

Spread Hope, NOT COVID

Skills for Psychological Recovery (**SPR**)

What is **SPR**?

SPR is a problem and solution focused intervention appropriate for children, adolescents, and adults to learn skills to better handle all the changes resulting from stressful events or disasters. SPR promotes skills development, resiliency, helpful thinking, and healthy social connections.

Who Qualifies?

- All Carlton County residents.
- No prior assessment needed.
- Individual sessions available now.
- Weekly Group sessions beginning January 2021 (1-hour session for 8 weeks).
- Sessions held via Telehealth (phone or video).

Disasters Can Cause:

- Intrusive Thoughts
- Worry
- Blame
- Ruminating Thoughts
- Decreased Productivity
- Difficulty Sleeping
- Trouble Concentrating
- Fatigue
- Anger, Sadness, Guilt
- Fear
- Isolation



HDC

HUMAN DEVELOPMENT CENTER

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Why Use **SPR**?

- Reduce ongoing distress caused by traumatic events.
- Foster short and long-term adaptive functioning and coping.
- Accelerate recovery and increase self-efficacy.
- More effective than supportive counseling.
- Learn to successfully seek support and provide support to others.
- Build resilience and bring fulfillment and enjoyment to life.