

# What we Offer

- Wellness and recovery education, plan development and implementation.
- Psychoeducational training that includes development of skills in the following areas: personal care, safety skills, money management skills, grocery shopping, cooking, food safety, clothing maintenance, household maintenance, cleaning skills, social skills, use of transportation, and accessing available community resources.
- Assistance in finding, educating, obtaining, and/or maintaining employment, volunteer opportunities, and/or formalized education opportunities.
- If requested and/or appropriate, support, education, collaboration, and skill development provided to individual's family and extended natural support system in efforts to enhance individual's well-being.
- Housing related supports to assist in obtaining and maintaining safe, affordable, and permanent housing at discharge.
- Support services to assist in helping individuals to access community resources such as legal assistance, money management services, medical/dental services, transportation, and community support systems.
- Referrals will be made to a licensed service for mobile crisis assessment and intervention.
- Support and education on how to develop and maintain support systems and social relationships.

# Eligibility

- Must be currently enrolled in a Mount Rogers program.
- Must be at least 18-years-old.
- Diagnosed with a serious mental illness, or dually diagnosed with a mental illness and substance use disorder.
- Demonstrates a need for short-term residential support in order to address behavioral health needs.
- Demonstrates willingness and ability to work toward mutually agreed upon treatment goals.

# Goals

- Assist individuals living with serious and persistent mental illness and co-occurring substance use disorders to reach their individualized goals while enhancing their ability to live in the community.
- Provide peer support.
- Maintain involvement with community-based treatment options while avoiding the need for psychiatric hospitalization or repetitive Emergency Room services.
- Increase knowledge of and motivation to address overall health needs.
- Motivate individuals to actively participate in their treatment and to self-advocate for their needs.
- Assist in development and strengthening lasting community and natural supports.



# What is The Lighthouse?

The Lighthouse is a peer-run residential program for people with mental health or co-occurring mental health/substance use needs. The Lighthouse provides stable, secure housing for individuals to assess their needs and have peer support in achieving their goals.

Individuals are served within a structured living environment. The home utilizes shared bedrooms and other common areas including bathrooms, a kitchen, and living areas. Individuals are served within a structured, home-like environment. Peer staff provide 24/7 community based non-clinical crisis support. The home utilizes shared bedrooms and other common areas including bathrooms, a kitchen, and living areas. We offer a relaxed environment with home-cooked meals, leisure activities, a house library, and a supportive environment for recovery. We offer a relaxed environment with home-cooked meals, leisure activities, a house library, and a supportive environment for recovery.

The Lighthouse coordinates with other Mount Rogers' services for training related to independent living skills, psychiatric evaluation, and medication management, as well as case management, counseling, and other services as needed.

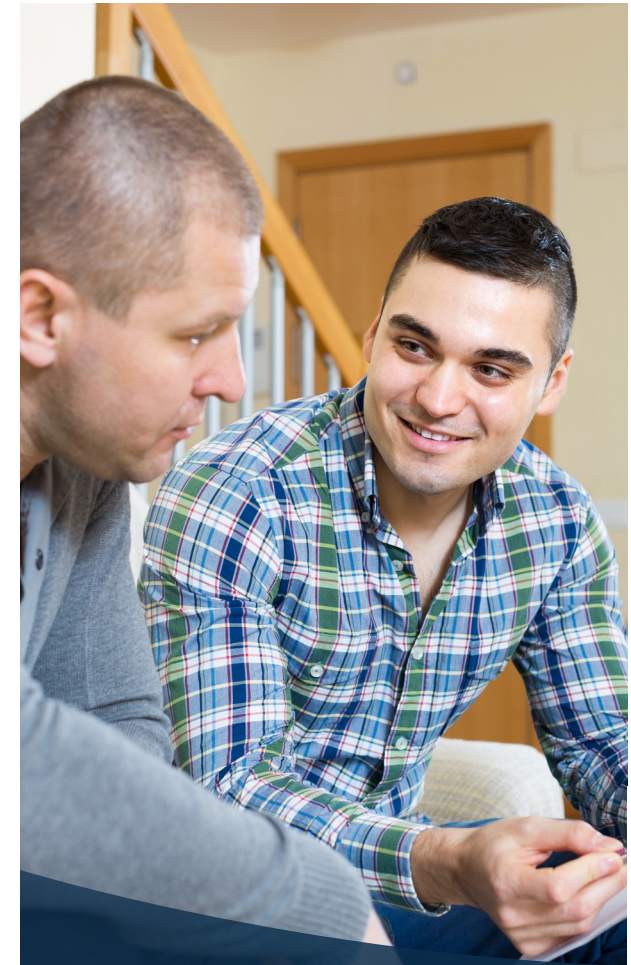
To make a referral, ask your Mount Rogers provider to call the Lighthouse anytime.

## Contact Information

### The Lighthouse

675 West Main Street  
Wytheville, VA 24382  
Phone: 276-223-1303

**Visit us online at:**  
[mountrogers.org](http://mountrogers.org)



**"The Lighthouse"**  
**Peer Support House**