

Members have succeeded in:

- ~Enrolling in school
- ~Graduating from higher education
- ~Finding independent housing
- ~Finding employment
- ~Volunteering
- ~Discovering new hobbies/ talents
- ~Becoming active members in their community
- ~And making new friends



In addition members can be connected to resources:

- ~The Compeer Program
- ~Peer Specialist Training
- ~Peer Support
- ~OVR
- ~The Club House
- ~AA/NA Groups
- ~And other social services

Personal Medicine is not the medicines that you take it is what you do for your recovery. It is your own personal things that you use to help you through a rough period such as: breathing, exercises, crafts, reading, meditation or what ever it takes to get you through your trying time.

Pat Deegan founded Personal Medicine because of her own personal dealings with her Mental Health Illness.

To apply:

Send a referral form and a current psychiatric evaluation to:

Carl Nagle
520 E. Lancaster Ave.
Downingtown, PA 19335
Or fax: 610-873-3317

To obtain a referral form, take a tour of the program, or for more information, please contact Kristine Vuocolo at 610-873-1005 ext. 216

TRANSITIONS

Definition: **CHANGE**

Passage from one stage to another
Progress!



RECOVERY IS A JOURNEY
TRANSITIONS can lend a
hand on that journey

A Psychiatric Rehabilitation Program
of

Human Services, Inc.

This is YOUR Future! Transitions can help you reach your dreams.

We offer many programs:

- ⇒ Computer Classes
- ⇒ Anger Management
- ⇒ Exercise Groups
- ⇒ Creative Classes
- ⇒ Social Activities
- ⇒ Coping Skills Classes
- ⇒ Learning about your own Personal Medicine



- ⇒ Employment
- ⇒ Communication/ Interpersonal Skills
- ⇒ Independent Living
- ⇒ Cooking
- ⇒ Budgeting
- ⇒ Housing
- ⇒ Health and Wellness
- ⇒ Nutrition and Exercise
- ⇒ Stress Management
- ⇒ And attaining your Educational Goals

The PROGRAM will give you the tools and support that you need to reach your goals.

“The adventure of life is to learn. The purpose of life is to grow. The nature of life is to change. The challenge of life is to overcome. The essence of life is to care. The opportunity of life is to serve. The secret of life is to dare. The spice of life is to befriend. The beauty of life is to give. The joy of life is to love.”

~William Arthur Ward

IT'S ALL ABOUT YOU

- *YOU will discover your own strengths.
- *YOU will set your own goals that will help you SUCCEED in your own recovery!
- *YOU will create the life you want despite the setback of a mental illness.



Recovery from a mental illness takes work, BUT the work you do here could **change** the rest of your life.