



The webinar will begin shortly.



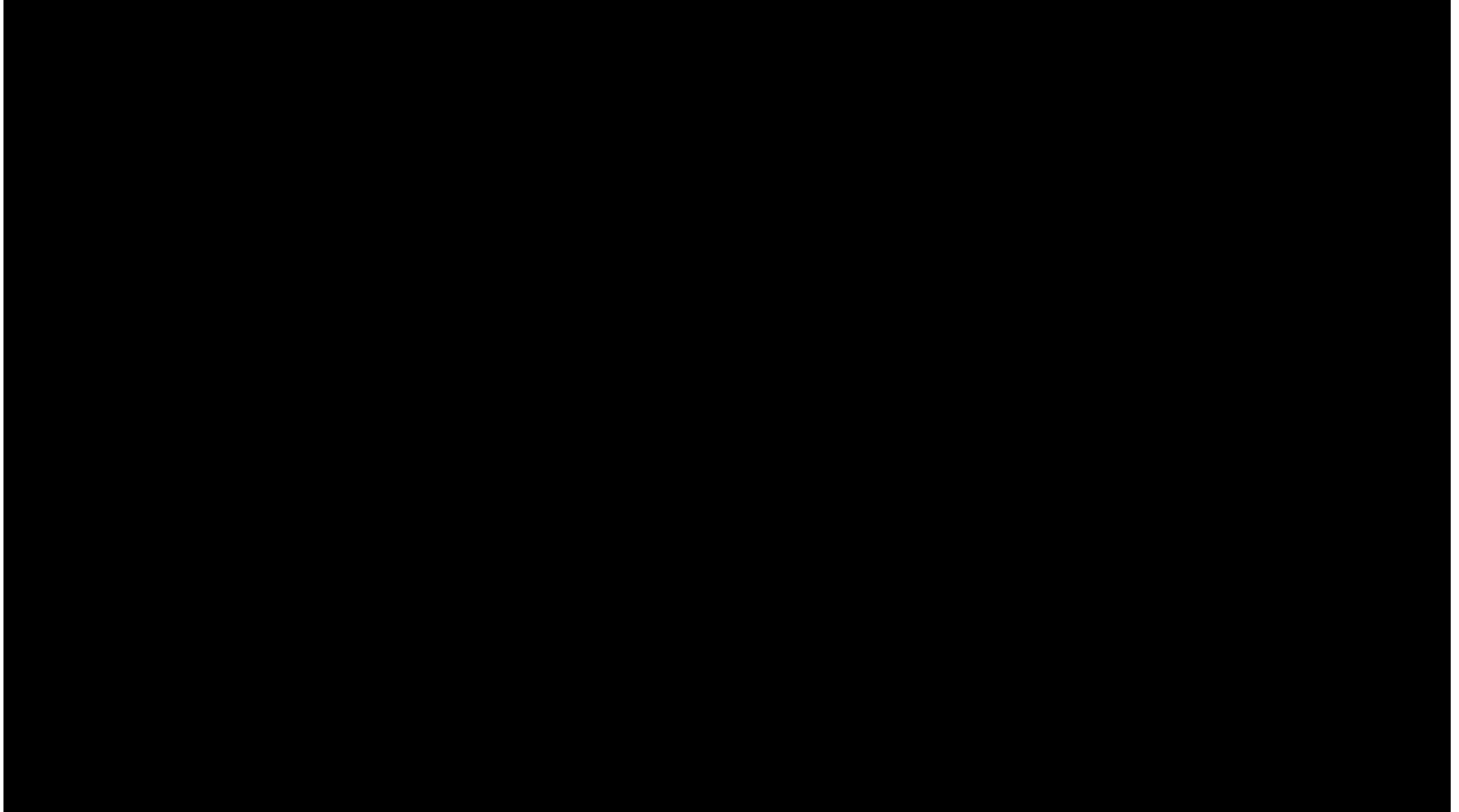
Webinar:

Psychiatric
Rehabilitation
Program



You will
learn about:

- Mission and History
- Psychiatric
Rehabilitation
- How to refer
individuals



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.

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

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.

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



What is Recovery?

Recovery – gaining a sense of meaning, a positive identity, fulfilling relationships, the role of citizen and community member, the capacity to cope with adversity and recognition of the gifts and lessons learned through the recovery struggle.

Recovery is designed by the person who is experiencing it. It is about them. Their hope needs to be focused on things they can DO rather than what someone else can do FOR them.

Definition above is from the Psychiatric Rehabilitation Association

PSYCHIATRIC REHABILITATION:

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



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



Park Center follows
the **Recovery Model**

Recovery Model

Emphasizes changes people must make internally so that they can manage their illness

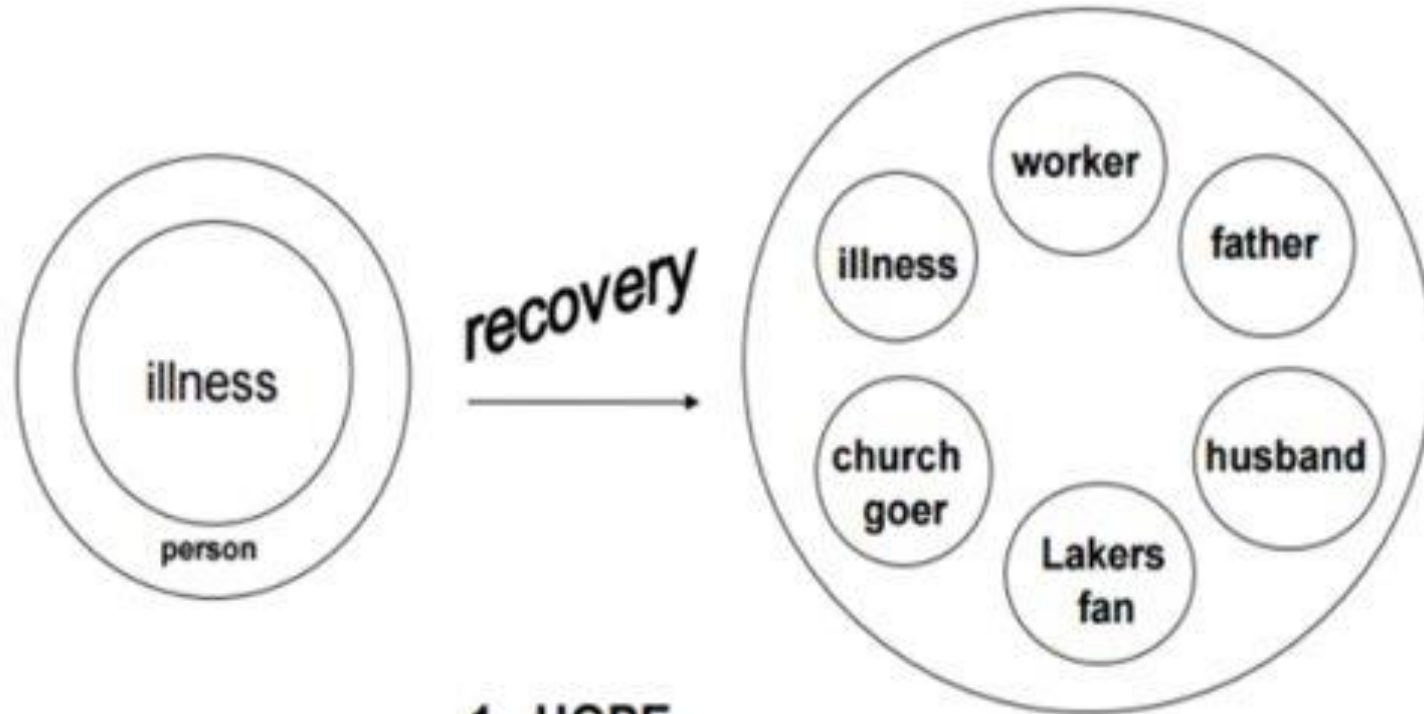
It aligns with and engages that part of the person that still has hopes and dreams

It helps to decrease the impact of the illness by restoring and expanding the rest of the person's life

It involves the building of meaningful roles – friend, citizen, daughter, son, worker, artist, resident, etc.

Recovery is something a person does for themselves, not something that is done to them.

RECOVERY MODEL



1. HOPE
2. EMPOWERMENT
3. SELF-RESPONSIBILITY
4. MEANINGFUL ROLES

Psychiatric Rehabilitation is person-centered and strengths-based.

To be *person-centered* is to come along beside the person as they outline their own path.

To be *strength-focused* is to create opportunities for the person's strengths to shine – and to do our part in pointing out strengths whenever we see them in a sincere way. ***It is not what's wrong with you – it is harnessing what is RIGHT with you to make yourself better.***

We guide members in focusing on their strengths, rather than their losses.

Person-Centered

- The Relationship is the foundation
- It begins with welcoming, outreach and engagement
- Services are based on the help needed
- The goal is quality of life
- It is goal-driven
- Recovery is central from beginning to end

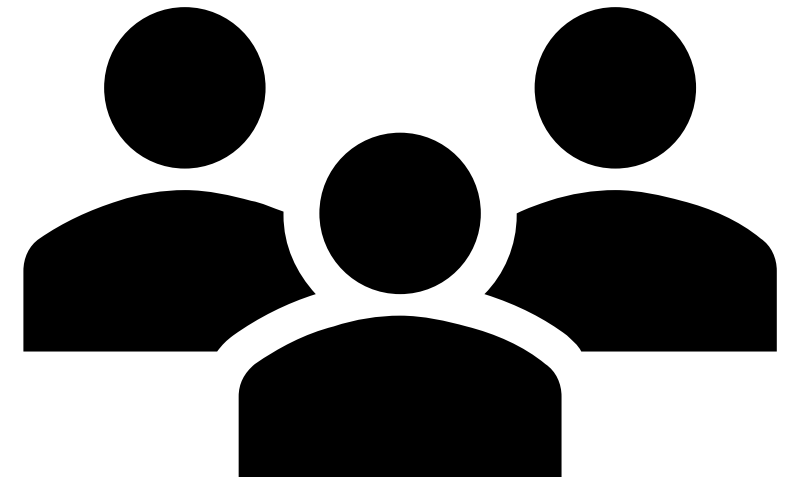
VS

Illness-Centered

- The diagnosis is the foundation
- It begins with illness assessment
- Services are based on the diagnosis and treatment needed
- Services work toward illness reduction goals
- It is symptom-driven
- Recovery sometimes results after the illness/disability is taken care of

Goals of Psychiatric Rehabilitation

- help members develop skills needed to live and work in the community
- offering opportunities for peer support
- increasing an individual's independence



Educational and Recovery Groups and Coaching

Educational and Recovery Groups

Park Center offers groups in the development of coping skills, medication, nutrition, budgeting and more.

Popular groups and activities include:

- Art therapy
- Yoga

Coaching

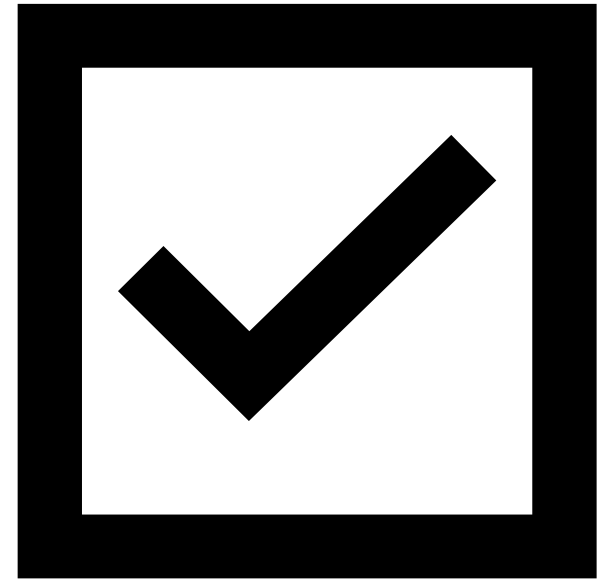
With the support of recovery coaches, members set goals and create individualized plans to achieve their goals.

Peer Support

The support of peers who are walking on this recovery journey with them is perhaps the most important part of our program.

Psychiatric Rehabilitation Program Eligibility

- Individuals with a mental illness or co-occurring disorder
- Must have TennCare
- Not appropriate for individuals with intellectual disabilities who have an IQ less than 70



How to Make a Referral

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

For questions,
contact our Intake Coordinator:

referral@parkcenternashville.org

615.242.3576 ext. 141



The goal of recovery is not to treat mental illnesses, but to help people with mental illnesses to have better lives. Recovery-based services are built on consumer strengths leading to resilience, rather than the clinical mastery of the professional treating the consumer's deficits.



A dark blue, irregularly shaped graphic with a splatter effect, containing the word "Questions?" in white text. The graphic has a rough, hand-painted appearance with various shades of blue and white splatters around its edges. The text is centered within the dark blue area.

Questions?



Stay
Connected

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Email: info@parkcenternashville.org

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Thank you for
joining us!