

# OTHER PROGRAMS AND SERVICES AVAILABLE THROUGH SILO

## Independent Living Center

- Regional Resource and Development Center
  - Nursing Home Transition & Diversion Waiver
  - Traumatic Brain Injury Waiver
- Open Doors Transition Center
- Open Doors Peer Outreach Program
- Olmstead Housing Subsidy Program
- Rapid Transition Housing Program
- NY Connects
- SILO's Food Pantry/ personal care closet

## Education and Transition Group

- Benefit Advisement
- Technology-Related Assistance for individuals with disabilities (TRAID)
- Assistive Technology Assessment and Education Program (ATAEP)
- Core Rehabilitation Services
- Peer Integration Program
- School District Personnel & Parent Transition Planning Workshops
- Disability awareness: In-service training, workshops/seminars
- Summer Enrichment Program with Job Coaching Supports

## Evaluations/Assessment & Consultant

### Fee for Services

- Eligibility and Application Process for Adult Services - Consultant Service
- Vineland Adaptive Behavior Scales - 3rd or Adaptive Behavior Assessment Scale (ABAS)
- The Wechsler Adult Intelligence Scale (WAIS-IV)
- Autism Specialty Report with the Childhood Autism Rating Scale, 2nd edition (CARS) & Autism Diagnostic Observation Schedule (ADOS)

[WWW.SILOINC.ORG](http://WWW.SILOINC.ORG)



**PATHWAY TO  
WELLNESS**  
Counseling Center

A division of Self-Initiated Living Options, Inc. (SILO)

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## WHAT WE OFFER

**Individual Therapy** - Here at Pathway to Wellness, you have the opportunity to meet with a Mental health professional based on what your needs are. We operate from a trauma informed, culturally sensitive perspective, utilizing the therapeutic tools that best meet your needs. Our focus is on meeting you where you're at and guiding you towards your destination, wherever that may be.

**Group Therapy** - We will be soon offering group therapy. Group therapy is a wonderful resource to see that we really are not alone in our struggles. It is often a rewarding space to learn from one another. We will be customizing our group schedule to the goals of those who participate in services with the clinic.

**Medication Management** - Additionally, we have medication management services with a psychiatric provider. Often times, people feel deterred from or ashamed of medication; however, we like to think of it as a tool to help you reach your desired goals. We will evaluate your needs and review your options that best suit you and your lifestyle.



## WHO WE ARE

We are a team of caring professionals who are here to join you on your journey.

Our focus revolves around you and your goals.

We look forward to guiding you on your pathway to wellness.



Bilingual therapist available! (Spanish)



## ABOUT SILO

The purpose of the Self-Initiated Living Options, Inc. is to enable people with disabilities on Long Island to gain effective control and direction of their lives.

SILO advocates and promotes a growing sense of personal dignity and responsible community participation through training, community development and direct services responsive to the needs of the people.

Pathway to Wellness intends to fully harness SILO's overall mission and expand opportunities for quality mental health care in the community.



## CONTACT US :

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We accept Medicaid/Medicare and other commercial insurances. Call to see if we accept your insurance.

