



Wondering why the way you think or feel today just isn't the same as it used to be?

Experiencing changes in how things look or sound?

Being told that you're "not acting like yourself"?

It might not seem like it right now, but you're not alone.

INTERCEPT is here to help.

INTERCEPT: Interventions for Changes in Emotions, Perception, and Thinking.

For those aged 15 to 28 experiencing new mental health concerns.



**Contact your doctor for a referral.
Or reach us directly by
phone or email.**

UR Medicine Mental Health & Wellness

INTERCEPT: Interventions for Changes in Emotions, Perception, and Thinking

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mentalhealth.urmc.edu

Part of Strong Memorial Hospital



Structured Around You

At INTERCEPT: Interventions for Changes in Emotions, Perception, and Thinking, we help you identify, monitor, and manage troubling changes in behavior and mental health.

Our services and support are designed to minimize disruptions to your ability to engage in school, work, and relationships.

And our focus is unlike other programs, because we only work with people aged 15 to 28. People like you who are experiencing symptoms like these:

- Withdrawing from friends and family
- Difficulties in school or at work
- Loss of interest in hobbies and activities
- Loss of motivation
- Trouble with attention, concentration, and memory
- Feeling sad, angry, or irritable
- Changes in sleeping or eating patterns
- Less concern with appearance or clothes
- Feeling suspicious of others
- Feeling like things are unreal
- Changes in visual, auditory, and/or bodily perceptions
- Changes in personality
- Feeling confused
- Trouble with speaking in a direct, organized way

Building Blocks to Wellness

We offer a continuum of care for patients and their families, with treatment tailored to your needs. INTERCEPT services include:

- Individual psychotherapy
- Group therapy
- Psychoeducation
- Safety planning
- Problem solving
- Goal setting
- Relapse prevention
- Social skills training
- Treatment for substance use
- Medication if needed
- Other interventions as needed, including for sleep, nutrition, and exercise

A Care Team That Truly Cares

Our experienced UR Medicine providers include medical and therapeutic professionals as well as skilled social workers. They all have a special interest in and focus on supporting the mental well-being of young people.

Depending on your particular needs, your care team will include some of the following individuals:

Steven Silverstein, PhD—Director

Trisha Kilbourn, MSW, LCSW—Clinical Coordinator, Primary Therapist

Rachael Ross, LMHC-P—Primary Therapist

Su Lei Yi Soe, MFT—Marriage and Family Therapist

Alexander Brumfield, MFT—Marriage and Family Therapist

Tanya Tran, PhD—Primary and Group Therapist

David Graves, PMHNP-BC—Medication Management

Lyvia Bertolace, MD—Outreach Coordinator

Iwona Juskiwicz, MD—Data Manager

