



For further information, or to schedule an intake,
Please Call:

(315)464-3117

Psychiatry High Risk Program
719 Harrison St., 3rd Floor
Syracuse, NY 13210



The PHRP is a program within Upstate Medical's Psychiatry Faculty Practice Inc., a charitable, not-for-profit corporation. Voluntary donations to the Suicide and Self-Harm Prevention Fund, which Supports Psychiatry High Risk Program, are gratefully accepted. (www.upstatefoundation.org/psychiatry)

UPSTATE

MEDICAL UNIVERSITY

Psychiatry High Risk Program



Saving and transforming lives...

Psychiatry High Risk Program

The Psychiatry High Risk Program (PHRP) is an innovative recovery-based outpatient treatment program for youth and young adults (ages 14 through 40) who struggle with thoughts of suicide. Some common conditions addressed through the PHRP include depression, anxiety, PTSD, addictions, eating disorders, bipolar disorder, and borderline personality disorder. The program aims to break the cycle of chronic illness and lay out a pathway to recovery, providing transformational healing and building inner resilience. The PHRP is designated as “a best practice in suicide prevention” by the federal Suicide Prevention Resource Center, and it won the prestigious American Psychiatric Association’s 2023 *Psychiatric Services Silver Award* for innovative and effective care.

What to expect...

When you call (315) 464-3117, you will be greeted by our intake coordinator, Nichole, who will provide information, answer questions and send you an intake packet to complete. In order to assess whether the program is a good fit for your needs, 4 consultation sessions are provided. After admission, most clients receive weekly individual therapy with dynamic deconstructive psychotherapy (DDP), an evidence-based treatment. DDP helps clients to heal from a negative self-image and maladaptive processing of emotionally charged experiences, while working towards self-acceptance and more fulfilling relationships. On a select basis, some clients are offered Brief Intervention and Contact (BIC). BIC was developed by the World Health Organization and is a well-researched brief intervention for preventing suicide. Depending on need, other treatments may be added, including family therapy sessions, group psychotherapy, and/or medication management. In order to ensure the highest quality and effective care, we also have an extensive quality assurance program, such as monitoring of progress through quarterly outcome assessments and regular peer consultation.

Eligibility...

Anyone between ages 14 and 40 years who has struggled with recent thoughts of suicide and is willing and is able to fully engage in one year of weekly psychotherapy, is likely to benefit from this program.

Some of the reasons preventing individuals from fully engaging in weekly psychotherapy include:

- malnourishment (below normal BMI)
- acute psychosis
- high case management needs
- moderate to severe autism spectrum disorder, especially when combined with intellectual impairment

The PHRP does not have the facilities to inject medications and does not prescribe controlled substances since these can sometimes worsen mood instability and suicide-related behaviors. The providers are in-network for most plans of Aetna, CDPHP, MVP, Excellus, Federal BCBS, Nationwide Blue Cross/Blue Shield, Fidelis and Molina Medicaid, and UMR (see www.upstate.edu/phrp).

Your Care Team...

- Nichole Galla. Intake Coordinator
- Jessica Helfrich. Testing and Research Coordinator
- Robert Gregory, MD. Director of the PHRP
- Rebecca Shields, DO. Director of the Adolescent PHRP
- Abigail Riggall, LCSW-R. Associate Director of the PHRP
- Cynthia Malek, LCSW-R, CASAC. Director of Admissions
- Mary Amidon, LMSW. Therapist
- Ann Arezzo, FPMHNP, Nurse practitioner
- Skye Celi, BSW, Case Manager
- Danielle Davis, LCSW-R. Therapist
- Glenn Forsythe, LCSW-R. Therapist
- Rachael Kuch-Cecconi, MD. Child Psychiatrist
- Alexandra McCarthy, LCSW. Therapist and Director of Family Therapy
- Sutanaya Pal, MD. Psychiatrist