

## About A.L.L.Y. Adolescent Groups

A.L.L.Y. (*Awareness, Leadership, Linking Together, Your Voice*) focuses on providing a safe, inclusive and affirming environment to foster relationships, interpersonal skills and the evolution of identity. Group members may be questioning their gender identity and/or sexuality, thinking about coming out to others or struggling with relationship issues. We currently run two sections of the A.L.L.Y. group:

### Identity Group

Focuses on LGBTQ+ youth interested in exploring their identity and finding peer support.

### Transitions Group

Geared for youth who are in the process of transitioning.

*A.L.L.Y. groups are held Thursdays from 6:00 to 7:00 p.m. at our South Avenue location.*



## Contact Us:

For more information or to schedule an appointment, please call us at (585) 279-7800.

In the event of an emergency after hours or on weekends, families may contact the Behavioral Health Crisis Call Line at (585) 275-8686.

### Hours:

Monday – Thursday 8:00 a.m. – 7:00 p.m.  
Friday 8:00 a.m. – 5:00 p.m.  
Saturday (select locations) 8:30 a.m. – 2:00 p.m.

### Insurance and Payment Information:

If you have questions about insurance coverage, co-payments, financial assistance or billing, please contact our financial advisor at (585) 273-4705 or (585) 602-2435.

Pediatric Behavioral Health & Wellness

1860 South Avenue, 1st Floor  
Rochester, NY 14620

200 E. River Road, 3rd Floor  
Rochester, NY 14623

[golisano.urmc.edu/behavioralhealth](http://golisano.urmc.edu/behavioralhealth)

Part of Strong Memorial Hospital.

Pediatric Behavioral Health & Wellness

## Outpatient Services for LGBTQ+ Youth & Families



MEDICINE of THE HIGHEST ORDER





## Here to help at every step.

During the transition from childhood to adulthood, a child or teen is suddenly faced with new challenges and changes, including those related to sexuality.

Our staff is committed to providing a safe and inclusive environment for LGBTQ+ youth and their families. Each member of our team has specialized training in partnering with youth who are questioning their sexuality and/or gender identity, concerned about possibly coming out to family and friends or struggling with relationship issues.

## Providing personal and comprehensive services.

All of our services at Pediatric Behavioral Health & Wellness are designed to meet the needs of children, adolescents and families from diverse backgrounds who may benefit from outpatient assessment and treatment. Our services are attentive to the strengths and challenges often experienced by LGBTQ+ youth and families.

We diagnose and treat a variety of conditions including:

- Anxiety
- Attention deficits
- Autism spectrum disorders
- Depression
- Emotional regulation difficulties

In addition, we provide services for youth and families who may be experiencing stress due to a medical illness, change in family situation or other life events.



### Custom-tailored treatment options.

Once a child or adolescent is accepted for services, we conduct a diagnostic assessment to best understand his or her strengths and areas of concern. Recommendations, which are carefully reviewed with parents or legal guardians and the youth, may include one or more of the following services:

- Individual, family, group and/or medication therapy
- Parent consultation
- School consultation

Services are customized to address specific treatment goals. Progress toward these goals is monitored closely and discussed with the parents or legal guardians and the youth. We work closely with the youth, family, primary care provider, school personnel and others to ensure that assessment and treatment are clinically appropriate and comprehensive.

### Specialty services.

We provide a wide range of outpatient mental health services for children and adolescents including:

- Group therapy programs, such as A.L.L.Y.
- Substance use assessment and treatment service
- Psychological testing