Title of Service: Symptom Management

Total Number of Sessions: 15

Lessons 21-37.

Duration of each session: 45 minutes

PROS Service: CRS Wellness Self Management

Target population:

- **Diagnoses:** Mood Disorders, Bipolar Disorder, Schizophrenia, Schizoaffective Disorder, Anxiety Disorders, Substance Abuse Disorders, Personality Disorders

- **Barriers to be overcome:**
  - Limited insight into mental illness
  - Difficulty identifying signs and symptoms of decompensation
  - Limited adaptive coping skills
  - Limited stress management skills
  - Limited decision making/problem solving skills
  - Limited understanding of the role medication may play in recovery

Service Goal:
To provide participants with psychoeducation regarding the signs, symptoms and causes of mental illness. This group will also address common difficulties experienced by people with mental illness and discuss adaptive coping strategies that are applicable to multiple diagnosis.

Service Objectives:
- To educate participants about mental health symptoms
- Practical facts about mental health and mental illness
- Coping with stress and symptoms
- Making treatment and mental health services work for the participant
Title of Service: Symptom Management

Session: 1

Duration: 30-45 minutes

Service Objective(s): Practical facts about mental health and mental illness

Handouts:
- Lesson 21: Introduction to Practical Facts about Mental Health and Mental Illness

Activities:
- Complete personalized worksheet regarding questions about mental illness (pg. 72)
- Complete Action Step (pg.72)
- Discuss participants answers as a group

Homework:
- None
**Title of Service:** Symptom Management

**Session:** 2

**Duration:** 30-45 minutes

**Service Objective(s):** Practical facts about mental health and mental illness

**Handouts:**
- Lesson 22: Symptoms of Mental Illness-Part I

**Activities:**
- Discuss symptoms that affect feelings and mood
- Discuss symptoms that affect a person’s thinking (cognitive symptoms)
- Complete Personalized worksheet: Recognizing your symptoms and Recording your symptoms (discuss as a group)

**Homework:**
- Complete Action Step on page 76.
Title of Service: Symptom Management

Session: 3

Duration: 30-45 minutes

Service Objective(s): Practical facts about mental health and mental illness

Handouts:
- Lesson 23: Symptoms of Mental Illness- Part II

Activities:
- Discuss symptoms that affect a person’s motivation
  - Negative Symptoms
- Discuss symptoms associated with a history of trauma or abuse
- Complete Personalized worksheet: Recognizing your symptoms and Recording your symptoms (discuss as a group)

Homework:
- Complete Action Steop on pg. 80.
Title of Service: Symptom Management

Session: 4

Duration: 30-45 minutes

Service Objective(s): Practical facts about mental health and mental illness

Handouts:
- Lesson 24: How is mental illness diagnosed?

Activities:
- Discuss how a person gets diagnosed
- Discuss presdisposing factors of having a mental illness
- Discuss symptoms that are generally associated with typical disorders
- Complete Personalized Worksheet: Understanding your diagnosis

Homework:
- Complete Action Step on page 84
Title of Service: Symptom Management

Session: 5

Duration: 30-45 minutes

Service Objective(s): Practical facts about mental health and mental illness

Handouts:
- Lesson 25: Understanding the Causes of Mental Illness

Activities:
- Discuss factors involved in the development of mental illness
  - Biological
  - Psychological
  - Abuse or Trauma
  - Cultural
- Complete personalized worksheet: Thinking about factors

Homework:
- Complete Action Step on page 88.
Title of Service: Symptom Management

Session: 6

Duration: 30-45 minutes

Service Objective(s): Practical facts about mental health and mental illness

Handouts:
- Lesson 26: Coping with the Stigma of Having a mental Illness Diagnosis

Activities:
- What is stigma?
- What is self-stigma
- Strategies for responding to stigma
- Complete personalized worksheet: Thinking about strategies for reducing stigma

Homework:
- Complete Action Step on page 92.
Title of Service: Symptom Management

Session: 7

Duration: 30-45 minutes

Service Objective(s): Coping with Stress and Symptoms

Handouts:
- Lesson 27: What is stress? Why is it important to you?

Activities:
- Define stress
- Discuss the role of stress on mental health symptoms
- Discuss sources of stress
- Complete personalized worksheet: Thinking about Stress

Homework:
- Complete Action Step on page 96.
Title of Service: Symptom Management

Session: 8

Duration: 30-45 minutes

Service Objective(s): Coping with Stress and Symptoms

Handouts:
- Lesson 28: Identifying Your Personal Signs of Stress

Activities:
- What are the physical signs of stress?
- What are the emotional signs of stress?
- Complete the personalized worksheet: Thinking about signs of stress

Homework:
- Complete Action Step on page 99.
Title of Service: Symptom Management

Session: 9

Duration: 30-45 minutes

Service Objective(s): Coping with Stress and Symptoms

Handouts:
- Lesson 29: How to prevent stress in the First Place

Activities:
- Discuss strategies for preventing stress
- Complete personalized worksheet: Thinking about strategies for preventing stress

Homework:
- Complete Action Step on page 102.
Title of Service: Symptom Management

Session: 10

Duration: 30-45 minutes

Service Objective(s): Coping with Stress and Symptoms

Handouts:
- Lesson 30: Coping with Stress: What works? What Doesn’t?

Activities:
- Continue discussing strategies to cope with stress
- Relaxation Strategies
  - Complete a short muscle tension-relieving exercise
  - Complete a deep breathing exercise

Homework:
- Complete personalized worksheet: Thinking about strategies for coping with stress
- Complete Action Step on page 107.
Title of Service: Symptom Management

Session: 11

Duration: 30-45 minutes

Service Objective(s): Coping with Stress and Symptoms

Handouts:
  • Lesson 31: Using a Step-by-Step Formula to Improve a Problem

Activities:
  • Discuss the need to acquire problem solving skills
  • Discuss the six steps to problems solving
  • Complete the personalized worksheet: Thinking about a Problem

Homework:
  • Complete Action Step on page 110.
Title of Service: Symptom Management

Session: 12

Duration: 30-45 minutes

Service Objective(s): Coping with Stress and Symptoms

Handouts:
- Lesson 32: Thoughtfully Choosing a Mental Health Problem to Work On

Activities:
- Discuss common mental health problems
- Complete personalized worksheet: Identifying mental health problems

Homework:
- Complete Action Step on page 113.
Title of Service: Symptom Management

Session: 13

Duration: 30-45 minutes

Service Objective(s): Coping with Stress and Symptoms

Handouts:
- Lesson 33: Choosing Strategies for Coping with Specific Problems and Symptoms

Activities:
Have clients complete the personalized worksheet (checklist) individually during group.
Then have the participants break into two or three small groups to discuss the various problem solving strategies they have used or would like to use. Have each participant complete the Action Step on page 121 and propose to use a new coping strategy.

Homework:
- Complete Action Step identified during group on page 121.
Title of Service: Symptom Management

Session: 14

Duration: 30-45 minutes

Service Objective(s): Making Treatment and Mental Health Services Work for You

Handouts:
- Lesson 36: Practical Facts about Medication

Activities:
- Discuss the role and purpose of psychotropic medication
- Discuss the expected benefits of medications
- Complete the personalized worksheet: Thinking more about medications.

Homework:
- Complete Action Step on page 133.
Title of Service: Symptom Management

Session: 15

Duration: 30-45 minutes

Service Objective(s): Coping with Stress and Symptoms

Handouts:
- Lesson 37: Understanding Side Effects
- Lesson 38: Coping with Side Effects

Activities:
- Complete the personalized worksheet: Thinking more about side effects.
- Discuss coping strategies to manage specific side effects.
- Discuss life threatening side effects.
- Complete the personalized worksheet: Thinking more about side effects and strategies to cope with them.

Homework:
- Complete Action Steps on page 136 and 139.