

Dickinson Center, Inc. was formed in 1958 by Dr. Robert J. Dickinson. We are recognized as one of the leading rural behavioral health providers in northwestern Pennsylvania.

We are a regional provider of mental health, intellectual disabilities, and prevention services operating in Elk, Cameron, Potter, McKean, Forest, Warren, Jefferson, and Clearfield counties.

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.

SITE-BASED PSYCHIATRIC REHABILITATION SERVICES

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PSYCHIATRIC REHABILITATION SERVICES

What's Psychiatric Rehabilitation?

Psychiatric Rehabilitation seeks to help people determine the living, working, learning, and social goals that they wish to achieve. Partnering with our staff and/or other supports if desired, members are encouraged to identify the skills/resources that they have as well as those that they want or need to achieve their goals.

Members also work to identify what supports they may already have and those needed to achieve their goals. Members then work with staff to create a recovery plan to achieve those goals.

Why receive these services?

Dickinson Center is committed to helping individuals reach their full potential. Here are some of the reasons for Psychiatric Rehabilitation services...

- Mental health management skills
- Manage life stressors
- Improve communication skills
- Build self-esteem
- Develop coping skills
- Improve social skills
- Gain self-acceptance
- Receive support and hope
- Develop positive relationships
- Anger management

What groups & activities are offered?

- Community Awareness
- Anger Management
- Coping Skills for Anxiety, Depression & Stress
- Creative and Self-expression Skills
- Social Interaction
- Positive Thinking
- Journal Writing
- Fitness
- Skills and Resources to Recovery
- Self-awareness
- Relaxation
- Wellness
- Independent Living Skills & more

Who can attend?

Adults who have been diagnosed with severe mental illness, such as schizophrenia, bipolar disorder, major depression, etc., are the primary recipients of psychiatric rehabilitation services.

Our overall program serves Cameron, Elk, McKean & Potter counties in Pennsylvania.

What will it cost?

In accordance with State Mental Health/ Mental Rehabilitation Regulations, fees are determined by income and number of dependents. The program accepts fee payments from Community Cares Behavioral Health, the Cameron/Elk County Behavioral & Development Program, and some medical insurance plans.



How are services accessed?

Individuals in need of any services may personally call to arrange for an appointment or may be referred by sources, such as:

- Physicians or other providers
- Family Members
- Community Organizations
- Social Service Agencies

Attendance:

Psychiatric Rehabilitation services are offered 5 days per week, Monday through Friday
Hours vary per location.

Plus, monthly Saturday programs are available at select sites!

Psychiatric rehabilitation emphasizes values such as consumer involvement, consumer choice, consumer strengths, growth potential, and shared decision making.