

What is PSR?

The PSR program is designed to assist individuals in learning new ways of overcoming the impact of psychiatric symptoms, engaging with their communities, and getting the support they need. Groups focus on teaching and supporting social skills necessary for independent living and effective life management.



What are some benefits of participating in PSR groups?

- Feeling less lonely, isolated, or misunderstood
- Reducing distress, depression, anxiety, or fatigue
- Improving skills to cope with challenges
- Staying motivated to manage treatment
- Gaining a sense of empowerment, control, or hope
- Improving understanding of mental health and your own experience with it
- Learning about resources in the community

Apalachee Center

Leon County

2634-C Capital Circle NE
Tallahassee, FL 32308
850-523-3289

Gadsden County

79 LaSalle Path
Quincy FL 32351
850-875-2422

Liberty County

13888 Northwest CR 12
Bristol, FL 32321
850-973-5124

Madison County

126 SW Sumatra Avenue, Unit D
Madison, FL 32340
850-973-5124

<https://apalacheecenter.org>



Psychosocial Rehabilitation
Services
(PSR)

What happens in group?

Sometimes, struggling with a mental illness can lead to difficulty in learning new skills, or a loss of interest in things that individuals used to do.

PSR services help individuals with serious mental illness gain independent living, social, and communication skills. Groups focus on helping individuals to remain in or return to independent functioning in community settings.

DAILY GROUPS

Groups can provide individuals with an opportunity to be with people who have a common purpose and are likely to understand one another. PSR groups meet every day and use an Evidenced Based Practice curriculum in a structured environment.

LIFE SKILLS

Psychosocial Rehabilitation services restore an individual's skills and abilities necessary for independent living, though:

- Development and maintenance of daily living skills
- Food planning and preparation
- Money management
- Maintenance of the living environment
- Development of problem-solving techniques
- Medication education and symptom management
- Training in the appropriate use of community services

SOCIAL SKILLS

PSR groups provide an opportunity for social support for individuals and their families.

Groups eliminate or compensate for interpersonal and environmental barriers. PSR groups work to restore social skills for independent living and life management.

WORK READINESS

Services can include work readiness assessments, job skills, and support for individuals seeking employment.

Groups are currently offered at our Leon, Madison, Gadsden, and Liberty County offices

Is PSR right for you?

If you or someone you know:

- Is a current Apalachee client
- Is experiencing chronic and severe psychiatric conditions
- Needs assistance in restoring skills for independent living in the community
- Is experiencing mental health/co-occurring symptoms and needs ongoing assistance
- Lacks a supportive environment and resources needed to reach recovery goals

Then our PSR program may be beneficial to you!

Joining a new group, you may be nervous about sharing personal issues with people you don't know. At first, you may benefit from simply listening. Over time, however, contributing your ideas and experiences may help you get more out of PSR groups.

