

UNDERSTANDING YOUR ILLNESS: IDENTIFYING THE CHANGES

Adult Rehabilitation Mental Health Services Class Schedule

Overview

This class will teach you techniques about reducing the risk of relapse along with other problem-solving methods. Each session will provide information as well as discussion of key topics and hands-on implementation of ideas.

Objectives

Objectives for the class include:

- Learning about your illness, diagnosis and symptoms
- Becoming more aware of your individual symptoms
- Being conscious of when you are under stress and how to develop strategies for coping with stress
- Identifying events or situations that contributed to relapses in the past
- Recognizing the early warning signs that you might be starting to relapse
- Developing your own relapse prevention plan to respond to early warning signs

Number of Sessions

A total of six classes will be offered on this topic.

Contact Information

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