

# *Behavioral Health & Wellness Program*

*An Alternative Level of Care*

*Improve your quality of life, maintain safety, and prevent emotional crisis through education and skill building.*

Six week open ended program that meets every **Tuesday and Thursday Evenings** from **6:30 to 8:00 pm**

## **Clients receive:**

- Comprehensive list of community resources
- An individualized personal wellness plan
- Strength based crisis prevention manual

## **Clients learn skills for:**

- Emotion regulation for anxiety and depression
- Effective communication
- Challenging negative thinking
- Achieving mental wellness

## **Admissions Criteria:**

- Age requirement: 18 and over
- Primary diagnosis must be mental health related
- Must be able to attend program as scheduled
- Must engage in ongoing individual counseling\*
- Compliant with medication management, if applicable\*
- Any **substance abuse diagnosis** must be secondary and sobriety maintained for a minimum of three consecutive months. In addition, the client must engage in supportive substance abuse services.

## **Exclusion Criteria:**

- Primary diagnosis is substance abuse related
- Participation in an intensive outpatient substance abuse program
- Actively suicidal or psychotic
- Actively using any illegal substances
- History of aggressive or violent behavior
- Acute hospitalization or a partial hospital program is needed

\*These services are also available at Pinnacle Behavioral Health.

## **Accepting most insurances**

**Interested?** Call **(518) 689-0244** and speak with Director: **Laura Hunt** at extension **12** or **Rocco Pezzulo** at extension **22**.

**Pinnacle Behavioral Health, IPA, LLC**

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