

COMMUNITY MISSION NIAGARA VISIONS PROS

**OCTOBER, NOVEMBER, DECEMBER 2015**

Name: \_\_\_\_\_

Rev. 9/15/15

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM</b> 9:15 – 10:00am	1.Coping Rap Session –CRS/W5 –Suzanne  Meet with DPT	1.Coffee with Carla –CRS/W1 –Carla M 3. Managing Anger –CRS/W1 -Eric  Meet with DPT	1. Assertiveness –CRS/BLST -Eric 3. Int. Relapse Prev. –IR/RP –Katie  Meet with DPT	1.Social Interaction –CRS/BLST –Suzanne Dr. Pabilonia/Nicole Mitchell, Nur. -9 -2 Meet with DPT	1.Recovery In –CRS/W1 –Sandie  Meet with DPT
10:15- 11:00am	1.Positive Thinking –CRS/BLST –Michelle 2.Employment Readiness –IR/IGA –Murphy 3.Managing Stress/Problems -CRS/W5 –Carla L.	1. Winning Friends –CRS/BLST -Iheide 2. Mindfulness –CRS/W1 -Eric 3.Seeking Recovery –CCT –Sandie (Group ends at 12:00pm)	1.Banish the Panic –CRS/W1 -Iheide 2.Life Traps –CCT -Edo 3 Recovery Inc. -CRS/W1.–Katie Emp. Rm. The Art of Talk –CRS/BLST –Michelle	1.Effective Thinking –CRS/W1 –Eric 2.Better Boundaries –CRS/BLST -Iheide 3.Recovery In –CRS/W1-Sandie Upstairs Lounge -Int. Relapse Prev. –IR/RP -Suzanne	1.Nutrition –CRS/BLST-Michelle 2.Fresh Start –IR/IDDT -Suzanne 3.Inten. Relapse Prevention –IR/RP –Murphy
11:15- 12:00pm	1.Relationships –CRS/BLST –Eric 2.Taking Action -IR/IDDT -Suzanne 3.Building Self-Esteem –CRS/W1 –Murphy	1.Winning Friends -CRS/BLST -Iheide 2.Getting Unstuck –CRS/W1 -Murphy 3.Seeking Recovery –CCT –Sandie (Must attend 1 <sup>st</sup> session at 10:15)	1.Social Skills –CRS/BLST -Eric 2.Managing Anger –CRS/W1–Iheide 3.Thinner Winner –CRS/BLST –Carla M. Upstairs Lounge -Smoking Reduction –IR/IDDT -Suzanne	1.Spirituality –CRS/W1 -Sandie 2.Schizophrenia/Schizoaffective –CRS/W2 –Eric 3. Self-Reflection –CRS/W1 –Carla L.	1.Successful Solutions –CRS/W5 –Murphy/Carla L. 2. Managing Self Defeat -CRA/W1 –Katie 3. Mng. Schizophrenia / Schizoaffective –CRS/W2 -Suzanne
Lunch 12:00 – 12:30					
12:30 – 12:45pm	Meet with DPT	Meet with DPT	Meet with DPT	Meet with DPT	Meet with DPT
<b>PM</b> 12:45- 1:30	1.Wellness Self-Mt.–CRS/W1-Michelle 2. Coping Through Writing –CRS/W1 –Katie 3. Dealing w/ Difficult People –CRS/BLST –Carla M.	1.Exp. Feelings/Opinions –CRS/BLST –Katie 3.Spirituality –CRS/W1 -Sandie	1.About Happiness –CRS/W1 -Iheide 3. Better Boundaries –CRS/BLST -Katie MP –Art for Mental Health -CRS/W1 (Continues until 2:15) –Sandie	1. Banish the Panic -CRS/W2 -Iheide 2. Medication Mang. –CRS/W4 –Katie 3. Sex Respect –CRS/BLST -Murphy	1.Art for Self-Expression –CRS/W1 –Carla L. 3.Sex Respect -CRS/BLST -Sandie
1:45- 2:30	1.Alternate Coping –CRS/W1 –Carla L. 3.Managing Depression –CRS/W2 –Murphy	1.Coping Rap Session–CRS/W1 -Suzanne 3. Building Self-Esteem –CRS/W1 –Carla M.	1.Social Interaction –CRS/BLST –Michelle 3. Relaxation/Meditation –CRS/W1 –Carla L. MP –Art for Mental Health -CRS/W1 –Sandie	1.Healthy Options –CRS/BLST –Carla M. 3.Mng. Stress and Problem -CRS/W1 –Carla L.	<b>Saturday 1 – 4</b> Oct. 17 Nov. 21 Dec. 19
3:00 – 3:45		1.Basic Living Skills –CRS/BLST –Carla L.	1.Nutrition –CRS/BLST –Carla L.		
4:00- 4:45					

**Program Components:** CRS –Community Rehab and Support      IR –Intensive Rehab

**Service Category Key:** A –Assessments    BLS –Basic Living Skills Training    BFM –Benefits and Financial Management    CCT –Clinical Counseling Therapy    CLE -Community Living Exploration  
E –Engagement    F –Family Psychoeducation    IRP –Individual Recovery Planning    IT -Integrated Treatment for Co-Occurring Mental Health and Substance Abuse    IGA –Intensive Goal Acquisition  
RP –Intensive Relapse Prevention    SH –Information/Education on Self-Help    SSDS –Structured Skill Development and Support    W –Wellness Self-Management : 1 Coping, 2 Disability Education,  
3 Dual Disorder Education, 4 Medication Education and Self-Management, 5 Problem-Solving Skills Training, 6 Relapse Prevention Planning

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

PROS Staff Signature: \_\_\_\_\_ Date: \_\_\_\_\_