



# JUST DO YOU

An Orientation to Recovery from Mental Illness

FACILITATOR MANUAL

# ACKNOWLEDGEMENTS

So many people have made contributions to the development of the *Just Do You* program for older youth and young adults living with mental health challenges.

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**Michelle R. Munson, PhD, LMSW**  
Associate Professor

**James Jaccard, PhD**  
Professor

**Andrea Cole, LCSW**  
Research Assistant

# GROUP FRAMEWORK, STRUCTURE, AND PROCESS

## I. GROUP FRAMEWORK:

The *Just Do You* program builds upon the following theoretical and conceptual ideas:

### A. **Five functions of therapeutic groups:**

1) Instill Hope, 2) Universality, 3) Give Information, 4) Corrective Experience, 5) Socializing (*Yalom, 1995*)

### B. **Social Cognitive Theory** - Role Modeling, Observational Learning (*Bandura, 1968*)

### C. **Recovery** (Principles of Recovery) (*SAMHSA, 2009; Anthony, 1993*)

[http://partnersforrecovery.samhsa.gov/docs/Guiding\\_Principles\\_Whitepaper.pdf](http://partnersforrecovery.samhsa.gov/docs/Guiding_Principles_Whitepaper.pdf)

### D. **Relational-Cultural Theory and Therapy** (Authentic, Mutual, Engaging, Empathic Relationships) (*Miller, 1976*)

### E. **Empowerment & Narratives** (Consciousness Raising, Shared Experience) (*Simon, 1994; Freire, 1986*)

## II. GROUP STRUCTURE AND PROCESS:

The *Just Do You* group is a four-module program with each module lasting 50 minutes.

*Just Do You* includes **two modules** that occur in sequence. Each module has an introduction, followed by a presentation of content. Then, the group discusses the topic for the day. Each session includes an activity (or two) to talk about the topic in a **creative way**. Finally, each session will elaborate on or “process” the activity, with group leaders providing “take home points.” The process is summarized with the acronym:

### A-D-A-P-T

(**A** - An Introduction of purpose & content; **D** - Discussion; **A** - Activity; **P** - Process of and Elaboration of Activity; **T** - Take-Home Points).

## III. ORIENTATION TO THE MANUAL:

The manual first provides narrative to use at the beginning of each module as an introduction to orient people to *Just Do You*. Then, we have a description of the group guidelines, which need to be followed in both sessions. Then, we describe modules 1 and 2. Module 1 focuses on orienting participants to recovery (including instilling hope), challenging stigma, developing goals, and providing information on clinic services, while also discussing trust, a central feature in mental health services. Module 2 focuses on how young adults’ goals for the future are an important part of recovery. This module revisits the importance of working together with providers, developing a shared, mutual, trusting relationship, and discussing how to work on your recovery alongside professional providers and remain the “drivers” in their own mental health care as young adults.



## INTRODUCTION TO *JUST DO YOU*

We are so glad you joined the *Just Do You* group. This group was designed by young adults and professionals to help young adults, like you, get connected and stay connected to their mental health care. It is a group to help you understand that you can feel better, that you can have a full life, and that getting help from professionals at the clinic is a key step in this process. This group recognizes that dealing with mental health struggles as young adults is very difficult to manage.

**We want to first acknowledge your strength for being here and joining the group.**

**We focus on four critical areas: 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 receiving counseling and sometimes medication.
2. **MANAGING STIGMA:** Mental health struggles can cause both other people in the community, and even ourselves sometimes, to think less of who we are. We want to talk about this, talk about ways to feel better about ourselves, and also develop strategies to manage this reality in the real world.
3. **TRUST / UNDERSTANDING CLINIC SERVICES:** Young adults need to understand clinic services. Sometimes services being offered do not feel helpful. We want to provide a time to recognize past experiences with services (both + and -), talk about how to build strong relationships with providers, and how to advocate for yourself when you feel things are not working. Beyond, trust, it is critical that you know how mental health services are intended to help you. We want to talk about services offered at the clinic and **how** they can be helpful to you so that you can feel better.
4. **HOPE:** A common difficulty in dealing with mental health challenges, especially as young adults, is the experience can feel like all your dreams are gone. Young people can **lose hope** and sometimes it feels like they may not be able to do what they thought they could do before they began having mental health challenges. Hope is so important, and 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 group with introductions. In the *Just Do You* group we ask everyone to wear a nametag. At the beginning of the group we like to go around and say our names. Each session there are some new members and some familiar members – so this is a way to introduce all members. Who would like to start?

It is important that you continue to come to *each* session to see what activities we have going on to address important aspects of '*doing you*' while managing your mental health, because we think you can **do you** and **do you well!** You can feel better.

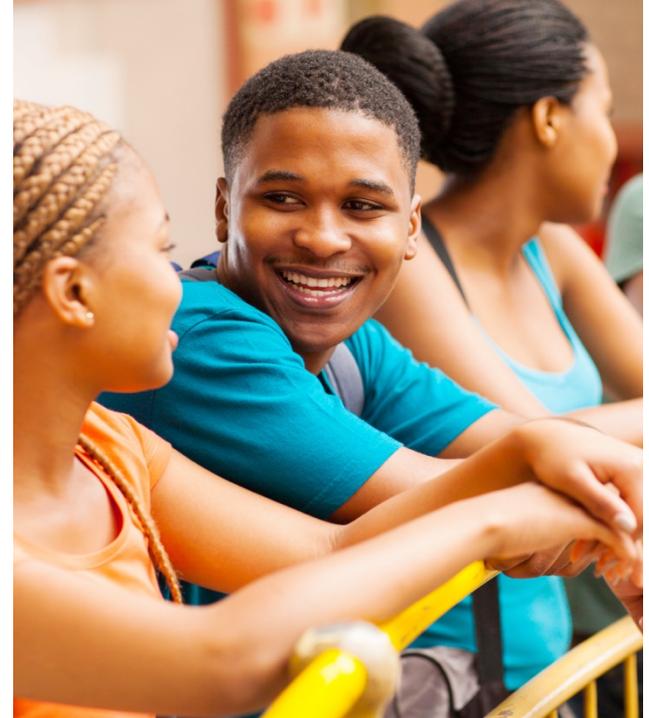
**Please come to each of the four *Just Do You* sessions and you will receive a certification.**

## GROUP / SESSION GUIDELINES

All groups need to develop group guidelines that help us keep everyone safe and keep the group process safe!

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 to our list for the group today? \*\*\**



## RECOVERY AND DOING YOU

### INTRODUCTION TO MODULE 1:

The *Just Do You* group recognizes that in order to ‘Do You’ and move toward recovery from your mental health challenges young people often need to receive some professional help. Living with mental health challenges is hard, along with 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 that are often prescribed to help with the struggles is also hard. *Just Do You* was developed in order to help you understand how the clinic and services that are provided here at PROS can play a positive role in you getting better and getting on with your life – so that you can do what you want to do in life. **So you can ‘Do You’!**

You have made it to PROS and we believe that the professionals and services we offer here can help you feel better and help you ‘Do You’. **Recovery is possible.** That is why it is so important that you keep coming to your appointments at the clinic and each of the *Just Do You* sessions. Let’s go over the **12 Guiding Principles of Recovery** that 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](http://partnersforrecovery.samhsa.gov/docs/Guiding_Principles_Whitepaper.pdf)



For many, treatment, or 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** – Discuss how you got to the point of attending your services and/or taking your medication(s), overcoming stigma, and hope.

We also have found that it can be helpful to know that ‘you are not alone’ in your recovery. Many folks, including celebrities, struggle with similar challenges. In the *Just Do You* group 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><b>DISCUSS:</b></p> <ol style="list-style-type: none"> <li>1. General Reactions</li> <li>2. Help-Seeking Attitudes</li> <li>3. Stigma</li> <li>4. Goals</li> </ol>	

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



**When you start to feel better (do better), it is more possible to achieve the important 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**

<b>Goal in Life Domain</b>	<i>How is it Related to Recovery?</i>
<b>Relationships (Example):</b> 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.
<b>Education:</b>  1. _____  2. _____	1. _____  2. _____



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



## TRUST, ACCESS, AND UNDERSTANDING YOUR CLINIC

We want to continue today by talking about two important concepts that are part of feeling better:

1. **TRUSTING** our mental health providers, and
2. **UNDERSTANDING** the services offered here at the clinic and what they can do for us.





**FIRST, one of the most critical parts to mental health recovery is trust, trusting the professionals who you are working with to get better.**

**This can be difficult for many reasons.** For example, sometimes we have had past experiences with counselors/doctors that have not been helpful, where providers betrayed our trust. Also, it may just be difficult to trust people because we have been let down before, or even hurt by important people in our lives.

Today, we want to validate those past experiences, while also suggesting that **some** mental health professionals are trustworthy. We also want to talk about ways to strengthen your ability to recognize trustworthiness in a professional relationship.



## 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, any process s/he went through in moving from mistrust to trust with a provider, what realizations s/he came to 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* group 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.



## UNDERSTANDING CBT

**One common treatment we use at the clinic is cognitive and behavioral counseling.**

**How many of you have heard of CBT?**

We want to get to provide some time to talk about how this treatment works. What we want to do is provide a lesson that gets to *'the heart of the matter'* of how this type of counseling can help you manage your mental health. It is exciting and has been shown to help a lot of young people. We think it can help you, too, if you understand it!

So \_\_\_\_\_ and I are going to discuss with you briefly the key points that will help you better understand how CBT helps people who have mental health challenges. Then, we are going to do an exercise that will help to deepen your understanding.



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 ... Again, there are five parts:

(Use 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.

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

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



**This treatment is about how we think about ourselves, and the power those thoughts have in impacting how we feel and what we do.**

Also, part of this work is based on looking at our thoughts about ourselves/the world and whether they are true, or not? Does that make sense?

**STRESS POINT: This is the reason that staff at mental health clinics who work with folks who have mental health struggles want to work with us on these parts... again:**

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...

**We will revisit this again!**





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



## PROCESSING PAST, HOPE, AND RECOVERY

**Good afternoon. We are so glad to see you back at the *Just Do You* group.**

Today we are going to take some time to talk about the frustrations and injustices that have happened to us (or important people in our lives). Many injustices make it harder to live with mental health challenges, such as poverty, violence and discrimination. Poverty, violence and discrimination are hard for everyone to deal with in life.

Today we are going to work together to recognize some of the barriers we may have to feeling hopeful about the future and also recognize that we have (or can) moved beyond some of these difficulties, even if it is a 'work in progress'. We are each '**doing ourselves**' the best way we can.



**We have a special opportunity today – to work with either ‘visual art’ or music and poetry, as a way to imagine a better future for ourselves.**

The use of these creative strategies is another way that we can work with our clinicians in dealing with our mental health challenges. We are working today, on picturing our changing selves in a way that we can share with others, and that helps us connect to a hopeful feeling. It is important that as we share these images of a hopeful future, that all of us meet each one with respect. We demand your respect and support for each other, as no-one can change and grow on their own!

**REVIEW CONFIDENTIALITY WHEN IN GROUPS** (and that participants will not be forced to share):

Accepting ourselves can be really hard, but it is the starting place for change. In this group, we all share a profound respect for this situation, for the challenges of living in the world with mental health challenges.

Let’s remember that!



## 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 is often able to transform something painful into something beautiful, and therefore 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 illness itself.

**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 and 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 the selection below).

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

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**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](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=Kb24RrH1bFk>
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**).

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### 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 should **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 weeks?
  - What are ways you will continue to practice things that you learned over the past eight weeks? **DISCUSS.**
- 

## CERTIFICATE

You have committed yourselves to attending every session and have successfully achieved that goal. We could not have had this group without your willing and active participation, and 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 in a group 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 come up to get your certification we would like you to say out loud the name of one supportive adult that you can share your 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.



**NOTES**

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

