

## **Psychosocial Rehabilitation (PSR)**

PSR is uniquely designed to assist in improving the lives of individuals diagnosed with mental health challenges. The goal of psychosocial rehabilitation is to teach and build skills to support improving an individual's self-determination, ability to utilize natural and community supports, access to stable employment, develop individualized interventions, and learn to function in real world scenarios. PSR provides and monitors the impact services have on an individual over a long term. The program is offered a minimum of 6 hours a day 5 days a week, with some transportation provided.

Examples of activities include:

- Community living such as cooking, shopping, housekeeping, money management, and the use of the transportation facilities.
- Personal care such as grooming, health care, and medication self-management
- Social relationships
- Linkage to employment services in the community
- Job coaching and access to training

## **Community Networking**

Provides individualized day activities in a community setting with persons who are disabled. These services are intended to offer the opportunity to develop meaningful community relationships with non-disabled individuals.

Examples include:

- Development of community-based time management skills
- Volunteer work
- Using public transportation
- Training and education in self-advocacy and self-determination
- Community-based classes for the development of hobbies or leisure/cultural interests

## **Substance Abuse Intensive Outpatient Program (SAIOP)**

SAIOP is an intensive substance abuse outpatient treatment program providing a wide range of supports to individuals in early recovery. Activities and services are designed to assist individuals with beginning recovery and learn skills for recovery maintenance. Individuals receive 9 hours of group treatment a week, in addition to individual counseling, case management and couples/family counseling as needed. After completing this intensive program, individuals will be stepped down to a lower level of care as deemed appropriate by clinician to help provide continued support in their recovery efforts.

## **Substance Abuse Comprehensive Outpatient Therapy (SACOT)**

Substance Abuse Comprehensive Outpatient Treatment (SACOT) is a program that meets 5 days a week. It is more intensive in frequency and duration than SAIOP. We offer this program for individuals with complex medical or behavioral health needs with a long history of substance abuse. The SACOT program provides you the opportunity to participate in therapeutic and educational groups, individual sessions, and a higher level of involvement from medical professionals. Our goal is to help you achieve a lifetime commitment to healthy living without the use of drugs and alcohol.