

PSYCHOSOCIAL REHABILITATION FOR ADULTS

A photograph of a diverse group of approximately ten adults of various ethnicities and ages. They are all smiling and looking towards the camera. Their arms are raised, and their hands are clasped together in the center, forming a huddle. The background is a plain, light-colored wall.

Independent Living in a Community of Friends

Psychosocial Rehabilitation (PSR) is designed to help adults with behavioral health challenges increase their ability to live independently, minimizing their need for ongoing professional intervention. We help people set and pursue their own personal goals and implement steps to better manage their illness and their everyday lives. Enhanced skills and increased feelings of confidence, nurtured within a caring environment, help adults with behavioral health needs maintain the dignity, respect, and sense of pride that helps them become active, productive members of their communities. Success in the real world comes, in part, from knowing how to manage responsibilities and learning how to make the right choices. Our PSR programs are designed to promote these building blocks of success.

OUR SERVICES

- Individualized, Person-Centered Approach to Recovery (focusing on personal strengths, rather than limitations)
- Self-Advocacy
- Rehabilitation Planning
- Adult Basic Education & Special Interest Courses (such as art & music enrichment)
- Pre-Vocational Activities, Skills Development & Positive Work Habits
- Supported Employment Opportunities
- Relationship-Building, Positive Social Interaction, & Community Outings
- Leisure & Recreational Activities
- Rights & Responsibilities Training, Stress Management & Coping Skills
- Management of Personal Care & Daily Living Activities (housekeeping, basic meal preparation, money management, grooming/hygiene, medication self-management, use of transportation services, etc.)
- Peer Support Specialists & Wellness Recovery Action Plans (WRAP)
- Links to Established Community Resources



STEPHEN'S STORY

In 2002, Stephen Brannan had a car accident that changed his life forever. He lost both hips, the use of his back, and endured 18 operations in 14 months. During this same time, his family lost their home and nearly everything else they owned. After two suicide attempts, Stephen was referred to a PSR clubhouse, where, in less than a year, he went from “not caring about life” to wanting to help as many people as he could. Stephen is now attending community college, working as a Certified Peer Support Specialist, and serves on a local consumer advisory committee.

“One [PSR] counselor took it upon himself to make a difference. The clubhouse has been the deciding factor in helping me restructure my life.” — Stephen Brannan

If you have a mental health diagnosis and you need assistance in two or more life areas, you may qualify for PSR services. [Contact us today](#) to find out more about our services and eligibility requirements. We look forward to helping you live a better life!

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Unit D
Concord, NC 28025
[704-793-6010](#)

Piedmont House
233 Montgomery Avenue,
Suite 2A
Albemarle, NC 28001
[704-983-4157](#)

Carter House
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[704-633-1835](#)

Passageways
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Extension, Suite 6
Lexington, NC 27292
[336-242-2403](#)

Union House
316 I.B. Shive Drive
Monroe, NC 28110
[704-226-1517](#)

Central Office
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With passion and integrity, [RHA Health Services](#) creates opportunities for people and communities through innovation and leadership.