



WESTCHESTER MEDICAL CENTER

The Men's Alternative Sexuality Group Protocol

The Men's Alternative Sexuality Group (MASG) is for individuals suffering from AXIS I disorders (depression, anxiety, bipolar, etc.) that may refer to their sexuality as bisexual, pansexual, homosexual, undecided, or searching. The MASG is designed to assist these individuals with the amelioration of mental health symptoms by the creation of coping strategies to fit within the unique lifestyle of the individual. The group is designed to assist individuals who reside within the community that meet criteria for outpatient treatment without the need for a more intensive level of care. It is expected that patients within the group participate in self exploration, discussion of mental health symptoms, issues related to interaction with family and peers, and provide support for one another.

As a member of the MASG, patients agree to the following:

Attend MASG on scheduled days and times (Tuesday from 6pm to 7pm).

Have regular meetings with their individual therapist (if linked with service)

Be on time for all groups and stay for the entire duration.

Agree not to fraternize/socialize with other members of the MASG outside scheduled times.

Agree to treat other MASG patients and staff with respect and not use physical violence to express feelings.

Agree to allow MASG treatment team permission to speak with other providers (medical, legal, social service agencies, etc.) as needed and will sign a release of information form.

Respect the confidentiality of all members of the group and not repeat what is stated in the group in any other place but the group.

Staff agrees to:

Be on time for all scheduled groups.

Treat patients with respect, dignity, and unconditional positive regard.

Facilitate and organize group sessions.



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As a member of the Men's Alternative Sexuality Group, I agree:

1. To be present during each session as outlined within my treatment plan and to remain for the duration of the meeting.
2. To work actively on my problems and issues that can be benefited by group attendance.
3. To put my feelings into words.
4. To utilize my relationships made within the context of the group therapeutically and not socially.
5. To remain in the MASG for the rolling schedule of the group.
6. To be responsible for any and all bills associated with the Westchester Medical Center.
7. To protect the names and identities of my fellow group members.
8. To not repeat any information regarding a group member or their situation to those that are not a part of the group.
9. To appropriately interact, allow and provide feedback, and remains respectful and supportive of members and leaders.

Patient

Signature _____ Date _____



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Men's Alternative Sexuality Group

Westchester Medical Center's Behavioral Health Center is committed to providing the highest quality mental health care, to residents of the Hudson Valley, in a caring environment.

One feature of our Adult Outpatient Services includes weekly group psychotherapy- a psychological treatment that helps individuals struggling with similar issues to discover coping mechanisms using a group setting.

The Men's Alternative Sexuality Group is targeted to provide psychotherapy to individuals that may refer to their sexuality as bisexual, pansexual, homosexual, asexual, undecided, or searching. The MASG is designed to assist group members in the amelioration of depression and anxiety that may be exacerbated by difficulties with interpersonal relationships between friends, family, coworkers, and other members of the community. The MASG focuses on these issues in a sensitive manor while being flexible to the specific needs of the individual.



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The Men's Alternative Sexuality Group:

- Runs for 12 weeks of rolling sessions (meaning that admission is accepted at anytime) for 1 hour per week.
- Help build a safe and supportive environment.
- Helps individuals identify coping strategies for interpersonal stressors.
- Discusses the role our own thoughts and feelings may play in translation of environmental stressors.
- Enables group members to use social supports, prevents isolation and provide validation for one another.
- Helps members to recognize and eliminate self destructive behaviors.
- Provides Cognitive Behavioral Therapy, as well as relaxation techniques, guided imagery, progressive muscle relaxation, deep breathing, and other self soothing techniques.
- Aims at improvement in the quality of life and social, occupational, and family functioning.

To make an appointment or to obtain more information, please contact the Gateway program at (914) 493-1753