

PROS Program Protocol

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| **Group Name:** | Hopes, Dreams, Aspirations - 2350 |
| **Duration:** | 1 time a week for 12 weeks |
| **Admission Criteria:** | All PROS clients are welcome to join this group. It is particularly useful for clients needing to utilize peer support to help challenge negative thinking and build self-esteem. |
| **Expected Outcome:** | At the end of 12 weeks, the clients will have a folder of quotes, positive affirmations and exercises to refer back to when struggling with negative thinking.  Clients will report they have been successful at least once in redirecting their thinking away from negative thoughts.  Clients will report an increased sense of self-confidence and self-esteem. |
| **Process Utilized:** | Group facilitator will bring in handouts each week for discussion. Clients will be encouraged to bring in their own thoughts and feelings about their life and recovery for discussion. |
| **Course Completion Criteria:** | A client will make the decision when they are ready to discontinue this group. |

**Lesson Plan:**

Week 1: Affirmations

Week 2: Changes that lead to actions

Week 3: Dreams

Week 4: Wellness defined. Different kinds of wellness

Week 5 : Intellectual Wellness

Week 6: Spiritual Wellness

Week 7: Emotional Wellness

Week 8: Physical Wellness

Week 9: Social Wellness

Week 10: Affirmations

Week 11: Review information and exercises from week 2 thru 5

Week 12: Review information and exercises from week 6 thru 10