

Rockland County Mental Health Resources

Mental Health Clinic Treatment

The goals of a clinic treatment program that serves adults are to diagnose and treat an individual's mental illness, to work with the individual in developing a plan of care designed to minimize symptoms and adverse effects of illness, maximize wellness, and promote recovery toward the achievement of life goals.

The goals of a clinic treatment program that serves children are early assessment and identification of childhood emotional disturbances, engagement of the child and family in the development of a plan of care designed to minimize the symptoms and adverse effects of illness, maximize wellness, assist the child in developing a resilient and hopeful approach to school, family, and community, and maintain the child in his or her natural environment.

Children, Adolescents and Families:

MHA Westchester at Rockland BOCES

The Family Resource Center
131 North Midland Avenue
Nyack, NY 10960
914-345-0700 X7350

MHA Westchester at Haverstraw

20 George Street
Haverstraw, NY 10927
914-345-0700 X7350

Children, Adolescents and Adults:

Achieve Behavioral Health, a Division of Bikur Cholim

25 Robert Pitt Drive, Suite 101
Monsey, NY 10952
845-425-5252

Frawley Clinic

3 Campbell Avenue
Suffern, NY 10901
845-368-5222

MHA Westchester

311 N. Midland Avenue, Suite 3

Upper Nyack, NY 10960
914-345-0700 X7350

VCS Mental Health Clinic (Adolescents & Adults)

77 South Main Street
New City, NY 10956
845-634-5729

Adults Only:

Orangeburg Service Center

Building 57, 1st Floor
140 Old Orangeburg Road
Orangeburg, NY 10962
845-398-7050

Contact your Insurance Carrier, Medicare or Medicaid Managed Care Provider for additional network resources.

Personalized Recovery Oriented Services (PROS)

Personalized Recovery Oriented Services (PROS) is a comprehensive recovery oriented program for adults with serious mental illness. The goal of the program is to integrate treatment, support, and rehabilitation in a manner that facilitates the individual's recovery. Goals for individuals in the program are to: improve functioning, reduce inpatient utilization, reduce emergency services, reduce contact with the criminal justice system, increase employment, attain higher levels of education, and secure preferred housing.

Jawonio PROS Program

775 North Main Street
New Hempstead, NY 10977
845-708-2000 X2300

Program for Self Discovery: Change Happens

The Mental Health Association of Rockland County
140 Route 303, Suite I
Valley Cottage, NY 10989
845-267-2172 X200

Provider Agency Links

The following agencies in Rockland County are providers of mental health services...

Achieve Behavioral Health, a Division of Bikur Cholim

Achieve Behavioral Health provides a complete range of behavioral health and support services with cultural sensitivity, compassion and excellence to children and adults.

Good Samaritan Hospital - Behavioral Health Services

The Monsignor Patrick J. Frawley Mental Health Clinic at Good Samaritan Hospital is designed to treat emotional and psychiatric disorders in adolescents, adults and geriatric patients in a warm and caring environment.

Jawonio, Inc. - Behavioral Health Services

Jawonio Behavioral Health Services offers mental health treatment, case management and supportive services for adults, including a wide array of group and individual person centered and recovery oriented services.

Loeb House, Inc.

Loeb House provides treatment and supportive residential services throughout Rockland County to individuals living with a serious mental illness, addiction or chronic medical conditions.

Mental Health Association of Rockland County, Inc.

MHA Rockland is a not-for-profit community agency whose mission is to provide mental health preventative, supportive, treatment and advocacy services to children and adults in our community.

Mental Health Association of Westchester County, Inc.

MHA Westchester operates a clinic in Nyack and a Clinic in Haverstraw. The clinics provide individual, group, family, and medication therapy services for children, adolescents, adults and families.

Rockland Children's Psychiatric Center

RCPC is a psychiatric hospital exclusively for children and adolescents and provides an intensive, short-term, family-based inpatient psychiatric treatment program.

Rockland Hospital Guild, Inc.

CLUE (Community Link-Up Experience) is a Community Residence Program sponsored by the Rockland Hospital Guild, Inc., a not-for-profit agency which provides housing and support services throughout Rockland County for persons with a mental illness.

Rockland Jewish Family Service

Rockland Jewish Family Service offers individual and group therapy for adults,

adolescents and children. The agency works with people dealing with depression, anxiety, loss and bereavement, as well as life stage issues, family conflict, anger management and other issues that impact mental health and wellness.

Rockland Psychiatric Center

Rockland Psychiatric Center (RPC) provides psychiatric inpatient and outpatient treatment, rehabilitation and support services to adults 18 and older with mental illness.

Saint Dominic's Family Services

Saint Dominic's Family Services provides residential services for adults with mental illness and home-based services for children and families to prevent separation of families, increase family stability and reduce the stressors that families face.

VCS Inc.

The VCS Mental Health Clinic provides outpatient mental health treatment, including individual therapy and psychiatric services, to adolescents and adults with a mental health condition.

Local Resources

Following are links to some helpful Local Resources. Please also check our Calendar of Events that includes information on various support groups.

Nathan S. Kline Institute for Psychiatric Research

<https://www.nki.rfmh.org/>

As one of our nation's premier centers of excellence in mental health research, a broad range of studies are conducted at NKI, including basic, clinical, and services research intended to improve care for people suffering from complex, psychobiologically-based, severely disabling mental disorders.

BRiDGES

<http://www.bridgesrc.org/>

BRiDGES is committed to the full inclusion of people with disabilities in all aspects of community life. Most importantly, people with disabilities have the right to determine the course of their own lives. These principles form the cornerstone of their advocacy efforts, both individual and system-wide.

Center for Safety & Change

<http://www.centerforsafetyandchange.org/>

Center for Safety & Change provides a full range of services and supports to domestic violence victims and their families both in person at one of their six office locations and by telephone. Domestic violence victims with special

circumstances may receive services at other safe locations of their choice (e.g., library, restaurant, religious institution, private home). Center for Safety & Change also maintains a presence at all six domestic violence courts in Rockland County.

[Consumer Family Outreach Program of the MHA of Rockland County](http://www.mharockland.org/what-we-do/for-families-friends/consumer-family-outreach/)

<http://www.mharockland.org/what-we-do/for-families-friends/consumer-family-outreach/>

The Consumer/Family Outreach Program (CFO) reaches out to individuals with a mental illness who are not currently receiving treatment or who have not remained engaged in treatment at existing programs. CFO provides education about psychiatric disorders to the families and significant others and alleviates the suffering of families by providing support and information.

[Hudson Valley Region 211](http://www.hudson211.org/cms/)

<http://www.hudson211.org/cms/>

Hudson Valley Region 211 is the first point of contact for Rockland residents to be connected to a vast array of health and human services available to them. Dial 211.

[NAMI Rockland](http://www.namirockland.org/)

<http://www.namirockland.org/>

NAMI Rockland is a self-help and advocacy group for relatives and friends of persons living with a mental illness that works toward improving services and resources for these individuals and their families through education, advocacy and support.

[Parent-Teen Support Group of MHA of Rockland County](http://www.mharockland.org/what-we-do/for-families-friends/parent-teen-support-group/)

<http://www.mharockland.org/what-we-do/for-families-friends/parent-teen-support-group/>

Parent Support and Teen Support Groups are held at the same time, offering parents and their children time to relax, find support, and learn from the experiences of peers. The Support Groups are generally held monthly September through June on the first Monday of the month, 6:30 pm to 8:00 pm but please check the MHA website Calendar.

[ACCES-VR](http://www.acces.nysed.gov/vr/)

<http://www.acces.nysed.gov/vr/>

Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR) offers access to a full range of employment and independent living services that may be needed by persons with disabilities through their lives.

[Department of Health](http://www.health.ny.gov/)

<http://www.health.ny.gov/>

Mission of the Department of Health: Working together and committed to excellence, we protect and promote the health of New Yorkers through prevention, science and the assurance of quality health care delivery.

[Families Together in New York State](http://www.ftnys.org/)

<http://www.ftnys.org/>

Families Together is a non-profit, family-run organization that strives to establish a unified voice for children and youth with social, emotional, and behavioral challenges.

[New York Employment Services System \(NYESS\)](http://www.nyess.ny.gov/)

<http://www.nyess.ny.gov/>

New York State's New York Employment Services System (NYESS) has been designated as the first statewide Employment Network (EN) in the United States and is designated by SSA to assist people with disabilities find competitive jobs.

[New York State Justice Center for the Protection of People with Special Needs](http://www.justicecenter.ny.gov/)

<http://www.justicecenter.ny.gov/>

The Justice Center was created in legislation known as the "Protection of People with Special Needs Act" to establish the strongest standards and practices in the nation for protecting people with special needs. It serves both as a law enforcement agency and as an advocate for people with special needs.

[New York State of Health](https://nystateofhealth.ny.gov/)

<https://nystateofhealth.ny.gov/>

You and your family have many new low cost, quality health insurance options available through the Individual Marketplace. You can quickly compare health plan options and apply for assistance that could lower the cost of your health coverage. You may also qualify for health care coverage from Medicaid or Child Health Plus through the Marketplace. Anyone can apply here.

[NYS Office of Parks, Recreation & Historic Preservation](http://www.nysparks.com/admission/access-pass/default.aspx)

<http://www.nysparks.com/admission/access-pass/default.aspx>

The Access Pass permits residents of New York State with disabilities, as defined in the application, free or discounted use of state parks, historic sites, and recreational facilities operated by the New York State Office of Parks, Recreation and Historic Preservation and the New York State Department of Environmental Conservation. The pass holder may have free or discounted use of facilities operated by these offices, for which there is normally a charge.

[Office of Mental Health](http://www.omh.ny.gov/)

<http://www.omh.ny.gov/>

The Office of Mental Health (OMH) operates psychiatric centers across the State, and also regulates, certifies and oversees more than 2,500 various inpatient and outpatient programs, emergency, community support, residential and family care programs, which are operated by local governments and nonprofit agencies.

[Office for the Aging](http://www.aging.ny.gov/)

<http://www.aging.ny.gov/>

The mission of the New York State Office for the Aging is to help older New Yorkers to be as independent as possible for as long as possible through advocacy, development and delivery of person-centered, consumer-oriented, and cost-effective policies, programs and services which support and empower the

elderly and their families, in partnership with the network of public and private organizations which serve them.

[Office of Children and Family Services](#)

<http://www.ocfs.ny.gov/main/>

The Office of Children and Family Services provides a system of family support, juvenile justice, child care and child welfare services that promote the safety, permanency and well-being of our children, adults, families and communities.

[Office of Temporary and Disability Assistance](#)

<http://otda.ny.gov/>

The Office of Temporary and Disability Assistance (OTDA) is responsible for supervising programs that provide assistance and support to eligible families and individuals including food stamps, home energy assistance program (HEAP), temporary assistance, child support enforcement and housing and support services, among many other programs.