



The PROS Curriculum Project: An Opportunity to Successfully Outreach to New Groups

Jawonio is dedicated to advancing the independence, well-being and equality of people with disabilities and special needs.

Behavioral Health Services at Jawonio

- Jawonio began with the special needs population
- We moved into rehab and recovery through our vocational services and IPRT
- As Jawonio PROS developed, peer involvement was critical and valued as we became Jawonio PROmiSe
- The recognition of the importance of continuity of care contributed to the development of the Front Porch adult recreation program, HCBS services and the Transitions IOP, as well as the strengthening of our collaboration with the agency vocational services

Putting the pieces together



- Jawonio has a history of collaboration with adult homes across divisions so we were familiar with each other.
- We made a decision to approach program development in the same way as we engage individuals in PROmiSe.
- When you've seen one adult home, you've seen one adult home.
- Getting from "Sure, that seems like a great idea" to implementation required a mutual willingness to experience culture shift.
- Once we agreed on what we were going to do, we decided to commit to operating as a peer run program employing current PROmiSe participants as well as graduates (of both PROmiSe and the adult homes).
- The integration into existing PROS staffing is relatively easy with a clear ROI.

Program Development and Design



- It's important to respect the differences in populations among adult homes, and how those differences may be even more pronounced in comparison to your existing PROS participants. This will inform your engagement practices.
 - In general, keep it simple seems to be the best strategy for engagement
- The commitment that the adult home management has to rehab and recovery will have a significant impact on the types of skills that will be best received by the residents... and management.
- No matter how engaging the program is, there are some competitions that we know we will always lose, like meals, doctors' appointments and the need for rest and alone time.
- Supervision is provided individually, and less frequently, in group.

Activities That We Include



- Memory skill building
- Money management
- Employment readiness
- Problem solving
- Independent living skills
- Housing (selectively)
- Community connection (social services, clinics, etc.)
- Access to cell phones through Medicaid benefits
- Tobacco awareness
- Peer support
- Positive affirmations

Benefits and Challenges



- **Benefits**

- Financial
- Collaboration with NYAPRS across all agency departments
- Employment and training opportunities for PROS participants
- Enrichment of the recovery experience for peer specialists and trainees
- Exposure to a greater range of services, including PROS to those who are frequently programmatically isolated

- **Challenges**

- Residents are frequently used to routines that may be difficult to break
- Group engagement can be difficult for those with a history of conflict with other residents
- Participation in a 30 minute group is beyond the capacity of some residents, so in some cases, only individual meetings are possible.

Thank You!

Dawn Loguidice, Recovery Supervisor

Joe Zweig, Ph.D., Director, Behavioral Health Services

Jawonio PROmiSe

775 N. Main St.

Spring Valley, NY 10977

Dawn.loguidice@Jawonio.org

Joe.zweig@Jawonio.org

www.Jawonio.org



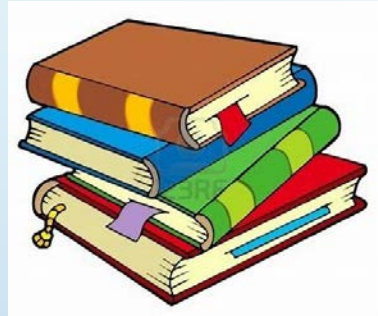
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DANIELLA LABATE, NYAPRS

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WHAT CURRICULA IS AVAILABLE?



GROUP CURRICULA

- GOING FOR THE GOAL!
 - DESIGNED TO ALLOW PARTICIPANTS TO IDENTIFY LIFE ROLE GOALS BY EXAMINING THEIR HOPES AND DREAMS
- MODERN WORLD
 - HELPS PARTICIPANTS TO LEARN HOW TO USE MODERN TECHNOLOGY IN ORDER TO GAIN MAXIMUM INDEPENDENCE IN THE COMMUNITY
- TOOLS FOR TENANTS
 - HELPS PARTICIPANTS TO IDENTIFY PREFERENCES WHEN CONSIDERING A MOVE TO PERMANENT SUPPORTIVE HOUSING

GROUP CURRICULA

- KEEPING THE PEACE
 - PROVIDES INSTRUCTION ON CONFLICT RESOLUTION SKILLS IN THE LIVING ENVIRONMENT
- HOME MANAGEMENT SKILLS
 - PARTICIPANTS WILL LEARN HOME MANAGEMENT SKILLS THAT WILL HELP INDIVIDUALS TO FEEL MORE COMFORTABLE IN THEIR LIVING ENVIRONMENT (COMPARISON SHOPPING, TIME MANAGEMENT, GENERAL HOUSEHOLD SAFETY, ETC.)
- I THINK I WANT TO MOVE: DISCOVERING MY OPTIONS
 - DESIGNED TO HELP PARTICIPANTS EXPLORE HOUSING OPTIONS OUTSIDE OF ADULT HOMES
- I CAN LIVE ON MY OWN AND BE WELL
 - HELPS PARTICIPANTS TO MANAGE DAILY ACTIVITIES AND GET NEEDS MET (MANAGING ADLS, LIVING A HEALTHY LIFESTYLE, COMMUNICATING WITH MEDICAL PROVIDERS, ETC.)

GROUP CURRICULA

- MONEY!
 - HELPS PARTICIPANTS UNDERSTAND MONEY AND THEIR RELATIONSHIP TO IT
- SHOW ME THE MONEY! BEYOND POVERTY AND INTO FREEDOM
 - DESIGNED TO HELP PARTICIPANTS SEE THE IMPACT THAT LIVING ON BENEFITS HAS ON THEIR LIVES AND PROVIDES HOPE THAT THEY CAN WORK AND BE EMPLOYED
- MAKING AND KEEPING FRIENDS
 - ASSISTS PARTICIPANTS IN IDENTIFYING WHY FORMING RELATIONSHIPS IS IMPORTANT

GROUP CURRICULA

- I CAN DO IT! COMMUNITY INCLUSION AND 8 STEPS TO BEING WHOLE
 - USING THE 8 DIMENSIONS OF WELLNESS, THIS CURRICULUM HELPS INDIVIDUALS TO IDENTIFY AREAS IN WHICH THEY CAN INCREASE COMMUNITY INCLUSION
- ON MY OWN-MANAGING SYMPTOMS AND MEDICATION
 - PARTICIPANTS WILL EXPLORE THE ROLE OF MEDICATION, SIDE EFFECTS AND REACTIONS, PERSONAL BELIEFS ABOUT MEDICATION AND THE IDEA OF PERSONAL MEDICINE
- I CAN COOK HEALTHY FOODS
 - THIS GROUP USES COGNITIVE REMEDIATION TO IMPROVE THINKING SKILLS BY USING DRILL AND PRACTICE. GROUP MATERIAL CAN ALSO BE ADAPTED TO BE FACILITATED AS A BLST GROUP.

ACCESSING THE CURRICULA



Click on each category to download curricula:

1. **GOAL SETTING**
2. **LIVING**
3. **WORKING**
4. **LEARNING**
5. **SOCIALIZING**
6. **HEALTH AND WELLNESS**

SCROLL

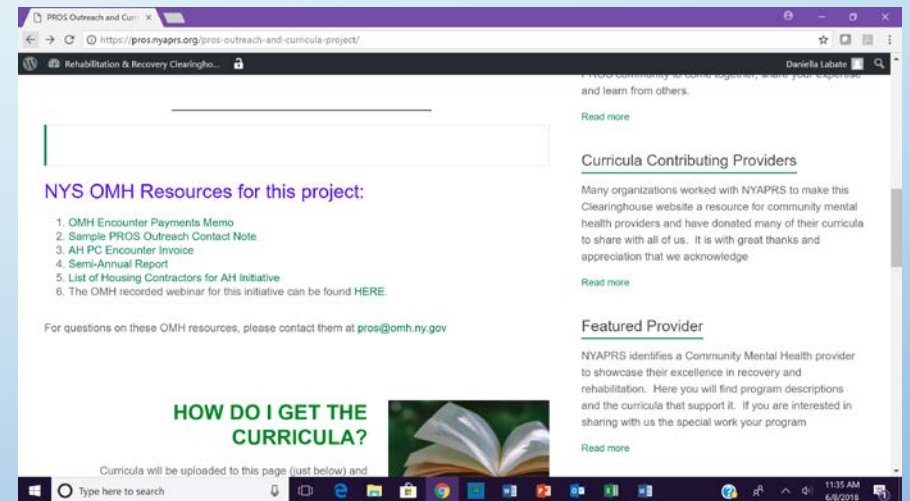


Use these curricula as is or modify to meet your program schedule, service type, population, and/or regulation needs.

- VISIT WWW.PROS.NYAPRS.ORG
- CLICK PROS OUTREACH AND CURRICULA PROJECT
- CLICK ON EACH CATEGORY TO SEE CURRICULA THAT IS AVAILABLE
- CHECK BACK OFTEN AS CURRICULA IS ADDED AS IT IS COMPLETED

RESOURCES

- ENCOUNTER PAYMENTS MEMO
- SAMPLE PROS OUTREACH CONTACT NOTE
- AH PC ENCOUNTER INVOICE
- SEMI ANNUAL REPORT
- LIST OF HOUSING CONTRACTORS FOR AH INITIATIVE
- OMH RECORDED WEBINAR ON THE INITIATIVE



OTHER WAYS NYAPRS CAN HELP

- TECHNICAL ASSISTANCE IS AVAILABLE!
 - HELP WITH HOW TO SUBMIT INVOICES
 - ENGAGEMENT AND UTILIZATION OF CURRICULA



NYAPRS CONTACT INFORMATION

- RUTH COLÓN-WAGNER, HUDSON VALLEY REGION
 - RUTHCW@NYAPRS.ORG
- DANIELLA LABATE, NYC AND LONG ISLAND
 - DANIELLAL@NYAPRS.ORG
- LEN STATHAM, WESTERN NY
 - LENS@NYAPRS.ORG
- ACCOUNTING@NYAPRS.ORG



INSTRUCTIONAL VIDEOS

- NAVIGATING THE PROS CLEARINGHOUSE
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=WM6CG8GUVUQ&T=4S](https://www.youtube.com/watch?v=WM6CG8GUVUQ&T=4S)
- WHAT IS THE PROS ADULT HOME OUTREACH PROJECT?
 - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=WM6CG8GUVUQ&T=4S](https://www.youtube.com/watch?v=WM6CG8GUVUQ&T=4S)

