

## *A Brighter Path Forward*

When Martin Kasey's depression spiraled into a series of crises, he lost his job. He was hospitalized twice, including after a suicide attempt.

After several months at Unity House's PROSperity program, Martin said he "started to find [his] personality again."

**"I came to appreciate the uniqueness of PROS, how many different kinds of people were all finding common ground and accepting each other."**

Feedback from peers inspired Martin to join PROS' Peer Academy. Graduates of the program become certified peer specialists.

Now, Martin says he is "taking baby steps towards the future," including working towards a degree in social work and finding a job with his new certification.

**"When I was in the hospital, I had lost my sense of self and was dreading the future," Martin said. "At PROS, I started rediscovering myself in a new light."**



### ***Admission Criteria***

To participate in the PROSperity Program, you must:

- Be at least 18 years of age
- Have a mental illness diagnosis that limits your ability to function
- Live in Cayuga County or an adjacent county without a PROS program

You may be referred by an agency, another person or self-refer. Contact us to receive the referral form.

### ***Visit or Contact Us Walk-ins Welcome!***

Monday – Friday | 9:00 AM – 3:00 PM

146 North Street, Auburn, NY

315-282-0241

[pros@unityhouse.org](mailto:pros@unityhouse.org)

[www.unityhouse.org/pros](http://www.unityhouse.org/pros)



***Personalized Recovery-Oriented  
Services for People Recovering  
from Mental Illness***



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# What is PROS?

PROS is a comprehensive psychiatric rehabilitation program designed for people recovering from the disabling effects of mental illness. It combines rehabilitation, treatment, and support to promote recovery and independence.

Participants engage in both group and one-on-one services focused on building strength, increasing community integration, and developing the skills needed to lead a fulfilling life.

*"Healing takes time, and asking for help is a courageous step."*

- actress Mariska Hargitay

## PROS:

- Provides evidence-based practices that honor individual choice and support recovery
- Creates a healing, inclusive environment both on-site and off-site
- Collaborates with existing mental health providers
- Encourages openness, honesty, and mutual respect among all participants and providers
- Engages participants with peers who understand the mental health journey.

## Program Components

### Community Rehabilitation and Support (CRS)

CRS helps participants manage symptoms and succeed in their communities. A variety of engaging classes support personal goals, including:

- Motivation and goal setting
- Stress reduction
- Meal planning and cooking
- Coping with loss
- Anger management
- Conflict resolution

### Intensive Rehabilitation (IR)

Individualized and/or group support with a practitioner to help participants achieve or resume important life roles, such as maintaining stable housing or gaining employment.

### Ongoing Rehabilitation and Support (ORS)

Support to help participants maintain employment. Sessions take place in the community, at a location chosen by the participant.

## Our Participants Grow By:

- Learning to live more independently
- Building natural support systems
- Reaching educational and professional development goals
- Finding and maintaining employment
- Securing preferred housing
- Improving medication and symptom management
- Reducing hospitalizations and emergency service use

## PROS practitioners are *YOUR* cheerleaders!

We're here to support, encourage, and celebrate your progress, every step of the way.

