

Center for Personal Growth, Inc.

“Dedicated To Improving Your Mental Health”

Telephone: (619) 405-6378

www.centerforpg.com

To: Designated Skills System Support Person

From: The Center For Personal Growth, Inc. Skills System Group Facilitators

RE: Skills System Support Person

Thank you for agreeing to be the support person for the client interested in enrolling in the Skills System Group at the Center For Personal Growth, Inc. Being a designated support person for the client is an important part of the client’s treatment process and part of the group enrollment requirements. Client’s who have designated support people helping them to utilize the skills taught to them in the Skills System Group have better therapeutic outcomes. Here are some commonly asked questions about the role of a designated support person:

What qualities should a support person have?:

The Center For Personal Growth, Inc. group facilitators only see the clients for a maximum of an hour and a half a week (one hour of group therapy and half hour of individual therapy). Therefore, we can only assist our clients in utilizing the skills we teach them while they are at our facility. Our hope is that our clients utilize these skills outside of our facility and integrate them into their daily lives. Ideally a support person should have regular and frequent contact with the client so that they are able to assist the client in utilizing the skills taught to them in group if needed.

What kind of commitment does this role require?:

Being a designated support person requires a small commitment on your part. You are committing to attend mandatory monthly Skills System Support Group meetings. These meeting are for one hour per month and are hosted on Wednesdays from 6:00 pm to 7:00 pm. You (the designated support person) AND the client should both attend this meeting together. The focus of these meetings is for the support person to learn the Skills that are being taught to the client’s in the Skills System group so that the support person can assist the client to utilize these skills in their daily lives.

What else is involved in being a support person?:

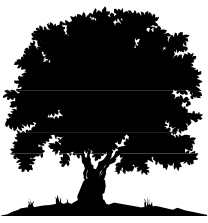
Very little. Just a positive attitude and regular attendance to these meetings. These meetings are mandatory. If a pattern of absences becomes a problem a meeting with the client’s SDRC Service Coordinator, the client, and you will be requested to address the issue.

Locations:

Center for Personal Growth, Inc.
4656 30th St.
San Diego, Ca. 92116

Exodus Recovery, Inc.
550 West Vista Way, Suite 301
Vista, Ca. 92083

Border View YMCA
3601 Arey Drive
San Diego, Ca. 92154



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Skills System Support Person Group (Normal Heights): 2022

Please Note: There are **TWO** Skills System Support Person Groups. You will only be enrolled in one designated group.

For **Thursday Night** Skills System Group Members: All Groups are held on the **First Wednesday of each month from 6:00 pm to 7:00 pm** unless it's a nationally recognized holiday.

- Wednesday, January 5, 2022
- Wednesday, February 2, 2022
- Wednesday, March 2, 2022
- Wednesday, April 6, 2022
- Wednesday, May 4, 2022
- Wednesday, June 1, 2022
- Wednesday, July 6, 2022
- Wednesday, August 3, 2022
- Wednesday, September 7, 2022
- Wednesday, October 5, 2022
- Wednesday, November 2, 2022
- Wednesday, December 7, 2022

For **Tuesday Night** Skills System Group Members: All Groups are held on the **Third Wednesday of each month from 6:00 pm to 7:00 pm** unless it's a nationally recognized holiday.

- Wednesday, January 19, 2022
- Wednesday, February 16, 2022
- Wednesday, March 16, 2022
- Wednesday, April 20, 2022
- Wednesday, May 18, 2022
- Wednesday, June 15, 2022
- Wednesday, July 20, 2022
- Wednesday, August 17, 2022
- Wednesday, September 21, 2022
- Wednesday, October 19, 2022
- Wednesday, November 16, 2022
- Wednesday, December 21, 2022

The above dates can be found on our website at the following link:

<http://www.centerforpg.com/forms/Support-Person-Group-Dates-2022.pdf>

If you cannot attend this group, please call us at 619-528-8005.

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<p><i>Center for Personal Growth, Inc.</i> 4656 30th St. San Diego, Ca. 92116</p>	<p><i>Exodus Recovery, Inc.</i> 550 West Vista Way, Suite 301 Vista, Ca. 92083</p>	<p><i>Border View YMCA</i> 3601 Arey Drive San Diego, Ca. 92154</p>
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