

S.T.A.R.S. Values:

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

Attendance:

Services are offered 5 days per week,
Monday through Friday
from 8:00 a.m. to 4:00 p.m.

Psychiatric Rehabilitation Program

S.T.A.R.S.

Serving McKean County, PA
Transportation is available, if needed.

Robert Green
Program Director
rgreen@dickinsoncenter.org

9 Main Street
Bradford, PA 16701
Phone: 814.362.7464
Fax: 814.368.9756

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

1 North Main Street
Coudersport, PA 16915
Phone: 814.274.0977
Fax: 814.274.0979

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.



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AN AFFILIATE OF JOURNEY HEALTH SYSTEM

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JOURNEY  **HEALTH SYSTEM**

What is S.T.A.R.S.?

STARS is a psychiatric rehabilitation service that promotes recovery, full-community integration, and improved quality of life for persons who have been diagnosed with a serious mental health condition. S.T.A.R.S. promotes and encourages the overall well-being of each individual and assists them in reaching their full potential.

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.

Who can attend?

Individuals in McKean County, PA who are 18 years of age or older and have been diagnosed with severe mental illness, such as schizophrenia, bipolar disorder, major depression, etc., are the primary recipients of psychiatric rehabilitation services.

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



S.T.A.R.S. can help CONSUMERS.....

- ★ Determine what they have and what they need to achieve their goals.
- ★ Choose their goals, achieve their goals, and keep their goals depending on their wants and needs.
- ★ Choose groups that will assist them with developing the skills and/or supports that are unique to achieving their goals.
- ★ Determine the living, working, learning, and social roles they wish to achieve.

RESEARCH SHOWS...

people are more apt to change positively:

- ★ **in a positive relationship;**
- ★ **when they set their own goals;**
- ★ **are taught skills;**
- ★ **receive support;**
- ★ **have positive expectations or hopes for the future;**
- ★ **when they believe in their self efficiency.**

