

PROS Services include

- Basic Living Skills
- Coping Skills Training
- Benefits & Financial Management Skills
- Relapse Prevention Planning
- Medication Education & Self Management Skills
- Problem Solving Skills
- Community Living Exploration
- Dual Disorder Education
- Family Psychoeducation
- Vocational Placement and Support

...AND MORE

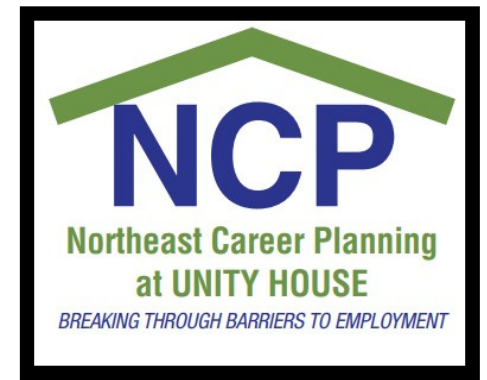
PROS on Broadway
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Menands, NY

<https://www.unityhouseny.org/services/northeast-career-planning/>

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To find out more about
PROS on Broadway
and schedule an intake call
(518) 465-5204



PROS on Broadway

**Personalized
Recovery Oriented
Services**

What is PROS?

PROS stands for Personalized Recovery Oriented Services. PROS services are designed to help individuals develop skills to overcome barriers in the areas of work, education, living, wellness, socialization, parenting and more.

Participating in PROS can help you:

- Live more independently in your community
- Involve your family in your recovery
- Develop a detailed road map to reach your goals
 - Build your support system through peer and professional interaction
 - Find direction and meaning in life

Eligibility

Individuals 18 years or older with a severe and persistent psychiatric diagnosis, living in Albany, Rensselaer or Schenectady Counties. PROS services are covered by Medicaid.

Where to Go

PROS services include both psychiatric rehabilitation groups and individual counseling.

PROS services are offered Monday through Friday from 8:45 AM to 4:30 PM.

What to Expect

PROS classes are offered in-person and through Zoom.

Some topics include:

- DBT Modules (Emotion Regulation, Distress Tolerance, Interpersonal Effectiveness & Mindfulness)
- Anger Management
- Problem Solving
- Coping with Job Seeking Anxiety
- Stress Management
- Practicing Self Compassion
- CBT Skills
- Handling a Crisis
- Thriving After Trauma and many more