

## **BECOME EMPOWERED!**

Recovery requires empowering the belief that the quality of your life can improve, taking action to begin to make these changes and sustaining hope that mental illness does not have to diminish your ability to reach goals and objectives that you have set for your self.

REACH is designed to help you in your efforts to have a fulfilling life, to manage your symptoms effectively, to avoid relapse, and to develop both formal and informal support systems to support your progress.

The key to this process is learning not to define yourself by perceived limitations or existing stereotypes about mental illness, but rather by strengths and capabilities.

## **SERVICE LOCATIONS**

**ADULT OFFICE:**  
**(330) 399-6451**

150 E. MARKET ST.  
WARREN, OH 44481

**CHILDREN'S OFFICE:**  
**(330) 395-9563**

318 MAHONING AVE.  
WARREN, OH 44483

**SOUTHEAST OFFICE:**  
**(330) 759-8237**

4970 BELMONT AVE.  
YOUNGSTOWN, OH 44505

**ADMINISTRATIVE OFFICE:**  
**(330) 394-6244**

150 E. MARKET ST.  
WARREN, OH 44481

**TDD PHONE NUMBER:**  
**(330) 394-6244**

*VCS is a contract agency of the Trumbull  
County Mental Health and Recovery Board.  
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and provider of services.*



*Empowering Individuals & Communities.*

# R.E.A.C.H.



## **Recovery, Empowerment & Action Creating Hope**

[www.vcsinc.org](http://www.vcsinc.org)

# Empowering Individuals.

## REACH.

The REACH program at Valley Counseling Service (VCS) is a structured outpatient program with the goal of assisting those with mental illness in developing the skills and supports necessary to succeed in the implementation of their own personal recovery plan. Key to the success of this process is the nurturing of hope and the belief that the desired change is truly possible. The focus of the program is on capabilities not disabilities.

This is conducted through the use of a group format with specific treatment objectives which help to build the necessary skills to avoid relapse, to develop and maintain healthy relationships, to communicate personal needs effectively and, ultimately, to improve the perceived overall quality of their lives.

Key to the process of REACH is the belief that recovery is possible and that strengths, skills and capabilities are more important than supposed disabilities. It is important to have an environment that creates hope and the belief that desired changes are indeed possible given the appropriate supports. Those who attend REACH will develop and implement a recovery plan of their own definition.

## GROUP TOPICS

The REACH program curriculum is comprised of many components which are geared towards enhancement of recovery. Some examples of topics covered in group are:

- Symptom management and monitoring
- Relapse prevention
- Healthy relationship dynamics
- Assertiveness
- Maintaining motivation
- Medication education
- Overcoming stigma
- Goal setting
- Dual-diagnosis concerns
- Development of formal and informal support networks
- Importance of sleep
- Recreation and relaxation to support recovery

## MULTI-DISCIPLINARY APPROACH

The REACH program is led by a team of providers with many years of experience in the area of treatment for those with a mental illness.

The program meets daily and the frequency of individual involvement is determined on an individualized basis. Transportation may be available to and from the group.

Participants in the group have access to a variety of professional specialties, which include but are not limited to:

- Medication services including nursing and psychiatry
- Outpatient counselors and case managers who can facilitate the use of necessary community resources
- Daily mental status evaluation resulting in possible changes in their treatment needs

To make a referral or to learn more about the REACH program, please call Ken Bancroft at (330) 399-6451, ext. 1121.



Empowering Communities.