



Our private, non-profit agency first opened its doors in 1973. Staffed with a part-time medical director, one counselor and a secretary, we were determined to provide support to individuals facing mental health needs. We quickly found that we filled a gap in Monroe County's healthcare services network for people with disabilities of many types.

Today, Human Support Services offers a wide range of services to persons needing assistance due to mental health needs, developmental disabilities and substance abuse.

We provide the community with outpatient therapy and treatment, we operate a housing program for persons with disabilities and we offer a day services program that includes a sheltered workshop as well as a host of other assistive services.

As a staff and agency, we continue to adhere to the belief that recovery and integration is our mission for persons with disabilities. With recovery, we help individuals achieve important and healthy personal goals despite the ongoing presence of mental illness, developmental disabilities or substance abuse. In striving for full integration, we help individuals live as independently as they are able and to participate fully in the community according to their abilities.



Human Support Services, based in Monroe County, provides the community with effective, cost-efficient services. All services are aimed at helping individuals challenged by mental health concerns, developmental disabilities or substance abuse build satisfying lives despite difficulties. Our goals are to change lives for the better, offer encouragement for the future and support consumers in their efforts toward recovery and integration within the community.

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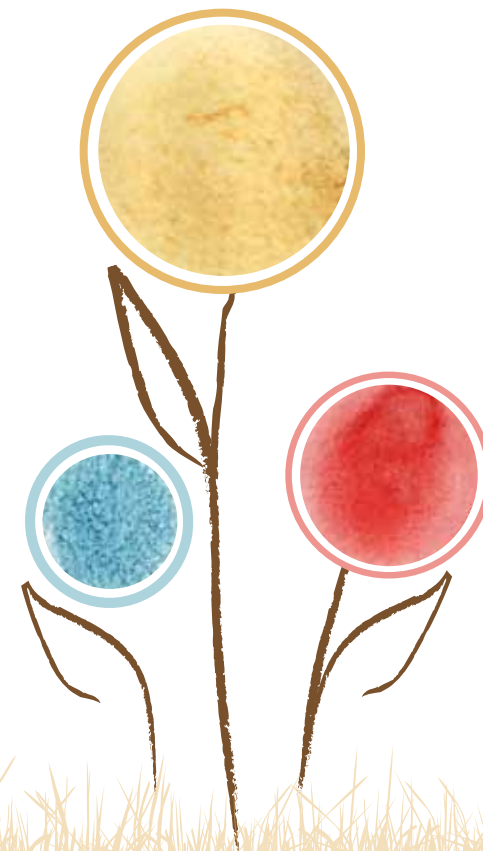
This brochure was hand-folded by HSS Day
Training clients.



**Human Support
Services**

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24 -Hour Crisis: 618.397.0963
www.hss1.org



A Shoulder to Lean on: Professional Counseling

Recovery is an ongoing personal process of developing and achieving healthful goals despite the current presence of psychiatric and other behavioral difficulties. To assist with this, HSS offers:

Crisis support services: Our teams of qualified support specialists are there day and night to accommodate clients if a crisis situation should arise.

Counseling services: HSS provides adults, children over six and families with an array of services to treat emotional problems. Services include psychiatric evaluation and treatment, therapeutic counseling, medication, education/consultation and mentors.

Case management services: If required, HSS will provide case managers to perform linkage, monitoring, coordination and assessment in order to guide each individual toward a successful recovery.

Youth services: HSS provides children and adolescents with a host of outpatient counseling services, including 24-hour on-call, crisis intervention and stabilization, individual/group counseling, medication, referrals for temporary placement or hospitalization.



Finding Your Niche in the Community: Day Services

With the right preparation and suitable job placement, this program enriches the lives of emotionally/physically challenged individuals who may have not had the opportunity to participate fully within the community.

Day program: Through classroom skills instruction and a sheltered workshop, we focus on developing independent living skills and vocational skills for individuals with developmental disabilities or mental health concerns.

Supported employment: HSS staff offer supportive employment assistance, helping individuals with disabilities to find and maintain community jobs.

Sheltered workshop: We operate a sheltered workshop for individuals who want the satisfaction of earning a paycheck from working but who are not ready or able to work in community employment.

Transportation: HSS is able to provide transportation for our clients to residential sites, the day program, Special Olympic outings, jobs in the community and recreational outings.

The Road to Recovery: Substance Abuse Alternatives

Life takes us down paths we don't always plan for. If we reach unintended destinations getting on the right path can be challenging – especially when the change is hindered by abuse of alcohol or drugs. We provide assistance to substance-abuse patients to find their own road to recovery as well as the tools and support networks to ensure that they continue on their path into a healthy future.

We offer a variety of assessment and out-patient treatment options as well as DUI services that help individuals regain drivers license privileges.

Living in the Community: Community Support Network

Along with steady social support, HSS provides physically/mentally challenged individuals with assistance in maintaining an independent lifestyle. The community support network includes customized support services that can be tailored to fit the specific housing needs of each individual.

Apartment program: We own and manage nine apartment buildings throughout Monroe County that offer low income disabled persons with attractive residential options designed to meet individual needs.

Assisted living grant program: All individuals residing in HSS housing are provided with assisted living grants that help subsidize the cost of living in the community.



If Cost Is An Issue: Financial Assistance

HSS will accept a wide range of public and private insurance programs. We also receive support from the Monroe County Mental Health Board and the United Way and are able to offer a sliding fee scale for self-pay services. Please feel free to inquire about financial help if lack of insurance is an issue.