



"Self-determination and self-direction are the foundations for recovery as individuals define their own life goals."

- **SUBSTANCE ABUSE  
AND MENTAL HEALTH  
SERVICES**

A wide variety of class options are available to tailor a schedule that meets interests and needs:

- Understanding Substance Abuse
- Conflict Resolution
- Grief and Loss
- Anxiety
- Parenting Tool Box
- Preventing Relapse
- Rebuilding Trust.

There are roughly 60 classes and activities offered each week. The schedule periodically adapts to participant requests.



## OUR MISSION

Established in 1971, Unity House is a non-profit, community based agency located in the New York's Capital District. With great passion and integrity, Unity House embraces the view that everyone deserves equal economic, political and social rights. Unity House is dedicated to enhancing the quality of life for:

- People living in poverty
- Adults with mental illness
- Children with developmental delays
- Victims of domestic violence
- People living with HIV/AIDS

At Unity House we work together to open doors of access and opportunity for everyone, particularly those in greatest need.

Contact Unity House PROS to learn more.

### UNITY HOUSE **PROS**

2431 Sixth Avenue Troy, NY 12180

(518) 274-2607 • [PROS@unityhouseny.org](mailto:PROS@unityhouseny.org)

Visit us on the web: [www.unityhouseny.org](http://www.unityhouseny.org)



## YOUR DREAM AND OUR TEAM



## WHAT WE DO

At Unity House PROS, we partner with individuals in their recovery from mental illness through the delivery of integrated rehabilitation, treatment, and support services. We offer individuals who are recovering from mental illness an array of personalized and integrated recovery-oriented services, delivered within a site-based program setting as well as in off-site locations in communities where people live, learn, work, and socialize. We provide a therapeutic environment which fosters awareness, hopefulness, and motivation for recovery, and incorporates a harm reduction philosophy.

- Person centered
- Recovery Oriented
- Holistic

---

### Our Agency

Since 1971 Unity House has offered a wide range of services to meet the needs of people living with challenges and work toward social justice, but recognized an unmet need and responded by creating this new and exciting program.

## YOUR SUCCESS

We use evidence based practices to give you the best chance for success.

- Family Psychoeducation—  
an approach for partnering with consumers and families
- Integrated Dual Disorder Treatment—  
screening, assessment and a collaborative plan

---

### More about Unity House PROS

Unity House PROS uses a philosophy that recognizes that people should control their own destiny and are in the best position to recognize barriers to their success.

Unity House PROS provides a combination of community rehabilitation support, intensive rehabilitation and ongoing rehabilitation support services.

We are available to help you and your family with any questions.

## WHO WE ARE

Unity House is a Rensselaer County-based human service agency. We assist those who are living in poverty, adults living with mental illness or HIV/AIDS, victims of domestic violence, and children with developmental delays.

Unity House helps individuals identify their strengths and needs, draw upon their abilities, and access community resources. We educate, collaborate with others and advocate to influence public policy and to create awareness of the people we serve and the issues they face.

---

### Your dream, our team

Our team of professionals and paraprofessionals were chosen because they care about people and want others to have the same chance for happiness and a fulfilling life.

If you feel that there are barriers in life that you may be holding you back from vocational, social, cultural, and/or spiritual goals, we may be able to help you use your strengths to succeed.

