

ACTS Program Descriptions

8 -15-2016

“Self-Empowerment Program”

The program modules are designed to develop personal strengths associated with resiliency, wellness, and life satisfaction. The program aims to foster independence, personal empowerment, and inspire hope and belief in one’s self. Interventions are designed to reflect the unique learning styles of individual group members.

Targeted strategies support skill development and foster a level of personal functioning which incorporates the “whole person” approach by attending to the unique personal dimensions; physical health, social wellness, psychosocial health, educational / vocation, financial, spiritual, and Individualized goals. The overall process seeks to increase overall functional capacity that leads to self-empowerment and improved life satisfaction.

“Achieving Health and Wellness Program”

This program integrates both the physical and emotional health goals through psycho educational interventions that promote healthy lifestyle changes and participation in pro-social leisure activities. Participants set and pursue their own personal health goals and implement steps to better manage their illness and achieve an improved sense of self and wellbeing.

Program modules target learning in the areas of self-advocacy, medication management, nutrition, personal care, healthy living, social connections, diet and exercise, and achieving recovery goals. Group members acquire cognitive and behavioral skills through positive reinforcement, modeling, operant conditioning, and other techniques that promote independence with the use of structured educational materials.

“Rewarding Experiences”

The program aims to provide individuals the opportunity to identify personal interests related to education, vocation and employment utilizing interventions that address the unique needs of each member through different teaching modalities designed to reflect the unique learning styles of group members.

Program modules target the development of new skills which prepare our Members for rewarding opportunities and experiences. Practical skills are taught associated with successful employment such as preparing for job interviews, life skills, customer service, hard and soft personal skills, communication, problem solving, decision making, handling frustration, and

professional etiquette. The program interventions focus on adapting personal aptitudes and vocational interests with existing transferable personal skills with exciting life opportunities.

“Moving Forward and Facing Challenges”

This program uses a group based strategies designed to facilitate trauma recovery among individuals with histories of exposure to adverse events or traumatic situations. Techniques associated with trauma informed care, cognitive restructuring, psychoeducational interventions, and skills-training emphasizes the development of healthy coping and coping skills which enhance safety, improve confidence, inspire hope, and allow individual to self-actualize as they move through a new positive experiences.

Program interventions address both short-term and long-term consequences of trauma and supports individuals through a corrective experience which transcends beyond any limiting beliefs by mastering personal and interpersonal skills to face future challenges.

“Freedom”

We utilize the most progressive paradigm related to treatment of chronic addiction by addressing all bio-psycho-social needs in an integrated fashion using evidenced based practices. Targeted interventions associated with stage or readiness for change are implemented to address motivation, inspire hope, and assist members in the development of new skills that foster a recovery lifestyle.

Key components of the program involve the use of Motivational Interviewing, client centered care, trans-theoretical model, Matrix Model, and MRT concepts facilitated using an experiential process, and a psycho educational approach designed to work with different learning styles. Overall program objectives involve addressing both immediate needs and long term recovery efforts that allow successful outcomes, personal power, and long term recovery.

“Serenity and Peace”

This program aims to enhance the lives of our members through targeted interventions which involve personal skill building and lifestyle changes associated with emotional wellness, mood regulation, emotional expression, interpersonal relationships, and a healthy exploration of life opportunities.

Wellness materials utilized help participants achieve a superior level of emotional wellbeing facilitated through the use of CBT, MI, experiential process, narrative therapeutic approach, skill development, and encouragement towards healthy lifestyle practices. The goal is to help individuals to establish improved self-esteem, self-acceptance, and the ability to experience and

cope with feelings successfully, independently to achieve a greater sense of happiness.

“Family Connections”

This program is designed to help families establish positive nurturing skills and develop healthier, enhanced relationships amongst family members. This program can be facilitated in groups or within individual family sessions. Parents and children will participate in the program to allow for mutual learning, common experiences, and support family goals.

Strategies are designed to assist the family to increase individual self-worth, family bonding, trust, communication, empathy and personal power within the family system. The program serves to address the necessary skills for the parents to successfully understand and raise healthy children. As needed, the program offers individual interaction for parents with specific needs.

“Legacy in the Making”

We understand that young adults experience dramatic changes across all areas of development during their transition to adulthood. The program focuses on decision making, choices, and transitional roles associated with adulthood; employment, education, support services, community resources, and skills development related to quality of life functioning.

The program aims to engage young people through person centered planning while focusing on future opportunities, experiences, and achieving personal goals by ensuring there is a safety net of supportive family, friends, and natural and formal resources.

“Achieving Self-Excellence”

This program is designed to support individuals with mental health and relationship issues. The focus of the treatment modules aim to help members overcome challenges through an improved sense of self-worth, confidence, and enhanced personal and interpersonal skills. Because the group is gender specific, it allows group members to become cohesive with a sense of deeper understanding and support to one another as peers which is a central element of the program.

“Learning to Cope”

The “Learning to Cope” program addresses emotional issues that are associated with mood fluctuation, frustration, and aggression. Interventions focus on finding healthy ways to deal with frustration and anger that don’t involve harm to self or others. The goals associated with this intervention are designed to teach individuals to identify and respond to anger triggers in

order to avert escalated emotional arousal and reduce the anger response in general. Though there is no cure for anger, there are a number of different techniques that can help achieve the goals listed below;

- Changing Thought Process
- Teaching Assertiveness
- Mood management
- Learning Communication Skills
- Learning to Relax

“Project Respect”

This program is designed for children to enhance social skills that will allow them to be more successful in their individual and family roles. Program objectives seek to enhance self-awareness and personal responsibility through educational modules, peer discussion, age appropriate group activities, peer support, and experiential process. Encouraging individuals to achieve self-mastery in the area of personal development is central to meeting the needs of group members and achieving personal and family goals.

“Making A Positive Difference”

This program recognizes the need for self-expression and utilizes art as a medium to reaching individuals through creative expression. Certain developmental, cognitive, and emotional insights are more readily accessible during a creative process. Implementing a free form of expression, it facilitates the Members growth and positive change. Interventions strive to integrate the physical, emotional, cognitive, and social functioning through expressive self-awareness. Many forms of art are explored during the process, painting, poetry, dance, music, movement, drama, writing, etc.