

What Can I Expect?

You can expect the following from us:

- A respectful environment.
- Empathy and non-judgment.
- A focus on your individual goals and needs.
- Confidentiality.

We expect from you:

- To attend all appointments and cancel ahead of time when necessary.
- Actively work on your treatment goals.
- Communication about any concerns and how effectively our services are helping you toward your personal goals.

Livingston County Mental Health Services

4600 Millennium Drive
Geneseo, NY 14454
Phone: 585-243-7250
Fax: 585-243-7264
www.livingstoncounty.us

Hours:

Monday, Wednesday, and Friday: 8am-5pm
Tuesday and Thursday: 8am-8pm

2-1-1 LIFELINE

If you or someone you know is experiencing a mental health crisis please call Lifeline at 2-1-1 to speak to a trained responder who can help link you to appropriate services.



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adults, children
and families*

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About Us

Livingston County Mental Health Services is a County operated clinic licensed by the New York State Office of Mental Health. We provide services to children and adults with mental health needs. These issues may be the result of stress, significant changes in a person's/family's life, or may be more chronic in nature. Our staff includes psychiatrists, therapists (social workers and counselors), nurses, nurse practitioners and care managers.

Our staff has expertise in a wide range of treatments and services, including:

- Dialectical Behavior Therapy
- EMDR (Eye Movement Desensitization and Reprocessing)
- Trauma-based Treatments
- Anger Management
- Referral and linkage to other services and supports
- Forensic (jail and transition) services

Services Available

- *Assessment*—to determine the most appropriate services. This may take from 1-3 sessions and is conducted by a therapist.
- *Therapy*—You and your therapist will develop a treatment plan together, setting up your goals for therapy. Therapy may consist of individual sessions, group therapy or both.
- *Medication Consultation*—After discussion with your therapist you may be referred to one of our psychiatrists or nurse practitioners for a medication evaluation with follow-up monitoring and education.
- *Referrals*—to other services or agencies may take place depending on needs.
- *Care management*—Some individuals may qualify for care management services. These services can assist with linkages to other services such as housing, medical assistance, budgeting, and other support services.

How To Access Services

Individuals can refer themselves and parents can call to refer their children. We also accept referrals from many sources, including schools, primary care physicians, other agencies, law enforcement and hospitals, to name a few. Some insurance plans require a referral from your primary care physician. To make an initial appointment you can call 243-7250 and speak to a receptionist. We will provide an interpreter for non-English speaking individuals as well as for individuals who are deaf or hard of hearing. There is no cost to the individual for the interpretive services.

Fees for Services

Medicaid, Medicare and most private insurances are accepted. For those without insurance we offer a sliding fee scale based upon income and number in the household. We will not deny services due to financial reasons.