



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
FAX: (315)-464-3263

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 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. It is designated as “a best practice in suicide prevention” by the national Suicide Prevention Resource Center. 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.

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. Upon admission to the PHRP, you will be offered a psychiatric consultation, psychological testing. We provide weekly individual sessions of dynamic deconstructive psychotherapy, with medications, family and group therapies added if indicated, utilizing a team approach. We strongly encourage teens and young adults living with their families to participate in family therapy. In order to ensure the highest quality and effective care, we also have an extensive quality assurance program, such as quarterly outcome assessments reviewed with your care team and video-recording sessions for peer review.

Dynamic Deconstructive Psychotherapy...

Dynamic deconstructive psychotherapy is an evidence-based treatment shown to improve functioning and reduce symptoms, such as depression, substance use, and suicide-related behaviors in vulnerable individuals. It aims to rewire the brain to process emotion-laden experiences in more adaptive ways and to improve self-compassion, so as to strengthen the sense of self and build confidence, resilience to stress, and more fulfilling relationships.

Medications...

Psychiatric medications are sometimes helpful as an adjunct to therapy to reduce symptoms that contribute to suicide risk. Patients have the option to receive medication consultation and treatment either through the program or by an outside provider. Controlled substances are not prescribed through the program since these can sometimes worsen mood instability and suicide-related behaviors.

Your Care Team...

Robert Gregory, MD, founding Director, Professor and former Chair of the Department of Psychiatry at Upstate Medical University

Michelle Gallagher, PhD. Director of the Adolescent Program of the PHRP, and Child & Adolescent Psychologist

Ann Arezzo, FPMHNP-BC. Nurse Practitioner

Abigail Riggall, LCSW-R, Assistant Director and Clinical Social Worker

Danielle Davis, LCSW-R. Clinical Social Worker

Rachael Kuch-Cecconi, MD. Child & Adolescent Psychiatrist

Cynthia Malek, LCSW-R, CASAC. Director of Admissions, Clinical Social Worker and Substance Use Counselor.

Alexandra A. McCarthy, LCSW – Clinical Social Worker

Rebecca Shields, DO. Child & Adolescent Psychiatrist

Nichole Galla, MBA. Intake coordinator

Jess Helfrich, BA. Testing Coordinator