

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Wellness Self-Management

Total Number of Sessions: Approximately 15 weeks

Duration of each session: 45 minutes

PROS Service: CRS Wellness Self Management

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 provide participants with psychoeducation regarding mental illness and the recovery process. Participants will be introduced to goal setting to improve ability to achieve life roles. This group will also address how to build more positive and healthy supports to assist in a successful recovery. Participants will identify their own personal strengths and learn how to use these strengths in achieving their recovery goals.

Service Objectives:

1. To educate participants about mental illness and to help them define their recovery process.
2. To assist participants in establishing and achieving life role goals consistent with their vision of recovery.
3. Understanding what helps/hinders recovery.
4. Teaching participants to use personal strengths and outside resources to help recovery.
5. Teaching participants to use social, cultural and community supports to help recovery.

References/Resources:

- Wellness Self-Management Personal Workbook, Third Edition (OMH, 2010), lessons 6-20.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Wellness Self-Management

Session: 1

Duration: 45 minutes

Service Objective(s): To educate participants about mental illness and to help them define their recovery process.

Handouts:

- Lesson 6: Visions of Recovery

Activities:

- Complete personalized worksheet regarding Your Personal Vision of Recovery (p. 25).
- Complete Action Step (p. 25).
- Discuss participant answers in group.
 - Encourage participants to share experiences or life events that have shaped their beliefs about recovery.

Homework:

- None.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Wellness Self-Management

Session: 2

Duration: 45 minutes

Service Objective(s): To assist participants in establishing and achieving life role goals consistent with their vision of recovery.

Handouts:

- Lesson 7: Exploring Your Personal Life Goals.
- Appendix A: Quality of Life Goals Progress Checklist pg. 199

Activities:

- Discuss: What are life role goals?
 - What if you can't identify a life role goal?
- Discuss: Importance of exploring life role goals.
 - Improving quality of life
 - Sense of success and achievement
 - Building a life worth living can help prevent a serious relapse of symptoms
- Complete Personalized Worksheet: Thinking about Goals (p. 27).
- Handout Appendix A to assess areas in which the participant may want to focus on.

Homework:

- Complete action step on p. 28.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Wellness Self-Management

Session: 3

Duration: 45 minutes

Service Objective(s): To assist participants in establishing and achieving life role goals consistent with their vision of recovery.

Handouts:

- Lesson 8: Understanding Barriers that get in the Way of Achieving Goals.

Activities:

- Review homework from last session.
- Discuss and define “barriers.”
 - Describe the importance of understanding personal barriers.
- Discuss common barriers experienced by people with mental health problems.
- Complete personalized worksheet: Understanding Barriers (p. 30).
- Discuss personalized worksheet in group setting.

Homework:

- Complete action step on p. 31.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Wellness Self-Management

Session: 4

Duration: 45 minutes

Service Objective(s): To assist participants in establishing and achieving life role goals consistent with their vision of recovery.

Handouts:

- Lesson 9: Using Strategies to Overcome Barriers that Get in the Way of Achieving Goals.

Activities:

- Review homework from last session.
- Discuss the importance of overcoming barriers.
- Complete personalized worksheet: Choose strategies to help you overcome one or more barriers (pp. 33-35).
- Discuss barriers participants chose and how these barriers interfere with achieving their life role goals.

Homework:

- Complete Action Step on p. 36.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Wellness Self-Management

Session: 5

Duration: 45 minutes

Service Objective(s): Understanding what helps/hinders recovery.

Handouts:

- Lesson 10: What helps recovery?

Activities:

- Review homework from last session.
- Discuss tools and behaviors that are helpful to the recovery process.
- Complete personalized worksheet: What will help you in your recovery? (p. 38).
 - Participants will identify tools they already use and tools they think they might like to try.
- Discuss personalized worksheet as a group.

Homework:

- Complete action step on p. 39.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Wellness Self-Management

Session: 6

Duration: 45 minutes

Service Objective(s): Understanding what helps/hinders recovery.

Handouts:

- Lesson 11: What hinders recovery?

Activities:

- Review homework from last session.
- Complete personalized worksheet: Thinking about what hinders you in your recovery (p. 40).
Discuss worksheet as a group and have participants identify problems and items they would like to change in order to achieve their life role goals.

Homework:

- Complete action step on p. 41.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Wellness Self-Management

Session: 7

Duration: 45 minutes

Service Objective(s): Understanding what helps/hinders recovery.

Handouts:

- Lesson 12: Choosing Your Own Recovery Strategy.

Activities:

- Review homework from last session.
- Identify different areas that need attention in each person's recovery process, some may include:
 - Physical Health
 - Relationships
 - Spirituality
 - Self-Help Groups
- Complete personalized worksheet: Thinking more about recovery strategies (p. 44).
 - Participants will identify strategies they already use and strategies they would like to try and use to assist them in overcoming barriers that interfere with their life role goals.
- Discuss worksheet as a group.

Homework:

- Complete action step on p. 45.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Wellness Self-Management

Session: 8

Duration: 45 minutes

Service Objective(s): Understanding what helps/hinders recovery and using social, cultural and community supports to help recovery.

Handouts:

- Lesson 13: How Your Cultural and Family Background Affects the Decisions you make About Mental Health Treatment.

Activities:

- Review homework from last session
- Identify and define culture.
- Review discussion points on p. 47.
- Complete personalized worksheet: Understanding your cultural background (p. 48).
 - Have participants share how their cultural background influences his or her recovery process.

Homework:

- Complete action step on p. 49.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Wellness Self-Management

Session: 9

Duration: 45 minutes

Service Objective(s): Teaching participants to use personal strengths and outside resources to help recovery

Handouts:

- Lesson 14: Recognizing and using your personal strengths.

Activities:

- Review homework from last session.
- Identify and define personal strengths and their importance.
- Review discussion points on p. 50.
- Complete personalized worksheet: My personal strengths inventory (pp. 51-52).
 - Have participants share their answers with the rest of the group.
 - Have participants identify how their personal strengths can help them achieve their life role goals.

Homework:

- Complete action step on p. 53.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Wellness Self-Management

Session: 10

Duration: 45 minutes

Service Objective(s): Teaching participants to use personal strengths and outside resources to help recovery

Handouts:

- Lesson 15: Recognizing and Using Your Cultural and Community Resources.

Activities:

- Review homework from last session.
- Define community and cultural resources and their importance.
- Review discussion points on p. 54.
- Complete personalized worksheet: My community resources inventory (p. 55).

Homework:

- Complete action step on p. 56.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Wellness Self-Management

Session: 11

Duration: 45 minutes

Service Objective(s): Teaching participants to use social, cultural and community supports to help recovery.

.

Handouts:

- Lesson 16: Social Supports Help Recovery

Activities:

- Review homework from last session.
- Define the term social supports and its importance.
- Discuss how mental health problems can affect social support.
- Discuss steps to improve social support network.
- Review discussion points on p. 58.
- Complete personalized worksheet: Thinking about your social supports (p. 59).

Homework:

- Complete action step on p. 60.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Wellness Self-Management

Session: 12

Duration: 45 minutes

Service Objective(s): Teaching participants to use social, cultural and community supports to help recovery.

Handouts:

- Lesson 17: Using Self-Help and Peer Support.

Activities:

- Review homework from last session.
- What is self-help? Discuss importance.
- Review discussion points on p. 62.
- Complete personalized worksheet: Make an informed decision about being involved in self-help (p. 62).

Homework:

- Complete action step on p. 62.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Wellness Self-Management

Session: 13

Duration: 45 minutes

Service Objective(s): Teaching participants to use social, cultural and community supports to help recovery.

Handouts:

- Lesson 18: Connecting to your community.

Activities:

- Review homework from last session.
- Discuss increasing social support.
 - Discuss ways of meeting people.
 - Discuss finding places to meet people.
- Complete personalized worksheet: Connect to Your Community (p. 64).

Homework:

- Complete action step on p. 65.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Wellness Self-Management

Session: 14

Duration: 45 minutes

Service Objective(s): Teaching participants to use social, cultural and community supports to help recovery.

Handouts:

- Lesson 19: Meeting new people.

Activities:

- Review homework from last session.
- Discuss starting conversations and how to keep conversations going.
- Review discussion points on p. 67.
- Complete personalized worksheet: Skills for starting conversations (p. 67).

Homework:

- Complete action step on p. 67.

**Allegany Rehabilitation Associates
Personalized Recovery Oriented Services**

Title of Service: Wellness Self-Management

Session: 15

Duration: 45 minutes

Service Objective(s): Teaching participants to use social, cultural and community supports to help recovery.

Handouts:

- Lesson 20: Getting Closer to People.

Activities:

- Review homework from last session.
- Discuss ways of getting closer to people.
- Discuss things to say and do to foster close relationships.
- Complete personalized worksheet: Thinking more about things you can do to increase closeness (p. 69).

Homework:

- Complete action step on p. 70.