

Niagara Visions PROS centers on four services areas from which you may choose:

Community Rehabilitation & Support (CRS)

services help you live successfully in the community by...

- developing skills to live and manage mental health symptoms more effectively
- developing support systems such as family and friends to assist in your recovery
- learning skills to help you reach your goals

Intensive Rehabilitation (IR)

services are designed to help you reach your educational, social, and employment related goals by...

- addressing immediate barriers that interfere with life roles
- providing more intensive services, such as Family Psycho-education and treatment for individuals with substance use and mental health needs

Ongoing Rehabilitation & Support (ORS)

services are designed to help you maintain competitive employment in the community by...

- meeting with individuals in the community to develop a plan of action to address barriers to maintaining employment
- providing support, problem solving-skills, and advocacy for oneself in the workplace
- mentoring to address cultural or language barriers in the work setting

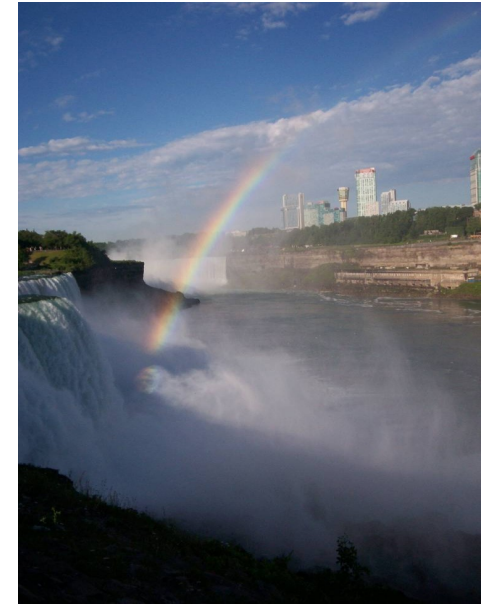
Clinic Treatment services are designed to help an individual by...

- developing skills to manage symptoms
- developing skills to address a barrier related to a life role
- improving both mental and physical health by working together with other providers
- offering both counseling and medication management by licensed professionals

Niagara Visions PROS
418 Third Street
Niagara Falls, NY 14302

Niagara Visions PROS—What is your life vision?

What does your life vision look like?



Niagara Visions PROS

(Personalized Recovery Oriented Services)

418 Third Street

P.O. Box 1013

Niagara Falls, NY 14302

Phone: (716) 205-8708

Fax: (716) 299-0374



A Division of
Community Missions of
Niagara Frontier, Inc.

www.communitymissions.org

My hopes and dreams - my life vision includes. . .

. . . finding purpose and meaning for my life.

. . . realizing that I can live more independently.

. . . having opportunities of employment and skill development.

. . . getting a higher level of education.

. . . housing that is of my own choosing.

. . . taking advantage of community supports and activities more fully.

. . . more fully deciding what is best for me!

Niagara Visions PROS will partner with you to realize your goals - your hopes and dreams - your life vision.

WHAT MAKES Niagara Visions PROS DIFFERENT FROM OTHER PROGRAMS?

- You determine your own recovery goals.
- We work together to plan and implement recovery goals.
- Your goals are integrated into the community in which you live.

Contact:

Niagara Visions PROS

Phone: (716) 205-8708

Fax: (716) 299-0374

When you come to Niagara Visions PROS, you and staff will take things step by step:

Step One

Develop your own Individualized Recovery Plan (IRP) with help from PROS staff. Your plan defines how you will achieve your goals and is unique to you. It is the road map of your recovery journey.

Step Two

Niagara Vision PROS services are offered in a course type setting, designed to offer you skills development, new information and opportunities to put newly acquired skills into practice with the support of PROS staff members. **YOU** choose the courses you are interested in and move on to the next phase in your own time. Goal achievement is very personalized.

Step Three

Work with staff to develop skills to overcome barriers to your goals using your personal strengths.

Step Four

Graduation!!! Celebrate your growth and accomplishments.

Community Missions' Mental Health Recovery Services are made possible by funding from the Niagara County Department of Mental Health, New York State Office of Mental Health, and New York State Medicaid.

How Can You Maximize Your PROS Experience?

- **Speak Up!** Tell us your hopes and dreams. . . tell us what your life vision looks like.
- Keep the **Appointments** that you make to meet your goals.
- **Honor Yourself** and work with staff to assess and realize your personal plan - be realistic and be involved.
- **Speak Up!** Help us understand your personal needs for goal achievement, including barriers. Let us help you find your strengths!

The professional and knowledgeable PROS staff are ready to help you find where your life vision leads.

ARE YOU READY?

