



**Housing**

**Education**

**Building  
Self-esteem**

**Work**

**Relationships**

## Contact Us

UR Medicine  
Pediatric Behavioral Health & Wellness

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Rochester, NY 14620

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

Part of Strong Memorial Hospital.

Pediatric Behavioral Health & Wellness

# Psychosocial Rehabilitation Services

Support and Guidance  
for Adolescents



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CHILDREN'S HOSPITAL



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## About UR Medicine Psychosocial Rehabilitation Services

If your child has struggled with mental illness, emotional issues, substance use, or other behavioral challenges, this can make social functioning more difficult. At UR Medicine Pediatric Behavioral Health & Wellness, we're here to help your child on their journey through adolescence.

At UR Medicine, our Psychosocial Rehabilitation Services support your child as they prepare to become independent adults. Our services give adolescents the tools they need to function at the highest level possible, and integrate themselves as active and productive members of their community and family.



### Who We Serve

Psychosocial Rehabilitation Services are offered to adolescents and their families. Our specialists are prepared to help youths who have faced mental, emotional, or social challenges and struggle to function in their communities or families.

### What We Do

We help your child overcome their psychosocial challenges and become more independent, by:

- Accompanying and supporting your child at community-based services and events, (e.g. job fairs, DHHS, and SSDI & AA meetings).
- Supporting your child in advocating for themselves within the clinic (e.g. making sure that their goals are represented in the treatment plan) and in the community (e.g. making sure that they are fully engaged in their special education programming and transition planning from high school to college or work place).
- Promoting independence (e.g. navigating the RTS bus system, scheduling medical transportation, opening a bank account, budgeting, applying for and obtaining a driver's license, self-care, and hygiene).
- Developing job readiness skills (e.g. resume writing, completing paper and online job applications, setting up and attending interviews, and education on how to dress appropriately for job interviews).



### Who We Are

At UR Medicine, we take a team approach to tailor our treatment to each patient's needs. Our team is made up of psychiatrists, psychologists, social workers, counselors, rehabilitation therapists, case managers, family advocates and nurses.

UR Medicine Pediatric Behavioral Health and Wellness is part of Golisano Children's Hospital, the only children's hospital in the region. If necessary, your child will have access to other mental health specialists and higher levels of psychiatric care at Golisano.

Our program is the only Certified Community Behavioral Health Clinic (CCBHC) in the region. As a CCBHC, our program meets strict quality requirements, including access to care and care coordination.

### Make an appointment

Do you want to help your child overcome social challenges and thrive during adolescence? We're here to support you and your family with your goals.

Call (585) 279-7800 to make an appointment.