

# Programs and Services at SPOP

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New York, NY 10024  
212-787-7120

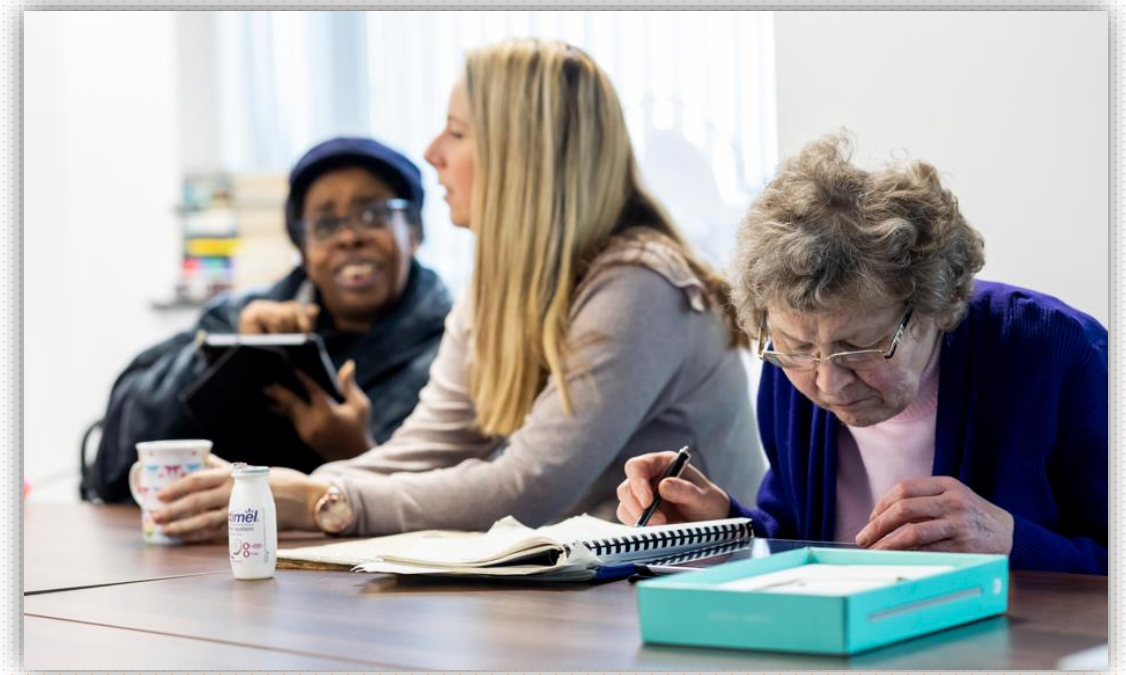
## Who We Are

- SPOP's mission is to enhance the quality of life of older adults and foster independent living
- SPOP is one of the only agencies in NYC dedicated exclusively to serving the mental health needs of older adults.



# What We Offer

- Clinic
  - Individual and group services in person and via telehealth
  - Satellite locations
- PROS
- Bereavement support
- Training and Education



# Clinic Services

- Individual psychotherapy and medication management
- Groups
  - Anxiety, Stress Management, Chronic Illness, and more in formation
- Bereavement support
  - Spousal and non-spousal loss



# PROS

- Skills training and wellness groups
  - CBT, DBT, MI, Creative Art Therapy
- Individual case assistance
- Medication management and support
  - Injectables
- Community support
  - On-site lunch Tue-Thurs.



# Training and Education

- Community outreach
- Trainings for healthcare providers
  - NYS accreditation for social work continuing education credits
- Workshops for older adults in the community
  - Grief, improving cognition, healthcare advocacy, aging and relationships



# Intake Guidelines

## Modality requirements:

- Clients must be able to complete intake in person and/or by Zoom
  - Audio only for ongoing treatment is rare
  - PROS requires clients to engage in person
- We have Clinic openings for clients seeking **groups only** via Zoom or at OACs
  - There is currently a wait for all other Clinic services

## Insurance requirements:

- PROS services require Medicaid (or dual Medicaid/Medicare)
- Clinic is not in network with Elderplan and Blue Cross/Blue Shield MediBlue Plus

# Contact Us

*For inquiries about referrals:*

- Call 212-787-7120 x514 or email [intake@spop.org](mailto:intake@spop.org)

*For inquiries about training and education:*

- [www.spop.org](http://www.spop.org)
  - Go to Training and Professional Development
    - Click on “Get Started” to email our training team

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