



Ph: 615-242-3576

Fax: 615-650-8917

www.parkcenternashville.org

PROGRAM ELIGIBILITY

Park Center serves adults 18 years old and over with mental illness and co-occurring disorders of mental illness and substance use.

Qualifying Diagnoses include, but are not limited to: Major Depressive Disorder, Bipolar Disorder, Schizophrenia, and Schizoaffective Disorder.

Co-Occurring Services

Outpatient and Intensive Outpatient Programs

- Treatment programs designed to serve adults with mental illness and substance use who have had recent use and/or who need extra supports to maintain sobriety.
- Provides intensive groups which include education on co-occurring disorders, trauma, coping skills, step work and other topics which will assist them in obtaining and maintaining sobriety.
- Individual and group therapy, random drug testing, and life coaching.
- Two levels of programming, intensive outpatient and outpatient, to meet individual needs.
- Groups offered 9:00am-12:00pm Monday-Friday.

Emerging Adults Services

Emerge Program (Park Center North)

- For young adults ages 18-25 with diagnosis of severe mental illness.
- Offers skill building, social integration, recovery groups, and community outings M-F, 9:00am-3:00pm.
- **TennCare is accepted***
 - *Other payment options are also available.
- Focus on continuing education or pursuing employment.
- Not appropriate for individuals with intellectual disabilities who have an IQ of less than 70.

Emerging Adults Housing

- For adults ages 18-25 with diagnosis of severe mental illness.
- Separate male & female housing units. One 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 several times per week.
- Must have a history of mental health hospitalization OR a history of foster care OR have very low income.
- No insurance or income requirements (*if they have income, rent will be 30% of income*).



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Supported Employment

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- For adults with severe mental illness and/or co-occurring disorders (mental illness and substance use disorder).
- Must live in Davidson, Rutherford, Sumner or Wilson Counties.

Homeless Outreach

SOAR (SSI/SSDI Outreach, Access, Recovery)

- For adults in Davidson County (not appropriate for those for whom physical disability is primary).
- Must have mental illness diagnosis and medical records for at least 12 months.
- Must currently be in mental health treatment (i.e. therapy, medication management).
- Must be unhoused or in a housing crisis.
- Cannot have an SSI/SSDI case currently pending.

Psychiatric Rehabilitation

Psychiatric Rehabilitation Day Program

- Serves adults with a diagnosis of severe mental illness.
- Offers individual coaching and support to adults in recovery.
- Offers a variety of groups which provide education and practice in coping skills, physical and emotional wellness, leisure skills, independent living skills and others. Additionally, Dual Recovery Anonymous groups are provided for those individuals who also have a co-occurring disorder of substance use.
- Provides employment assistance.
- **Must have TennCare insurance.**



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Residential Services

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

Independent Residential

- For adults with diagnosis of severe 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 (either 30% of income or \$375, depending on unit) 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 Nashville.

Supported Residential

- For adults with diagnosis of severe 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.