

COMMUNITY MISSION NIAGARA VISIONS PROS

418-3rd St., Niagara Falls, NY 14302
716-205-8708

OCTOBER, NOVEMBER, DECEMBER 2021

Name: _____

Revised 9/29/21

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM 9:15 – 10:00	1.Coping Strategies –CRS/W1 –Linda Meet with DPT	1.Coping w/Coffee with Carla -CRS/W1 Clinic Day -Dr. Pabilonia, Karen -9-2 Meet with DPT	1. Wellness Mgt. –CRS/W1 -Xavier Meet with DPT	1.Social Session -CRS/BLST –Linda Meet with DPT	1. Staying Well .-CRS/W1-Eric Meet with DPT
10:15-11:00	1.Coping Skills –CRS/W1 –Xavier 2.Your Diagnosis -CRS/W2 -Linda *3. Assertiveness –CRS/BLST-Carla M. Gardening ends 10/25. 2. Support Group -Start Nov. CRS/W1 –Carla L.	1. Personality Disorders –CRS/W2 –Xavier 2.Healthy Communicat. -CRS/BLST-Sky 3.Intense Relapse Prevention –IR/RP, CRS/W6, -Linda Art -Upstairs –CRS/W1 –Sandie	1. Anger/Stress Mgt. -CRS/W1 –Linda 2.Smoking Reduction –CRS/W1, IDDT -Eric 3. Assertiveness -CRS/BLST -Xavier	1. Stress Mgt. –CRS/W1 – Xavier 2. Coping with Loss –CRS/W1-Iheide *3. Living Life–CRS/W1 -Sandie	1. Health/Nutrition –CRS/BLST –Carla M. 3. Coping w/Difficult Experiences –CRS/W1 -Xavier
11:15-12:00	1.Depression Mgt. –CRS/W1 -Xavier 2. Smoking Red. –CRS/W3, IDDT –Carla M. 3. Meditation –CRS/W1 -Eric	*1. Managing Stressful Problems –CRS/W5 -Carla L. 2. L.A.U.G.H. -CRS/WSM, -Sky 3. Making/Keeping Friends –CRS/BLST -Xavier Art -Upstairs -CRS/W1 –Sandie	1. Daily Reflection –CRS/W1 –Carla L. 2. Understanding Others –CRS/BLST –Eric 3. Problem Solv. -CRS/W5 -Sandie/Sky	1. Spirituality –CRS/W1 -Sandie 2.Substance Free –IDDT, CRS/W1 –Eric 3.Managing Anger –CRS/W1–Carla M.	1. Yoga/Walk -CRS/W1,BLST –Carla M. 3. Intense Relapse Prevention –IR/RP, CRS/W6 -Eric
Lunch 12:00 – 12:30 12:30 – 12:45 Meet with DPT					
PM 12:45-1:30	1.Chicken Soup for the Soul -CRS/W1 -Iheide 3. Speak Out! -CRS/BLST-Xavier	1.Music Connection –CRS/W1 -Iheide 3. Anxiety Mgt. – CRS/W1 –Linda	1. Music Connection -CRS/W1 -Iheide *3. Why Worry? -CRS/W1 -Sandie	1.Making/Keeping Friends -CRS/BLST -Xavier 3. Recovery Skills -CRS/W1 –Eric	1. Living Life –CRS/WSM/BLST, Sandie
1:45 – 2:30	1.Finding Happiness –CRS/W1 –Iheide 3. Self Reflection –CRS/ W1 –Carla L.	1. Creative Relaxation -CRS/W1 –Carla L. 3. *Building Friendships -CRS/BLST -Sandie	1.Alternate Coping –CRS/W1 –Carla L. 3. Getting Through the Holidays –CRS/W1– Linda	1. Expressing Feelings–CRS/W1 -Linda 3. Social Stuff -CRS/BLST –Carla M..	1. Art for Stress Reduction –CRS/W1 –Carla L./ Sandie

Program Components: CRS –Community Rehab and Support IR –Intensive Rehab

Service Category Key: A –Assessments BLST –Basic Living Skills Training BFM –Benefits and Financial Management CCT –Clinical Counseling Therapy CLE -Community Living Exploration
E –Engagement F –Family Psychoeducation IRP –Individual Recovery Planning IT -Integrated Treatment for Co-Occurring Mental Health and Substance Abuse IGA –Intensive Goal Acquisition
RP –Intensive Relapse Prevention SH –Information/Education on Self-Help SSDS –Structured Skill Development and Support WSM –Wellness Self-Management: 1 Coping, 2 Disability Education, 3 Dual Disorder Education, 4 Medication Education and Self-Management, 5 Problem-Solving Skills Training, 6 Relapse Prevention Planning

Participant Signature: _____ Date: _____

PROS Staff Signature: _____ Date: _____

* **Certificate Course** (Must attend 10 out of 12 classes to get the certificate)