



# Welcome Package

**MCC Supportive  
Care Services**

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## What is Recovery?

Mental health recovery means taking control of your life and meeting its challenges. It means recognizing that you are a multi-dimensional individual who is not defined by psychiatric symptoms. Recovery doesn't mean an end to psychiatric events but it does mean managing the symptoms. Each path to recovery is unique and your treatment may or may not include taking medication. Recovery includes having a strong support network, self-maintenance, self knowledge for monitoring symptoms and the tools and ability to pursue meaning in your life.



### **Recovery is about**

- Believing you are capable of growth and change
- Embracing your possibilities and accepting your limitations
- Reducing symptoms
- Accepting yourself
- Knowing that a relapse doesn't undo your growth
- Taking responsibility, making choices, and actively participating in your treatment decisions

The process of recovery involves learning how to manage and live with your symptoms. Feeling hopeful about your future is one of the cornerstones of recovery. Another crucial aspect of recovery is building strong support networks in the community. Assuming personal responsibility for your treatment, maintaining a healthy lifestyle and recognizing triggers and symptoms as they occur are other important steps. A recovered person uses these tools not only to manage his or her symptoms, but also to interact with society and live independently.

The ultimate goal of recovery is for you to make meaning in your life: to be able to express yourself and to be heard and validated. You deserve to live with dignity and respect and to follow your dreams toward self-fulfillment and self-realization.

### **Recovery Activities**

- Express your true feelings to peers or friends and family
- Interact socially
- Learn about yourself, your triggers and your medication
- Educate yourself
- Eat three nutritious meals daily
- Take your medication
- Keep active: Engage in sports, hobbies and creative endeavors
- Sleep: Make sure you're getting enough
- Participate in community events by volunteering
- Review employment possibilities
- Seek out support in recovery programs

## Psychosocial Rehabilitation

Psychosocial rehabilitation (PSR) or reintegration into community life is an important part of recovery. PSR looks at how you function at home, work, and school and in your social life. It also reviews what skills you need to obtain an optimum level of independence.

Giving you the power to choose the types of services you need and the way in which the services are delivered is the concept behind PSR. Your strengths and abilities guide the decision making process rather than your symptoms or your past history. PSR is site specific, teaching you new skills in the environment where you will be using them and providing support while you are acquiring new skills. Staff will work in partnership with you to try to provide services that are culturally relevant.

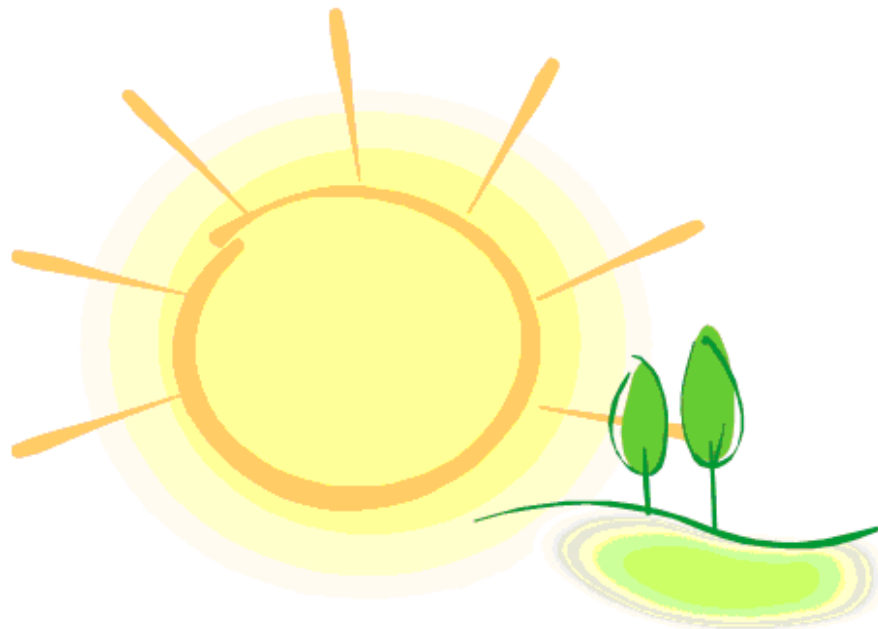
PSR services help you to build a community network as part of your recovery process. By increasing socialization and pursuing meaningful activities in the community, you can move beyond being defined by psychiatric symptoms and into a life that recognizes your strengths and abilities.



## **Principles of Psychosocial Rehabilitation**

- Personalized: responding to your specific needs and choices as to the type and duration of services requested
- Strengths and Abilities: determine your choices, not symptom reduction
- Skills: social, vocational, educational or interpersonal  
Learning new skills leads to increased confidence and self-esteem
- Environment: Assessing your strengths and abilities in a specific environment. You must learn new skills in the setting or environment where they will be used
- Partnership: between staff and clients
- Balance: You may need support in other areas while you're learning new skills

Adapted from <http://www.psychosocial.com/descript.html>



## Values and Balance

We all have values that guide us in our lives. Everyone's values are unique to them. Identifying what your core values are is a key to self-awareness. Knowing your values is extremely relevant when setting priorities, creating goals, and planning your days. You will want to consider your values when you create your Daily Maintenance Plan. For example, if you value relationships, your Daily Maintenance Plan might include things like going for coffee with a friend or going to a support group.

### Balance

We often talk about balancing the six dimensions of wellness: Physical, emotional, intellectual, psychological, social and spiritual. Everything we do, think, feel and believe has an impact on our overall wellness. The first step is to become aware of the different types of needs that we have. Here are some examples of the different dimensions:



## **Physical**

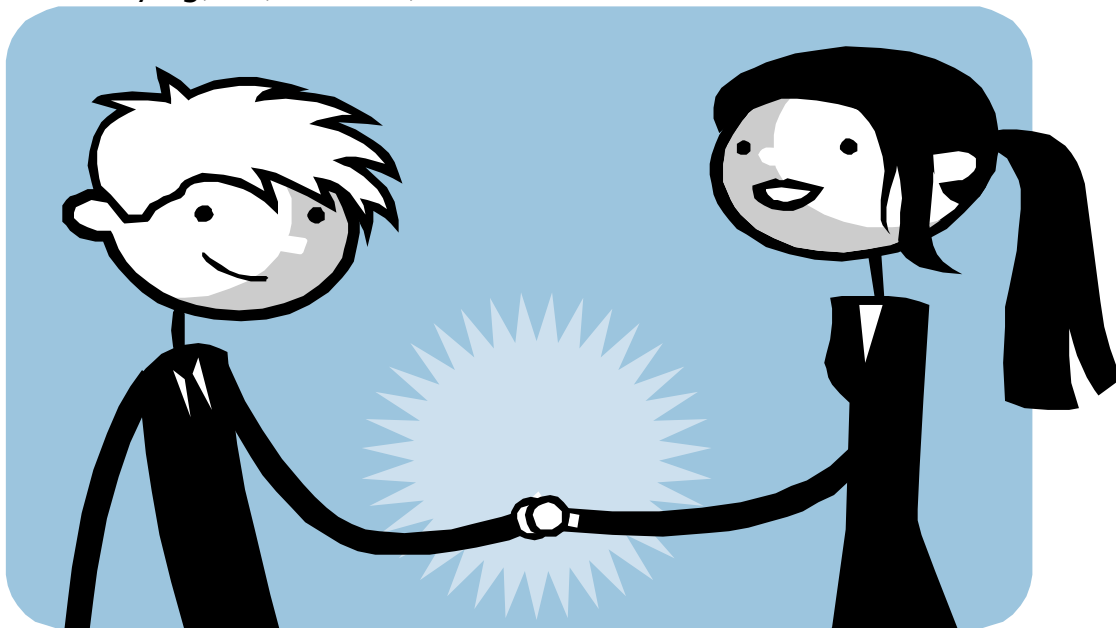
To achieve wellness in this dimension is to first have knowledge of what your body needs, and to make choices to meet those needs each day. It includes good eating habits, pursuing regular exercise, taking vitamins and medications and avoiding harmful habits. This dimension also includes both preventing and addressing various health problems such as diabetes or high blood pressure.

## **Emotional**

This dimension is about understanding your feelings and learning both to cope with them and to improve the way they affect you. To have achieved emotional wellness means that you have a sense of self-awareness, a secure self-identity, knowledge of your limitations and an ability to cope with the ups, downs and stresses of life.

## **Intellectual**

This dimension is about utilizing the outside world to both stimulate and teach you new things. Part of achieving wellness in this dimension is to stretch your mind by opening yourself up to new ideas and concepts. Creativity is essential to this dimension, which includes pursuing things like studying, art, hobbies, music and travel.



## **Psychological**

This dimension is about how we think and perceive things. What you choose and allow yourself to think about affects your wellness either positively or negatively in this dimension. Maintaining your mental health fits into this category as well.

## **Social**

As human beings we need community and support. This dimension is about relationships and connecting with others. It is about spending quality time with people, whether with family, friends, co-workers, a church family, or sports team. It's about focusing your attention and affections outside yourself and taking an interest in both the individual and humanity as a whole.

## **Spiritual**

As you can imagine this dimension is pretty broad. Spirituality includes things like faith and a belief in a being greater than ourselves. It also includes things like values, morals, ethics and beliefs. It is about seeking meaning and purpose for life. Contemplating life, prayer and meditation, wisdom, peace, and appreciating beauty and nature, are all things included in this dimension.



## **Programs offered at the MCC**

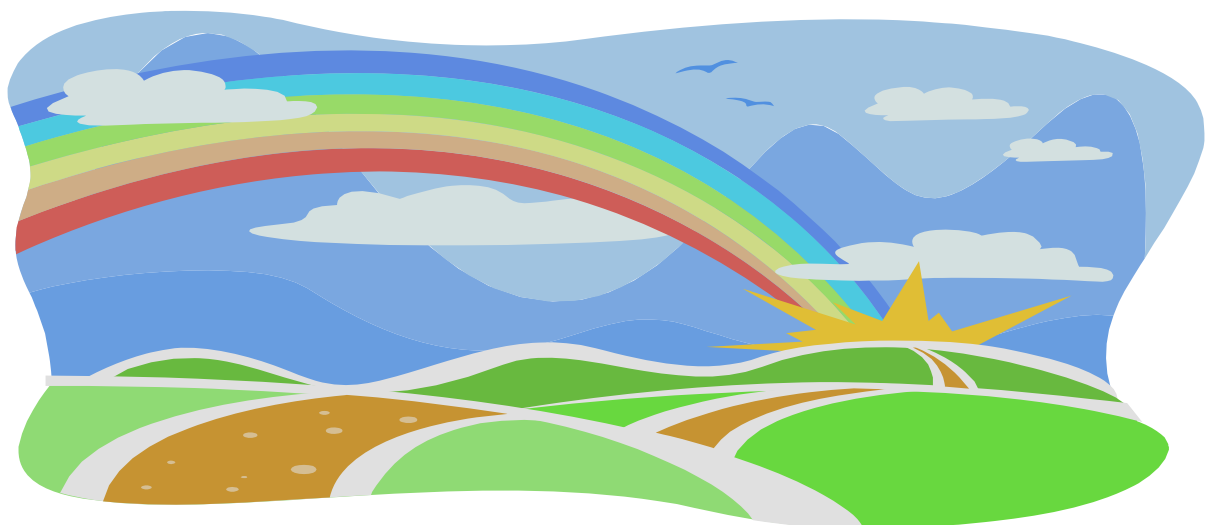
All staff will help you get established in clubs, support groups, and resources in the community. They listen to your problems, and help you become aware of the strengths, skills and abilities that make you a valuable person.

### **Peer Support Program**

Peer support workers have experienced mental health issues, and have received training with helping others along their process of recovery. They provide support and encourage others to heal and learn positive coping skills. Your mental health case manager, peer support worker and peer support program manager will help you to make goals and plans to achieve them.

### **WRAP**

The Wellness Recovery Action Planning workshop is a seven-week program where you will develop a wellness plan. You will learn what your triggers are and how to cope with them. By becoming aware of yourself, you can learn how to walk successfully on the road to recovery. You will learn skills that will lead to better health, stronger friendships and a heightened sense of belonging in the community.

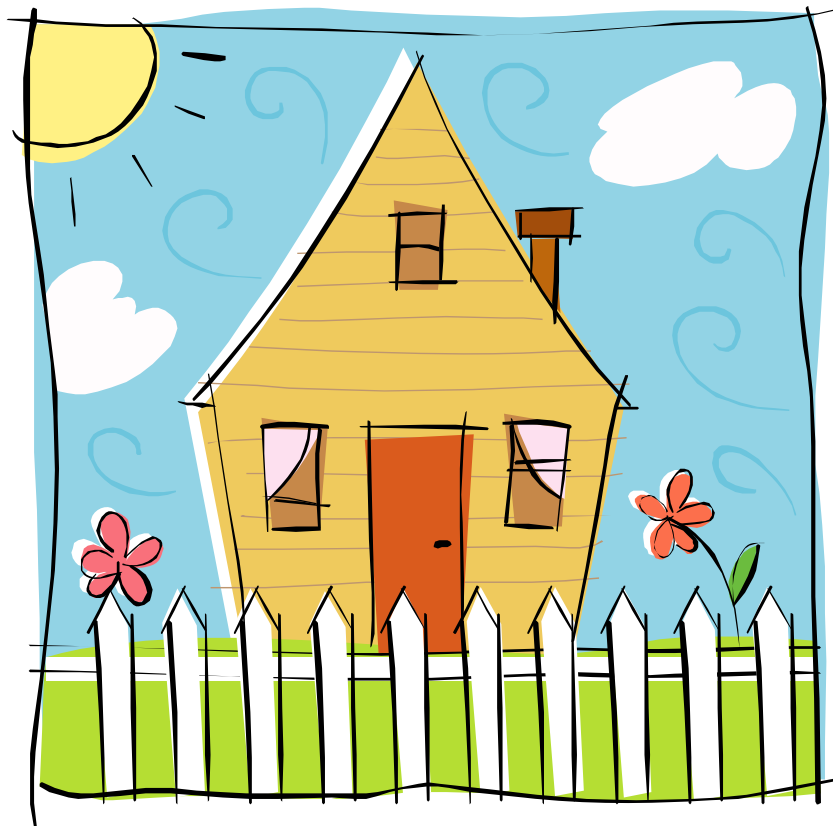


## **Topaz**

The Topaz group home in Chilliwack provides a safe place for people struggling with mental and physical health concerns. It is staffed with caring nurses and staff, a recreation worker and other care aids. Residents help with household chores and keeping things tidy.

## **First Avenue Kyeta Place**

First Avenue is a home in Chilliwack for people with mental health issues. First Avenue has a psychosocial rehabilitation program that help people to return to independent living in the community. At First Avenue you will have help to develop your own recovery plan. Cooking, budgeting, shopping and self-care are all things that residents are responsible for.



## **SIL Supported Independent Living Program**

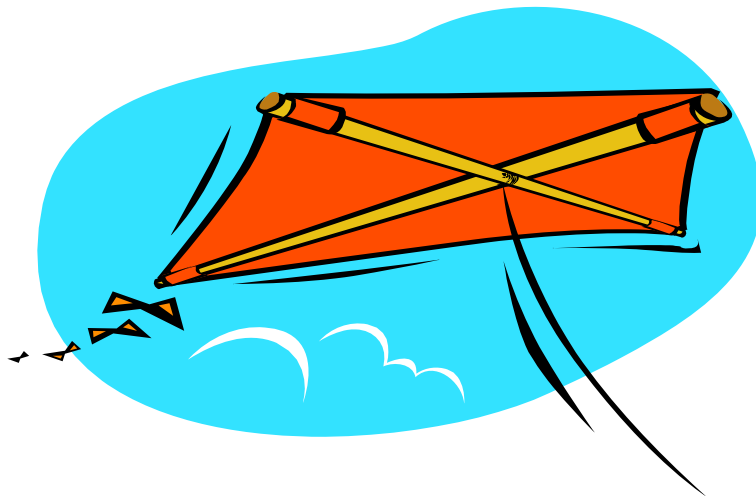
The SIL Program has over thirty clients who receive support through home visits. By participating in this program you will have support with independent living. SIL workers take their clients on outings in the community and encourage them to participate in physical activity and volunteer work. SIL clients are eligible for a rent subsidy to pay for part of their housing expenses.

## **Transitional Living Program**

This program is for people who are making a transition in their living arrangements from a group home or family to living independently. Workers help with weekly one-hour visits, take clients on outings and offer their support.

## **Breathe Easy Quit Smoking Program**

This is a three-month program designed to help you make the transition from cigarettes to a nicotine replacement treatment such as the patch, inhaler or gum. It is a safe environment to explore why you smoke, and what you can do to quit. You can celebrate your success with others in your group, and encourage and support others in the journey to better health.



## **VOICE (Vocational Options Integrating Choice Employment) Employment Services**

This is a job readiness program where clients can choose to go to workshops on a variety of topics (problem solving, interpersonal communication, critical thinking, mental health coping strategies). You will be supported in your quest for employment.

## **STEP Step Toward Employment Program**

This service team will help you find employment, write resumes and build your confidence for interviews.



## Mentor Profiles

### **Mary Ellen Copeland, PhD**

Mary Ellen Copeland was inspired to become a mental health recovery educator by her own personal experiences with mental illness. She has authored numerous books on mental health topics, and has developed a self-help strategy called the Wellness Recovery Action Plan (WRAP). WRAP is designed to assist people living with mental/physical illness in living their lives as independently as possible, and has been adopted throughout North America as a successful mental health recovery tool.



### **Pat Deegan, PhD**

Pat Deegan was diagnosed with schizophrenia as a teen, and went on to earn her doctorate in clinical psychology. At one time she was a community member of L'Arche, and it was during this period that she was nominated for a "Community Health Leadership Award" by the Robert Wood Johnson Foundation after working with others that had psychiatric disabilities. Pat Deegan co-founded the National Empowerment Center Inc., and is active in advocating compassion toward those with mental health issues.

## **John Vanier**

John Vanier is the founder of L'Arche (The Ark), "an international organization of faith-based communities...for people with developmental disabilities." After encountering the conditions that patients with developmental disabilities were being exposed to in 1964, John Vanier took in two men from an institution and lived with them in a house. He found that with proper community support, those that had been written off as disabled could be successfully integrated back into society.

## **Shery Mead**

After being diagnosed with mental illness as a teen, Shery Mead experienced years of hardship and shame. Not satisfied with the treatments that were available at the time, Shery Mead founded a peer support service for those with mental illness. Shery Mead now trains others in creative approaches to dealing with those with mental health issues.



## **Dr. John Toews MD**

Dr. John Toews believes that there are strong ties between religion and mental health. As a Christian psychiatrist, he published a book called *No Longer Alone: Mental Health and the Church* that reviews how churches can deal with mental health in their congregations. Currently, Dr. John Toews is an international speaker on these topics, and is a professor at the University of Calgary. He also maintains a private practice.

## **Building a Strong Support Network**

### **What is a Social Support Network?**

A strong support network is essential to recovery. Having a strong social support network means having people you can go to for physical and emotional comfort. A supporter might be a partner, family member, friend, co-worker or another who loves and values you.

### **Supporters are People Who**

Care about you

Empathize with you

Listen to you and share with you

Accept you as you are

Affirm and validate you and your experiences

Enjoy sharing fun and interesting activities with you

Advocate for you

Are willing to follow your predetermined plans

Can make decisions and take action for you when you can't

### **Why is it Important?**

Building and maintaining a strong social support network helps you stay emotionally healthy. When you have strong friendships or family support, you have someone to talk to, to do things with, to bounce ideas off and to get advice from. Friends, family and co-workers can take over and keep you safe when you can't do it for yourself. Having strong healthy relationships in your life also helps you to avoid negative or abusive relationships.

## **How Do I Build a Strong Social Support Network?**

### **Become an Active Member of a Support Group**

Support groups offer specific support to people who have similar problems. They counteract social isolation by providing a setting in which to connect with new people.

### **Participate in Community**

Try joining an activity, a special interest, community or religious group. The hardest part is going the first time. Give yourself some reward for getting there.

Check your local newspaper, internet or radio for activities and events that interest you.

### **Volunteer**

Lend a hand to a person in need, an organization or your community. Volunteering is a great way to meet new people and build self-esteem. Many communities have an organization that coordinates volunteer opportunities.

### **Keep in Touch With Friends and Acquaintances**

Get together for fun activities like movies, coffee or sports.

Make regular phone calls, email or send notes.

Have a time scheduled for your next get together.

### **Make Mutual Support a High Priority**

If your supporters are not asking as much of you as you are asking of them, treat them to lunch or some other fun activity or do them a needed favor.

**Make a commitment to establish and keep regular contact with members of your support team even when things are going well.**

\*Adapted from the WRAP Wellness Toolbox, Mary Ellen Copeland

## **Nutrition and Exercise**

Eating healthy and exercising regularly has the potential to improve your mood, give you more energy and reduce stress. If you are not used to these healthy habits, it may take time and perseverance to incorporate these new ways into your life.

### **Exercise**

The benefits of eating well and being active include

- Better overall health.
- Feeling and looking better.
- Lower risk of disease.
- A healthy body weight.
- Stronger muscles and bones.

### **Be active**

To be active every day is a step towards better health and a healthy body weight.

Canada's Physical Activity Guide recommends building 30 to 60 minutes of moderate physical activity into daily life for adults and at least 90 minutes a day for children and youth. You don't have to do it all at once. Add it up in periods of at least 10 minutes at a time for adults and five minutes at a time for children and youth.

## Eating Healthy

The revised Canada Food Guide is an excellent source of information on healthy eating.

<b>Canada Food Guide: Number of Servings per Day</b>					
	<b>Adults</b>				
	<b>19-50</b>		<b>51 +</b>		
	<b>Lady</b>	<b>Gent</b>	<b>Lady</b>	<b>Gent</b>	
<b>Vegetables and Fruit</b>	7-8	8-10	7	7	<p>Eat at least one dark green and one orange vegetable each day.</p> <p>Choose vegetables and fruit prepared with little or no added fat, sugar or salt.</p> <p>Have vegetables and fruit more often than juice.</p>
<b>Grain Products</b>	6-7	8	6	7	<p>Make at least half of your grain products whole grain each day.</p> <p>Choose whole grain products that are lower in fat, sugar or salt.</p>
<b>Milk and Alternatives</b>	2	2	3	3	<p>Drink skim, 1%, or 2% milk each day.</p> <p>Select lower fat milk alternatives</p>
<b>Meat and Alternatives</b>	2	3	2	3	<p>Have meat alternatives such as beans, lentils and tofu often.</p> <p>Eat at least two Food Guide Servings of fish each week</p> <p>Select lean meat and alternatives prepared with little or no added fat or salt.</p>

## Tips on Healthy Eating

### Nutrition

- Compare the Nutrition Facts table on labels to make wise choices
- Go for dark green vegetables such as broccoli, romaine lettuce and spinach
- Go for orange vegetables such as carrots, sweet potatoes and winter squash
- Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice
- Have 500 ml (2 cups) of milk every day for adequate vitamin D.
- Drink fortified soy beverages if you do not drink milk
- Compare the Nutrition Facts table on yogurts or cheeses to make wise choices
- Choose fish such as char, herring, mackerel, salmon, sardines and trout
- Trim the visible fat from meats. Remove the skin on poultry.
- Choose those lower in salt (sodium) and fat if you eat luncheon, sausages or prepackaged meats

### Food Preparation

- Enjoy vegetables steamed, baked or stir-fried instead of deep-fried
- Use cooking methods such as roasting, baking or poaching that require little or no added fat

### Portion

- At first, measure the food so you know the real volume that you are eating
- Always keep measuring spoons and cups close while you prepare food
- Before you snack, measure out the portion
- Food guides and nutritional information on packaged foods gives nutritional value according to volume of food
- Use smaller plates and bowls. It is easy to super-size your portion if you are filling up a big bowl. Use a small bowl that just holds half a cup of your favorite cereal, yogurt or ice cream
- Put food on plate in the kitchen then eat in the living or dining room. If you want seconds you'll have to get up and walk to the kitchen
- Use small amounts and remember to measure the amounts when adding sauces or spreads

### Satisfaction

- Eat hot food: Hot food feels more satisfying than cold food
- Choose food with high water content: Food with high water content will make you feel full. Think of a warm bowl of soup

## Creating a Spending Plan

Why have a spending plan? A spending plan is necessary if meeting your financial obligations each month is causing stress or you have unexpected expenses. It is also necessary when you want to save for something special, like a vacation. A spending plan gives you full knowledge of your financial situation and gives you greater control over what you spend your money on, which helps to achieve your financial goals.

### Knowing what You Spend

To make a plan you need to know how much money you get each month and how much money you spend each month. The amount you spend has to be separated into meaningful categories.

Rent would be one category.

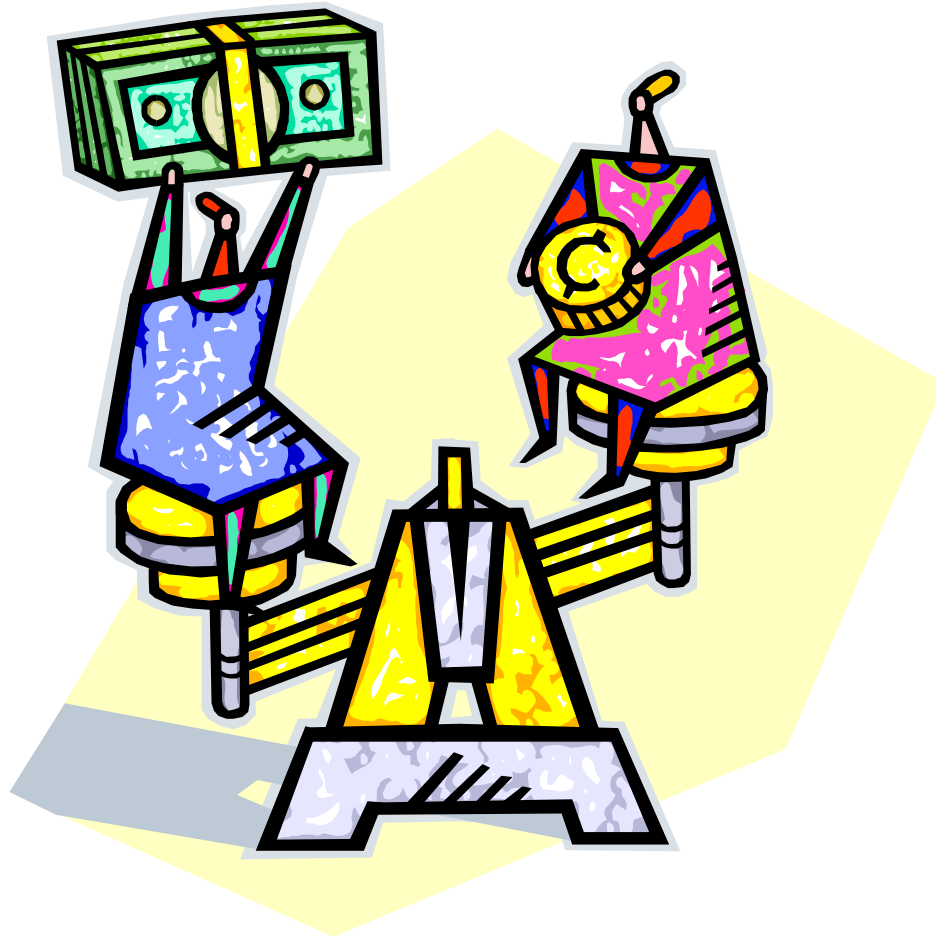
Other common categories would include the following

utility bills	electricity, heating, cable, internet, phone, cell phone
transportation	monthly bus pass, taxi, car expenses like gas, insurance, repairs, parking
groceries	food from supermarket, specialty store, farmers market, convenience store
medical	medication, dentist, physiotherapist
clothing	work clothes, shoes, boots, accessories
entertainment	eating out, movies, coffee shops
savings	for a new television or computer or a vacation
debt	bank loan, car loan, credit card charges for late payment
other	categories that are meaningful to your lifestyle, maybe you are a student with tuition and books to pay for or have a special hobby

## Recording Your Monthly Expenses

To know how much you spend, record every penny you spend for one month. It may seem hard but it isn't, and supplies you with valuable information. Take a few minutes each day to write in a notebook (or spreadsheet) the amount you spent and what it was for using the categories. Keeping all your receipts can make it easier to recall your spending. Even keep the receipts from small purchases.

If you find this difficult, ask a trusted friend to help. If there are items that you feel sensitive about add those to the notebook after your friend has made the less sensitive entries for you. For things that are not billed or paid on a monthly basis calculate the monthly cost. If you pay car insurance once a year divide by 12 to get the monthly amount. At the end of the month add up what is spent in each category.



## Filling in Your Income and Expense Chart

Once you have all your monthly expenses added up by category you can enter the amounts in the Income and Expense Chart. There are blank spaces to write in your own special categories. Now total your monthly expenses, and enter your monthly income. If you have more than one source of income add it up and enter in Income Total. Once you have filled in the chart you will be in one of three situations:

- money coming in = money going out
- money coming in is *greater* > than money going out
- money coming in is *less* < than money going out

Monthly Income		Monthly Expenses	
Disability Pension		Rent	
Rent Subsidy		Utility bills	
Pay cheque		Transportation	
		Groceries	
		Medical	
		Clothing	
		Entertainment	
		Savings	
		Debt	
		Other	
Total Monthly Income		Total Monthly Expenses	



## **Making a Spending Plan**

You can change either income or expenses or both but increasing money income is difficult and takes time. You can act on decreasing your expenses right away. First separate essential expenses from the non-essential. The essentials are what it costs to put a roof over your head (rent and utilities), food (groceries) and clothes. Essentials also include transportation and medical costs. The rest are not essential.

If you need to spend less money start by looking at what you spend on non-essentials. Is there something you buy daily or weekly without even thinking yet it costs you a total of \$25, \$50, \$100, or more a month? For example, if you have a \$5 premium coffee each day at the end of the month you have spent \$150. Once you realize this you can make a conscious decision to continue having the daily \$5 cup of coffee or you can decide to have it once a week with a good friend as a special treat, or you could go to a place where the coffee is \$2 a cup or you could stop having the coffee out completely. With a spending plan you have shifted from a \$150 a month spending habit to \$150 of your money that you can make choices about how to spend it.

If you can't see any place to reduce your spending, ask a trusted friend to help you brainstorm ideas. If you have a social worker, he or she may be able to help or suggest a financial counseling service.

This is your money. Once you really know what is coming in and what is going out you have the power to choose how you will spend the money.

## Keeping Your Home Tidy and Clean

Your home is your sanctuary. Keeping a clean, tidy home is essential to maintaining organization, focus and self-worth. Using the following checklist, or creating something similar, can help you manage your daily and weekly upkeep activities.

### Daily

- Make beds
- Hang up all clothes
- Read and dispose of mail and newspapers
- Tidy and put things away
- Do dishes
- Wipe counters and stove top
- Sweep floors
- Clean up spots and spills as they happen
- Praise any cleaning effort



### Weekly

- Clean bathroom
- Vacuum
- Damp-mop floors
- Take out garbage

## **When things have gotten out of hand**

If the clutter and cleaning have become overwhelming, set small goals to encourage yourself: Start with the easiest and most obvious areas. Toss things that can be thrown in the trash or in a recycle blue-box; or sort and clean a small area like a drawer that that can be done in one sitting.

Remember to give yourself a small reward after every accomplishment.

## **Get Inspired**

For tips and techniques on de-cluttering and cleaning that suit you, check the internet and your local library. Googling the word “de-clutter” will produce thousands of websites with helpful information. Cleaning-guru Don Aslett has written several books on de-cluttering and cleaning that are all easy and entertaining to read.



## Resources

### Abbotsford

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**Abby House Clubhouse**

2676 Gladys Avenue  
Abbotsford, BC  
V2S 3X8  
604-850-1168

**Abbotsford Mental Health**

604-870-7800

**Abby House Drop In Centre**

604-850-1235

**Employment Aid Office Abbotsford**

604-870-5811

**MSA Hospital**

604-853-2201

### Chilliwack

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**Chilliwack Mental Health**

45470 Menholm Road  
Chilliwack, BC  
V2P 1M2  
604-702-4860

**Cheam View Clubhouse**

8916 Mary Street  
Chilliwack, BC  
V2P 4J3  
604-792-5287

**Chilliwack Mental Health**

604-702-4860

### Hope

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**Hope Mental Health Centre**

1275A 7th Avenue  
Hope, BC  
VOX 1L4  
604-860-7733

**Fraser Canyon Hospital**

1275 7th Ave.  
Hope, BC VOX 1L4  
Phone: 604-869-5656

## Mission

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**Mission Mood Disorders Support  
Group**  
604-820-8391

**Mission Mental Health**  
604-814-5600

**Mission Self Help Centre**  
604-826-0604

**Mission Food Center**  
604-826-3634

**Mission Mental Health Centre**  
33070 5th Avenue  
Mission, BC  
V2V 1V5  
604-814-5600

**Mission Community Services  
Society (MCSS)**  
33179 2nd Avenue  
Mission, BC  
V2V 1J9  
604-826-3634

## British Columbia

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**British Columbia Schizophrenia  
Society BCSS**  
604-859-0105

## Canada

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**Mental Health Information Line**  
604-669-7600 or  
1-800-661-2121  
Web: [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

**Canadian Abilities Foundation**  
416-923-1885  
[www.abilities.ca](http://www.abilities.ca)

**Canadian Association of  
Independent Living**  
613-563-2581  
[www.cailc.ca](http://www.cailc.ca)

**People First of Canada**  
204-784-7362  
[www.peoplefirstofcanada.ca](http://www.peoplefirstofcanada.ca)

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Prepared for MCC Supportive Care Services by:  
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