



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

PROSper Group Protocol

DATE: June 6, 2011

TITLE: Hear My Voice

COMPONENT: Community Rehab & Support (CRS)

SERVICE: Wellness Self-Management (WSM)

POPULATION: Any PROSper member

FREQUENCY: 1x/week

DURATION: 50 Minutes

DESCRIPTION: A didactic and interactive group focusing on the use of creative writing to address advocacy issues that affect members personally. Members will read about and reflect upon issues such as; mental illness stigma, public health policies, access to treatment, and medication safety. Such content will include both published works and creations of the group members themselves. Clients may create a monthly publication of collected works for distribution among the PROSper community. Clients will compile a mission statement for the publication that reflects how their recovery is affected by claiming their “voice” and speaking out for mental health advocacy.

MODE OF WORK:

- A. **PURPOSE:** To allow members a consistent creative outlet to express feelings related to living with a mental illness. To develop a regular publication for the overall PROSper community to facilitate members voices being heard by a larger audience as well as afford them the opportunity to act as inspirational advocates for their peers, increasing self-esteem.
- B. **GROUP FRAMEWORK:** Emphasis on group reflection on advocacy issues through discussion, reading, and shared creative writing. Creative writing time will be devoted to a portion of each session. Reading will be used to encourage discussion and prompt self-expression. During publication creation periods, members will meet in the computer lab to learn word processing skills necessary, work on editing, and select works.

EXPECTED OUTCOME: Group members will develop an increased awareness of mental health advocacy issues and how they are personally affected as well as how it affects the overall concept of

recovery from a mental illness internationally, nationally, and locally. Members will gain increased self-esteem as they experience their voices being heard by the community through the distribution of a professional publication.