

What is **PROS**?

Personalized Recovery Oriented Services

We help those living with a mental health diagnosis on their journey to wellness. We're your bridge to living a healthy lifestyle.

The goal of PROS is to promote recovery. PROS helps people stay in their community while still getting the services they need.

Through participation in an individualized and person-centered variety of clinical, educational, and employment services, people begin to see hope.

Individuals can work toward individual goals, such as living independently, building natural supports, finding and keeping a job, reaching higher levels of education, or managing medications.

We're here to help people realize their goals and dreams, and live the life they've always wanted to live.



MHACG

MHA of Columbia-Greene

Your bridge to wellbeing

Get in **Touch**



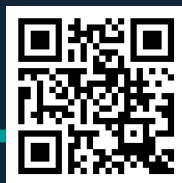
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PROS

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Be in charge of **your own recovery!**

What PROS Offers

Program offering includes evidence based practices:

- » Coping skills training
- » Wellness self-management
- » Building healthy relationships
- » Overcoming depression
- » Medication education
- » Employment support
- » Expressive creative arts
- » Symptom remission strategies



Eligibility Criteria

Recipients of Medicaid and mental health services that live in Columbia or Greene counties are eligible to be a part of the PROS program.

Individuals must:

- » Be 18 years or older
- » Be enrolled in Medicaid
- » Have a mental health diagnosis
- » Have a desire to work on addressing mental health barriers that are obstacles to goal achievement

PROS Groups

Program groups can vary in topic and size, from 2 to 12 participants.

Groups are held Monday - Friday between 9:00am and 3:00pm. Participants can attend anywhere from 1 to 5 days a week in person or via a telehealth option.

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My attending PROS program has changed my life in so many ways. My self-esteem has gone from low to a very comfortable level, and I meet a lot of people. PROS is a place for me to be myself, and I feel like I really fit in here.

» PROS Participant

Cross the Bridge to Recovery

Think PROS may be right for you? Call us at **518.828.4619** and ask for our PROS Intake Coordinator to learn more about how you can take the opportunity to change your life.

We have locations in both Columbia and Greene Counties available for participants to visit.

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