

The Vision of Recovery

“Recovery means growing beyond the catastrophe of mental illness and developing new meaning and purpose in one’s life.” (William A. Anthony, Ph.D.)

According to the Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS), “Recovery is a self-determined and holistic journey that people undertake to heal and grow. Recovery is facilitated by relationships and environments that provide hope, empowerment, choices and opportunities that promote people reaching their full potential as individuals and community members.”

CRCST’s Mobile Psychiatric Rehabilitation Program is dedicated to supporting and facilitating the recovery of people in Fayette County from their psychiatric disabilities. We do this by involving them in activities that assist them to gain the knowledge, skills and supports to experience complete and true community inclusion.



Mobile Psychiatric Rehabilitation Program
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Chestnut Ridge
Counseling Services,
Inc. (CRCST)

Mobile Psychiatric Rehabilitation Program

Traveling throughout Fayette County to assist people with psychiatric disabilities to choose, get and keep valued living learning, working and social roles.



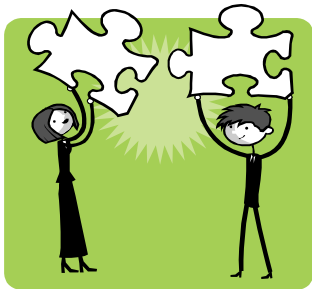
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Mobile Psychiatric Rehabilitation Program

The Mobile Psychiatric Rehabilitation (MPR) Program is a **Recovery**-oriented program that utilizes the *Psychiatric Rehabilitation Approach* from the Center for Psychiatric Rehabilitation at Boston University. The MPR program helps people to increase their success and satisfaction in their preferred living, learning, working and social environments.

CRCSI's MPR program provides psychiatric rehabilitation activities to individuals in Fayette County in their preferred community locations. Through

these activities, each individual will set a *Role Recovery Goal* and participate in further activities that assist them to achieve that goal. Examples of these activities include values clarification, identifying personal criteria, direct skill teaching, skill programming, resource modification and many others. The MPR program tends to operate during normal weekday business hours, but its staff respond flexibly to individuals' needs and preferences and schedule evening and weekend activities as necessary.



Who can use the MPR program?

The MPR program is available to adult Fayette County Health Choices members who have a serious psychiatric disability. Typically, people will have been diagnosed with conditions like *Schizophrenia, Major Mood Disorder, Psychotic Disorder NOS, Schizoaffective Disorder, Borderline Personality Disorder, etc.* To be accepted by MPR,



people must also be interested in making personal progress in at least one of the environmental domains of psychiatric rehabilitation:

living, learning, working or social. We also help people with illness management and wellness. The only other requirement for using MPR's services is that the person *wants to be in the program*, a reflection of our commitment to the value of **choice**. Anyone can refer a person who is qualified for the program; we accept referrals from the staff of other CRCSI programs, from other service provider agencies, from family members and other community members. People may also refer themselves by contacting one of our staff persons.

Personally Meaningful Goals

By participating in our initial activity, called a *Readiness Assessment*, each person in the MPR program sets a self-determined *Role Recovery Goal* which establishes a course of action that reflects where each person is in their unique, personal recovery process. So the outcomes and activities of these goals may be related to:

- **Engagement**
- **Developing Readiness**
- **Choosing a Valued Role**
- **Achieving a Valued Role**



As a community health provider and as an employer, Chestnut Ridge Counseling Services, Inc. does not discriminate on the basis of race, color, religion, age, national origin, ethnicity, marital or veteran status or disability. This commitment is made by the agency and its Board of Directors and is required by federal, state, and local regulations, including Title VI.

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