



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

DATE: 10/1/09

TITLE: Wellness Self-Management

COMPONENT: Community Rehab. & Support (CRS)

SERVICE: Wellness Self management (WSM)

POPULATION: Any PROSper member

FREQUENCY: 1x to 2x/week

DURATION: 50 minutes

DESCRIPTION: Wellness Self-management is an evidence-based psychiatric rehabilitation practice aimed at empowering consumers with serious mental illness to manage their illness, create their own goals for recovery, and make informed decisions about their treatment by teaching them the necessary knowledge and skills.

MODE OF WORK:

- A. **PURPOSE:** To teach a variety of interventions designed to help consumers improve their ability to overcome the debilitating effects of their illness on social and role functioning. Group leaders will help participants apply the contents of handouts to develop their own strategies for managing illness and achieving goals, and practice personalized strategies in sessions.
- B. **GROUP FRAMEWORK:** Group leaders will use motivational, cognitive behavioral and educational strategies in conjunction with the WSM workbooks. Educational handouts, planning sheets, checklists and exercises will be employed.

EXPECTED OUTCOME: Group members will learn about mental illness and strategies for treatment, decreasing symptoms, reducing relapses and re-hospitalizations, and making progress towards goals and recovery.