the cars of fellow group members.
- We discourage leaving group due to emotional discomfort. Use this challenging moment to practice skills. If you do need to leave the room, please return to group as soon as possible.
- Be mindful of navigating the difference between being supportive for your fellow group members and taking on their struggles. We encourage you to refer group members to staff if they are coming to you for help. You are also encouraged to talk to a staff member who can help you best navigate the situation.

Respect

- Respect yourself, other group members, staff, and the physical space. Disrespecting fellow group members and staff is entirely unacceptable. This includes: No derogatory, rude, or hateful language. Swearing or using profanity directed at other group members or staff is not permitted.
- Please notify staff if you will be late, are unable to attend, or will be leaving early.
- Be mindful of your level of participation. Some individuals will be working on speaking up in group; others may be working on moderating their participation so that they don't monopolize the discussion. Be gracious if an individual is having difficulty on either end of the spectrum.
- If a skill or topic does not seem to apply to you at first, please keep an open mind. If you find that it is less helpful than other groups, use the time in group as skillfully and effectively as you can.
- If you have questions about fit or about making program work for you, please address these individually with a member of your treatment team.

- Clean up after yourself before leaving the room. Contribute to keeping the space clean, organized, and undamaged (leaving items in the condition in which you found them, disposing of wrappers from grounding items, etc.)
- Respect that everybody is at a different place in their treatment and healing journey.
- Compass is a training facility, and as such you may encounter clinicians who are trainees. Please respect clinicians' growth processes, and communicate any difficulties encountered with openness to common humanity. Resolve concerns directly, such as approaching the staff member after group, or speak with your primary therapist who can relay the concerns to the program director and/or associate director.
- No napping in the group space. If fatigue is an ongoing issue, please bring this to your treatment team's attention.
- Return from breaks on-time.
- Please note when signs on group room doors indicate that the group is in mindfulness practice. If you arrive at a door that has one such sign on it, please read the sign and follow its request. Most often you will be asked to wait to enter until a group therapist removes this sign, likely within 10 minutes.
 - You may also encounter "do not disturb" signs on individual staff office doors. If so, please seek an alternate staff member in a non-emergency. If it is a true emergency, such as an issue that may require hospitalization for your immediate safety, please knock despite the sign.
 - Alternate clinical staff (preferred) or the front office staff can redirect you to the next available provider.
- Fill out a check-in slip (on the group room table) if you are late. Fill out a check-out slip if you leave early or are pulled during check-out.

Communication

- Do not interrupt or speak over others.
- No side conversations during group.
- Be mindful of the content of your participation. Avoid specifics related to trauma, substance use, self-harm, and suicidal ideation in group.
- Judgments will occur. Be mindful of them and how you react. Practice noticing and naming judgments when they arise.

- You may be redirected by group therapists at times; this is to ensure that all group members have a chance to participate, and so the material planned for the day can be adequately covered.
- If you need to see a member of your treatment team, please let a group therapist know. A request to see a member of your treatment team is not a guarantee that they will be able to see you that day.
- Avoid generalizations in speech (i.e., phrases such as, “All people”, “All XYZ groups”) and speak from your personal experience.
- Avoid giving advice to others.

Phones and Other Devices

- Cell phones and electronic devices should be set on silent and put away during groups and individual sessions.
- Please wait until breaks to use devices. If an urgent matter arises and you must use your phone or device, step out of group to use them.
- If you are speaking on the phone in the hall, please be mindful of your volume – individual sessions are likely occurring in the offices around you.
- You may take photos of the whiteboard after groups if needed. Ensure all other patients have left the space before doing so.
- Do not take pictures of staff or other patients. This is a confidentiality violation.

Attire / Prohibited Items

- Please be mindful of the group therapy space and your fellow group members when choosing your attire. Make sure that the fit of your clothing is not overly revealing and that you can move in the ways you need to during group.
- Clothing that references violence, derogatory terminology, substance use, or sexually explicit material is not permitted. Staff may ask you to reconsider your attire if they feel it is interfering with maintaining a therapeutic environment.
- Sunglasses cannot be worn in the group unless there is a related doctor’s note
- Please refrain from wearing strong scents or generating unnecessary noises (e.g., gum popping, pen clicking, loud fidget objects) while at Compass to keep this space accessible.
- Weapons and sharp items are prohibited.

Food and Beverages

- Please do not eat in the group space during group. Eating is encouraged, as necessary or during break times, in the designated break room/kitchen or outside.
- Refrain from bringing nut products to Compass due to staff and patients who experience various degrees of allergies. Nut products are not permitted in group rooms. If you consume or touch any peanuts or other tree nuts outside of the group space, please wash your hands with soap and water before returning to programming. Hand sanitizer does not effectively remove nut oils.
- You may eat in the break area, outside, or offsite for lunch. Please make sure that you return before the start of afternoon group.
- You may order food to Compass for lunch. Delivery drivers should wait in their car for you to meet them; they are not permitted within the building.
- No sharing food or beverages

Substance Use

- Substances that are permitted on Compass property include, caffeine, prescribed medication, and nicotine/tobacco (outside only). No other substances may be brought to or used at Compass. This includes cannabis products.
- Please step out of group and find a private area to take medication as prescribed. You may not have medications visible in the group space. You may not take medications in the group space.
- Compass is a non-smoking facility. If you smoke/vape nicotine, please smoke outside at designated smoking areas and at least 15 feet from building entrances.
- Sharing or selling substances with group members is prohibited.
- We do not want to glorify substance use or any unhelpful behavior. Please do not share names of substances, medications, or related paraphernalia.
- If staff determine that you are under the influence of substances, you will be asked to leave group for the day. You may also be asked to complete a drug screen or breathalyzer test. Failure to take a screen or test will be interpreted as a positive result.

Adult PHP/IOP Attendance Policy

Consistent attendance and timeliness are essential for getting the most out of your experience in program. The following attendance policy has been put in place to ensure your treatment is not disrupted by irregular attendance or chronic tardiness.

Arrival Time: Suggested arrival time is 15 min before the start of program.

Unexcused Absences: Please let program staff know 24 hours in advance if you are not able to attend program on a given day. Absences without 24-hour notice will be considered “unexcused”. After two unexcused absences, clients will meet with a clinician for reflection and problem solving. Treatment plans may need to be reassessed after three unexcused absences.

Arriving Late or Leaving Early (Unplanned): Please inform staff ahead of time if you have commitments that may cause you to be late to program or need to leave early from program on a given day. Patients will meet with a clinician for reflection and problem solving if there is a pattern of late arrival or leaving program early without prior notice. Treatment plans may be reassessed after multiple occurrences of arriving late or leaving early.

****We understand that uncontrollable events occur, and that attendance and punctuality can be difficult for various reasons. If a client and/or caregiver(s) have concerns with this policy, please ask to speak with the program director to discuss further.***

Understanding and Getting the Most out of Group Therapy

Group therapy is the backbone of all Compass programs. Group therapy not only allows therapists to teach important skills to help patients deal with the problems that brought them to us, but it also allows patients to learn from and support each other. Although you will be working with your individual treatment team and have an individualized treatment plan, most of the work you will be doing at Compass is in group therapy. Below outlines ways to get the most out of group therapy.

Be Open and present.

Be an active participant. Just as it is difficult to learn how to play basketball just by watching one play, it is also difficult to learn how to use skills just by listening. A common saying, is “you get out what you put in.” The more you share your thoughts in group and practice skills in and out of group, the more you will gain from group!

Share your experiences.

Everyone has their own comfort level regarding how much they like to share or open up to others. If you are comfortable with sharing, please share while also allowing others to share. If you are uncomfortable with sharing, let the group know and we can help you open up at your own pace. Try to encourage yourself to share so you can benefit from the group space.

Ask for help.

Everyone is here to get better, and everyone is dealing with their own unique obstacles to getting better. Try to not be afraid to ask for help when you need it, from group members, staff members, family, or friends.

Willingness

Be willing to try new solutions. Often people in group therapy have tried ways of coping that have not been helpful for them and have maybe even hurt them. Trying new and healthier coping skills in group therapy is one of the keys to getting better. Be willing to try new things more than once before dismissing them as not helpful. Be careful not to strike down someone’s idea or coping skills as not helpful when it may be helpful for someone else.

Be active listeners.

It is often difficult to learn while talking. However, simply because someone is not talking does not mean that they are listening. When not speaking in group it is crucial to actively listen to get as much out of other people’s feedback, insight, and knowledge as possible. Do your best to relate to others and apply your own situations to the topic a hand. If you truly feel you cannot relate, follow this phrase, “if it doesn’t apply, let it fly”, to not disrupt others’ learning process.

Be patient.

Change is a process. Try to be patient with yourself, others, and the therapy process. If you begin to feel hopeless or helpless when change is not happening quickly, remember that your feelings, thoughts, and behaviors have developed over time, and it takes time and effort to change them. It is possible to change, and it is possible to reach the goals you set.

Put in the work.

Work before, during, and after group. Participating in group will be helpful; however, you will not be in group therapy forever. It is important that you practice skills outside of group as well so that you can more easily translate skills to your everyday life. Just as studying and doing your homework helps you do well in school, practicing your skills helps you reach your treatment goals. Although it is encouraged to utilize the supportive people in your life to help you towards your treatment goals, it is important to realize that you are the most integral part of helping yourself get better. Help yourself whenever you can.

Evaluate your progress.

Help identify what you could do better and/or more of in making progress towards your goals by asking yourself the following questions: Am I being an active participant in group? Am I sharing my experiences? Am I asking for help and trying new things? Am I being patient with myself and others? Am I working on skills in and out of group?

Take a non-judgmental stance.

Group is a judgment free zone. We encourage no judgment, good or bad, self or others to create an environment where people feel safe to share their thoughts and feelings and are not judged based on their behavior, but rather accepted for who they are.

Confidentiality.

To further develop a safe group environment, it is crucial that what is said in group stays in group. You are welcome to share your personal experiences with others, but we ask that you exclude any information about other group members and their experiences.

Daily Schedules

Partial Hospitalization Program	
Time	Scheduled Activity
9:30	Check in
9:50	Break
10:00	Mindfulness
10:10	Group 1
11:20	Break
11:30	Group 2
12:40	Lunch
1:00	Group 3/Check out
2:30	Dismissal

Daytime Intensive Outpatient Program	
Time	Scheduled Activity
9:30	Check in
9:50	Break
10:00	Mindfulness
10:10	Group 1
11:20	Break
11:30	Group 2
12:40	Dismissal

Date	Check-In Emotions	Check-In Distress Scale (1-10)	Check-In Willingness (1-10)	Skills used / Homework Completed	Check-Out Emotions	Check-Out Distress Scale (1-10)	Check-Out Willingness (1-10)	After Program Plan/Homework

Over 18 Programs Skills Overview

Cognitive Behavioral Therapy (CBT)

CBT focuses on the relationship between emotions, thoughts, behaviors, and physical reactions with an emphasis on using skills to address these components.

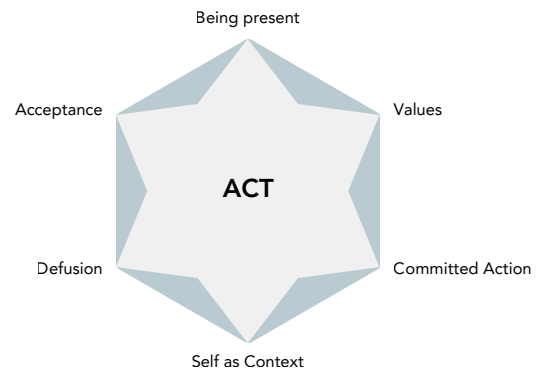
CBT Model to build awareness

- Identify Cognitive Distortions
- Thought Challenging
- Thought Reframing
- ABCDE Model
 - Activating Event
 - Beliefs
 - Consequences
 - Disputes
 - Effects
- Thought Stop + Switch
- RIBEYE
 - Relax
 - Identify the problem
 - Brainstorm possible solutions
 - Evaluate possible outcomes
 - Say Yes to one solution
 - Enact the solution
- Positive Self-Talk
- Gratitude (Lists, Journal, Behavioral Activation)

Acceptance and Commitment Therapy (ACT)

ACT is a cognitive behavioral model that focus on acceptance of unpleasant internal experiences, recognition of thoughts as just thoughts and committing to engage in behaviors that lead to a value based meaningful existence.

- Thought Defusion
- Values and Committed Action
- Observing Self (self as context)
- Acceptance/Creative Hopelessness
- Contacting the Present Moment



Dialectical Behavior Therapy (DBT)

DBT is a form of CBT that focuses on skills in four modules (mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness)

- Behavior Chain Analysis
- DBT 2x2
- 5 Options
 - 1 - Problem-solve
 - 2 - Change our interpretation of what we can
 - 3 - Radically accept
 - 4 - Do nothing differently
 - 5 - Make the situation worse

4 DBT Modules

1 - Mindfulness

- Wise Mind (Reasonable + Emotional)
- What – Observe, Describe, Participate
- How – Non-Judgmentally, One Mindfully, Effectively

2 - Distress Tolerance

- **Radical Acceptance**
 - “It is what it is, now what?”
 - Turning the Mind
 - Non-Judgmental Stance
 - Willingness vs. Willfulness
- **Self-Soothe**
- **Grounding with 5 Senses**
- **Cognitive Grounding**
- **TIPP**
 - Temperature Change
 - Intense Exercise
 - PMR – Progressive Muscle Relaxation
 - Paced Breathing
- **Distract with ACCEPTS**
 - Activities
 - Contributing
 - Comparisons
 - with opposite Emotions
 - Pushing Away Situation
 - with other Thoughts
 - with other Sensations
- **IMPROVE the moment**
 - Imagery
 - find Meaning
 - Prayer/meditation
 - Relaxation
 - One thing in the moment
 - (take a brief) Vacation
 - Encouragement

3 - Emotion Regulation

- Ride the Wave / WAIT
 - Watch your emotion
 - Action is NOT necessary
 - Internally experience emotion
 - Think about emotion as “helper” or “red flag”
- SEEDS
 - Sleep
 - Eating (healthy/balanced)
 - Exercise
 - Doctor’s orders/medications
 - Self-care/Sobriety
- Build Mastery
- Increase Positive Emotions
- Opposite Action (OA)
- Cope Ahead

4 - Interpersonal Effectiveness

- **Assertive Communication**
- **DEARMAN** (objective)
 - Describe
 - Express
 - Assert
 - Reinforce
 - Mindful
 - Appear Confident
 - Negotiate
- **GIVE** (relationship)
 - (be) Gentle
 - (act) Interested
 - Validate
 - Easy Manner
- **FAST** (self-respect)
 - Fair
 - (no) Apologies
 - Stick To Your Values
 - Truthful

Relaxation Techniques

- Meditation
- Breathing Techniques
 - Deep Breathing
 - Belly Breathing
 - 4x4 Breathing
- Guided Imagery/Visualization
- Body Scan
- Progressive Muscle Relaxation (PMR)

Additional Skills

Self-Compassion

- Dr. Kristin Neff
 - Self-Kindness
 - Common Humanity
 - Mindfulness
- Dr. Tara Brach (RAIN)
 - **R**-Recognize What's Going On
 - **A**-Allow the Experience to be Just as it Is
 - **I**-Investigate with Interest and Care
 - **N**-Nourish with Self Compassion
- Change Scenery
- Using Positive Supports
- Pleasant Event List
- Music – Progressive Playlists
- Motivation Equation (Goals + Energy = Action)
- SMARTER Goals
 - **S**pecific
 - **M**easurable
 - **A**ttainable/Achievable
 - **R**ealistic
 - **T**imely/Time-bound
 - **E**thical
 - **R**esourced
- Small Steps
- Play the Tape Forward
- Urge Management

Exposure and Response Prevention

ERP is an evidence-based cognitive behavioral for treating obsessive compulsive disorder (OCD) and complex anxiety diagnoses. Patients gradually confront their feared object or situation in a hierarchical, prolonged, and planned manner. By doing so, patients learn to live in the presence of their anxiety and fears and decrease avoidance of the feared objects/situations.

Cognitive Processing Theory

Cognitive Processing Therapy (CPT) is used to treat trauma disorders by applying Cognitive Behavioral techniques directly to the traumatic experience to work through the residual effects. This individual attention allows individuals to process trauma at a deeper level.

Emotions List

JOY

Hopeful
Happy
Joyful
Excited
Blissful
Ecstatic
Optimistic
Enthusiastic
Grateful
Proud
Confident
Euphoric
Playful
Delightful
Energetic

CONTENT

Satisfied
Relieved
Amused
Interested
Intrigued
Secure
Calm
Open
Mellow
Relaxed
Meditative
Grounded
Curious
Demure
Serene
Comfortable
Safe

SADNESS

Depressed
Unhappy
Exasperated
Lonely
Glum

Disappointed
Hopeless
Pained
Hurt
Abandoned
Rejected
Discouraged
Miserable

ANGER

Frustrated
Angry
Irritated
Irritable
Mad
Annoyed
Defensive
Hostile
Enraged
Resentful
Bitter
Furious
Jealous
Misunderstood
Disapproving

FEAR

Paranoid
Scared
Frightened
Suspicious
Cautious
Terrified
Anxious
Worried
Nervous
Stressed
Uncomfortable
Tense
Frantic
Panicked
Overwhelmed

WITHDRAWN

Numb
Disconnected
Bored
Apathetic
Exhausted
Spacey
Distracted
Mindless
Disoriented
Withdrawn
Zoned -out
Guarded

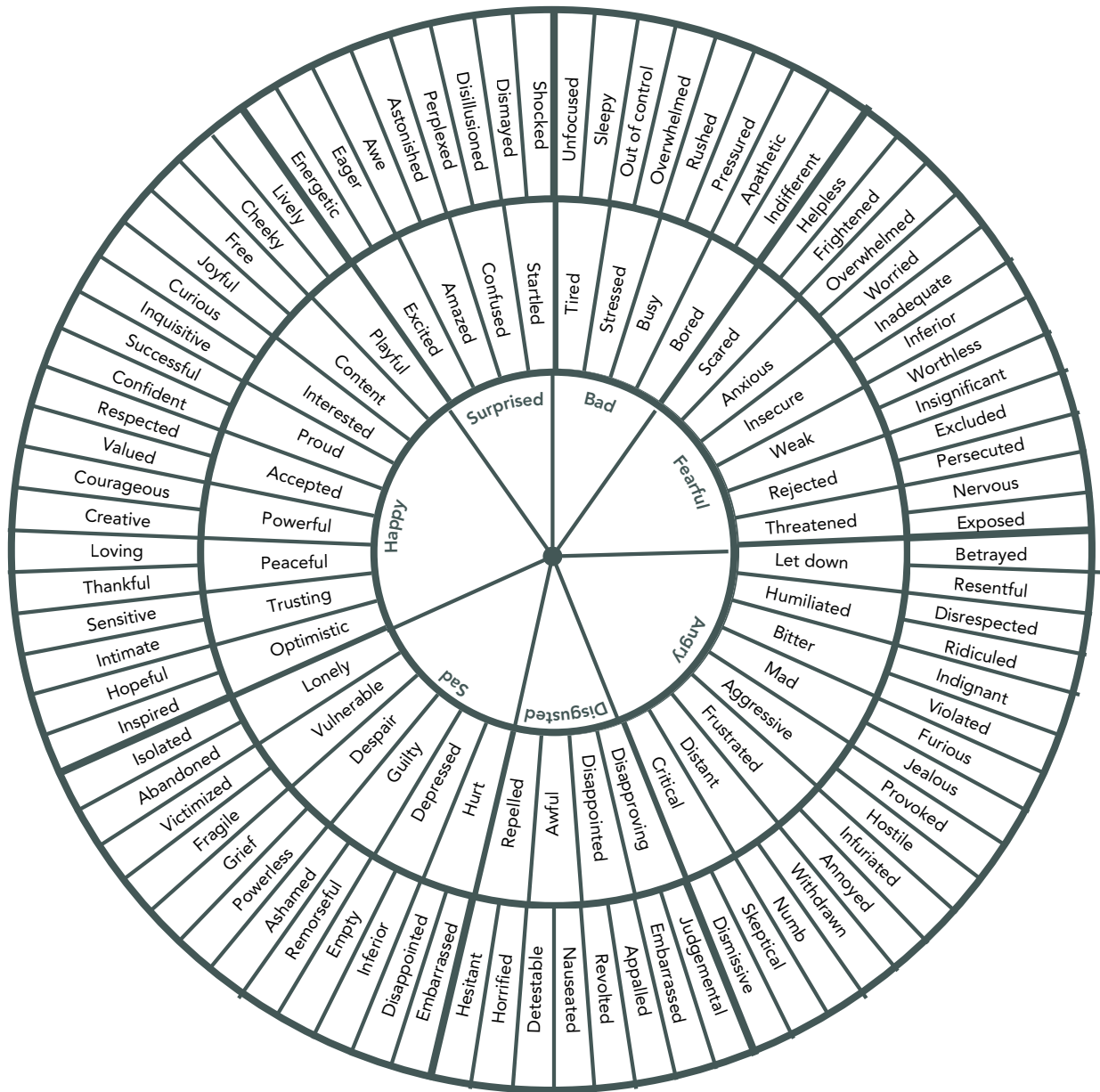
ASHAMED

Guilty
Regretful
Embarrassed
Bashful
Remorseful
Sheepish
Foolish
Disgusted
Horrificed

OTHER

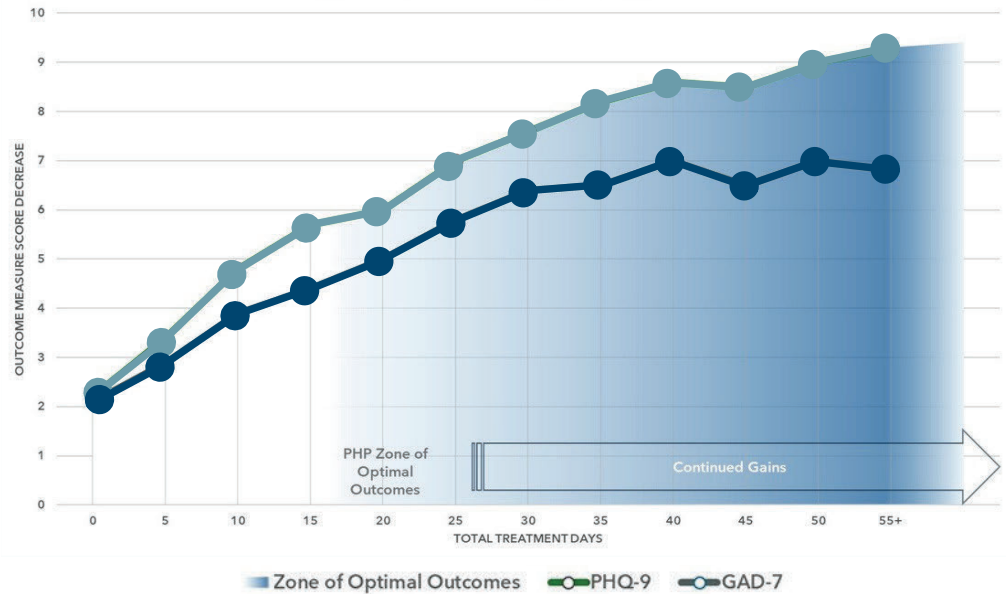
Determined
Mischievous
Obstinate
Perplexed
Prudish
Smug
Stuck
Confused
Restless
Shocked
Surprised

Emotions Wheel



Ellison, Casie. "Emotions Wheel." Change the Face of Depression
www.changethefaceofdepression.com/post/the-feelings-wheel. Accessed 07 Nov. 2024.

Zone of Optimal Outcomes



Compass Care Principles

Symptom Reduction & Increased Safety

Are you feeling and doing better? Have safety-related concerns improved?

Goal Attainment

How much progress have you made toward your goals and objectives?

Levels of Distress & Functioning

Has your distress level decreased? Has your ability to effectively engage in various domains of life increased?

Treatment Guidelines

Have you had the opportunity to effectively engage and achieve your goals through the Compass-recommended approaches?

Evidence-based, Patient Centered, Outcomes Driven Care

Recommended Treatment Days

Have you completed the prescribed number of PHP and IOP days that lead to maximum symptom reduction and the lowest likelihood of needing to return to treatment?

Treatment Adherence & Engagement

Has your attendance and engagement in treatment been supported by your treatment team? Has Compass helped you overcome any barriers to access and involvement that have arisen?

SMART Planning

Have you been able to develop attainable and measurable goals and objectives with your treatment team so that you can monitor your progress?

Model Adherence

Have you participated in evidence-based treatment interventions, including CBT, DBT, ACT and other specialized models (ex: ERP, CPT) as appropriate, to best support your progress?

Your Attendance is Important to Us!

Compass is your partner to build a plan that gets you back to your life in the shortest possible time and keep you there. Our data shows that patients who stay for the recommended number of treatment days and have high treatment adherence are less likely to need PHP/IOP treatment in the future.

Silver Spring Nursing Line

224-371-5709

Hours: 8:00 am - 4:00 pm

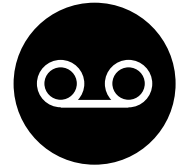
When to Call



Experiencing physical symptoms that are preventing you from coming into program

If you have an unplanned medical appointments not previously communicated to your treatment team

Leaving a Message



First & Last Name

Date of Birth

List specific symptoms, medical concerns, or questions

For medical appointments, please provide the date, time, and visit reason

For all other unplanned absences, please contact the main number:
240-331-7990

Resources

Crisis Text Line Text HOME to 741-741

Depression Bipolar Support Alliance (DBSA) of the National Capital Area 202-689-1250 |

www.dbsanca.org

Domestic Violence 1-800-799-7233

Montgomery County Crisis Center 240-777-4000

NAMI DC Helpline: 202-466-0972

NAMI Montgomery County 800-950-6264 | <https://namimc.org/>

NAMI Metro Suburban 708-524-2582 | www.namimetsub.org

NAMI crisis counseling : Text "NAMI" to 741741

Suicide and Crisis Lifeline : 1-800-SUICIDE (784-2433)

Suicide and Crisis Lifeline 988

Trevor Project: LGBTQ Crisis Support 1-866-488-7386

Trans lifeline 1-877-565-8860