



Ph: 615-242-3576

Fax: 615-650-8917

www.parkcenternashville.org

PROGRAM ELIGIBILITY

Park Center serves individuals +18 years old with a diagnosed severe and persistent mental illness (SPMI)*. Our programs are not appropriate for individuals with intellectual disabilities who have an IQ of less than 70.

***SPMI's include: Major Depressive Disorder, Bipolar Disorder, Schizophrenia, and Schizoaffective Disorder.**

Day Programs

Psychiatric Rehab. Day Program (Park Center South)

- For adults with diagnosis of severe & persistent mental illness.
- **Must have TennCare insurance.**
- Offers employment training, skill building, and recovery groups M-F 9am-1:30pm.
- Groups include Illness, Management, and Recovery (IMR), Wellness Recovery Action Plans (WRAP), wellness groups, anger management, and 12-step groups for people with co-occurring disorders.

Emerging Adults Psych Rehab Day Program (Park Center North)

- For young adults ages 18-24 with diagnosis of severe & persistent mental illness.
- Members can attend for free if household income is 50% or below the median income. If above 50%, sliding scale fee applies. **TennCare accepted, but not required.**
- Offers skill building, social integration, recovery groups, and daily community outings M-F 9am-3pm.
- Focus on continuing education or pursuing employment.

Co-Occurring Services

Outpatient and Intensive Outpatient Programs (Park Center East)

- For adults with mental illness diagnosis (SPMI not required) and current/recent substance use.
- Offers intensive treatment regarding their co-occurring disorders including education, trauma groups and co-occurring groups.
- Intensive Outpatient schedule runs Monday through Friday 9a-12p. Outpatient Program is about 9 hours per week.

Employment

Supported Employment

- For adults with a severe and persistent mental illness OR co-occurring disorders.
- Must live in Davidson County.

Residential Services

We are unable to house people who are on the sex offender registry.

Independent Residential

- For adults with diagnosis of severe & persistent mental illness.
- Must be sober for at least 6 months (or 3 months if in treatment).
- No insurance requirements. Must be able to pay rent (ranging from \$300 to \$400) and daily living expenses.
- Will receive supportive services from staff, including weekly trips to the grocery store.
- 1-, 2-, and 3- bedroom units located throughout East Nashville.

Supported Residential

- For adults with diagnosis of severe & persistent mental illness.
- Separate male house & female house, each housing up to 8, with 24/7 on-site staff support.
- **Requires TennCare** & rent payment of \$500 (includes food and utilities).
- No time limit to services, though TennCare must continue to authorize consumer's eligibility.

Shelter for Women (Safe Haven)

- For women with diagnosis of severe & persistent mental illness.
- Must be experiencing homelessness at least 3 out of the last 6 months (or prior to entering a facility)
- 120-day, time-limited housing with supportive services to help resident secure an income & permanent housing.
- Must focus on securing income, either through employment or disability benefits.
- Housing Case Managers work closely with residents during their time in the program.
- No income or insurance required (but if they have income, rent will be 30% of income).

Emerging Adults Housing

- For adults ages 18-24 with diagnosis of severe & persistent mental illness.
- Separate male & female housing units. Female unit includes 24/7 on-site staff support. Male units require the residents to have a higher level of independence, with staff checking in once a day for 6 days a week.
- Must have mental health hospitalizations OR adolescent foster care OR currently be homeless.
- No insurance or income requirements (*if* they have income, rent will be 30% of income).

Homeless Outreach

SOAR (SSI/SSDI Outreach, Access, Recovery)

- For adults in Davidson County (not appropriate for those for whom physical disability is primary).
- If they have income, it cannot be more than \$1,180/month (determined by Social Security Administration).
- Must have been experiencing literal homelessness* for 1 continuous year or longer OR have been literally homeless four or more times (totaling up to at least 12 months) in the past three years.
 - ***Literal homelessness is defined by a person living on the streets or other places not meant for human habitation.**
- Cannot have an SSI/SSDI case currently pending.
- Must have mental illness diagnosis and medical records for at least 12 months.