

ADDICTION RECOVERY SUPPORT SYSTEMS

Psychoeducation Program

PROGRAM PURPOSE

ARSS's Psychoeducation Program provides structured, evidence-based education for individuals referred by courts, CPS, probation, and attorneys who require formalized instruction in behavioral health, emotional wellness, and life skills as part of their court-ordered case plan. Unlike therapy, psychoeducation delivers knowledge and skill-building in a group format, empowering participants to understand the factors underlying their behavior and make informed, lasting changes. The program is flexible and can be tailored to complement concurrent treatment programs such as substance use counseling, anger management, or domestic violence intervention.

CALIFORNIA COMPLIANCE ALIGNMENT

ARSS's Psychoeducation Program fulfills court-ordered requirements for behavioral health education, skill-based programming, and supplemental intervention as recognized by California courts, CPS, and probation departments. The program curriculum aligns with evidence-based psychoeducational standards and can be incorporated into any court-ordered case plan without modification to existing case management structures.

CORE CURRICULUM COMPONENTS

Emotional regulation — understanding and managing emotions
Cognitive-behavioral principles — identifying and changing distorted thinking
Trauma-informed education — impact of trauma on behavior and health
Power and control dynamics — recognizing unhealthy relationship patterns
Communication skills — assertiveness, active listening, and conflict de-escalation

Accountability and personal responsibility
Stress management and coping skill development
Substance use awareness and relapse prevention education
Healthy relationships and boundaries
Goal-setting, problem-solving, and life skills development

Attendance & Program Requirements Available in 8-week, 13-week, or 26-week formats (per court order or case plan) Weekly group sessions — 90 minutes per session Individual intake orientation required prior to first group session Attendance verified and tracked at every session Participants may be enrolled concurrently in other ARSS programs

Documentation Provided to Referring Agencies Enrollment verification letters Attendance and participation records Progress summaries (upon request or court-ordered intervals) Completion certificates upon successful program graduation Non-compliance notifications issued to referring party as needed

ARSS APPROACH

ARSS delivers psychoeducation through a trauma-informed lens, recognizing that many participants have experienced significant adversity that shapes their thinking, behavior, and capacity for change. Facilitators use skill-based, interactive instruction — not lecture alone — to ensure participants actively engage with and apply the material. The program fosters a structured, respectful group environment that promotes insight, accountability, and genuine behavioral growth.

For referrals, enrollment, or documentation requests, contact ARSS | [Phone] | [Email] | [Website]