

Chautauqua County Department of Mental Hygiene

*Mental Health and Outpatient Chemical
Dependency Services for Adults,
Adolescents, Children and Families*

Our Locations

Dunkirk Office of Behavioral Health

60 Franklin Avenue
Dunkirk, NY 14048
716-363-3550

Jamestown Office of Behavioral Health

200 East 3rd Street
Jamestown, NY 14701
716-661-8330

Our Mission

*To promote the emotional and physical
wellness of the community and to
empower individuals in their recovery from
the challenges of physical and mental
illness and addiction.*



REV. 9-2022

Important Telephone Numbers

24 Hour Crisis Services
1-800-724-0461

**Cattaraugus & Chautauqua Counties
Warmline**
1-877-426-4373
TEXT:716-392-0252

Eagle's Nest Respite House
1-844-421-1114

UCAN Mission
716-488-7480

**Salvation Army
Anew/Domestic Violence**
716-661-3897

Trevor Lifeline LGBTQ Support
1-866-488-7386
TEXT "START"
678-678

- C** Call friends, family or crisis help line
- R** Remember the ones that love you and that you love
- I** Initialize support and help
- S** Self-Talk, know that you will get through this
- I** Inhale and Exhale, breathing helps!
- S** Step out, Enjoy a walk while you are relaxing

For links to supportive services
211

Fire, Medical or Police emergencies
911



Chautauqua County
Department of
Mental Hygiene

Mobile Transition Team (MTT)

MTT Clinician
716-661-8872

MTT Peer Advocate
716-661-8871

*Connecting clients to
long term community
resources.*

About the Mobile Transition Team

The Mobile Transition Team(MTT) is a temporary service, comprised of a mental health clinician and a peer advocate.

The MTT offers:

- Confidential in-home mental health assessment
- Short-term therapy, peer support and case management
- Wellness checks
- Referrals to counseling
- Linkage to community resources
- Support for ages 18 and up

MTT goals are to stabilize clients, reduce inpatient hospitalizations and provide linkage to outpatient mental health services and community resources.

Services Provided

MTT provides services in home, community, or office settings for people who are experiencing mental health symptoms and need additional support.

MTT can provide several interventions including:

- Traditional talk therapy
- Cognitive behavioral therapy
- Mindfulness and coping strategies
- Peer support
- Completion of a wellness action plan
- Tours of local peer services, including Eagle's Nest Respite and Mental Health Association
- Creative arts therapies
- Other therapies to help stabilize the client in the community
- Support needed to complete linkage to services

Referral, appointment and assessment information

MTT is available to help people build bridges to long-term resources in their communities.

MTT typically makes contact within 24-72 hours of the initial referral. Referrals are accepted from inpatient or outpatient mental health providers, social service programs, law enforcement, family members or self-referral.

MTT performs an initial interview to determine each client's specific needs and goals, with the primary goal of linkage to on-going treatment and community resources.

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