

Abstract geometric lines in black on a white background, forming various overlapping polygons and triangles.

PSYNERGY PROGRAMS, INC. **AN INTEGRATED TREATMENT MODEL**

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RESPECT * POSITIVITY * INTEGRITY * COLLABORATION * SUCCESS * EXCELLENCE



INTRODUCTION

Psynergy provides adult behavioral health services that are individualized, person centered and built on evidence-based treatment. Our modified therapeutic communities encourage clients to thrive in open community settings while reducing unnecessary hospitalizations. **We use a dual diagnosis treatment model to address the co-occurrence of mental health and substance use disorders in a comprehensive and coordinated manner.**



PSYNERGY'S

TREATMENT MODEL

A MODIFIED THERAPEUTIC COMMUNITY

1. Individualized Treatment Planning
2. Evidence Based Therapeutic Interventions
3. Education and Vocational Training and Support
4. Using the Client's Community as Method/Treatment

PSYNERGY'S TREATMENT MODEL

INDIVIDUALIZED TREATMENT PLANNING

- Integrated Treatment Planning (MI, SUDS and Co-Occurring Medical)
- Multi-Disciplinary Approach (MD, Therapists, Nurses, Rehab, Paraprofessionals)
- Assessing for SMI and SUD and gain better understanding of their interactions (Psychiatrists and Therapists)
- Assessing for Stages of Change
- Using the Milestones of Recovery Scale (MORS) to gauge progress
- Identifying specific needs/ and conducting risk assessments (7 Domains, C-SSRS, Safety Planning, ACES, CODA, Z-Codes)
- Identifying Problem Lists
- Using Case management care plans

PSYNERGY'S TREATMENT MODEL

THERAPEUTIC INTERVENTIONS (EBP)

- Collaborative Care and Team Approach
- Integrated Interventions – CBT, Motivational Interviewing, Medication Assisted Tx- (MAT) *light
- EB Therapies (C) - (CBT, CBTp, DBT)
- Medication Assisted Treatment (MAT) - MDs
- Safety Planning (C&R)
- Recreational Therapy (R)
- Art Therapy (C)
- Mindfulness (C&R)
- Physical Exercise (R)
- Social Skills Training (C&R)
- Smoking Cessation (C&R)

PSYNERGY'S TREATMENT MODEL

EDUCATION AND VOCATIONAL TRAINING

- Nutrition Education - Healthy Eating (R)
- Caffeine Education (R&C)
- GED (R) Completion
- Resident Employee Program (REP) (R)
- Skills Training (C&R)
- Money Management (Budgeting) (R)
- Psychoeducation (C&R)
- Self-Care (ADLs) (R)
- Physical Exercise (C&R)

PSYNERGY'S TREATMENT MODEL

COMMUNITY AS METHOD

a person-centered approach that views the community itself as a therapeutic resource and environment for promoting well-being and supporting individuals with mental health or substance use challenges. It emphasizes the healing potential of social connections, support networks, and community engagement. Psynergy does this by providing strengths-based services that focus on five (5) elements that highlight our Community as Method model.

PSYNERGY'S TREATMENT MODEL

COMMUNITY AS METHOD

1. Focus on the Environment of Care – Program Agreements, Structured Daily Routine
2. Trained Staff - Staff who are Recovery focused, person-centered, trauma and dual diagnosis informed
3. Natural Support Systems – Emphasizes the Importance of friends, family, support persons (through education, support, and therapy)
4. Peer Support Groups – Peer Leader Program (R), Peer Recovery Support (DRA, NAMI), Peer Led Activities, Resident Council
5. Social Integration – Structured Community Engagement Program (CEP), Community Matters (Good Neighbor), Connection to Community Resources and programs, combating stigma

PLEASE CONTACT US IF YOU HAVE ANY QUESTIONS OR CONCERNS, OR WOULD LIKE A COMMUNITY TOUR.

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