

## PSYCHIATRIC REHABILITATION SERVICES

Aurora's Psychiatric Rehabilitation program assists individuals with psychiatric disabilities to increase their success and satisfaction in the roles and environments of their choice. Using a strength-based approach, participants are invited to explore the roles that are important to them in the **living, learning, working, and socializing** environments.

The ultimate goal is **RECOVERY**. This includes regaining the roles that may have been lost as a result of illness, as well as pursuing new roles. Aurora believes that all individuals have the ability to learn **and grow**.

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Psychiatric rehabilitation is based on each individual's needs and choices. **Individuals have the right to direct their own affairs related to their psychiatric disability and the services they receive.** This service is person-centered, meaning that each participant is viewed as an individual rather than as a diagnosis.

Aurora Services uses S.M.A.R.T. goals. This means that rehabilitation goals will be specific, measurable, attainable, realistic, and time-bound. The focus is on what the individual wants.

The staff at Aurora Services are Certified Psychiatric Rehabilitation Practitioners, recognized by the international Psychiatric Rehabilitation Association.

## SAMPLE CLASS SCHEDULE

### TUESDAYS

#### ASSERT YOURSELF

**10:00 AM**

Assertiveness is the ability to self-advocate and express yourself while remaining respectful to those around you. Communicate with confidence after attending this class!

#### LONELY NO MORE

**10:00 AM**

Numerous songs have been dedicated to how lonely we are, on a planet of over 7.3 billion people. Join this group and use your strengths to overcome loneliness.

#### BUILDING WORK/VOLUNTEER SKILLS

**11:00 AM**

Get the job done! Learn and practice job searching skills, people skills, résumé and letter writing techniques, interviewing tips, professional etiquette, and much more.

#### INTERPERSONAL RELATIONSHIPS

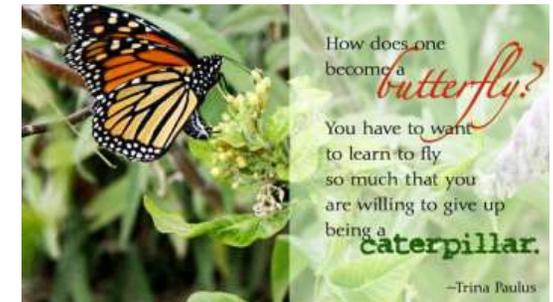
**1:00 PM**

Learn to schmooze! Talk the talk! Relating to others requires finesse, tact, and awareness of social cues. These skills will promote greater success in recovery.

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## WRAP PLANNING

For those who choose to create a **Wellness Recovery Action Plan**, two certified peer specialists are available. They can assist people individually or in group settings to identify the things that keep them well. Utilization of these plans can be an integral part of getting and staying well.



BCRC is an equal opportunity provider and employer. If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (PDF), found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

## ON THE ROAD TO RECOVERY?

Call **724-775-2298** and schedule an intake to review and choose your pathway to Recovery.

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In order to attend psychiatric rehabilitation, an individual must:

- Be at least 18 years old
- Have a qualifying diagnosis of a serious mental illness
- Have a functional impairment that interferes with role performance in the living, working, education, and/or social domains
- Choose to attend

Aurora's psychiatric rehabilitation offers **site-based** services. **Mobile services** may be provided for those who are unable to attend on-site. Transportation assistance may be available via DART. Referral to this program requires a recommendation from a Licensed Practitioner of the Healing Arts.

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Located within Beaver, Aurora Services provides a welcoming atmosphere for those who are interested in mental health recovery.

It is an easily accessible building, close to BCTA bus stops.

**Aurora Psychiatric Rehabilitation Services**  
**363 Third Street**  
**Beaver, PA 15009**  
**Phone: 724 -775- 2298**  
**Fax: 724-774-7603**

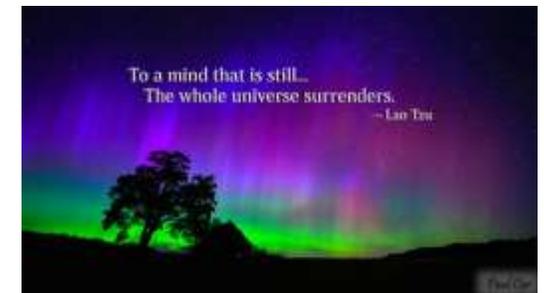
# AURORA SERVICES

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### **aurora:**

1. dawn
2. a luminous phenomenon that consists of streamers or arches of light appearing in the upper atmosphere of a planet's magnetic polar regions and is caused by the emission of light from excited atoms...  
Miriam-Webster Dictionary

“...they say if you dream a thing more than once, it's sure to come true...”  
Princess Aurora, Sleeping Beauty



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724-775-2298