

Park Center

Recovery From Mental Illness

Welcome
to Park Center
101!

www.parkcenternashville.org
615.242.3576



This presentation
will cover:

- 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, homeless outreach, and employment services.

The Inspiration for Park Center

Fountain House was founded in NYC
in 1948.

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

Our History

Park Center opened its doors in 1984. 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.

Park Center began with 7 staff and 8 members.



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 Partners

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



Programs

- Co-Occurring Services
- Emerging Adults Services (ages 18-25)
- Homeless Outreach
- Psychiatric Rehabilitation
- Residential Services
- Supported Employment

Psychiatric Rehabilitation

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

Popular groups include:

- Art Therapy
- Art Class
- Drum Circle
- Yoga
- Community Outings
- Illness Management

Residential Services

Residential Services provides safe and affordable housing with support services to ensure residents maintain housing.

Our Residential Services include:

- Permanent Supportive Housing
- Supported Housing

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

Homeless Outreach Services

Homeless Outreach Services serves the needs of people experiencing a housing crisis, particularly those who have mental illness and substance use disorders.

We offer **Street Outreach** and **SOAR** (SSI/SSDI Outreach, Access and Recovery).



Co-Occurring Services

Co-Occurring Services offer a continuum of care for persons with co-occurring disorders of severe mental illness and substance use disorders. Our services include:

- Intensive Outpatient Treatment (IOP)
- Outpatient Treatment (OP)



Supported Employment

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

Park Center was the first agency in Tennessee to implement the Individual Placement and Support (IPS) method.

Emerging Adults Services

Emerging Adults Services offers a day program and housing for young adults (ages 18-25). We support individuals as they pursue their goals in the areas of education, vocation, living situation, and community integration.

A Closer Look Into Homeless Outreach Services

- Intake process with new member
- Helping members meet their needs (food, clothing, shelter, transportation)
- Connecting members to additional support through referrals to SOAR, SNAP, and other programs.



Member Story

A member was experiencing suicidal ideation and called me pleading for help. I called Crisis Intervention and he was taken to a crisis unit where he received treatment for three days. On his last day in treatment, he got great news and learned he was accepted into a sober housing program. A co-worker and I arranged transportation to get him to his new home.

Today, he is currently working 40 hours a week, has access to hot meals, sleeps in a warm bed, and actively participates in Narcotics Anonymous.

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 at
referral@parkcenternashville.org or
615.242.3576 ext. 141





How You Can Make an Impact



Volunteer

Individual Activities

Assisting with administrative tasks including mailings, data entry, etc.

Group Activities

Gather a group of your friends or co-workers (up to 10) to assist with tasks including:

- painting
- landscaping/yard clean-up
- warehouse organization

Join the Associate Board

The Park Center Associate Board is a group of professionals that are passionate about improving the lives of individuals experiencing mental illness, substance use disorders, and homelessness.

Learn more at

www.parkcenternashville.org/associateboard.



Giving Societies

1984 Society

Honoring the founding year of Park Center, 1984 Society donors provide significant annual gifts to support our outreach, housing, and the mental health recovery of our members.

365 Club

This group of annual donors commits to giving \$1 a day, acknowledging that mental health is important every day of the year.

Learn more at

[www.parkcenternashville.org/givingsocieties.](http://www.parkcenternashville.org/givingsocieties)

More Ways to Give Back

- **Organize a food or supply drive**
- **Donate items for a Welcome Home Kit**

To organize a drive, please email joanna.mazo@parkcenternashville.org.

For a list of Welcome Home Kit items, please visit www.parkcenternashville.org/wish-list.



Stay
Connected

Contact Us

615-242-3576

info@parkcenternashville.org

Sign up to receive email updates

Go to bit.ly/parkcenternashvilleemail to sign up.

Social Media

[Instagram](#), [Facebook](#), [Twitter](#) and [LinkedIn](#)

A dark blue, irregularly shaped graphic with a splatter effect, resembling a watercolor blot or a dark ink stain. The shape is roughly circular but has jagged, feathered edges. The word "Questions?" is written in a clean, white, sans-serif font, centered within the dark blue area. The background is white, with some faint, light blue splatters around the main graphic.

Questions?

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Thank you for
joining us!

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