| Programs and Services that Specialize in Serving Older Adults | X |  
|---------------------------------------------------------------|---|---
| Outpatient/Clinical Counseling                                |   |  
| Chemical Dependency/Addiction Services                      |   |  
| Memory/Dementia Clinic                                       |   |  
| In-Home Counseling                                            |   |  
| Inpatient Continuing Day Treatment                          |   |  
| Strong Behavioral Health/Memorial Hospital                   | X |  
| University of Rochester AD-CARE                              | X |  
| Rochester General Hospital                                   | X |  
| Unity Health                                                  | X |  
| LIFESPAN                                                     | X |  
| Jewish Family Service                                        | X |  
| Rochester Rehabilitation Center                              |   |  
| PATHS GEMM CARE                                              | X |  

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

Produced by
The Rochester Regional Geriatric Mental Health Alliance

October 2008
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.

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

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

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.

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 (Telephonic) Available to Preferred Care Medicare Gold enrollees 327-2477

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