



Psychosocial Recovery

Centerstone Psychosocial Recovery is a clinical approach that provides a structured, supportive environment for individuals whose mental health symptoms significantly impact their day-to-day living. Professional staff lead activities focused on positive social interaction and community involvement, while teaching practical skills that promote recovery and improved quality of life.

Participants can expect to work individually and in groups during Psychosocial Recovery and will collaborate with their treatment team on the following:

- Understanding one’s mental illness and related symptoms
- Developing a set of effective coping skills
- Setting life goals and monitoring progress
- Improving social and/or family relationships
- Learning skills to maintain independent living


Other areas of focus during treatment may include: health, hygiene, employment, housing, finances and more.


Eligibility


Centerstone Psychosocial Recovery is for adults with a persistent mental health condition. Services are provided up to five days per week based on the individual’s unique set of needs and paid for by insurance (including TennCare and Safety Net) or self-pay. Call us to learn more about how to get started.


Locations


Participants can access Psychosocial Recovery services at Centerstone locations in these Middle Tennessee counties:


 **Bedford**
 1110 Woodbury Street
 Shelbyville, TN 37160
 (931) 560-3066

 **Dickson**
 224 N. Main Street
 Dickson, TN 37055
 (615) 441-6178

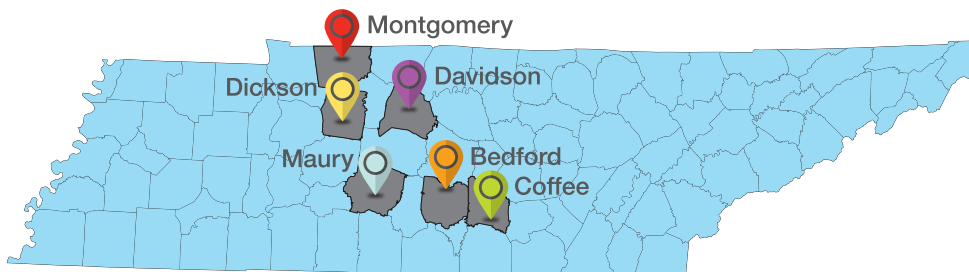
 **Coffee**
 709 N. Davidson Street
 Tullahoma, TN 37388
 (931) 393-5940

 **Maury**
 6011-B Trotwood Avenue
 Columbia, TN 38401
 (931) 560-3064

 **Davidson**
 230 Venture Circle
 Nashville, TN 37228
 (615) 460-4190

 **Montgomery**
 611 Eighth Street
 Clarksville, TN 37040
 (931) 920-7289

Transportation is available—call for more information.



Before coming here, I didn't leave my bedroom for over a year. Now I go places I never thought I could because I'm learning about my PTSD and panic attacks. There's a new me thanks to Centerstone. I don't believe I would have survived had I not been introduced to Psychosocial Recovery. I can smile and laugh again.

-Connie H.

About Centerstone

Centerstone is a not-for-profit health care organization dedicated to delivering care that changes people’s lives. We are a nationally recognized leader, providing mental health and substance use treatment, related crisis care, education and support to people of all ages in communities in Florida, Illinois, Indiana, Kentucky and Tennessee. Nationally, we offer specialized care for service members, veterans and their loved ones, and develop employee assistance programs for businesses of all sizes. Our research institute improves behavioral health care through research, evaluation and technology, and our foundation secures philanthropic resources to support our work. For more information about Centerstone, please call (888) 291-4357 or visit centerstone.org.