

Psychosocial Rehabilitation Services (PSR)

WHAT IS PSYCHOSOCIAL REHABILITATION SERVICES (PSR)?

HopeLink's Psychosocial Rehabilitation Services (PSR) are 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. The programs also provide a source of daytime structure and opportunities for socialization to reduce isolation. Whatever the individual's goal, HopeLink can help the individual build the skills they need to move on to their next step.

We offer two day programs:

- Hope House, a Clubhouse program
- Community Readiness & Support Program, an intensive PSR service

HOPE HOUSE

Hope House is a daytime social and skill-building program that supports and empowers people living with mental illness. Based on the Clubhouse model of psychosocial rehabilitation, Hope House offers a safe, welcoming, and supportive environment where members can work on their recovery by learning and practicing skills across nearly all domains of functioning. Hope House is located in Fairfax, VA.

HOW DOES HOPE HOUSE WORK?

The day-to-day functioning of Hope House is centered around a concept called the work-ordered day. Members and staff work together to keep the program running smoothly. By sharing responsibility for every aspect of the Clubhouse, positive relationships and meaningful community engagement develop.

Outside of participation in the work-ordered day, other activities that support the learning and practice of a variety of life skills are available, such as:

- Psychoeducational groups with topics like symptom management, social skills, co-occurring disorders, and healthy living
- On- and off-site volunteering groups
- Community recreational outings
- Individual support meetings with peer staff

(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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@HopeLinkBH



HopeLinkBH.org

- Access to program resources, like the computer lab, fitness center, and social lounge
- Member-led activity groups
- Connection to other community resources that support continued recovery

Members choose how often they attend and how they participate in Hope House activities based on their individual goals for treatment. All activities are optional.

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.

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.