

Meridian Mission, Vision, and Values

MISSION

To create service environments and relationships which instill hope, facilitate choice, foster wellness, promote healing and support individuals on their personal journeys of discovery and recovery.

VISION

To be recognized as a “center of excellence” in the delivery of innovative, cost-effective, recovery-oriented and outcome-driven rural behavioral healthcare.

VALUES

- recovery is possible for everyone;
- equality, respect and love are essential elements of each interaction;
- everyone has value;
- choice and self-determination are assured;
- spirituality is a strength;
- the language of recovery is transformative;
- employees with lived experience are indispensable assets to every team;
- being in service to others is an honor and a privilege;
- accountability is a way of being;
- fiscal strength and responsible stewardship are imperative;
- committed and passionate staff are paramount;
- quality training and ongoing coaching are fundamental;
- teamwork creates extraordinary results.

If you or someone you know would like to participate in one of our Psycho-Social Rehabilitation programs please contact us at:

Meridian Behavioral Health Services

**154 Medical Park Loop
P.O. Box 2187
Sylva, NC 28779**

828-631-3973

828-631-9280 fax

www.meridianbhs.org

Psycho-Social Rehabilitation Program



Meridian Behavioral Health Services

Tel: 828-631-3973

Fax: 828-631-9280

Frequently Asked Questions

What is a PSR Program?

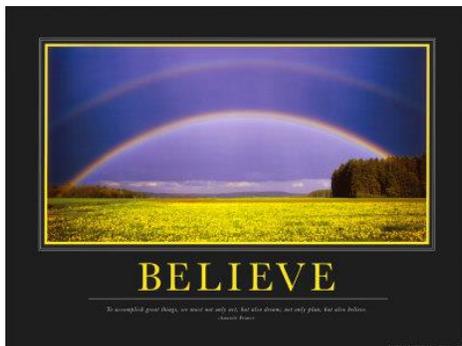
PSR stands for Psycho-Social Rehabilitation Program. It is a day service program that promotes recovery, community integration, skill development, and improved quality of life for individuals. The program strives to help individuals utilize skills and access resources needed to be successful and satisfied with environment.

Who is the PSR program for?

PSR is for able adults who have been diagnosed with any severe or persistent mental illness(es.)

What is the PSR Program trying to do?

The PSR Program's mission is to make a difference in the lives of those we serve and in the communities in which we live.



Why would I want to attend the PSR Program?

- 1.) To have Fun!
- 2.) Recovery is Possible!
- 3.) Socialize/build lasting relationships!
- 4.) Get out in the community!
- 5.) Learn and use the skills needed to live a fulfilling life!
- 6.) To take control of your own life/ self-advocacy!
- 7.)



What are some of the classes/groups offered at PSR?

Some of the various classes offered at the PSR program are Wellness Recovery Action Plan (WRAP), Lifestyles, Wellness Management and Recovery (WMR), Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (DBT), hygiene/grooming, adult-education classes, crafts, exercise, community skill building, independent living, group outings, etc.

What are the hours of operation?

PSR is open Monday thru Friday from 7-9am until 1-3pm depending on location.

Where are the PSR Programs located?

There are two locations:

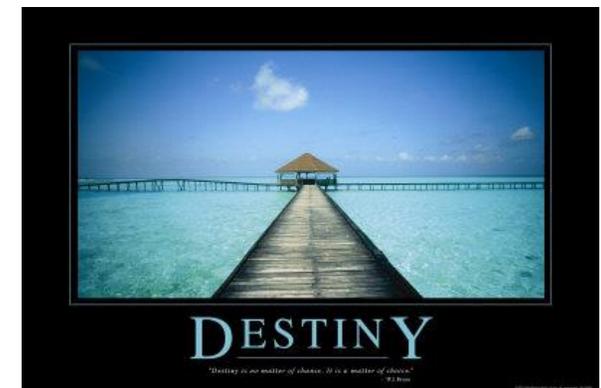
Waynesville, NC	828-452-9258
Marble, NC	828-837-7466

What about transportation?

Yes, PSR provides transportation to and from the program.

What about breakfast/lunch?

All locations provide members with a hot lunch for only 50 cents a day. The Waynesville PSR also provides breakfast for 50 cents a day (free on Fridays.)



It's a journey worth taking together!