



CoveCare
Center

COUNSELING THAT
EMPOWERS CHANGE

**PROSper
Group Protocol**

Date: June 23, 2016

Title: Where Are You Going?

Component: Community Rehabilitation & Support

Service: Community Living Exploration

Population: Any member of PROSper population

Frequency: 1 time per week

Duration: 50 minutes

Description: A discussion-based and psychoeducational group that will focus on helping members identify barriers to creating positive change in their lives and foster growth and self-efficacy through experiences. Members will engage in self-esteem enhancement activities and problem solving techniques focusing on individual strengths. Group members will make weekly commitments to action steps geared toward recovery-related vocational activities and goals.

Mode of Work:

A. Purpose: To foster change talk and self-efficacy, address barriers to engaging in recovery and vocational activities in the community, identify strengths, and enhance self-esteem.

B. Group Framework: This group will combine psychoeducation and discussion, handouts and experiential activities included.

Expected Outcome: Group members will be able to independently initiate community-based recovery activities and engage readily in goal-oriented activities. Group members will demonstrate greater insight into their strengths and take steps to distance themselves from stagnant/comfortable routines in order to foster a more meaningful recovery-focused lifestyle.