

Strong Minds Adult Outpatient Mental Health

Providing patients with comprehensive and compassionate care.



At UR Medicine, we are honored to partner with you to improve your mental health. Our team of skilled clinicians at Strong Minds is dedicated to working together with patients and their families to provide specialized mental health care. Our goal is to deliver the highest quality care, which always begins with compassion.



We look forward to helping patients achieve their mental health goals. For more information, please call **(585) 273-5050** or visit mentalhealth.urmc.edu.

Strong Minds Adult Outpatient Mental Health

150 N. Chestnut St.
Rochester, NY 14604
Mon. – Thurs., 7:30 a.m. – 7:00 p.m.
Fri., 7:30 a.m. – 5:00 p.m.

Part of Strong Memorial Hospital



Who is eligible for treatment?

We offer a variety of psychiatric services to address the diverse mental health needs of adults age 18 to 65. These include treatment for:

- Depressive Disorders
- Anxiety Disorders
- Adjustment Disorders
- Trauma-Related Disorders
- Obsessive Compulsive Disorders
- Bipolar II Disorder
- Issues related to Grief and Loss

What happens next?

Once a referral is received, we will contact the patient via phone for a brief screening prior to scheduling their initial assessment with one of our clinicians.

- The initial diagnostic evaluation may require up to three visits.
- If a patient is not admitted, we will help the individual connect to the appropriate agencies and/or programs that best meet their needs.

What treatment options are offered?

At Strong Minds, our multidisciplinary team of psychiatrists, psychiatric nurse practitioners, registered nurses, clinical therapists, and clinical assistants conduct thorough assessments and provide an array of treatments. Our patients will benefit from:

- Psychotherapy
- Medication evaluation and management*
- Outpatient psychiatric medication consultation
- Referrals to community agencies

**If a patient is transitioned to another service, medication management will also be transferred.*



Group therapy services

Through group therapy, patients learn how to cope and improve their relationships. Groups meet weekly for one to two hours, depending on the specific group. Prior to starting group therapy, the group members each meet individually with the group therapist, who provides information about the group and what to expect.

Cognitive Behavioral Therapy Anxiety Management Group

assists participants in developing mindfulness of their internal thoughts and feelings. This group is best for individuals who experience a disruptive level of anxiety or worry.

Dialectical Behavioral Therapy Skills Group

helps individuals with unstable relationships, emotional instability, and impulsive behaviors.

Depression Management Group is a short-term group that helps break the cycle of inactivity and depression through increasing self-awareness and the utilization of coping skills.

For more information on the types of groups available and meeting times, please contact the Group Therapy Service at **(585) 276-4102**.

Referrals and scheduling appointments.

Patients may contact our call center at (585) 273-5050 to schedule a Mental Health Intake appointment or (585) 275-3505 for a Medication Consultation appointment. Providers can refer patients through eRecord, Amb Referral to Psychiatry.

Insurance Information:

We accept most major insurances and reach out primarily via phone to all new patients prior to their first appointment to discuss insurance coverage. Patients should also check with their insurance carrier to confirm Behavioral Health facility coverage. Patients should bring their photo ID and insurance card to their appointments.

