

## S.T.E.P.S. Values:

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

### Attendance:

Psychiatric Rehabilitation services are offered 5 days per week, **Monday through Friday** from 7 a.m. to 3 p.m. **Plus, monthly Saturday programs.**

## Psychiatric Rehabilitation Program

### STEPS

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

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### *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.*

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.

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.

A MEMBER OF  
**JOURNEY**  **HEALTH SYSTEM**



# **S.T.E.P.S.**

**STRIVING TOWARD EMPOWERMENT  
AND PERSONAL SATISFACTION**

***Psychiatric Rehabilitation Program***

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## What is S.T.E.P.S.?

STEPS is a Psychiatric Rehabilitation service that promotes recovery, full-community integration, and improved quality of life for persons who have been diagnosed with any mental health condition that seriously impairs their ability to lead meaningful lives.

Psychiatric Rehabilitative services are collaborative, person directed, and individualized. The service focuses on helping individuals develop skills and access resources needed to increase their capacity to be successful and satisfied in the living, working, learning, and social environments of their choice.

## Why attend S.T.E.P.S.?

Here are some reasons that our consumers shared:

- “To improve communication skills.”
- “To assist in achieving my goal of living independently.”
- “To build self-esteem.”
- “To improve positive coping skills.”

- “To help me realize my goal of completing my education.”
- “To improve my ability to function in social settings.”
- “To help me feel like I can do something with my life.”
- “To gain self-acceptance.”

## 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.

## 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.

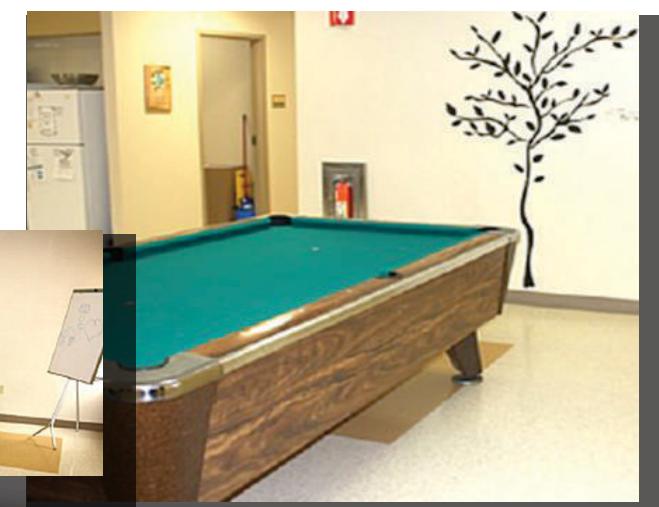
## What about privacy?

In accordance with laws of the Commonwealth of Pennsylvania, Dickinson Center, Inc. maintains that all persons seeking services will be treated with respect and that information will be regarded as confidential.

## How does one access service?

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

- Physicians
- Family Members
- Community Organizations
- Social Service Agencies



Helping people become more “successful and satisfied in living, working, and learning in social environments of their choice.”