



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

Building F, Sanatorium Road
Pomona, New York 10970

Telephone: 845-364-2378

Facsimile: 845-364-2381

Email: RCDMH@Co.Rockland.NY.US

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

Young Adult 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 YOUNG ADULT CENTER SERVE?

Our program is designed to help younger adults who have mental illness.

Some individuals have difficulty handling the responsibilities of adulthood. They may, for example, stay in bed to avoid having to relate to others.

Young adults may use alcohol and other drugs to numb themselves from the pain of mental illness. Some may have difficulty holding onto jobs.

Others become angry too easily or are so sensitive to criticism that they are frightened of other people. Sometimes people feel hopeless or confused. They may find that they are depressed and get upset too easily.

Frequently, family and friends notice these signs before the individual can recognize them.

WHAT DOES THE YOUNG ADULT CENTER OFFER?

We offer a wide range of services, including groups, creative arts therapies, individual therapy, and the opportunity to explore vocational or educational pursuits.

In addition, you may see a psychiatrist, if that would be helpful to you. You will work with our nurses to learn about medications and other health-related issues.

We also offer assistance and support if you struggle with alcohol and other drug use that will complicate your mental illness.

Some of our consumers attend the Young Adult Center once a week. Others attend more often. Your clinician and you will determine the best schedule.

Transportation is available if you need help getting to us.

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 Young Adult Center.

When you arrive at the Young Adult 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 Education
- Medication Therapy
- 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

- Accessing Community Resources
- Anger Management
- Developing & Maintaining Relationships
- Dual Recovery from Alcohol / Substances & Mental Illness
- Managing Depression & Anxiety
- Music & Art Therapy

OUR STAFF INCLUDES

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

OUR LOCATION

Dr. Robert L. Yeager Health Center, Building G
Pomona, New York 10970
(845) 364-2400

Monday & Thursday:
8:00 am - 7:00 pm

Tuesday, Wednesday, & Friday:
8:00 am - 5:00 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