

Recovery Education's Spring Semester 2024

Boston University College of Health & Rehabilitation Sciences: Sargent College
Center for Psychiatric Rehabilitation



Amira Sheikh
Administrative Manager
Recovery Services Division
940 Commonwealth Avenue West
Boston, Massachusetts 02215
T: 617-353-1124 F: 617-353-7700
cpr.bu.edu

Recovery Education Program's Spring 2024 Semester

IMPORTANT DATES

Course Registration	Monday, December 4th – Friday, December 22 nd
Confirmation Emails/Letter	Friday, January 12th
First Week of Classes/Activities	Tuesday, January 16th
Last Week of Classes/Activities	Friday, April 19th
Spring Break: Center Closed, No Classes/Activities	Monday, March 4th- Friday, March 8 th
Additional Days: Center Closed, No Classes/Activities	Monday, February 19th: Presidents Day Monday, April 15th: Patriots Day

ABOUT US

The Recovery Education Program at the Center for Psychiatric Rehabilitation is an adult education program that offers students the opportunity to choose a range of wellness courses to support their rehabilitation and recovery efforts. This program is designed to strengthen and broaden the student's knowledge of the physical, intellectual, emotional, spiritual skills, supports and practices that will enhance their readiness for personal change and role recovery. Our semesters are a combination of in-person and virtual classes.

Recovery Education's Spring Semester 2024

Important Information

Q: How do I apply to the Recovery Education Program?

A: You will need to complete [New Student Application](#) that includes a Medical/Psychiatric Information Form. Please return the packet to Program Administrator Services Division, fax (617-353-7700) or email it to amiras@bu.edu

Q: What are the requirements to participate in the Recovery Education Program?

A: Interested individuals must apply to the program, provide mental health condition documentation, be willing to use an educational environment to foster their recovery, submit medical records and provide documentation of COVID 19 vaccines and boosters. We follow Boston University guidelines which students **must complete a COVID-19 initial vaccination series and a COVID-19 booster shot** for both "In-Person" and "Virtual" Classes.

Q: What is the difference between in-person classes, virtual classes?

A: **In-Person Classes** are classes where student and staff are physically at the Center. You will need to register for these classes. We ask that you make the commitment to be in that class weekly. **Virtual Classes** are classes where student and staff can join from the comfort of their own home or another environment. Zoom is the platform we use, and you will need to register for these classes. We ask that you make the commitment to be in that class weekly. Participants are expected to attend virtual classes with their camera on (unless they need to take a break) and dress as if attending physically at the Center.

Q: How do I register for classes or activities?

A: You must have submitted a [New Student Application](#) to attend the Recovery Education Program. After you have enrolled, you will need to complete a class registration form, which is located on our website. If you need assistance registering for classes, please call or email Amira Sheikh
Email: amiras@bu.edu

Q: Will there be a class limit for virtual classes, activities or workshops this semester?

A: There will be class limits for in-person and virtual classes; all students are encouraged to register for drop-in activities as well.

Q: What do I do if I am unable to attend my class?

A: Contact your instructor, or you can leave a message at the front desk (617) 353-3549.

Q: Where is the Center located?

A: The Center is located at 940 Commonwealth Ave. Boston 02215, but our entrance is located on [Pleasant Street](#). If you are taking public transportation, take the [Green B-Line](#) Outbound, and get off at the Babcock Street stop. If you drive, there is meter parking out in front of the Center, free parking further along Pleasant Street and a parking garage at The [Agganis Arena](#) that charges hourly.

Recovery Education's Spring Semester 2024

In-Person Classes, Virtual Classes & Virtual Drop-in Activities List

Registration Process Page 4

Class/Activities Schedule Page 5

In-Person Classes

Breathing Page 6

Peer Support Page 6

Achieving Goals the S.M.A.R.T Way (In Person and Virtual) Page 6

Photovoice and Aging Page 6

Eat, Drink, and Be Merry the Mindful Way Page 6

Recovery Through Work and Volunteering Page 7

Support Fitness Page 7

Painting and Drawing Page 7

Reiki 2 Page 7

Embracing Loss Page 7

Socializing for Recovery Page 7

Computers and Social Media Page 8

Decision-Making to Benefit Your Recovery Page 8

WRAP Wellness Recovery Action Plan Page 8

Healthy D.O.S.E Page 8

The Ties That Bind: Healthy Relationships Page 8

Support Fitness Page 9

HOPES Page 9

Drop-In In-Person Classes

Community Singing Page 9

Working with Textiles Page 9

Virtual Classes

Chess Page 9

Advanced Reiki 2 Page 9

Storytelling Page 10

Singing and Meditation Page 10

Poetry for Recovery Page 10

Drop-In Virtual Classes

Humor and Response Page 10

Laughter Yoga Page 10

Recovery Education's Spring Semester 2024

How to Register

Registration for In-Person Classes, Virtual Classes, and Virtual Drop-In Activities

Registration form:

1. Click the link above; you will be directed to a form.
2. Fill out your contact information
3. Check the boxes of the in-person classes, virtual classes, or drop-in activities you wish to take.
4. Click Submit. You will receive a copy of your registration form by email after you submit.
5. We follow Boston University guidelines for vaccination status, which is currently the initial shots and one booster. This is required by all students, regardless if the class is "In-Person" or "Virtual"

Class Limits:

In-Person Classes: Students can select up to 5 "In-Person" classes. These classes will take place at the Center.

Virtual Classes: These classes will take place virtually on Zoom, login information will be provided with email confirmation.

Drop-In Activities: These activities do not count against your selected classes and are offered through Zoom and in-person. You can drop into these activities at any point during the semester, but registration is **STRONGLY** suggested.

In-Person Location: Here at the Center, we have three primary classrooms setting. The Large Conference Room (**LCR**) located on the 2nd floor, The Computer Classroom (**CC**) located on the 1st floor, and the Recovery Conference Classroom (**RCC**) also located on the first floor.

Virtual Meeting ID: Zoom Room information will be provided after you received confirmation for your virtual classes.

If you have questions or would like to register, please email Amira Sheikh at amiras@bu.edu

Recovery Education's Spring Semester 2024

Monday (Virtual)	Tuesday (In-Person)	Wednesday (Virtual)	Thursday (In-Person)	Friday (Virtual)
			Working with Textiles (Drop In) 9:15-10:15 RCC with Louise and Intern	
	Breathing 9:15-10:15 RCC with Derek and Petra		Embracing Loss 9:15-10:15 LCR with Derek and Petra	
	Peer Support 10:30-11:30 LCR with Lenny and Vieisa		Socializing for Recovery 10:30-11:30 LCR with Petra and Bill	Achieving Goals the S.M.A.R.T Way 9:30-10:30 Zoom with Louise and Kathryn
	Achieving Goals the S.M.A.R.T Way 10:30-11:30 RCC with Louise and Kathryn		Computers & Social Media 10:30-11:30 CC with Derek and Bob	
Chess 12:00-1:00 Zoom with Petra and Mike	Lunch Slot 12:00-1:00		HOPES 10:30-11:45 RCC with OT Grad Students	
Advanced Reiki 2 1:15-2:15 Zoom with Gary and Deb	Photovoice and Aging 1:15-2:30 LCR with Derek and Garrett	Poetry for Recovery 1:15-2:15 Zoom with Mike and Charles	Staff Meeting 12:00-1:00 LCR (Only Staff)	Humor and Response in Recovery 12:45- 1:45 Zoom Drop-In with Elynn and Danielle
Storytelling 2:30-3:30 Zoom with Gary and Bob	Eat, Drink, & Be Merry the Mindful Way 1:15-2:30 RCC with Marjorie, Kathryn, and Intern	Singing and Meditation 2:30-3:30 Zoom with Marjorie and Deb	Decision-Making to Benefit Recovery 1:15-2:15 CC Mike and Garrett	Laughter Yoga 2:00-3:00 Zoom Drop-In with Deb and Intern
	Recovery through Work & Volunteering 1:15-2:15 CC with Louise and Bill	Staff Facilitation Class 3:30-4:30 Zoom with Derek (Only Staff)	WRAP Wellness Recovery Action Plan 1:15-2:15 SCR with Lenny and Danielle	
	Support Fitness 2:45-4:00 GYMIT with Lenny and Garrett		Eat, Drink, & Be Merry the Mindful Way 1:15-2:30 LCR with Marjorie, Kathryn, and Intern	
	Realism: Painting and Drawing 2:45-4:00 RCC with Amira and Derek		Healthy D.O.S.E 1:15-2:30 RCC with Elynn and Bill	
	Reiki 2 2:45-4:00 LCR with Gary and Deb		Support Fitness 2:45-4:00 GYMIT with Lenny and Garrett	
			Healthy Relationships 2:45-4:00 LCR with Gary and Mike	
			Community Singing (Drop In) 2:45-4:00 RCC with Derek and David	

Recovery Education's Spring Semester 2024

In-Person Classes/Activities

Breathing

Tuesdays 9:15-10:15 (RCC)

Derek and Petra

Breathing is one of the most direct and simple ways to gain access to your internal world, where you can develop calmness and relaxation. Breathing well can dramatically affect your health and well-being. This class will teach you the skills of deep abdominal breathing which relates to relaxation, contentment, and peacefulness to foster a more stable emotional life. We will work to Develop a daily practice as part of your wellness regimen.

Peer Support

Tuesdays 10:30-11:30 (LCR)

Lenny and Vieisa

This is an opportunity for staff, and students to come together inclusively as humans, as we navigate our way through the end of a global pandemic, social isolation, and making sense of our "new" normal together. We will articulate our goals for healing and wellness and mentor each other.

Achieving Goals the S.M.A.R.T Way (In Person and Virtual)

In Person: Tuesdays 10:30-11:30 (RCC) and Virtual: Fridays 9:30- 10:30 (Zoom)

Louise and Kathryn

To grow and succeed, setting and achieving your personal goals is important. In this class, students will learn and implement a structured method of achieving goals. The Class will provide opportunities to explore challenges and strategies that can be barriers to your goals. This is a twice-a-week class that provides support while you are working on achieving your goals! Bring your hopes and dreams and we will work on helping you achieve them! emotional life. We will work to Develop a daily practice as part of your wellness regimen. Attendance to both Tuesday's in-person class and Friday's virtual class is required.

Photovoice and Aging

Tuesdays 1:15-2:30 (LCR)

Derek and Garrett

What does aging mean to you? Does it concern you or excite you? As you age, what are the things you find most meaningful? Are you willing to try new things, or give up old habits that don't work? What have you learned through your life journey, what keeps you well? How do friends, family, and surrounding communities factor into your everyday life and long-term plans? This class will provide an opportunity, through picture taking and brief narrative writing, to portray the concerns, hopes, and practices you carry as you age, as well as to explore ways you can improve your satisfaction, health, and happiness in the future. You will be able to share your life lessons with other students in the class and learn from them as well. In addition, the photovoice pieces you create may, with your permission, be used by researchers at the Center to develop a program to promote the healthy community living of older individuals living with mental health challenges. No previous experience with photography is needed. We will provide digital cameras for you to use during this class unless you prefer to take pictures with your phone.

Eat, Drink & Be Merry the Mindful Way

Tuesdays 1:15-2:30 (RCC) and Thursdays 1:15-2:30 (LCR)

Marjorie, Kathryn, and Intern

Mindful eating helps us to bring awareness to why, what, when, where, and/or how we eat. In this course, you will have an opportunity to experience the delight of eating without guilt and learn the basics of nutritious foods promoting physical and mental health. We will practice mindful eating of lunch/snack and share our food- related challenges and habits without judgment, in addition to uncovering the environmental influences on our food choices that lead to junk food consumption and overeating.

Recovery Education's Spring Semester 2024

In-Person Classes/Activities

Recovery through Work and Volunteering

Tuesdays 1:15-2:30 (CC)

Louise and Bill

In this class, students will have the opportunity to learn the skills needed to choose, get, and keep a job as well as to remain healthy while working. Work is often a form of personal medicine and is very supportive of our recovery. If you have been seeking to find a meaningful vocational role, this is the class for you!

Realism: Painting and Drawing

Tuesdays 2:45- 4:00 (RCC)

Amira and Derek

This is a structured art class that will introduce to you the grid method for creating realistic artwork based on photographs. The first few classes will focus on drawing with charcoal and/or pencils to explore shading and lines. Then we shall focus on painting with acrylics, looking at different aspects, such as color, color theory, color mixing, using washes and impasto (thick paint), and using brushes and/or palette knives. If we have time we will try different styles of painting from the different periods of art, such as, Impressionist, Expressionist, Symbolist, and Surrealist. Although the class is structured, bring your interests and creativity!

Reiki 2

Tuesdays 2:45- 4:00 (LCR)

Gary and Deb

Completion of Reiki 1 training is a prerequisite to registering for this class. This class will be a continuation of your Reiki practice by building off the Reiki 1 class, developing your distance healing, empowering energy, mental, and emotional healing, and practicing Reiki clinic interviews.

Embracing Loss

Thursdays 9:15-10:15 (LCR)

Derek and Petra

We experience loss in many ways, when we lose opportunities, lose our dreams, break up with partners, lose touch with friends and family, lose loved possessions and lose family and friends when they pass away. This course is designed to support you in developing your skills when experiencing loss of any kind. The focus will be on your strengths and resiliency and how you use them to construct and reconstruct the narrative of your life. You will be encouraged to identify your own grieving styles; understand the various models of grief and loss; learn strategies to transcend and embrace your experience of loss; understand how to create space and find meaning through loss.

Socializing for Recovery

Thursdays 10:30- 11:30 (LCR)

Petra and Bill

Do you feel shy or anxious when it comes to socializing with others? Then this class is the class for you! The aim is to empower you to feel confident with your communication. We will incorporate role-playing, the use of "small talk", the use of humor, and the importance of active listening. We will discuss barriers such as shyness, anxiety, fear of rejection, and self-confidence. We will also talk about developing conversation skills such as starting and ending conversations, awkward silences along with non-verbal communication (body language), assertive communication, and listening skills. Lastly, we'll focus on *Forming and Growing Friendships*. This section will deal with making friends or acquaintances in particular situations.

Recovery Education's Spring Semester 2024

In-Person Classes/Activities

Computers and Social Media

Thursdays 10:30- 11:30 (CC)

Derek and Bob

Many of us feel overwhelmed by the speed of technological innovation and the variety of technologies and tools that exist today. Yet, these technologies are becoming increasingly accessible and user-friendly, even to the most techno-phobic of people. People of all ages, from 9 to 99, are online and exploring the world of digital communication.

We are also aware of the "problems" with Social Media, So, how can we use it safely? Some of the more popular characteristics of social media are how connections can be made and information shared with greater ease than ever before. Many of us network and share ideas with old and new friends and family. Others are using the internet for support through Facebook, Instagram, live online chats, and other technologies. Blogging, podcasting, and sharing digital videos via YouTube are other ways that we can connect with our families, friends, and colleagues. Come to our Computers and Social Media Class and we can learn how to connect, network, and safely enjoy all of this together.

Decision-Making to Benefit Your Recovery

Thursdays 1:15-2:30 (CC)

Mike and Garrett

We use different approaches in making decisions. Choosing wisely can make all the difference. Sometimes it's best to use our intellect and consider pros and cons when deciding. Other times we use our gut or intuition. Our hearts also play a role in choosing what we want to achieve in life. Considering all the choices we make in life and how we come to a decision, we will practice how to make choices that benefit us in our recovery in a range of areas in our lives.

WRAP Wellness Recovery Action Plan

Thursdays 1:15-2:30 (SCR)

Lenny and Danielle

WRAP is a simple and powerful process for creating the life and wellness you want. Discover effective tools that help you maintain what you define as wellness. Develop a plan to stay on track with your life and wellness goals. Identify what gets in the way of your recovery and develop a plan to keep moving forward. Gain support and stay in control in any situation.

Healthy D.O.S.E

Thursdays 1:15-2:30 (RCC)

Elynn and Bill

Together, we'll explore short Meditations, Affirmations, Music, Singing, Nature Images, Movement, Gratitude and Writing, Collages, and Art and how they relate to D.O.S.E. which refers to: Dopamine, Oxytocin, Serotonin, and Endorphins. We'll enjoy fun methods to produce and increase the healthy proteins in our bodies in our day-to-day lives that enhance our well-being and recovery. The path to recovery will be uplifting and rewarding as we take this journey together.

The Ties that Bind: Healthy Relationships

Thursdays 2:45-4:00 (LCR)

Gary and Mike

Your experiences with family, friends, co-workers and significant others will be our content for this course. Are you interested in alleviating tension in relationships, addressing matters of estrangement, isolation or have a vital need for connection?

Under the lens of self-love and understanding" why do people react to me the way they do?"

"What's most important in a relationship? "Who am I in a world of people?" We will explore these questions and focus on conflict resolution.

Recovery Education's Spring Semester 2024

Support Fitness **Tuesdays and Thursdays 2:45 - 4:00 (GymIt)** **Lenny and Garrett**

This is an opportunity for people to come together inclusively as humans, as we navigate our way through our lives, our recovery and healing journeys and our experiences as citizens. We will listen deeply to one another, respond empathetically, and articulate our goals for healing and wellness. Peer support is a powerful way to mentor each other. In each class, we will discuss and practice a method to help deal with feelings and behaviors that may be in our way.

HOPES **Thursdays 10:30- 11:30 (RCC)** **OT Grad Students**

This skills training class focuses on a range of skills and experiences especially important to adults. In this class, students will learn how to communicate their needs better, make and keep more relationships, and incorporate healthy living practices into their lifestyle. This class will provide a fun and safe opportunity to practice these skills. We will meet weekly to practice with the possibility of going on a field trip to practice a skill in the community. As a class we will decide what skills are most important to us as a group and work together to learn and grow.

Drop-In & In-Person Classes/Activities

Community Singing **Thursdays 2:45-4:00 (RCC)** **Derek and David**

Music and Song can be a powerful tool for connection and communication and human beings have sung songs together, played drums, and other instruments for thousands of years. Singing together helps us bond with the members of our community. Building and having a community is now known to have numerous health benefits. So come and be a part of our harmonious community because we are going to be singing together and making sweet music.

Recovery through Working with Textiles **Thursday 9:15-10:15 (RCC)** **Louise and Intern**

Knitting is known as a skilled activity that benefits our mind and hearts. It has been shown to reduce depression, anxiety, trauma related symptoms and chronic pain—all important health goals in our recovery. Knitting also helps keep our cognitive skills and social skills sharp! This course will be individualized, self-paced and for all skill levels. Students will have the opportunity to learn how to knit, crochet, and do hand mending such as sewing on buttons depending on each person's interests. Come join us to learn how to knit yourself calm and connect with others.

Virtual Classes/Activities

Chess **Mondays 12:00-1:00 Zoom** **Petra and Mike**

Chess is a great way to socialize and think logically. This class is open to students of all abilities. Students call the moves, and the instructors provide constructive feedback on them. Beginners will learn the names of the pieces, the way they move, and how to call the moves. The more advanced students will learn the names of different moves and the strategies behind them. In each class the students are divided into 2 teams and play each other.

Advanced Reiki 2 **Mondays 1:15- 2:15 Zoom** **Gary and Deb**

This advanced Reiki class will allow students to apply the skills learned in Reiki 2 (empowering, addressing emotional issues, distance healing) to promote calmness, decreased physical discomfort, and an overall sense of well-being for themselves and others. Related healing modalities will also be practiced. Completion of Reiki 1 and Reiki 2 training is a prerequisite of this course.

Recovery Education's Spring Semester 2024

Storytelling **Mondays 2:30-3:30 Zoom** **Gary and Bob**

Everyone has a story. And our stories are the narratives to our lives and in our recovery. This fun-centered activity will provide students with the opportunity to tell stories or simply listen. Stories can be based on personal experiences, events that have happened, or complete fiction. Writers are welcome to share their works. In a supportive and encouraging environment, time will be devoted to the art of storytelling and refining these skills.

Virtual Classes/Activities

Singing and Meditation **Wednesdays 2:30- 3:30 Zoom** **Marjorie and Deb**

Each week in Singing & Meditation to Feed the Soul, we will listen to and discuss the lyrics of a song that inspires hope and reduces stress. Weekly we will practice vocal warm-ups, sing songs, and meditate on a mantra to calm ourselves, and widen our perspective. We will encourage each other to meditate and sing at home as it can improve your health and further your recovery.

Poetry for Recovery **Wednesdays 1:15- 2:15 Zoom** **Mike and Charles**

Poetry is a "window to the soul"; it is a means of catharsis, of self-expression, and the play of language. This class will focus on interpreting the inner self through verse. Using texts from familiar poets and encouraging students to share their own work from week to week, we will answer a few core questions. What moves your spirit in the way of the printed word? How does the work of others help you realize your own goals? What resonates with your joys and struggles? Our primary aim is to bring you along in your writing with readings and feedback. No experience is necessary, just be open-minded to expressing your work and listening to others!

Drop-In & Virtual Classes/Activities

Humor and Response in Recovery **Fridays 12:45-1:45 Zoom Drop-In** **Elynn and Danielle**

Humor and response journaling are a powerful combination to use to strengthen us on our pathways to recovery. We'll read and discuss very short stories, fun poems, skits, and songs together in class that are humorous and thought-provoking. Then, we'll journal our brief response to these stories during class and have the opportunity to share.

Laughter Yoga **Fridays 2:00-3:00 Zoom Drop-In** **Deb and Intern**

Laughter is fun, playful, and provides a way to connect socially, while uplifting your mood. Laughter is also an exercise: this class will teach you skills of laughter yoga and provide time to practice breathing exercises, stretching, and dancing to fun songs. These skills will support your overall wellbeing.

"Laughter is America's most important export." – Walt Disney