Our Mission

Gateway Hudson Valley assists people in choosing, acquiring, using, and maintaining the skills and supports necessary to achieve success and satisfaction in their lives.

We accomplish this through integrated vocational, therapeutic, residential, and business services.

GATEWAY
HUDSON VALLEY

For more information, please contact us at

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Gateway Hudson Valley

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Personalized Recovery Oriented Services

GATEWAY
HUDSON VALLEY

Inspiring Dreams. Achieving Goals.
Enriching Lives.

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What is PROS?

Personalized **R**ecovery **O**riented **S**ervices is a comprehensive, psychiatric rehabilitation program for individuals with mental illness.

It's a new way for people on the path of recovery to begin their journey of looking at the life they want to live.

Through participation in an individualized and person-centered menu of clinical, educational, and employment services, people begin to see hope for, perhaps, the first time. We're here to help people realize their goals and dreams, and live the life they've always wanted to live.

Admission Criteria

To be eligible for admission to PROS, individuals must:

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

Hope is Here!

Our Team

- NYS Licensed Psychiatrists
- NYS Licensed Nurses
- NYS Licensed Clinical Social Workers
- Group Facilitators

PROS Groups

Groups run for a minimum of half an hour

Group members vary in size from 4 to 12 participants

Groups are offered:
Monday—Friday
from 9:00 a.m. – 3:00 p.m.

Currently Offering

Wellness Groups:

- Men's and Women's Wellness
- Understanding Your Emotions
- Coping with Depression
- Healthy Living

Intensive Relapse Groups:

- Intensive Relapse Prevention
- Integrated Dual Diagnosis Treatment
- (mental illness substance abuse)
- Dialectical Behavior Therapy

FAQs

- **What if I'm not sure whether groups are right for me?** New enrollments receive a two week Orientation / Engagement schedule. During that time, participants will meet members of the PROS team, learn more about individual program services, audit current groups, assess and receive feedback whether the group modality is beneficial to supporting your therapeutic needs.

- **Can I attend the PROS program and use other clinical providers at the same time?** Yes, however this may limit some of the service options in PROS, since services cannot be duplicated. Individuals can continue to receive clinical services (psychiatric, medication and counseling) from their current provider. Although PROS does offer clinical services, the program also offers other services to help people get and stay well, to achieve goals, and/or go to work or school.

- **How often would I have to attend PROS?** Participants don't need to attend every day, all day. Generally, students attend program anywhere from two to five days a week. Participants should plan to spend at least two hours per week in services.