

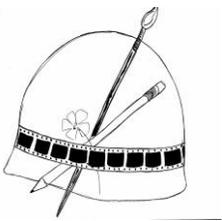
Fall 2015 PRRC Course Catalog

8 Dimensions of Wellness.



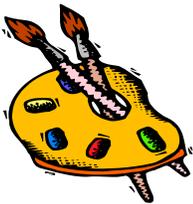
Wellness is more than the absence of illness. Wellness is a dynamic process that encompasses 8 dimensions; each important for overall wellness. The 8-Dimensions of Wellness will provide accurate and relevant health and wellness information, and knowledge and skill-building activities to the PRRC community to encourage participants to make healthy choices that integrate knowledge and understanding with their own personal values and a sense of community responsibility.

Art Guild.



Veterans work on their self-determined art projects in this art productivity class: 1) To take action steps toward full citizenship and community integration through the creative arts; 2) To visualize and actualize recovery goals through individual veterans' chosen means of artistic expression; 3) To improve physical stamina, manual dexterity and task-focused cognitive/affective processing; 4) To improve social skills by discussing and planning community integration around shared interests of class members; 5) To reduce stigma and isolation that may lead to relapse. Creative Arts Therapy staff and volunteers support mindfulness and problem-solving skills while encouraging Veterans in creating their art for exhibits in the community and the VA.

Art Therapy.



Art therapy has a long history of helping people get better through the action of art-making. Art is a powerful tool to identify and process unresolved emotions that there may be no words for in talk therapy, but that get in the way of recovery. Class exercises help students refocus attention away from fears, pain and rumination into healthier engagement in expressive painting, line drawing, pastels, storyboards and collage. Students bring non-verbal thought and feeling patterns to awareness, improving their emotional expression, creating visual “maps” to their recovery goals.

Dual Recovery.



This class focuses on alcohol and substance abuse recovery as it relates to mental health recovery. Class will discuss veterans' recovery process, and get feedback from one another. The basis of the class is that recovery is possible.

Ending Self Stigma.



The goal of this class is to help individuals who are living with serious mental illness overcome internalized stigma, and move towards goals that important to them. The class is based on cognitive-behavioral therapy and recovery approaches, with an emphasis on the cultivation of the self “outside mental illness.” Key topics include: stigma and stereotypes, internalization and

automatic thoughts, strengthening the self, dealing with discriminatory behavior, and increasing connection with others.



Family Support.

Open to caregivers, family members, and significant others of consumers of mental health services. The class will provide a forum for education and discussion of various aspects of living with a person with severe mental illness: medications, side effects, symptomatology, and pathology.



Financial Fitness.

Financial Fitness is designed to help you manage your money, plan for short- and long-term financial goals, and promote self-efficacy. We will learn tools and strategies for your unique financial situation and build healthy spending habits that encourage living within your means, saving, and becoming a more competent consumer. Topics include: Identifying financial goals; tracking and managing expenses; managing debt; understanding credit; using financial institutions; and building savvy consumer skills. Participants will share their experiences, both good and bad, with the topic at hand and brainstorm with each other around strategies for improvement.



Let's Go!

The objective of this course is to provide and increase opportunities for community integration. It is also intended to empower veterans to organize and lead their own group meetings to discuss and plan community outings.



Live it up!

Do you want to live your life to its fullest? There is no one-size-fits-all formula. This class will provide you with individualized tools and resources to assist you to achieve your meaningful goals in the community. This class will focus on enhancing interpersonal skills, healthy living and community integration in order to assist you to live your life to the fullest. Knowledge learned in this class can be immediately incorporated into real life situations.



Man in Society.

Man in Society is a group for men exploring life from a deep sense of core values, committed to developing a fuller sense of purpose in life particularly in modern society.

Meditation for Recovery.

How can meditation enhance recovery? The countless values of meditation have become acknowledged and practiced for thousands of years. This class will give you the tools to use to develop your own meditation practice. We will work together to develop a practice that is right for you using techniques to calm the mind and body to develop wisdom and compassion in your daily life. The San Francisco Bay Area is home to many meditation traditions. As



we build our practice, we will also be exploring ways to connect to meditation centers and groups in our community.



Mind over Mood.

Learn how to identify your own individual symptoms and manage warning signs of a relapse as well as cope with persistent symptoms and how to avoid alcohol and street drugs. Gain a deeper understanding of medication side effects and mood changes and how your thoughts can shape your moods.



Music Project.

The music support group is a recovery-oriented group with a focus on enhanced community integration. This is not a “get together and jam” type of group. Interested individuals meet individually with the group facilitator prior to the start of the group to answer questions and discuss individual goals for the group based on one’s recovery plan. Weekly material and content is driven based on group need and goals. Weekly groups will consist of topics such as, but are not limited to the following: developing one’s “musical ear,” basic blues structures, the role of the drummer and bass player, the group performing “cover songs,” playing music as a group in the park, and/or creating and performing originals. The class focuses on the further development of interpersonal skills, team-work, compromise and negotiation skills, and stress management to name a few.

****Class held in the community at 250 Kearny, SF, CA****

My Recovery Story.



My Recovery Story was created for individuals who have taken the Ending Self Stigma class. The goal of this class is to support Veterans in taking the next step in overcoming internalized stigma. This class is largely student-driven so that the class topics are presented by students and facilitators and are of personal interest to students. Key topics include: stigma and stereotypes in society, disclosing to others/telling your story, and advocacy targeting stigma around mental illness.

Nutrition & Exercise for Wellness and Recovery.



This program will provide you with information, skills and motivation so that you can be successful in creating a healthier life. You will learn the effects of being overweight on both physical and mental health. Some you are probably already aware of, but others you may not know. This is a chance to not only learn why and how to get healthy, but to actually DO IT! People with mental illness who have taken this class lose an average of 8 pounds. So come join us in developing healthful habits while having fun.

Outsider Art!



This creative arts therapy field trip class meets on Fridays at 9am at Fort Miley. We begin each class with brief mindfulness training and planning a trip together, then head outside into the fresh air to engage in recovery-oriented art making from 10am-noon. Staff will provide individual and group support to learn about mindful drawing, sculpting, photography, painting beautiful places in SF, visiting museums, being in Nature and creative ways to feel better. No previous art experience is required.

Peer Support.



The group is led by two VA Peer Specialists, who are themselves in recovery. A different recovery focused dialogue will be discussed weekly, and a mutual aid model of group work is utilized by the facilitators. This group is open to anyone who would like to participate. The group focuses on building upon ones' strengths with a specific emphasis on further developing coping skills for everyday life.

Psychosis Support.



This is a support group for people who hear or see things that are not there, or have fears about things that are not true. The group shares tips on coping with these experiences, and discusses other topics of mutual interest such as relationships with loved ones.

Reading for Recovery.



This bibliotherapy class involves selected readings from the first-person recovery-oriented literature. Attendees will be asked to read and discuss selections from books and articles describing an individual's recovery stories. Some of the selections will be from the following: "I Never Promised You a Rose Garden," "The Center Cannot Hold," "An Unquiet Mind," "Free to Fly," and "Get Me Out of Here ." Reading and discussing recovery oriented stories can often inspire hope and serve to point out that recovery is real and possible. Veterans will also have the opportunity to create their own recovery story using a variety of media.

Recovering Your Dreams.



This class will help you to discover your personal values, strengths to support your recovery of roles, and will help you to create small, manageable steps to achieve your goals. You will also identify interests/activities that you would like to reengage in to enhance your quality of life.



Recovery in Young Adulthood.

This class will address common issues among young adult Veterans (21-40 years old), such as readjusting to civilian life, going to school, getting a job, managing family/relationships, and pursuing life goals. It is based on cognitive behavioral therapy, or CBT, and will introduce coping strategies for managing psychosis and other mental health problems (like depression, PTSD, and substance use). Psychosis can include stressful experiences like hearing voices, feeling suspicious or paranoid, having unusual, distressing thoughts, feeling confused or disorganized, lacking motivation, and having difficulty connecting with yourself or other people. This class will help you learn tools to understand and overcome these challenges, while you move forward with your life and pursue your recovery goals. This group will be open to all young adult Veterans (including those not enrolled in the PRRC program); please join us!



Recovery 101.

Recovery from serious mental illness is possible. But recovery involves more than just symptom reduction - it involves building a life you value and desire, a life that reflects your unique talents, strength, and values. This class explores the meaning of “recovery” and will include multi-media presentations such as videos and stories, as well as opportunities to create your own definition of what it means to be in recovery.



Seeking Sanctuary.

This class focuses on (non-denominational) spiritual issues. Class is led by the VA chaplaincy.

Skillful Emotions: Skills

Do you frequently experience overwhelming emotion?

Do you go from great happiness to intense sadness to overwhelming anger without seeing clearly why? Do these unpredictable emotional changes affect your relationships? This 13 week class will cover these concepts and introduce coping skills and approaches to better manage our emotional life and relationships. Throughout the course there is an emphasis on using emotional mindfulness to enhance our relationships. Part II of this class (below) will be required, to provide an opportunity to effectively apply the skills learned in this class to specific situations in your own life.



Skillful Emotions: Application

This class is for Veterans who are also taking Skillful Emotions: Skills Training. In Part II of this class, we will be focusing on the application of Dialectical Behavioral Therapy (DBT) concepts and skills. Group members will be bringing in examples related to their self-identified goals and problem behaviors, actively working to apply mindfulness, emotion regulation, interpersonal effectiveness, and distress tolerance skills more effectively in their own lives. Active participation in and outside of class will be essential to help group members feel more skillful, confident, and effective in managing emotions and cultivating healthy relationships.

Social Skills.

This class is based on a well-researched model of social skills training. The class provides an easy and fun way to learn about and practice expressive, receptive, and conversational skills involved in human relationships. The group focuses on training skills in the following areas: Conversation, Assertiveness, Conflict Management, Communal Living, Friendship and Dating, Health Maintenance, Work, and Coping Skills for Drug and Alcohol Use.



Speaking of Smoking.

Speaking of Smoking is a class designed to assist Veterans with tobacco cessation and reduction. The only requirement for class registration is a desire to make positive changes around your tobacco use. We use a VA-issued workbook which is quite useful and informative. Although we will progress through the workbook together as a class, the class is also designed to include hand-tailored interventions to match where each participant is at with their own process. There is no pressure to quit on any given date, only lots of support to help you reach *your own goals*. Since inception of the class, many Veterans have quit smoking, so please come join us and see what we can do together as a team!



Story Corps.



Writers of all levels are welcome to attend the Veterans Story Corps. In this class, veterans work individually on a variety of recovery-oriented writing exercises to increase self-awareness and reduce tension while also increasing language arts and communication skills. Veterans are offered an opportunity to explore prompts including journaling, expressive writing, poetry, non-fiction, playwriting, and short stories about real topics relevant to their current challenges or personal goals. Group members are invited to practice their storytelling skills and share their writing with peers to gain support and further reflection. Anyone—from beginner to expert—is welcome to come and try their hand at Story Corps!

Veterans Community Council.



The PRRC's Student Council exists to allow Veterans the opportunity to become "active participants" in the development and day-to-day operations of the program. This is an excellent opportunity to interact with other PRRC students and staff, aid in the development of new initiatives, and advocate for Veteran-centered care.

Wellness Management.



This class will provide knowledge on recovery strategies including practical facts about mental illness, how to build social supports, use medications effectively, cope with stress, problems and symptoms and get your needs met in the mental health system. Each class will build on the previous one, giving you the opportunity to enhance your knowledge each week while working on organizational and time management skills.

Women Create.



Female veterans will be invited to discuss, share, visualize and actualize recovery goals through discussion of recovery concepts and through active creative expression. Class will encourage women to share aspirations and unique methods of creativity such as visual art, writing, and performing. Class will encourage mindfulness and support healthy social involvement through the discussion of shared interests of female veterans.

Work Zone!



Thinking about returning to work or volunteering? If you could use some great pointers on getting back into the work force, whether you are recently out of the job market or if it has been a while, come join us. This pre-employment workshop is designed to support your success. We will provide the basic tools for you to get started and to keep you motivated along the way. We will cover topics such as career exploration, interviewing skills, resume preparation, professional attire (for a variety of work settings), 'office' etiquette, communicating effectively with co-workers, etc.



WRAP & Roll.

This class is designed to utilize music to enhance the development of a Wellness Recovery Action Plan, or WRAP. This is a plan to help you in your mental health recovery; help you get well, stay well, and create the life you want. This plan can also be useful when you are confronted with stressful situations. This class will explore creative ways to move your recovery forward by integrating the aural language of emotion and memory into forming your WRAP.



WRAP.

This class is designed to guide you through the development of a Wellness Recovery Action Plan, or WRAP. This is a plan to help you in your mental health recovery, help you get well, stay well, and help you to create the life you want. This plan can also be useful when you are confronted with other stressful situations as well. You may not complete the entire plan in these sessions and that is OK. You will be encouraged to work on them at home or with other staff whom you feel comfortable with.