



Psychosocial Rehabilitation Services (PSR)

Psychosocial Rehabilitation Services (PSR) offers structured psychoeducation and support groups for adults with a primary diagnosis of Schizophrenia, Bipolar, Anxiety or Depression. Services assist participants with learning skills related to symptom management, socialization, independent living, life management and educational/vocational endeavors. Participants choose the groups in line with their personal recovery goals. A different topic is taught every day in small group settings, which allows for more one-on-one time.



Recovery

Mental illness is the same as any other chronic disease. If you have diabetes you have to do a series of things to keep yourself well. Having a mental illness requires you to understand relapse signs and symptoms, and learn to put your RECOVERY first.

Mental illness recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. But you need the right tools to be successful. That's where we come in! Peace River Center's Psychosocial Rehabilitation (PSR) groups at Gateway are designed to improve your overall health and wellness so you can live the best life possible.

We are committed to providing you with the tools you need to successfully maintain your mental illness recovery.



Getting Started

It is never too late to educate yourself about your mental illness and learn how to manage it. To live the best life possible you have to be open to learning new and different ways to manage your illness.

Our groups are designed to benefit individuals with a primary diagnosis of Schizophrenia, Bipolar, Anxiety, or Depression. To participate, you will need a referral from your psychiatrist, therapist, or case manager. You will then schedule a day to visit PSR. If PSR is a fit for you, you will make a schedule based on your personal recovery goals.

GROUP DAYS

Monday: Personal Growth
Tuesday: Independent Living
Wednesday: Social Skills
Thursday: Symptom Management
Friday: Healthy Habits

Groups are held Monday through Friday from 9:30 a.m. to 2:15 p.m. Lunch is provided and there are scheduled breaks throughout the day.

Groups are designed to be fun and educational. Plus, in our small group settings staff is able to provide one-on-one time when it is needed. Our aim is to help you recover your self-directed life and our experienced staff is here to assist you. From helping you identify your goals to providing you with the classes to achieve those goals and even more, PSR Gateway has the group for you!



TESTIMONIALS

PSR has helped me to stay on my meds. It's helped with banking, budgeting, and communicating. PSR is helping me to get an apartment or housing.
- Vergil

The PSR program has helped me immensely. The staff have helped me learn coping skills when I am anxious or down. Coming to PSR has helped me with overcoming my loneliness and hopelessness and also has helped me to overcome self-consciousness. It is a great program.
-Connie

The PSR program makes me feel special because coming to the PSR program helps me learn different skills for out in the community. It teaches me how to budget and how to be interviewed for jobs. The PSR program helps me with symptoms management and helps me understand my mental illness better so I can help others who don't have a mental illness understand what I go through.
-Bridgette

I feel like I am not in this alone and there are people who understand. By being around others like me I'm comfortable and I can learn the things I need to improve my life.
-Jean

PSR gave me a good feeling about myself. I'm socializing with people more. I've learned more how to deal with my illness. It gave me skills, friends, a new life. Keeps me working on my goals.
-Angela

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For after hours crisis, call:
Crisis Line: 863.519.3744
Toll Free: 800.627.5906

For Access to Care call:
863.248.3311



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