RETURN FROM HOSPITAL: HOW CAN I SUPPORT MYSELF
MODULE 3: SAFETY

Meeting 2: basic structure

MY SAFE PLACE

Objective: Explore the meaning of home and your own needs in relation to home and create opportunities for recovery.

Programme	Instructions	Time schedule	Conditions and equipment, notes
Welcoming	All participants are aware of the group in advance. Trainers briefly introduce today's topic and themselves, as there may be new group members.	3 min	All participants have a Safety workbook and a pen.
Group agreements	Ask the participants to recall the group rules, everyone is free to recall the rule that suits him.	5 min	

Warm up and introduce each other	The trainer asks participants to think about one pleasant activity. Participants are encouraged to share those activities.	7 min	
Main topic 1. part	**Objective:** Home safety		
	In this group session, we will review the most important aspects of home safety, how to take care of yourself, adapt after a mental health crisis and create positive daily routines. Trainer's introduction to the topic is based on the list of literature given in the workbook. The peer gives an example. **Exercise: Things to avoid** Coping can be difficult in post-crisis times. The exercise helps to notice what is difficult to deal with and what the recovering person should avoid. The trainer asks to open worksheet in the workbook, together the examples are reviewed on the blue background, and then the trainer asks to answer the questions on the worksheet. After doing the exercise independently, trainer asks a question: name one thing that you decided to avoid.	20 min	The trainer's introduction to the topic, see the text in the workbook. Worksheet at workbook.

BREAK					

Main topic 2. part	**Objective:** Triggers and how to create my own safe place.		
	The trainer will introduce and lead a discussion about what triggers are and what happens when something is triggering. The peer gives an example. **Exercise: Find out your triggers** The exercise table contains a list of possible triggers. The trainer asks everyone to rate how these triggers make them feel. Everyone finds aout biggest triggers. Anyone can add more triggers after the list of provided examples. The first line (on a blue background) is an example and a help in filling out the table.	25 min	The trainer's introduction to the topic, see the text in the workbook. Worksheet at workbook.
	How to create my own safe place? The trainer explains the concept of a safe place/peaceful space. **Exercise: Steps to create a safe place** The trainer and the peer support the performance of the exercise individually.	20 min	The trainer's introduction to the topic, see the text in the workbook. Colored pencils, worksheet at workbook.

	After individual work, the trainer asks to share with a group: please briefly describe your safe place.		
Closing the topic and reflection	The trainer summarizes today's topics and confirms their importance to recovery and reflects positively on the group's activities and work. The trainer asks everyone to write down the keywords that are important today and to thank yourself for your participation and to write a word of appreciation to yourself. The trainer asks the participants to share keywords.	5 min	
Evaluation	The trainer introduces the feedback sheet and asks everyone to fill it out.	2–5 min	Feedback sheets.
Goodbye	The trainer thanks the participants and reminds them of the next meeting time.	2–5 min	