

**CLASS DESCRIPTIONS**  
**SAINT MARY'S HEALTHCARE PROS**

**CRS: Community Rehabilitation and Support**

**COMMUNITY LIVING EXPLORATION**

**Out and About** (CRS/CLE) Learning about your Community: This class is being offered to help PROS participants become more aware of local resources and to feel more comfortable using these resources, without feeling stigmatized. Participants taking this course will engage in community activities such as leisure, recreation or mental health exhibits to name a few. You will explore different ways to become more involved with local agencies such as Mental Health Association, NAMI, St. Mary's Hospital and RCIL.

*BARRIERS: stigma, isolation, social anxiety, depression, paranoia....*

**BENEFITS AND FINANCES MANAGEMENT**

**Money Matters** (CRS/BFM) Financial education: Participants who take this course will increase their knowledge and skills of personal budgeting and financial management. You will become familiar with financial concepts and terms, as well as, identify daily, weekly, monthly expenses for improvement in personal budgeting planning and basics financial skills.

*BARRIERS: poor spending habits, lack the understanding of the value of money....*

**INFORMATION AND EDUATION REGARDING SELF-HELP**

**Venus in Recovery** (CRS/IERSH) **Self help and support for woman:** is designed to provide opportunities for female participants to discuss various topics together in safe, gender specific classes, which may be difficult to discuss in a mixed gender setting.

*BARRIERS: stressful relationships, anxieties associated with sexuality, poor self esteem, limited friendships....*

**Men in Recovery** (CRS/IERSH) **Self help and support for men:** is offered to provide opportunities for male participants to discuss various topics together in a gender specific setting that may be more difficult in a mixed gender setting.

*BARRIERS: stressful relationships, anxieties associated with sexuality, poor self esteem, limited friendships....*

**STRUCTURED SKILL DEVELOPMENT AND SUPPORT**

**WSM: Wellness Self-Management**

**Coping Skills Training**

**Agreements 4 Recovery** (WSM) **Life choices and decisions:** This course is offered to help participants regain control over their lives, by identifying old agreements that cause barriers and learn new agreements that can help them achieve their desired goals. These new agreements are based on Don Miguel Ruiz's work titled The Five Agreements. 1) Be Impeccable with your Word; 2) Don't Take Anything Personally; 3) Don't Make Assumptions; 4) Always Do Your Best.

*BARRIERS: unhealthy behavior patterns, negative attitude, unresolved anger, narrow mindedness....*

**Amazing Me** (WSM) **Self-esteem:** Participants taking this class will learn how to feel better about themselves, by developing and practicing various positive self-help activities. These exercises will enable you to enjoy healthier relationships, improve success in the workplace, make better decisions, and help you choose empowering life roles.

*BARRIERS: low self- esteem, lack of trust, poor assertive skills, negative attitudes and supports, poor boundaries....*

**Around the World (WSM) Cultural Diversity:** This class is being offered to explore diversity in different cultures throughout the world. Using videos and other activities, class participants will examine and discuss different cultural values and beliefs, to include concepts such as respect, tolerance, human dignity and equality.

*BARRIERS: low tolerance, narrow mindedness, lack of respect, poor boundaries....*

**Art and Meaning (WSM) Self Esteem:** The Art and Meaning class is the umbrella that encompasses recovery and wellness with the use of multiple art forms: art media, the creative process, and the resulting artwork to explore their feelings, reconcile emotional conflicts, foster self-awareness, manage behavior and addictions, develop social skills, improve reality orientation, reduce anxiety, and increase self-esteem.

*BARRIERS: stigma, poor self perception and self worth, lack of confidence....*

**Art for the Heart (WSM) Emotional Balancing:** Art is a form of communication that helps the participant to open up and recognize their inner strength and gain awareness of self and community. In this class; art is used as a heartwarming way to communicate to others, whereby participants gain a sense of belonging, hope and belief in them-selves. In addition, the course is designed to promote a healthy healing process, which will help mitigate stress in everyday situations.

*BARRIERS: stigma. Isolation, lack of trust anxiety, helplessness, low self-esteem, apathy, inability to emote, denial, and lack of confidence or ability to belong or understand culture diversity....*

**Art of Life (WSM) Celebrating Life through Art:** The purpose of the class is to use the medium of various art forms to celebrate “what is right with the world”. Participants will learn how painting, drawing, photography and other art forms can transform their view of the world. Participants who take this course will learn how to evoke more positive attitudes and perceptions about the world around them, through their use of art.

*BARRIERS: hopelessness and helplessness, negativity, depression/anxiety....*

**Assert Urself (WSM) Communication Skills:** Being assertive is an important communication skill, which can reduce your levels of anxiety and improve your self esteem. This class is designed to provide participants with some information about assertiveness – what it is, what stops us from being assertive and how to become more assertive. By learning to be more assertive, participants will have more control over their emotions and even improve interactions in their relationships.

*BARRIERS: poor communication, depression, anxiety, low self-esteem, and unhealthy relationships....*

**As I Am (WSM) Learning to empower oneself:** This class is all about learning how to accept your-self, gain a feeling and sense of pride, while raising your self-esteem and finding motivation to be successful.

*BARRIERS: low self esteem, lack of self acceptance, lack of purpose in life....*

**Attitudes (WSM) Changing behaviors through rethinking:** This course is offered to help participants identify personal attitudes and how attitude affects self esteem and decision making. Through various classroom exercises and discussions, participants will examine attitudes that create barriers.

*BARRIERS: lack of gratitude, low self esteem, negativity, depression....*

**Become A Star (WSM) Addressing ten important point of recovery:** Using the “Outcomes Star” model, designed by Triangle Consulting, this class will assist participants in developing a deeper understanding of the definition of recovery, and assisting them in identifying where they are now, in each area of their recovery, in order to find ways increase their motivation and set meaningful recovery goals. Participants will also learn strategies that will empower them to achieve their goals by climbing the “ladder of change.” This will be achieved through the use of techniques such as cognitive restructuring, role-play, and discussion.

*Barriers: Anxiety, Depression, Low Self-Esteem, Low motivation, Poor Communication Skills, lack of Insight....*

**Breaking Barriers (WSM) Goal Acquisition:** The focus of this class is to identify personal, repeated barriers and patterns that inhibit the participant from achieving their goals. Participants will explore creative alternate solutions, helping themselves break through their barriers in a healthier more productive way. The main activity in this class is role playing.

*BARRIERS: stigma, chaos, inability to problem solve, learned helplessness, sabotage, addiction....*

**Career Skills (WSM) Job skill development:** This class is offered as part of the ORS service wherein participants work towards overcoming their barriers to obtaining work. Participants will discover what their strengths and talents are. They will learn how to handle stress at work and develop appropriate communication skills to interact with staff and peers. Also, participants will work on: proper attire, physical appearance and role playing for interviews will be included.

*BARRIERS: anxiety, fear, lack of self-worth, confidence and resources, depression and isolation....*

**Career Planning (WSM) Professional Development:** This is an ORS class being offered to assist participants in gaining a better understanding of their mental health needs and the skills necessary to begin taking active steps to obtaining a job, going to school and/or volunteering in the community.. Participants at this stage should have a good idea about what they want to do and are actively engaged in exploring various steps they need to take toward achieving their goals and objectives.

**BARRIERS:** depression, anxiety, lack of confidence, supports and resources, low self-worth, stigma.....

**Celebrate Wholeness (WSM) Depression/Anxiety:** The focus of this class is to “Celebrate What Is Right with the World” through art expression. Participants who take this course will learn how to evoke more positive attitudes and perceptions about the world around them, through their use of art.

**BARRIERS:** *hopelessness and helplessness, negativity, depression/anxiety....*

**Color My World (WSM) Stress Management:** This is an art class that engages the participant in learning how to manage their stress, through the use of color and art.

**BARRIERS:** *limited resources, loss of pleasure, concentration, hand eye skills coordination and communication with peers....*

**Creative Minds (WSM) Cognitive Skills:** An art class designed for sensory stimulation, engaging neural linguistic pathways for improved memory and brain function.

**BARRIERS:** *lack of mindfulness, impedance of life goals, low self-esteem and negativity....*

**Creative Movement (WSM) Emotional and physical wellness:** Music and Dance are good for the soul. They are common expressions of communication in every tribe and race throughout history. Through music and movement, class participants are taught to channel and express their thoughts and feelings more constructively. These forms of communication are very helpful in individuals, young and old, who feel that they are unable to truly let other people know who they are inside and what they feel. The experience of music and dance can improve, restore and maintain your health. Come, join us!

**BARRIERS:** repressed emotions, low self-esteem, anger, anxiety, poor communication skills....

**Day To-Day (WSM) Personal Daily Recovery strategies:** This class is all about managing daily Wellness. It is a program designed for people whose experiences of disappointment have caused them to feel powerless and without the proper recovery strategies to manage their lives. People who participate in this program will learn how to improve their chances of success and satisfaction each day, tackling important areas of life where barriers exist; such as, visions for recovery, identifying barriers, strength based decision making, goal setting development and coping with stress, to name a few.

**BARRIERS:** depression, anxiety, addiction, poor self-image, low self-esteem, lack of resources....

**Draw It Out (WSM) Anger Management:** In this class; art is used as a medium for anger management, de-escalating and redirecting energy in a positive way. Art is a form of communication that helps the participant gain a sense of control by re-directing anger through creative art leaving baggage and stress behind. When Participants engage in art, they use the creative process as a useful tool that can be utilized as wellness management for enhancing social skills.

**BARRIERS:** *stigma, inability to trust, ruminating thoughts, impulsivity, addiction, easily distracted or reactive behavior.*

**Easy Does It (WSM) Stress Management:** PROS participants taking this class will learn to identify personal triggers that lead to increased levels of stress. You will develop strategies to help reduce anxiety levels and feel better about yourself. Individuals will explore and be encouraged to practice a variety of stress reduction activities including mindfulness, art, music, movement and breathing exercises.

**BARRIERS:** *lack awareness in principles of wellness, unhealthy life choices, anxiety, racing thoughts....*

**E-Motions (WSM) Emotional and physical wellness:** Music and Dance are good for the soul. They are common expressions of communication in every tribe and race throughout history. Through music and movement, class participants are taught to channel and express their thoughts and feelings more constructively. These forms of communication are very helpful in individuals, young and old, who feel that they are unable to truly let other people know who they are inside and what they feel. The experience of music and dance can improve, restore and maintain your health. Come, join us!

**BARRIERS:** *repressed emotions, low self esteem, anger, anxiety, poor communication skills....*

**Emotional Balance/Feelings and Emotions (WSM) DBT:** Emotions are an ever changing experience, prompting us to learn how to manage them on a daily basis. This class is designed to assist Individuals in understanding their emotions and how they affect their behaviors. The focus will be on how to solve challenges, not to live in the emotion, without resolution. Practical recovery strategies that will be taught will include; mindfulness, distress tolerance and emotional regulation. Barriers: poor anger management, self-harm, impulsivity, all or nothing thinking, depression and anxiety....

**Expressive Arts (WSM) Arts and Emotional well being:** Arts are an integral part of the expression of cultures throughout the world. In this class participants will learn how art can improve their emotions, increase ability to focus and help facilitate ways of communicating better. Expressive activities will include clay, paint, pastels, and collage, printing and pencil/ink/markers.

*BARRIERS: stigma, inability to trust, ruminating thoughts, impulsivity, addiction, distractions....*

**Fact to Face (WSM) Conflict Resolution:** Conflict is a normal part of any healthy relationship. After all, two people can't be expected to agree on everything, all the time. Learning how to deal with conflict—rather than avoiding it—is crucial. When conflict is mismanaged, it can cause great harm to a relationship, but when handled in a respectful, positive way, conflict provides an opportunity to strengthen the bond between two people. This class is designed to assist participants in learning what impacts unhealthy resolution strategies, replacing them with healthy strategies in conflict resolution.

*BARRIERS: poor listening skills, aggressiveness or passivity, low self-esteem....*

**Family Matters (WSM)** This course is being offered to teach participants about how family dynamics establish certain beliefs about us and others, affecting behaviors, emotions and choices. Participants will learn how to overcome certain barriers they may have developed over time, because of their family dynamics. Family roles, enabling, co-dependency and other inter-relational topics will be explored and what are the consequences that happen when these family roles are practiced.

*BARRIERS: co-dependency, low self esteem, depression, anxiety, poor boundaries, manipulative behaviors....*

**Foods and Moods (WSM) Nutritional Education:** Poor eating and drinking habits often lead to physical, emotional and mental health barriers. Participants taking this class will learn about how to make better choices regarding their food and drink consumption. This class will focus on nutritional content and the affects certain food groups have on overall wellness. Participants will develop ways to take positive steps in their eating habits and support each other.

*BARRIERS: Diabetes, high blood pressure, obesity, low self-esteem....*

**Go Fish (WSM) Coping Skills:** This course is based on the saying, "If you give a man a fish, you feed him for a day, but if you teach a man to fish, you feed him for a lifetime". Having good coping skills is something that can be used for a lifetime. In this course PROS members will learn various coping skills to help with anxiety, stress and unhealthy belief systems. Lessons will include the "fight or flight" response and other hard to re-learn skills. The student will explore and learn to practice more positive behaviors, when dealing with the challenges of life.

*BARRIERS: depression, anxiety, low self-worth/esteem, paranoia, racing thoughts, mania, poor decision making....*

**Good Grief (WSM) Trauma and Loss:** The experience of grief, trauma or loss can be exhausting, and cause people to become depressed and stop living their lives. This class is offered to help people move through their grief. Attending this class, people will learn to express their feelings, nurture positivity about life and how to take care of self, as well as other healing techniques. The ultimate goal here is to resolve the grief, not to live in the cause of it, and come to redefine one's life in a healthy, guilt free way.

*BARRIERS: despair, anxiety, loss, unresolved anger, nightmares, guilt....*

**Growing Wings (WSM) Coping Skills Workshops:** This class includes written and creative visualization exercises designed to: explore one's nature; deal with pressures from the outside world; free one's self from psychological traps; develop better communication skills; improve familial and romantic relationships; explore beliefs about one's self and the world; learn ways to discover, embrace, and walk on one's personal path; and to expand the boundaries of one's reality.

*BARRIERS: anxiety, depression, guilt and shame, anger, low self-esteem....*

**Healthy Aging (CRS/IERSH) Self Help and Support for the 40+ Adult:** because our needs change as we grow older, this class is designed for those individuals seeking to increase and/or improved their lifestyles as they age. It is intended for the adult who is 40 and older. The focus of this class is on understanding certain factors as we age, this includes; spiritual questions such as acceptance of one's life, a sense of current meaningfulness, psycho-social explorations of community involvement and interpersonal relationships, as well as awareness of medical and physical concerns in the aging process.

*BARRIERS: diminished cognitive and physical abilities, limited resources, isolation, fear....*

**Health and Wellness (WSM) Whole Person Wellness** - Are anxiety, stress and depression limiting your happiness? Feel alone, suffering from emotional or spiritual pain, relationship problems? Are you ready to release barriers, such as old behaviors, thoughts and fears so you can experience life's joys to the fullest? It takes courage to take action and change your life. This class is offered to guide you to freeing yourself from the limited patterns, unhealthy habits and beliefs, which keep you stuck and disconnected from the world. This class can assist you in overcoming personal health barriers and teach you how you make a difference, not only in your own life but in the world around you.

*BARRIERS: depression, procrastination, anxiety, poor decision making, lack of resources, poor self-esteem, stigma....*

**Healthy Lifestyles (WSM) Wellness Focused Recovery skills:** This class is designed to assist the participants in exploring a wide range of topics related to Health and Wellness. Topics of education will include nutrition, exercise, meditation, relaxation, good anger management, to name of few.

*BARRIERS: depression, procrastination, anxiety, poor decision making, lack of resources, poor self-esteem, stigma....*

**Healing and Balance (WSM) Using your body to Heal itself:** This class will provide PROS participants opportunities to learn about the way a body uses energy, how the body and mind can become over stressed, creating unhealthy barriers to feeling good. Participants who take this class well learn how to restore the body to a healthier state of being and recognize the body's need for balance and integration.

*BARRIERS: anxiety, depression, racing thoughts, poor physical health....*

**Hope in Recovery (WSM) Restoring hope in Recovery:** Having hope is important when living with a mental illness. Recovery is often times called a process, an outlook, a vision or a guiding principle. Hence, hope in recovery involves not only learning about its qualities; but also how to discover what is possible, despite serious mental illness. This class will focus primarily on learning how to manage one's barriers and get one's life back, believe in oneself. Individuals taking this class will create meaning for them-selves and discover a meaning and purpose for life. Lesson plans and activities will include exploring inspirational stories, restoring self-esteem and bolstering self-confidence, through the use of videos and handouts.

*BARRIERS: depression, low self-esteem, negative thought patterns, stigma lack of purpose and meaning....*

**Human Experience (WSM) Inspiration and Motivation:** This class will use documentaries and other video based visuals to inspire participants toward overcoming barriers and achieving their goals. After viewing the chosen stories, participants taking this class are expected to engage with each other, exploring what it takes to overcome adversity, handle disappointment and the like.

*BARRIERS: self acceptance, lack of life role models, low motivation, purpose....*

**Icebreakers (WSM) Social communication skill building:** This class is offered to help participants develop better relational skills through team building activities. Participants will learn better communication, problem solving, stress reduction, as well as, other stimulating skills, so they can feel better about them selves.

*BARRIERS: lack of trust, poor communication and problem solving skills, isolation, anxiety....*

**Imagine That (WSM) Guided Meditation:** This is a guided meditation class. Guided imagery is one of the simplest and most powerful ways to eliminate stress and to experience total inner peace. This class is designed to assist individuals in achieving a state of relaxation and inner stillness. Much of the focus will be to imagine soothing, joyful experiences, whereby your entire body responds by becoming relaxed and by releasing natural chemicals that make you feel more positive. You will be guided to visualize scenes that have a deeply calming effect on your body, mind, and spirit.

*BARRIERS: anxiety, depression, lack of energy and focus, racing thoughts, physical ailments....*

**It's All About You (WSM) Self-empowerment:** Participants taking this class will learn how to feel better about themselves by developing and practicing healthy boundaries, assertive anger management and other strategies that focus on what each person can control. Each lesson plan activity will teach participants how to enjoy healthier relationships, improve success in the workplace, make better decisions, and help them choose empowering life roles.

*BARRIERS: low self- esteem, lack of trust, poor assertive skills, negative attitudes and supports, poor boundaries....*

**Joyful Art (WSM) Managing depression through art:** In this class; art is used as a medium for enjoyment, exploration, and emotional connection. Participants will learn how art is a form of communication that helps them open up and recognize their inner strength and gain self-awareness. In addition, the course is designed to promote a healthy healing

process such as boosting mental performance and problem solving skills, by increasing interest that will help mitigate stress.

*BARRIERS: stigma, isolation, anxiety, helplessness, low self-esteem, apathy, poverty of thought, inability to emote, denial, and lack of confidence or ability to create.*

**Just Do It (WSM) Understanding Procrastination:** This class will assist each participant with developing new strategies in how to overcome procrastination and learn more effective ways to manage mental health symptoms related to procrastination through the use of CBT techniques in the following areas: understanding procrastination, changing procrastination, dismissing procrastination excuses, learning practical techniques to stop procrastination, adjusting unhelpful rules/assumptions and tolerating distress.

*BARRIERS: stress, anxiety, depression, anger, low self-esteem, poor communication, acute health problems, unhealthy wellness behaviors....*

**Just for Today (WSM) Mindfulness and self-exploration:** This class is offered to assist participants in learning how to “stay in the moment.” Participants will learn about what factors cause them to feel overwhelmed and worried about the past or fearful of the future. Topics of discussion and exercise activities will include, but are not limited to examining the concepts of fear, guilt and shame.

*BARRIERS: anxiety, depression, procrastination, low self-esteem, anxiety, fear and stigma....*

**Just Relax (WSM) Relaxation techniques:** Through the use of visualization, meditation and movement, class participants will seek ways to reduce stress. As participants practice these stress reduction techniques they will learn to use these skills to overcome their physical and emotional barriers.

*BARRIERS: low self-esteem, mood swings, high blood pressure, racing thoughts, thought blocking and poor energy levels....*

**Keep It Kool (WSM) Anger Management:** PROS participants who attend this class will learn what anger is, how it develops, the barriers it creates, as well as what skills are necessary to express anger in healthier and productive ways. They will learn to identify the beliefs and emotions that lead to their anger, and what triggers (people, places and things) that cause repeated cycles of anger.

*BARRIERS: depression, low self-esteem, poor boundaries, self-acceptance....*

**Leadership in Action (WSM):** According to ages old wisdom, “To Lead is to Serve” is an ancient and proven principle of Leadership. St. Francis said it best, “It is in giving that we receive.” After completing the “leadership” training class (Learn to Lead), those individuals looking to increase their skills in a practical way, for facilitation, volunteering and/or working, will benefit greatly from taking take this class. They will not only gain the skills to facilitate a class, but will learn how serving brings about happiness, fulfillment and confidence.

*BARRIERS: anxiety, depression, poor boundaries and communication skills, lack of self-confidence....*

**Let’s Talk About It (WSM) Communication skills:** This class is offered to help participants develop better communication skills. Class participants will learn; styles of communicating, how emotions play a role in communicating, how to communicate, so that proper boundaries can be established and understanding social cues, to name a few of the activities that will be examined. This class can be beneficial for people whose goal is to go back to work, are in unhealthy relationships, need to be more assertive or have poor anger management.

*BARRIERS: poor boundaries, social awareness, low self-esteem....*

**Letting Go (WSM) Forgiveness:** This class is designed to educate participants regarding the importance and process of forgiveness. Class lessons will explore how unresolved bitterness and anger can result in life long barriers to healthy living. Participants will learn the healing effects of letting go and the act of forgiveness can bring to their lives.

*BARRIERS: anger and depression, codependency, guilt and shame....*

**Life Lessons (WSM) Exploring stories and examining their life lesson:** This class is being offered to assist participants learning how to draw meaning and inspiration from various sources, such as personal stories, fictional stories, short parables, current events and or other types of mediums where a life lessons can be used to motivate and inspire participants toward goal achievement.

*BARRIERS: depression, procrastination, anxiety, low self-esteem and self-worth, stigma, addiction....*

**Living in Balance (WSM) Time Management:** This class is offered to help PROS participants learn about self-care strategies for healthy independence in everyday life. Members will explore various barriers that keep them from making

appointments, completing their duties, and making time to complete all of the basic essentials for daily living. Class participants will explore topics such as procrastination, fear, poor decision making, isolation, and lack of good time management, to name a few barriers that keep people from living in balance.

*BARRIERS: low self-esteem, racing thoughts, chronic mental health issues, procrastination....*

**Managing Your Wellness (WSM) Personal Recovery strategies:** This class is all about Wellness Management. It is a program designed for people whose experiences of disappointment have caused them to feel powerless and without the proper skills to manage their lives. People who participate in this program will learn how to improve their chances of success and satisfaction, tackling important areas of life; such as, visions for recovery, identifying barriers, strength based decision making, goal setting development and coping with stress, to name a few.

*BARRIERS: depression, anxiety, addiction, poor self-image, low self-esteem, lack of resources....*

**Mapping Your Future (WSM) Personal and Professional development:** This course will take a look at the importance of skill building whether it is getting your GED, college degree, trade school certification, or technical certification. This class will discuss the steps you need to take in order to achieve those goals you have set for yourself. We will discuss financial aid, personal finances, grants, and other supports available to you to attain your goals.

*BARRIERS: indecision, procrastination, depression, stigma, anxiety, lack of resources, poor time management....*

**Meds and Me (WSM) Medication Management:** The intention of this class is to educate participants about all phases of taking medications. Instruction will include discussions on the side effects of medications, how to recognize symptoms, actions that can be taken and other relapse prevention skills to a healthier state of being. The goal of this class is to help participants overcome poor self advocacy skills, when getting their needs met from the physician.

*BARRIERS: lack of awareness and benefit of medications, poor life skills, lack of supports....*

**Mental Health Matters (WSM) Personal Recovery strategies:** This class is designed for people who need a better overall view of how mental health affects life functioning, which may have caused them to feel powerless, without direction, or having the proper skills to manage their lives. People who participate in this program will learn how to improve their strategies for goal acquisition in areas such as satisfying relationships, as well as tackling important areas of life; such as, visions for recovery, identifying barriers, strength based decision making, goal setting development and coping with stress, to name a few.

*BARRIERS: mental health disorder, depression, anxiety, addiction, stigma, impulsivity, poor self-image, low self-esteem, lack of resources....*

**My Space (WSM) Healthy Relationships and Boundaries:** This course is offered to help participants reduce anxiety and stress by understanding and establishing healthy boundaries in relationships. In doing so, the individual learns how to recognize when personal space is being violated and what to do. By establishing better boundaries, you will learn how to say no, improve their social skills and live more positive and engaging lives.

*BARRIERS: stigmas, inability to problem solve, learned helplessness, self-sabotage....*

**Musical Moods (WSM) Creative Expression through Music:** This class is offered to help individuals address physical, emotional, cognitive, spiritual and social needs, through the use of music. Participants can learn how to manage pain, ward off depression, promote movement, ease muscle tension, as well as other benefits that music can bring. Simply put, through musical involvement in a recover context, a person's abilities are strengthened and transferred to other areas of their lives.

*BARRIERS: depression, anxiety, apathy, isolation....*

**Out of the Blue (WSM) Managing Depression:** This class is offered to help individuals understand and treat their depression. Using various methods and content, participants will be encouraged to exercise, eat right, utilize appropriate supports, get proper sleep and practice techniques to help reduce anxiety. The primary goal here is to help individuals find hope and keep their recovery alive.

*BARRIERS: loss of hope, interests, hobbies, anxiety, low self-esteem....*

**Over The Bridge (CRS/SSDS) Helping you transition into the competitive workplace:** This class is designed for participants, who are volunteers, an opportunity to process their experience and find support in transferring such skills to real life working, professional and social environments. It is an opportunity for volunteers to explore, discuss and develop good strategies and habits, not only for the workplace, but to for life's daily challenges. Individuals taking this class are expected to be an integral part of the class activities.

*BARRIERS: low self esteem, lack of confidence, poor communication, interactive, time and organizational management skills...*

**Parables (WSM) Stories with life lessons:** Individuals taking this course will learn various life lessons, as they explore and share meaningful stories and poems. Participants will learn: how to manage emotional barriers and behaviors in healthier ways; develop a more positive outlook on life and explore new coping skills to deal with difficult life challenges.

*BARRIERS: negativity, poor coping and decision making strategies, low self esteem....*

**Parenting (CRS)** This course will help participants improve their parenting skills, as well as, identify community resources specifically related to family. This class will include but is not limited to exploring parental responsibilities, aspects of human development, and how to communicate better as a family.

*BARRIERS: depression, anxiety, low self-worth/esteem, time management, poor decision making....*

**Passages (WSM) Self-esteem:** The intent of this class is to offer participants, who have an interest in reading and writing, to assist them with learning how to connect to their emotions through short stories. Participants will reflect on their recovery progress and identify personal barriers, by extracting personal meaning from various book passages, followed by journaling and/or discussion.

*BARRIERS: low self-esteem, unhealthy relationships, depression, lack of meaningful life roles....*

**Power to Change (WSM) Stages of Change:** This course is being offered to teach participants about change and the impact the stages of change have in the recovery process. Participants will identify, attain, and retain meaningful personal goals as they move through each stage of their recovery. Daily reviews of goals and goal planning will be an important part of the class process.

*BARRIERS: fear, easily overwhelmed, anxiety, unresolved anger....*

**Project Art (WSM) Problem Solving:** From the abstract to concrete Art projects, exploring the meaning of life to setting realistic goals, this art class is ideal for individuals looking to increase their self-esteem, reduce anxiety and learn how to set and complete projects. Much of the art that is created in this class will be used for art exhibits, wellness fairs and other community events, both in and outside of the PROS program..

*BARRIERS: impulsivity, chaos, drama, lack of organization, unhealthy life choices....*

**PROS Pulse, The (WSM) Mental Health Promotion:** This is a class for anyone looking to assist in the development of the PROS newsletter, "The PROS Pulse". From learning how to use a computer, to understanding how to use social media and internet browsing, to publishing PROS oriented information. The team will work together, educating others on what PROS is all about and promoting mental health awareness to the community at large. Participants will learn how to work together, communicate ideas and feel empowered, as they fight the stigma of discrimination against those with mental health challenges.

*BARRIERS: poor communication and teamwork skills, poor awareness of community and world connections, lack of self-confidence, isolation .....*

**Questions and Answers/Q & A (WSM) Creative Solutions:** This class is being offered to inspire participants to look for new and creative solutions to everyday situations. The class will explore key concepts for recovery, such as Character, Anger and Stress Management, Feelings and Thoughts and better decision making, to name of few.

*BARRIERS: inability to problem solve, lack of coping skills, limited supports, co-dependency, lack of awareness....*

**Reel Emotions (WSM) Emotional identification:** Through the use of film, this class is provided to help individuals identify and/or clarify particular emotional and mental health issues that can be confusing to understand. Movie themes to be explored will include relationships, addictions, depression, loss, humor, as well as any relevant theme which can assist in achieving related goals.

*BARRIERS: Depression, Humor, Substance Abuse and Dependence, relationships, as well as Grief and Loss....*

**Retrain the Brain (WSM) Mental exercises and stimulation:** This class is all about "boosting" your brain power. The brain is a thinking organ that learns and grows by interacting with the world through perception and action. When this process stops barriers are created. This course is being offered to help participants learn how to stimulate the brain in different ways, so they can improve memory, concentration, clarity of thought and other brain functions that keep the brain healthy and prevent cognitive decline.

*BARRIERS: poor concentration skills, cognitive deterioration, head trauma....*



**Road to Recovery (WSM) PROS information and introduction:** This is an introductory or stage one of recovery class. The class is four weeks in duration and will be facilitated by a peer, with the guidance of staff.

*BARRIERS: motivation, limited knowledge of mental health issues, isolation, poor communication....*

**Seeking Safety (WSM) Grief and Trauma education:** refers to helping participants free themselves from negative behaviors and, in so doing, to move toward freeing themselves from trauma at a deep emotional level. This class will emphasize the present and future more than the past and stresses the person's strengths more than their pathology. Thus, the stance is to keep an optimistic frame, aim high (believing that things can get better), and use praise rather than negative reinforcement to promote change. Specific techniques include teaching compassion rather than self-blame, positive reinforcement, instead of negativity and delaying exploration of past trauma and interpretative psychodynamic work until later stages in their treatment, when they are no longer attending PROS.

*Barriers: Low self-esteem, negative attitude, stigma, lack of trust, unhealthy relationships, dishonesty, fear of success/self-sabotage, anxiety, depression, poor boundaries, impulsivity, isolation, unhealthy life choices.*

**Seeds of Growth (WSM) Horticulture "Therapy":** is a process using plants and gardening activities to improve the body, mind and spirit of people. The benefits of this class are to nurture self-esteem and achievement for social, emotional and physical wellness. The responsibility of caring for plants brings about social growth and fosters the development of friendships.

*BARRIERS: low self-esteem, loss of interests and pleasure, isolation, aggressive behavior....*

**Self-Directed Recovery (WSM) PROS members who choose this class will look more closely at how being more proactive and self-directed in their recovery can reduce anxiety and stress in their lives. Problem solving strategies and staying goal directed will be the main focus of this course.**

*BARRIERS: poor follow through, procrastination, low self-esteem, lack of support network and resources....*

**Social Media Savvy (WSM Learning how to use social media responsibly:** This course will allow participants to engage in discussions about how social media plays both a positive and negative role in our world today. This class will look at how social media sites have helped individuals overcome barriers in their lives and how to connect with others who may be struggling through situations similar to their own. This class will also teach participants the importance of knowing the do's and don'ts of posts, messages, pictures, etc. We will look at social media sites such as; Facebook, Instagram, Twitter and Snap Chat.

*BARRIERS: isolation, low self-esteem, stigma, poor boundaries, anxiety, depression....*

**Soulful Living (WSM) Spiritual Practices:** This course is offered to help you reduce stress and anxiety through the practice of everyday spirituality. The course will explore spiritual practices from various traditions throughout the world. Topics will include but are not limited to Beauty, Gratitude, Harmony, Mindfulness, etc.

*BARRIERS: lack of direction and purpose, depression, racing thoughts, disharmony....*

**Spirituality (WSM) Spiritual and Personal Growth:** You will learn the role of spirituality in the recovery process. This class will focus on spiritual growth and meaning more so than on 'religion.' Attention will be paid to the overall healing process of the body, mind and spirit during recovery. This process will include but is not limited to meditation, spiritual reading, and discussion, to help individuals find peace and harmony.

*BARRIERS: lack of direction and purpose, depression, racing thoughts....*

**Stamping Out Stigma (WSM) Self Care and Advocacy:** When we speak of stigma, we are describing a widespread, systemic devaluing in our society against people with mental health illnesses. Stigma is very pervasive in our society, and it is a reason why so many people with completely treatable conditions suffer needlessly, and sometimes tragically. The goal of this class is to teach participants how their actions can either foster or stop the spread of negative perceptions of mental health today. Activities will focus on helping people better understand how stigma affects their choices in life and how to become empowered in order to reduce discrimination and hostility against people with mental health illness, thereby empowering them for more successful outcomes.

*BARRIERS: depression, low self-esteem, lack of resources and community interaction, devalued sense of self, loss of hope....*

**Stories of Recovery (WSM) Stories with life lessons:** Individuals taking this course will learn various life lessons, as they explore and share meaningful stories and poems. Participants will learn: how to manage emotional barriers and

behaviors in healthier ways; develop a more positive outlook on life and explore new coping skills to deal with difficult life challenges.

*BARRIERS: negativity, poor coping and decision making strategies, low self-esteem....*

**Strengths and Strategies (WSM) Self-concept as strength:** Understanding our own personality can be both daunting and depression, if we don't have a high opinion of ourselves. This class is being offered to assist participants to understand their personality as strength and what can be accomplished by seeing who they are as good enough to be successful. In this way, participants will learn how their personality becomes their strength and the foundation to develop strategies to overcome their barriers.

*BARRIERS: low self-esteem, lack of positive self-concept, depression, negative attitude....*

**Take Charge (WSM) Developing Independent Life skills:** This course is designed to help individuals become active participants in their medical and mental health follow up and bridge the gap between mental and physical health care in the community. Participants will learn about medical conditions such as diabetes, HTN, high blood pressure, cholesterol and arthritis and the effect on mental health recovery.

*BARRIERS: lack of utilization of resources, poor time management skills, stigma, lack of assertiveness....*

**Taking Pictures (WSM) Visual Healing:** "When people are depressed, they tend to retreat from the world. Noticing things in the camera puts you in the present moment, makes you sensitive to context and perspective, and that's the essence of engagement." Creativity is at the center of emotional wellness. Using photography as a creative tool, participants will gain a deeper appreciation for photography and its power to heal. By involving oneself in the photographic process, whether it be taking the photographs, exploring the shapes and composition of a photograph, the interpreting or the editing of the photograph, individuals will learn how to build self-value/confidence; heal brokenness and transform their vision for the future.

*BARRIERS: Low self-esteem, depression, loss of purpose and hope, isolation, unhealthy relationships, poor concentration....*

**T.G.I.F (WSM) Teambuilding and Relaxation:** This class is offered to assist participants in becoming comfortable with public self and situations through creative action and humor. Activities will include but are not limited to role playing, storytelling, music, public speaking....

*BARRIERS: low self worth, lack of confidence, stigma, inability to believe, lack of hope, fear of acceptance addiction....*

**Think Again (CRS/PSST) Cognitive Behavioral Therapy:** This class is offered to help individuals who are challenged by distorted emotional beliefs and feelings, which often lead to repeated negative behaviors and emotional barriers. The participant will learn how to distinguish the difference between specific thoughts and feelings. They will also learn what types of corrections can be used to interrupt negative responses to these feelings and thoughts.

*BARRIERS: distorted thinking, negativity, unregulated emotions....*

**Three C's (WSM) Clarity, Choices and Changes:** This class will focus on these three recovery principles. **Clarity** is about the importance of thinking clearly as it relates to making good decisions in recovery and determining what you want for your life. **Choices** are about learning to take responsibility for your decisions in life and **Changes** are about learning how to find the courage to change.

*BARRIERS: poor decision making, fear of failure, impulsivity....*

**Time to Unwind (CRS/WSM) Physical and Spiritual Wellness:** It all about stretching and meditating. Combining these two wellness activities, this class is for those participants seeking an opportunity to learn gentle stretching exercises and meditation techniques in a quest for inner peace and happiness.

*BARRIERS: anxiety, stress, depression, wellness, lack of direction and purpose, depression, racing thoughts....*

**Track It (WSM) Developing Independent Life skills:** This is a symptom monitoring course offered to PROS members to help them understand their diagnosis, learn about behaviors associated with their illness and develop appropriate skills to maintain their functionality. Diagnoses will include but are not limited to thought, mood, anxiety and compulsive disorders.

*BARRIERS: anxiety, impulsivity, depression, isolation, limited support network, poor decision making....*

**Treasure Box (WSM) Recovery workshops:** Treasure Box is being offered as a means of exposing participants to a variety of wellness features in their recovery. Topics include, but are not limited to, meditation techniques, poetry jams, nature walks, creative arts, team building etc. activities. Each topic will be two to three weeks in duration.

BARRIERS: depression, procrastination, fear, accepting change, stigma, anxiety....

**Volunteers in Motion (WSM):** This is a required class for any person who volunteers on the day they are assigned to work. The class will discuss how each volunteer is utilizing their position, as it relates to their progress and strategy development pertaining to overcoming their barriers.

*BARRIERS: anxiety, fear, lack of self-worth and confidence, poor communication and time management skill....*

**Walk It Off (WSM) Walk off your stress:** This class is being offered to those people looking to lose weight, stay healthy, and reduce stress and anxiety, through low impact exercise. The goal of this class is to get you to understand the benefits of walking daily, as it helps reduce heart disease, high blood pressure, and the risk of developing chronic diseases.

*BARRIERS: anxiety, stress, high blood pressure, obesity, diabetes....*

**Work It Out (WSM) Physical fitness with your own personal trainer:** Staying fit is an essential part of overall health and wellness. Many studies have shown how important fitness is in staying healthy both physically and mentally, when it comes to overcoming daily life barriers. Workouts will be done at the fitness center under the supervision of a certified trainer.

*Barriers: low self-esteem, poor self image, diet, obesity and depression....*

**Written Expression (WSM) Expression through Journaling:** This class is designed to give participants a creative outlet through the art of writing. Participants will explore their thoughts and feelings, increase mental performance and problem solving skills. Types of writing may include journaling, poetry and other writing exercises.

*BARRIERS: Stigma, depression, anxiety, poor self-perception and self-worth, denial, lack of confidence in ability and addiction...*

**Yoga (WSM) Stress Reduction:** This class is offered for those individuals looking for a low impact way of feeling good, reducing stress and improving their physical motion. The classes will focus on strengthening and improving the wellness of the whole body; the mental, spiritual and physical aspect of the person.

*BARRIERS: anxiety, stress, depression, wellness....*

**Your Opinion Matters (WSM) Communication skill building:** This class is offered to help participants build self esteem through discussion about world events. By engaging in these discussions, people will not only value the importance of understanding world issues, but become more confident in learning how to express their point of view on various topics.

*BARRIERS: self-esteem, poor communication skills, citizenship, assertiveness, isolation....*

## Disability Education

**Educate Me (WSM)** Participants taking this class will become familiar with the facts concerning medical disabilities and its effect on mental health, as well as, the potential for recovery for individuals being admitted to the PROS program. The intention of this class is to give individuals a better understanding of the process of recovery based choices concerning certain disabilities and what the expectations are when attending PROS.

*BARRIERS: lack of support system, low self-esteem, depression, lack of basic living skills...*

## Dual Disorder Education

## Medication Education and Self Management

**Meds and Me (CRS/MESM) Medication awareness:** The intention of this class is to educate participants about medications. Instruction will include discussions on the side effects of medications, how to recognize symptoms, actions that can be taken and other relapse prevention skills to a healthier state of being.

*BARRIERS: poor self advocacy skills, assertiveness, anxiety, low self esteem....*

**Take Charge (CRS/MESM) Managing health and Wellness:** This course is designed to help individuals become active participants in their medical and mental health care. Skills to be explored will include but are not limited to; interacting with their doctors and other care givers, stress reduction, time management and utilization of resources.

*BARRIERS: lack of supports, anxiety, easily overwhelmed, isolation....*

### **Problem Solving Skills Training**

### **Relapse Prevention Planning**

**WRAP (CRS/PSST) Recovery Planning:** In this course, participants will learn how to develop and maintain their Recovery Plans, using the work of Mary Ellen Copeland as a guide, to help participants decrease and prevent intrusive or troubling feelings, identify daily barriers and behaviors. This class also increases personal empowerment, leading to improved quality of life, the achievement of personal life goals and dreams.

*BARRIERS: poor boundaries, co-dependency, inability to identify triggers, limited supports....*

**Weekend Warriors (WSM) Relapse prevention:** This class is being offered to help participants who struggle with staying healthy and safe during the weekends. Individuals will learn how to stay productive, maintain their recovery, and reduce stress and anxiety due to lack of appropriate planning and supports. This class will utilize individual recovery plans, as part of the learning process.

*BARRIERS: poor boundaries, isolation, boredom, lack of structure, rigid thinking patterns, poor organizational and time management skills....*

## **IR: Intensive Rehabilitation**

### **Integrated Treatment for Co-Occurring Mental Health and Substance Abuse Disorders**

**Activate your Recovery (IR) Action stage of Recovery:** This course is designed to help the participant identify, attain, and retain meaningful personal goals, by addressing both their addictive barriers, as well as their mental health barriers.. Focusing on the "Action stage of recovery, weekly reviews of goals and goal planning will be an important part of the class process. Examples include; returning to work or school, becoming a better parent, volunteering, peer leadership, or becoming more independent.

*BARRIERS: addiction, impulsivity, lack of recovery awareness, co-dependency, poor supports, low self-esteem....*

**Connections (IR) Mental Health and Substance Abuse:** This class is designed to enable participants to better understand the correlation between mental health symptoms and substance abuse. The modules from University of Southern Florida are divided into 8 modules that look at substance abuse, mental health symptoms, treatment options, social support options, medication management options. Class will discuss personal experiences with options with benefit and cost to make informed decisions looking at decisional balancing decisional making.

*BARRIERS: include feelings of anger, stress, depression, anxiety that trigger thoughts, leading to use of substances to change situation; symptom identification, awareness, resulting in lack of proper response to symptoms.*

**Core Values (IR) Processing vital aspects of dual recovery:** This class is being offered as a supplement to exploring learned lessons and activities at PROS. The focus for individuals taking this class will be on discussing important points of each individuals concern, examining both in their mental health and addictions barriers, with their need for wellness and how to maintain and live it.

*BARRIERS: Depression, anxiety, addiction, procrastination, low self-esteem, loss of hope, stigma....*

**Early Recovery (IR) Early Stage Recovery:** In this class the participant will learn how the emotional, spiritual and physical conditions are affected during the early stages of recovery and how it impacts, not only their addiction but mental health barriers as well.

*BARRIERS: low self esteem, anger, anxiety, poor communication skills, manipulative behavior, lack of trust, closed mindedness....*

**Issues in Sobriety (IR) Dual Recovery Support:** A dual recovery based course that focuses on staying clean and sober. Each participant will learn how to address their sobriety needs. They will learn how to identify triggers, utilize sponsors, and come to terms with addiction. Early stages of recovery will be the main focus, although all stages of recovery will be explored.

*BARRIERS: substance abuse and addiction, poor boundaries, loss of trust, lack of purpose, closed mindedness, lack of honesty, impulsivity, co-dependency, inability to identify feelings/thoughts, depression and anxiety....*

**It's a WRAP (IR) Recovery Planning:** This is the Dual Recovery version and like its sibling class, it is being offered to assist the participants with personal empowerment, leading to improved quality of life and ultimately providing the necessary tools to achieve personal life goals and dreams. In this course, participants will learn how to develop and maintain their Recovery Plans, using a “wellness tool box” to help them decrease and prevent intrusive or troubling feelings, identify daily barriers and behaviors.

*BARRIERS: poor boundaries, co-dependency, inability to identify triggers, limited supports....*

**Mind, Body & Soul (IR) Wholeness and well being:** Is a class offered for people in dual recovery that teaches the individual how to integrate all aspects of who they are; mind, body and spirit. To accomplish this goal, an emphasis will be placed on communication and task oriented activities. The operative word in this class is “healing”, where the balance between body, mind, and spirit supports continued growth and self awareness.

*BARRIERS: depression, anxiety, low self esteem, lack of purpose, substance abuse and addiction, poor physical health....*

**Natural Highs (IR) Learning to Play the Right Way:** This class is being offered to show participants that you CAN have fun in recovery. This course will include, but not limited to: Why fun is important, recovery related activities, activities alone and with others and discover what you like to do for fun.

*BARRIERS: rigid thought patterns, inability to laugh at self, anxiety, fears....*

**Promises (IR) 12 Promises of recovery:** This class will focus on the 12 promises of addiction. Topics of discussion will include attitude checks, moving through fear, developing serenity and finding peace with life. Participants are expected to be active members of this class. **\*Recommended 6 months minimal of sobriety for this class.**

*BARRIERS: fear of failure, anxiety, lack of self acceptance and esteem, depression, anger, lack of social supports....*

**Real Deal (IR) Stages of Change Education:** This class is designed to assist the individual in becoming more aware of which stage they are in and how to move to the next stage in their recovery. Persuasion techniques will be utilized to move each individual towards the next stage in their recovery. Class lesson will explore the discrepancy of continued use in relation to attaining goals and objectives.

*BARRIERS: denial, lack of motivation, low self-esteem, co-dependency, depression, addictive behaviors....*

**Rewind (IR) Relapse Prevention:** This course is designed to address long term sobriety one day at a time. Step by Step sessions will provide a didactic dynamic, as well as classroom discussion, in order to prevent potential relapse for people with dual disorders.

*BARRIERS: denial, guilt, racing thoughts, hopelessness, depression, stigma, anxiety....*

**Watch Your Step (IR) Wellness self-management planning:** This course is designed to help participants develop a Wellness Self-Management plan so you can stay out of the hospital and or prevent relapse of symptoms. The curriculum for this course will include identifying early warning signs, causes of a relapse, building a Wellness Plan and how to manage a relapse.

*BARRIERS: lack of social supports, lack of conflict resolution and problem solving skills, poor emotional intelligence, lack of basic knowledge of triggers....*

### **Intensive Relapse Prevention- IR**

**Recovery Planning (IRP) WRAP:** In this course, participants will learn how to develop and maintain their Recovery Plans, using a “wellness tool box,” created by Mary Ellen Copeland, to help them decrease and prevent intrusive or troubling feelings, identify daily barriers and behaviors. This class also increases personal empowerment, leading to improved quality of life, the achievement of personal life goals and dreams.

*BARRIERS: poor boundaries, co-dependency, inability to identify triggers, limited supports....*

**Smoking Cessation (IR):** Smoking cessation could be the most important resolution you make in your life. It is a difficult process, but quitting could save your life. In this class you will learn about the effects of nicotine dependence and effective methods for smoking cessation.

*BARRIERS: poor coping skills, anxiety, lack of support, poor self-image....*

**Intensive Rehabilitation Goal Acquisition**

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