



### Mission Statement

The Department of Mental Health, a component of Rockland County Government, shall provide and oversee comprehensive, high quality mental health, mental retardation and chemical dependency services to the residents of Rockland County in an ethical, courteous, timely, safe and cost effective manner.



### **Rockland County Department of Mental Health**

Mary Ann Walsh-Tozer, CSW  
Commissioner of Mental Health

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Web Site: WWW.Co.Rockland.NY.US

## **Community Support Center**



### **HOW TO GET HELP Please call:**

#### **Assessment Center**

**845-364-2150**

**Monday - Thursday  
8 AM to 9 PM  
Friday 8 AM to 6 PM**

#### **Crisis Service**

**845-364-2200**

**24 hours a day  
7 days a week.**

#### **Suicide Hot Line**

**845-354-6500**

## **Overview**

### **WHOM DOES THE COMMUNITY SUPPORT CENTER SERVE?**

Our program serves the needs of individuals who have a history of mental illness.

Many of our consumers also struggle with issues of substance abuse.

Dealing with these difficult issues over the years takes a toll on those who suffer from these problems. Some individuals may become listless and have difficulty motivating themselves. Others may find it difficult to socialize.

Many individuals would like to work but find the prospect to be overwhelming.

### **WHAT DOES THE COMMUNITY SUPPORT CENTER OFFER?**

The Community Support Center provides a day program to help seriously and persistently mentally ill individuals overcome these and similar issues.

Everyone who attends the program is assigned a primary clinician who meets with that person on a regular basis. The primary clinician helps the consumer chose a program of activities and therapies that is geared to him or her.

Although the primary clinician coordinates therapy with our consumers, we use a multi-disciplinary team approach.

Consumers may, at one time or another, use the services of psychiatrists, nurses, social workers, art and music therapists, rehabilitation counselors and mental health workers.

Transportation is available if needed.

## What Services Do We Offer?

Rockland County behavioral health services are diversified and far-reaching. They represent the efforts of many people from county and state governments and the private and voluntary sectors of our community. Consumers and their families are an integral part of the planning and evaluation process as well. The quality of these programs is recognized statewide and the services of this department are lauded as some of the finest, most comprehensive array available to those in need.



### WHAT WILL HAPPEN WHEN YOU MAKE AN APPOINTMENT?

When you call the Assessment Center, you will be scheduled for an initial appointment.

You will be asked about your concerns and the current circumstances that contribute to them.

You and your family will be treated with respect, dignity, and confidentiality.

After the assessment appointment, the interviewer will recommend appropriate treatment.

Treatment may include the program offerings at the Community Support Center.

When you arrive at the Community Support Center, you will meet with a clinician who will explain what the program offers.

The clinician will work with you in order to help you design a schedule that helps you accomplish your treatment goals.

We offer comprehensive care by working with other community agencies.

To schedule an appointment please, call the Assessment Center at (845) 364-2150.

### OUR SERVICES INCLUDE

- Symptom Management
- Medication Therapy & Education
- Rehabilitative Readiness Development
- Supportive Skills Training
- Activities Training
- Verbal Therapy
- Crisis Intervention
- Clinical Support Services
- Health Screening & Referral
- Psychiatric Rehabilitation Readiness Determination & Referral

### OUR GROUPS INCLUDE

- Anger Management
- Assertiveness
- Community Living Skills
- Conflict Resolution
- Coping with Feelings
- Creative Arts Workshop
- Dealing with Depression
- Family Issues
- Healthy Living
- Making Decisions
- Musica Latina
- Problem Solving
- Recovery From Addictions
- Relapse Prevention
- Self Esteem
- Symptom Management
- Today I Will Do One Thing
- Understanding Depression

### OUR STAFF INCLUDES

- NYS Licensed Psychiatrists
- NYS Licensed Nurses
- NYS Licensed Clinical Social Workers
- Certified Rehabilitation Counselors
- Certified Music Therapists
- Certified Art Therapists

### OUR LOCATION

Community Support Center  
143 Ramapo Road (Route 202)  
Garnerville, New York 10923  
(845) 429-3505

Monday - Saturday:  
8:30 am - 4:30 pm

### OUR FEES

The Rockland County Department of Mental Health accepts a full range of insurance coverage including managed care plans, Medicaid & Medicare.

If you do not have insurance, fees are based on your ability to pay.

Visit Us On The Web @ [rocklandmentalhealth.com](http://rocklandmentalhealth.com)