PRP

Description

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Psychiatric Rehabiliation Program (PRP)

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Life with a mental health condition, whether itâ??s depression, bipolar disorder, schizophrenia, PTSD, or another challenge, doesnâ??t have to mean living in survival mode.

At **Share Wellness Center**, we believe recovery isnâ??t about â??going back to normal.â?• Itâ??s about moving forward toward a life that feels meaningful, connected, and full of possibility.

Thatâ??s the heart of our **PRP Program (Personal Recovery & Progress),** a structured, compassionate, and individualized outpatient program designed to support long-term healing for adults living with persistent mental health challenges.

This isnâ??t a one-size-fits-all plan.
Itâ??s your journey.
Your goals.
Your pace.
And weâ??re here to walk it with you.

What Is the PRP Program?

The PRP Program is more than therapy. Itâ??s a **whole-life approach to recovery** combining clinical care, skill-building, community support, and personal empowerment to help you move from crisis to stability and from stability to growth.

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Whether youâ??re recovering from a recent episode, managing a long-term condition, or tired of feeling stuck in cycles of hospitalization or isolation, PRP offers a safe, supportive space to rebuild.

We work with individuals living with:

- Schizophrenia & Psychotic Disorders
- Bipolar Disorder
- Major Depression
- PTSD & Complex Trauma
- Co-occurring Mental Health & Substance Use Challenges

And above all, we work with **people,** not diagnoses.

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This Is a Program Rooted in Hope and Real Life

We know recovery isnâ??t linear.
There are good days. There are hard days.
And then there are breakthroughs, quiet moments when you realize, *â??Iâ??m doing better than I thought I could.â?•*

The PRP Program is built around those moments.

Our goal isnâ??t just symptom management.
Itâ??s helping you:

- Reconnect with your goals and dreams
- Build confidence in your ability to cope
- Strengthen relationships with family and friends
- Find purpose through work, creativity, or service
- Live with more independence and less fear

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Because recovery isnâ??t just about feeling better.
Itâ??s about **living better**.

How the PRP Program Works

We start with one simple question:
â??What kind of life do you want to build?â?•

From there, we co-create a personalized recovery plan that includes:

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One-on-one sessions with a dedicated therapist to process emotions, explore challenges, and strengthen coping strategies, all in a safe, judgment-free space.

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Regular check-ins with our board-certified psychiatrists to monitor medication, reduce side effects, and ensure your treatment supports your goals, not just your diagnosis.

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Real-world support from our compassionate case managers who help you access housing, benefits, transportation, employment programs, and other resources that make recovery possible.

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Weekly group sessions focused on building practical skills â?? from managing stress and emotions to improving communication, budgeting, and daily routines.

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Mindfulness practices, positive psychology tools, and wellness planning to help you recognize your strengths, reduce relapse, and nurture hope.

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Opportunities to connect with others on similar journeys because healing grows in community. We also offer family education and support so your loved ones can walk beside you with understanding.

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Healing Happens in Connection

Weâ??ve seen people come to PRP feeling defeated, isolated, overwhelmed, or like theyâ??ve tried everything.
And weâ??ve seen them grow.

Weâ??ve watched someone speak up in a group for the first time.
Weâ??ve celebrated a client getting their first job in years.
Weâ??ve heard, â??I finally feel like I have a future.â?•

Thatâ??s what PRP is about.
Not perfection.
But **progress**.
One step, one day, one victory at a time.

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wellnesscenter