



OUTPATIENT STABILIZATION SERVICES

Park Center's Outpatient Stabilization Services treat individuals who are challenged by severe, emotional mental illness; many of whom have had multiple psychiatric hospitalizations. All services are guided by the belief that people do recover from major mental illness and this is transmitted to the consumers throughout the therapeutic process.

In the treatment environment, a positive view of recovery prevails. The program is organized such that consumers can address current emotional impediments to their recovery while simultaneously participating in activities leading to a productive life in the community. A service plan is developed with the consumer based on the consumer's identified needs. This fosters hope and a partnership with consumers for recovery.

Outpatient Stabilization Program components include:

- Assessments
- Treatment Planning
- Medication Education
- Group Therapy
- Life Skills Training
- Crisis Management
- Rehabilitative Skills Training:
 - Coping skills
 - Communication skills
 - Assertiveness training
 - Social skills
 - Relapse prevention skills
 - Problem-solving skills

PARK CENTER BELIEVES THAT RECOVERY IS POSSIBLE.

For more information, or to make a referral, call:

260-481-2750



Outpatient Stabilization Services accredited by:



909 EAST STATE BOULEVARD
FORT WAYNE INDIANA 46805
260 - 481-2700 OR 1 888 - 481-2700
WWW.PARKCENTER.ORG

DIALECTICAL BEHAVIOR THERAPY TREATMENT

*Don't let
your emotions
control your life.*

Park Center can help . . .

Park Center offers a **Dialectical Behavior Therapy (DBT) treatment program** specifically for individuals who are diagnosed with Borderline Personality Disorder (BPD). BPD consists of a wide range of impulsive behaviors, particularly those that are self-destructive. Park Center received national acclaim for the effectiveness of our program when evidence-based data was presented to the President's New Freedom Commission on Mental Health in 2003.

DBT uses cognitive and behavioral strategies to help individuals with BPD improve the quality of their lives. This specialized program teaches self-containment skills and uses specific protocols for individual and group therapy and crisis intervention. Elements within DBT include:

- **Orientation interviews** - Consumer is informed about the program and matched with a therapist.
- **Personalized therapy** - Assists individuals with formulating strategies to cope with life situations, using a variety of methods based on the four core skill modules.
- **Skills groups** - Skills groups, for beginning and advanced consumers, are offered twice weekly to assist consumers in the learning of the DBT four core skills. Skills include:
 1. Core mindfulness
 2. Distress tolerance
 3. Emotional regulation
 4. Interpersonal effectiveness
- **Activity groups** - Provides interpersonal skill building and a sense of community through activities with other DBT consumers.
- **Case management** - A case manager provides services to assist in the continuum of care. Case managers coach consumers with ADL skills, filing for benefits, etc. and is set up to conform with the consumer's needs.
- **Crisis intervention** - Therapists, case managers, and physicians work together to assist the consumer through crisis and to provide appropriate community referrals when necessary.
- **Encourages community involvement** - We encourage consumers to be active with holding jobs and volunteering.

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