



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

PROSper
Group Protocol

DATE: October 1, 2018

TITLE: Helping Men Recover

COMPONENT: Community Rehab and Support (CRS)

SERVICE: Wellness Self-Management (WSM)

POPULATION: Any male PROSper member (or member who identifies as male) that struggles with any form of addiction as a means of self-medicating past and present painful life experiences

FREQUENCY: Once/week

DURATION: 50 minutes

DESCRIPTION: This group uses the workbook titled, “A Man’s Recovery Workbook: Helping Men Recover” as a basis for dual-disorder education. An interactive group that will focus on:

- 1.) Education regarding difficult life experiences and how those experiences impact mental health, specifically as it applies to males.
- 2.) Addiction as a means of managing painful life experiences.
- 3.) Identification of emotional stuck points developed in response to painful life experiences, and how to better manage those stuck points so as to further mental health recovery.

MODE OF WORK:

- A. **PURPOSE:** To offer clients an understanding and awareness of how past and present life experiences impact mental health recovery, and at their extreme, fuel the urge to self-medicate via addictive behaviors. Additionally, the group will give clients an opportunity to explore and identify emotional “stuck points” or triggers to relapse, and develop preventative methods and coping skills to maintain recovery.
- B. **GROUP FRAMEWORK:** Weekly discussion and feedback, handouts, role playing.

EXPECTED OUTCOME: Group members will have a better understanding of the relationship between distressing life situations, mental illness and addictions. Group members will develop the ability to identify coping strategies to better manage symptoms and prevent relapse.