

**Allegany Rehabilitation Associates  
Personalized Recovery Oriented Services**

**Title of Service:** PROS Orientation

**Total Number of Sessions:** 12

**Duration of each session:** 45 minutes

**PROS Service:** CRS Engagement

**Sources:** Office of Mental Health PROS Guidance Documents

Eli Lilly: Team Solutions WB 2: Partnering with Your Treatment Team.

**Target population:**

- **Diagnoses:** Mood Disorders, Psychotic Disorders, Personality Disorders, Substance Abuse Disorders, Anxiety Disorders
  
- **Barriers to be overcome:**
  - Limited insight into mental health symptoms.
  - Limited insight into the recovery process and recovery strategies.
  - Difficulty identifying personal strengths that support recovery.
  - Limited understanding of the barriers interfering with life role goal attainment.
  - Limited natural or social supports.
  - Limited decision making/problem solving skills.
  - Low self-esteem regarding ability to achieve desired life role.

**Service Goal:** To engage consumers in the rehabilitation process through explanation of recovery services and to educate them about the PROS model.

**Service Objectives:**

1. To understand the process of recovery/rehabilitation and the PROS Model
2. To understand the intent of the PROS service components and the role they play in helping consumers achieve life role goals.
3. To assist consumers in identifying/developing their life role goals.
4. To assist consumers in learning about who their treatment team is and the role of each staff person.
5. To assist consumers in learning about the Individualized Recovery Planning process and their role/participation in completing monthly progress notes.
6. To assist consumers in learning what to expect out of group skill building services.

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**Title of Service:** PROS Orientation

**Session:** 1

**Duration:** 45 minutes

**Service Objective(s):** To understand the process of recovery/rehabilitation and the PROS Model

**Handouts:**

- PROS Frequently Asked Questions
- Transitioning to a Recovery Friendly Environment
- Current ARA PROS Schedule

**Activities:**

- What is the purpose/intent of PROS?-Discuss the core values of PROS
  - Recovery
  - Partnership Building
  - Optimal Treatment
  - Choices
- Discuss the eligibility requirements and objectives of PROS program
- What is different about PROS?- Discuss and explain the “Transition” Handout
- Review the PROS schedule, highlighting the purpose of the “Activities” blocks.

**Homework:**

Why did you choose to enroll in the PROS program?

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**Title of Service:** PROS Orientation

**Session:** 2

**Duration:** 45 minutes

**Service Objective(s):** To understand the intent of the PROS service components and the role they play in helping them achieve life role goals.

**Handouts:**

- Community Rehabilitation and Support Services (CRS) Handout
- Facilitator: Use PROS Services by Component document (5 pages)
- Current ARA PROS Schedule

**Activities:**

- Distribute CRS handouts and discuss the purpose of each service under this component.
  - CRS Groups: 12 or less participants (up to 15 on occasion)
  - Facilitator: Use the Component document listed above as a guide for you to explain these services. You do not have to copy the component document for participants.
- Using the current schedule, give example of an actual CRS service on the schedule and describe the purpose of that specific group.

**Homework:**

What CRS services are you participating in? Why did you enroll in these services?

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**Session:** 3

**Duration:** 45 minutes

**Service Objective(s):** To understand the intent of the PROS service components and the role they play in helping them achieve life role goals.

**Handouts:**

- Intensive Rehabilitation (IR) Handout
- Facilitator: Use PROS Services by Component document (5 pages)
- Current ARA PROS Schedule

**Activities:**

- Distribute IR handouts and discuss the purpose of each service under this component.
  - IR Groups: 8 or less participants
  - Facilitator: Use the Component document listed above as a guide for you to explain these services. You do not have to copy the component document for participants.
- Using the current schedule, give example of an actual IR service on the schedule and describe the purpose of that specific group.
- Explain that a person can move into and out of IR services multiple times while enrolled in PROS. Give the example of someone being released from the hospital and signed up for IR Relapse Prevention. Once they stabilize, they will no longer need the IR Relapse Prevention service.

**Homework:**

What IR services are you participating in? Why did you enroll in these services?

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**Session:** 4

**Duration:** 45 minutes

**Service Objective(s):** To understand the intent of the PROS service components and the role they play in helping them achieve life role goals.

**Handouts:**

- Clinical Treatment Handout (CT)
- Ongoing Rehabilitation and Support (ORS)
- Facilitator: Use PROS Services by Component document (5 pages)

**Activities:**

- Distribute CT handouts and discuss the purpose of each service under this component.
  - Facilitator: Use the Component document listed above as a guide for you to explain these services. You do not have to copy the component document for participants.
- ORS Services: Ongoing Rehabilitation and Support (ORS)
  - Designed to assist individuals to maintain and retain integrated, competitive employment.
  - Participant must receive at least two 30-minute services per month on separate days. (One service may be with a collateral.)
  - Services are not provided at the PROS site. Services can be rendered at the worksite, the participant's residence or some other location in the community.

**Homework:**

What CT Services are you receiving?

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**Session:** 5

**Duration:** 45 minutes

**Service Objective(s):** To understand the process of recovery/rehabilitation and to assist consumers in identifying their life role goals

**Handouts:**

- Three Important Phases of Recovery (Eli Lilly Session 2: Recovery & Symptoms (pg. 17-23))

**Activities:**

- Introduce concepts of
  - Symptom Recovery
  - Role Recovery
  - Functional Recovery
- What is symptom recovery?
  - Identify at least one symptom you want to manage
  - Discuss at least 2 habits that could on your journey of recovery.
- Identify 1 or more skills or abilities you'd like to have in the future
- How will managing your illness help you to achieve your Life Role Goal?

**Homework:**

- Complete "Review and Moving Forward" on pg. 23.

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**Session:** 6

**Duration:** 45 minutes

**Service Objective(s):** To understand the process of recovery/rehabilitation and to assist consumers in identifying their life role goals

**Handouts:**

- Choosing Role Recovery Goals (Eli Lilly Session 3: Recovery & Symptoms (pg. 24-33))

**Activities:**

- Role Recovery Goals: Choosing, getting and keeping the roles you want in life.
- Identify 1 example of a Role Recovery Goal
- Identify 4 roles you currently have
- Identify 1 or more roles you would like to have in the future.
- How will managing your illness help you to achieve your Life Role Goal?

**Homework:**

- Complete “Review and Moving Forward” on pg. 33.

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**Title of Service:** PROS Orientation

**Session:** 7

**Duration:** 45 minutes

**Service Objective(s):** To assist consumers in identifying their life role goals.

**Handouts:**

- Choosing Functional Recovery Goals: (Eli Lilly Session 4 pg. 39-44)

**Activities:**

- Identify 1 example of a Functional Recovery Goal (Life Role Goal)
- Identify 1 or more skills or abilities you'd like to have in the future
- How will managing your illness help you to achieve your Life Role Goal?

**Homework:**

- Complete "Review and Moving Forward" on pg. 44.



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**Session:** 8

**Duration:** 45 minutes

**Service Objective(s):** To assist consumers in learning about the Individualized Recovery Planning process and their role/participation in completing monthly progress notes.

**Handouts:**

- Discussing Your Recovery Plan (Eli Lilly Session 12 pg. 117-127).

**Activities:**

- Explain that all consumers will be actively writing their monthly progress notes with their primary rehabilitation counselor.
- Introduce the four skills for discussing your recovery plan
  - Discussing your recovery goals
  - Medication adherence and side effects
  - Recovery lifestyle habits
  - Medication review

**Homework:**

Complete “Review and Moving Forward” on pg. 127

**Allegany Rehabilitation Associates  
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**Title of Service:** PROS Orientation

**Session:** 9

**Duration:** 45 minutes

**Service Objective(s):** To assist consumers in learning about who their treatment team is and the role of each staff person.

**Handouts:**

- Who are the Members of Your Treatment Team (Part 1) (Eli Lilly Session 5 pg. 45-54).

**Activities:**

- How many people are on your treatment team?
- Using the current staffing plan, identify each staff person and their title at ARA PROS.
- Using the Eli Lilly handouts:
  - Identify their “prescriber” and check off things they would like to work on with their prescriber.
  - Identify their “therapist” and check off things they would like to work on with their therapist (Rehabilitation Counselor is ARA’s title under PROS)
  - The next session will also focus on responsibilities of ARA’s Rehabilitation Counselors at ARA PROS.

**Homework:**

Complete “Review and Moving Forward” on pg. 54

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**Title of Service:** PROS Orientation

**Session:** 10

**Duration:** 45 minutes

**Service Objective(s):** To assist consumers in learning about who their treatment team is and the role of each staff person.

**Handouts:**

- Who are the Members of Your Treatment Team (Part 1) (Eli Lilly Session 8 pg. 76-86).

**Activities:**

- How many people are on your treatment team?
- Using the current staffing plan, identify each staff person and their title at ARA PROS.
- Using the Eli Lilly handouts:
  - Identify their “Rehabilitation Specialist” and check off things they would like to work on with their primary counselor.
  - Identify their “Vocational Specialist” and check off things they would like to work on with their Vocational Specialist.
  - **SKIP** educational specialist as we do not have one at PROS. Reiterate that their primary counselor can help them with the tasks on pg. 85.

**Homework:**

Complete “Review and Moving Forward” on pg. 86

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**Title of Service:** PROS Orientation

**Session:** 11

**Duration:** 45 minutes

**Service Objective(s):** To assist consumers in learning about who their treatment team is and the role of each staff person.

**Handouts:**

- Who are the Members of Your Treatment Team (Part 1) (Eli Lilly Session 6 pg. 55-64).

**Activities:**

- How many people are on your treatment team?
- Using the current staffing plan, identify each staff person and their title at ARA PROS.
- Using the Eli Lilly handouts:
  - Identify their “Nurse” and check off things they would like to work on with their Nurse.
  - Identify their “Health Care Provider” and check off things they would like to work on with their primary medical doctor.

**Homework:**

Complete “Review and Moving Forward” on pg. 64

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**Session:** 12

**Duration:** 45 minutes

**Service Objective(s):** To assist consumers in learning about the Individualized Recovery Planning process and their role/participation in completing monthly progress notes

**Handouts:**

- Getting Ready for Appointments (Eli Lilly Session 11 pg. 107-116).

**Activities:**

- Identify the 4 steps for preparing for appointments with any member of the treatment team.
  - Review your goals
  - Make a list of what you want to talk about
  - Get there a few minutes early
  - Think positive and practice positive self-talk.

**Homework:**

Complete “Review and Moving Forward” on pg. 116