

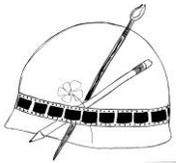
## Summer 2013 PRRC Course Catalog



### 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 of Life.



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.

### Committing to Life.



Be an active participant in your life! Learn how to be more present in your daily life as well as how to be more engaged in activities that are meaningful to you. This class teaches skills from Acceptance and Commitment Therapy (ACT) to help you:

- Accept your experience and be present in your life,
- Choose the values that mean the most to you, and
- Take action to live more fully.

### Coping Through the Senses.



Success oriented experiences that will help students develop skills that will enable them to tolerate distress. This class will help students learn to create a refuge from the stimulation of daily life.

*\*Registered class\**

### Coping with Voices.



This class teaches a number of different and helpful behavioral strategies to cope with hearing voices (or other auditory hallucinations or intrusive negative thoughts).

Participants will get a chance to practice each strategy in class and will be encouraged to “put it to the test” in their daily lives. Veterans will also get a chance to discuss their experiences managing auditory hallucinations or intrusive negative thoughts in a supportive environment with peers who share similar experiences.



### **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. Facilitator of this class is in recovery and has a dual diagnosis himself. 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.

### **Ending Self Stigma Seminar.**



The Ending Self Stigma Seminar 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.

*\*Registered class\**



### **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.

*\*Registered class\**



### **Happiness Bootcamp.**

Learn the techniques and experience the satisfaction of inner peace and joy! The science of happiness (a.k.a. Positive Psychology) now has specific ways for people to learn how to create a sustainable inner peace for themselves. We will be reviewing and practicing these techniques together. Benefits of positive emotions include: better health, achievement, resilience, a buffer against anxiety and depression – and just plain feeling good. *\*Registered class\**



### **Healthy Living**

Self-care is defined as activities that people undertake with the goal of enhancing health, preventing disease, limiting illness, and restoring health. This class aims to educate veterans about how to make decisions and engage in activities to keep themselves physically and mentally fit. We will also talk about ways to stay healthy and to develop healthy habits.



### **Heart of Recovery.**

Are you ready to recover? This class will explore your readiness to recover while helping to prepare you for the development of meaningful recovery plans that will allow you to design and build a life of your choosing.



### **Launch Into the Community.**

This hands-on class is designed to help you increase your skills and confidence around community integration. Students will explore community resources, events and places of interest. This class will meet in April at the Vet Building, in May at the Veteran's Commons and in June at the ILRC. Prepare for community re-entry!



### **Life Skills.**

This class will help you develop skills in a variety of areas that may include home management, budgeting, self-care, communication, time management, and self-esteem.



### **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.



### **MOVE Into Wellness.**

Come and learn about nutrition and exercise. Classes will mainly focus on healthy eating, healthy weight management, and physical activity. From time to time, we will also engage in some light physical activity, such as simple strength exercises, light stretching, and taking walks along the trails located behind the facility.

### **OWL- Optimal Wellness Living.**

Steer yourself on the right track by joining this fun, enjoyable fitness based program. From a recreational standpoint, this program will focus on cardiovascular endurance, muscular strength, core function, and flexibility while incorporating wellness principles of the mind, body, and spirit to get you WELL and STAY WELL! You will navigate through further education about various fitness domains so that you can identify and organize physical activities conducive to your needs. Plus, it will be great in developing social skills and build camaraderie amongst your peers. What have you got to lose?



### **Psychosis Support Group.**

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.



### **Putting Tools Into Action.**

So now what? The PRRC provides a lot of tools and helps to build the skills of students. But the most important thing is applying these tools and skills to your life! Come to this 30 minute class to plan how you'll use what you are learning in other classes to reach your goals.





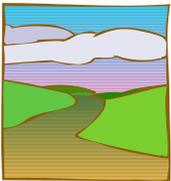
### **Reading for Recovery.**

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. *\*Registered class\**



### **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 Walk.**

This class will use a variety of techniques to encourage people to integrate into the community and further their journey of recovery. We will be talking together about aspects of recovery that can help one achieve meaningful roles. Part of the class will involve walking various trails to increase exercise and awareness of our healthy living and how we can better interact with the environment.



### **Resilience in Motion.**

This class will be offered at the Independent Living and Recovery Center. It focuses on improving social and emotional resiliency skills. Dynamic creative arts and mindfulness exercises will provide structure for *moving* through a full range of emotions and relational roles in a supportive group environment. This practice will increase Veterans' creative adaptation to challenging life situations and re-engage the mind and body in a flow state. Participants will also benefit from improved positive emotional and cognitive function, increased interpersonal skills and social connectedness, and recovery and discovery of preferred roles in the community.



### **Schizophrenia Support Group.**

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. *\*Registered class\**



### **Seeking Sanctuary.**

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



### **Skillful Emotions.**

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 discuss 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. Participants will be asked to practice skills outside of class.

### **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.**

A class designed to help vets reduce or quit smoking cigarettes.



### **Techniques and Role Recovery.**

This course provides foundational material related to role recovery. There is an emphasis on ideas related to recovery of roles based on self-chosen goals, techniques learned across classes are related to the WRAP (Wellness Recovery Action Plan), and discussion of DVDs presenting consumers who have achieved role recovery is fundamental. Also, various techniques (such as behavioral approaches to managing auditory hallucinations) are included. Role recovery rather than symptom reduction is an important emphasis.



### **The Self In Context.**

This group has a focus on interpersonal relationships with attention to basic interconnections and interconnectedness. We'll explore our thoughts and feelings and how they impact ourselves and others. While there will be a standard format, each week the topic will emerge from the group process and its ongoing experience. There will be considerable support for utilizing what's learned in the group in real world situations outside the group. *\*Registered class\**



### **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.



### **Veterans 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!



### **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.



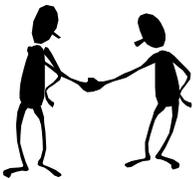
### **Wellness Music Box.**

This class, related to the Wellness Recovery Action Plan (WRAP), focuses on developing the use of music as a coping skill and daily maintenance tool. Specifically, by including music in your WRAP Wellness Toolkit and Daily Maintenance Plan you will practice ways to use music as a recovery tool in your everyday life.



### **WRAP Group.**

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.



### **Your Recovery, Your Choice.**

Your Recovery, Your Choice is an opportunity to receive peer support from someone who may have experienced the same symptoms you experience and who has been able to learn how to move forward with their lives, even through the toughest of times. Peer support can help a person navigate and trouble-shoot problems/issues he/she might be experiencing. As Peer to Peer, we can talk and hopefully come up with some sort of strategy that might work for you. Remember, an old wise man said “to know the path ahead ask one coming from the opposite direction (who has already walked the path)”.  
*\*By appointment\**