



## "I'm Not Giving Up"

After an abusive childhood, Tina Clark suffered from depression and thoughts of suicide. Support from Unity House kept her alive, she said.

"Since I was 22, Unity House has been there for me," said Tina, 52. "I never thought I'd be here today. I'm very grateful."



Unity House's mental health treatment apartment program provided the shelter and support she needed to keep going. Weekly visits by Unity House staff helped her slowly rebuild her identity and confidence.

Residence counselors connected her with additional supports, including Unity House's outpatient mental health treatment program and effective therapy programs. Today, Tina said, she's strong enough to live with less support and greater independence.

"I'm realizing now that I can do this," Tina said. "I'm not giving up."



## To be eligible for mental health residential services, people must:

- Be diagnosed with a serious mental illness
- Be 18 years of age or older
- Have a referral from Single Point of Access (SPOA)/ Single Point of Entry (SPOE)

*To get started, contact one of the referral agencies below.*

### **Cayuga County Mental Health – SPOA Coordinator**

146 North Street, Auburn, NY 13021  
315-253-0341  
adultSPOA@cayugacounty.us

### **Tompkins County Whole Health**

201 E. Green Street, Ithaca, NY 14850  
607-274-6200  
www.tompkinscountyny.gov/health/mh

### **Wayne County Behavioral Health Network**

1519 Nye Road, Lyons, NY 14489  
315-946-5722  
MH-Intake@co.wayne.ny.us

**For more information, visit  
unityhouse.org,  
call 315-253-6227 ext. 351 or ext. 329,  
or email mhhousing@unityhouse.org**



## **MENTAL HEALTH RESIDENTIAL SERVICES**

*Transitional and  
Permanent Housing*



**34 Wright Avenue  
Auburn, NY 13021**

**315-253-6227 ext. 351**

**mhhousing@unityhouse.org • www.unityhouse.org**



# What Services Are Available?

Unity House's mental health residential services support and rehabilitate adults with mental illnesses in Cayuga, Tompkins, Tioga and Wayne counties. The programs are voluntary. Length of stay varies based on the resident's preferences, needs and eligibility. We offer:

- **Treatment / Certified Apartments (Cayuga County)**

Licensed, transitional housing that includes ongoing, daily support. Fully furnished, one- and two-bedroom apartments are located throughout the city of Auburn.

- **Permanent Supportive Housing (Cayuga, Wayne + Tompkins counties)**

Safe and affordable long-term housing for people with mental illness coupled with individual support services. Residents receive help furnishing and creating a safe, comfortable home environment.

- **Respite Care (Tompkins and Tioga counties)**

Emergency shelter for adults for up to 90 days. Trained staff provide case management and 24/7 on-call support.

## More Than a Place to Stay

Safe and affordable housing is an essential component of recovery. Unity House's mental health housing services are person-centered. They feature a relaxed and inviting home atmosphere in a variety of settings. Each offers professional staff providing customized, comprehensive service plans to meet each person's needs.

## Person-Centered Planning

Upon admission, each person meets with a compassionate staff member to discuss the person's goals and desires and to determine the best level of housing support. Each person will be introduced to a direct support professional who will develop a service plan. The plan may include finding a job, integrating into the community, education, budgeting, wellness, medication management, building support systems, transportation, and networking with peers.

Unity House has been providing housing services for people with mental illness since 1972. Our compassionate staff have varied training and educational backgrounds. Some have lived experience themselves. Our dedicated direct support professionals partner with those we support to improve their quality of life, strengthen self-sufficiency and create a positive future.

## Our Mission

Unity House's mission is to empower and enrich the lives of people in recovery, coping with a mental illness, and/or diagnosed with a developmental disability. This is accomplished by offering supports and services in an inclusive, person-centered environment.

## Our Vision

All individuals are respected and lead lives of personal fulfillment and acceptance within our community.

## Our Core Values

Honesty - Integrity - Respect

