



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

Date: December 6, 2010

Title: One Day at a Time

Component: Community Rehab & Support (CRS)

Service: Wellness Self Management (WSM)

Population: Any member of PROSper community with a co-occurring disorder

Frequency: 1 time per week

Duration: 50 minutes

Description: A “Persuasion” group (aka in Prochaska and Di Clemente’s “Stages of Recovery and Treatment” a “Contemplation” group) that aides clients in identifying the effects of substance abuse on an individual’s life, and developing the desire to address it. The group also provides the benefit of social support from other peers dealing with a co-occurring disorder.

Mode of Work:

- A. **Purpose:** To educate members on co-occurring disorders and how substance abuse can impact lives.
- B. **Group Framework:** Educational in nature. Group will discuss topics related to co-occurring disorders and harm reduction, some of which will include: learning to identify emotional states before, during and after substance use, the beneficial and adverse consequences of substance abuse, how to deal with social situations involving substance use, and goal-setting and recovery.

Expected Outcome: Group members will have a better understanding of co-occurring disorders and make more educated decisions about sobriety.