

Addressing community need by providing tools necessary for individuals to live, learn and participate fully in their community.

**For more information or to enroll, please contact Janice Wojak:
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Our Mission

The Mission of Grand Prairie Services is the provision of holistic emotional and behavioral health services for individuals, families and communities of the Southland region with an emphasis on recovery and optimal functioning.



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Psychosocial Rehabilitation Services (PSR)



PSR Core Values & Goals

To equip participants with the resources and skills necessary for managing their symptoms from a mental illness diagnosis and living an independent life.

To thoroughly assess participants and provide an abundance of support through psychosocial rehabilitation groups, individual counseling/therapy and staff advocacy.

To build or increase participants natural support systems.

Encourage participants to surface their talents, skills and capabilities.

Employ and encourage self-sufficiency.

Increase participants involvement in their treatment process.

To enhance the participants’ treatment team and access to viable resources necessary for symptom management.

Empower participants through engagement in community support activities and vocational training.

Overview of Psychosocial Rehabilitation Services

The Psychosocial Rehabilitation Services (PSR) of Grand Prairie Services helps reintroduce individuals into the community. Although participants who participate in the PSR skill building program have histories of multiple psychiatric hospitalizations, they have proven capability of utilizing their full potential, living a fulfilling life, establishing meaningful relationships with their peers and applying the therapeutic and educational skills learned necessary for reintegrating into the community independently.

Individuals who take part in PSR programs develop:

- Independent living skills, including coping with life stressors, self-management of behavioral symptoms, self-management of medication, interpersonal relations and social-occupational skills.
- Skills to maintain community adjustments without structured intervention.
- Skills to foster generalization of new skills learning to other community settings.
- Find and maintain meaningful employment or explore career employment opportunities.

Individuals are offered diverse groups that focus on the skills needed to maintain community living. Programs and activities are evidenced-based and proven to address the needs of program participants. Individuals participate in many community activities that help with community integration.

PSR services are recovery focused and teach individuals the skills necessary to live, learn and work successfully in the community

Four primary components of PSR:

- Skill Building
- Pre-Vocational/Transitional Services
- GPS Drop-In Center
- Psychiatric Services
- Consumer Advisory Council