



The webinar will begin shortly.

www.parkcenternashville.org

615.242.3576



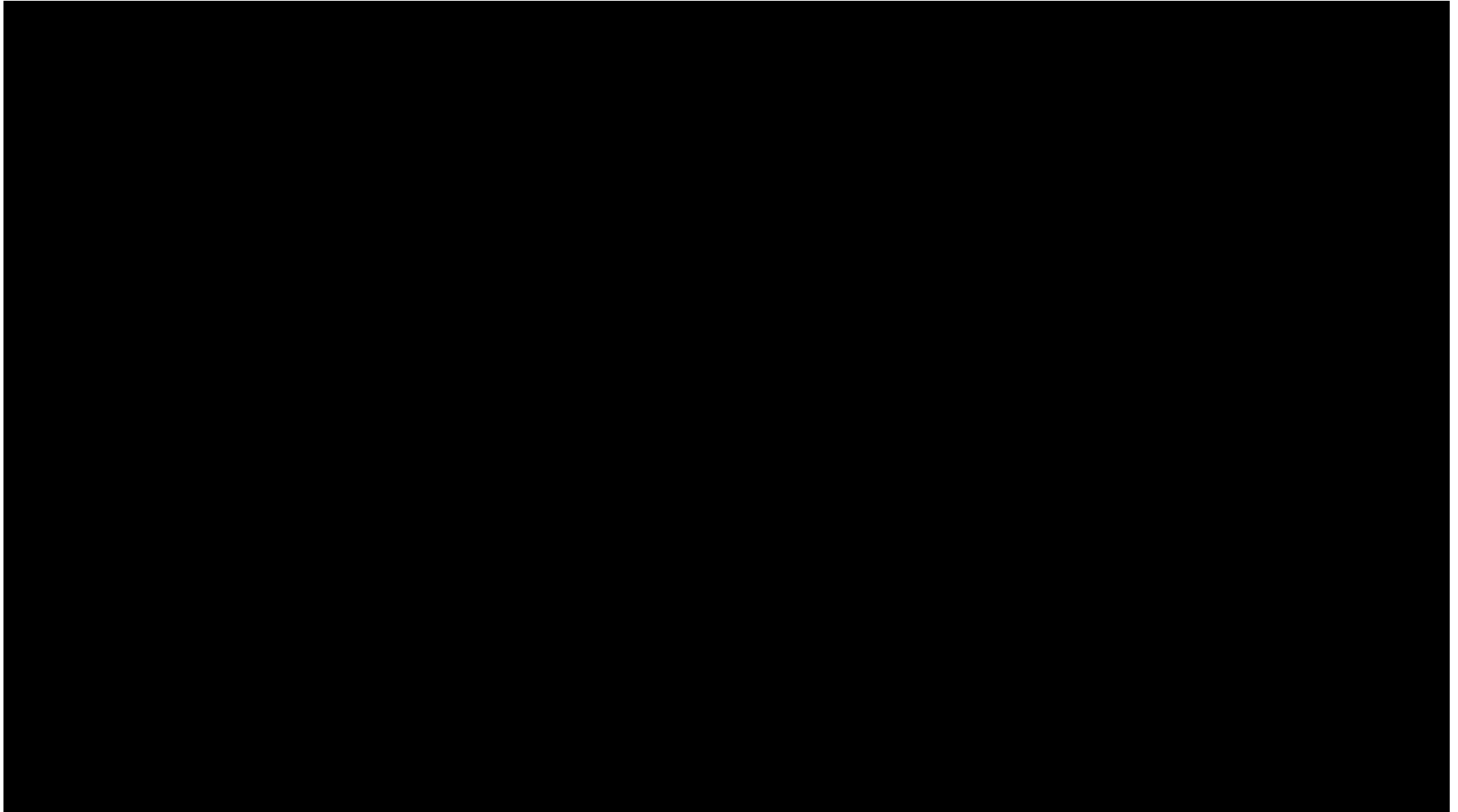
Welcome to our

Co-Occurring Services

Webinar

Today we will cover

- Mission
- Co-Occurring Services
- How to refer your clients



Our Mission

Park Center empowers people who have mental illness and substance use disorders to live and work in their communities.



Who We Are

Park Center has been serving Nashville since 1984, providing a place for hope and recovery for people experiencing mental illness, addiction, and homelessness.

What We Do

Park Center provides support through treatment, housing, day programs and employment services.



How Are We Different?

At Park Center, we believe that a person is not defined by their illness, so our programs promote wellness and recovery.

We refer to the individuals we serve as “members”, rather than clients or patients because they choose to work towards their own recovery.

Our History

1984 – Park Center opened its doors. It was designed to help individuals with mental illness work on their own recovery through the support of caring staff and the support of peers.

We began with 7 staff and 8 members.



Programs





Our Partners

Park Center has established partnerships with local organizations including Metro Social Services, Open Table Nashville, and Mental Health Cooperative among others.

Co-Occurring Services

Accredited by the Commission on Accreditation of Rehabilitation Facilities



Co-Occurring Services at Park Center uses a person-centered, strengths-based approach to treatment for individuals with mental illness and substance use disorders.

Co-Occurring Services consists of:

- Intensive Outpatient Program
- Outpatient Program
- Alumni Aftercare

Our programs incorporate Medication Assisted Treatment (MATx), Harm Reduction Therapy, Motivational Interviewing, and Cognitive Behavioral Therapy approaches.

Intensive Outpatient Program (IOP)

- IOP takes place Monday-Friday from 9am to 12pm, with three-hour groups each day. Although the program is generally 10 weeks, individuals may attend more or less dependent on their unique needs.
- IOP provides individual counseling, group counseling, and educational groups.

Individuals must meet the American Society of Addiction Medicine (ASAM) Patient Placement Criteria for this service.

Outpatient Program (OP)

- Outpatient Program is generally less than 9 hours per week and offers a more flexible schedule for individuals who are not able to attend every day of the week and who need less intensive services.
- OP provides individual counseling, group counseling, and educational groups.

Individuals must meet the American Society of Addiction Medicine (ASAM) Patient Placement Criteria for this service.

Group Topics

- Substance abuse triggers/symptoms/relapse prevention
- Mental health triggers/symptoms/coping skills/self-advocacy
- Recovery plan
- 12-step work
- Relapse prevention plan
- Self-care
- Trauma informed care
- Family systems
- Co-dependency
- Community engagement

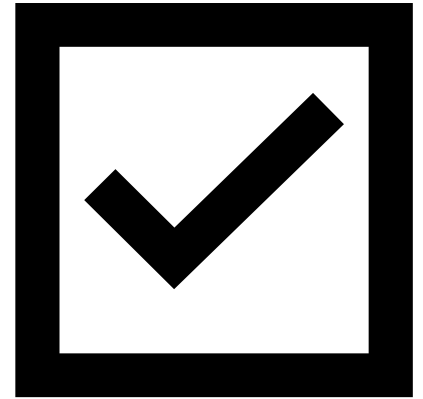
Alumni Aftercare

Graduates of the IOP and OP programs continue to have access to groups for ongoing support.



Eligibility

- For adults (ages 18 and over) with a diagnosis of mental illness and current/recent substance use
- Priority admission is given to women who are pregnant and people who are using substances through intravenous (IV) injection
- Not appropriate for persons with intellectual disabilities who have an IQ less than 70
- Must meet criteria for the requested level of service (IOP or OP), based on the American Society of Addiction Medicine. This may be determined by the IOP/OP staff.
- **No** insurance or income requirements



How to Make a Referral

1. Visit www.parkcenternashville.org/refer.
2. Complete the online referral form and release of information form.
3. Our Intake Coordinator will reach out to you within 2 business days with next steps.



Questions? Email referral@parkcenternashville.org or call 615.242.3576 ext. 141

Stay Connected

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615-242-3576 ext. 210

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Questions?



**Thank you for
joining us!**

**Park
Center**
Recovery From Mental Illness