

Your journey to
hope and recovery.



**Rochester
Rehabilitation**
Ventures PROS

Personalized Recovery Oriented Services

You can find hope here.



“Walking into Ventures with little hope turned out to be one of the most rewarding days of my life.”

—Diane

At Ventures PROS hope starts with you.

Ventures PROS is a personalized recovery program designed to help you overcome mental health challenges, live well and balance life roles. Working with you, our team of professionals will help you create an individual recovery plan (IRP). An IRP is a roadmap that helps you move towards getting what you want from life. Here are some examples of goals that clients have shared with us.

Work

- ▶ Develop a resume
- ▶ Practice interviews
- ▶ Complete a job application
- ▶ Strengthen computer skills
- ▶ Overcome job challenges

Social

- ▶ Help others
- ▶ Reduce my anxiety
- ▶ Repair a relationship with family
- ▶ Travel

Living

- ▶ Manage my finances
- ▶ Get organized
- ▶ Live independently
- ▶ Lose weight

Learning

- ▶ Earn my GED
- ▶ Apply to college
- ▶ Learn to drive
- ▶ Learn a new language



Taking the steps towards hope and recovery.

Recovery is a personal and unique process of change. Taking these first steps can be difficult. We know how important it is for you to be in a safe, supportive and compassionate environment. We believe that every person has gifts, talents, interests, and dreams. Our goal is to help you reach yours with services and supports designed for you.

Choose your goals

- Explore what you want more of in your life
- Recognize barriers that keep you from getting what you want
- Develop a strengths profile
- Discover your goals

Get to your goals

- Create your individual recovery plan (IRP)
- Notice skills or behaviors you need to develop to achieve your goals
- Identify supportive community services or resources for your participation
- Learn new ways to reach your goals

Keep your goals

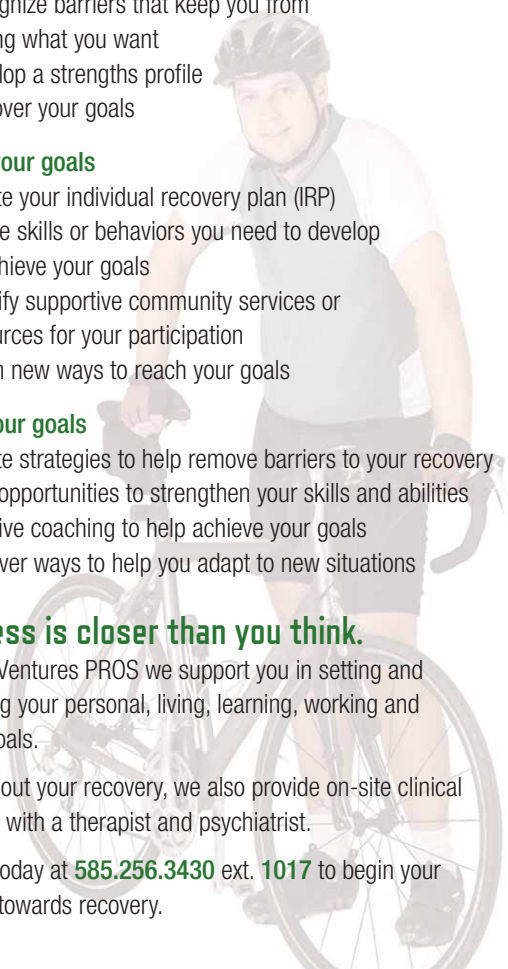
- Create strategies to help remove barriers to your recovery
- Find opportunities to strengthen your skills and abilities
- Receive coaching to help achieve your goals
- Uncover ways to help you adapt to new situations

Success is closer than you think.

Here at Ventures PROS we support you in setting and achieving your personal, living, learning, working and social goals.

Throughout your recovery, we also provide on-site clinical services with a therapist and psychiatrist.

Call us today at **585.256.3430** ext. **1017** to begin your journey towards recovery.





“The job readiness training helped me get prepared for a job search and build confidence in myself. Soon after, I was able to get employment that enabled me to get off of public assistance.” — Ken



Rochester Rehabilitation Ventures PROS

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Work. Wellness. Independence.