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| UnityBehavHealth_K |

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| **Personalized Recovery Oriented Services (PROS)** |
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|  | **GROUP: Skills Lab** |  |
| Description: | *Structured skill development and support* is a service designed to assist individuals in developing instrumental skills for performing normative life roles associated with group membership, work, and education, parenting or living environments.  |
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| Goal/Expected Outcome: | The focus of structured skill development is to develop skills through a process of teaching, practice, and feedback in community environments replicated at the program site. |
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| Objectives: | 1. Member will identify barriers they are addressing at PROS and the skills they have learned in PROS groups.
2. Members will use Skills Lab to practice skills with a recovery coach.
3. Members will identify outcomes of practicing skills in structured setting.
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| Methods:  | * The modality for teaching these skills is a combination of individual, group and structured activities. It is provided in structured settings such as the customer services desk in the milieu, in the café store or through preparing opportunities for members to learn and share their recovery. Recovery Coaches offer supportive counseling, mentoring and skill development techniques to assist the individual in completion of essential tasks.

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| Duration: | 45-90 minutes  |
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| Service Category: | Wellness Self-Management |

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