

COMMUNITY MISSION NIAGARA VISIONS PROS

JANUARY FEBRUARY MARCH 2014

Name: _____

Rev. 12/17/13

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM 9:15 – 10:00am	1. Making Connections -CRS/BLS -Blair 2. Work Day Mt. -CRS/SSDS -Murphy Meet with DPT	1. Int. Relapse Prev. -IR/RP -Carla M. 2. Work Day Mt. -CRS/SSDS -Murphy 3. Assertiveness -CRS/W1 -Katie Meet with DPT	1. Wellness Lifestyle – W4 -Katie 2. Work Day Mt. -CRS/SSDS -Murphy 3. Education Prep. -IR/IGA -Carla M. Meet with DPT	1. Social Interaction Ex. CRS/BLS -Katie 3. Grief/Loss -CRS/W1 -Amy Dr. Pabilonia -9:00am – 2:00pm Candy - Nurse -9:00am – 2:00pm Meet with DPT	1. Wellness Recovery Action Plan - CRS/W6 -Vera Meet with DPT
10:15- 11:00am	1. Emotional Control -CRS/W1/CCT -Katie 2. Let's Talk About It -IR/IT -Blair 3. Stress Manmt. -CRS/W1 -Carla L.	1. Getting Along w/ Difficult People -CRS/BLS -Iheide 2. Wellness Lifestyle -W4 -Daniel 3. Trauma -CRS/W1/CCT -Sandie (Group ends at 12:00)	1. Relationships -CRS/BLS -Iheide 2. Anxiety Issues -CRS/W1 -Daniel 3. Intens. Relapse Prev. -IR/RP -Edo	1. Coping Skills -CRS/W1 -Iheide 2. Co-Occurring Dis. -CRS/W2 -Vera 3. Thinner Winner -CRS/W4 -Candy	1. Making Connections -CRS/BLS -Blair 2. Stress Management -CRS/W1 -Vera 3. L.A.U.G.H. -CRS/W1 -Carla L
11:15- 12:00pm	1. Overcome Bipolar - CRS/W2 -Katie 2. Fully Integrated Tx. II -IR/IT -Blair 3. Mindfulness -CRS/W1 -Murphy	1. Emotional Control -CRS/W1/CCT -Katie 2. Co-Occurring Dis. -CRS/W2 - Blair 3. Trauma -continued	1. Choosing Healthy Eating -CRS/BLS -Carla M. 2. Overcome Depress. -CRS/W1 -Katie 3. Motivation Strat. -CRS/W5 -Daniel	1. Spirituality -CRS/W1 -Sandie 2. Smoking Cessation -CRS/W2 -Amy 3. Wellness Recovery Action Plan W6 -Vera	1. Coping Skills -CRS/W1 -Katie 2. Int. Relapse Prev. -IR/RP -Murphy 3. Communicate Skills -CRS/BLS -Carla L.
Lunch 12:00 – 12:30pm					
12:30 - 12:45pm	Meet with DPT	Meet with DPT	Meet with DPT	Meet with DPT	Meet with DPT
PM 12:45- 1:30	1. Social Skills -CRS/BLS -Amy 2. Int. Relapse Prev. -IR/RP -Carla M. 3. Employment Readiness -IR/IGA To begin in February (group ends at 2:30 must attend Wed. also)	1. Boundary Power -CRS/BLS -Iheide 3. Anxiety Issues -CRS/1 -Daniel MR -Art for Mental Health 12:45 – 2:30 -CRS/W1-Sandie	1. Spirituality -CRS/W1 -Sandie 2. Mindfulness -CRS/W1 -Murphy 3. Employment Readiness -IR/IGA To begin in February (group ends at 2:30)	1. Getting Along w/ Difficult People -CRS/BLS -Iheide 2. Let's Talk About It -IR/IT -Blair 3. Managing Anger -CRS/W1 -Carla M.	1. Let's Talk About It -IR/IT/ Blair 3. Overcoming Depression -CRS/W2 -Sandie Meet with DPT
1:45- 2:30	1. Alternate Coping -CRS/W1 -Carla L 2. Relationships -CRS/BLS -Carla M.	1. Coping Skills -CRS/W1 -Carla M. 2. Fully Integrated Tx. II IR/IT -Blair 3. Social Skills -CRS/BLS -Amy MR -Art for Mental Health -continued -CRS/W1-Sandie	1. Social Inter. Ex. -CRS/BLS -Carla L. 2. Disability Ed. -CRS/W2 -Murphy	1. Wellness Lifestyle -CRS/W1 -Carla M. 2. Int. Relapse Prev. -IR/RP -Murphy	Saturday 1:00 – 4:00 Jan.19, Feb. 15, March 15 Social Interaction -CRS/BLS -Carla L.
3:00 – 3:45			1. Community Interaction CRS/CLE -Carla L.		
4:00- 4:45		Com. Rm. Learning Yoga -CRS/W4 -Carla L.			
4:45- 5:30					

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

Service Category Key: A –Assessments BLS –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 W –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: _____

COMMUNITY MISSION NIAGARA VISIONS PROS

OCTOBER, NOVEMBER, DECEMBER 2013

Name: _____

Rev. 9/26/13

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM 9:15 – 10:00am	1. Making Connections -CRS/BLS -Blair Meet with DPT	1. Int. Relapse Prev. –IR/RP –Carla M. 3.Assertiveness –CRS/W1 -Katie Meet with DPT	1. Going Public –CRS/BLS -Blair 2. Education Prep. –IR/IGA –Carla M. Meet with DPT	1. Social Interaction Ex. CRS/BLS -Katie 3. Grief/Loss –CRS/W1 –Amy Dr. Pablonia -9:00am – 2:00pm Candy - Nurse -9:00am – 2:00pm Meet with DPT	1. Wellness Recovery Action Plan - CRS/W6 -Sandie/Vera Meet with DPT
10:15- 11:00am	1. Emotional Control -CRS/W1 -Katie 2. Fully Integrated Tx –IR/IT -Blair 3. Stress Managmt. –CRS/W1 –Carla L.	1. Getting Along w/ Difficult People -CRS/BLS -Iheide 2. Wellness Lifestyle –CRS/W4-Daniel 3. Trauma –CRS/W1 -Sandie (Group continues at 11:15, must attend both)	1. Relationships –CRS/BLS -Iheide 2. Mindfulness -CRS/W1 -Murphy 3. Intens. Relapse Prev. -IR/RP -Edo	1. Coping Skills -CRS/W1 -Iheide 2. Smoking Cessation –CRS/W3 -Amy 3. Wellness Lifestyle –CRS/W4 -Candy	1. Making Connections –CRS/BLS -Blair 2. Stress Management –CRS/W1-Vera 3. Live, Laugh, Love –CRS/W1 –Carla L
11:15- 12:00pm	1. Overcome Bipolar - CRS/W2 -Katie 2. Overcome Depression –CRS/W2 -Blair 3. Mindfulness –CRS/W1 -Murphy	1. Emotional Control –CRS/W1 -Katie 2. Co-Occurring Dis. Tx–CRS/W3 -Vera 3. Trauma –CRS/W1 -Sandie (Group continued)	1. Choosing Healthy Eating –CRS/BLS -Carla M. 2. Overcoming OCD –CRS/W2 -Murphy 3. Motivation Strat. –CRS/W5 –Daniel	1. Spirituality –CRS/W1 –Sandie 2. Budgeting –CRS/BFM -Blair 3. Anxiety Issues –CRS/W1 -Daniel	1. Going Public -CRS/BLS - Blair 2. Int. Relapse Prev. –IR/RP –Murphy 3. Communicate Skills –CRS/BLS –Carla L.
Lunch 12:00 – 12:30pm					
12:30 - 12:45pm	Meet with DPT	Meet with DPT	Meet with DPT	Meet with DPT	Meet with DPT
PM 12:45- 1:30	1. Social Skills -CRS/BLS -Amy 2. Int. Relapse Prev. –IR/RP -Carla M. 3. Employment Readiness –IR/IGA -MaryAnn (ends 2:30, Must take Wed. also)	1. Boundary Power –CRS/BLS -Iheide 2. Smoking Cessation CRS/W3 -Amy 3. Managing Anger –CRS/1 -Daniel MR -Art for Mental Health 12:45 – 2:30 -CRS/W1-Sandie	1. Spirituality –CRS/W1 -Sandie 2. Fully Integrated Tx. –IR/IT -Blair 3. Employment Readiness –IR/IGA -MaryAnn (ends 2:30, Must take Mon. also)	1. Getting Along w/ Difficult People –CRS/BLS -Iheide 2. Community Living Exp. –CRS/CLE -12:45 – 2:30pm –Carla L. 3. Managing Anger –CRS/W1 –Carla M.	1. Social Skills –CRS/BLS -Blair 3. Coping Skills –CRS/W1 -Murphy Meet with DPT
1:45- 2:30	1. Alternate Coping –CRS/W1–Carla L 2. Parenting –CRS/BLS –Carla M. 3. Employment Readiness -continued	1. Coping thru Cooking - CRS/W1 –Carla M. 2. Social Skills –CRS/BLS –Amy MR –Art for Mental Health -continued -CRS/W1-Sandie	1. Social Inter. Ex. –CRS/BLS –Carla L. 2. Wellness Lifestyle –CRS/W4 -Daniel 3. Employment Readiness -continued	1. Overcome Self-Defeat –CRS/W1 -Carla M. 2. Co-Occurring Dis. Tx –CRS/W3 –Vera 3. Int. Relapse Prev. –IR/RP -Katie	Saturday 1:00 – 4:00 Oct. 19, Nov. 16, Dec. 21 Mental/Physical Wellness –CRS/BLS –Carla L.
4:00- 4:45		AV. Rm. Mental/Physical Health -CRS/W4 -Carla L.	1. Gardening Program St. James –CRS/BLS -Carla L.		
4:45- 5:30					

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

Service Category Key: A –Assessments BLS –Basic Living Skills Training BFM –Benefits and Financial Management CLE -Community Living Exploration CI –Crisis Intervention
E –Engagement F –Family Psychoeducation IRP –Individual Recovery Planning IT -Integrated Treatment for Co-Occurring Mental Health and Substance Abuse IGA –Intensive Goal Acquisition
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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: _____