Our community matters.

THE WEDGE RECOVERY CENTERS

Our Mission

to change lives through recovery

215.276.3922

All day. *Everyday.* 24 7 Help

RECOVERY & EDUCATION CENTERS

wedgepc.com

THE WEDGE RECOVERY CENTERS

OUR APPROACH

At the Wedge we see behavioral health treatment as a relationship between the individual seeking services and the Recovery & Education Center (REC) team. The REC team is made up of Recovery Specialists, Certified Peer Specialists, Psychiatrist, and Program Coordinator.

We approach psychiatric rehabilitation from a ***recovery-oriented*** and ***person-centered*** approach, recognizing that there are many factors that lead people to come to treatment. We identify that there are intrinsic ***strengths*** in every person we serve. Their ***resilience*** leads us to respect their right to ***self-determination*** as together we craft treatment plan goals to create hope and bring dreams into reality.

YOU ARE NOT ALONE
THERE IS HOPE

Go to
www.wedgepc.com
to see live testimonials.

HISTORY

REC is a Community Integrated Recovery Center (CIRC). CIRCs were developed by the Philadelphia Department of Behavioral Health and Intellectual DisAbility Services as part of the ***Recovery Transformation***, with a goal of helping individuals achieve a life in the community. CIRC is a day program that combines Outpatient Mental Health Services (Group and Individual Therapy, Psychiatry) and Psychiatric Rehabilitation (Learning new skills, gaining independence, achieving life goals, peer support) with a personalized, individual approach. At REC, individuals work with staff to create personally meaningful goals and to work toward achieving them. This is done in many ways, which individuals can ***choose:***

SERVICES

- Educational Groups
- Skill Development Groups
- WRAP Groups
- Tobacco Recovery Groups
- Access to nutritious foods
- Physical activities
- Art & Music Therapy
- Peer Support
- Family Inclusion
- Health, Wellness, and Faith-Based services
- Community-based Support and Learning
- Individual Therapy and Crisis Support
- Group Therapy
- Psychiatry (Medication Management)
- Co-occurring (Mental Health and Substance Use) Support

ENROLLMENT

Intakes are offered Monday through Friday. Urgent requests can often be accommodated quickly. A trained clinician completes an initial assessment. A psychiatrist completes an evaluation, and if appropriate, offers medication to immediately assist in alleviating symptoms of depression, anxiety, mood instability, etc. Individuals are then able to start attending REC as soon as they like (even the very next day).

OUR COMMUNITY

Our staff is comprised of both **Recovery Workers, Recovery Specialists** and **Certified Peer Specialists** (Persons-in-Recovery trained in supporting others in recovery). Each individual is assigned a primary staff person who will function as a guide and mentor in that person's recovery process.

A Peer Government Board, made up of current and past individuals of the program, makes policies and implements changes in the program. In essence, this program is "owned" by the individuals' receiving services.

The length of time at REC is unique for each person, although the program is designed to be completed within two years. We assist individuals to achieve their goals at the pace that works for each person. The staff at the Wedge's REC programs help individuals to strengthen supports and become meaningful members of their communities-of-choice.

REC Alumni may transition to Outpatient Mental Health Services to continue working toward their goals, and are always welcomed back to share their stories and to participate in REC special events and activities.

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Twitter: @WedgeRecovery