



Welcome to the 2017 FRPA  
Conference!

# Creating Positive Change in Your Life



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# Learning Objectives

- Define Resiliency
- Define one or more elements of recovery and how they relate to resiliency
- List an idea from this session that can enhance your life



By the end of the session,  
I hope you will

- Develop and learn skills to cope with change
- Send a message of hope and resilience to yourself and others
- Have skills to be able to bounce back from adversity
- Incorporate groups at your facility that will help your clients to manage the uncertainty of life

# Activity

- Please use the 3 x 5 card to write something positive from the past week and put aside.

## PRRC

(Psychosocial Rehabilitation and Recovery Center)

- Transitional educational recovery oriented program for Veterans diagnosed with a serious mental illness, focusing on teaching Veterans skills to improve areas of their lives such as, housing, community, wellness and purpose.

# PRRC's Goals in a Nutshell

- Assist Veterans with identifying a meaningful role in the community of their choice
- Teach Veterans tools for recovery from serious mental illness
- Foster self-esteem and a sense of purpose
- Improve relationships/connections with others



# Principles of Recovery Defined

A process of change through which individuals improve their health and wellness, live a self directed life and strive to reach their full potential.

# Dimensions of Recovery

- Health: Overcoming or managing one's diseases or symptoms
- Home: A stable and safe place to live
- Purpose: Meaningful daily activities (job, school, volunteerism, care giving)
- Community: Relationships and social networks that provide support, friendship, love, and hope

# SNAP (consult and assessment)

Strengths

Needs

Abilities

Preferences

# Enhancing your life checklist; Check off the ones for improvement:

- Diet
- Light
- Sleep
- Exercise
- Work
- Play
- Creativity
- Learning

# Checklist continues

- Spirituality
- Social connections and friendships
- Relaxation
- Lifestyle
- Home environment
- Life skills (social skills, hygiene, time mgt.)
- Social giving or volunteering

# What is Resiliency?

- An ability to bounce back from adversity
- We are all survivors
- Examples: Veterans serving on interviews
  - Veteran reconnecting with family in Russia

# Resiliency Group

- Develop self-awareness
- build strong connections with others
- be able to identify good things in your life even when you're down
- identify and use your strengths.

# Pleasant Events Group

- Learn to find positive things in life
- Focus on the positive
- Develop hope
- Increase sense of participating in activities that are enjoyable
- Build communication skills



# Wellness Planning Group

- Develop activities that support your wellness
- Develop self-awareness of when things aren't well
- Develop actions to take when things aren't well
- Improve social and interactive skills
- Begin to be mindful

# New Ideas for Groups

- Please share your ideas

# Ways to Empower your Clients

- Process the Group
- Annual survey of clients
- Quarterly focus groups
- Encourage the use of Facebook
- Write a monthly newsletter
- Share successes with your boss
- Have clients help interview new clients
- Utilize peer support staff
- Use After Action Reports
- Language is important

- Use of humor
- Abstract vs. concrete examples
- Self-stigma (“I am bipolar.”)
- Ask Clients:
  - “How was this group for you?”
  - “Share one useful bit of information.”
  - “Would you like to know more about something?”

# After Action Report With Staff

- What went well?
- How can we improve?
- Ideas for the next event?

# Challenge for you

- Incorporate and put into practice a new idea

- Review your 3 x 5 card.
- Thanks for the privilege of your time.

# Review Learning Objectives

- Who can define Resiliency?
- Define one or more elements of recovery and how they relate to resiliency?
- List an idea from this session that can enhance your life?







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