

ABOUT US

The Resource Center's Counseling and Psychiatric Services has served our community by providing mental health options for over twenty years. We use the most effective evidence-based approaches and are dedicated to finding you help.

PROS provides a comprehensive, recovery oriented plan for individuals with severe and persistent mental health conditions.

PROS Supports Individuals to Achieve Life Role Goals

- Life worth living
- Attain employment
- Attain higher levels of education
- Hope for the future

"This program has placed me on the right path. Without PROS, I would be spiraling out of control again. PROS saved my life." - Carrie S.

LOCATIONS

It's easy to set up an appointment with the professionals at PROS. Call us at any of the numbers below and you can speak with one of our trained staff who will assist you in scheduling an appointment to meet with one of your counselors. They are able to assist you with any questions you may have. PROS has two locations. The Jamestown program is called Passages and the Dunkirk program is called Gateways.

Jamestown

880 East Second Street
Jamestown, New York 14701
Ph: (716) 661-1510

Dunkirk

186 Lake Shore Drive West
Dunkirk, New York 14048
Ph: (716) 366-7660

www.resourcecenter.org

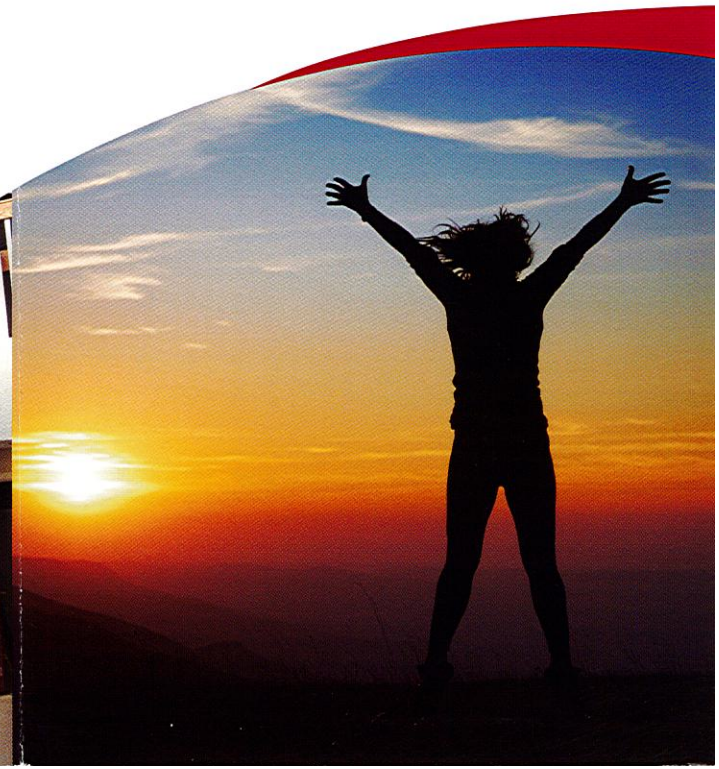
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PROS

PERSONALIZED RECOVERY ORIENTED SERVICES

"Our Mission Is Your Recovery"



LIVING

PROS is a personalized recovery program designed to help you conquer mental health issues and live your life to the fullest. Our team of professionals will craft a personalized recovery plan with you. The personal recovery plan acts as a road map to allow you to get the most out of life.

Recovery is a challenging process of change. Asking for help is often the hardest part. In order for you to live life to its fullest, we know you need to be in a safe and supportive environment. At PROS, we support you every step of the way.

Living Goals

- Improvement in relationships
- Assistance with managing finances
- Substance abuse counseling
- Education and volunteering

"I have been in many treatment programs. PROS is the only one that has worked for me. PROS places you on the path to recovery." - **Pauline M.**


HEALTH

Your health is of the utmost importance to your recovery. At The Resource Center, we treat every person with a holistic approach to care. TRC has invested in a care model to provide enhanced coordination between existing traditional service environments within our primary care and mental health services programs. The goal is to ensure that individuals served within those programs, and agency-wide, are given every opportunity to improve their lives and their contributions to society.

Health Services

- Holistic approach to recovery
- Social health outreach
- Strategies to improve mental health

"There came a point in my life when I knew I had to change for the better. The staff treats you as a whole person here. PROS gives me hope and a reason to live." - **Jessica M.**

 PROS is part of TRC's STARS health care model, designed to improve your entire life.

EMPLOYMENT

"PROS has prepared me to transition back into my community. I am looking for part-time work and even volunteering. Thank you, PROS." - **Andre C.**

Employment is the lifeblood of a successful life. PROS counselors will work with you to increase your opportunities into the job market. PROS will offer you opportunities to find direction and meaning in your life. Working with your PROS counselor, you will be challenged to attain higher levels of education. The PROS program offers both structured and unstructured opportunities. You may choose to do volunteer work as part of your recovery, or work a part-time job to increase your opportunities to enter the job market.

Employment Services

- Develop a resume
- Role play interviews
- Meet job challenges
- Enhance computer skills
- Complete a job application
- And, much more!

