

**A GUIDE TO SPECIALIZED
GERIATRIC MENTAL HEALTH AND
ADDICTION SERVICES
IN MONROE COUNTY**

**Produced by
The Rochester Regional
Geriatric Mental Health Alliance**

October 2008

Programs and Services that Specialize in Serving Older Adults

	Outpatient/Clinical Counseling	Chemical Dependency/ Addiction Services	Memory/ Dementia Clinic	In-Home Counseling	Inpatient	Continuing Day Treatment
Strong Behavioral Health/Strong Memorial Hospital	X				X	
University of Rochester AD-CARE Clinic (Memory Disorders)			X			
Rochester General Health System	X					
Unity Health		X				
LIFESPAN		X				
Jewish Family Service	X			X		
Rochester Rehabilitation Center						X
GEMM CARE				X		
PATHS				X		

**Part III: Rochester Regional Geriatric Mental Health Alliance Organizations
That Provide a Varied Array of Programs and Services For the General Population,
Including Older Adults**

Alzheimer’s Association 435 East Henrietta Road Rochester, New York 14620	760-5400
Catholic Family Center 30 N. Clinton Avenue Rochester, New York 14604	546-7220
Eldersource 1900 S. Clinton Avenue Rochester, New York 14618	325-2800
Excelsus Blue Cross/Blue Shield 165 Court Street Rochester, New York 14647	238-4231
Ibero-American Action League 911 E. Main Street Rochester, New York 14605	256-8900
Jewish Family Service 441 East Avenue Rochester, New York 14607	461-0110
LIFESPAN 1900 S. Clinton Avenue Rochester, New York 14618	244-8400
Mental Health Association 320 N. Goodman Street Rochester, New York 14607	325-3145
Preferred Care 220 Alexander Street Rochester, New York 14607	327-2477
Rochester Rehabilitation Center 1000 Elmwood Avenue Rochester, New York 14620	271-2520
Strong Behavioral Health 300 Crittenden Blvd. Rochester, New York 14642	Older Adults Clinic 279-7849 Emergency Services 275-4501
Unity Health System Various locations	Central Intake 723-7740
Rochester General Health System (formerly ViaHealth)	Central Intake 922-2500

About the Rochester Regional Geriatric Mental Health Alliance

The *Rochester Regional Geriatric Mental Health Alliance* was established in 2007 to complement a statewide effort to advocate for mental health policies that will improve services for older adults, and for changes laying the groundwork for developing an adequate response to the mental health needs of the elder boom. The local chapter is facilitated by the Mental Health Association. In addition to working with the state alliance in promoting broader initiatives and efforts, the local Alliance represents the specific interests of our community, giving us a voice in shaping the state agenda.

The Alliance represents a large number of mental health and aging services organizations in our area. Partners also include representatives from the area of substance abuse, minority services and other professional associations in our community.

The Purpose of this Guide

This specialized guide provides:

- A listing of community mental health and chemical dependency programs that specifically serve older adults (Part I)
- Other supportive programs, services and links relevant to serving older adults (Part II)
- Alliance organizations providing a varied array of programs and services for the general population, including older adults (Part III)

Contact the Alliance

For additional information about the Rochester Regional Geriatric Alliance, or to request inclusion in the Guide, contact the Mental Health Association at 325-3145. The Mental Health Association promotes lasting mental wellness through a spectrum of culturally competent programs and services.

Professional Education

Training, workshops or classes for aging services or mental health professionals working with older persons and their families.

Alzheimer's Association	760-5400
Eldersource	325-2800
Excellus Blue Cross/Blue Shield	238-4231
LIFESPAN	244-8400
Mental Health Association	325-3145
Preferred Care	327-2477

Wellness Activities

Community education efforts that may include events, workshops, and life management training.

Mental Health Association	325-3145
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Links to Other Supportive Programs and Services

Finding Your Way: A Guide to Mental Health Services in Monroe and Livingston Counties (Available through the Mental Health Association)	325-3145
GRAPE (www.grapelder.org)	256-4351
LIFELINE	211 Or 275-5151
Monroe County Office of the Aging	753-6280
Monroe County Office of Mental Health	753-6047
Monroe County Single Point of Access (for mental health case management and residential services)	613-7625
New York State Connects	546-3000

Part I Programs and Services that Specialize in Serving Older Adults

Chemical Dependency/Addiction Services

These programs provide services focusing on substance abuse behaviors of older adults.

LIFESPAN Geriatric Addictions Program — GAP (In-home services) **244-8400 Ext. 187**
Please note that GAP is not a NYS licensed treatment provider but a community outreach intervention/prevention program.

Unity Health System Older Adult Outpatient Program **723-7740**

Continuing Day Treatment Programs

These programs provide recovery oriented support for older adults who need continuing support and treatment of more chronic symptoms

Rochester Rehabilitation Center **271-2520**

In-home Counseling

Counseling for older adults provided in the client's home.

GEMM CARE A collaboration of Jewish Home of Rochester, Jewish Family Service, and the University of Rochester to provide integrated physical and mental health services. Patients must receive care from GEMM staff in order to receive in-home counseling by GEMM team. **244-5993**

PATHS
(a collaboration of Eldersource, Catholic Family Center, the Mental Health Association and Jewish Family Service) **325-2800**

Jewish Family Service **461-0110**

Mental Health Inpatient Services

24-hour in-hospital program providing medical, psychiatric, social and nursing services for older adults.

Strong Memorial Hospital **275-4501**

Memory/Dementia Clinic

Provides evaluations for memory problems, Alzheimer's Disease, behavioral symptoms or psychosis associated with dementia.

University of Rochester AD-CARE Clinic (Memory Disorders)
at Monroe Community Hospital **760-6221**

Outpatient/Clinic Counseling

Outpatient services for older adults that may encompass an array of services including assessment and treatment planning, verbal and medication therapies.

Jewish Family Service **461-0110**

Strong Behavioral Health Older Adults Service **279-7849**

Rochester General Health System at Rochester Mental Health Center **922-2500**

Part III: Other Supportive Programs, Services and Links Relevant to Older Adults

Care/Case Management Services

Comprehensive assistance provided to older adults and families through needs assessing, developing appropriate plans of care, providing linkage, service follow-up and client monitoring and reassessment.

Catholic Family Center
(Expanded In-Home Services for the Elderly Program—EISEP) **262-7060**

Eldersource
(A collaboration between LIFESPAN, Catholic Family Center, Ibero-American Action League and Community Place) **325-2800**

Excellus Blue Cross/Blue Shield
(Telephonic) Available to Excellus Medicare enrollees. **238-4231**

Jewish Family Service **461-0110**
Also provides services to Holocaust Survivors

LIFESPAN
Elder Abuse Prevention Program **244-8400 Ext. 110**
Serves Age 60+

Preferred Care
Behavioral Health Connections Program **327-2477**
(Telephonic) Available to Preferred Care Medicare Gold enrollees

Caregiver Counseling

Counseling Services where the primary client is the caregiver.

Alzheimer's Association **760-5400**

Eldersource **325-2800**

Jewish Family Service **461-0110**

LIFESPAN Elder Abuse Prevention Program **244-8400 Ext. 110**

Strong Behavioral Health Older Adult Service **279-7849**

Caregiver Support Groups

Peer or professionally facilitated groups specifically for caregivers.

Alzheimer's Association **760-5400 or 800-272-3900**
Groups provided for individuals with dementia and their care partners.

Financial/Legal Management

Programs that assist older adults with financial and legal issues.

LIFESPAN Financial Services **244-8400 Ext. 189**

Peer Support

Support services for older adults provided by mental health peers that augment professional services

Mental Health Association through the PATHS Program
Contact ELDERSOURCE 325-2800

Mental Health Association through Successful Goals for Living **325-3145**