

WholeLife Community Catalog of Activities, Groups, and Events

Behavioral Health/Recovery oriented activities

Category

Sustainability

Participating in FreeSoul Radio	Artistic, Lifeskills, HIOP	A, PP, PI, CG
Participating in FreeSoul Video	Artistic, Lifeskills, HIOP	A, PP, PI, CG
Comedy School	Artistic, Special Event	PP, CG
HIOP Process Group	HIOP	A, PP, PI, CG
Literacy/Intensive GED	Lifeskills	A, PP, PI, CG
Entrepreneurship	Lifeskills	A, PP, PI, CG
Writing Workshop	LifeSkills, Artistic, Special Event	PP, CG
Book Club	LifeSkills, Special Event	PP, CG
Peer Coaching Group	Recovery	A, PP, PI, CG
WHAM, WRAP, or Similar	Recovery	A, PP, PI, CG
Foods and Feelings	Recovery	A, PP, PI, CG
Medications and your health	Recovery	A, PP, PI, CG
Mindfulness	Recovery, HIOP	A, PP, PI, CG
Anger Management	Recovery, HIOP, Lifeskills	A, PP, PI, CG
Dealing with DES/CPS	LifeSkills	A, PP, PI, CG
Developing our resilience	Recovery, HIOP, Lifeskills	A, PP, PI, CG
What is Recovery?	Recovery, HIOP	A, PP, PI, CG
Holistic Relapse Prevention	Recovery, HIOP, Holistic	A, PP, PI, CG
Self-Esteem Generation	Recovery, HIOP	A, PP, PI, CG
Passion Development	Recovery, HIOP, Holistic	A, PP, PI, CG
Addressing our Domains of Function	Recovery, HIOP, Holistic	A, PP, PI, CG
Developing our Strengths	Recovery, HIOP	A, PP, PI, CG
Harm Reduction for daily living	Recovery, HIOP	A, PP, PI, CG
Music and Music Therapy Workshops	Recovery, HIOP	A, PP, PI, CG
Individual Peer and/or IOP Coaching/Coaching	Recovery, HIOP	A, PP, PI, CG
Meditation	Recovery, HIOP, Holistic	A, PP, PI, CG
Yoga	Recovery, HIOP, Holistic	A, PP, PI, CG
Stretching and Exercise	Recovery, HIOP, Lifeskills	A, PP, PI, CG

WholeLife Community Recovery Programs

HOLISTIC IOP (HIOP)

MINIMUM WEEKLY REQUIREMENTS	No. times per week	Hours per session	Total hr
HIOP Process Group	2	1.5	3
Peer Counseling Group	1	2	2
Individual Counseling w/Counselor	1	1	1
Electives (LifeSkills, Vocational, Recovery, Wellness Mgmt., etc)	2	2	4
Mutual Support	2	2	3
Special Event/Volunteer	2	2	3
Totals	10		16

The Holistic IOP program is a 3-6 Month Program, followed by a 3-6 month Aftercare Program (Peer Recovery Program)

PEER RECOVERY SUPPORT GROUP PROGRAM

MINIMUM WEEKLY REQUIREMENTS	No. times per week	Hours per session	Total hr
Peer Counseling Group	2	2	4
Individual Coaching w/Peer Coach	1	1	1
Electives in Self-Help, Workshops, Music, Etc	3	2	6
Mutual Support	2	1	2
Special Event/Volunteer	1	2	2
Totals	9		15

The Peer Recovery Support Group is 3 -9 Month Aftercare program.

Dealing with Procrastination	Recovery, HIOP, Lifeskills	A, PP, PI, CG
Discipline Development	Recovery, HIOP, Lifeskills	A, PP, PI, CG
Treating your Neurotransmitter Deficiency Deficit	Recovery, HIOP, Lifeskills	A, PP, PI, CG
Participating in FreeSoulMusic	Recovery, HIOP, Lifeskills	A, PP, PI, CG
Business Incubator/Apprenticeship	Recovery, Lifeskills, Vocational	A, PP, PI, CG
<i>To be determined by staff and peers</i>	Recovery, Lifeskills, Vocational	A, PP, PI, CG

SUSTAINABILITY: A=Ahcccs, PP=Private Pay, PI=Private Insurance, CG=Corporate Grant, N/C=No Charge

Artistic and Special Events (Open to General Public)

	<u>Category</u>	<u>Sustainability</u>
Drumming	Recovery, IOP, MusicArts	A, PP, PI, CG
Group Instrumental Music	Recovery, IOP, MusicArts	A, PP, PI, CG
Class instrument lesson	Recovery, IOP, MusicArts	A, PP, PI, CG
Songwriting	Recovery, IOP, MusicArts	A, PP, PI, CG
Group Singing	Recovery, IOP, MusicArts	A, PP, PI, CG
Ensemble Playing	Recovery, IOP, MusicArts	A, PP, PI, CG
Music Appreciation	Recovery, IOP, MusicArts	A, PP, PI, CG
The Art of Listening	Recovery, IOP, MusicArts	A, PP, PI, CG
Studio Recording Workshops (1-12)	Recovery, IOP, MusicArts, Vocational	A, PP, PI, CG
Music Production Workshops (1-12)	Recovery, IOP, MusicArts, Vocational	A, PP, PI, CG
Individual instrument lesson	Recovery, IOP, MusicArts, Vocational	A, PP, PI, CG
Learning Pro Tools	Recovery, IOP, MusicArts, Vocational	A, PP, PI, CG
Studio Performance	Recovery, IOP, MusicArts, Vocational	A, PP, PI, CG
Live Music Production	Recovery, IOP, MusicArts, Vocational	A, PP, PI, CG
Video Production Workshops (1-12)	Recovery, IOP, MusicArts, Vocational	A, PP, PI, CG
FreeSoul Music	Recovery, IOP, MusicArts, Vocational	PP
FreeSoul Radio	Recovery, IOP, MusicArts, Vocational	PP
FreeSoul Video	Recovery, IOP, MusicArts, Vocational	PP
<i>To be determined by staff and peers</i>	Recovery, IOP, MusicArts, Vocational	A, PP, PI, CG

Special Events Catalog

Music Concerts	Special Event	PP, CG, N/C
Comedy Night	Special Event	PP, CG, N/C
Movie Night	Special Event	PP, CG, N/C

Sober Social	Special Event	PP, CG, N/C
Guest Lecture	Special Event	PP, CG, N/C
Philosophy of World Religions	Special Event	PP, CG, N/C
Book Club	Special Event	PP, CG, N/C
Coffeehouse/Clubhouse Special Event	Special Event	PP, CG, N/C
<i>To be determined by staff and peers</i>	Special Event	PP, CG, N/C

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Categories of Groups and Activities

HIOP (Holistic Intensive Outpatient)

Holistic

Life Skills

MusicArts

Recovery

Special Events

Vocational

SPECIAL PROGRAMS

Peer Counseling/Health Navigator Training
Business Incubator Participation
Internet Radio Training-Operator
FreeSoul Audio and Music Production Training (Operator, Producer, Writer)
FreeSoul Video Production Training (Operator, Producer, Writer)
GED on Steroids

Potential Businesses in the Business Incubator

Aquaponics, Gardening and Permaculture related
BIG ROOM Rental
FreeSoul Radio--Internet Radio Station
FreeSoul Records
FreeSoul Video Services and Production
Groups, Classes, and Workshops
Handyman Services
Home Improvement and Repair services
Insurance Sales including Health and Life and Property and Casualty
Members Initiatives
Music School
Musical Composition and Production
Peer Coaching Services: Adolescent to Adults
Radio Commercial Production
Recording Studio Rental
Sober Home Management
Solar Home Services
Studio Musicians and Independent Production Company
Trade Union Partnerships
Training and Training Resources

WholeLife Community



Certified Peer Recovery Support Specialist Training

With focus on Recovery from Alcohol, Opiates, Other Drugs and Co-Existing Disorders

Designed for candidates with *learned experience* who are interested in facilitating Recovery Groups, and working in/with Treatment Centers, Residential Treatment, Addiction Therapists, Outpatient Clinics, Addiction Physicians, and Peer Recovery Communities and Organizations.

September 16th-28th (M-Sat)--1:00-5:30 PM

Discussion Topics And Activities Include

What is Recovery?

Multiple Pathways of Recovery

Harm Reduction

The Art of Recovery Coaching

Motivational Interviewing

Moderation Management

Medically Assisted Treatment (MAT)

The Roles of Peer Support Specialists

Facilitating Recovery Groups

Developing Peer Competencies

Faces and Voices of Recovery--ARCO

Peers and Dual Relationships

Recovery Capital

Wellness and resilience in Recovery

Multiple domains of Recovery

Passion Development in Recovery

Addressing Co-Existing Disorders

The importance of Self-Care

Mindfulness in Recovery

Meditation and other Holistic Practices

Music and Arts Inspired Recovery

Peer Assessment Tools

Self Disclosure and Boundaries

Career Potentials of Peer Support

Stages of Change--a tool for Recovery

Sharing our Journey

Peer as Advocate and Coach

SMART Groups

WRAP and Individual Service Plans

Ethics, Confidentiality, and Duties to Warn

Becoming Cultural Competent

Age appropriate Recovery Support

History of Recovery

Developing Empathy

Working with Special Populations

And much, much more.....



To celebrate National Recovery Month, we are offering a special Tuition of only \$750.00 for the certification. Client's are required to complete a 120 hr internship. Final Exam is open book/ open notes on September 28th. For more details and to apply for the training, please go to: www.wholelifeaz.com/peeracademy • Email: wholelifeaz@gmail.com • 602-477-9562