

Mental Health Center

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The mission of Saratoga County Mental Health Center is to provide outpatient mental health and alcohol/drug treatment services that are accessible and responsive to the needs of persons suffering from mental illness and/or alcohol/drug problems, their families, and the community. These services assist them in living, whenever possible, within the community in ways that are acceptable to the community and that are personally satisfying and productive. Services are provided regardless of age, race, color, sex, marital status, ethnicity, national origin, creed, or sexual orientation.

RESPONSIBLE FOR:

Goals:

1. To provide treatment for individuals suffering from serious mental illness and alcohol/drug abuse;
2. To protect both the public and individuals from the manifestations and consequences of mental illness and from the impairments related to alcohol/drug abuse;
3. To be responsible stewards of limited public resources.

Mental Health Clinic: The Saratoga County Mental Health Clinic provides outpatient treatment designed to reduce symptoms of mental illness and emotional disturbance, to improve daily functioning, and to provide ongoing support. Services include emergency and crisis intervention, screening and referral, individual, family, and group counseling, medication education and management, and symptom management. In addition to the main Clinic in Saratoga Springs, the Clinic maintains a satellite in Mechanicville.

Youth Services provides treatment for emotionally and behaviorally disturbed children and adolescents up to the age of eighteen, who, together with their parents, often require intensive interventions. Youth Services provides community-oriented consultative activities in conjunction with community-based interventions.

Adult Services provides treatment for mentally ill adults, particularly those who are seriously and persistently mentally ill. For the seriously and persistently mentally ill, a long-term disease management approach to medication management and supportive therapy is utilized.

Continuing Day Treatment Program: Friendship House provides treatment for mentally ill patients who require more structure and more intensive clinical interventions that can be provided in a clinic setting. Services are designed to support continued living in the community, to improve and maintain functioning, and to develop increased capacities to cope with the rigors of daily living. Services include medication education and therapy, supportive therapy, symptom management, skills training, and individual and group counseling. Three treatment tracks are offered: One for emotional and behavioral disorders, another for thought disorders, and one for co-occurring mental illness and alcohol/drug dependence.

Alcohol and Drug Program: Saratoga County Alcohol and Substance Abuse Services is a medically supervised outpatient program providing treatment for individuals suffering from alcohol and/or drug problems and for family members trying to cope with the presence of alcohol or drug problems within the family. Treatment is designed to promote abstinence, to improve community integration, and to improve daily functions. Services include: Screening, referral, assessment, and individual and group counseling.