



JUST DO YOU

An Orientation to Recovery from Mental Illness

YOUTH MANUAL



INTRODUCTION TO *JUST DO YOU*

We are so glad you joined the *Just Do You* group. **This group was created by young adults and staff to help young adults.** The group helps keep young adults connected to their mental health care. It exists to help you understand that you can feel better. The group helps you learn how staff at PROS can help you feel better. *Just Do You* talks about how dealing with mental health as young adults is very difficult.

We want to first talk about your strength. Your strength and bravery for coming to group and PROS.

We focus on four topics in *Just Do You*: 1. **Recovery**, 2. **Managing Stigma – or what others think**, 3. **Trust / Understanding Clinic Services**, and 4. **Hope**.

1. **RECOVERY**: Recovering from mental health challenges is about ‘feeling better.’ It includes what is important to you. And, most of the time it includes getting counseling and taking medication.
2. **MANAGING STIGMA**: People can discriminate against us because we have mental health challenges. Sometimes, we even discriminate against ourselves. We want to talk about ways to feel better about ourselves. And, talk about how to manage these experiences in the real world.
3. **TRUST / UNDERSTANDING CLINIC SERVICES**: Young adults need to understand the service opportunities at PROS. Sometimes services do not feel helpful. We want to provide time to talk about past experiences with services, talk about how to build strong relationships with providers, and how to advocate for yourself when you feel things are not working. We also want you to know how mental health services can help you if you stay connected.
4. **HOPE**: A common difficulty in dealing with mental health challenges is a loss of hope. The experience can feel like your dreams are gone. Young people can **lose hope**. Sometimes it feels like you may not be able to do what they thought you could do before having some mental health challenges. Hope is so important. We want you to know that you can feel better. We talk about this in the *Just Do You* group.

PARTICIPANT INTRODUCTIONS AND GROUP GUIDELINES

INTRODUCTION

We like to start every session with introductions. In the *Just Do You* group we wear nametags. At the beginning of the session we like to go around and say our names. Each session there are some new members and some familiar members. This is a good way to introduce all members. Who would like to start?

It is important that you come to *both modules*. Then you can see what activities we have going on. We will address what is important for you to '*do you*' while managing your mental health. We think you can **do you** and **do you well!**

**Please come to each of the two *Just Do You* sessions
and you will receive a certification.**

GROUP / SESSION GUIDELINES:

All groups need to develop group guidelines.

They help us keep everyone safe.

They keep the group process safe!

(Important in one-on-one sessions as well)

A few guidelines for every group are...

1. **Talking one at a time**
(‘no cross-talk’)
2. **No cell phones or iPhones**
(‘smart phones’)
3. **Respect**
4. **Confidentiality**
(‘what is said here stays here’)
5. **Group Confidentiality**



**** Are there any additional guidelines anyone would like to add? ****



RECOVERY AND DOING YOU

INTRODUCTION TO MODULE 1:

The *Just Do You* group believes that in order to ‘Do You’ individuals with mental health challenges need some professional help. Living with mental health challenges is hard. So is facing the difficult parts of life that played a role in your challenges. Mental health care, when provided to you in a way that makes sense to you, can help in this difficult process.

Dealing with symptoms and the side effects of medications is also hard. *Just Do You* was developed in order to help you understand how the services at PROS can play a positive role in you getting on with your life. As you get started here at PROS we want to talk with you to begin to help you see that you still achieve your goals in your life. **You can ‘Do You’!** Recovery is a journey, one step at a time.

You have made it to PROS. The providers and services at PROS can help you feel better. They can help you ‘do you.’ Recovery is possible. That is why it is so important that you keep coming to your appointments. And, please come to the next session of *Just Do You* when we will do some fun exercises. Recovery may be new to some of you. Let’s go over the **12 Guiding Principles of Recovery**. These principles help people begin their journey to ‘feeling better’.



12 GUIDING PRINCIPLES OF RECOVERY

1. There are **many pathways** to recovery.
2. Recovery is **self-directed** and **empowering**.
3. Recovery involves a **personal recognition** of the need for change and transformation.
4. Recovery is **holistic**.
5. Recovery has **cultural dimensions**.
6. Recovery exists on a continuum of **improved health and wellness**.
7. Recovery emerges from **hope** and **gratitude**.
8. Recovery involves a process of **healing** and **self-redefinition**.
9. Recovery involves addressing **discrimination** and transcending **shame** and **stigma**.
10. Recovery is supported by **peers** and **allies**.
11. Recovery involves **(re)joining** and **(re)building** a life in the community.
12. Recovery is a **reality**.

(SAMHSA, 2009) http://partnersforrecovery.samhsa.gov/docs/Guiding_Principles_Whitepaper.pdf



For many, receiving professional help is an important part of recovery. Today our **Recovery Role Model**, who is a mentor who also lives with mental health challenges, and has received treatment to assist with his/her recovery, is going to share part of his/her **'Recovery Journey.'**

RECOVERY ROLE MODEL – Will discuss how you got to the point of attending your services and/or taking your medication(s), overcoming stigma, overcoming mistrust and finding some hope.

We also have found that it can be helpful to know that 'you are not alone' in this process. Many folks, including celebrities, struggle with similar challenges. In *Just Do You* sessions we will listen and watch others talk about their journey, and learn how they manage their emotions.

Narrative of Ron Artest <i>aka</i> Metta World Peace	Narrative of Clinician Choice of Video
<p>DISCUSS:</p> <ol style="list-style-type: none">1. General Reactions2. Help-Seeking Attitudes3. Stigma4. Goals	

<http://www.halfopus.com/video/?videoID=95&chapterID=1>



When you start to feel better, it is more possible to achieve the goals you have for yourself!

Today we are going to ask you to write goals in one area of your life that feels important to you when you think about your future work, love, and/or housing. Let's look at an example together.

PERSONAL LIFE GOALS AND RECOVERY

Goal in Life Domain	<i>How is it Related to Recovery?</i>
Relationships (Example): 1. I want to make a new friend 2. To have a boyfriend	1. Need to learn how to not explode at people. 2. I have to take better care of personal hygiene.
Education: 1. _____ 2. _____	1. _____ 2. _____



Goal in Life Domain	<i>How is it Related to Recovery?</i>
Employment: 1. _____ 2. _____	1. _____ 2. _____
Housing: 1. _____ 2. _____	1. _____ 2. _____



TRUST, ACCESS, AND UNDERSTANDING YOUR CLINIC

We want to continue today by talking about two parts of feeling better.

- **FIRST**, we want to talk about developing a **trusting relationship** with staff at PROS.
- **SECOND**, we want to make sure you know how the services offered at PROS can be **helpful**.





FIRST, one of the most critical parts of mental health recovery is trust.

It is key to trust the staff who you are working with. This can be difficult for many reasons. For example, sometimes we have had past experiences with counselors/doctors that have not been helpful. Sometimes past providers have betrayed our trust. Also, it may just be difficult to trust people. This can be hard when we have been let down. This can be hard when we have been hurt by important people in our lives.

Today, we want to validate those past experiences. We also want to suggest that **some** mental health professionals are trustworthy.

We want to talk together about ways to identify a trustworthy staff member.



ACTIVITY 1: RECOVERY ROLE MODEL JOURNEY II

Today our **Recovery Role Model** (mentor) _____ will share some of his/her own experience(s) with developing trust. He/she will share part of what s/he went through in moving from mistrust to trust with a provider. S/he will talk about realizations s/he had about working with a trustworthy provider. Our Recovery Role Model will also discuss times s/he had to advocate for him/herself to get the services s/he needed and how that occurred.

DISCUSSION:

Do any of these experiences sound familiar to you? In what ways do you trust or not trust your case workers, therapists, or psychiatrists? What would help you to trust them more? How important do you think trust is when getting these services?

LET'S GO OVER CHARACTERISTICS OF A TRUSTWORTHY PERSON:

1. They are consistent
2. They are reliable
3. They tell it like it is... **Group Additions and Discussion**



ACTIVITY 2: CLINIC SERVICES

Another critical part of mental health treatment working is understanding the treatments that you are being advised to engage in.

In the *Just Do You* program we want to talk about some of these treatments and give you the time to ask questions.

We are passing out a handout of the services offered here at the clinic. We will go over, in depth, each service and how it can help with regards to Recovery from mental health challenges:

- **Motivational Interviewing**
- **Relapse Prevention**
- **Dialectical Behavioral Therapy**
- **Skills Training**
- **Wellness Self-Management**
- **Others**



UNDERSTANDING CBT

One common treatment we use at the clinic is cognitive-behavioral counseling. How many of you have heard of CBT? We want to provide some time to talk about how this works. We want to get to *'the heart of the matter'* of how this counseling can help you. It is exciting and has been shown to help. It can help you, too, if you understand it! We are going to discuss now the key points of CBT. We are going to talk about how it helps people. Then, we are going to do an exercise.

To get started, we are going to talk about 'connections' - connections between what goes on outside, how you think about it, how you feel about it and what you do about it: (Flip Chart, Erase Board, Note Pad)

1. What goes on outside in the world (What is a situation going on in your life that is challenging for you to deal with day to day)?
2. Immediate thoughts you have about the situation, or when you are in the situation
3. How do those thoughts make you feel (about yourself, others, the world)?
4. What do you do when you think and feel that way...?
5. Are those thoughts based in what is real/truth?

What is interesting...is that folks have found there are important connections between these parts of our lives...

So let's look a bit closer!



Another celebrity who struggles with mood and emotional challenges is **Mary J. Blige**.

In this clip, let's focus on the **connections** she makes between her situations, thought, feelings, and actions.

Narrative of Mary J. Blige <i>(Focusing on thoughts she has about herself)</i>	Narrative of Clinician Choice of Video
<p>In this case – we hear Mary talking about...</p> <ul style="list-style-type: none"> • Situation: Successful artist, touring, busy • Thoughts: I hate myself, people find me unlovable • Feelings: Depressed, sadness • Actions: Substance use, staying in unhealthy relationships • Check the Evidence: Learns her thoughts not based in reality 	

<http://www.halfopus.com/video/?videoID=95&chapterID=1>



CBT is about how we think about ourselves.

It is about the power those thoughts have in impacting how we feel and what we do. Also, part of CBT is looking at our thoughts and examining whether they are true, or not.

STRESS POINT: This is the reason that staff at PROS want to work with us on these parts. Because it can work.

1. What are the important situations in our lives that we find challenging?
2. What are our immediate thoughts in these situations?
3. How do those thoughts make us feel?
4. How do we act based on those thoughts and feelings?
5. And, are these thoughts based in reality/truth?

DISCUSS (Co-facilitators discuss the material presented)

Today, we began to explore what individual therapy and particularly cognitive behavioral approaches have been found to improve...





TAKE HOME POINTS

WE HOPE YOU WILL LEAVE KNOWING THAT...

- We believe you can feel better and **Keep Doing You**.
- Part of feeling better is coming to your program and staying connected to your providers.
Please come to your groups at PROS.
- You may have complicated feelings about whether you trust the services and/or the providers. **It is okay to have these feelings.** It is good to talk to your providers about these feelings.
- It is important to **advocate for yourself** to find the right treatments!
- **Thoughts are parts of us** and we take them with us throughout our lives. Thoughts impact how we feel about ourselves/the world/what we do.



WE HOPE YOU WILL LEAVE KNOWING THAT...

- **We're so glad you are here**. Please come again, contact us with any questions. It is so important that you **come to each session** of *Just Do You*.
- It is also so important to **keep your appointments with your providers** here at the clinic.
- **Please let us know if something is getting in the way of you coming**. We believe that you will feel better again. Coming to your appointment(s) here and taking your medication is a **critical part** of feeling better.
- It may feel scary, or it may feel like others might be judgmental, but you can rest assured that **taking care of your mental health is the best thing you can do for yourself**.



EXAMPLE SITUATIONS FOR CLINICIAN TO PROVIDE AS EXAMPLES OF CBT

Situation	Automatic Thoughts	Emotional Reaction	Action/Behavior	Examining the Evidence
Job Interview: You get a job interview.	<ul style="list-style-type: none"> I am so stupid People hate me 	<ul style="list-style-type: none"> Anxiety Sadness 	<ul style="list-style-type: none"> Lose confidence Do not go 	Is there evidence that you are stupid and that people hate you?
	<ul style="list-style-type: none"> Maybe they are looking for someone like me I can do this 	<ul style="list-style-type: none"> Neutral Empowered 	<ul style="list-style-type: none"> Go to interview Prepare for interview and go with confidence 	Is it possible that you have just the skill set they are looking for?
Relationship: You meet someone and you think they are really great. You want to ask them out.	<ul style="list-style-type: none"> They will not like me I am ugly Nobody will 'go with me' 	<ul style="list-style-type: none"> Sadness Shame Sadness 	<ul style="list-style-type: none"> Nothing Avoid them at all costs 	Is there evidence that people do not like you? Have people told you that you are unattractive? Do you take care of yourself?
	<ul style="list-style-type: none"> I am pretty fun to be around 	<ul style="list-style-type: none"> Neutral/Excited 	<ul style="list-style-type: none"> Ask them to do something 	



PROCESSING FUTURE, HOPE, AND ‘DOING YOU’

HAVE YOU EVER HEARD THE EXPRESSION:

“A PICTURE IS WORTH A THOUSAND WORDS?”

Sometimes we can say more with just one image than we could by talking about something for a long time. Art can transform something painful into something beautiful. It can help us put together pieces that have been broken or lost. Today we will do some creative activities to connect our past with a feeling of hope, a vision for our future.

Sometimes knowing that you have been diagnosed with a mental health challenge can lead to a loss of hope. This can be due to the stigma of mental illness, the injustices in our lives, or the mental health symptoms.

It is important to keep some hope, though, and strive for the goals in your life.

Art is a powerful tool that can be used to harness your imagination.

You can use it to help you picture something that does not yet exist, and start to make it possible. Being able to visualize our goals can help us get closer to them, by allowing us to anticipate the steps needed to get from point A to point B.

Images can also be found in music and poetry. So if art is not your thing, we will offer you a different way to help you imagine where you would like your story to go. The creative activities we will do today were developed with the help of a **Creative Arts**

Therapist. Creative Arts Therapists specialize in using creativity in your therapy to help make therapy more effective and more enjoyable. Sometimes the beauty of art can give inspiration and make the painful feelings that come up in therapy easier to manage. So if you feel that art or music may be helpful tools for you, please make sure to discuss this with your therapist here at PROS.





We will start by watching 3 music videos together.

These three songs were chosen because they are about overcoming challenges and finding hope in the face of mental health challenges. These three videos will be the starting point of our discussion about hope today (Cue 3 videos from page 25).

Please feel free to take notes, jot down ideas or reactions to the words and the images as you are watching.

Now, you each have been given a sketchpad and some art supplies.

These supplies belong to you and are part of your 'toolkit' for telling your story. We will give you three options for using these supplies today. Please choose the one that is the best fit for you. Taking charge of yourself and being able to change includes being able to make the choices that are right for you.



1. **Using your art toolkit, create an image of something or someone that inspires you and helps you keep going when times are tough.**

This image can be literal, which means it can represent actual people, places or things; or it can be abstract, which means you can use shapes and colors, or symbols to express your idea. As you create your image, try to notice how you are feeling. If you get stuck somewhere, or frustrated, just take notice and then keep going and see where it goes. And remember, there is no wrong way to do this. If it feels hard, think of it as one small challenge you are brave enough to take, so you can learn to face bigger ones in your future. You can also write poetry, lyrics to a rap or song, or sit quietly and reflect.

You will have about 20-30 minutes to complete your 'image.' When you are done, you will have the opportunity to share your image with others, and receive questions or comments from the group.

Sharing, however, is not required! While you are working, try to notice what you are thinking and feeling. Notice if you start to relax, or feel tense, or get bored, or get really into a zone.



2. Use one of the larger pieces of paper provided, and fold it in half. Use each half to create a ‘before’ and ‘after’ picture of yourself going through this tough time in your life.

On one side, show how your life is right now. On the other side, show what could change for you through your recovery, through your addressing your mental health. You can include whatever you like, from personal, to professional, to self-care goals. Don't be afraid to be optimistic, even if you aren't sure of what will be next for you.

As with the first suggestion, the images you create can be literal, which means they can represent actual people, places and things; or it can be abstract, which means you can use shapes and colors or symbols to express how it feels to be in each moment in time. You will have about 10-15 minutes to complete each part of the image. You can also write poetry, lyrics to a rap or song, or sit quietly and reflect. When you are done, you will have the opportunity to share your image with others, and receive questions or comments from the group. ***Sharing, however, is not required!***



3. **Choose one of the songs we watched that particularly spoke to you and your feelings of hope about your future. Review and respond to the lyrics, images, and symbols from that song.**

Use your note/sketchpad to create an image, write down some reflections about this, a response poem or lyrics, or even some specific ideas for how to move forward from some of the challenges the songs describe. You can also tell us about a song that inspires you and gives you strength when you are struggling.

1. **Andra Day – “Rise Up”** https://www.youtube.com/watch?v=lwgr_IMeEgA
2. **Demi Lovato – “Warrior”** <https://www.youtube.com/watch?v=74aOxH4R5Ow>
3. **Logic & Alissia Cara – “1-800”** <https://www.youtube.com/watch?v=Kb24RrHibFk>
4. **Professor Green & Tori Kelly – “Lullaby”** <https://www.youtube.com/watch?v=9rHiLAdMmss>
5. **Kendrick Lamar – “I”** <https://www.youtube.com/watch?v=8aShfolR6w8>
6. **Kesha – “Praying”** <https://www.youtube.com/watch?v=v-Dur3uXXCQ>
7. **Nas (featuring Tupac) – “Thugz Mansion”**



PROCESS ACTIVITY:

Recovery Role Model shares first a **‘moment of change’** that was hard for him/her, and how they were able to move through it. Recovery Role Model then shares something in the future that they hope to achieve and some of the steps s/he will take to achieve that goal. The Recovery Role Model also shares how thoughts/feelings about mental health challenges play a role in achieving their goals and creating the future that they want to happen. Then participants discuss (if they are willing) any aspect of their drawing or future they feel comfortable sharing (**Sharing not required**).

Facilitation by Co-Facilitators...

The Recovery Role Model/Group Facilitators encourage participants to bring their images/lyrics to their individual therapist to process and discuss further.



TAKE HOME POINTS

WE HOPE YOU WILL LEAVE KNOWING THAT...

- Injustices happen to **all human beings**, and it is not fair or our fault.
- Telling our stories can be **empowering** and **healing**.
- People have experienced **similar injustices** and **experiences**.
- **We are not alone.**
- We may have **valid reasons** for losing hope sometimes, but we can **work through them**.

REVIEWING *JUST DO YOU*

Let's review the main things we have learned these past two sessions (modules):

- What are some of the other things you learned over the couple of sessions?
 - What are ways you will continue to practice things that you learned? **DISCUSS.**
-

CERTIFICATE

You have committed yourselves to attending every session and have successfully achieved that goal. We are honored that you have been willing to share a part of yourself and your experience with us. In honor of this accomplishment, we'd like to give each of you a certificate of completion. **Congratulations!**

One way that people hold on to gains they have made is by sharing what they have learned with a supportive other, another important person in your life, who you find to be supportive in helping you with your mental health challenges. We encourage you to think about what you have learned about debunking stigma, trust, hope, and Recovery from mental health challenges. When you get your certification we would like you to say out loud the name of one supportive adult that you can share these lessons with. If you cannot think of one person you can always say the name of one of us. We would like very much to be someone that you visit to go over these lessons with in the future.



**Pass on to
Others What
You've Learned
and 'Do You!'**

