

# KYC Recovery Program

*"The Expectation is Recovery"*



**Kenneth Young Center Recovery is a psychosocial rehabilitation program based on the belief that there are recovery opportunities for everyone challenged with mental illness to live full and productive lives in their own communities.**

KYC RECOVERY IS A PSYCHOSOCIAL REHABILITATION PROGRAM WHERE CLIENTS PROGRESS THROUGH 3 TRACKS OR STAGES OF RECOVERY - ACHIEVING STABILITY, LEARNING AND PRACTICING LIFE SKILLS, FINDING THEIR STRENGTHS AND RECEIVING SUPPORT TO ACHIEVE THEIR PERSONAL GOALS

**Track 1 - Making a Commitment to Recovery**

An intensive 16-hour a week program for those starting or re-starting Recovery after an episode of acute mental illness or distress - Understand the physical, emotional, and social factors that play into one's life becoming unmanageable. Learn and practice the skills needed to manage symptoms, improve physical health and emotional wellbeing. Set goals for your life, find hope and commit to Recovery. Estimated length of stay 1- 9 weeks

**Track 2 - Building A Recovery Lifestyle**

12-hour a week extended skill-building program for individuals living with a mental illness who want to build a toolbox of skills to use in their Recovery. Discover, learn, and practice the emotional, social and life skills that work for you. Put your goals into action to build a life that feels positive, rewarding, productive, connected and satisfying. Estimated length of stay 12 - 18 months

**Track 3 - Living in Recovery**

Up to 8 hours a week, lower intensity life skills program offering continued learning, transfer of skills learned in program to community settings, skills reinforcement, relapse prevention and strengthening support systems for members actively living in Recovery. Estimated length of stay 18 - 36 months

**CLUBHOUSE  
DAYS AND HOURS**

TUESDAYS 1:00 - 7:00P  
THURSDAYS 12:30 - 4:30  
FRIDAYS 11:30 - 1:00  
SATURDAYS 10:00 - 2:00  
FRIDAY NIGHT 1x A MONTH  
5:00 - 8:00

**WHAT'S THE CLUBHOUSE????  
A place to come to spend leisure time,  
relax, socialize and make friends, share  
hobbies and interests, build relationships  
that support wellness**

DRAW - PAINT - Be Creative  
SHARE A COFFEE OR A MEAL  
Join the Card Project LISTEN TO  
MUSIC  
Checkout the Internet  
BE PART OF THE NEWSLETTER  
WATCH A MOVIE  
PLAY A GAME  
OR SPORT

GET INVOLVED - Become a member

**CLUBHOUSE IS OPEN TO KYC RECOVERY  
CLIENTS ATTENDING TRACKS 2 AND 3**

**Monday 4:00 – 7:00**

4:00-5:00 Managing day to day Small group problem solving, goal setting, sharing experiences, giving and receiving support **Jen & Asta**

**5:00–7:00 Staying On the Job**

Learn and use emotional Intelligence so you can succeed and stay on the job or use when you're looking for a job. **Lisa**

**5:00 –7:00 Staying Healthy**

Healthy habits for life. Learn and practice what it takes to stay fit, eat right, sleep and feel rested, manage meds. Know how all these impact one's emotional wellness & sense of well-being **Asta**

**Tuesday 9:30–12:30**

**9:30-11:30 Young Adults**

Emotional & interpersonal skills - Learn and practice emotional, social and educational skills that you need to be more confident and build independence **Jen**

**9:30-11:30 Wellness Action**

Know and understand your symptoms, how they impact thoughts and behaviors Create and use a personal wellness plan **Asta**

**Tuesday 9:30– 12:30**

**11:30-12:30 Relapse Prevention**

– Build a fun healthy, sober lifestyle that supports your recovery - Recognize signs and triggers for relapse **Neil**

**11:30-12:30 Less Mess**

– Learning and mastering practical and cognitive skills needed to keep your space livable. Setting a schedule and finding the motivation to keep to it. **Rita**

**Friday 9:30 - 11:30**

**9:30-11:30 Living Well**

Practice friendship skills Build and sustain relationships with peers, family and community that encourage and support recovery. Get the support you need **Jen**

**9:30-10:30 Life Skills**

Emotional Regulation and Mindfulness Learn DBT skills that make life more manageable – less stressed and more peaceful **Yvonne**

**10:30-11:30 Being Assertive not aggressive**

Get what you need from others – while not losing your cool/temper. Finding an emotional – behavioral balance **Yvonne**

**Monday 9:30 – 3:00**

**Health Living and Wellness**

**9:30 – 10:00** Gathering and check-in

**10:00 – 12:00 Nutrition**

Learn the benefits of health eating, strategies for improving eating habits and food choices **Lori**

**Lunch 12:00 – 1:00**

**1:00-2:30 Weight**

**Management and Exercise**

Learn physical and emotional benefits of exercise, barriers and find a balance that works for you **Asta**

**2:30 – 3:00 Wrap-up**

Summary of skills learned

**Tuesday 9:30 – 3:00**

**Illness and Symptom Management**

**9:30 – 10:00** Gathering and check-in

**10:00 – 12:00** Understanding mental illness, coping skills role & potential risks/benefits of medication **Lori**

**Lunch 12:00 – 1:00**

1:00-2:30 Understand the importance day structure plays in Recovery. Weekly goal setting, productivity and time management **Lori**

**2:30 – 3:00 Wrap-up**

Summary of skills learned

**Thursday 9:30 – 3:00**

**Personal Care / Activities of Daily Living** **Lori**

**9:30 – 10:00** Gathering and check-in

**10:00 – 12:00** Focus on grooming and hygiene –learn why it's important, its impact on you and others. Setting up personal routines- monitor your progress

**Lunch 12:00 – 1:00**

1:00-2:30 Goal Setting / Imagining your Future and creating a plan

**2:30 – 3:00 Wrap-up**

Summary of skills learned

**Friday 9:30 – 1:00**

**Community Resources** **Lori**

**9:30 – 10:00** Gathering, check-in and weekend planning

**10:00 – 11:00** Learn about available community support networks, your role in building or strengthening family support and finding/using recovery support

**11:00-12:00 Communication and Social Skills**

- Learn basic communication and social skills & to know what a health relationship looks and feels like

**Lunch 12:00 – 1:00**

**Monday 9:30 - 1:00**

**9:30 - 10:00 Check-in**

Community meeting - Sharing how you're doing, hearing announcements, planning for the week Jean & Tica

**10:00- 12:00 Career Building**

Identify your interests and explore options for a career. Learn the education, training and social and emotional skills necessary to be successful in a work environment. Lisa/ Mary

**10:00 - 11:00 Healthy Living**

Learn the basics to a healthy life. Make a plan for yourself and practice physical exercise, nutrition, and healthy sleep habits Jean

**11:00 - 12:00 Understanding Recovery**

- Learn skills and experience the meaning of recovery in your own life by exploring the 7 principles of Recovery: support, hope, advocacy, personal responsibility, education and spirituality Tica

**Lunch 12:00 -1:00**

**Monday 1:00 - 3:00**

**1:00 - 2:00 Symptom Management**

Reducing symptoms associated with member's thinking, emotions, and behavior problems. Share experiences and problem solving methods, utilize feedback and offer each other ongoing support Tica, Jean and an intern will each offer a small group session

**2:00 - 3:00 Creative Coping**

Explore different ways of using creativity to cope with emotions and symptoms. Develop self awareness and expression through journaling, drawing, music, meditation experiences TBA

**2:00 - 3:00 Relationships**

Master basic interpersonal effectiveness skills. Make productive and healing choices in relationships. Set clear boundaries and see the positive in yourself and others. Explore how to make good decisions when seeking out new relationships TBA

**Wednesday 9:30 - 3:00**

**9:30 - 10:00 Check-in**

Gathering and sharing how you're doing Jean

**10:00 - 12:00 Social Skills**

Focus on appearing and/or feeling confident. Master basic skills (developing a confident handshake) process life experiences related to confidence Tica/TBA

**10:00 -12:00 Self Esteem**

Learn ways to boost your self-esteem Jean

**10:00-12:00 MISA**

- Learn the added risks to Recovery that substance use create. Get motivation, support and resources to change Neil

**Lunch 12:00 -1:00**

**1:00-2:00 Goals Group**

Setting short and long term goals and monitoring your progress Tica, Jean and an intern will each offer a small group session

**2:00-3:00 Independence**

Learn skills to make it happen budgeting, coupon cutting, shopping, home maintenance and more Rita

**2:00- 3:00 Volunteering**

learn the benefits and places to volunteer. Use outings, speakers, and computer searches. Jean

**1<sup>st</sup> Wednesdays**

On the first Wednesday of the month Track 2 will put into practice skills by Organizing/cleaning our space and a meal to eat together

**Thursday 9:30- 12:00**

**9:30 - 10:00 Check-in**

weekend planning Tica

**10:00-11:00 WRAP**

Create a Wellness Recovery Action Plan. Address feelings, events symptoms and circumstances that are most troubling with plans to respond to them. Tica

**10:00-11:00 Basic Coping**

Learn skills and find the best ways for you to deal with everyday problems TBA

**11:00-12:00 Dialectical Behavioral Therapy**

Learn and practice the DBT skills of mindfulness Distress tolerance and emotional regulation Yvonne

**11:00-12:00 Career Building**

Identify interests and explore options for a career. Learn the education, training and social/emotional skills necessary to be successful in a work environment Lisa/Mary