Psychosocial Rehabilitation Program Group Descriptions  
Winter 2015

**Alternative Wellness:** The group will cover the benefits of using music, exercise, and meditating/focused thought to cope with mental health symptoms. Some groups will be hands on and some will be informational. Activities will include: music, meditation, yoga, and other types of soothing/invigorating activities.

**Anger Management:** This group will cover highly, effective approaches to understanding and controlling anger including pragmatic tools for day to day life. Each consumer will be able to tailor a personal program to practice Anger Management coping skills and discover a deeper understanding of how anger affects all areas of life - both physically and mentally. Conflict resolution techniques and considerations will be covered as well. Material used in this group include the Anger Management manual and workbook from the U.S. Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration.

**Animal Therapy:** The purpose of this group will be to help clients overcome social anxiety, grief, depression, and feelings of loneliness with the help from a nonjudgmental source, who happens to have four legs and a wagging tail.

**Anxiety: Breaking Free:** This group will introduce consumers to a variety of techniques that will teach them to understand and cope with the many aspects of Anxiety. There will be a specific focus on how anxiety leads to procrastination and what can be done to break this cycle. The group will complete exercises from The Procrastination Workbook by William Knaus, Ed.D. and will also use The Worrier’s Guide to Overcoming Procrastination by Pamela Wiegartz, Ph.D. and Kevin Gyoerkoe, Psy.D. as a resource.

**Art and Recovery:** Art helps individuals express a full range of feelings through different media. This group offers chalk art pastel, charcoal pencils, colored pencils, watercolor and more. We will create projects for personal use, and you may also provide your one-of-a-kind creations to the Pioneer Art Gallery as well as other galleries in the community.

**Back from the Bluez:** This group is designed to provide you with information about depression, and it suggests strategies for how you can manage your mood. It is organized into modules that are designed to be worked through in sequence. Topics will include: An overview of Depression, Behavioral Strategies for Managing Depression, The Thinking-Feeling Connection, The ABC Analysis, and Unhelpful thinking styles, Exploring ways to examine and challenge unhelpful thoughts, core beliefs and self-management. Sources: Center for Clinical Interventions, The CBT workbook for Depression and Your Depression Map.

**Book Club: Boundaries:** This Group is designed to assist in recognizing and learning about boundaries in clients’ lives. This group is designed to have clients explore areas of their life: physical, mental, emotional, and spiritual. The group will explore these areas and learn what a healthy boundary is and how to create these boundaries in their lives. This Group will be working from the book, Boundaries by Dr. Henry Cloud & Dr. John Townsend.

**Community Inclusion:** This group is designed to help consumers plan and enjoy activities to engage in and connect with their community. Consumers will be encouraged to take the needed steps to integrate back into their community. These activities provide the opportunity for consumers to develop social skills, relaxation skills, and hobbies to help battle boredom in an in-vivo (real-life) setting. Topics will also include employment, civic engagement, housing, education, recreation, and spirituality. These activities will mostly take place...
outside of Pioneer Center, but occasionally peer support/socialization or educational activities will be planned at the center to help reduce social isolation and promote recovery. Consumers will also have opportunities to problem solve new areas to be addressed through committees or organized meetings. Consumers who are nearing their end of PSR treatment will be required to take this group.

**Conflict Resolution:** This group is designed to assist in developing skills to resolve conflict. Techniques are based on learning to jointly resolve conflict rather than taking a competitive win/lose approach.

**Coping With Depression:** This group will meet weekly to address everyday stressors that can attribute to depression and feelings of sadness. The purpose of this group will be to learn how to recognize and handle those stressors in a positive and healthy manner.

**Critics Review:** This group will provide an opportunity for the participants to use their critical thinking skills by viewing, analyzing, and interpreting various forms of media and literature pertaining to mental health recovery. The group will focus on holding appropriate discussions, expressing individual opinions, and maintaining constructive debates regarding the week’s topic. The goals that will be addressed include: critical thinking, socialization, advocacy, assertiveness and creative expression.

**Dealing with Psychosis:** This two hour group will focus on managing hallucinations, paranoia, and delusions through skill building, self-assessment, learning exercises and chart tracking. Participants will gain insight into their experiences by reviewing the material, completing the learning exercises, and participating in group discussion. The group will complete exercises from *Dealing with Psychosis: A toolkit for moving forward with your life*.

**Effective Communication:** This group will focus on building skills to effectively exchange information, feelings and meaning through the use of verbal and non-verbal communication. The elements of communication will be broken down and addressed to better understand the client’s position on either end of the conversation. This group’s goal is to produce a better understanding of the roles of communication, resulting in all parties obtaining the most out of the process.

**Healthy Living:** This group offers education to consumers as to the benefits of making positive and healthy choices about nutrition, food safety and preparation, over all wellness, and living a safe and healthy lifestyle. Utilizing this information in a working kitchen can help promote recovery in a holistic approach as well as promote living more independently in a safe and healthy way. Resource: Lilly. Nutrition, *Wellness and Living a Healthy Lifestyle. Requires Permission of Instructor*.

**Healthy Relationships:** The purpose of this group is to help clients build and maintain healthy relationships in their lives. This group will utilize learning material provided to help them focus on maintaining relationships, conflict resolution skills and opening up communication lines with the people around them.

**Hot Topics:** This group will focus on a specific current event each week. The weekly current event presented to the group may be relevant to mental health, politics and/or events occurring in the community. Hot Topics will focus on enhancing client’s communication skills, self-assertiveness, and self-confidence by reflecting on the “weekly” event and discussing various opinions of how it may affect the individuals in the group.
Laughter is the Best Medicine: Humor is infectious. The sound of roaring laughter is far more contagious than any cough, sniffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use. This group will focus not just on the effect of humor and laughter on moods but also on physical and mental health.

Letting Go of Your Anxiety: This group will meet weekly and will help clients utilize the tools provided to learn how to deal with stress and anxiety in a healthy manner. Clients will learn how to change the way they think in order to overcome every day, stressful obstacles.

Meditation Group: This group will serve as a mind guide to relaxation. The group leader will explore the issue of stress and how it relates to a person in recovery. Consumers will learn and practice a variety of relaxation techniques. If relaxation needs to be in your wellness toolbox, this is the group to take.

Men’s Group: Men participating in this group will learn how to receive and give appropriate support with issues unique to men including survivor issues, grief and loss issues, and men’s health. The group leader will guide and encourage group members to explore ways of increasing self-esteem and self-confidence through learning effective communication skills and the opportunity to practice recovery skills in a safe environment. This group is recommended for new PSR consumers subject to clinical considerations.

Mental Health Issues In Recovery: This group meets weekly to discuss issues affecting recovery. Client discussion is of current and past events that have presented problems for the client remaining in recovery and in the remission from their illnesses. This is a mandatory group for all new clients.

Mental Health Recovery Education Topics: This group meets weekly for the purpose of educating the client about their illness and what is needed to remain in remission and recovery. A different topic is covered each week. The twelve week education plan covers a variety of topics ranging from symptoms, disorders and stages of change to nutrition, exercise and community reintegration. Instructors vary each week and are selected for familiarity with the topic for the week. The group is required for new consumers of the PSR program and is open to others subject to clinical recommendations. This is a mandatory group for all new clients.

Mental Health Recovery, Lifestyle Change and Continuing Care Topics: This group meets weekly for the purpose of teaching clients the techniques of relapse prevention and continuing care. A different topic is covered each week. Topics will focus on educating the client on what it means to be in recovery and what is needed to remain there, including such subjects as acceptance, self-esteem, mindfulness and continuing care planning. Instructors vary each week and are selected for familiarity with the topic for the week. The group is required for new consumers of the PSR program and is open to others subject to clinical recommendations. This is a mandatory group for all new clients.

Peer to Peer: This group will educate consumers on the resources available in the community and organize activities and discussions to facilitate consumer transition to community based natural supports in anticipation of graduation from the New Horizons Psychosocial Rehabilitation program. This group is recommended for new PSR consumers subject to clinical considerations.

Practical Change: This group will focus on changing dysfunctional emotions and thinking into positive, mindful, and compassionate behavior. Practical tools and techniques will be used to address mental health concerns.
Relapse Prevention: This group meets weekly to discuss methods and techniques of relapse prevention. The group will focus on how to stay sober and stable while working a program.

Self-Esteem Group: This group will guide consumers through the dynamics of self esteem, letting go of critical self-talk, and provide education on promoting healthy self-acceptance. The group leader will utilize a variety of hands-on exercises and techniques to improve self-esteem. Materials include Burns, Ten Days to Self-Esteem, (Harper, 1993) and Richardson, Stand Up for Your Life (Free Press, 2002).

Social Awareness: Emotional IQ consists of four core abilities which help to identify, use, understand, and manage emotions in positive and constructive ways. Social-Awareness is the skill which assists in becoming more emotionally intelligent in the environment. This group will use activities, discussions and evaluations to assist clients with recognizing, understanding and responding to the emotional behaviors of others, as well as social situations.

Steps to Master Anxiety: This group will work on areas of one’s life that lead to anxiety. This group will cover the following components: relaxation, exercise, coping & panic, exposure, overcoming negative self-talk, changes in mistaken beliefs, visualization, self-esteem, nutrition, medication, and meditation. This group will explore these areas and learn new, healthier ways to handle one’s anxiety. The group will complete exercises from, The Anxiety & Phobia Workbook By Edmund J. Bourne, PHD.

Spontaneous Happiness: This group will be based directly on the guidelines set by Dr. Andrew Weil, MD in his book entitled, Spontaneous Happiness. The group will follow his eight-week program that focuses on caring for your physical, emotional, and spiritual well-being. Scattered within the eight-week program will be additional topics such as: goal setting, nutrition, physical activity, as well as meditation/relaxation techniques.

Train Your Brain: This group will include handouts, concentration games, 3D puzzles, and more to aid in strengthening your brain; the more you use your brain, the stronger it becomes. Playing games, rearranging letters in a word, solving puzzles, and deciphering optical illusions can all keep you feeling younger, more focused, and more socially flexible.

Understanding Bipolar Disorder: This group is designed to educate the client on what bipolar disorder is and what are its characteristics and symptoms. Techniques and skills are discussed that will assist the client in recognizing when mood swings are taking place and how to cope with the symptoms of Bipolar Disorder.

WRAP and Mental Health Recovery: This group is designed to introduce the concept of “recovery” and encourage people to develop their own definitions of recovery. Participants will develop their own personal strategies for enhancing and maintaining their recovery through development of their own personalized Wellness Recovery Action Plan. The group will be divided into two hours separated by a break. The first hour will involve presentation and discussion of pertinent recovery topics and the second hour will be devoted to the nuts and bolts of developing a WRAP. This group is appropriate for consumers who have never developed a complete WRAP. Sources: Copeland, M. Mental Health Recovery including WRAP and Illinois Division of Mental Health, Resources and References for Recovery Educators and WRAP Facilitators.

Women’s Group: Women participating in this group will learn how to receive and give appropriate support with issues unique to women including survivor issues, grief and loss issues, and women’s health. The group leader will guide and encourage group members to explore ways of increasing self-esteem and self-confidence through learning effective communication skills and the opportunity to practice recovery skills in a safe environment. This group is recommended for new PSR consumers subject to clinical considerations.