



Creating a Group Schedule That Meets People's Goals

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Terry's Place PROS

First things first...

- The schedule can be an overwhelming and frustrating process
- So... planning in advance is key! (6-7 weeks before the schedule is due to begin)
- Know your population and ask them what they need vs. what they want
- Know your staff...and their strengths.... Change up who facilitates what...
- Connect with other PROS providers in your area for new ideas for groups and or activities

Planning...

- Consider all of the things that need to be done to prep for the new schedule
 - Solicit feedback from individuals
 - Solicit feedback from staff
 - Identify what groups are not filling up
 - Finalize the schedule
 - Meet with individuals so they can select groups for the new quarter
 - Enter the groups into the EMR

Beginning the process

- **With starting a new schedule generally it is helpful to start with the previous schedule.**
- **Solicit feedback from individuals- what groups and activities were helpful? What was not? What else would you like to see at the program**
- **Solicit feedback from staff- What is working? What is not?**
- **Identify groups that a low census (not counting IR groups)**
 - **Discuss with staff why these groups may not be filling? Is it the time? The population that attends on that day? Or could it be something else?**

Find the balance between want and need!

Want

- More participation room!
- Computer based groups
- Anger management using art and music
- Hands on skills groups so that we can get a job

vs.

Need

- IR employment groups- several indiv. have expressed desire and motivation to become employed.
- More groups geared towards MI/MR individuals and Young Adults
- Skill building groups

Know your teams strengths and your population

T.P. Staff is comprised of:

- Social Workers
- Art Therapist
- Music Therapist
- Mental Health Counselors
- Vocational Counselors
- Cognitive Remediation Specialist/ABA

Terry's Place Population

- 30% population is between the ages of 18-30
- 30 % population is diagnosed with a mental illness & cognitive impairment
- 40% population generic mental health population

What's working and what's not?

- Identify CRS groups with 5 or less indiv/ IR groups with 2 or less
 - Solicit feedback from staff
 - Why is this group not filling up?
 - Is it the time slot?
 - Is there a more popular/ necessary group that it is competing with?

Reach out!

- Connect with a PROS programs!
 - Ask them for a copy of their schedule and bring it to your team
 - We are all invested in working towards the same cause... so pool your resources!
 - Ask questions about the groups you see in their schedule!

Background info on Terry's Place

- Made the transition from CDT to PROS in 2010
- Population at the time was majority MI/MR individuals (about 65%)
- Upon making the transition, groups were mixed and made it difficult for staff and individuals to meet the needs of the 2 different populations who attended.
- In 2013 Terry's Place began developing relationships with school districts on Long Island.
 - As a result schools began to slowly refer students aging out of HS
 - A new need emerged!

Developing Different Tracks

- A- Generic Mental health population
- B- MI/MR population
- Y- Young Adults
- A/B- Similar to inclusion classes



Thank you!

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