

START

at
**Sertoma Star
Services**



The Supporting Treatment and Recovery Together (START) program at Sertoma Star Services offers dual diagnosis support for individuals with a developmental or intellectual disability who are also experiencing mental illness. Services are provided through the use of psychosocial rehabilitation.

Psychosocial rehabilitation (PSR) groups focus on developing coping techniques for symptom management and increasing skills for personal growth through on-site educational groups. PSR also offers community support services that focus on community integration to generalize skills with support from staff within a community setting. The START Program staff are clinically trained therapists who have master's degrees.

Getting Started

- ☐ Be at least 18 years old and give informed consent to participate in START.
- ☐ Be diagnosed with an intellectual or developmental disability.
- ☐ Experiencing mental health symptoms, trauma history, or challenging life event (diagnostic evaluations available).
- ☐ Meet the Medicaid funding criteria and have an active benefit card.
- ☐ Be able to manage self-care (toileting, medications, medical concerns, etc.)
- ☐ Be able to keep self and others safe throughout daily interactions.

Support Options

- Individual and Group Therapy
- Symptom Management Skills Training
- Independent Living Skills Training
- Job Readiness and Community Support Activities
- Health and Wellness Groups
- Interpersonal Skill Building
- Expressive Arts
- Transportation Options and Linkage
- Individualized Treatment Options



**Call 708-748-1951 x455
to learn more**