

Integrated Outpatient Clinic

Our goal is to assist patients and families with understanding and managing issues such as PTSD, ADHD, mood disorders, psychotic disorders, substance abuse, and disruptive disorders. We offer evaluation and treatment for youth, adults and families including individual and family treatment, medication management, group therapy, cognitive-behavioral



The Sanctuary Model®

The Sanctuary Model® is a holistic approach to how we operate at Villa of Hope. The Sanctuary Model® represents a theory-based, trauma-informed, evidence-supported, whole culture approach that guides our treatment philosophy.

Partnership

Our clinicians join with individuals and their families as problem-solving partners. We help them overcome co-occurring problems and learn to meet their needs in positive ways so they are in a position from which they can sincerely make a commitment to change. Once such decisions are made, we teach the tools and provide the support that ensures success.

For more information or to make a referral, contact:

**Behavioral Health Services
Integrated Outpatient Clinic**

1099 Jay Street
Water Tower Park, Bldg J, Suite 202
Rochester, NY 14611

To schedule an appointment, please call
(585) 328-0834
Fax (585) 436-0103

Behavioral.HealthServices@villaofhope.org



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Integrated Outpatient
Behavioral Health Clinic



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Chemical Dependency Outpatient Clinic

Our clinic provides holistic care in an outpatient setting for youth and adults addressing substance use disorders, impacting medical, family, and mental health issues along with life-skills development. The treatment is customized to the individual client by our licensed therapists providing family, individual and group therapy as well as relapse prevention.

Addiction Prevention

Our NYS Licensed Prevention services are designed to delay or reduce the use of alcohol and other drug abuse in youth who have not yet begun to use and abuse or who are experimenting. Our Prevention Specialists provide evidence based curriculum to community, school, and other agencies.

Developmentally Appropriate

The treatment programs help adolescents master developmental tasks to learn systematic logical thinking and to prepare for adult roles as they examine their lives, and the potential impact of their drug use upon their future.



Research-based

Our treatment models are based on the latest research and evaluation literature; in particular, findings about:

- ◆ The underlying and co-occurring psychological challenges that typically accompany drug use and put individuals at risk of such abuse
- ◆ The stages of change in overcoming drug addiction
- ◆ Preparing individuals to change through motivational enhancement
- ◆ Resiliency
- ◆ Counseling outcomes
- ◆ Relapse prevention

We use Evidence Based Practices

such as the *Sanctuary Model*[®], *Narrative Therapy*, *Creative Art Therapy*, *Eye Movement Desensitization & Reprocessing (EMDR)*, *Trauma Recovery & Empowerment (TREM)*, *Play Therapy*, *Seven Challenges*, *Trauma-Informed Care*, *Motivational Interviewing*, *Cognitive Behavioral Therapy*, *TF-CBT*, and *Seeking Safety*. These practices are designed for individuals with substance use disorders and mental health treatment, to motivate a decision and commitment to change. We help youth and adults look at themselves, understand what it takes to give up a drug abusing lifestyle—and prepare for and attain success when they commit to making changes.

“The process is working; I no longer feel shackled to the ball and chain known as addiction.”



Sabrina,
Recipient of Chemical Dependency
Outpatient Clinic Services

Medicated- Assisted Treatment (MAT)

We offer MAT (Buprenorphine-Suboxone, Sublocade and Subutex & Naloxone-Vivitrol) for ages 16 and up. Our team of qualified and licensed professionals use MAT in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders. We understand Opioid Use Disorders, and MAT can help manage physical symptoms and cravings, allowing clients to work toward their recovery.

Culturally Sensitive and Holistic

The programs use an empowerment model, putting personal problems in the context of broader social and environmental issues. The underlying causes (including psychological and co-occurring problems), and lifestyle issues are addressed.