

# VETERANS RECOVERY CENTER

## Course Catalog January 2 – March 31, 2013



**Independence**  
Life Beyond Mental Health  
responsibility **HOPE**  
treatment  
support **community**  
relationships challenges  
courage  
choice

**Locations:**

-  **Menlo Park:** 795 Willow Road Menlo Park, CA
-  **San Jose:** 80 Great Oaks Boulevard San Jose, CA
-  **Other location:** Check with VRC staff for details.

# Menlo Park

## Room Location



## Monday

### **9:00-9:30 Updates and Announcements**

**Main Classroom**  
**(Rotating Staff)**

- The entire VRC Staff will join you for this weekly meeting. This is a time to share updates on your progress toward your Recovery Goal, give and receive support from others, and hear weekly program updates and announcements.

### **9:30-10:15 Multimedia Recovery Education**

**Main Classroom**  
**(Rotating Staff)**

- Discover recovery and wellness tools through the use of various multimedia resources at the VRC. Educational videos, audio recordings, and computer-based media will be featured this quarter. Audio recordings, such as relaxation and guided visualization, will also be included.

### **10:30-12:00 Introduction to VRC and Recovery**

**Main Classroom**  
**(Rotating Staff)**

- This introductory class is an opportunity to learn more about the VRC program and the philosophy of mental health recovery. Content covered will include: Stages of program participation, program rules and expectations, and steps involved in setting and achieving a personal recovery goal. This class is required for all new VRC participants, and is also open to other participants who desire a refresher course.

## Tuesday

### **9:00-10:15 Computer Skills**

**Main Classroom**  
**(Robert Gerber)**

- Computer Skills will provide hands-on, small group computer class setting where each veteran has access to a computer to learn and practice individualized skills. Class will be structured to include essential topics such as Microsoft Word, Internet browsing, web-based email, and My HealtheVet. Specialized advanced topics such as Microsoft PowerPoint and social media may be offered, depending on student preferences.

## **Room Location**

**10:30 – 11:45 Applied CBT**

**Room A-148  
(Kristen, Katharine, and Ross)**

- Cognitive-behavioral skills to enhance your life satisfaction and cope with distressing experiences. Learn and practice new ways of thinking and acting, both within and outside of the classroom. This class includes modules on social skills and problem-solving in addition to core material related to healthy thinking strategies.

**1:00-2:15 Acceptance and Commitment Therapy (ACT) Room A-148**

**(Jennifer and Clare)**

- ACT is an innovative approach to help individuals clarify their values and live the life they want to live. The idea behind ACT is that we often get so caught up in a struggle of trying to change our thoughts, feelings, and memories that we miss out on everyday opportunities to make meaningful choices in our lives. ACT combines present moment mindful awareness with value-driven planning for the future.

## **Wednesday**

**9:00-10:15 Relationships: Goals and Barriers**

**Room A-148  
(Bruce Linenberg)**

- We are social beings, born and raised in a specific family or other environment. These first experiences contribute to self-development, as do the childhood and young adult experiences that follow. We seek to define and find ourselves as individuals, while also existing in a social and cultural world filled with many “Others.” We all struggle to define “healthy” and “unhealthy” needs related to: Dependence, Independence, and Interdependence. Goals related to relationships are often influenced not only by learning necessary skills to change what we do in the present, but understanding how the past still influences present choices, goals, and barriers to those goals. The instructor will teach some basic ideas about relationships – from family and the other social and cultural worlds we come from, to identifying current relationship goals, skills to reach these goals, and the how and why of getting “stuck.”

## **Room Location**

### **Wednesday**

#### **10:45-11:30 Healthy Living for Weight Management**

**Main Classroom  
(Rosemarie Geiser)**

- Learn practical, everyday strategies to maintain a healthy weight or lose weight. Get support from others who have similar health goals. This class will cover general topics related to wellness, exercise, and nutrition, including special focus on long term lifestyle changes to help you become your best self.

#### **1:00-2:15 Social Skills Training**

**Room A-148  
(Ryan Gardner)**

- The Social Skills Training class is a great opportunity for you to feel more comfortable when communicating with others. This class is interactive, with students practicing role plays to enhance their ability to have a conversation with others, be more assertive, and to more effectively manage conflicts, for example. Students will receive on-going feedback, and will be encouraged to practice their skills out in the community

### **Thursday**

#### **9:00-10:15 Spirituality**

**Room A-148  
(Diana Brady)**

- A spiritual or religious orientation is associated with better mental health. Spirituality education can help you find meaning in life, improve family and other significant relationships, and decrease drug and alcohol abuse. It can provide a moral compass to help navigate life.

#### **10:30-12:00: Illness Management**

**Main Classroom  
(Pompa Malakar)**

- This class utilizes the SAMSA Illness Management and recovery curriculum. The classes has 10 chapters focusing on the various aspects of recovery including symptom management, stress management, medication management, relapse prevention, coping with problems, building supports and relationships. The class uses psycho-education, group discussion, verbal and written exercises to enhance learning.

## **Room Location**

### **Friday**

#### **9:00-10:15 Medical Facts and Discussion**

**Main Classroom  
(Lilianna Olesinski)**

- Overview of health topics that are crucial to maintaining wellness, including but not limited to: Prevention and management of diabetes, heart disease, and obesity. Also includes information on stress management, managing medication side effects, and gaining a better understanding of the psychosocial aspects of disease prevention.

#### **10:30-12:00 Jump Start: Community Participation**

**Main Classroom  
(Teresa Yoon)**

- Overcome obstacles for leisure pursuits of your choice, learn skills in planning, budgeting, finances, sharing and giving peer support to each other in the class by re-engaging relationships, developed & create a leisure "habit" of health and wellness, become and stay involved in maintaining a long term leisure plan.

# San Jose - VA Clinic



## Room Location

### Monday

#### **9:00-9:30 Updates and Announcements**

*Telehealth Video*

**F-107**

**(Rotating Staff)**

- The entire VRC Staff will join you for this weekly meeting. This is a time to share updates on your progress toward your Recovery Goal, give and receive support from others, and hear weekly program updates and announcements. All VRC participants are strongly encouraged to attend this course.

#### **10:30-12:00 Introduction to VRC and Recovery**

*Telehealth Video*

**F-107**

**(Rotating Staff)**

- This introductory class is an opportunity to learn more about the VRC program and the philosophy of mental health recovery. Content covered will include: Stages of program participation, program rules and expectations, and steps involved in setting and achieving a personal recovery goal. This class is required for all new VRC participants, and is also open to other participants who desire a refresher course.

**12:00-1:30**

**1:1 Appointment with Recovery Advisor**

## **Room Location**

### **Tuesday**

#### **Acceptance and Commitment Therapy (ACT)**

**Room A-148  
(Jennifer and Clare)**

- ACT is an innovative approach to help individuals clarify their values and live the life they want to live. The idea behind ACT is that we often get so caught up in a struggle of trying to change our thoughts, feelings, and memories that we miss out on everyday opportunities to make meaningful choices in our lives. ACT combines present moment mindful awareness with value-driven planning for the future.

#### **11:15-12:15 Recovery Role Models**

**Room F-107  
(Ryan Gardner)**

- We admire people who are role models to us. Who is a role model to you? Perhaps it is a clergy member, an actor, politician, athlete, or motivational speaker. Your role model may even be a family member or friend. Why do we admire them, and how did they become a role model to us? In this class, we'll examine who our role models are, learn more about their backgrounds, discover what we have learned from them, and understand how having a role model can enhance our recovery journey.

#### **1:30-2:30 Social Skills Training**

**Room A-148  
(Ross and Ileana)**

- The Social Skills Training class is a great opportunity for you to feel more comfortable when communicating with others. This class is interactive, with students practicing role plays to enhance their ability to have a conversation with others, be more assertive, and to more effectively manage conflicts, for example. Students will receive on-going feedback, and will be encouraged to practice their skills out in the community

**1:00-3:00**

**1:1 *Appointments with Recovery Advisor***

## Room Location

### Wednesday

#### **10:00-11:15 Illness Management**

**Room F-107  
(Pompa Malakar)**

- This class utilizes the SAMSA Illness Management and recovery curriculum. The classes has 10 chapters focusing on the various aspects of recovery including symptom management, stress management, medication management, relapse prevention, coping with problems, building supports and relationships. The class uses psycho education, group discussion, verbal and written exercises to enhance learning.

#### **11:30-12:30 Spirituality**

**Room F-107  
(Diana Brady)**

- A spiritual or religious orientation is associated with better mental health. Spirituality education can help you find meaning in life, improve family and other significant relationships, and decrease drug and alcohol abuse. It can provide a moral compass to help navigate life.

**12:00-1:30**

**1:1 *Appointments with Recovery Advisor***

### Thursday

#### **10:00-11:15 Social Skills Training *Community Practice***

**Room F-107  
(Teresa Yoon)**

- Social Skills Training class will help you to learn and practice a variety of social skills to help you to achieve the goals that you have set for yourself for a more satisfying life. In the classroom, you will discuss the benefits of each skill, learn steps of the skill, and watch the instructor model the skill in a role play. Instructor and veterans will provide specific feedback based on steps, and give suggestion for improvement if needed. Encouragement to practice each skill in their community will be supported individually and in class.

**11:30-12:15**

**1:1 *Appointments with Recreation Therapy***