



HALI U Curriculum Summer/Fall 2010

General Classes

●**Circle Of Family & Friends-Family Psycho-education** is a service, which employs a multi-faceted approach. It consists of education about mental illness and medication, ongoing one-to-one and/or group support, problem-solving strategies including cognitive and behavioral techniques, stress/coping strategies, and education about alternative treatments. The process begins with the participant's identification of which family members and/or friends will be supportive in their recovery. These individuals will be listed on the participant's Individualized Recovery Plan (IRP) as collateral(s). Outreach will then be done by a PROS staff member who will invite these individuals to participate in the Family Psycho-education Program.

A meeting will be set up with the participant and his/her collateral(s) and the PROS staff member to discuss the various aspects of the service. They will be provided with a schedule of classes and groups available. These classes will be available for participants as well as family and friends.

●**Connections: Connect To Your Community!**

A great way to feel emotionally strong and resilient in times of stress is to feel connected to a broader community. Think about the things you like to do. You can expand your social network by looking into community organizations that bring people together who share the same interests. For instance, many communities have local biking, hiking or walking groups. Is there something you've always wanted to do like learning a new language? Take a class, or join a local group. You also may find the support you need through local support groups for a specific issue like parenting, addiction, mental health, dealing with a health problem, or caring for a loved one who's ill. Or consider volunteering with a community organization that helps fill a need.

Benefits of this class: This class will provide you with information, education and resources presented by guest speakers, self-determination and empowerment.

●**GLBT (Gay/Lesbian/Bi-Sexual/Transgender Class)**: This bimonthly class will address the unique stressors and difficulties faced by the GLBT individual with a mental health condition. It provides a safe, supportive environment to discuss issues associated with a GLBTQ identity.

Benefits of this class: Increased self-esteem, empowerment, self-determination, self help information and education, relapse prevention.

●**HALI Newsletter**-This is a fun, interactive class which will enable you to work on skills you need to achieve your goal. The newsletter will be published quarterly. During that time you will select a role which matches the skills you need. You will do this in collaboration with your Rehabilitation Facilitator based on what you have identified in your Individual Recovery Plan (IRP). For example-a reporter needs to be able to interact well with others and clearly communicate. If you need to work on socialization and communication skills this job would be a good fit. If you have difficulties with focus and concentration a job organizing the material that comes in from the reporters, writing the articles or typing them into the computer would help with these skills. This class also gives you the opportunity to work collaboratively with your peers and produce something that everyone at HALI can enjoy. The newsletter will also be posted on the HALI website.

Benefits of this class: Structured skill development and support, increased self-esteem, self-determination, empowerment.

General Classes

●**I'm OK-and I'm Keeping Fit:** This class will cover issues related to overall wellness. Some of the topics will be: nutrition, diabetes, metabolic syndrome, smoking cessation, sexual health and medications.

Benefits of this class: Improved health and well being, increased self-awareness, healthy strategies, and empowerment.

●**I'm OK-And I'm Staying Healthy:** This class will cover issues related to overall wellness. Some of the topics will be: nutrition, diabetes, metabolic syndrome, smoking cessation, sexual health and medications.

Benefits of this class: Improved health and well being, increased self-awareness, healthy strategies, and empowerment.

●**I'm Ok- Just A Little Lost (Group Therapy)-** This class is about "living with loss" whether of a loved one, lost opportunities or a loss of a piece of yourself. Sharing one's thoughts, feelings and experiences with other's in similar situations is one of the best ways to make a journey of healing

Benefits of this class: Increased feeling of well being, supports, symptom management, relapse prevention, increased feelings of self- esteem and empowerment.

●**Men's Group:** This group is designed to provide an opportunity for male issues to be openly discussed in a supportive environment. Some of the topics covered will be friendships, dating and sexuality. Particular emphasis will be placed upon forming and maintaining healthy relationships.

Benefits of this group: Increased self esteem, self awareness, positive feedback and support from peers.

● **New Day, New Life:** This class provides an interactive journaling experience with a new start each class to improve your perspective on life, recovery and wellness. Learn how a journal can be a tool for reflection and the introspective process , an opportunity to "tell your story" and help you identify and change thoughts, feelings and behaviors that don't serve your wellness goals...and strengthen the ones that do!

Benefits of this class: Relapse prevention, self-awareness, self-determination, coping skills and empowerment.

●**Recovery Planning 101:** In this class you will use a recovery planner workbook with which you will explore how your choices impact you, your life, and your relationships. Some of the topics that will be covered are change, positive self-talk, physical health, emotional/mental wellness, stress, substance use, basic living skills such how to establish a daily routine which can help you to on track, money management, skills for working or school, relationships, and spirituality.

Benefits of this class: Improved basic living skills, self-determination, increased self-esteem, and empowerment.

●**Saturday Roundup:** This class is a discussion group which is held every Saturday. Participant's issues that have come up during the week are discussed and shared. This is a loosely structured class which gives the participants the opportunity to explore relevant topics.

Benefits of this class: Increased self-awareness, coping skills, socialization, and empowerment.

General Classes

●**Specialty Health Group**: This group will focus on one area of physical health. It will provide information & education as well as support.

Benefits of this class: Relapse prevention, better coping skills, education & information, support & self determination.

●**Women's Group**- This group will discuss topics relevant to women including relationships, self-esteem, boundaries etc. This group provides an environment of mutual support.

Benefits of this class: Empowerment, building self-esteem, communication skills and building intimate relationships with female peers.

●**Yes I CAN-Make Your Dreams Come True**. This class will help you to develop a positive approach to overcoming any and all obstacles, "to make your dreams come true." Often, in spite of a willingness to make positive changes, we sabotage our own efforts. Examining the concept of the "wounded inner child" give you some understanding of why you act this way.

Benefits of this class: Increased self-awareness and self-esteem, relapse prevention, increased feelings of well-being.