

Mental Health Outpatient Clinic

Our goal is to assist patients and families with understanding and managing issues such as PTSD, ADHD, mood disorders, psychotic disorders, substance abuse, and disruptive disorders. We offer evaluation and treatment for children, young adults and families including individual and family treatment, medication management, group therapy, cognitive-behavioral therapy, as well as psychological testing.



The Sanctuary Model®

The Sanctuary Model® is a holistic approach to how we operate at Villa of Hope. The Sanctuary Model® represents a theory-based, trauma-informed, evidence-supported, whole culture approach that guides our treatment philosophy.

For more information or to make a referral, contact:

Residential LIFE Program

3300 Dewey Avenue, Rochester, NY 14616
(585) 865-1555 ext 262
Fax (585) 663-1709
life@villaofhope.org

CD Outpatient Clinic

1099 Jay Street
Water Tower Park, Bldg J, Suite 202
Rochester, NY 14611
To schedule an appointment, please call
(585) 328-0834
Fax (585) 436-0103
cdclinic@villaofhope.org

MH Outpatient Clinic

1099 Jay Street
Water Tower Park, Bldg J, Suite 202
Rochester, NY 14611
To schedule an appointment, please call
(585) 328-0834
Fax (585) 436-0103
mhclinic@villaofhope.org

Prevention

Stephanie Dawson
(585) 865-1555 ext 740
Stephanie.Dawson@villaofhope.org



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LIFE Residential

Live in Freedom Early (LIFE) serves male adolescents ages 13-21 with substance use disorders.

Treatment includes holistic care, structured groups, individual sessions, and family sessions to address life skills, vocational and educational planning, on-site school, relapse prevention, psychiatric and physical health.



Chemical Dependency Outpatient Clinic

Our clinic provides holistic care in an outpatient setting for youth addressing substance use disorders impacting medical, family, and mental health issues along with life-skills development. The treatment is customized to the individual client by our licensed therapists providing family, individual and group therapy as well as relapse prevention.



Addiction Prevention

Our NYS Licensed Prevention services are designed to delay or reduce the use of alcohol and other drug abuse in youth who have not yet begun to use and abuse or who are experimenting. Our Prevention Specialists provide evidence based curriculum to community, school, and other agencies.

Developmentally Appropriate

The treatment programs help adolescents master developmental tasks to learn systematic logical thinking and to prepare for adult role as they think about and examine their lives, and the potential impact of their drug use upon their future.

Research-based

Our treatment models are based on the latest research and evaluation literature; in particular, findings about:

- ◆ The underlying and co-occurring psychological challenges that typically accompany drug use and put youth at risk of such abuse
- ◆ The stages of change in overcoming drug addiction
- ◆ Preparing individuals to change through motivational enhancement
- ◆ Resiliency
- ◆ Counseling outcomes
- ◆ Relapse prevention

Culturally Sensitive and Holistic

The programs use an empowerment model, putting personal problems in the context of broader social and environmental issues. The underlying causes (including psychological and co-occurring problems), and lifestyle issues are addressed.

We use Evidence Based Practices

such as *Seven Challenges*, *Trauma-Informed Care*, *Motivational Interviewing*, *Cognitive Behavioral Therapy*, *TF-CBT*, *Seeking Safety*, designed for adolescents with substance use disorders, to motivate a decision and commitment to change. We help young people look at themselves, understand what it takes to give up a drug abusing lifestyle—and prepare for and attain success when they commit to making changes.

“ I have never felt, heard, and understood in treatment until I came here for services.

*C.W., male, 23
recipient of both mental health
and chemical dependency
outpatient clinic services*



Medication Assisted Therapy

We offer **Buprenorphine** for ages 16 – 25. Together with a doctor who understands Opioid use disorders, medication assisted therapy can help manage physical symptoms and cravings, allowing clients to work toward their recovery.

Partnership

Our clinicians join with youth and their families as problem-solving partners. We help youth overcome co-occurring problems and learn to meet their needs in positive ways so they are in a position from which they can sincerely make a commitment to change. Once such decisions are made, we teach the tools and provide the support that ensures success.