



CIRCARE'S HOME AND COMMUNITY BASED SERVICES

What Service is Right for You or Someone You Know?

HABILITATION

Acquiring and retaining the skills necessary for community living. This service option is a good fit if the following conditions/needs are present:

- Development of independent living skills such as
 - budgeting to pay bills
 - grocery shopping
 - meal planning and preparation
- Transportation
- Self advocacy
- Social skills
- Personal care
- Home maintenance

Persons appropriate for this service might say...

- I have never lived on my own before.
- I am worried about being lonely if I live on my own.
- I don't know if I have the skills to live on my own.
- I want to learn how to do my laundry.
- I would like to learn how to cook.
- I would like to learn how to organize my home better.
- Why is my bill so high?
- I need help opening my mail.

PSYCHOSOCIAL REHABILITATION (PSR)

Restoring skills for independent living, social relationships and learning adaptive behaviors to cravings/triggers. This service option is a good fit if the person had strong skills in the past and at present they need to renew or develop their ability to live on their own, engage socially, maintain personal care and home maintenance. Includes relapse prevention planning, socialization skill building, wellness and self-management. Can be for individuals or groups.

Persons appropriate for this service might say...

- I want to get my life back.
- I want to live on my own again.
- I want to be social again.
- I used to be able to manage my money now that I am on public assistance I may need help.
- I don't know how to take the bus.
- I need help managing my anxiety.
- I can't manage my mental health symptoms.

FAMILY SUPPORT AND TRAINING

Designed to facilitate and promote engagement and active participation of the family in the individual's recovery. This service option is a good fit if the person feels that they are disconnected from family or that family does not understand and the person wants family as a support in building quality of life and recovery.

Includes training and workshops on how client's family or significant others/support system can support and help client in his/her recovery. The client does not need to be present for every session. Can be for individuals or groups.

Persons appropriate for this service might say...

- My family does not understand.
- I want my family to be a support and not hold me back.
- I want to reconnect with family.
- My family/roommate does not understand my mental health.
- My family stopped talking to me when I started using.
- I just finished rehab and my family is treating me differently.

EMPOWERMENT SERVICES/PEER SUPPORT

Peer-delivered supports to assist in the promotion of skills for coping and managing symptoms while facilitating natural supports. Person wants to engage with someone who has similar experience in dealing with a health or substance use disorder toward improved quality of life and recovery. Includes advocacy, outreach and engagement, promote and educate on self-help tools, recovery support, and empowerment.

Persons appropriate for this service might say...

- I want support for my mental health from someone who understands.
- I don't have any friends and want to socialize with my peers.
- I want to learn how to manage my symptoms.
- You don't know what I'm going through.
- I need help with getting benefits.
- I have too much free time, I need recreational activities.
- I want to find something to do with my time.
- I want to learn to advocate for myself.
- I want to learn what is out there for me.
- I want to better handle my symptoms, triggers and intense emotions.

EDUCATIONAL SUPPORT SERVICES

Intended for individuals who have expressed a desire to return to an educational setting to achieve skills necessary to obtain employment. Provides clients with supports to obtain formal education/training to achieve employment goals.

Persons appropriate for this service might say...

- I want to go to school to become a...
- I want to get my CAN certification so I can get a job.
- I want to work but need my GED/TASC.
- I'm interested in a trade program.

PRE-VOCATIONAL SERVICES

Meant to prepare an individual for employment. Skills taught may include attendance, problem solving, soft skills and task completion. The focus is on training.

Persons appropriate for this service might say...

- I want to work but I don't think I can do it right now.
- I want to work but I'm scared to go back to work.
- I'm afraid no one will hire me because of my criminal history.

INTENSIVE SUPPORTIVE EMPLOYMENT

Intended to help retain skills to sustain or obtain employment. Generally an individual is ready for employment or currently working. Provides clients with employment support to obtain job placement such as job development, job coaching, negotiation with prospective employers, resume writing, benefits and financial management, etc.

Persons appropriate for this service might say...

- I want a job ASAP.
- I'm still using but I want to work.
- I need money to support myself.
- I'm tired of being on benefits. I need more money.

ONGOING SUPPORTED EMPLOYMENT

Individual is employed and in need of supportive efforts to sustain employment. Supports include benefits and financial planning, negotiating with employer, conflict resolution, anger management, work/life balance and coping skills on the job.

Persons appropriate for this service might say...

- I work long hours and can't make it to doctor appointments.
- How do I ask for a raise?
- I don't know if I should disclose my mental health diagnosis.
- I'm having a hard time working because my symptoms are bad.
- I'm having trouble dealing with changes at work.
- I'm frustrated with my boss.