



## Becoming a Participant of East Village Access

East Village Access (EVA) is an intensive outpatient mental health program for adults that provides a comprehensive array of services and treatment within the same program to facilitate recovery, wellness, and support, while you attain your life goals. Using PROS — **Personalized Recovery Oriented Services** — we help participants to identify their strengths, overcome barriers, and build skills for goal setting, growth, rehabilitation, and self-directed living.

To be admitted into the PROS program, you must:

- be 18 years of age or older;
- have a designated mental illness and have a functional disability due to the severity and duration of the mental illness;
- be recommended for admission by one of EVA's Licensed Practitioners of the Healing Arts (LPHA).

Services will be provided in a classroom-like setting, within a club-like environment, highly interactive, and providing participants with educational opportunities to practice newly learned skills. These services include:

- **Community Rehabilitation Services (CRS)** cover core skills services that include:
  - Coping skill strategies and stress reduction
  - Wellness management and self-care
  - Daily living skills
  - Social skills
  - Benefits and financial management
  - Community exploration and connection
  - Creative and visual arts
  - Computer literacy and navigation
  - Healing Movement (Tai Chi, Yoga);
- **Intensive Rehabilitation Services (IR)** to support qualifying people with intensive MH relapse prevention, integrated dual-diagnostic treatment, supportive and independent housing, education, employment, family connection, and other important life roles;
- **On-going Rehabilitation Services (ORS)** are designed to support participants who are working to sustain competitive employment and develop their professional career. They are highly individualized and delivered in the field;
- **Clinical Services (CT)** with psychiatric evaluation and medicine-management, symptom monitoring, health screening and support, and group therapy.

In addition to CRS, IR, and ORS services East Village Access PROS cultivates space for participants and staff to design, create, and implement engaging activities. Some examples of past and present activities include:

- Expressive writing
- Newsletter
- Book Club
- Film
- Recreational and therapeutic games
- Community volunteering
- Neighborhood outings
- Horticulture