

East Village Access PROS

**Course Catalog
June 2011-Aug 2011**



East Village Access

Who We Are

East Village Access East Village Access (PROS: Personalized Recovery Oriented Services) is a recovery program for adults with psychiatric disabilities, designed to provide a comprehensive array of services and treatment within the same program to facilitate recovery, wellness, and support, while you attain your goals. Our core value is that recovery is a reality for individuals with mental health conditions, and we offer support in attaining goals and desired life roles.

Where We Are

We are at 242 East 2nd Street (near Avenue C), and you can drop in, or call us at 212 780 9008, to make an appointment. We will talk with you about the available services, and discuss your experiences, strengths, and interests.

What We Offer

In addition to the courses listed in this catalog, we provide clinical treatment (CT) and ongoing rehabilitation and support (ORS). Clinical treatment includes psychiatric evaluation, medication monitoring, health assessment, clinical counseling and therapy and symptom monitoring. Ongoing Rehabilitation and Support services assist participants who are working and need support to maintain their employment. Services are provided off-site at the work site or some other location in the community.

	Group Description	Facilitator	Day	Time
1	Choosing Your Services: Once you decide to be in PROS, you'll create an Individual Recovery Plan. The IRP asks you to identify strengths and limitations as part of the process of planning for goals and objectives you would like to focus on in PROS. Planning your goals will help you select groups for your own schedule, designed to help you reach your goals. (CRS-IRP)	All Staff	Daily	9:30AM
2	Living Well: Taking Care of Me! An opportunity to learn more about all areas of living well and taking care of ourselves, from good nutrition, to support relationships, to how to keep fit. This is an interactive group using state of the art video and film. (CRS-WSM)	Lesley	Mon Thurs	1:30PM 1:30PM
3	Getting the Job You Want: Information, and how to develop new skills for entering and re-entering the work force. Skills to sustain long term employment. Develop a functional resume and a cover letter; learn how to utilize all your skills in your most effective job search ever! (CRS-BLS)	Josh	Mon	10:30AM
4	WRAP: A wellness recovery action plan is a system for monitoring and alleviating problematic symptoms, unhealthy habits, or old behavior patterns that interfere with you reaching your goal. This group identifies how to recognize early warning signs of relapse, and then creates a daily wellness plan. (CRS-WSM)	Salik	Tues, Thurs	10:30AM
5	Ready to Work? Feeling like you are really close to your goal of getting a job – but feel like you just can't "get there"? We will explore how to move forward toward that goal, acknowledging the barriers we have to overcome to get there. (IR-IRGA)	Juli	Wed	11:30AM
6	Ready to Move? Have you identified a desired housing arrangement? We will assess your readiness and provide tools to empower to you to meet your goal. (IR-IRGA)	Juli	Thurs	11:30AM
7	Taking Care of Yourself: Daily basic skills – a "how to" guide to keeping yourself well-groomed and ready to meet the challenges of the day, keeping your home clean and in order, shopping, cooking, etc. Join us as we explore how taking care of ourselves can help us on our path to recovery. (CRS-BLS)	Dorian	Fri	11:30AM

8	Learning Together: Structured Skill Development: a range of services, including culinary, used to develop skills through a process of teaching, practicing, and feedback. In individual group and structured activity settings. (CRS-SSD)	All Staff	Daily	11:30AM
9	Coping with Yoga/Movement: Learn to cope with stress and the challenges of life through yoga and movement, learn strategies to address symptoms, manage stress, and reduce the vulnerability to stress. (CRS-WSM-Coping)	Juli	Tues	11:30AM
10	Good Communication: Discover how to enhance your communication skills and see the effect it has on your personal relationships. What are people really talking about? How do we negotiate different communication in social settings? Learn skills that are important in negotiating the workplace, healthcare settings, and social situations. (CRS-BLS)	Gail	Mon	11:30AM
11	Getting the Education You Want: What is available in your community? Explore opportunities for adult education in NYC, both basic and opportunities for higher education; we will assess how we learn best, and what motivates us to learn. We will also discuss fears and barriers relating to education, how to overcome obstacles and meet your personal educational goals. (CRS-CLE)	Steven	Mon	11:30AM
12	Building Connections/How to Make and Keep Friends: How do we maintain healthy relationships, both close, as well as casual? What prevents you from making and keeping friends, and building and sustaining good relationships, all of which are essential building blocks of recovery? (CRS-BLS)	Josh	Tues	1:30PM
		TBD	Wed	2:30PM
13	Recovery/Attitude is Everything: (for Women): How does my attitude and outlook affect my recovery and ability to live a happy and healthy life? In this group we learn how to build self-esteem, and gain essential recovery skills such as assertiveness and the ability to communicate clearly.(CRS-WSM-Coping)	Lesley	Thurs	2:30PM
14	Recovery/Attitude is Everything: (for Men): How does my attitude and outlook affect my recovery and ability to live a happy and healthy life? In this group we learn how to build self-esteem, and gain essential recovery skills such as assertiveness and the ability to communicate clearly.(CRS-WSM-Coping)	Josh	Tues	2:30PM
15	WSM + Continuing with my plan for Recovery: Need help with the recovery process?	Salik	Fri	11:30AM

16	Medication and You: Do my medications have side effects? How can I manage them? How can I be an active partner in choosing treatment, monitoring my side effects, and achieving desired results? (CRS-WSM)	Mike	Tues, Fri	10:30AM
17	Help: How to Find It: Get information on self-help, peer network, and advocacy groups in the community, or start your own group! (CRS-IESH)	Steven	Fri	1:30PM
18	What is Diabetes: Is my coffee too sweet? How much sugar is too much sugar? What are the medications that may cause diabetes? Do you have the sugar blues? Join us as we explore our relationship to sugar and its impact on our mental and physical health and recovery. (CRS-WSM-Coping)	Dorian	Fri	10:30AM
19	Surviving Trauma (Separate Groups for Men and Women): Focus on understanding, coping and recovering from traumatic events in your life – What is trauma, what is post traumatic stress disorder, and how can I learn to cope with it. (CRS-WSM-Coping).	Gail (Women)	Wed	11:30AM
		Dorian (Men)	Thurs	1:30PM
20	No worries, Be happy: Techniques to deal with stress and frustration, in "real time" as it is happening – as well as after the fact. We will discuss and practice preventive measures, as well as strategies, tools, and skills to avoid feeling continuous pressure. (CRS-WSM-Coping)	Juli	Wed	10:30AM
21	Breathe Free, Smoking Cessation: What are the health, social and financial problems that directly result from nicotine consumption, how to cope with nicotine withdrawal, relapse prevention, harm reduction, and how to set up a support network to help you quit smoking. (CRS-WSM-Coping)	Steven	Wed	1:30PM
22	Mmmm...Good Nutrition: What is good nutrition? What affects what/how we eat: food availability, advertising, self esteem, and stress. We will identify the steps that are necessary to achieve various nutrition goals, learn basic nutrition information, and work on a balanced diet. (CRS-WSM-Coping)	Lesley	Wed	10:30AM
23	Family, Friends, and Wellness: Education about mental illness, symptom management, and identifying strengths in participants/and their families with regard to problem-solving. (CRS-WSM-Problem Solving)	Gail	Tues	1:30PM

24	Getting Ready to Quit? : Thinking about preparing to deal with an addiction – alcohol, drugs, and cigarettes? Need support? Learn how to identify the stages of readiness in conquering your addiction, and make a commitment to your own recovery. (CRS-WSM-Problem Solving)	Steven	Fri	11:30AM
25	The Hood: Exploring Your Neighborhood: Learn how to navigate your environment. Identify and overcome barriers such as anxiety, isolation and lack of resources that stop you from achieving daily goals in your life. (CRS-CLE)	Josh	Fri	2:30PM
26	Managing Your Money – Understand and handle your financial resources. Use worksheets to plan use of income and become aware of spending habits, identify benefits and incentives that may be available. Overcome fears about money, and the lack of it. (CRS-BFM)	Josh	Mon	2:30PM
27	What are My Limits? / Intensive Relapse Prevention I & II: Do you need more focused and intense support addressing critical, current life issues? This group provides the help you need to navigate critical circumstances that may result in the loss of life role such as homelessness, loss of job or benefits, or hospitalization. (IR-IRP)	Dorian- RP I	Tues, Thurs	11:30AM
		Chris-RP II	Mon, Wed	1:30PM
28	Recovery With Family and Friends: Collaboration between practitioners and family members aimed at alleviating stress and supporting efforts to aid in the individual's recovery. (IR-FP)	Gail	Wed	4:00PM
29	Staying Sober/Integrated Treatment: learn how to make a commitment to your recovery through good times and bad, learn how substance use affects your overall recovery, and how to avoid relapse. What is the connection between mental health and substance abuse? We will use motivational interviewing, harm reduction, and behavioral skills. (IR-FIT)	Salik	Tues, Thurs	11:30AM
30	Clinical Counseling and Therapy: a group for goal oriented counseling and therapy, addressing emotional, cognitive, and behavioral symptoms of mental health disorders. (CT-CCT)	Gail	Tues	11:30AM
31	Managing Anger: Let us assist you in learning to understand and control your anger—what are your attitudes and beliefs about anger – identify anger triggers, and learn how angry behavior limits recovery. (CRS-WSM-Coping).	Lesley	Wed	1:30PM

<u>Groups for the Younger Crowd</u>				
32	Surviving the Hood: What's Getting in My Way "Out There", and How can I Overcome it?	Chris	Wed	3:30PM
33	Got Problems? Learn How to Cope	Juli	Wed	4:30PM
34	Got Stress? Learn How to Deal	Chris	Thurs	3:30PM
35	Young Men's Recovery Group	Dorian	Thurs	4:30PM

Services are provided in groups or individually, creating opportunity to gain and practice new skills.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-9:30	9:00-9:30	9:00-9:30	9:00-9:30	9:00-9:30
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
9:30-10:15	9:30-10:15	9:30-10:15	9:30-10:15	9:30-10:15
Choosing your services	Choosing your services	Choosing your services	Choosing your services	Choosing your services
10:30-11:15	10:30-11:15	10:30-11:15	10:30-11:15	10:30-11:15
Getting the job you want	Relapse Prevention- Making your own WRAP Plan I	No Worries...Be Happy	Relapse Prevention- Making your own WRAP Plan I	What is Diabetes?
Getting Ready to Quit?	Medication & You	Mmm...Good Nutrition		Medication & You
11:30-12:15	11:30-12:15	11:30-12:15	11:30-12:15	11:30-12:15
Good Communication	Integrated Treatment: Staying Sober	Ready to Work?	Integrated Treatment: Staying Sober	Taking Care of Yourself
	Coping Skills: Yoga begins June 1	Surviving Trauma (Women)	Ready to Move?	WSM+ Continuing w/ my plan for recovery I
Getting the education you want	Relapse Preventions I: What are my limits		Relapse Preventions I: What are my limits	Getting Ready to Quit
	Clinical Counseling & Therapy			
Learning together: Culinary Skills	Learning together: Culinary Skills	Learning together: Culinary Skills	Learning together: Culinary Skills	Learning together: Culinary Skills
12:30-01:00	12:30-01:00	12:30-01:00	12:30-01:00	12:30-01:00
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
01:30-2:15	01:30-2:15	01:30-2:15	01:30-2:15	01:30-2:15
	Family, Friends & Wellness	Smoking; Breathe Free	Surviving Trauma (Men)	Help: How to find it
Living Well	Building Connections	Managing Anger		
Relapse Preventions II: What are my limits		Relapse Preventions II: What are my limits	Living Well II	
02:30-3:15	02:30-3:15	02:30-3:15	02:30-3:15	02:30-3:15
Managing your \$	Recovery: Attitude is everything for Men	How to make friends & keep them	Recovery: Attitude is everything for women	Exploring your neighborhood
03:30-4:15	03:30-4:15	03:30-4:15	03:30-4:15	03:30-4:15
		Surviving the hood...	Stressed? How to deal...	
		04:00-5:15		
		Recovery with Friends & Family		
04:30-5:15	04:30-5:15	04:30-5:15	04:30-5:15	04:30-5:15
		Got Problems? Learn how to cope	Recovery-A young man's perspective	

