

Recovery through rehabilitation

Associated Centers for Therapy

Membership has rewards

People with severe mental illness come together weekdays in Tulsa and Sand Springs for

- Create a crisis plan
- Access support services



psychological and social rehabilitation to improve their quality of life.

ActionHouse in Tulsa and the Sand Springs program use a proven state model where participants are called members. Members elect officers and have input in program decisions.

People in recovery from mental illness receive training to provide guidance and support as staff and volunteers.

Studies show this service lowers hospitalization and increases independent living success.

Members learn to:

- Handle finances
- Understand medications
- Set and achieve goals

Meaningful work

Members take on meaningful jobs to learn teamwork and master skills such as:

- Answering phones
- Publishing newsletters and brochures
- Planning and preparing lunch for the entire group
- Operating a snack bar
- Arranging social outings
- Seeking educational and employment opportunities

Members create individual plans for positive change. Plans may include attending groups led by peers. Groups include anger management and crisis planning. Members encourage each other to try new things.

Recovery is the goal

The ultimate goal is to achieve recovery and exit the mental health system.

Caring for adults

Associated Centers for Therapy

A non-profit community mental health center

Helping build better lives
through behavioral health
and substance abuse services

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Celebrating 25 years of caring