

**INSPIRING HOPE -
BUILDING SUCCESS
AND SATISFACTION..
BASED ON CHOICE**

BASIC PRINCIPLES

1. IPR is consumer driven.
2. The primary focus is on improving competencies.
3. The benefit is behavioral improvement in the environment of choice or need.
4. Hope: positive expectations of improvement.
5. Active consumer involvement.
6. Two interventions: skills and support.



S I O U X L A N D

MENTAL HEALTH CENTER

For Further Information, contact us at:

Community Support Services

205 5th Street

Sioux City, Iowa 51101

Phone: 712-202-0173

Fax: 712-202-0186



*Intensive
Psychiatric
Rehabilitation*

Inspiring Hope...



Making a difference in
our community for over
thirty years.....

Siouxland Mental Health Center is fully
Accredited by the State of Iowa

Building Success And Satisfaction One Skill At A Time

MISSION

To assist persons with psychiatric disabilities to develop or enhance the skills and supports necessary to be successful and satisfied in the role recovery process of learning, living, or working environment of choice with the least amount of ongoing professional intervention.

VALUES

- ◆ Hope
- ◆ Choice
- ◆ Satisfaction
- ◆ Success

WHO CAN USE THESE SERVICES?

Individuals with a severe and persistent mental illness who are not satisfied with their role in one of the following three environments:

- ◆ Living
- ◆ Learning
- ◆ Working

PROGRAM STRUCTURE

Intensive Psychiatric Rehabilitation (IPR) is a highly structured service program designed to help those with serious and persistent mental illness be successful and satisfied in the role of their choice.

The program is divided into five phases that are generally accessed in a linear fashion. The five phases are:

- ◆ Rehabilitation Readiness
- ◆ Readiness Development
- ◆ Goal Setting
- ◆ Goal Achievement
- ◆ Goal Keeping

REHABILITATION READINESS

The first meeting is an orientation and intake in a group setting with a Rehabilitation Practitioner. Areas addressed include the individual need and commitment to make a change in their lives. This is followed by a series of group sessions structured to help each individual answer relevant questions about their readiness to become involved in the rehabilitation process.

READINESS DEVELOPMENT

Readiness development services are provided to increase an individual's motivation and readiness to become engaged in a rehabilitation goal setting and goal achieving service process.

Focus is on self-esteem, self-awareness, values, medication compliance, and personal recovery issues.

GOAL SETTING

Goal setting services are designed to help individuals make an informed choice of a desired residential, educational, or occupational goal to pursue as a means of enhancing their participation and status in community life. The outcome, an Overall Rehabilitation Goal, (ORG) provides a focus for all subsequent rehabilitation activities.

GOAL ACHIEVEMENT

This component is designed to teach skills specific to the goal selected by each individual and identify resources necessary for their goal environment.

GOAL KEEPING

During this final phase of the program the desired outcome for individuals is maintenance of successful and satisfying functioning in their goal environment with the least amount of ongoing professional support.



To refer yourself or someone else to this program, please call Community Support Services and ask to speak with the Director of Community Services at 712-202-0173