



Ph: 615-242-3576

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[www.parkcenternashville.org](http://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 Day 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 Adult 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

### Supported Employment

- 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 currently be in mental health treatment for the last twelve (12) consecutive months (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.
- **Must have TennCare insurance.**



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## Residential Services

### Permanent Supportive Housing

**The permanent housing program focuses on increasing stability (i.e. preventing eviction, hospitalization, incarceration, and homelessness), accessing resources and employment, and increasing community involvement.**

- For single, unaccompanied adults (no partners or kids) who are living with a serious mental illness or co-occurring disorder.
- For applicants who struggle with substance use, must be sober 6 months or 3 months if in a recovery program.
- Must have income and be able to pay daily living expenses. Rent is 30% of income in 1-bedroom units, \$375 for 2- and 3-bedroom units. Tenants will be responsible for paying electric bill.
- No insurance requirements.
- 1-, 2-, and 3- bedroom units are located throughout Nashville.
- Staff visit members in their home at least twice each month.

### Supported Housing

**This transitional psychiatric rehabilitation (PSR) housing program is designed to help adults who have serious mental illness learn the skills needed to transition to independent living.**

- For adults living with a serious mental illness or co-occurring disorder.
- Separate men's and women's houses, with up to 8 residents each (2 people to a room); 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.

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