

What is Psychiatric Rehabilitation?

Psychiatric Rehabilitation involves consumers in activities that assist them to gain the knowledge, skills and supports to experience complete and true community inclusion. Consumers will work one-on-one with Practitioners who are dedicated in supporting and assisting the recovery of people in Fayette County from their psychiatric challenges.

By developing a partnership with the Consumer, the Psychiatric Rehabilitation Practitioner assists him or her in exploring hopes and dreams for his or her future. Psychiatric Rehabilitation allows consumers to make individualized choices that are flexible and incorporate various areas within their lives. Consumers may choose to work within one of the following Rehabilitation Domains: **Living, Learning, Working, Social, or Wellness.**

The ultimate goal of Psychiatric Rehabilitation is for the consumer to no longer require the support of the Practitioner. Instead, he or she will utilize community and natural supports.



- Fayette County Resident
- 18 years of age or older
- Chooses to make changes in one of the following environments; living, learning, working, or social
- May desire to learn more about illness management and/or health and wellness
- Fayette County Health Choices Member
- Diagnosed with conditions such as: Schizophrenia, Major Mood Disorder, Psychotic Disorder Schizoaffective Disorder, Borderline Personality Disorder, etc.
- Referred by CRCSI staff, other provider agencies or self

Admission Criteria

Chestnut Ridge Counseling Services, Inc.

MPR Community Based Psychiatric Rehabilitation

250 E. Fayette St.
Uniontown, Pa. 15401

Phone: (724) 439-1151
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-MPR- Community Based Psychiatric Rehabilitation



**“Go Confidently in the Directions
of Your Dreams, Live the Life
You have Imagined.”**

-Henry David Thoreau

Recovery Is...

Building relationships with consumers that promote hope, empowerment, choice and opportunities to achieve optimal success in their chosen environment.

Consumers will work individually with a practitioner within the community. The



Practitioner will then assist the consumer in achieving or improving

specific skills by using personalized teaching aids. These teaching aids will give consumers the opportunity to express why the skill is important to them and any experiences they may have had using this skill before. They will also be shown examples of how, when and where to use the skills and be given the opportunity to practice what they have learned.



The Choosing Process

If the Consumer desires to make changes within their living, learning, working or social environment, the Practitioner will help guide them in determining the most effective way to make this change.

1st

The Practitioner explores personal values with the Consumer such as: family, health, justice, truth, love, spirituality and friendship.

2nd

The consumer will list his/her likes and dislikes for their chosen environment. The values they developed in the 1st step will assist them in this decision.

3rd

Both will then research available options that the consumer may decide to choose such as: homes, jobs, educational facilities, and social environments, etc.



Rehabilitation Domains

LIVING

* Budgeting

* Household Management

* Meal Preparation



LEARNING

* Study Skills

* Test Preparation

* Homework Preparation



WORKING

* Preparing for a Job

* Job Performance Skills

* Teamwork



SOCIAL

* Planning Activities

* Money Management Skills

* Getting Along with Others



WELLNESS

* Illness Management

* Symptom Management

* Healthy Living

