

# Outpatient Behavioral Health ... *You don't have to do this alone*



## Help is Here. In our clinic or on the phone.

Help is here. People struggling with behavioral health issues can get help while staying connected to family, work and what really matters to them. We know mental health and recovery is about the whole person, so we create individualized treatment plans that address multiple challenges such as drug, alcohol and gambling addiction as well as depression and anxiety in ways that fit clients' lives.



Using a client centered, trauma informed, culturally competent approach, our Outpatient Behavioral Health programs empower individuals and their families to overcome the challenges of behavioral health issues. A range of services are now available through our Outpatient clinics, including individual, group, and family services offered both during day and evening hours, day rehabilitation programs, mental health programs, integrated co-occurring mental health and addiction treatment, addiction medication services and primary care medical services.

Our Restart Outpatient Clinic has also successfully engaged in treatment of family members or significant others with our clients. This critical component of treatment assists with strengthening the long-term recovery and support for clients and their families as they prepare to transition out of our program.

Our Outpatient Behavioral Health programs provide comprehensive, state of the art integrated care through our clinic and treatment sites at 79 North Clinton Avenue and 87 North Clinton Avenue. We provide NYS OASAS and OMH licensed Outpatient Services, offering an integrated Mental Health and Substance Abuse treatment for our clients.



*"I have been in many programs throughout the years and it wasn't until I was introduced to my therapist, that I finally believed that someone cared."*

### **Eligibility Criteria**

Our Mental Health Clinic helps individuals over the age of five and families struggling with mental health issues, and provides a special waiting area for families. All Restart Outpatient programs offer evaluation and treatment for individuals 18 years of age and older.

### **Intake Process - It's easy!**

Individuals interested in an evaluation for treatment of mental health issues, a substance use or co-occurring mental health and substance use problem may contact our Intake Office at (585) 262-7000. Our Walk-In Hours are Monday-Friday 8:30am-12:00pm or call for an appointment.

### **Program Costs**

Cost for services are covered through Medicaid, Medicaid Managed Care and most health insurance plans. For individuals without health insurance, there is a sliding fee scale available. A Financial Case Manager is available to assist with benefit enrollment and direct enrollment onto a variety of Health Insurance Plans.

# Outpatient Behavioral Health



## Services Provided

### Restart Outpatient/Rehabilitation

We offer a variety of services to all clients participating in treatment. Our program uses a motivational approach to assist clients in understanding the benefits of change and engage them in an individually designed plan of treatment. We offer hybrid models with both in person and virtual Tele-health sessions, as well as group peer sessions.

### Servicios Latinos

This program is geared towards Latino clients age 18 or older, and offers the same services provided in our Restart Outpatient Clinic.

### Mental Health Clinic

The Mental Health Clinic provides care to anyone over the age of 5 who is struggling with mental health symptoms as well as clients with co-occurring chemical dependency and mental illness. Treatment is offered in person and via Tele-health. The program provides mental health counseling, psychiatric evaluations and psychotherapy, medication management, addiction services, and individual and group treatment.

### Integrated Care

Our clinical team assists clients dealing with dual disorders through the support of an integrated team of staff from both the mental health clinic and the chemical dependency



clinic. Information regarding addiction, relapse prevention, medication management, and recovery is shared in group and individual settings. Our staff utilizes case management support to assist clients with concrete basic needs whenever necessary.

### Gambling Treatment

Through a range of individual, group, and family sessions, clients are able to seek support for individualized recovery from gambling addiction or gambling and substance abuse. Our program allows clients to receive problem gambling education, individualized goal setting, strategies towards long-term abstinence, financial and debt management, and family counseling to assist families in understanding the change process of gambling addiction.



## Hours of Operation/General Information

8:30AM - 5PM Monday - Friday  
(Evening appointments as needed)

Walk-in Hours: Monday - Friday 8:30am - 12:00 pm

Individuals eligible for same day Medication Assisted Treatments (MAT) must arrive at the clinic prior to 1:00pm.

Intake Office (585) 262-7000

Visit [www.RestartMyLifeToday.org](http://www.RestartMyLifeToday.org) for more information

## Catholic Charities Family and Community Services

Catholic Charities Family and Community Services provides housing, employment, and coordination of care to help people of all walks of life live independently with dignity while facing the challenges of addiction, aging, mental illness, HIV, poverty, developmental disability, and immigration.

79 N. Clinton Ave • Rochester, NY 14604-1458 • (585) 262-7000 • [www.RestartMyLifeToday.org](http://www.RestartMyLifeToday.org)

**Catholic Charities**  
Family and Community Services

Serving you better together  
Catholic Family Center and  
Catholic Charities Community Services