

LIFE SKILLS

Social Skills	Ability to maintain strong friendships	Developing & Maintaining stable healthy relationships	Nutrition & healthy eating habits	Improved decision-making skills
Communication Skills	Skills for Independent Living	Maintaining a Stable Residence	Avoid Relapse Urges	Mental Health Status
Routines	Stable Living Environment	RECOVERY	Budgeting & Financial Responsibility	Employment Status
Functional Social Interactions	Physical Health Status	Healthy Coping Mechanisms	Emotional Self-Control	Learning (or re-learning) basic hygiene
Effective Coping Skills	Career Coaching & Development	Medication Management	Stress & Anger Management	Creating & maintaining a daily routine

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Stable Living Environment	Avoid Relapse Urges	Nutrition & healthy eating habits	Communication Skills	Maintaining a Stable Residence
Developing & Maintaining stable healthy relationships	Stress & Anger Management	Improved decision-making skills	Career Coaching & Development	Mental Health Status
Functional Social Interactions	Budgeting & Financial Responsibility	RECOVERY	Employment Status	Ability to maintain strong friendships
Emotional Self-Control	Medication Management	Social Skills	Creating & maintaining a daily routine	Physical Health Status
Healthy Coping Mechanisms	Learning (or re-learning) basic hygiene	Routines	Skills for Independent Living	Effective Coping Skills

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Career Coaching & Development	Medication Management	Avoid Relapse Urges	Learning (or re-learning) basic hygiene	Budgeting & Financial Responsibility
Social Skills	Functional Social Interactions	Healthy Coping Mechanisms	Skills for Independent Living	Improved decision-making skills
Routines	Creating & maintaining a daily routine	RECOVERY	Physical Health Status	Emotional Self-Control
Stable Living Environment	Mental Health Status	Nutrition & healthy eating habits	Stress & Anger Management	Developing & Maintaining stable healthy relationships
Employment Status	Ability to maintain strong friendships	Maintaining a Stable Residence	Communication Skills	Effective Coping Skills