



CoveCare  
Center

COUNSELING THAT  
EMPOWERS CHANGE

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**PROSper  
Group Protocol**

**Date:** February 1, 2016

**Title:** Eating and Living Well

**Component:** Community Rehab & Support (CRS)

**Service:** Wellness Self Management (WSM)

**Population:** Any PROSper member

**Frequency:** 1 time per week

**Duration:** 50 minutes

**DESCRIPTION:** Eating and Living Well is an evidence-based psychiatric rehabilitation practice aimed at teaching good nutrition and healthy eating practices and to assist with empowering consumers to achieve nutritional health as a resource for recovery.

**MODE OF WORK:**

- A. **PURPOSE:** To help group members learn about healthy eating practices and implement those practices to foster recovery. Specifically this curriculum has bundled several evidence-based practices and modified the information relevant to preventing and reversing the metabolic syndrome and promote healthy weight in persons with psychiatric disabilities.
  
- B. **GROUP FRAMEWORK:** Group leaders will use motivational, cognitive, behavioral and educational strategies in conjunction with the *Food Education for People with Serious Psychiatric Disabilities Curriculum* and hands on activities. Clients will be encouraged to develop their own personalized action steps to better achieving their nutritional goals.

**EXPECTED OUTCOME:** Group members will make better food choices which can assist them in their recovery.