

Who Is Eligible?

Individuals aged 18 and over who have a primary psychiatric diagnosis and are ready to identify goals and make changes in their lives are encouraged to apply. The GOALS Center supports primary mental health treatment; students need to remain linked with the provider of their mental health service.

Length of Program

Admission to the GOALS Center is continuous. Most students attend program activities over a six to 12-month period. Students who complete classes but wish to continue to work toward their goals are also offered followup services and support.

Fees

No one is refused service due to inability to pay. Payments may be made through private pay, Medicaid, or Recovery Plus PMHP. A sliding fee scale is available to those who qualify.

**Dedicated to partnerships
in hope and recovery.**



Staffing

A multi-disciplinary staffing pattern promotes a holistic approach to treatment.



Confidentiality

All personal information about recipients is considered privileged and confidential. We abide by all federal HIPAA regulations.

Mailing Address

121 Ellicott St.
Buffalo, NY 14203

Referrals

Referrals to the GOALS Center can be made by a mental health professional or physician.

We welcome visitors; please call to schedule a tour.

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Call us today to arrange your introduction to the GOALS Center!

The GOALS Center is a certified Intensive Psychiatric Rehabilitation Treatment program of Buffalo Psychiatric Center.



A Facility of the
Office of Mental Health.



The GOALS Center

at

**Erie Community
College City Campus**

**Room 141
45 Oak St.
Buffalo, NY**

Our vision:

- create opportunities for personal growth, choice, and recovery
- foster confidence and hope
- promote independence
- encourage involvement in the community
- encourage partnerships among recipients, families, and providers

<http://www.omh.ny.gov/omhweb/facilities/bupc/page/goals.html>

Guidance, Opportunity, Act, Learn, Succeed

Introduction

The GOALS Center* is a certified Intensive Psychiatric Rehabilitation Treatment Program (IPRT) for adults with a mental illness. GOALS staff provides **guidance** and **opportunity** and students **act**, **learn**, and **succeed** in attaining their chosen goals.

When you choose to join the GOALS program, you will develop skills for further education, work, and independent living. You will learn to make more satisfactory choices and decisions, improve your interpersonal skills, develop positive attitudes, and follow through with commitments.

How it works

When you become a student at the GOALS Center, you will initiate the rehabilitation process by identifying a goal in one of the four life areas of work, education, living, and socialization. Staff assists in the development of an individual service plan and meets regularly with you to discuss your progress. You also attend classes at the GOALS Center that meet your rehabilitation goals.

**The GOALS Center was formerly known as the Education Intervention Program.*

**Prepare for tomorrow
by concentrating on today!**

What classes are offered?

- ◆ Personal decision making
- ◆ Values clarification
- ◆ Goals development
- ◆ Time management
- ◆ Study skills and learning style
- ◆ Self-assessment of aptitudes and interests
- ◆ Basic academic and computer skills

Class size is small and interaction is supported and encouraged.

Classes are generally one hour in duration and include reading and writing exercises, discussion, and group activities.

Field trips and volunteer opportunities are offered to meet individual needs.



Location

Our city campus location is a significant advantage for GOALS Center students. Students will receive ECC I.D. cards that enable them to use campus facilities and attend campus events. Students are encouraged to participate on campus as a step toward being connected to and involved in the larger community.

The building is handicapped accessible and is on major public transportation routes.

