



Adult Psychiatric Rehabilitation Newsletter

 Office of
Mental Health
Spring 2025

Welcome to our first edition of the Adult Psychiatric Rehabilitation Newsletter!

We at the OMH Bureau of Rehabilitation Services, Treatment, and Care Coordination are excited to introduce the *Adult Psychiatric Rehabilitation Newsletter*, a new resource designed to improve access to information about adult rehabilitation services throughout New York State!

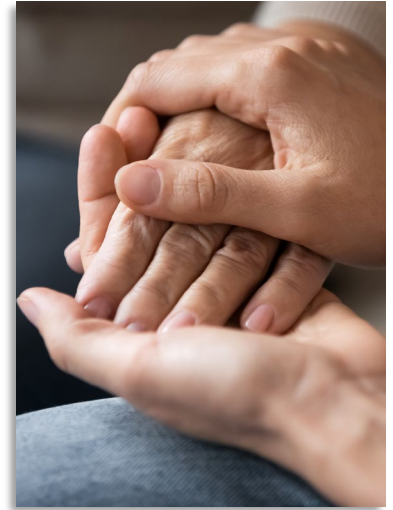
Each edition will feature important updates on Personalized Recovery Oriented Services Programs (PROS), Behavioral Health Home and Community-Based Services (BH-HCBS), Community Oriented Recovery and Empowerment Services (CORE), and State Aid Funded Employment Programs (SAFE). Whether you are a program staff member, service provider, or stakeholder, this newsletter will serve as a central hub for updates and resources.

In this first edition, we introduce PROS, CORE, SAFE, and a spotlight article on Mental Health Outpatient Treatment and Rehabilitative Services programs (MHOTRS) – formerly known as “Clinic.” Future editions will continue to showcase program developments, success stories, and collaborative initiatives throughout the state.

Do you have a success story to celebrate or an important rehabilitation-focused initiative happening in your program? We want to hear from you!

The *Adult Psychiatric Rehabilitation Newsletter* is a space to highlight the incredible work happening throughout New York State. Whether it’s an innovative program development, a best practice worth sharing, or a powerful recovery journey, your insights can inspire and inform others.

If you’d like to be considered for a feature, complete the form at this link: [Feature article submission](#). We look forward to showcasing the great work happening in adult rehabilitation services throughout New York State!



Personalized Recovery Oriented Services

PROS is a comprehensive team-based, site-based program model that integrates rehabilitation, treatment, and support services for adults with serious mental illness. It’s a flexible, person-centered, recovery-oriented program that serves a diverse population and fosters a supportive community. Services include:

- Individualized Recovery Planning
- Psychosocial Rehabilitation
- Complex Care Management
- Integrated Treatment for Co-Occurring Disorders
- Relapse Prevention

The PROS model is based on a strong community of participants at all stages of recovery. Programs “meet people where they’re at,” engaging participants in services both within the program space and natural environments where they live, work, learn, and socialize.

PROS participants work toward achieving meaningful goals in different areas of their lives, including living independently, finding and keeping a job, reaching higher levels of education, improving whole health and wellness, and building personally meaningful relationships.

To be eligible for admission to a PROS program, an individual must be 18 years of age or older, have a designated mental illness diagnosis, a functional disability due to the severity and duration of mental illness, and been recommended for admission by a Licensed Practitioner of the Healing Arts.

PROS resources

- [Personalized Recovery Oriented Services](#) – OMH PROS webpage. This page includes a general description of the PROS program and services, links to guidance documents, and other program resources.
- pros@omh.ny.gov – email to send questions specific to PROS programs.

Community Oriented Recovery and Empowerment Services

CORE Services are person-centered, recovery-oriented mobile behavioral health supports. They build skills and assist in community participation and independence. CORE is a group of four community-based services that offer person-centered, mobile, and flexible rehabilitation and recovery services. Some of the unique benefits to these services are:

- Frequency and intensity of services are based on person-centered needs.
- Services are provided mostly one to one, but some may be provided in group settings.
- Generally, services are community-based to provide an opportunity to learn and practice skills in natural settings, and an individual can only receive services they need and prefer.

The four CORE Services are:

- **Community Psychiatric Support and Treatment** is a mobile treatment service that consists of therapeutic interventions, such as clinical counseling and therapy, which assist the individual in achieving stability and functional improvement.
- **Psychosocial Rehabilitation** empowers an individual to increase their independence and grow to fully participate in their communities where they live, work, learn, and socialize by working on person-centered goals to develop the skills needed to improve their functional abilities and overcome identified barriers.
- **Family Support and Training** offers instruction, emotional support, and skill building necessary to facilitate engagement and active participation of the family and family of choice in the individual's recovery process.
- **Empowerment Services - Peer Support** are non-clinical, peer-delivered services with focus on rehabilitation, recovery, and resilience. They are designed to promote skills for coping with and managing behavioral health symptoms while facilitating the utilization of natural supports and community resources.

CORE services allow eligible adult Medicaid beneficiaries with serious mental illness, addiction disorders or both to receive services in their own home or community.

Individuals enrolled in a Medicaid Health and Recovery Plan, HIV-Special Needs Plan, or a Medicaid Advantage Plan are eligible for CORE.

Individuals meeting certain eligibility criteria in their Medicaid utilization can receive CORE with recommendation by a Licensed Practitioner of the Healing Arts. Adults 21+ can find out more about CORE Services and their eligibility by contacting their HARP, HIV-SNP, or MAP Plan; their current behavioral health service provider(s); or New York Medicaid Choice at **1-800-505-5678** for more information.

How can these services assist people who have never engaged with rehabilitation services before?

CORE Services is a great way to engage for the first time with a rehabilitation model because this evidence-based model of skill development is incorporated into the components of all four CORE Services.

CORE Resources

- [Community Oriented Recovery and Empowerment](#) OMH webpage.
- In collaboration with MCTAC, there is a CORE Services Special Initiative page on its website that is a collection of training offerings for CORE Service providers, as well as other specific recorded webinars discussing CORE and the benefit of these services to individuals currently being served in other service types. This site can be found at: <https://www.ctacny.org/special-initiatives/CORE/>.
- Anyone interested in making a referral for an eligible individual to a designated CORE provider can look at the [CORE Services Designation](#) page for both the New York City and Rest of State CORE Services Designation lists. On each list are the names of designated providers, the services they are designated to provide and the counties in which they are designated to provide this service. After identifying the service and agency, you would like to refer to the best contact, information for the agency is also listed with telephone and email contacts.
- core-services@omh.ny.gov – email to send questions specific to OMH Hosted CORE Services.
- picm@oasas.ny.gov – email to send questions specific to OASAS Hosted CORE Services.

Mental Health Outpatient Treatment and Rehabilitative Services

MHOTRS programs, formerly known as Clinic, are often the first introduction to OMH services for many individuals. There are currently more than 500 OMH-licensed MHOTRS programs throughout the state with more than 2,000 sites.

MHOTRS programs provide a person/family centered, recovery-oriented and individualized approach to care. They can serve the lifespan, including adults diagnosed with a mental illness or children diagnosed with an emotional disturbance.

MHOTRS programs offer required and optional services. Required services include:

- Assessment, including health screening.
- Psychiatric assessment.
- Crisis intervention.
- Psychotropic medication treatment.
- Injectable psychotropic medication administration, with or without monitoring and education, for programs serving adults.
- Psychotherapy, including individual, group, and family/collateral.
- Complex care management.

Optional services include:

- Peer support.
- Health monitoring, including smoking cessation.
- Health physical.

- Injectable psychotropic medication administration, with or without monitoring and education, for programs serving only children.
- Psychiatric consultation.

Additional optional services that require prior OMH approval include testing services - developmental, psychological, neurobehavioral status examination; and the Intensive Outpatient Program.

Services are primarily site-based, but MHOTRS programs can provide off-site services in the community based on individual need. Peer Support Services may be used to engage individuals in MHOTRS program services and aide in making an informed choice about treatment/service options. They may not be provided as a stand-alone service within a MHOTRS program.

MHOTRS Resources

- [Part 599 Clinic Program](#) – MHOTRS webpage that includes Part 599 regulations and guidance
- omh.sm.adult-clinic@omh.ny.gov – email to send questions specific to MHOTRS programs serving adults
- omhchildclinics@omh.ny.gov – email to send questions specific to MHOTRS programs serving children/adolescents

State Aid Funded Employment Programs

SAFEP are OMH-funded employment services that are delivered by local community providers and are designed to assist individuals to overcome barriers pertaining to mental illness as they prepare for, pursue, obtain, and sustain integrated, competitive employment. These programs include:

- Assisted Competitive Employment
- Affirmative Business/Industry
- Ongoing Integrated Supported Employment
- Transformed Business Model
- Transitional Employment Placement
- Work Program

Individuals who are at least 18 years old with a serious mental illness, which also includes young adults 18+ who have been served through New York State Education Department programs who have been diagnosed with Serious Emotional Disturbance, are eligible for employment support. SAFEP is designed to help individuals to obtain and sustain integrated employment with varying levels of support depending on individual preferences. Through the incorporation of the evidence-based practice of Individualized Placement and Supports, individuals may experience increased success in obtaining and maintaining employment. In addition to supporting successful employment, these programs also assist individuals in understanding the impact of increased income on benefits.

SAFEP Resources

- [Supported Employment Services](#) – OMH supported employment webpage. This page includes information on program types, IPS, and the New York Employment Services System. NYESS is a unique partnership between OMH and the Department of Labor – highlighting the connection between disability and the workforce.
- employmentservices@omh.ny.gov – email to send questions specific to employment services.