GATEWAY
HUDSON VALLEY

# Gateway PROS

## Personalized Recovery Oriented Services

### Spring 2025 Newsletter

# Welcome to PROS!

**Who are we?**

PROS is a unique therapeutic environment that offers a variety of classes and therapy services Monday through Friday 9am-3pm.

Our team is made up of a diverse group of peers, therapists, facilitators, and rehabilitation professionals.

Gateway's vision is to be a leader in supporting individuals as they strive to achieve a hopeful, satisfying, active, and contributing life.

PROS supports that vision by providing personalized goal setting and services to support all walks of life.

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No matter your background and journey, you are welcome at PROS to work towards your Mental Health goals.

PROS strives to create a safe and therapeutic environment; a getaway to focus on you!

Each Quarter a new schedule emerges with classes that cover topics for wellness self management, basic living skills, intensive rehabilitation, community exploration, and more! Our schedule consists of classes that are a combination of discussion, art based activities, movement, and getting out into the community.

**What to Expect**

Staff and Participants will welcome you in the environment! To join, you or your provider will fill out a referral form with your information and areas of need.
You will complete an intake and orientation, where you select the classes and services you would like to engage in.
Give us a call or send us an email to find out more information!

(845)331-1261
info@ghv.org

# Happy Spring!

## PROS Redesign Begins

4/1/25

### What to expect

**Adjustment of Service Types**

PSR: Psychosocial Rehabilitation—this service type will replace WSM, BLS, and CLE.

IRTDD: Integrated Treatment for Dual Disorders

PS: Peer Support

ORS: Ongoing Rehabilitation and Support—this service previously only applied to individuals in competitive employment, but is now expanded to include those enrolled in education.

Other Redesign points will be reviewed during Community Meetings and a summary will be available to all students.

### Coping Corner

Start where you are

Be Flexible

Accept Support from Others

Make it a Habit

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**Tips for Mental Wellness**

Set a plan for your day

Practice deep breathing and relaxation

Recharge by disconnecting from devices

Take a step back when in a stressful situation

Try something creative

Attend a social event

Reflect on your day

**Tips for Overall Wellness**

Sleep well

Make healthy food choices and drink more water

Move around and get outside

Schedule a health screening

Visit bewell.ny.gov for more information!

### Rally in the Valley

Gateway staff joined other Hudson Valley agencies in advocating against cuts to Medicaid and for increases in funding for programs that support individuals with Disabilities!

**Sneak Peek**

Our Spring Schedule begins April 7th!

Some classes you might see

- ◊ Women's Wellness
- ◊ Men's Wellness
- ◊ Trans & Nonbinary Wellness
- ◊ Community Trips
- ◊ On the Road
- ◊ Garden club
- ◊ Voices for Choices
- ◊ Sunray Horses

**Upcoming Events**

We're always looking for a new adventure! Let us know your ideas and suggestions for future events. Meanwhile, here's what's coming up!

3/27 Take me Out to the Ballgame!

4/29 PROS Open House

Monthly Birthday Celebrations

Ongoing Community Exploration!

**Participant Committee**

Student Committee meets twice a month!

See last page for schedule of meetings.

Topics will continue:

- ◊ Peer mediation
- ◊ Program needs
- ◊ New student guides
- ◊ Student Activities
- ◊ Ongoing Events

**PROS Celebrates Birthdays!**

**Every 3rd Wednesday of the month, join us in the Common Room to celebrate birthdays for that month!**

"Pause"

Written by Peace Lovejoy

Unexpected pauses in this life

Teach for the greater good.

This is what one should....do—

In this moment,

It's our purpose!

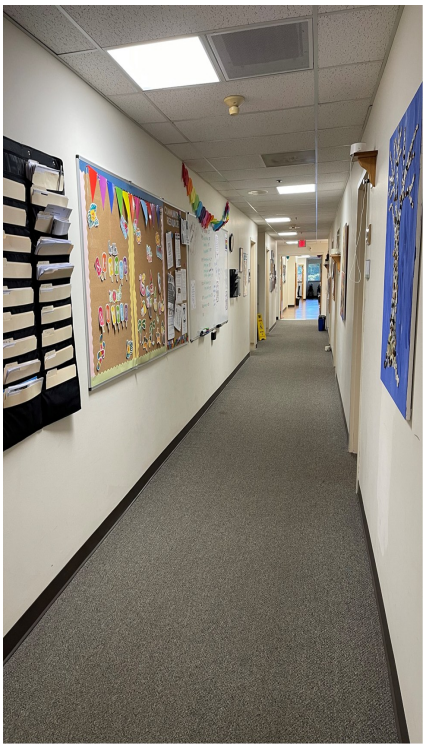
For Our destiny...

Newsletter Submissions

If you would like to submit an article, poem, pictures, or other information for the Quarterly Newsletter, please see Melissa or attend a Participant Committee Meeting.

## Important Dates and Notices

| Gateway is Closed | Community Meeting | Student Committee |
|---|---|---|
| May 26th | April 9th & 22nd | April 3rd & 17th |
| June 19th | May 7th & 20th | May 1st & 15th |
| July 4th | June 11th & 24th | June 5th & 19th |
| | July 9th & 22nd | July 3rd & 17th |

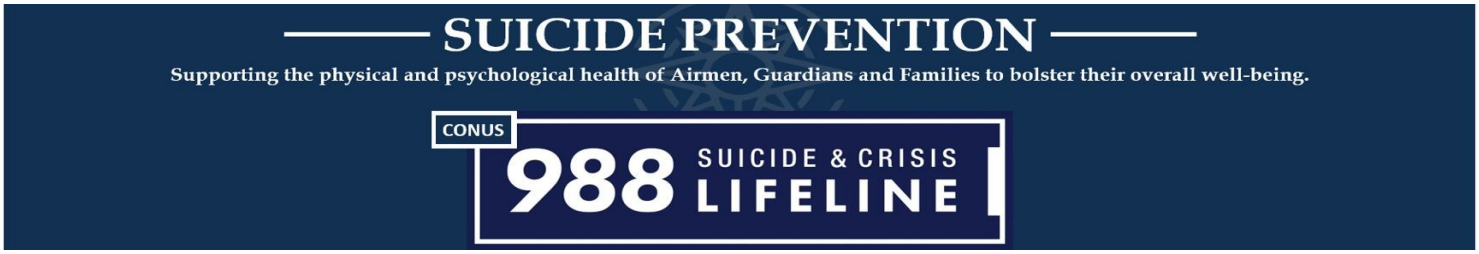


Inclement Weather and Building Closing Policy

In the event of inclement weather or the building closing, services may be delayed or cancelled depending on the situation.

If there is a delay, services will be provided, but may operate on a “light” schedule. See the PROS Board for any changes.

If the building is closed we will provide services and groups through telehealth on ZOOM.

You are able to join classes via ZOOM otherwise if you are not able to attend in person. See PROS Staff for ZOOM information and instructions.

* In the event of inclement weather you can refer to the recording on the main phone line as early as 6:30am. The main phone line is # (845)331-1261. Or go to the Gateway Website https://ghv.org/ to find out the status of services at JCC.