

## Crisis information and referral hotline

**518.243.4000**

24 hours a day and 7 days a week

## PERSONALIZED RECOVERY ORIENTED SERVICES

### FOR ADULTS

- These services offer hope and assistance to individuals in regaining life roles that have been lost or never achieved due to mental illness.
- The program, which operates Monday through Fridays from 8:30 AM - 5:00 PM, offers an array of educational and skill acquisition groups geared to help consumers achieve their chosen recovery goals in the areas of work, education, relationships and living environment.
- The program also provides individual therapy and medication management as needed.
- Social and recreational activities are also offered to program participants.
- The program is staffed by a team of psychiatrists, nurses, social workers, licensed mental health counselors and psychiatric caseworkers.

## CARE MANAGEMENT

### FOR ADULTS AND YOUNG ADULTS

- Patients are provided assistance with accessing community services: financial, housing, health-care, and transportation resources (Medicaid, SSI, Disability, etc.).
- Provides oversight and care coordination to help patients make the best of community-based services and reduce the need for hospitalization.
- Provides assistance with accessing services related to daily living needs and personal management.

## FAMILY SUPPORT

### FOR ADULTS

A weekly group held at Ellis that provides support and education to families of those afflicted with mental illness. For information call **518.243.3300**.

## CRISIS SERVICES

### FOR ADULTS & CHILDREN

- Always available for confidential and personal mental health assessments by a team of crisis mental health professionals in the Ellis Hospital Emergency Room, 1101 Nott Street, Schenectady, 24 hours a day, 7 days a week.
- Ellis' Crisis Services team also provides assistance and support over the phone 24 hours a day, 7 days a week for the Schenectady County community on our Crisis Hotline at **518.243.4000**.

# MENTAL HEALTH SERVICES

## PEER COUNSELOR PROGRAM

### FOR ADULTS

- An innovative, nationally recognized program using trained mental health advocates who provide support from the perspective of a person who has been successful in recovering from mental illness.
- Peer counselors are available throughout Ellis Mental Health Services in the Emergency Department, and Inpatient Psychiatric Unit.
- Offers recovering mental health consumers extensive training and meaningful employment as peer counselors. Also a vocational program, many peer counselors eventually move on to competitive employment in human services and other fields.

# MENTAL HEALTH



If you, a loved one, or someone in your care needs mental health services, Ellis Medicine is the place to turn.

Adult Outpatient  
Mental Health Services  
216 Lafayette Street  
Schenectady, NY 12305  
Phone: 518.243.3300

Child Adolescent Clinic  
624 McClellan Street, Suite 204  
Schenectady, NY 12304  
Phone: 518.382.2290

Crisis/Inpatient Services  
1101 Nott Street  
Schenectady, NY 12308  
Phone: 518.243.4000

Ellis  
MEDICINE

[ellismedicine.org](http://ellismedicine.org)

Ellis  
MEDICINE

REINVENTING HEALTHCARE  
ONE PATIENT AT A TIME

# MENTAL HEALTH SERVICES



Mental illness is so common that one in five families is affected by severe mental illness in a lifetime. Ellis has been helping adults overcome mental illness for nearly 50 years and we offer specialized services for adolescents. We have an experienced staff of psychiatrists, psychologists, social workers, nurses and educators all licensed and certified in their respective fields.

Ellis Medicine offers a comprehensive array of programs to assist people in achieving good mental health. From crisis to recovery, and every step in between, we offer a supportive team approach to mental health.

## INPATIENT CARE

### FOR ADULTS

- Patients are safely cared for by a highly trained therapeutic team of psychiatrists, nurses, social workers, recreation therapists and therapy aides.
- Immediate problems of living safely in the community are addressed: severe depression and anxiety, severe episodes of bipolar disorder (manic depression), thought disorders such as schizophrenia, and grave risk of suicide. Co-occurring alcohol and chemical dependency issues are also addressed.
- Therapy includes individual and group treatment using psychotherapy, arts therapies and social/psychological education.
- Peer support counselors are available to provide each patient with the guidance and advocacy of a person who is successfully living and coping well with mental illness. This is a one-of-a-kind, nationally recognized program.
- Care is well coordinated with family and social support networks so that discharge to independence is achieved rapidly, effectively and in conjunction with follow-up outpatient care when needed.
- Patients are assisted with links to community services: financial, housing, healthcare, outpatient mental health and transportation resources (Medicaid, SSI, Disability, etc.).

## ECT

Electroconvulsive Therapy (ECT) is a lifesaving treatment for many patients who otherwise do not respond well to medication alone. This can be the most effective treatment for severe depression and other serious disorders such as catatonia (absence of human interaction). During ECT the physician uses a modern technique in conjunction with general anesthesia. This technique has been proven to be extremely safe, with very few instances of complications reported. Used for many years, evidence shows that patients have been satisfied with improved quality of life functioning achieved.

## CONSULTATION PSYCHIATRY

Our providers perform psychiatric assessment and management of mental health issues in medically ill patients while hospitalized. Care is coordinated with the attending physician and outpatient follow-up is arranged as needed.

## ADOLESCENT TREATMENT CENTER FOR CHILDREN AGES 11 THROUGH 18

- In addition to the same therapeutic team and services as described for adults, this inpatient program is provided by experienced staff specifically trained to work with children and adolescents.
- The focus is to provide short-term intensive treatment for teens in crisis, including severe episodes of depression and anxiety, bipolar disorder, Attention Deficit Hyperactivity Disorder (ADHD), eating disorders, severe behavioral disorders and other issues.
- A multidisciplinary team, including certified teachers, works closely with the child's community which includes his or her family, private therapists, schools, community-based agencies, residential treatment facilities, and others involved in meeting the long-term needs of the child.
- An ongoing New York State Certified School Program is conducted on-site.

## OUTPATIENT CHILD AND ADOLESCENT TREATMENT SERVICES

### FOR CHILDREN AGES 4 THROUGH 18

This outpatient mental health program serves patients ages 4-18 with the goal of providing patients and their families with comprehensive, effective mental health services in a nurturing, safe and supportive environment. Among the services provided:

- Initial psychiatric assessments
- Medication management
- Psychotherapy/counseling services
- Crisis services (for existing patients)

- Consultation/collateral services for schools and other professional agencies
- Wellness planning
- Community education

For information call **518.382.2290**.

## OUTPATIENT MENTAL HEALTH CLINIC

### FOR ADULTS

- Patients are safely cared for by a highly trained therapeutic team of psychiatrists, licensed social workers, psychiatric nurses, and licensed mental health counselors.
- Focus of treatment is the primary goal of living safely and productively in the community with such illnesses as: depression, bipolar disorder, schizophrenia, post traumatic stress disorder and other mental health disorders. Co-occurring alcohol and chemical dependency are also addressed.
- Services include: psychiatric evaluation, individual and group therapy and medication management.
- Care is well coordinated with family and social support networks so that independence in the community is maintained. Coordination with other service agencies, housing, medical providers and inpatient care is used effectively, when needed.
- Patients are assisted with ongoing links to community services: financial, housing, health care and transportation resources (Medicaid, SSI, Disability, etc.).