

## Curricula & Resources for Skill Building

Website	Address	Targets	Materials/Modules	Cost
<a href="http://www.wellness-resources.com">www.wellness-resources.com</a>	Wellness Reproductions and Publishing, LLC 135 Dupont St, Plainview, NY 11803-0760  1-800-669-9208	Adults & Children/Youth	<ul style="list-style-type: none"> <li>• Personal Recreation Plan, Poster</li> <li>• A New Beginning: Recovery Workbook. Reproducible exercises go help people overcome addictive behaviors. Mildred D. Williams. © 2002</li> <li>• Life Management Skills VI, Reproducible activity handouts created for facilitators. Kathy Korb-Khalsa and Estelle Leutenberg. © 2000</li> <li>• Aging</li> <li>• Alcohol Prevention &amp; Cessation</li> <li>• Anger Control</li> <li>• Anxiety</li> <li>• Assertiveness</li> <li>• Cognitive Skills</li> <li>• Communication</li> <li>• Conflict</li> <li>• Creative Expression</li> <li>• Dual Diagnosis</li> <li>• Emotions</li> <li>• Family Issues</li> <li>• Grief</li> <li>• Juvenile Justice</li> <li>• Leisure Activities</li> <li>• Life Skills</li> <li>• Mental Health/Mental Illness</li> <li>• Parenting</li> <li>• Relationships</li> <li>• Relaxation</li> <li>• Self Esteem</li> <li>• Social Skills</li> <li>• Stress Management</li> <li>• Substance Abuse</li> <li>• Teen Issues</li> <li>• Violence</li> </ul>	\$13.95 and up

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<a href="http://www.mentalhealth.samhsa.gov/publications/allpubs/SMA-3715/introduction.asp">www.mentalhealth.samhsa.gov/publications/allpubs/SMA-3715/introduction.asp</a>  <a href="http://www.mentalhealth.org/publications/allpubs/SMA-3717/default.asp">www.mentalhealth.org/publications/allpubs/SMA-3717/default.asp</a>  <a href="http://www.mentalhealth.samhsa.gov/publications/allpubs/SMA-3720/default.asp">www.mentalhealth.samhsa.gov/publications/allpubs/SMA-3720/default.asp</a>  <a href="http://www.mentalhealth.org/publications/allpubs/SMA-3719/default.asp">www.mentalhealth.org/publications/allpubs/SMA-3719/default.asp</a>  <a href="http://www.mentalhealth.org/publications/allpubs/SMA-3718/default.asp">www.mentalhealth.org/publications/allpubs/SMA-3718/default.asp</a>  <a href="http://www.mentalhealth.org/publications/allpubs/SMA-3716/default.asp">www.mentalhealth.org/publications/allpubs/SMA-3716/default.asp</a>	Center for Mental Health Services Substance Abuse and Mental Health Services Administration 5600 Fishers Lane, Room 15-99 Rockville, MD 20857	Adults' primarily self-help	7 Toolkits for Wellness and Recovery: <ul style="list-style-type: none"> <li>• Building Self Esteem</li> <li>• Dealing with the Effects of Trauma: A Self Help Guide</li> <li>• Action Planning for Prevention &amp; Recovery: A Self Help Guide</li> <li>• Speaking Out for Yourself: A Self Help Guide</li> <li>• Developing a Wellness &amp; Recovery Lifestyle: A Self Help Guide</li> <li>• Making and Keeping Friends: A Self Help Guide</li> </ul>	Free downloads
<a href="http://www.choicesinrecovery.com">www.choicesinrecovery.com</a>	Janssen Pharmaceuticals	Adults Self-Help	Pamphlet style information can be used as basis for group teaching or curriculum development or self-help. Major topics center around Bipolar Disorder, Schizophrenia, Mental Health, Setting goals, budgeting, preparing for a M.D. visit.	Free downloads
<a href="http://w3.ouhsc.edu/bpfamily/Detail/Amenson.html">w3.ouhsc.edu/bpfamily/Detail/Amenson.html</a>	Christopher S. Amenson, Ph.D. Pacific Clinics Institute, 909 S Fair Oaks Ave. Pasadena, CA 91105 Phone: (626) 795-8471, ext 409	Family Members	<ul style="list-style-type: none"> <li>• Schizophrenia: A Family Education Curriculum</li> </ul> May also be available: <ul style="list-style-type: none"> <li>• Schizophrenia, Family Skills Training Methods</li> <li>• Family Skills for Relapse Prevention</li> </ul> Spanish & Japanese versions also available	\$295
<a href="http://www.treatmentteam.com">www.treatmentteam.com</a>	Neuroscience Treatment Team Partners Program	Adults	<ul style="list-style-type: none"> <li>• psychoeducational program designed to help clients who have mental illness</li> <li>• information and tips on healthy living, including nutrition and exercise.</li> </ul>	Free downloads

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<a href="http://www.bu.edu/cpr">www.bu.edu/cpr</a>	Center for Psychiatric Rehabilitation at Boston University 940 Commonwealth Avenue West Boston, MA 02215 (617) 353-3549	Primary Focus/ Adults  Also materials for staff training	<ul style="list-style-type: none"> <li>• Compendium of Activities for Assessing and Developing Readiness for Rehabilitation Services. Mikal Cohen &amp; Dean Mynks, Editors. © 1993</li> <li>• Financial Empowerment for People with Psychiatric Disabilities: What you need to know about social security and work incentives. Training Manual. Kim MacDonald-Wilson. Eight Edition, January 2001.</li> <li>• The Recovery Workbook II: Connectedness. LeRoy Spaniol, Richard Bellingham, Barry Cohen, &amp; Susan Spaniol. © 2003</li> <li>• The Recovery Workbook: Practical Coping and Empowerment Strategies for People with Psychiatric Disability</li> <li>• The Experience of Recovery</li> <li>• The Role of the Family in Psychiatric Rehabilitation: A Workbook</li> <li>• Psychological and Social Aspects of Psychiatric Disability</li> <li>• A Comprehensive Guide for the Integrated Treatment of People with Co-Occurring Disorders</li> <li>• Career Planning Curriculum: Instructor's Guide and Reference Handbook</li> <li>• Introduction to Rehabilitation Readiness</li> <li>• Training Technology: Rehabilitation Readiness</li> <li>• Training Technology: Setting an Overall Rehabilitation Goal</li> <li>• Training Technology: Functional Assessment</li> <li>• Training Technology: Direct Skills Teaching</li> <li>• Training Technology: Case Management</li> <li>• Practitioner Tools: Assessing Readiness</li> <li>• Practitioner Tools: Developing Readiness</li> <li>• Practitioner Tools: Achieving Valued Roles</li> <li>• Practitioner Tools: Consumer Participation Skills—Evaluation Modules and Lesson Plans</li> </ul>	\$30.00 and up

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<a href="http://www.dbsalliance.org">www.dbsalliance.org</a>	Depression and Bipolar Support Alliance 730 N. Franklin Street, Suite 501, Chicago, Illinois 60610-7224 USA toll free: (800) 826-3632	Adults with mood disorders and their supports	Teaching materials pamphlets, podcasts on understanding mood disorders, including depression, bipolar, and suicide prevention	Online & free downloads
<a href="http://www.depression-recovery-life.com">www.depression-recovery-life.com</a>		Adults with depression; could be used with youth	Includes checklists, self-tests, stories from other consumers, info on depression, and self-help guide*	\$29.99 e-book*
<a href="http://www.mentalhealthrecovery.com">www.mentalhealthrecovery.com</a>	Mary Ellen Copeland PO Box 301 W. Dummerston, VT 05357 Phone: 802-254-2092	Youth & Adults, but can easily be modified for children	<ul style="list-style-type: none"> <li>• Wellness Recovery Action Plan</li> <li>• Wellness Recovery Action Plan and Peer Support</li> <li>• Creating Wellness video series</li> <li>• Wellness Recovery Action Plan for Dual Diagnosis</li> <li>• Wellness Recovery Action Plan Curriculum &amp; Facilitator Manual</li> <li>• <b>WRAP app (NEW!!-for iphone or ipad)</b></li> <li>• Loneliness Workbook</li> <li>• Healing the Trauma of Abuse: A Woman's Workbook</li> <li>• Winning Against Relapse</li> <li>• Worry Control Workbook</li> <li>• Recovering from Depression: A Workbook for Teens</li> <li>• The Depression Workbook: A Guide to Living with Depression and Manic-Depression</li> <li>• Living with Depression and Manic Depression: A Workbook for Maintaining Mood Stability</li> <li>• Plan de Acción para la Recuperación del Bienstar</li> </ul>	\$4.99 and up

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<a href="http://www.intentionalcare.org">www.intentionalcare.org</a>	Patricia E. Deegan & Advocates, Inc. 27 Hollis Street Framingham, MA 01702 Phone: (508) 628-6300	Staff	Principles and processes to implement recovery models. Areas include: <ul style="list-style-type: none"> <li>• Professional Boundaries,</li> <li>• Client Choice,</li> <li>• The Role of the Direct Service Worker,</li> <li>• Confidentiality,</li> <li>• Community Integration, Cleaning for Group Homes and</li> <li>• Cleaning for Supported Housing</li> </ul>	Varies-call for pricing
<a href="http://www.power2u.org">www.power2u.org</a>	National Empowerment Center 599 Canal St. Lawrence, MA 01840 Phone: 1-800-769-3728	Adults	<ul style="list-style-type: none"> <li>• PACE Recovery Curriculum</li> <li>• Coping with Voices</li> <li>• Beyond the Coke and Smoke Syndrome-Pat Deegan</li> <li>• Also, newsletter and other articles from this self-help organization that address such how-to's as: Medication visits with psychiatrist</li> </ul>	\$69 \$69 also free downloads
<a href="http://www.nrchmi.samhsa.gov/search/detail.asp?ResID=2964">www.nrchmi.samhsa.gov/search/detail.asp?ResID=2964</a>	Chicago, IL: Thresholds National Research and Training Center, 1993.	Women	Safe, Secure, and Street-Smart: Empowering Women with Mental Illness to Achieve Greater Independence in the Community” A Curriculum	

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<a href="http://www.cmhsrp.uic.edu/nrtc/tools.asp">http://www.cmhsrp.uic.edu/nrtc/tools.asp</a>	UIC Mental Health Services Research and Policy (312) 355-1696	Youth, adults	Self Determination Tools: 1. Express Yourself! Assessing Self-Determination in your Life/This is Your Life! Creating Your Self-Directed Life Plan 2. Raising Difficult Issues With Your Service Provider 3. Seeking Supported Employment: What You Need to Know 4. Research on Self-Directed Care Fact Sheet 5. One-Stop Source for Self-Directed Care 6. Enhancing Cultural Competency in Peer-Run Programs	Free Downloads
<a href="http://www.reintegration.com/">www.reintegration.com/</a>	The Center for Reintegration, Inc. 347 West 37 <sup>th</sup> Street New York, NY 10018 Phone: (212) 951-5090	Children, youth, adults, family members	Variety of informational pages for illness education, and issues identification. Some topics include: <ul style="list-style-type: none"> <li>• I Don't Need to Take My Medicine</li> <li>• My Child has Schizophrenia, What should I do?</li> <li>• About Mental Illness</li> <li>• Therapeutic Alliances</li> <li>• Resources</li> </ul>	On line