

# 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
<b>Totals</b>	<b>10</b>		<b>16</b>

*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
<b>Totals</b>	<b>9</b>		<b>15</b>

*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
<b><i>To be determined by staff and peers</i></b>	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)**

	<b><u>Category</u></b>	<b><u>Sustainability</u></b>
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
<b><i>To be determined by staff and peers</i></b>	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
<b><i>To be determined by staff and peers</i></b>	Special Event	PP, CG, N/C

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

### **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