# Are you interested in FREE and Voluntary Behavioral **Health Services** right in your own home?

## **HOME AND COMMUNITY BASED SERVICES**

# You may be eligible to receive support with:

- Finding and keeping a job
- Starting or returning to school
- Accessing community resources
- Working on your recovery
- Learning a new skill
- Managing mental health



Integrated Community Alternatives Network

### Call and make an appointment today to see if you qualify.

Laura Trela – HCBS Manager, ICAN (315) 731-2661 • Itrela@ican.family

Courtney Sisti — Recovery Coordinator, ICAN (315) 801-5722 • csisti@ican.family

– Available if you have: -













#### **HCBS** provided at ICAN

Home and Community Based Services (HCBS) are services that are provided to support you in achieving the things that you want in life. You must have Medicaid and be 21 years or older for these services.

These services include:

Habilitation - Service that provides you with the functional and social skill building you have had challenaes attainina

Psychosocial Rehabilitation - Service that provides with you with assistance in regaining skills vou once had but have lost

Peer Supports - Service provided by a person with lived experience in behavioral health and substance abuse

CPST\* (Community Psychiatric Support & **Treatment)** - Service that provides in home counseling

**Educational Supports** - Service that assists you with starting or returning to school with the goal of obtaining employment

**Employment Supports (Pre-Vocational,** Intensive Supportive Employment, Ongoing Supportive Employment) - Services that assist with obtaining and keeping employment



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