



In our own words: ‘The future is now something I can look forward to!’

Submitted by **Beth**

After a lifetime of bouncing in and out of mental hospitals, I found Stepping Stones PROS.

Because of the groups, medication, and my own participation, it’s been almost four years since my last hospitalization. It did take a while, at first, for me to observe the changes beginning. It feels now like changes happened in small ways while I wasn’t looking.

After I started the program, I noticed that many of the coping mechanisms that I’d learned like “Challenging Negative Thinking” began to bleed through my flustered exterior to slowly become part of who I am becoming now.

I’m not sure how long I will be at Stepping Stones, but the future is something I can now look forward to!



Editor’s Note: *Beth, thank you for sharing how PROS Stepping Stones has made such a positive impact on your life! Your story is a source of hope for others facing similar challenges, highlighting the importance of resilience and perseverance in overcoming obstacles.*

Do you or someone you know have a PROS Success Story to share? Contact the editor, [Stephanie D. Rodriguez](#), for more information on how to be featured in the newsletter!

Envisioning Wellness

The U.S. Food and Drug Administration (FDA) recognized March as National Nutrition Month, which focused on educating people on how to make informed choices about their food. In collaboration with FeedMore WNY, **Envision Wellness PROS** embarked on a mission to engage PROS Participants in comprehensive nutrition education initiatives.

Throughout March, Envision Wellness PROS offered weekly "Wellness Workshops" led by an LPN, catering to the specific needs and interests of participants. “Nutrition while Managing Diabetes” is another popular workshop among participants. This workshop focused on how diabetes is affected by dietary choices and provides participants with valuable strategies to effectively manage their dietary needs.

FeedMore PROS Participants had the opportunity to volunteer with the FeedMore Meals on Wheels Program, enabling them to actively participate in community service while also gaining firsthand experience and insight into the significance of nutrition.

As part of Envision Wellness PROS approach to nutrition education, there is a concerted effort to launch a social media campaign. Through creative content and informative posts, the campaign aims to reach a wider audience, sparking meaningful conversations about wellness while also raising awareness about Envision PROS and its services within the broader community.

Goal Setting

in PROS and the Psychiatric Rehabilitation Process

As PROS programs engage in the New York Psychiatric Rehabilitation Training Academy, one topic of conversation has been goal setting and the difficulty of establishing a “life role goal” for the IRP in a participant’s first 60 days.

Many participants will come to PROS with a general idea of what they might want to accomplish, but the specifics haven’t yet come into focus. Others may have no idea what the possibilities even are. PROS programs are encouraged to work with participants to develop exploratory goals that reflect the areas of their life and wellness that they want to explore, learn about, and understand.

Some examples of appropriate exploratory goals in PROS include but are not limited to:

I will understand more about what recovery might mean in my life.

I need to understand the relationship between my mental health and behavior.

I’m thinking about going back to work and would like to understand my options.

I want to explore how I can reconnect with family I’ve lost touch with.

I would like to explore educational opportunities that will help me get a job.

I will explore and understand the value and demands of different social connections.

I want to learn more about careers and work options.

I will learn more about the housing options available to me in my community.

Exploratory goals are still personalized to the participant and connected to their PROS services. Participants with such goals would likely benefit from psychosocial rehabilitation services like community living exploration, engagement, disability education, and basic living skills training.

Exploratory goals are appropriate when a participant is still establishing and building their readiness to work on a psychiatric rehabilitation or “life role” goal. As the participant increases their knowledge, skills, resources, and motivation, the IRP should be updated to include a more focused goal statement that addresses the rehabilitation goal they want to achieve within the next 6 to 24 months.

Embracing **SPRING!** Celebrating Diversity in PROS

As the days grow longer and the weather begins to warm, the arrival of spring brings with it holidays and cultural celebrations that mark the season's transition.



From Easter and Ramadan to Holi and Nowruz, diverse communities unite to honor and celebrate traditions, rituals, and values that define their unique identities. Beyond specific holidays, spring itself symbolizes growth, inspiring fresh starts, and opportunities.

This offers an opportunity to engage PROS Participants in activities that resonate with local communities. Many PROS Programs take advantage of the warm weather by engaging in outdoor activities, and refreshing class schedules. By embracing cultural diversity and fostering meaningful connections, we can create spaces where everyone feels valued and included.

PROS Redesign and the IRP

In PROS Redesign, the Individualized Recovery Plan will be updated to include both a “Recovery Vision” and a “PROS Goal.”

This shift in language is intended to support the psychiatric rehabilitation process by both honoring long-term visions and goals for recovery while focusing the IRP on the participant’s immediate goal related to their program participation.

Resources

[Documentation Done Right](#) is a training series available through MCTAC/CTAC. These recorded trainings, workbooks, and tip sheets are a valuable resource for supervisors and staff who are learning to document Medicaid-reimbursable services. Workbooks, tip sheets, and training content are available for free!



The Department of Labor has websites to help explore careers, look for jobs, and create job seeker profiles. For help on getting the most of these powerful resources, visit the DOL [Career Development page!](#)

- [CareerZone](#) is a career exploration tool, designed for participants who have little to no work history and need a place to start.
- [JobZone](#) is a similar tool but geared toward job seekers with a work history. For help on getting the most of these powerful resources, visit the DOL [Career Development page!](#)
- The [New Virtual Career Center](#) is here! The modern platform provides job seekers with the ability to communicate with potential hiring companies throughout every step of the recruiting process. Job opportunities are added daily and hundreds of businesses across all economic sectors are posting job openings on New York’s VCC.

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- PROS Newsletters since 2022 are catalogued at: <https://omh.ny.gov/omhweb/pros/newsletter.html>
- PROS Newsletters from 2015-2021 are archived at: [Resources – Rehabilitation and Recovery Clearinghouse](#)



Office of
Mental Health

This newsletter is written by the Bureau of Rehabilitation Services, Treatment, and Care Coordination at the New York State Office of Mental Health.

Please distribute to all PROS staff.