

SELF-MANAGEMENT AND EMOTION REGULATION PROGRAMMING

<p>Anger</p> <p>MH with ER</p>	<p>The primary focus of this unit is awareness and self-management of symptoms and triggers to anger. Key elements include a basic cognitive-behavioral (CBT) approach, supplemented by DBT mindfulness activities, emotion regulation and distress tolerance skills, and tools designed to assist awareness and motivation for successful symptoms self-management.</p>
<p>The Bridge Unit A</p> <p>MH with ER</p>	<p>The primary focus of this core change-focused mental health program unit is awareness and self-management of symptoms and internal risk factors which contribute to problems. Key elements include a basic cognitive-behavioral approach, supplemented by DBT mindfulness activities, emotional regulation and distress tolerance skills, and tools designed to assist awareness and motivation for successful symptoms self-management.</p>
<p>The Bridge Unit B</p> <p>MH with ER</p>	<p>The primary focus of this core change-focused mental health program unit is awareness and self-management of triggers and external risk factors which contribute to problems. There is a specific emphasis on anxiety, depression, and anger/aggression, as well as a basic cognitive-behavioral approach, supplemented by DBT mindfulness activities, self-management skills, and tools designed to assist awareness and motivation for successful symptoms self-management.</p>
<p>The Bridge Unit C</p> <p>MH with ER</p>	<p>The primary focus of this core change-focused mental health program unit is assessing and establishing balance - emotional regulation/stability and the capability to respond in appropriate ways to events. There is major emphasis on dealing with specific feelings and triggers. This unit is an excellent stress management resource, as well. The final elements address protective factors, resilience and building personal confidence.</p>