

Our Center and Its Vision

UR Medicine Mental Health & Wellness is home to the Deaf Wellness Center (DWC) program. Our staff consists of DWC clinical director and psychologist Amanda O'Hearn, PhD, psychologist Donna Guardino, PhD, psychologist Aileen Aldalur, PhD, counselor Sharon Haynes, LMSW, counselor Dora Tin, LMSW, and interns from a variety of professional disciplines.

DWC seeks to advance the quality of life of persons for whom hearing loss is a significant aspect of their identity or experience in the world. Our focus is on increasing the positive contributions of the health care fields to this quality of life, especially the field of psychology. We pursue innovations in clinical service, training, and research that will have the broadest possible impact and utility. In all of our efforts, we are dedicated to ensuring the advancement of persons who are themselves deaf or hard-of-hearing.



The Deaf Wellness Center is open Monday through Thursday, 8 am to 6 pm and Friday, 9 am to 6 pm.

For more information on patient services or to schedule a phone screen appointment, call (585) 286-5041 (videophone) or (585) 273-5050 (voice) or complete our online form at dwc.urmc.edu/schedule.

Deaf Wellness Center
300 Crittenden Blvd.
Rochester, NY 14642
585-286-5041 VP
585-273-5050 V
urmc.rochester.edu/dwc

Part of Strong Memorial Hospital



UR MEDICINE Deaf Wellness Center



Clinical Services

DWC clinicians provide evaluation, psychotherapy, and counseling services to individuals 17 years and older, couples, and families for issues such as:

- Mental illness, e.g., depression, bipolar disorder, anxiety, etc.
- Marriage/family/relationship problems
- Stress and coping difficulties

When needed, medications are available through our weekly DWC medication clinic led by our consulting psychiatric nurse practitioner.

The DWC hosts all-deaf psychotherapy groups, as well. Groups are conducted in sign language by sign-fluent clinicians. Current and upcoming groups include:

- **Dialectical Behavior Therapy (DBT)** Teaches emotional regulation and effective social and coping skills.
- **Mindfulness Eating Group** Helps reduce the temptation to turn to food for emotional comfort.
- **Social Skills Group** Teaches lower functioning or developmentally delayed deaf individuals how to express emotions effectively and build better social, emotional, and behavioral skills.
- **Depression Management** Helps persons with depression to reduce mood symptoms and maximize their daily functioning.



Research

DWC has received over \$6 million in grants leading to over 90 publications and 20 videos. We are one of the leading U.S. research sites on the topics of mental health in the deaf population, sign language interpreting, and the health of deaf people.

DWC research projects have been funded by the Centers for Disease Control and Prevention, the National Institute on Disability and Rehabilitation Research, Substance Abuse and Mental Health Services Administration, U.S. Department of Education, and many foundations and state agencies.

To read about our current research studies and request a PDF of our publications please visit our website.

Films and Other Products

The DWC has produced a variety of educational materials, including ASL videos on women's health, DBT skills, and many public health topics as well as our popular Mental Health Interpreting curriculum. You can view details and ordering information on our website.

Training

The DWC is a world-renown training site for deaf and sign-proficient hearing individuals pursuing careers in the mental health fields, sign language interpreting, healthcare, and research. Contact us for further information on internships and practicum.

DWC staff offer lectures and workshops throughout the U.S. and around the world. Popular topics include mental health evaluation, DBT therapy, psychological testing, mindfulness applications, and more. See our website for further details.

