

Psychosocial Rehabilitation Services (PSR)



WHAT IS PSYCHOSOCIAL REHABILITATION SERVICES (PSR)?

HopeLink's Psychosocial Rehabilitation Services (PSR) include group-based day programs for adults experiencing serious mental illness. Designed for people ages 18 and older in Fairfax County, VA, the programs can help the individual learn life skills and coping mechanisms that might be difficult to master because of mental illness. Whatever the individual's goal—to live independently, maintain sobriety, engage in meaningful work or volunteering, go to school, or some other life goal—HopeLink can help the individual build the skills they need to move on to the next step.

We offer three day-programs:

- Recovery Academy
- Stepping Stones
- Community Readiness and Support Program

RECOVERY ACADEMY

Recovery Academy is a daytime group program for individuals ready to make positive changes and to learn new skills in a structured daytime program. The individual will be in groups and around others who have similar experiences. Recovery Academy is located in Fairfax, VA.

HOW DOES RECOVERY ACADEMY WORK?

The HopeLink team will work with the individual to set individualized recovery goals. The individual attends 3-5 days a week, learning to:

- Make friends
- Understand mental illness
- Manage symptoms
- Care for overall health
- Improve self-esteem

This service is provided under contract with the Fairfax-Falls Church Community Services Board and is free to Fairfax County residents who meet qualifying criteria.

(continued on reverse)

OUR MISSION

HopeLink inspires hope and provides support for individuals and families experiencing crisis and behavioral health challenges. Through innovative services and a collaborative approach, we strengthen our community one life at a time.



LEARN MORE



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STEPPING STONES

Stepping Stones is a flexible, group-based psychosocial rehabilitation program designed for adults who are ready for more independence in their recovery, but who still want to attend groups and work more on their skills. Stepping Stones is located in Mt. Vernon, VA.

HOW DOES STEPPING STONES WORK?

The individual chooses their schedule based on which groups they want to attend and their work, school, or volunteering schedule. In addition to structured groups focused on skill-building topics, we offer unstructured time to access a variety of program supports.

Group topics covered include:

- Coping Skills
- Healthy Living
- Co-occurring Group
- Technology Skills
- Medication Management

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COMMUNITY READINESS AND SUPPORT PROGRAM (CRSP)

CRSP is an intensive, group-based psychosocial rehabilitation program for individuals who are ready to work on their recovery in a daytime structured rehabilitation setting and who may require intensive, individualized support due to their symptoms, circumstances, or recovery. CRSP is located in Merrifield, VA.

HOW DOES THE COMMUNITY READINESS AND SUPPORT PROGRAM WORK?

CRSP helps the individual learn and practice the skills needed to move forward in recovery, and in a positive, strengths-based environment where others are learning. The program offers 3-4 psychoeducational groups daily, to help teach and practice:

- How to make friends and talk to others
- More about their mental illness
- Coping skills for managing symptoms and tools for managing stress
- Social skills for the professional world
- Time management skills
- Independent living skills like cooking, cleaning, and managing appointments
- How to take care of their health
- Steps for maintaining sobriety

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FOR MORE INFORMATION

To learn more about our PSR programs, talk to your Fairfax-Falls Church Community Services Board (CSB) case manager about a referral and visit hopelinkbh.org.