

**Allegany Rehabilitation Associates  
Personalized Recovery Oriented Services**

**Title of Service:** Recognize and Respond to Relapse

**Total Number of Sessions:** 15

**Source:**

*Wellness Self-Management Personal Workbook, Third Edition (OMH March 2010)  
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

**Source: OMH Wellness Self Management Workbook**

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**Session 1:** Introduction to Practical Facts about Mental Health and Mental Illness

**Duration:** 45 minutes

**Service Objective(s):**

- Participants will gain a better understanding of their mental health problems and strengths
- Participants will gain knowledge about mental illness to make better decisions about treatment, goals and personal lifestyle.

**Handouts:**

- Lesson 21: Personalized worksheet/action step; (pg 70)

**Activities:**

- Complete personalized worksheet and action step on page 70 and process in group setting.

**Homework:**

- None

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**Session 2:** Symptoms of Mental Illness; Part I

**Duration:** 45 minutes

**Service Objective(s):**

- Participants will learn about common symptoms, how to control them and move toward recovery.

**Handouts:**

- Lesson 22: Personalized worksheets/action step (pg 72-74)

**Activities:**

- Discuss symptoms that affect feelings and mood
- Discuss symptoms that affect a person's thinking (cognitive symptoms)  
Complete personalized worksheet(s) and action step on page 72-74.
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**Homework:**

- None

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**Session 3:** Symptoms of Mental Illness-Part II

**Duration:** 45 minutes

**Service Objective(s):**

- Participants will learn about their personal symptoms and what are some additional commonly experienced symptoms.

**Handouts:**

- Lesson 23: Personalized worksheet/action step (pg 76-78)

**Activities:**

- Discuss symptoms that affect a person's thinking and motivation.
- Discuss symptoms associated with a history of trauma or abuse
- Complete Personalized worksheet/action sheet on pages 76-78.

**Homework:**

- None

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**Session 4:** How is mental illness diagnosed

**Duration:** 45 minutes

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

**Handouts:**

- Lesson 24: Personalized worksheet/action step

**Activities:**

- Discuss how a person gets diagnosed
- Discuss predisposing 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

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**Session:** 5

**Duration:** 30-45 minutes

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

**Handouts:**

- Lesson 25: Personalized worksheet/action step

**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.

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**Session:** 6

**Duration:** 30-45 minutes

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

**Handouts:**

- Lesson 26: Personalized worksheet/action step

**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.

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**Session:** 7

**Duration:** 30-45 minutes

**Service Objective(s):** Coping with Stress and Symptoms

**Handouts:**

- Lesson 27: Personalized worksheet/action step

**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.



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**Session:** 8

**Duration:** 30-45 minutes

**Service Objective(s):** Coping with Stress and Symptoms

**Handouts:**

- Lesson 28: Personalized worksheet/action step

**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.

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**Session:** 9

**Duration:** 30-45 minutes

**Service Objective(s):** Coping with Stress and Symptoms

**Handouts:**

- Lesson 29: Personalized worksheet/action step

**Activities:**

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

**Homework:**

- Complete Action Step on page 102.

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**Session:** 10

**Duration:** 30-45 minutes

**Service Objective(s):** Coping with Stress and Symptoms

**Handouts:**

- Lesson 30: Personalized worksheet/action step

**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.

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**Session:** 11

**Duration:** 30-45 minutes

**Service Objective(s):** Coping with Stress and Symptoms

**Handouts:**

- Lesson 31: Personalized worksheet/action step

**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.

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**Session:** 12

**Duration:** 30-45 minutes

**Service Objective(s):** Coping with Stress and Symptoms

**Handouts:**

- Lesson 32: Personalized worksheet/action step

**Activities:**

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

**Homework:**

- Complete Action Step on page 113.

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**Session:** 13

**Duration:** 30-45 minutes

**Service Objective(s):** Coping with Stress and Symptoms

**Handouts:**

- Lesson 33: Personalized worksheet/action step

**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.

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**Session: 14**

**Duration:** 30-45 minutes

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

**Handouts:**

- Lesson 36: Personalized worksheet/action step

**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.

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**Session:** 15

**Duration:** 30-45 minutes

**Service Objective(s):** Coping with Stress and Symptoms

**Handouts:**

- Lesson 37: Personalized worksheet/action step
- Lesson 38: Personalized worksheet/action step

**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.