

THE PARK STREET PROGRAM

DESCRIPTION:

Park Street is a 9-bed transitional residence serving persons recovering from varying degrees of mental illness. The length of stay is up to two years. The emphasis of the program is on gaining independent living skills, making friends, and learning to cope with the challenges of day-to-day living. The program is not highly structured but provides significant support. In the informal atmosphere, each resident is encouraged, with support, to structure his or her own life in a way that promotes growth and mental health. In the last six months, emphasis is on finding housing and securing necessary community supports.

Park Street is located at 130 Park Street in the heart of downtown Portland allowing ready access to medical, educational, employment, self-help and counseling resources. Residents are encouraged to familiarize themselves with the community and to create their own recreational opportunities. The house includes a kitchen, dining room and nine resident rooms.

The two most structured aspects of the program are helping to maintain their living environment (chores, etc.) and the residents' day program. Residents have daily chore assignments, cooking responsibilities, and grocery shopping. Attendance at a group community meeting held on a weekly basis is expected. Residents are responsible for finding (with support) and participating in community activities. Though the amount of hours may vary from resident to resident, a day program is expected for every resident at Park Street. A day program may consist of looking for work, paid employment, doing volunteer work, attending school, Day Treatment, etc. To qualify for this program, applicants must meet Federal income guidelines and have a diagnosis of a major mental health disability.

STAFFING:

Staff consists of 1 Program Coordinator, 3 Independent Living Skills Specialists, 2 Residential Counselor (1 – part time), and 2 Residential Support Workers. Staff works with residents to learn when and how to ask for help in the residence and how to establish community supports.

RENTS AND FEES:

Tenants pay 51% of their gross income for rent, plus an additional \$70 fee not to exceed \$670. A security deposit of \$418 is required.

REFERRAL PROCESS:

A clinical referral must be completed to start the admission process. Initial screening is conducted by the Intake and Referral Coordinator at 874-1080. An interview by program staff is required. If accepted and there are no immediate vacancies, the person's name is placed on a waiting list

FUNDING:

Funding is provided through the Maine Department of Health and Human Services, MaineCare, Cumberland County, and tenant rent.