

go confidently  
in the direction  
of your *dreams*  
and live the life  
you've *imagined*

Henry David Thoreau

## How will I benefit from PROS?

- ❖ Receive therapeutic services to address substance abuse and mental health issues.
- ❖ Learn to live more independently in the community.
- ❖ Reduce the need for hospitalization or other emergency services.
- ❖ Reduce future involvement with the criminal justice system.
- ❖ Increase your opportunities for entrance into the job market.
- ❖ Attain higher levels of education.
- ❖ Get your life back on track.



### About Us

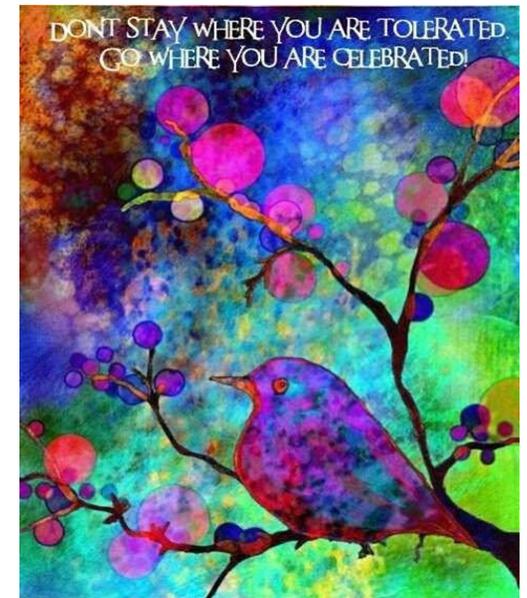
Central New York Services, Inc. (CNYS) is a private, not-for-profit Behavioral Health Organization dedicated to improving the quality of life for individuals and families affected by mental illness and substance abuse. We are privileged to serve our most at-risk community members through outpatient treatment, housing, financial management, and forensic mental health programs.

### Contact Us

PROS  
321 W. Onondaga Street  
Syracuse, NY 13202  
P: (315) 478-2030 F: (315) 478-2250  
[cnyservices.org](http://cnyservices.org)

### Hours of Operation:

Monday through Friday  
7:30 a.m. to 4:00 p.m.



Information for Participants

Personalized  
Recovery  
Oriented  
Services  
(PROS)



## What is PROS?

**PROS** is a program that partners with you to help you learn to live with your disability. We focus on your unique strengths and abilities to assist you in achieving your recovery goals. Recovery *is* possible.

**PROS** services are conducted in a classroom-like setting, providing you the opportunity to receive instruction and practice skills in a safe environment while staff members advise, teach, assist, and provide feedback. You will learn at your own pace and make individual choices about which “classes” to attend.

The program offers both structured and unstructured opportunities for learning and FUN. For example, you might work in a computer lab, or choose to volunteer or work at a part-time job. You’ll be given the chance to explore parenting and cooking classes, attend health and wellness lectures, and learn to effectively manage your medications. Our team includes a Psychiatrist, a Registered Nurse, an Employment Specialist, and a staff of committed Recovery Specialists. Everyone involved in **PROS** is dedicated to helping you achieve your personal goals.

The **PROS** intake process involves an initial screening to determine if you are a good fit for the program. After admission, you will receive a comprehensive assessment, and then work with a Recovery Specialist to carefully plan and select services that will support you in achieving your life goals.

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*You can lead the life you want.  
**PROS** can help you get there.*

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## PROS Service Areas

Services are broken down into four areas, each designed to address specific needs:

1. *Community Rehabilitation and Support (CRS)* services will assist you in managing your illness and restoring the skills necessary for living in the community.
2. *Intensive Rehabilitation (IR)* services are designed to assist you in preventing relapse or attaining a specific life goal such as advancing education, securing housing, or obtaining employment.
3. *Ongoing Rehabilitation and Support (ORS)* services provide support to individuals managing their symptoms in the workplace.
4. *Clinic Treatment* services are available to help stabilize and control disabling symptoms.



