

# Psychiatric Rehabilitation



*Be an active participant in your recovery and create the life you want.*

## What is the Psychiatric Rehabilitation Program?

Psychiatric Rehabilitation teaches skills that help those diagnosed with mental illness live and work in their communities as independently as possible. Psychiatric Rehabilitation workers meet with participants in or outside the home to develop skills for living, working, learning and socializing.

## What can someone expect from the Psychiatric Rehabilitation program?

Individual goals could include but are not limited to:

### **Living and Wellness:**

Manage a household, navigate transportation, cook nutritiously, get exercise, manage illness and develop interests.

### **Educational:**

Obtain a GED, a technical or college degree, organize a schedule and learn coping strategies to handle stress related to studying and exams.

### **Vocational:**

Obtain employment or volunteer work, practice interview skills and develop a resume.

### **Social:**

Develop social roles and supports as well as the skills needed for healthy and fulfilling relationships (e.g., parent, partner, sibling, friend, tenant).

## Who qualifies for the Psychiatric Rehabilitation program?

- Individuals 18 years of age or older.
- Erie County residents.
- Individuals diagnosed with a serious mental illness.
- Individuals experiencing functional impairment that interferes with role performance in living, working, education and/or social domains.

*For more  
information call:*

**814-870-5300**



Stairways is accredited by the Joint Commission for Healthcare Organizations, the gold seal of the US health care industry.



*Visit us at [www.StairwaysBH.org](http://www.StairwaysBH.org)*

Stairways Behavioral Health is a private nonprofit organization that assists persons with mental health care needs at any stage of life in their recovery by providing comprehensive rehabilitation, treatment and support essential for living, working, learning and participating fully in the community.