

## Bridges Program

### *(Psychosocial Recovery)*

Southwest Counseling Service provides daily services for adults who have a serious mental illness such as bipolar disorder, severe major depression, and/or schizophrenia.

The purpose of the Bridges Program (Psychosocial Recovery) is to assist clients in crossing the bridges of life. The program enables individuals with a serious mental illness to live a meaningful life in the community while achieving his/her full potential. The program provides services to clients Monday – Thursday from 8 am to 5 pm and Friday from 8 am to Noon.

Treatment includes:

- Group Therapy
- Case Management
- Agency-Based Treatment
- Community-Based Treatment
- Use of Physician Assistant (PA)
- Psychiatric Services
- Peer Specialist Services
- Individual Rehabilitative Services (IRS)
- Pathways Drop-In Community Center
- Transitions Home & Semi-Independent Living
- Job Coaching



Enriching lives through wellness, recovery, and hope

Community Mental Health &  
Substance Abuse Treatment Center

## Southwest Counseling Service

2706 Ankeny Way  
Phone: (307) 352-6689  
Fax: (307) 352-6692

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

*Bridges Program*



## Services

### Group Therapy

Group Therapy provides an intensive treatment Monday through Thursday, 10 am to Noon. Groups are designed to help individuals optimize their personal social abilities in order to integrate successfully in the community. Group treatment focuses on different behavior, emotional, cognitive, and recovery skills. Clients choose to attend the group that best fits their needs.

### Case Management

Case Management is a coordinated effort between the client, clinician, and case manager to help find additional resources in the community for clients.

Our case managers and/or clinicians work directly with clients to provide them additional help and support that benefits their treatment. Client needs may include:

- Linkage/Referral – Helping the client attain financial assistance, housing, medical care, medications and transportation.
- Monitoring/Follow Up – Contacting the client to ensure he/she is following their individual service plan.
- Advocacy – Provides additional support for the client and the client's rights to assist the client in gaining needed services.
- Crisis Intervention – Crisis intervention and stabilization in situations that require immediate attention or a resolution.

### Agency-Based Treatment

Agency-Based Individual Treatment involves working with individuals and/or their families on a therapeutic level at the agency.

### Community-Based Treatment

Community-Based Treatment involves working with individuals and/or their families on a therapeutic level in their homes.

### Physician Assistant

A Physician Assistant (PA) is available to clients for routine medical care. Tom Haigler provides a range of services, located at our Ankeny location.

### Psychiatric Services

Southwest Counseling Service provides psychiatric services to those who will benefit from medication. An advanced practicing registered nurse (APRN) or psychiatrist conducts assessments, prescribes and monitors medications and participates in comprehensive case planning to provide the most thorough and effective treatment.

### Peer Specialist Services

A Peer Specialist is an individual who has been a recipient of mental health services for severe mental illness. The Peer Specialist provides support and assists in improving the client's overall mental health.

### Individual Rehabilitation Services (IRS)

Individual Rehabilitation Services focus on assisting a client in restoring any basic adult daily living skills he/she may need to function independently in the home and the community.



### Pathways Drop-In Community Center

The Pathways Drop-In Community Center encourages social interaction and offers leisure and recreational activities. The center offers open activities such as movies, crafts, field trips, holiday dinners, and social dances.

The Pathways Drop-In Community Center hours are:

Monday – Thursday: 1:00 – 4:00 pm

Friday: 3:00 – 8:00 pm

Saturday: 11:00 am – 3:00 pm

The center is also open during special occasions as scheduled.

### Job Coaching

Our professional staff works with an individual in the program to obtain employment. A job coach follows each individual closely, offering support and ensuring a successful transition into the workforce.

### Housing Options

#### Transitions Home

Transitions Home is a 24-Hour supervised living facility. Supervised living is one component of comprehensive, individualized treatment. The Transitions Home provides individuals with the opportunity for personal and therapeutic growth while working toward living independently.

#### Supporting Independent Living

Supported Independent Living (SIP) is a semi-independent living facility for individuals over the age of 18 in need of minimal assistance with daily living activities. This living arrangement provides the opportunity to establish confidence in living independently in a transitional setting.