

# 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.  
221 North Main Street  
Coudersport, PA 16915  
Phone: 814.274.0977  
Fax: 814.274.0979

#### Other sites:

43 Servidea Drive  
Ridgway, PA 15853  
Phone: 814.776.2653  
Text/Cell: 814.245.4142  
Fax: 814.772.1650  
Rita Kraus

Sr. Director of Site-based Psychiatric Rehabilitation  
[rkraus@dickinsoncenter.org](mailto:rkraus@dickinsoncenter.org)

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.*

[www.dickinsoncenter.org](http://www.dickinsoncenter.org) | Follow us on Facebook



  
**R.I.S.E.**  
REACHING INDEPENDENCE, STAYING EMPOWERED

  
**Dickinson Center, Inc.**  
AN AFFILIATE OF JOURNEY HEALTH SYSTEM

## 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

**Consumer 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.