



The webinar will begin shortly.



Webinar:
Park Center 101

Webinar Presenters



Will Connelly

CEO



CF Callihan

Director of Development and
Marketing



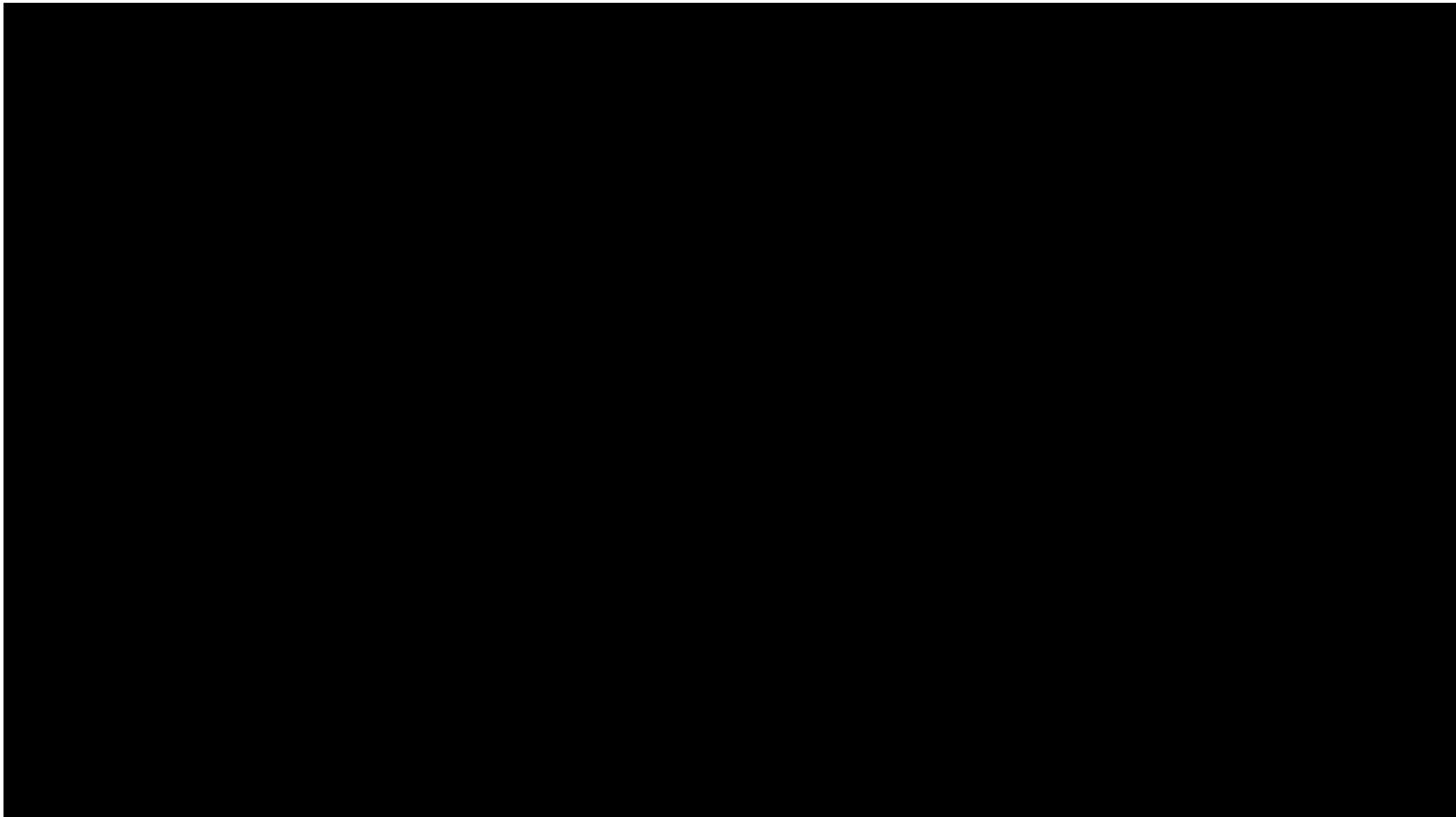
Joanna Mazo

Marketing and Communications
Specialist



You will
learn about:

- Mission and History
- Programs
- How YOU can make an Impact



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 with serious mental illness, homelessness or addiction.

What We Do:

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

The Inspiration for Park Center

Fountain House was founded in NYC in 1948 after de-institutionalization.

Fountain House believed (and still do believe) that people living with mental illness can be active participants in their own – and each others' – recovery.

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.

It began with 7 staff and 8 members.



How Are We Different?

Park Center is not a clinical setting. We are a community mental health center. Our programs focus on the whole person. We refer to persons served as “members”, rather than clients. We believe that a person is not defined by their illness, so our programs promote wellness and recovery.

Our Partners:

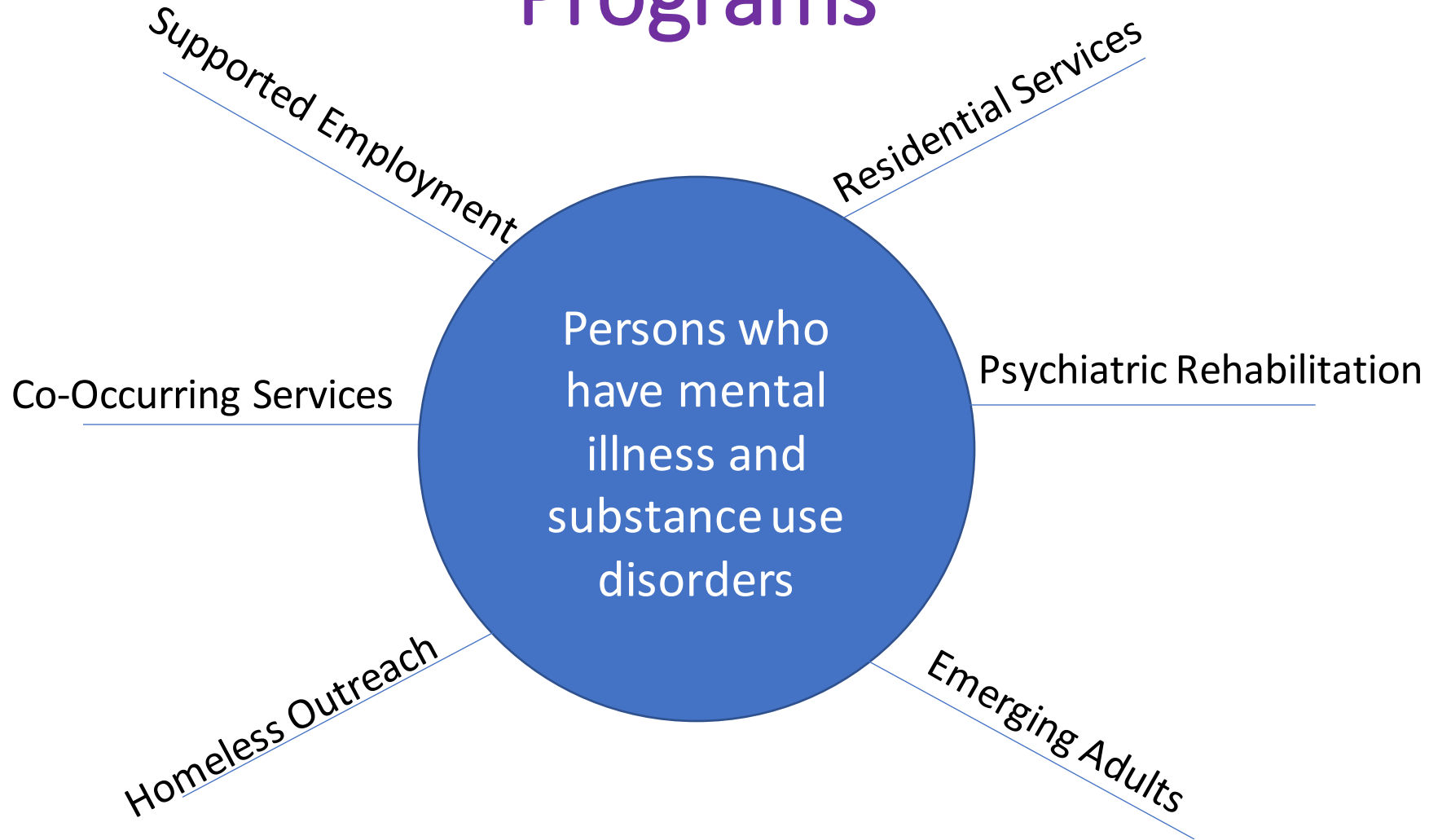
Park Center has established partnerships with local organizations including

Metro Social Services,
Open Table Nashville, and
Mental Health Cooperative
among others.



What we do

Programs



RECOVERY
ISN'T
LINEAR

Park
Center

PSYCHIATRIC REHABILITATION:

*comprehensive day program offers
educational and recovery groups
and peer support.*

People who attend Park Center are called "members" because they choose to attend the day program and work towards their own recovery.

- Popular groups include:
 - Art Therapy
 - Art Class
 - Drum Circle
 - Yoga
 - Community Outings
 - Illness Management

EMERGING ADULTS

offers a day program and housing for young adults (ages 18-25)

Emerge day program: classes offered focus on continuing education or employment; a daily outing is also offered.

Housing: supported living for women (24-hour care) and community living for men with supervision 6 days a week.

Success Story: Maria

Maria, one of our members in Emerging Adults, graduated high school last year! Maria's future includes take interpreting classes eventually get a job where she can apply her skills in the "real world".

"All the groups that we do at the day program help us learn how to handle our mental health, or deal with our symptoms, they teach us what to prepare for and that is really helpful." - Maria



RESIDENTIAL SERVICES:

offers safe, affordable housing with support services to ensure residents maintain housing.

Two types of housing are offered:

***Permanent Supportive**—includes one-, two- or three-bedroom apartments or houses with regular visits from staff.*

***Supported**— offers 24-hour care and individualized coaching on cooking, cleaning and hygiene. We have one house for men and one for women.*

*Park Center offers the **largest** housing program for people with mental illness and substance use disorders in the Nashville area.*

HOMELESS OUTREACH SERVICES:

consists of two components –

street outreach and

SOAR (SSI/SSDI Outreach, Access and Recovery)

Street Outreach: identifies people living on the streets through outreach and engagement strategies

SOAR: works to increase access to SSI/SSDI (Social Security Income/Social Security Disability Income) disability benefits for individuals by guiding them through the Social Security Application process.

Gaining disability benefits is an important first step to accessing health insurance, recovery services, employment and housing.

Success Story: Meseret

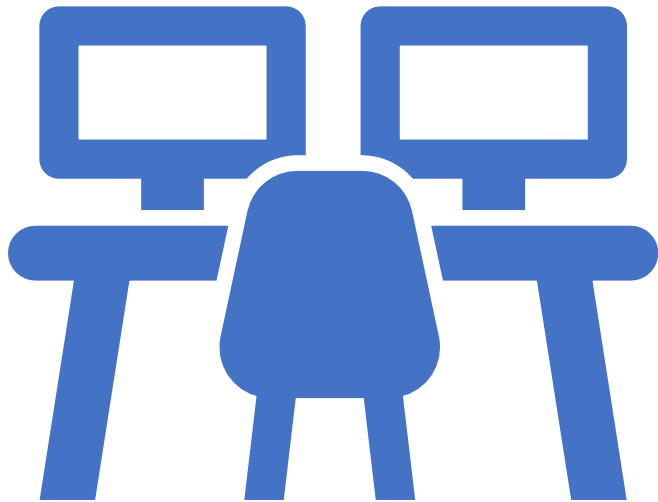
In 2020, Meseret she lost her job due to COVID and returned to living on the streets and in her car.

We worked with Meseret to problem-solve and support her decision-making around housing, healthcare access, and meeting her basic needs, like food and clothing.

Today, Meseret is living in permanent supportive housing, is back in mental health treatment, and she's reconnected with her daughter who will graduate from high school this May.

"I'm so happy, now. I'm so happy you care for me. You never give up."





SUPPORTED EMPLOYMENT

works with individuals to help them obtain and maintain competitive employment; also provides individuals with extra support while on the job

The program utilizes the Individual Placement and Support (IPS) method of delivering services, which is the most extensively researched method of its kind.

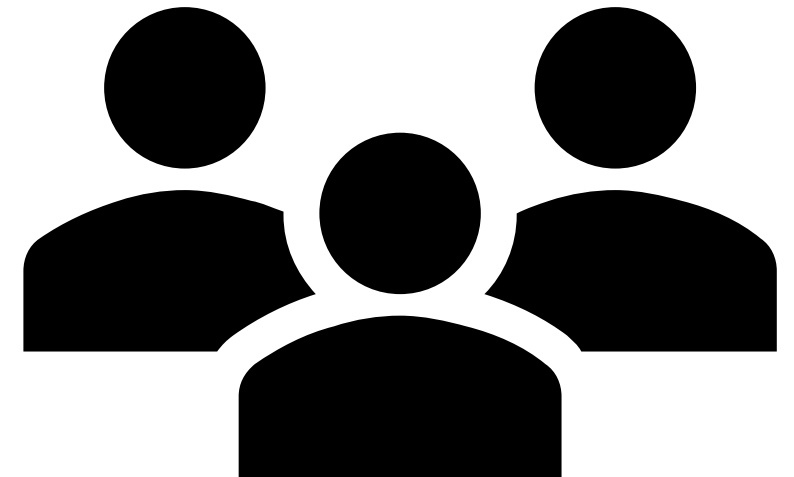
Park Center was the first agency in Tennessee to implement the IPS method.

CO-OCCURRING SERVICES

Offers a continuum of care for persons with co-occurring disorders of severe mental illness and substance use disorders.

Intensive Outpatient Treatment (IOP):
a 10-week program that offers individual and group counseling.

Outpatient Treatment (OP):
9 hours per week; offers counseling with a more flexible schedule



Success Story: Thomas

Thomas recently graduated from our IOP program! IOP Program Coordinator, Katelynd, shares that

"Thomas has begun to invest in himself like we have never seen before and is setting healthy boundaries with friends and family and it is plain to see that for the first time in maybe his whole life he believes that his needs matter!"

Now that he has graduated, Thomas plans to continue working, attend our outpatient group regularly, and volunteer at his church.



Referral Sources

Park Center receives referrals for services from numerous agencies including:

- Mental Health Cooperative
- Vanderbilt Behavioral Health
- Middle Tennessee Mental Health Institute
- Davidson County Mental Health Court
 - Parthenon Pavilion
 - Skyline Madison
- Davidson County Veterans Court
 - Centerstone
- Nashville Rescue Mission

REFERRALS:

Referrals can be made online at
www.parkcenternashville.org/refer.

For questions,
contact our Intake Coordinator

referral@parkcenternashville.org

615.242.3576 ext. 141





How You can
get involved



Advocate

- **Associate Board** - Join this group of professionals that are passionate about improving the lives of our members.
- **Volunteer** - We welcome compassionate people to work with our members.

www.parkcenternashville.org/advocate

Donate:

1984 Society
and
365 Club

- **1984 Society:** Donors contribute \$1,984 and have inside access to leadership, special events and recognition.
- **365 Club:** Donors contribute \$365 a year equal to \$1 dollar a day and make an impact every day.

www.parkcenternashville.org/donate



Celebration of Courage

Join us for Celebration of Courage
May 19, 2021

Celebration of Courage brings together community leaders and supporters to raise awareness for men and women in our community struggling with chronic mental illness, homelessness and addiction.

For more information, visit
parkcenternashville.org/courage2021.



A dark, irregular ink blot with the word "Questions?" written in white text in the center. The blot is surrounded by a light, textured background with scattered dark specks.

Questions?



Stay Connected

Phone: 615-242-3576

[Email: info@parkcenternashville.org](mailto:info@parkcenternashville.org)

Newsletter:

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Social Media:

Instagram, Facebook, Twitter and
LinkedIn



Thank you for
joining us!