

## **BryLin Behavioral Health Center Outpatient Substance Abuse Care**

Programming is designed to help our clients achieve a healthy, productive, fulfilling lifestyle without the use of alcohol or drugs. Adult Addictions Programming, for individuals 18 years of age and older, follows a medical model of treatment, which is based on the disease concept of addiction. Our Adolescent Recovery Treatment Track, developed specifically for the adolescent who presents with a Dependency Diagnosis, gives adolescents the information and power they need to make healthy choices for themselves in the future.

## **Outpatient Substance Abuse Programming**

- Adolescent Groups
- Young Adult Groups (18-25 years of age)
- Men's and Women's Groups
- Suboxone Groups
- Meditation and Relaxation in Recovery
- Co-Occurring Groups
- Communication in Recovery
- Professional Groups

FREE weekly family groups are available every Monday from 6-7pm.

Our Impaired Drivers Program is for individuals charged with or convicted of an impaired driving offense who require clinical screening and assessment.



**BRYLIN**  
BEHAVIORAL HEALTH SYSTEM

[www.brylin.com](http://www.brylin.com)

## **BryLin Hospital Inpatient Mental Health Care**

1263 Delaware Ave., Buffalo, NY 14209

P: (716) 886-8200

F: (716) 886-1986

7 days per week/24 hours per day

## **BryLin Behavioral Health Center Outpatient Mental Health Care**

531 Farber Lakes Dr., Williamsville, NY 14221

P: (716) 632-5450

F: (716) 632-5327

Monday through Thursday 8:00am – 8:00pm

Friday 8:00am – 5:00pm

## **BryLin Behavioral Health Center Outpatient Substance Abuse Care**

531 Farber Lakes Dr., Williamsville, NY 14221

P: (716) 633-1927

F: (716) 633-6376

Monday through Thursday 9:00am – 8:00pm

Friday 9:00am – 5:00pm

\*Most insurance plans are accepted.  
Some restrictions may apply.



**BRYLIN**  
BEHAVIORAL HEALTH SYSTEM



**Your Private Struggle,  
Our Private Care**

BryLin Behavioral Health System provides a comprehensive continuum of mental health care and outpatient substance abuse care.

Since 1955, BryLin has been developing specialized programs for children, adolescents and adults designed to meet the ever-changing needs of the community.

### **BryLin Hospital Inpatient Mental Health Care**

Short-term inpatient stabilization is provided for children, adolescents and adults suffering from mental illness that cannot be managed safely in a less structured environment. We offer age specific care in a safe, supportive and structured environment for individuals experiencing acute emotional and behavioral disorders. A diverse choice of therapeutic treatment options is designed to enhance the quality of life for patients experiencing acute psychiatric distress such as major depression, anxiety, bipolar disorder, post traumatic stress (PTSD), and many other psychiatric disorders.

Programming includes:

- Specialized Child/Adolescent and Adult Care
- Individual and Group Therapy
- Men's and Women's Programming
- Dual Diagnosis/MICA Programming
- Holistic Treatment Options  
(yoga, massage, tai-chi, drumming, and pastoral care)
- Expressive and Experiential Groups  
(art, movement, recreation, play, poetry and storytelling)
- And much more!

### **Inpatient and Ambulatory Electroconvulsive Therapy (ECT)**

ECT is an approved medical procedure that is endorsed as a safe and effective treatment by the National Mental Health Association, the National Alliance on Mental Illness, the U.S. Surgeon General and the American Psychiatric Association. Although marred by misconceptions, ECT is recognized as the most effective and rapidly acting treatment we have today for severe depression, bipolar disorder, schizophrenia and other disorders.



### **BryLin Behavioral Health Center Outpatient Mental Health Care**

Programming is designed to help adults who may be struggling with a wide variety of mental health concerns. Our focus is on overall wellness with counseling centered on: symptom reduction and management; meditation and relaxation skill building; coping skills development; and support.

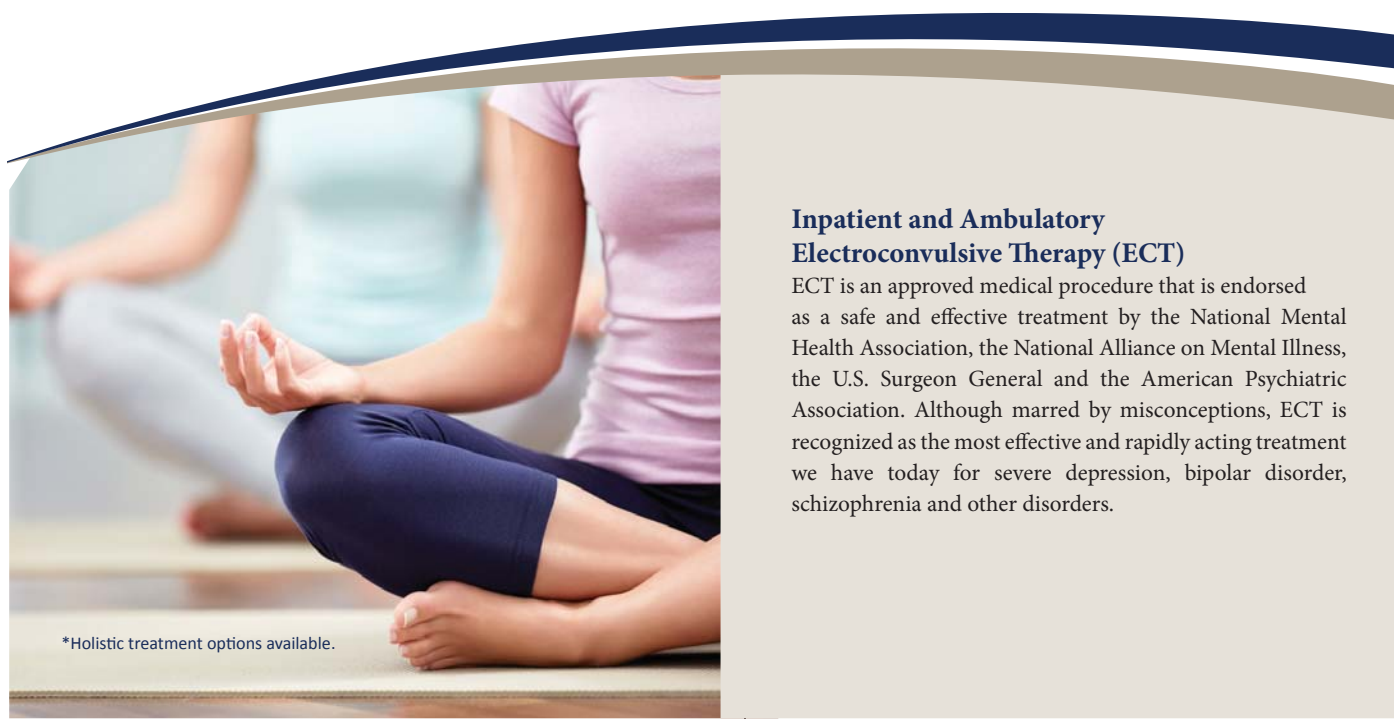
We have a multidisciplinary team of psychiatrists, psychiatric nurse practitioners, licensed clinical social workers and other mental health care professionals all working together to deliver compassionate and supportive care in an environment that respects dignity and independence.

#### **Our Range of Outpatient Mental Health Services include:**

- Psychiatric Evaluation/Assessment
- Individual, Family and Group Therapy
- Psychopharmacologic Treatment
- Crisis Intervention
- Services for Veterans

#### **Special Groups includes:**

- Anger, Anxiety, Depression and Stress Management
- Health and Wellness
- Smoking Cessation
- Emotion Regulation/Mindfulness Skills
- Postpartum Depression
- Dual Diagnosis  
(Integrated treatment for individuals with both mental health and substance abuse concerns)



\*Holistic treatment options available.