

## Mental Health & Wellness

# Outpatient Services Guide



Everyone experiences feelings of anxiety, distress, sadness or other feelings that are difficult to overcome from time to time. But when emotional or behavioral problems are disrupting your life, it's time to ask for help.

UR Medicine Mental Health & Wellness is here to offer assistance for patients and their families who are struggling to cope. In addition to providing the latest therapies and treatment options, our Mental Health & Wellness team also helps to "connect" you with the community resources that are needed to continue your recovery.

We offer a variety of child and adult services and programs. Working together with patients, families and our community, we promote mental health and wellness by providing care that is accessible, individualized and enriched through teaching and research.

Our Mental Health & Wellness services and programs are staffed by multidisciplinary teams that may include:

- Psychiatrists
- Psychologists
- Psychiatric nurse practitioners
- Clinical social workers
- Marriage and family therapists
- Mental health therapists
- Psychiatric registered nurses
- Certified alcohol and substance abuse counselors
- Certified group therapists
- Creative arts therapists

Together, our providers offer a range of outpatient mental health, substance abuse and primary care services onsite at Strong Memorial Hospital and in the community.

## PSYCHIATRIC MENTAL HEALTH CLINICS

### Deaf Wellness

300 Crittenden Boulevard, Rochester, NY 14642

**ELIGIBILITY:** For ages 18 to 65 who are deaf or hard of hearing. (May be available for over age 65, depending on function and support and active status with a Primary Care Physician.)

**DIAGNOSIS:** Mood disorders, anxiety disorders, acute stress reactions to major precipitants, obsessive compulsive disorder, PTSD and trauma, panic disorders and patients with psychotic disorders.

**EXCLUSION CRITERIA:** Primary eating disorders and primary substance abuse/dependence disorders.

**SERVICES OFFERED:** Individual therapy, group therapy, psychiatric medication, consultation service, psychological testing (for established patients) and medication management (for patients enrolled in UR Medicine mental health services).

**LENGTH OF SERVICES:** Short-term, intermediate and long-term.

**CONTACT:** (585) 273-5050/VP: (585) 286-5041

**ELECTRONIC REFERRAL:** SMH BH

### General Adult Ambulatory

150 N. Chestnut Street, Rochester, NY 14604

**ELIGIBILITY:** For ages 18 to 65.

**DIAGNOSIS:** Mood disorders, anxiety disorders, acute stress reactions to major precipitants, obsessive compulsive disorder, PTSD and trauma, panic disorders, bipolar disorder II, personality disorders, co-morbid (substance abuse/dependence).

**EXCLUSION CRITERIA:** Developmental disorders, organic brain syndromes, significant head trauma, primary eating disorders, primary substance abuse disorders.

**SERVICES OFFERED:** Individual therapy, group therapy, psychiatric medication consultation service, psychological testing (for established patients) and medication management (for patients enrolled in UR Medicine mental health services).

**LENGTH OF SERVICES:** 3 to 24 months

**CONTACT:** (585) 273-5050

**ELECTRONIC REFERRAL:** CHSNT BH ADULT

### Lazos Fuertes (Spanish Speaking)

150 N. Chestnut Street, Rochester, NY 14604

**ELIGIBILITY:** For ages 18 to 65.

**DIAGNOSIS:** Mood disorders, anxiety disorders, acute stress reactions to major precipitants, obsessive compulsive disorder, PTSD and trauma, panic disorders and patients with psychotic disorders.

**EXCLUSION CRITERIA:** Primary eating disorders, primary substance abuse/dependence disorders and developmental disorders.

**SERVICES OFFERED:** Individual therapy, group therapy, psychiatric medication consultation service, psychological testing (for established patients) and medication management (for patients enrolled in MH&W services).

**LENGTH OF SERVICES:** Short-term, intermediate and long-term.

**CONTACT:** (585) 273-5050

**ELECTRONIC REFERRAL:** CHSNT BH LAZOS FUERTES

### Older Adult Services

315 Science Parkway, Building B, Rochester, NY 14620

**ELIGIBILITY:** For ages 65 and older.

**DIAGNOSIS:** Major depression (single episode, recurrent, with or without psychotic features), generalized anxiety disorder, dementia with behavioral disturbances, acute stress reactions to major precipitants, panic disorders, bipolar disorders/cyclothymic disorders, psychotic disorders related to smi or cognitive deterioration, schizoaffective disorder, schizophrenia, co-morbid personality disorders, some psychotic features not associated with schizophrenia, complicated grief, and caregiver stress.

**SERVICES OFFERED:** Psychopharmacology consult services for Primary Care Physician offices, evidence-based individual psychotherapy and group psychotherapy (DBT informed, CBT anxiety management, behavioral activation, chronic pain, life review, complicated grief), supportive psychotherapy for caregivers of patients, and psychopharmacology services (including Clozaril and Long Acting Injectables).

**LENGTH OF SERVICES:** Months to years, episodic engagement.

**CONTACT:** (585) 279-7849

**ELECTRONIC REFERRAL:** SMH BH

### Strong Ties

Brighton Business Center (BBC)

2613-2617 West Henrietta Road, Rochester, NY 14623

**ELIGIBILITY:** For ages 18 and older with severe and persistent mental illness.

**DIAGNOSIS:** Schizophrenia, Schizoaffective D/O, Bipolar I Disorder, recurrent major depression (debilitating) and serious functional impairment with other diagnosis.

**EXCLUSION CRITERIA:** Patients should not have diagnoses that include a primary personality disorder, substance use disorder, organic brain syndromes or developmental disabilities.

**SERVICES OFFERED:** Individual and group therapy, specialty young adult programming, psychopharmacology services including long-acting injectable psychotropic medications, Clozapine, RN health monitoring visits and groups, trauma-related groups, targeted case management, psychosocial rehabilitation and peer support services.

**LENGTH OF SERVICES:** Months to years, episodic engagement.

**CONTACT:** (585) 279-4900

**ELECTRONIC REFERRAL:** SMH BH

## Pediatric Behavioral Health & Wellness

### Primary Outpatient Locations

1860 South Avenue, Rochester, NY 14620  
200 East River Road, 3rd Floor, Rochester, NY 14623

### Primary Care Locations (for patients of these clinics)

Golisano Children's Hospital Pediatric Practice  
601 Elmwood Avenue, AC-6, Rochester, NY 14642

### Panorama Pediatric Group

220 Linden Oaks, Suite 200, Rochester, NY 14625

UR Medicine Primary Care – Perinton Pediatrics  
1669 Pittsford-Victor Road, Suite 100, Victor, NY 14564

### School-Based Locations (school clinics open district-wide)

Churchville-Chili Central School District  
139 Fairbanks Road Churchville, New York 14428

Airport Central School District (Minerva DeLand)  
140 Hulbert Road, Fairport, NY 14450

### Pittsford Central School District

15 School Lane Pittsford, NY 14534

### Wheatland-Chili Central School District

13 Beckwith Ave Scottsville, NY 14546

**ELIGIBILITY:** Children and adolescents, birth to age 18.

**DIAGNOSIS:** Adjustment disorders, depression, mood disorders, bipolar disorders, anxiety, trauma and PTSD, ADHD, disruptive behavior disorders, autism spectrum disorders (mild) and psychotic disorders.

**EXCLUSION CRITERIA:** Youth not appropriate for this level of service.

**SERVICES OFFERED:** Diagnostic evaluations, individual treatment, family treatment, group treatment (social skills, DBT with patients and parents, A.L.L.Y. groups (LGBTQ), CBT for anxiety, CBT for depression), psychiatric/medication consultation, medication management, parent and school consultation, psychological testing and substance use services.

**CONTACT:** (585) 279-7800

**ELECTRONIC REFERRAL:** SCIPK BH CHILD/ADOLESC

## Healing through Education, Advocacy and Law (HEAL) Collaborative

300 Crittenden Boulevard, Rochester, NY 14642

**ELIGIBILITY:** For ages 18 and older.

**DIAGNOSIS:** None required. Anyone who is coping with current or past intimate partner violence or other trauma is welcome. Diagnosis is only required for psychotherapy-related services.

**EXCLUSION CRITERIA:** We do not provide services for perpetrators.

**SERVICES OFFERED:** Case management, trauma-informed therapy, safety planning and assistance with orders of protection.

**LENGTH OF SERVICES:** Up to six months.

**CONTACT:** (585) 275-4325

**ELECTRONIC REFERRAL:** BH HEAL COLLABORATIVE

## Women's Behavioral Health Services

125 Lattimore Road, Suite 150, Rochester, NY 14620

**ELIGIBILITY:** Patients of UR Medicine Women's Health Practice, Highland Women's Health at Culver and UR Medicine Midwifery Group.

**DIAGNOSIS:** Major depression (single episode or recurrent), generalized anxiety disorder, acute stress reactions to major precipitants, obsessive compulsive disorder, PTSD and trauma, panic disorders, bipolar disorder II (employed, intact socioeconomic status), co-morbid personality disorder, co-morbid substance abuse, family and relationships stressors and coping with illness and health issues.

**SERVICES OFFERED:** Individual, couple and family therapy (one member must have a diagnosable mental health disorder), evaluation for substance use disorders and psychiatric consultation.

**LENGTH OF SERVICES:** One year or less.

**CONTACT:** (585) 275-7604

**ELECTRONIC REFERRAL:** LATTIMORE OBGYN BH

## Family Therapy Services at Highland Family Medicine

777 Clinton Avenue South, Rochester, NY 14620

**ELIGIBILITY:** Patients and families being seen for primary care at Highland Family Medicine only. Must be 5 years and older.

**DIAGNOSIS:** Major depression (single episode or recurrent), generalized anxiety disorder, acute stress reactions to major precipitants, obsessive compulsive disorder, PTSD and trauma, panic disorders, bipolar disorder II (employed, intact socioeconomic status), co-morbid personality disorder, co-morbid substance abuse, family and relationships stressors and coping with illness and health issues.

**SERVICES OFFERED:** Individual, couple and family therapy (one member must have a diagnosable mental health disorder), evaluation for substance use disorders and depression care management.

**LENGTH OF SERVICES:** One year or less.

**CONTACT:** (585) 279-4858

## ADDICTION

### Strong Recovery Addiction Programs

2613-2617 West Henrietta Road, Rochester, NY 14623

**ELIGIBILITY:** Ages 18 and older.

**DIAGNOSIS:** Primary substance use disorders including alcohol, opiates and illicit drugs.

**SERVICES OFFERED:** Psychopharmacology, individual and group therapy and medication-assisted treatment (methadone, Vivitrol®, Suboxone®).

**CONTACT:** (585) 275-3161

**ELECTRONIC REFERRAL:** BBC BH CHEMICAL DEPEND



MEDICINE *of* THE HIGHEST ORDER