

River Valley Counseling Center (RVCC) is a multifaceted community-based mental health agency dedicated to serving the needs of people throughout the Pioneer Valley.

The staff at RVCC includes psychiatrists, psychologists, advance practice registered nurses, nurse practitioners, licensed mental health clinicians, licensed clinical social workers, HIV/AIDS case managers, and housing advocates. RVCC offers many therapy options including individual, family and group counseling. The agency has Massachusetts certified gambling specialists, offers parenting and anger management groups and provides counseling for those who struggle with the dual diagnosis of mental health and substance abuse. RVCC partners with local physicians to offer an integrated approach to substance abuse treatment. Careful attention is given to the cultural sensitivities and specific issues affecting our Spanish-speaking and African American clients. Programs are staffed with experienced bilingual/bi-cultural professionals.

RVCC was founded in 1953, became affiliated with Holyoke Medical Center in 1986 and is a member of Valley Health Systems.

### General Information & to Schedule an Appointment

(413) 540-1234

#### Mailing Address for all Programs

PO Box 791 • Holyoke MA 01041

#### Administrative Offices

6 Isabella Street • Holyoke, (413) 540-1200

#### Outpatient Service Locations: (413) 540-1234

303 Beech Street • Holyoke

249 Exchange Street • Chicopee

35 Mt. Carmel Ave. • Chicopee

120 Maple Street • Springfield

Liberty Commons, 2 Mechanic Street, Unit C, Ste 1-6 • Easthampton

#### Psychiatric Day Treatment Program

152 Center Street • Chicopee: (413) 540-1214

#### HIV/AIDS Project Locations

120 Maple Street, Ste 301 • Springfield: (413) 737-2437

303 Beech Street • Holyoke

Holyoke Health Center, 230 Maple Street • Holyoke

#### School Based Health Centers/Teen Clinics

Holyoke High School: (413) 534-2033

Dean Technical Vocational High School: (413) 534-6904

Peck Full Service Community School: (413) 534-2102

#### CONCERN/EAP: (413) 534-2625

575 Beech Street • Holyoke

40 School Street • Greenfield

#### Pharmacy Services: (413) 315-4878

303 Beech Street • Holyoke



River Valley  
Counseling Center  
rvcc-inc.org

An affiliate of Holyoke Medical Center  
A member of Valley Health Systems

# River Valley Counseling Center



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A Center for Personalized Care



River Valley  
Counseling Center

## **Adult Outpatient Services – Bilingual**

Services include individual, couple, family and group psychotherapy. We also have psychiatric services available when necessary.

Our clinicians help the client, couples or family identify the concerns or issues that will become the focus of treatment. Both the client and clinician work together to determine the most effective treatment needed. The frequency and duration of counseling sessions will also be discussed.

These services are available in Holyoke, Chicopee, Easthampton and Springfield with convenient evening and weekend hours available. Outreach therapy is provided as needed.

RVCC clinicians are also available throughout various physician's offices, integrating healthcare services as a convenience to clients. We also provide behavioral health services for the clients of WestMass ElderCare Inc. and LifePath.

## **Child and Adolescent Services – Bilingual**

This program provides behavioral health services for children, adolescents and their families. Treatment is offered at our clinical sites, schools and through community outreach.

Convenient evening and weekend hours available.

Services include:

- Assessment for attention problems, hyperactivity, depression, anxiety, oppositional behavior, drug/alcohol abuse and other childhood/adolescent issues

- Individual and group psychotherapy
- Family consultations and therapy
- Psychiatric evaluations and medication monitoring
- Training and consultations for schools and communities

## **Psychiatric Day Treatment Program**

The Psychiatric Day Treatment Program provides multi-disciplinary intensive care to people with acute and persistent mental illness. Clients served by this program are experiencing an unstable or acute phase of their illness.

These clients require more attention than can be provided at weekly or bi-weekly counseling sessions. The program is strength-based and goal-driven, with treatment focused on reclaiming lost hopes, dreams and capabilities in a supportive and empowering way.

## **School-Based Health Centers/Teen Clinics**

The School-Based Health Centers are Teen Clinics located at the following Holyoke schools: Holyoke High School, Dean Technical Vocational High School and Peck Full Service Community School.

These Clinics provide comprehensive primary health care services during school hours. Parental consent is required for participation in the teen clinics. Each teen clinic includes a nurse practitioner, one or more mental health counselors and a receptionist. The clinics work under the direction of a medical director and in collaboration with area pediatricians. Clinical services include: immunizations, comprehensive health assessments and physical exams, sports physicals, treatment of acute and chronic conditions, health education, mental health services and referral to primary health care providers.

## **School-Based Services**

School-Based Services include individual, family and group psychotherapy. RVCC clinicians also provide consultation services to the schools for managing behavioral issues in the classroom and identifying mental health concerns among students.

RVCC School-Based Behavioral Health Services are available throughout Holyoke, Chicopee, Easthampton and Granby school systems, as well as select schools in Springfield.

## **Springfield Technical Community College**

RVCC has an office located on STCC's campus, providing behavioral health services to the student population.

## **HIV/AIDS Project**

The Mission of River Valley Counseling Center's HIV/AIDS Project is to support those affected by HIV/AIDS and to promote community awareness of the issues surrounding HIV/AIDS.

## **CONCERN: Employee Assistance Program**

CONCERN/EAP offers free and confidential assistance to employees and their immediate family members in dealing with a personal problem. Services include: assessment; information; short-term counseling; referral; and follow-up.

## **Pharmacy Services**

Located conveniently in the 303 Beech Street Clinic in Holyoke, our pharmacists work closely with your providers to take care of all your prescription needs. Services include: the processing of medication orders, delivery at no cost to you, convenient hours and 24-hour emergency assistance. Pharmacy services are available to RVCC clients, staff and their immediate family members.