

# R.I.S.E.

## Mission

Dickinson Center, Inc.'s  
Psychiatric Rehabilitation Service

### R.I.S.E.

is dedicated to **partnering** with people. We promote and encourage the overall wellness of each individual and assist them in reaching their full potential.



REACHING  
INDEPENDENCE,  
STAYING  
EMPOWERED

# Dickinson Center, Inc.

AN AFFILIATE OF JOURNEY HEALTH SYSTEM

## Psychiatric Rehabilitation Program

### R.I.S.E.

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Admissions, the provision of services and referrals of consumers shall be made without regard to race, color, religious creed, disability, ancestry, national origin, age, sex, veteran's status and Limited English Proficiency status.

Dickinson Center, Inc. is an Equal Opportunity Employer.

### Our Mission:

*Dickinson Center, Inc. is committed to helping individuals reach their full potential by providing a comprehensive spectrum of behavioral health, intellectual disability, and prevention services.*



# R.I.S.E.

REACHING INDEPENDENCE, STAYING EMPOWERED

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## What is R.I.S.E.?

- RISE (Psychiatric Rehabilitation Program) promotes recovery, full community integration, and improved quality of life for people who have been diagnosed with a mental illness which seriously interferes with day-to-day life.
- RISE services are individualized and self-directed with staff guidance and support.
- RISE services focus on helping individuals learn, practice and use safe, healthy skills to feel comfortable in their every day life.

## What groups & activities does RISE offer?

- Community Awareness
- Anger Management
- Coping Skills for Anxiety, Depression & Stress
- Arts & Crafts
- Social Interaction
- Positive Thinking
- Journal Writing
- Fitness
- Recovery
- Self-awareness
- Relaxation
- Wellness
- Independent Living Skills

**C**onsumer Corner: RISE members were recently posed the following question...

## QUESTION?

How has attending RISE benefitted you?

## ANSWERS:

"It helps me think more positive."

"My anger and aggression have decreased considerably since I started RISE."

"When I started RISE, I was unable to cope with my depression & anxiety. Now I have a few friends & am ready to volunteer in the community." -- Elly

"My depression has decreased since I've been coming to RISE." --Denise

"When I first came to RISE, I could not walk into a room with 4 or 5 people in it. Now, I can sit in a room with 30 people & be comfortable." -- Shannon

"I feel like I matter."

*"I have learned that I am a good person & I can do good for others."*

*"It helps me daily with my life & all my relationships, including the one with myself."*



Serving adults 18 years & older in Potter and McKean counties since 2009.