

**COMMUNITY MISSION NIAGARA VISIONS PROS**

418-3<sup>rd</sup> St., Niagara Falls, NY 14302

716-205-8708

**JULY, AUGUST, SEPTEMBER 2023**

Name: \_\_\_\_\_

Revised 6/28/23

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM</b> 9:15 – 10:00	1.Negative Self-Talk –CRS/W1- Eric/Amrita  Meet with DPT	1.Coping/Coffee –CRS/W1 -Carla M.  Clinic Day -Dr. Pabilonia, Nurse: Diane-9-2 Meet with DPT	1. Wellness Mgt. –CRS/W1/BLST-Xavier  Meet with DPT	1.Social Session-CRS/BLST –Linda  Meet with DPT	1. Social Hour –CRS/W1-Eric/Amrita  Meet with DPT
10:15-11:00	1.Coping Skills –CRS/W1–Xavier/Amrita 3. Life Skills-CRS/W1/BLST-Carla M. Gardening -10-12:00 -W1/BLST-Carla L.	1. Regulating Thoughts –CRS/W1 -Xavier 2. Managing Diff. Emotions –CRS/W1 -Eric 3.Intense Relapse Prevention –IR/RP, CRS/W6, -Linda Art-Upstairs –CRS/W1 –Sandie	1.Anxiety Mgt. –CRS/W1 –Linda/Amrita 2. Define Yourself-CRS/W1/BLST-Iheide 3. Men’s Group –CRS/WSM, BLST -Eric	1. Higher Thinking –CRS/W1/BLST –Linda 2. No Worries –CRS/W1 -Carla M. *3. Queenology (Women’s Group) –CRS/BLST,W1 -Sandie	1. Walk and Talk - CRS/BLST -Carla M. *3. Moral Development-CRS/W1 -Sandie
11:15-12:00	1.Depression Mgt. –CRS/W1-Xavier 2. Smoking Red.–CRS/W3, IDDT-CarlaM. 3. Meditation –CRS/W1-Eric Gardening -10-12 -W1/BLST, Carla L.	1. Setting Boundaries –CRS/BLST -Xavier 3.Meditation –CRS/W1 –Carla L. Art-Upstairs-CRS/W1 –Sandie	1. Daily Reflection –CRS/W1 –Carla L. 2. Understanding Others –CRS/BLST –Eric 3. Personality DO –CRS/W1/BLST -Sandie CPAC-last Wed. of month, Comm. Rm.	1. Spirituality –CRS/W1-Sandie 2.Substance Free –IDDT, CRS/W3–Eric 3. Words of Wisdom –CRS/W1-Xavier	1. Intense Relapse Prevention - IR/RP, CRS/W6 -Linda 3. Health and Nutrition -CRS/BLST -Carla M./Amrita
Lunch 12:00 – 12:30	12:30 – 12:45 Meet with DPT	Peer fun!			
<b>PM</b> 12:45-1:30	1. Don’t Believe All You Think –CRS/W1 -Iheide 3. Speak Out! -CRS/BLST-Xavier	1.Music Connection –CRS/W1 -Iheide 3. Anger Managt. – CRS/W1/BLST –Linda	1.Build Self-Esteem –CRS/W1/BLST -Xavier/Amrita 3.Empowerment –CRS/BLST-Iheide	1. Let’s Debate -CRS/BLST -Xavier 1. (Compeer 2 <sup>nd</sup> Thursday) AV rm. TED Talks -CRS/W1/BLST –Eric	1. Mental Health Club-CRS/W1 -Xavier 3. Playing the Game –CRS/BLST -Carla L
1:45 – 2:30	1.Let’s Talk-CRS/W1/BLST -Iheide. 3. Diabetes Ed.-BLST, Carla M./Amrita	1. Let’s Listen –CRS/BLST -Iheide 3. Journaling-CRS/W1/BLST –Carla L.	1.Alternate Coping –CRS/W1 –Carla L. 3.Managing Life –CRS/W1-Sandie	1. Wellness Mgt. –CRS/BLST -Linda (Compeer, 2 <sup>nd</sup> Thursday) 3.. Let’s Move –CRS/W1/BLST -Carla M.	1. Art & Music for Stress <b>Reduction</b> –CRS/W1-Carla L./Amrita

**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)

