



Psychosocial Recovery

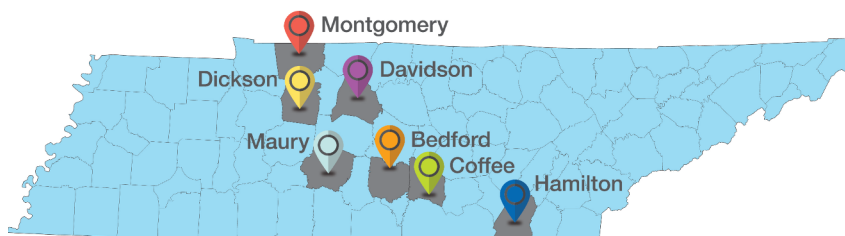
Centerstone Psychosocial Recovery is a clinical approach that provides a structured, supportive environment for individuals whose mental health symptoms significantly impact their day-to-day living. Professional staff lead activities focused on positive social interaction and community involvement, while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



Hamilton

6110 Shallowford Road, Suite B
Chattanooga, TN 37421
(423) 309-3881

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 provide mental health and substance abuse treatment, education and support to communities in Florida, Illinois, Indiana, Kentucky, and Tennessee and additionally offer individuals with intellectual and developmental disabilities life skills development, employment and housing services. Nationally, we have specialized programs for service members, veterans and their loved ones, and develop employee assistance programs for businesses of all sizes. Our research institute improves behavioral healthcare through research and technology, and our foundation secures philanthropic resources to support our work. For more information, visit centerstone.org.