

Citizens Project



**Connection to Resources and Support in the
Community
And
Enhancement of Skills to Aid in the Process of
Recovery**

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Citizens Project

A Project of Yale University, Dept. of Psychiatry, Program for Recovery and Community Health (PRCH) and the Connecticut Community Mental Health Center. Funded by the Connecticut Department of Mental Health and Addictions Services

Developed by: Michael Rowe, Ph.D. and Madelon Baranoski, Ph.D.

Background

- Two year research project
- Evolution of a six month program
- Development of 5 R's

defined Citizenship as

a measure of the strength of one's connections to the *Rights, Roles, Responsibilities & Resources* that society makes available to its members and to *Relationships* involving close ties, and supportive social networks in one's community.

Citizens Project

is designed to assist our students with...

- Understanding and exercising their rights
- Identifying ways to fulfill their goals & responsibilities
- Enhancing their roles as valued members of their communities
- Enhancing their knowledge & access of community resources
- Enhancing their ability to develop supportive relationships and **networks**

What do our Students Receive?

- **Mutual support group students coined “What’s Up”**
- **Forensic Peer Support inside and outside the class room**
- **Non-traditional classes geared towards the 5 R’s**
- **Individual or group Valued Role Project**

What is “What’s Up?”



- Student created and facilitated support group
- Sharing of personal challenges and accomplishments
- Receiving honest supportive and constructive feedback from classmates and staff
- Confidential and safe environment

“I learned how to talk to people, listen better and deal with my problems” ...CCEP student

Some of our Classes



- **Communication Skills**
 - **Financial Health**
 - **Relationship Building**
 - **Healthy Alternatives**
 - **Negotiating the Criminal Justice System**
 - **Housing Options and Issues**
 - **Vocational & Educational Development**
 - **H.I.V. Prevention**
 - **ADA & Negotiating**
 - **Advocacy**
 - **Goal Development**
 - **Public Speaking**
- “I learned how to advocate for myself, it gave me the courage to go back to school.”...CCEP student**

Valued Role Projects



- Student developed individual or group projects
- Utilizing their talents, knowledge, skills and life experiences
- Educating and sharing with people in the community
- Expanding their connections in the community

“This group has made me realize that I have good qualities and I can contribute to my community.” ...CCEP student

Moving Forward....

Citizens Project has begun replicating in different communities meeting the needs of a variety of venues and service populations.

- Connecticut Valley Hospital
- West Haven Mental Health YAS Program
 - Pennsylvania
 - Montreal, Canada