PSYCHIATRIC REHABILITATION SERVICES (PRS)

Building Skills. Increasing Independence. Reaching Your Goals.

Psychiatric Rehabilitation Services, or PRS, support individuals who experience mental health and/or substance use challenges in developing the skills they need to live more independently, participate in their community, and work toward personal goals.

PRS focuses on your strengths, abilities, and goals. Our staff work alongside you to identify areas where you would like additional support and develop practical skills that can make everyday life more manageable and meaningful.

HOW CAN PRS HELP?

Everyone's goals are different. PRS Services are individualized based on what is important to you.

We can help you build skills in areas such as:

DAILY LIVING & INDEPENDENCE

- Establishing healthy routines
- Managing household responsibilities
- Improving organization and time management
- Building skills for greater independence

SOCIAL & COMMUNITY CONNECTIONS

- Strengthening communication and social skills
- Developing healthy relationships
- Increasing confidence in community settings
- Becoming more involved in community activities and resources

EDUCATION & PERSONAL GROWTH

- Identifying educational goals
- Developing skills for success in a learning environment
- Connecting with educational opportunities and resources
- Building confidence and self-advocacy skills

EMPLOYMENT

PRS can help individuals interested in working identify, obtain, and maintain competitive employment. Support can include:

- Exploring employment interests and goals
- Preparing for employment
- Assistance with the job search process
- Developing workplace skills
- Ongoing support to help maintain employment

WHAT DOES PRS LOOK LIKE?

PRS is not about someone deciding what you should do. It is about working together to identify where you want to go and helping you build the skills to get there.

Your Community Rehabilitation Specialist will work with you to:

- Identify your strengths and goals
- Recognize barriers that may be getting in your way
- Develop practical skills and strategies
- Practice those skills in real-life situations
- Build confidence and greater independence

Services may take place in the office or in community settings where you can practice and use the skills you are developing.

IS PRS RIGHT FOR ME?

PRS may be helpful if you want support to become more independent; improve everyday living skills; feel more confident in the community; strengthen social or communication skills; pursue education or employment; develop skills to overcome barriers; or work toward meaningful personal goals.

Your Goals. Your Strengths. Your Recovery

Recovery looks different for everyone. PRS provides individualized support to help you delveop the skills and confidence you need to move toward the life you want.

Interested in learning more? Talk with one of our team about PRS.