P.I.E.R.

Personal Involvement Empowering Recovery (PIER) provides structured, small-group classes and recreational activities in an environment that encourages individual initiative and development of a social network that puts participants on a path of positive self-awareness, growth and recovery. PIER encourages participation in daily operations as well as activities. PIER classes show individuals how to respond to challenges within their lives and within themselves. These include basic life skills of how to shop for and cook a healthy, low-cost meal; or how to locate and apply for a job; how to use their inner resources for their own benefit through anger management; how to develop a WRAP® plan for personal crises.

PIER provides a place for the pursuit of a healthy, holistic life style through which the individual is able to achieve wellness within a matrix of new relationships based on self-understanding, mutual acceptance and self-esteem.

Mission Statement

A peer-supported educational and socialization program, PIER offers a growth and healing opportunity to those with mental health and substance use disorders in an environment that fosters enhancement of their individual capabilities and talents.

PIER seeks to strengthen and expand wellness in individuals whose life experiences have changed the way they think, act and feel. PIER encourages individuals to reach their full potential and to continue wellness.

MHA Recovery Network
Mental Health America of Northern Kentucky & Southwest Ohio

nami | Northern Kentucky
National Alliance on Mental Illness

NorthKey COMMUNITY CARE

Vision Statement

PIER envisions a healthy society in which individuals, including those who have experienced social, educational and economic barriers as a result of mental or substance use disorder, are able to achieve their full potential as participating community members. Success will be accomplished through participation in peer-operated educational, socialization, wellness and recovery programs.

Revised 3-22-13

Manage Your Mood:
Practical tips to stay well and recover from mental and substance use disorders.
2 p.m. Second Monday each month.

W.R.A.P.® (Wellness Recovery Action Plan®):
In this group, you will list your personal resources – your Wellness Tools – and then use those tools to develop Action Plans to use in specific situations which you determine. WRAP® includes a Crisis Plan and Advance Directive and is adaptable to any situation.
10 a.m. Tuesdays.

Double Trouble in Recovery Group Support:
A 12-step support group to help individuals dealing with both mental and substance use disorders. Most participants will maintain their AA or NA connection while attending.
Noon Tuesdays.

Cooking Healthy, Low-Cost Meals:
Learn how to shop for and prepare delicious, healthy, low-cost meals.
1 p.m. Tuesdays.

Bingo:
Fun with friends! Prizes!
3 p.m. Tuesdays & Thursdays.

Wellness Support Group:
A discussion group format. Topics include stress, weight, healthy eating, exercise, relaxation and sleep.
11:30 a.m. Wednesdays.

Anger Management:
A 12-week group exploration with a summary of core concepts, worksheets to complete and homework assignments. In-class work and discussion.
1 p.m. Wednesdays.

Job Navigation:
Introduction to employment search, discovery, resources and support.
1 p.m. Wednesdays.

Hugh's Beat the Blues:
Use music, art, comedy, written exercises, movement and games to beat depression.
2 p.m. Wednesdays.

Relationships Support Group:
Learn skills and techniques through presentations & group discussions to strengthen and maintain romantic relationships.
Noon Thursdays.

Just Art:
Experiment with expressing yourself using colored wax crayons, beads or just a little paint.
1 p.m. Tuesdays & Thursdays.

Re-Entry:
Connect with others re-entering the community from a corrections facility, hospitalization or crisis intervention & experiencing isolation.
6 p.m. Thursdays.

Check in Check-up:
Volunteer medical personnel provide quick check-ups.
10 a.m. Second & Fourth Fridays.

The Cinda Stroll:
Walk the streets of Newport with a healthy purpose, discovering historic sites.
2:30 p.m. Fridays.

Find Ur Fun:
Discover your inner fun without the use of drugs or alcohol.
Noon Saturdays.