



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

DATE: October 1, 2009

TITLE: Health & Wellness

COMPONENT: Community Rehab. & Support (CRS)

SERVICE: Wellness Self-Management (WSM)

POPULATION: Any PROSper member

FREQUENCY: 1x/week

DURATION: 50 minutes

DESCRIPTION: This group will be a forum for educational and experiential discussion of health and wellness issues which will enhance the members' basic skills and knowledge needed to maintain a physically and emotionally sound lifestyle, including but not limited to nutrition, exercise, basic anatomy and physiology, environmental issues, cleanliness and infection control. This group will also cover medication education and group members will become familiar with the four major classes of psychotropic medications and the clinical indicators, target symptoms and side effects of each.

MODE OF WORK:

- A. **PURPOSE:** To discuss basic life skills needed to maintain good physical health and provide medication education to create a psychotherapeutic alliance with each client in a comfortable, trusting atmosphere.
- B. **GROUP FRAMEWORK:** Group will be didactic and use group discussion.

EXPECTED OUTCOME: Group members will have clear knowledge of good basic skills to maintain health and wellness.