



CoveCare  
Center

COUNSELING THAT  
EMPOWERS CHANGE

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**PROSper  
Group Protocol**

**Date:** December 5, 2011

**Title:** Mental Health – Relapse Prevention (aka Relapse Prevention Mental Health)

**Component:** Intensive Rehabilitation (IR)

**Service:** Intensive Relapse Prevention (IRP)

**Population:** Any member in the IR component of PROSper

**Frequency:** 1 time per week

**Duration:** 50 minutes

**Description:** A discussion-based group in which individuals discuss persistent mental health symptoms and support each other in discovering new ways to manage these symptoms. Individuals will be given the opportunity to create a personalized symptom-regulation plan, which they will be encouraged to incorporate into their Individualized Recovery Plan.

**Mode of Work:**

- A. **Purpose:** To provide an opportunity for group members to identify their symptoms and learn the skills needed to regulate these symptoms.
- B. **Group Framework:** Group will be largely discussion-based, with occasional use of educational hand-outs, and group-based exercises. Individuals will be encouraged to share their issues with re-occurring symptoms, accept and give feedback from the group

**Expected Outcome:** Individuals will exhibit an increased ability to recognize and address their mental health symptoms, and successfully reduce and manage these symptoms, so that they can better pursue recovery.