

# ***Recovery Resource Center (PRRC) Groups & Activities***

**The following is a list of groups and activities that are or have been offered. See the schedule and look up the group and/or activity for a description.**



## **Acceptance and Commitment Therapy (ACT)**

This group helps veterans become Open, Aware, and Active in their lives. It teaches you to **accept** thoughts, emotions, memories, and sensations while also helping to keep behavioral **commitments** that reflect personal values. ACT uses a number of strategies to help veterans manage avoidance, and move forward in their lives in a way that is consistent with their values. Strategies include mindfulness practices, metaphors, and skills for coping and change. ACT teaches you to “Hold” your experience, whatever it may be, and “move” forward in your life.



## **Creating Healthy Attitudes Toward Sobriety (CHATS)**

CHATS is a peer facilitated group focused on overcoming addictions. Through awareness and sharing recovery experiences, we help each other to come to grips with lasting impacts that addictions have had on our lives. Peers openly talk about what it takes to rebuild confidence that will help to form a positive self-image needed for recovery.



## **Cognitive Skills (OT Group)**

This group is facilitated by an Occupational Therapist and focuses on identifying, improving and practicing cognitive skills. Cognitive skills that are addressed include memory, attention, concentration, organization, problem-solving, language and numbers. Participants take part in completing puzzles, games, and activities to help improve cognitive skills.



## **Cognitive Behavioral Skills (CBT): Assertiveness and Communication**

This group focuses on providing veterans with the necessary skills needed to improve communication with others. Active listening, assertiveness and conflict resolution skills are a few of the valuable tools taught in this group.

# ***Recovery Resource Center (PRRC) Groups & Activities***



---

## **Community Meeting**

This is a monthly meeting for all PRRC veterans and staff to discuss program updates and hear veteran suggestions and concerns. Meetings are typically held at community locations and food/refreshments are served. ALL members are welcome and should plan to attend this monthly meeting!



---

## **Ending Self Stigma (ESS)**

Stereotypes, labels and negative interactions with others can often lead people to develop faulty beliefs about themselves. Participants learn the difference between internal and external stigma, improve their ability to recognize self-stigma when it occurs and increase skills to manage self-stigma's impact on thoughts, feelings and behavior. Ultimately, the purpose of this group is to reduce internalized (self) stigma and teach skills to decrease negative thinking, improve self-esteem and develop meaningful relationships.



---

## **Experiences with Horses (CG)**

This is an equine assisted learning group consisting of veterans working with a team of mental health providers, equine specialists and most importantly, horses, in a therapeutic process. Horses act as a mirror to help develop understanding of self, clarify goals, address fear and anxiety, and develop skills such as assertiveness, awareness and communication. All activities are conducted on the ground and individuals are encouraged to participate when they are comfortable. Sessions will be conducted at Fieldstone Farm TRC in Chagrin Falls and the program provides transportation for this special event.



---

## **Health & Wellness Group**

This group focuses on various health-related topics, issues, and concerns. A few examples are weight control, exercise, sleep, Diabetes, how to maintain your health and more. Information is provided and discussed with group participants, who are encouraged to ask questions as needed.

# Recovery Resource Center (PRRC) Groups & Activities



Harvesting Our Personal Efforts **Harvesting Our Personal Efforts (HOPE) Group**

The focus of HOPE Group is to provide education to Veterans about recovery-based principles and skills in order to promote knowledge of the recovery process, and improve ability to manage symptoms of mental illness. HOPE Group's intent is to foster feelings of hope and empowerment, assist in developing commitment to personal recovery and education, and encourage integrating into meaningful, self-determined community roles.



## **Imagination Arts (Core Creativity Training)**

This is a group that is offered each month and led by an outside volunteer, Kristen Boyesen. Veterans engage in an art activity to promote mental wellness, utilize coordination skills, improve mental flexibility and encourage creativity. The group is intended to promote peer interaction and socialization. No art skills are necessary to participate!



## **Life Skills**

One of the main purposes of the group is to empower each veteran with the skills to live a healthy and productive life regardless of their illnesses. A primary goal will be to assist veterans in learning skills to overcome difficulties that hinder personal growth. These sessions will provide opportunities to confront barriers and discuss positive ways of coping, thus promoting a new perspective on the way one lives .



## **Medication Education**

The purpose of this group is educate the veterans about the importance of taking prescribed medication for both optimal physical and mental health. The role of medication, potential barriers to taking medications as directed and effective methods to meet these challenges will be presented. Specific attention will be given to how medications work, normal /abnormal brain chemistry, medication side effects, and drug interactions. Participants will be encouraged to become familiar with the drugs that they take and learn how to become a partner with their prescriber in monitoring the effectiveness of his/her medication. Discussion and questions will be encouraged to ensure personalization of the material presented.

# ***Recovery Resource Center (PRRC) Groups & Activities***



## **Mindfulness 101**

Veterans will explore the key ideas of mindfulness practice and how it can benefit each person in their daily lives. The group will use education, discussion and practice exercises to learn skills. Mindfulness is an especially helpful practice for stress reduction, increasing mood level and decreasing negative thinking.



## **Mind Over Mood**

Mind over mood is a group that helps participants learn to identify the connections between thoughts, feelings and behaviors and improve their skills needed to cope with challenging events, emotions and experiences that people face in their daily lives. The topics discussed and skills learned in this group can be helpful to those who struggle with all kinds of mental health symptoms and/or challenging life situations. The group covers topics including Anger Management, Self-Esteem, Stress, Managing Depression, Coping with Thinking Problems and Hallucinations, etc.



## **Mind-Body-Spirit (MBS) Connections Group**

This group was created to help veterans learn about and practice holistic practices such as tai chi, yoga, meditation, and more. This group will focus on whole-person wellness or the mind-body-spirit connection. Topics for this group will rotate based on group interest/need/request and will incorporate topics from past groups addressing holistic practice such as Tai Chi and Mindfulness.



## **Moving Forward [Closed Group (CG) – by referral only]**

*MOVING FORWARD* is a 4-week educational program developed to help Veterans become more successful in reaching life's goals. Conducted in a classroom setting, it teaches practical problem-solving skills to help people overcome obstacles that often stand in the way of their dreams.



## **My World**

The focus of this group is “Your World” outside the VA! We discuss promoting community integration and improving interpersonal interactions in the community. Group members are encouraged to participate in community activities and receive assistance with planning. The group is a great place to discuss any challenges or barriers, and help you encounter in working toward your goals, and offer suggestions and possible problem solving strategies as needed.

# Recovery Resource Center (PRRC) Groups & Activities



## Nutrition Group

The nutrition group is facilitated by a VA Dietician. Various topics pertaining to nutrition and healthy eating are discussed. The Dietician will often answer individual questions that veterans have about their specific circumstance and dietary needs.



## Orientation Group

The purpose of the Orientation Group is to help newly referred veterans understand the things that are available at Recovery Resource Center (PRRC) and how the PRRC will be helpful to their overall mental health recovery. Participants are provided and review the Veteran Handbook, which describes the center in detail. Veterans are provided the opportunity to ask questions so they fully understand the program and any expectations in attending the center.



## Pathways to Recovery

This is a group which utilizes the Strengths Recovery Self-Help Workbook entitled “Pathways To Recovery” as a guide to support participants on their Recovery journey. Veterans are encouraged to identify their strengths, personal successes and challenges and how those things can be helpful in their Recovery process. The sessions consist of discussion, reading, small group exercises, creative activities and more. It would be a helpful group for those interested in discussing and receiving support and encouragement as they work toward their Mental Health Recovery goals. This group can be offered as an open or closed group, check the schedule.



## Peer Council

This is a bi-weekly meeting of select PRRC consumers who meet with PRRC staff to discuss relevant issues and concerns and work collaboratively to improve quality of services.



## Peer Group

This is a peer support group where veterans are encouraged to share their own perspectives on selected topics that build hope, self-esteem and confidence.

# ***Recovery Resource Center (PRRC) Groups & Activities***



## **Person to Person (Closed Group (CG) – by referral only)**

The focus of this workshop is on observing, practicing, and enhancing social skills and it is by referral only so see your recovery coach if you are interested. Each session begins with an explanation of a particular social skill and discussion of the steps of the skill. The skill is demonstrated by the facilitator(s), and the role-play is reviewed with the group members. Group members are then encouraged to practice the skill, are provided positive feedback and suggestions for improvement are offered when needed. This group would be helpful for Veterans who are working toward goals in which practicing social skills would benefit them – such as employment, volunteering, seeking or improving relationships, or even feeling more comfortable in any situation where you are interacting with others.



## **Recovery 101**

Recovery 101 serves as an introduction to the basic strategies that veterans can use to live productively despite having been diagnosed with a severe mental illness. The core message of the sessions is to instill the hope that they do not have to define themselves in terms of mental illness and that they have the power to make changes in their lives. Participants will be educated about their illness, taught common symptoms of relapse, and acquainted with the importance of medication adherence and the impact of substance abuse on wellness. The importance of pursuing meaningful structures for one's time and talents, establishing healthy routines, generating support, and identifying personal coping strategies will also be addressed.



## **Recovery Skills for Managing Addictions**

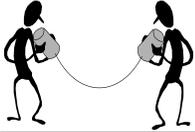
Focus of this Recovery Skills group is to educate participants on the meaning of co-occurring disorders and developing skills/supports for either reducing use or maintaining abstinence. Group will address the impact substances have on mental illness, reasons for the addiction, benefits to not using, triggers and warnings signs and various relapse prevention strategies/skills.



## **Recovery Strategies Workshop**

The purpose of this group is to increase knowledge about various mental health topics. These include: Practical facts about mental illness and various diagnoses, responding to stigma, medication, using medication effectively, building social supports, the stress vulnerability model, drug and alcohol use, relapse prevention, coping with stress, relaxation techniques, and getting your needs met by the mental health system. Participants are encouraged to share relevant experiences and discuss ways in which they are able to apply the information to their personal situations, as well as to provide support to other group members.

# ***Recovery Resource Center (PRRC) Groups & Activities***



## **Relationship Skills Group**

Participants will be provided with education and afforded opportunities to share personal experiences and use problem solving to improve relationship/communication skills. Some topics to be covered are: Defining relationships and support system, impact of symptoms and substance use on relationships, intimacy, boundaries, types of communication, etc.



## **Spirituality**

The purpose of the group is to explore the meaning of spirituality and how it can enhance one's recovery process. Various topics and discussions are covered. The group is open to both male and female Recovery Resource Center participants. Members from any religious or spiritual denomination or tradition are welcome to attend.



## **Stress and Relaxation (also called "Relaxation Group")**

This group will teach about the different types/levels of stress and provide practical techniques/skills for dealing with stressful events, problems, or situations. The group will also learn relaxation skills, practice those in session and be encouraged to use them at home in order to cope with stress and symptoms.



## **Women's Issues Group (also Women's Workshop)**

This group/workshop was developed specifically for the female participants enrolled in the program. This group focuses on issues, informational topics, and discussions specific to women. Group content and subject matter will be determined through the interests and ideas of the participants. Guest facilitators and speakers may be asked to attend group occasionally, in order to lead discussion and provide information on specific areas of focus.



## **Wellness Opportunities & Recovery Knowledge (W.O.R.K.) Group**

WORK group is a weekly guided discussion group that focuses on topics related to meaningful activity (work, volunteering, education,) as well as community participation. Discussions in the group center around

# ***Recovery Resource Center (PRRC) Groups & Activities***

personal vocational goals, as well as helping to problem solve any challenges, barriers, and fears that may be encountered. Group members are encouraged to help each other support and solve these issues. Any RRC member who is currently participating in work, education, or volunteering, or has a future goal of these types of involvement is encouraged to attend.



## **WRAP (Closed Group – CG)**

Wellness Recovery Action Planning (WRAP) is a peer-facilitated workshop where veterans learn to develop a wellness plan specifically pertaining to mental health recovery. Participants will be encouraged to develop their own WRAP over the course of the workshop with an emphasis on using outside supports to assist them. Topics covered include: Wellness Toolbox, Identifying Triggers & Early Warning Signs, What to do about triggers/early warning signs, How to manage when things are breaking down, Crisis Planning and what to do after a crisis.