



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

PROSper Group Protocol

Date: June 6, 2011

Title: Therapeutic Endeavors (revised)

Component: Community Rehab & Support (CRS)

Service: Wellness Self Management (WSM)

Population: Any member of the PROSper population.

Frequency: 1 time per week

Duration: 50 minutes

Description: An interactive group to enhance interpersonal communication skills and learn to work with others.

Mode of Work:

- A. Purpose: To encourage peer relationships and develop interpersonal skills. Among the areas of focus to be addressed: respecting differences, developing appropriate communication techniques and understanding and utilizing body language.
- B. Group Framework: Group members will follow a structured format consisting of: (1) Team building activities, role-playing and/or interactive games; (2) Group will reflect and discuss the purpose of the completed activity.

Expected Outcome:

Group members will develop a better sense of self in relationship to others so that members will have greater success in forming and maintaining social and professional relationships. Members will also experience what it means to work as a team with their

peers on various levels in regards to differences of opinion and perception, and how this can help them move forward in their mental health recovery.