

Daily Psychoeducational Groups

For example:

- ◆ Mindfulness
- ◆ Mental Health Recovery
- ◆ Health and Wellness
- ◆ Peer-Led
- ◆ Healthy Menu Planning
- ◆ Building and maintaining healthy relationships
- ◆ Increasing self-esteem and self-confidence
- ◆ Work Readiness
- ◆ Stress Management
- ◆ Cultural Diversity
- ◆ Planning leisure and recreational activities
- ◆ Finding your place in the community

The mission of the Prince William County Vocational Services is to empower individuals by promoting hope, choice, and action so they can achieve their highest level of community participation.

How Do I Get Started?

If you are interested in learning more about the PSR Program at the Phoenix Center there are several things you should do:

1. Contact your therapist for a referral
2. Contact us so you can get a tour of the facility and get an idea if this program is for you
3. Get ready to reach your recovery goals!!!



For more information call us at
703-792-5480 or email at
CSVocationalServices@pwcgov.org



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Welcome to Psychosocial Rehabilitation Services

Located at :

The Phoenix Center
*A Place For
Rehabilitation & Recovery*



8500 Phoenix Drive
Manassas, Va 20110
703.792.5480



**PRINCE WILLIAM
COUNTY**
Community Services
Vocational Services Program

What is Psychosocial Rehabilitation (PSR)?

Psychosocial Rehabilitation is a CARF accredited, voluntary and time-limited service offered to individuals with serious mental illness (SMI) and co-occurring disorders who want to move forward in their personal recovery with the ultimate goal of effectively and independently integrating into the community of their choice.

How does this happen?

Staff work side-by-side with individuals in a structured therapeutic group milieu both onsite at The Phoenix Center and at community-partner sites to help strengthen individual skills and develop environmental supports necessary to sustain community living. The program specifically offers skills training, peer support, community integration opportunities, and community resources development oriented toward empowerment and competency. PSR services are dedicated to the concepts of an individual's personal recovery and resiliency as well as with respect to diversity and cultural competency-based practices.

Examples of skills training designed to help individuals increase their own independence :

- Learn about nutrition, kitchen safety, and safe food handling through planning and preparing meals
- Learn to structure and manage time and follow through skills
- Improve computer skills to research program information , compose quarterly newsletter, and maintain program documents.
- Learn and practice customer service
- Learn to follow directions, work in teams, and improve attention to detail
- Understand mental illness and symptom management techniques
- Learn horticulture skills and how gardening can be therapeutic
- Build self esteem , time management, and work stamina



Examples of peer support activities:

- Mentoring new Participants
- Peer Led Art groups
- Practice socialization and communication skills through team work activities



Examples of community integration activities that enhance individuals' lives outside of the program:

- Assist members in identifying their community roles.
- Develop ways to make meaningful contributions to our community partners
- Research local community resources while learning and practicing basic computer skills.
- Research, plan and participate in volunteer projects with in Prince William County.
- Research, plan and advertise monthly/quarterly community outings
- Use opportunities to develop a job reference, reduce employment gaps, and connect to the Supported Employment Program and the Department of Aging and Rehabilitative Services (DARS)

