



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

Date: February 6, 2017

Title: Meaningful Life Roles

Component: Community Rehabilitation and Support (CRS)

Service: Community Living Exploration (CLE)

Population: Any member of PROS

Frequency: One time per week

Duration: 50 minutes

Description: *Meaningful Life Roles* is an education/discussion group which uses the Psychiatric Rehabilitation Readiness Determination (RRD) and the Comprehensive Psychiatric Rehabilitation Assessment (CPRA) as its foundation for group work. Life environments (Living, Learning, Working, and Socializing) are identified by each participant and level of satisfaction with each of these are determined. Desire to change the current status is explored as well as barriers to making the changes identified, and how to tackle these barriers is explored using a strength-based approach.

Mode of Work:

A: **Purpose:** To identify the current status of each life environment and explore to what extent change is desired.

B: **Group Framework:** RRD/CPRA forms are distributed each week. Participants make changes to their forms based upon the degree of readiness to change the current status of each life role. If barriers to change which impede confidence, hope, and motivation are identified, the participant can be encouraged to participate in readiness activities (PROS groups, community resources, etc.) to develop readiness.

Expected Outcome: Participants will be able to identify in which key life environments they desire change, how RRD/CPRA indicators (Need, Commitment, Self-Awareness,

Environmental Awareness, and Personal Closeness) can determine degree of readiness for change and if readiness activities are recommended. The most natural outcome may come in the form of referrals to intensive goal acquisition services to foster continued growth and exploration of identified environments.