



Group intervention

Content of the first ten weekly classes included strategies for behavioral activation, disengagement from negative thoughts, relaxation, lifestyle changes for wellness, and evaluation of helpful versus less helpful coping strategies for dealing with depressive symptoms (e.g., drug and alcohol use, suicide). Each session also presented recovery –oriented material such as the five stages of recovery, and creation of a recovery and wellness plan. Later sessions included ongoing self-care and recovery goal setting, action planning and group problem-solving, review and continued practice of CBT skills, and discussion of topics selected by peer specialists and participants (e.g., interpersonal relationships).