**PRIZE Recovery Group Session Outlines**

**Session 1 Welcome and introduction to the PRIZE Recovery Group**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Step  | Focus  | Time |
| Step 1 | Set up | * Setting up a welcoming environment
* Observe all Covid protocols
 | 10 min |
| Step 2 | Welcome and introductions | * Getting to know one another
* Explain the purpose of the Sessions
 | 15 min |
| Step 3 | Let’s be together exercise | * Discussing and agreeing on what behaviours will help everyone to work together
 | 10 min |
| Step 4 | Understanding mental health and recovery | * Anna and Mpumi’s story to help understand what mental health
* Understanding what recovery is all about
 | 10 min |
| Step 5 | How the PRIZE recovery groups will work… | * Group members will know what will happen during the Sessions
* Group members will know what topics are going to be discussed
* Group members will be informed that this group will continue after the 9 Sessions are complete
 | 20 min |
| Step 6 | Relaxation exercise  | * Teach a self-help skill
 | 5 min |
| Step 7 | Closing the session | * Wrap up session and prepare for next Session
 | 10 min |
| Step 8  | Informal socialising and clearing up | * Have fun and socialising together
* Leave the building as you would want to find it!
 | 35 min |

**Session 2 Understanding mental health**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Step  | Focus  | Time |
| Step 1 | Set up | * Setting up a welcoming environment
* Observe all Covid protocols
 | 10 min |
| Step 2 | Parallel check in | * Two check-in groups – caregivers and service users, each with their own facilitator
 | 20 min |
| Step 3 | Understanding severe mental illness | * Understanding severe mental illness
* Discuss causes and treatment and treatment side effects
 | 45 min |
| Step 4 | Relaxation exercise  | * Learning a breathing technique
 | 5 min |
| Step 5 | Closing the session | * Wrap up session and prepare for next Session
 | 5 min |
| Step 6 | Informal socialising and clearing up | * Have fun and socialising together
* Leave the building as you would want to find it!
 | 35 min |

**Session 3 Building self-esteem**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Step  | Focus  | Time |
| Step 1 | **Set up** | * Setting up a welcoming environment
* Observe all Covid protocols
 | 10 mins |
| Step 2 | Parallel check in and breathing exercise | * Two check in groups – caregivers and service users, each with their own facilitator
* The Session more time is spent in this Step to provide an opportunity for caregivers to have an in-depth look at their own stressors
* Use breathing exercise from last Session
 | 30 mins |
| Step 3 | Mental illness and self-esteem | * Share and discuss stories on stigma and self esteem
* Systematically work through the activities provided to help group members to develop/strengthen their self-esteem
 | 55 mins |
| Step 4 | Closing the session | * Wrap up session and prepare for next Session
 | 5 mins |
| Step 5 | Informal socialising and clearing up | * Have fun and socialising together
* Leave the building as you would want to find it!
 | 20 mins |

**Session 4 Recovery planning – Part 1 My personal recovery plan**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Step  | Focus  | Time |
| Step 1 | Set up | * Setting up a welcoming environment
* Observe all Covid protocols
 | 10 mins |
| Step 2 | Parallel check in  | * Two check in groups – caregivers and service users, each with their own facilitator
 | 20 mins |
| Step 3 | Introduction to what recovery means | * Use Ncumisa’s story to help explain what recovery means
 | 15 mins |
| Step 4 | Sharing experiences and beginning a personal recovery plan | * Systematically work through the instructions to help group members to develop their own recovery plans
 | 30 mins |
| Step 5 | Relaxation exercise | * Tensing and relaxing muscles to help stay calm
 | 10 mins |
| Step 6 | Closing the session | * Wrap up session and prepare for next Session
 | 5 mins |
| Step 7 | Informal socialising and clearing up | * Have fun and socialising together
* Leave the building as you would want to find it!
 | 30 mins |

**Session 5 Recovery planning – Part 2 When things aren’t going well**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Step  | Focus  | Time |
| Step 1 | Set up | * Setting up a welcoming environment
* Observe all Covid protocols
 | 10 mins |
| Step 2 | Parallel check in and breathing exercise | * Two check in groups – caregivers and service users, each with their own facilitator
* The Session more time is spent in this Step to provide an opportunity for caregivers to have an in-depth look at their own stressors
* Use breathing exercise from last session
 | 20 mins |
| Step 3 | Beginning a personal recovery plan | * My plans for managing ups and downs
* My plans for managing a crisis
 | 35 mins |
| Step 4 | Support network | * Activity 3
 | 10 mins |
| Step 5 | Relaxation exercise | * If there is time
 | 10 mins |
| Step 6 | Closing the session | * Wrap up session and prepare for next Session
 | 5 mins |
| Step 7 | Informal socialising and clearing up | * Have fun and socialise together
* Leave the building as you would want to find it!
 | 30 mins |

**Session 6 Recovery planning – Part 3 Dreams and goals**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Step  | Focus  | Time |
| Step 1 | Set up | * Setting up a welcoming environment
* Observe all Covid protocols
 | 10 mins |
| Step 2 | Parallel check in  | * Two check in groups – caregivers and service users, each with their own facilitator
 | 20 mins |
| Step 3 | Dreams and goals | * Identifying dreams and goals and possible barriers to achieving success
 | 30 mins |
| Step 4 | Setting goals and reaching our dreams | * Practical exercise to help with goal setting
 | 45 mins |
| Step 5 | Relaxation exercise | * Choosing a relaxation method that will help the group to focus and be calm
 | 10 mins |
| Step 6 | Closing the session | * Wrap up session and prepare for next Session
 | 5 mins |
| Step 7 | Informal socialising and clearing up | * Have fun and socialising together
* Leave the building as you would want to find it!
 | 30 mins |

**Session 7 Thinking about money**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Step  | Focus  | Time |
| Step 1 | Set up | * Setting up a welcoming environment
* Observe all Covid protocols
 | 10 mins |
| Step 2 | Parallel check in  | * Two check in groups – caregivers and service users, each with their own facilitator
 | 20 mins |
| Step 3 | Understanding the impact of money and debt | * Understand the impact of triggers and lifestyle on dealing with finances
 | 15 mins |
| Step 4 | Problem management to help manage money and prevent debt | * Understand simple principles about budgeting
* Learn a problem management skill
 | 50 mins |
| Step 5 | Closing the session | * Wrap up session and prepare for next Session
 | 5 mins |
| Step 6 | Informal socialising and clearing up | * Have fun and socialising together
* Leave the building as you would want to find it!
 | 20 mins |

**Session 8 Healthy relationships**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Step  | Focus  | Time |
| Step 1 | Set up | * Setting up a welcoming environment
* Observe all Covid protocols
 | 10 mins |
| Step 2 | Parallel check in  | * Two check in groups – caregivers and service users, each with their own facilitator
 | 20 mins |
| Step 3 | Understanding healthy relationships | * Look at what makes up healthy and unhealthy relationships
 | 20 mins |
| Step 4 | Setting boundaries and communicating with confidence | * Learn about boundaries so that needs can be established and communication can be improved
 | 30 min |
| Step 5 | Relaxation exercise | * Tensing and relaxing muscles to help stay calm
 | 10 min |
| Step 6 | Closing the session | * Wrap up session and prepare for next Session
 | 10 min |
| Step 7 | Informal socialising and clearing up | * Have fun and socialising together
* Leave the building as you would want to find it!
 | 20 min |

**Session 9 Celebrating our journey so far and next steps together**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Step  | Focus  | Time |
| Step 1 | Set up | * Setting up a welcoming environment
* Observe all Covid protocols
 | 10 min |
| Step 2 | Grateful for the lessons we learnt and grateful for each other! | * Share experiences and learnings of the past few weeks
 | 25 min |
| Step 3 | Certificate ceremony | * Celebrate each one for their contribution to the success of the group.
 | 25 min |
| Step 4 | Looking forward to next steps together  | * prepare for the for next phase
 | 25 min |
| Step 5 | Informal socialising and clearing up | * Have fun and socialising together
* Leave the building as you would want to find it!
 | 40 min |