



# PSYCHIATRIC REHABILITATION PROGRAM

*Key Point provides a continuum of care including: outpatient mental health treatment, residential care and rehabilitation services in a community-based health program.*

**Key Point**  
HEALTH SERVICES, INC.  
Administration  
135 N. Parke Street  
Aberdeen, MD 21001  
[www.KeyPoint.org](http://www.KeyPoint.org)

## Psychiatric Rehabilitation Program

Funding is provided through Maryland public health insurance or personal payments. To obtain an intake interview for this program, please call the program and ask for information from the intake staff.

### **Baltimore County - Dundalk**

1012 North Point Rd.  
Baltimore, MD 21224  
Phone: 443-216-4770  
Fax: 443-216-4771

### **Baltimore County - Catonsville**

500 N. Rolling Rd  
Catonsville, MD 21228  
Phone: 410-788-1090  
Fax: 410-869-3508

### **Harford County**

135 N. Parke Street  
Aberdeen, MD 21001  
Phone: 443-625-1560  
Fax: 443-625-1540



#### **About Our Logo:**

*At Key Point we have chosen the Baltimore Clipper ship as our company symbol which reflects the rich history of our maritime area (Francis Scott KEY, Sparrows POINT) and represents pride and commitment to the people we serve.*

## Key Point Health Services Psychiatric Rehabilitation Program

is a program for adults with serious and persistent mental illness. Trained psychiatric rehabilitation practitioners provide services which include:

**Rehabilitation Assessment** which evaluates the members' capacity to make important **choices** in their lives such as where to live, learn, work or socialize. If skills or resources are needed, the staff is qualified to teach or provide them.

**Basic Rehabilitation** is provided when a member is having difficulties **adjusting** to his/her current situation. Staff will perform rehabilitation in the environment of need as indicated in assessment.

**Enrichment/Support** is provided to the member to **prevent** rehospitalization and crisis. On-site and off-site activities, groups, and one-on-one support are provided to achieve this goal.

**Case Management** is a service which **helps** enrolled members obtain entitlements and other community resources.

## Mission

To maximize the community integration of our members and enable them to be successful and satisfied in the environment of their choice by working together with counselors to develop useful **rehabilitation goals**.

We accomplish this mission by:

- ✂ Individualized counseling where rehabilitation plans are set with the member after a thorough assessment of needs. The most up-to-date procedures are used in this process.
- ✂ Group activities such as:
  - Health & Wellness** - Individuals learn skills needed to plan, cook and store meals as well as follow dietary recommendations based on somatic needs. Members are provided with information on how to maintain overall health and personal hygiene. Individuals have opportunities at the program and in the community to exercise and promote wellness including regularly scheduled visits to the gym.
  - Social & Leisure Skills** - Through social skills groups and activities at the program, members have the opportunity to increase their understanding of effective communication and practice skills with the support of trained staff. Members are also able to utilize resources in the community during weekly trips to facilitate the development of support networks and to identify leisure activities.
  - Community Skills** - Members have opportunities to learn skills needed to maintain successfully in their chosen living environment. Development of effective budgeting skills, utilization of community transportation and mobility, and access and use of community resources is emphasized. The program provides weekly opportunities to access resources in the community including grocery stores, shopping centers, and libraries to facilitate development of this skill.
  - Recovery** - Program groups and activities are held to promote and facilitate members movement in their recovery. Topics include crisis management, WRAP development, and symptom management. Groups are also provided to address substance abuse needs to assist members in maintaining sobriety.
  - Computer Class** - The rehabilitation program provides members with free access to a fully functional computer lab. Members are provided with instruction on internet use, resume building, and job searching as well as opportunities to improve typing skills.
  - Recreational Activities** - Arrangements made regularly to provide additional activities based on availability and member requests. Some examples include trips to art museums, group dinners, leisure trips to parks and beaches, and sporting events.

## The Work Connection

This service focuses on helping adults to obtain employment by:

- ✂ Helping individuals **choose** the kind of work which best matches their interests and abilities.
- ✂ Helping individuals **get** the job by teaching how to complete an application, write a resume and prepare for an interview.
- ✂ Helping individuals **keep** the job by providing supportive counseling as needed.

## Café

A licensed cafe provides breakfast and lunch to patients of the program. Many of our members have started working in the café and have moved on to jobs at local restaurants, cafeterias, and other kinds of employment in the community.

## Custodial Care Training

Work crews provide janitorial services in various settings. Supervision and training are provided by experienced professionals.

## Secretarial/Clerical Training

Positions in the program are provided to members so they may acquire skills in filing, answering phones, and using office equipment.

