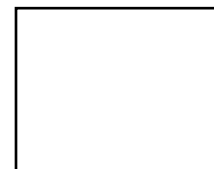


## What is Psychosocial Rehabilitation (PSR)?

PSR is an array of rehabilitation services for individuals 3-18 years old with emotional disturbances. Psychosocial Rehabilitation services encourage social involvement while developing and strengthening social skills.

PSR facilitates skill development in realistic, everyday situations. PSR Specialists assist in the implementation of treatment and caregiver goals.

The overall goal of Psychosocial Rehabilitation is to enable individuals to participate as fully as possible within their families and communities.



740 Warm Springs Avenue, Boise, Idaho 83712



# PSR PSYCHOSOCIAL REHABILITATION SERVICES



Operated by Children's Home Society of Idaho

## Benefits of Psychosocial Rehabilitation (PSR):

- Enables individuals to live independently
- Augments individual therapy services
- Teaches basic life skills
- Enables individuals to develop healthy relationships
- Reduces symptoms, increases coping skills
- Alleviates stress on family members caring for individuals with emotional disturbances

## PSR Specialists:

- Implement customized treatment plans
- Assist caregivers in coordinating care through plan development and skill training
- Assist in implementation of treatment and caregiver goals



## PSR Specialists Work with Individuals & Family Members to Improve:

Self-awareness, self-calming, and self-management  
Social skills, communication, and interactions  
Academic performance  
Anger management  
Anxiety management  
Basic living skills  
Community skills  
Motivation and cooperation

## PSR Services Include:

Basic social skills activities  
Interpersonal skills activities  
Problem solving skills activities  
Social interaction activities

## What to Expect:

- Custom tailored treatment plans based on individual's needs
- Highly qualified PSR Specialists with a Bachelor's degree, or higher, in psychology, sociology, or child development
- Assessments of treatment progress and caregiver satisfaction surveys
- Excellent communication regarding care and services provided by WSCC
- 24 hour crisis support

## How to Receive PSR Services at Warm Springs Counseling Center

To receive PSR services, a Healthy Connections referral from your Primary Care Physician (PCP) is required. After receiving the referral, Warm Springs Counseling Center will contact you to schedule an initial appointment.

For more information or to learn more, please contact WSCC PSR Programs at 208-343-7797 x 1237.

PSR HELPED OUR FAMILY  
*Our family has greatly benefited from PSR services at WSCC. I like to think of PSR as 'therapy with legs'. My children's PSR Specialists are excellent; they teach through a gentle, yet effective approach. I've seen a significant difference in both my children, which would have never happened without this service.*

*Thank you!*

*Colette Eppes, Parent*



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