## **Aurora History**

Aurora Social Rehabilitation Services was established in 1962 by the National Council of Jewish Women, Church Women United, Catholic Volunteers and the Tri-County Mental Health Association. ASRS was one of the first community organizations to provide support to consumers of mental health services in Central PA.

Aurora Social Rehabilitation Services is a community non-profit organization providing services for adults with mental illness and or intellectual and developmental disabilities for over 50 years. With Social and Individual Mental Health Rehabilitation centers in Harrisburg, Mechanicsburg and New Bloomfield, ASRS provides support services, activities and hot meals to a vulnerable population throughout Central PA



## Mission Statement

Aurora Social Rehabilitation Services is a community non-profit organization serving adults with mental illness and or intellectual and or intellectual and development disabilities in Central Pennsylvania that facilitates recovery among those served with opportunities for empowerment and self-direction through life skill training, educational programs and social activities

Our professional staff consists of the Executive Director, Assistant To The Director, Director of Programs, Program Coordinator, Certified Peer Specialist and WRAP Facilitator, Social Rehabilitation Specialist and Consumer Support Staff.





## Serving Dauphin County





a urora
Social
Rehabilitation
ervices

Recover and Educational Workshops
These groups meet with our staff to discuss
life challenges, management of their mental illness, socialization, manners, dating, and
how to deal with family and friends in a healthy
way. The topics vary and are geared towards the
need of the consumer. These types of programs
help them to build confidence and also important vocational skills in a safe and supportive
environment.

ertified Peer Support Specialist assists peers with their goals and our WRAP Facilitators can help them to develop a Wellness Recovery Action Plan (WRAP). We also encourage participation in CSP programs and County planning sessions

ocial Rehabilitation helps consumers maintain their independence and well being through the development of life skills and social support. Along with the staff, consumers are actively involved in planning the program activities. These events are both education and recreational and may include some of the following.

- ♦ Workshops
- ♦ Cooking Class
- ♦ Outings
- ♦ Guest Speakers
- ♦ Arts & Crafts
- ♦ Support Groups
- ♦ Games
- ♦ Drawing Club
- ♦ Newsletter
- ♦ Peer to Peer Support
- ♦ Wellness Recovery
- Wellness Recovery Action Plan( WRAP)

Individual Mental Health Rehabilitation **L**(IMHR) This program gives consumers the opportunity to work "one-on-one" with a staff person. Consumers expressing interest in such things as information technology, budgeting, continuing education, employment, mobility training will set individual goals to enhance their own independence. Emphasis is on helping our consumers to access existing community resources. Staff helps participants keep doctors appointments, learn to use the local bus system, and discover community resources like church groups, libraries and food pantries.. Aurora continues to expand its recovery programs tailored by the administrative staff to meet the needs of our consumers

Where loneliness ends and friendships begin.



A ccessing Services Aurora accepts referrals from the *Base Service Units* associated with the Dauphin County Departments of Mental Health. To receive services, BSU's Case Managers must completed a Referral and Authorization form. Consumers must attend an orientation along with their case manager which are held the 2nd and 4th



