



Housing

Education

**Building
Self-esteem**

Work

Relationships

Contact Us

UR Medicine Pediatric Behavioral Health & Wellness

1860 South Avenue, 1st Floor
Rochester, NY 14620

200 East River Road, 3rd Floor
Rochester, NY 14623

Brighter Days Pediatric
Mental Health Urgent Care
300 Crittenden Boulevard
Mental Health & Wellness Entrance
Rochester, NY 14642

golisano.urmc.edu/behavioralhealth

Part of Strong Memorial Hospital.



Pediatric Behavioral Health & Wellness

Psychosocial Rehabilitation Services

Support and Guidance
for Adolescents



About UR Medicine Psychosocial Rehabilitation Services

If your adolescent has struggled with mental illness, emotional issues, substance use, or other behavioral challenges, this can make social functioning more difficult. At UR Medicine Pediatric Behavioral Health & Wellness, we're here to help your child on their journey through adolescence.

At UR Medicine, our Psychosocial Rehabilitation Services support your adolescent as they prepare to become independent adults. Our services give adolescents the tools they need to function at the highest level possible, and integrate themselves as active and productive members of their community and family.



Who We Serve

Psychosocial Rehabilitation Services are offered to adolescents and their families. Our specialists are prepared to help youths who have faced mental, emotional, or social challenges and struggle to function in their communities or families.

What We Do

We help your adolescent overcome their psychosocial challenges and become more independent, by:

- Accompanying and supporting your adolescent at community-based services and events, (e.g. job fairs, DHHS, and SSDI & AA meetings).
- Supporting your adolescent in advocating for themselves within the clinic (e.g. making sure that their goals are represented in the treatment plan) and in the community (e.g. making sure that they are fully engaged in their special education programming and transition planning from high school to college or work place).
- Promoting independence (e.g. navigating the RTS bus system, scheduling medical transportation, opening a bank account, budgeting, applying for and obtaining a driver's license, self-care, and hygiene).
- Developing job readiness skills (e.g. resume writing, completing paper and online job applications, setting up and attending interviews, and education on how to dress appropriately for job interviews).



Who We Are

At UR Medicine, we take a team approach to tailor our treatment to each patient's needs. Our team is made up of psychiatrists, psychologists, social workers, counselors, rehabilitation therapists, case managers, family advocates and nurses.

UR Medicine Pediatric Behavioral Health and Wellness is part of Golisano Children's Hospital, the only children's hospital in the region. If necessary, your adolescent will have access to other mental health specialists and higher levels of psychiatric care at Golisano.

We are a Certified Community Behavioral Health Clinic (CCBHC). As a CCBHC, our program meets strict quality requirements, including access to care and care coordination.

Make an appointment

Do you want to help your adolescent overcome challenges and thrive during adolescence? We're here to support you and your family with your goals.

Call **(585) 273-4663** to make an appointment.