

<b><i>Activities</i></b>	<b>1: Engagement</b>	<b>2: Persuasion</b>	<b>3. Active Treatment</b>	<b>4. Relapse Prevention</b>
<b>Advocacy and practical help</b>	<p>Help clients obtain access to shelter, housing, medical care, or legal representation</p> <p>Furnish practical help &amp; basic needs without expectations</p>	<p>Explore the impact of mental health issues in the context of advocating for client needs</p> <p>Address needs for which client previously rejected help.</p>	<p>Expand advocacy to other areas and roles (e.g. work, education)</p> <p>Help clients increase standard of living (e.g. better money mgt. when impulsiveness controlled)</p>	<p>Help clients learn to advocate for themselves.</p> <p>Expand clients' ability to get own basic needs met.</p>
<b>Shaping a working alliance and Promoting follow through</b>	<p>Conduct outreach in the community to establish regular contact</p> <p>Coordinate treatment appointments with other activities. (e.g. initial meetings coincide with meal service and opportunity center schedule.)</p>	<p>Explore the impact of mental health issues on housing difficulties.</p> <p>Use motivational interviewing and functional analysis of behavior to troubleshoot poor follow through</p>	<p>Support progress toward mental illness management by using evidence from client's life.</p> <p>Support client decision-making by shifting responsibility for follow through to client.</p>	<p>Boost client's sense of empowerment by focusing attention on gains made in mental illness symptom management.</p> <p>Allow clients to learn from own mistakes.</p> <p>Encourage logs or journals to develop follow through skills.</p>
<b>Individual counseling</b>	<p>Weave informal discussion into other activities (conversations during meals, transportation to appointments, etc.)</p>	<p>Initiate basic social and living skills training to address social coping, independent living skills, and recreational needs.</p>	<p>Provide cognitive behavioral counseling to manage MI symptoms</p> <p>Encourage clients to explore support groups</p>	<p>Help client develop transition plan.</p> <p>Continue skills training.</p> <p>Support continued involvement in support groups.</p>
<b>Coordinating medication treatment</b>	<p>Provide access to doctors and medication</p> <p>Educate clients about medication effects &amp; side effects</p> <p>Help client fill prescriptions.</p>	<p>Monitor medication use</p> <p>Help client develop effective strategies for consistent use.</p> <p>Use motivational interviewing to address non- adherence.</p>	<p>Facilitate evaluation of medication effectiveness.</p> <p>Decrease prompts to take medications</p>	<p>Teach skills to negotiate medication issues with doctor.</p> <p>Decrease frequency of medication monitoring</p>
<b>Psycho education (group and individual)</b>	<p>Assess knowledge of mental illness course and symptoms</p> <p>Provide information clients want.</p>	<p>Provide information about mental illness symptoms and treatment</p> <p>Use interactive teaching methods.</p>	<p>Give focused information relating to client's specific goals related to MI symptom management.</p> <p>Use interactive teaching methods.</p>	<p>Provide information related to health, well-being, and effective social supports.</p> <p>Help clients learn how to obtain information themselves.</p>
<b>Facilitating health and stability</b>	<p>Portray mental health as a source of hope</p> <p>Describe experiences of others who have dealt with similar challenges related to mental illness.</p>	<p>Help establish regular constructive activities (i.e. work, leisure, social).</p> <p>Identify client's strengths to use in making progress towards goals.</p>	<p>Facilitate activity and behavior changes that promote mental health and positive youth development.</p> <p>Celebrate small success as steps towards life goals.</p>	<p>Provide education re: the health benefits of regular exercise, nutrition, and stress management</p> <p>Expand range of health promoting social/leisure activities.</p>