

Pinnacle Behavioral Health

After more than 20 years of providing psychotherapy services and developing mental health treatment programs throughout New York State, Laura Hunt LCSW brought together a group of seasoned colleagues to form Pinnacle Behavioral Health. Pinnacle provides a range of services for adults, families, and couples. At the heart of our philosophy is an understanding that the process of healing and personal growth can be challenging. We are committed to creating a caring environment to support you in the change process.

Pinnacle Behavioral Health
1 Pinnacle Pl., Suite 102
Albany, NY 12203

Wellness Recovery Action Plan (WRAP) Groups





“Forget past mistakes.
Forget failures. Forget
about everything except
what you’re going to do now
– and do it.”

- William Durant

What is WRAP?

The Wellness Recovery Action Plan (WRAP) was founded by Mary Ellen Copeland. It is a personalized approach to recovery in which participants create individual recovery plans in a group setting. WRAP group can help its participants in many ways, including:

- Learning to decrease or prevent troubling feelings and/or behaviors
- Increase empowerment and self-advocacy
- Create a personalized set of wellness tools and action plans for long-term recovery
- Create daily self-care strategies to improve quality of life.

WRAP Group:

WRAP group at Pinnacle Behavioral Health will be led by two mental health providers and will have 8-12 participants. Our WRAP group will run for eight consecutive weeks.

WRAP Group Schedule:

WRAP Group will begin on:

TUESDAY, MARCH 8 2016 FROM 5:00 –
6:00 PM

Our group will run for eight consecutive weeks. This group will come to a close on Tuesday, April 26, 2016.

Want to learn more?

If you would like to contact one of our group leaders for questions, please feel free to contact:

Christine Koster: (518) 689-0244
ext. 37 or
ckoster@pinnaclebehavioralhealth.com

Diane Webb: (518) 689-0244 ext. 47
or
dwebb@pinnaclebehavioralhealth.com

Ready to start?

If you are ready to sign up for our WRAP group, please contact Rocco Pezzulo to schedule a screening with a group leader. Rocco can be reached at (518) 689-0244 ext. 22.

Contact Information:

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