

Administration

- 255 Delaware Ave., Suite 300, Buffalo, NY 14202

Community Behavioral Health Clinics

- 430 Niagara St., Buffalo, NY 14201*
- 1050 Niagara St., Buffalo, NY 14213
- 768 Delaware Ave., Buffalo, NY 14209*
- 254 Franklin St., Buffalo, NY 14202
- 1500 Broadway St., Buffalo, NY 14212
- 951 Niagara St., Buffalo, NY 14213
- 3350 Main St., Buffalo, NY 14214*
- 695 Genesee St., Buffalo, NY 14211
- 140 Pine St., Hamburg, NY 14075*
- 3176 Abbott Rd., Suite 500, Orchard Park, NY 14127
- 2101 Spruce St., North Collins, NY 14111-045
- 1412 Sweet Home Rd., Suite 3-5, Amherst, NY 14228
- 19 Hopkins Road, Amherst, NY 14221

BestSelf Behavioral Health accepts most health insurance plans including Medicaid and Medicare. A Sliding Fee Scale, based on income and family size (not solely income), is also available to those with and without insurance.

*Child & Adolescent Clinic



Mental Health & Substance Abuse Treatment & Rehabilitation



Caring for individuals, families and the community.

(716) 884-0888 | BestSelfWNY.org

Your BestSelf begins here.

We all want to be the best parent, the best friend, the best student, the best worker—the best version of ourselves that we can possibly be. If you’re facing mental health or substance abuse issues, the road to becoming your best self is often riddled with challenges and obstacles that are difficult to overcome on your own.

Offering 24-7 In-Person and Virtual Treatment

BestSelf Behavioral Health can provide you and your family with the innovative and evidence-based services you need, along with a personal and caring approach that will help you feel respected, valued, confident and hopeful. The journey to discovering your BestSelf begins here.

Best methods. Best treatments. Best outcomes.

No matter how old you are or what challenges you’re facing - BestSelf Behavioral Health can help. We are proud to offer Certified Community Behavioral Health Clinics and other programs and services that provide all of the mental health and substance use disorder services you need.

Bilingual, Bicultural Counselors & Interpretation Services Available

IMMEDIATE ACCESS

BestSelf is committed to getting you the treatment you need, when you need it. That’s why we offer walk-in and same day appointments at various clinics. *(Please call to inquire about same day appointments)*

PERSONALIZED CARE

BestSelf always takes a person-centered approach to care. Our team takes the time to understand your individual needs and connects you with the right combination of services and programs.

OUR “NO WRONG DOOR” APPROACH

BestSelf provides a full continuum of services for children and adults, so every location is the right place to start. Even if you aren’t sure what you need, our team members can help.

What we do

- Serve Children, Adolescent & Adults
- Client-Focused, Trauma-Informed Care
- Mental Health Counseling & Rehabilitation
- Substance Abuse Treatment & Recovery Support
- Community & Mobile Treatment Services
- School-Based Prevention & Treatment Programs
- Homeless Outreach & Supportive Housing
- Medicaid Health Home Services for Children & Adults
- Vocational & Supported Employment Services
- School-Based Prevention & Treatment
- Child Advocacy Center at BestSelf



Be your BestSelf.



FOR INFORMATION OR REFERRALS

(716) 884-0888 | BestSelfWNY.org



Supported in part by the NYS Office of Mental Health, NYS Office of Addiction Services and Supports, NYS Department of Health, Erie County Office of Mental Health and United way of Buffalo & Erie County.

Community Behavioral Health Clinics

The Certified Community Behavioral Health Clinic (CCBHC) concept was created to provide comprehensive, integrated behavioral health care resulting in improved outcomes for our clients. BestSelf offers walk-in and same day appointments so you can get the help you need, when you need it.

Our CCBHC Outpatient Clinics offer fully integrated mental health and substance use disorder treatment and services for children and adults including:

MENTAL HEALTH

Caring and compassionate patient-centered mental health treatment and medication therapy for those living with mental illnesses, including:

- Anxiety
- Bipolar Disorder
- Complex Trauma
- Depression
- Eating Disorder
- Emotional Disorders
- Family Relationship Problems
- Gambling Disorder
- Obsessive Compulsive Disorder
- Post-Traumatic Stress Disorder
- Self-Harming Thoughts or Behaviors
- Severe Emotional Disturbance
- Schizophrenia

We provide many innovative evidence-based therapies including:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Parent-Child Interaction Therapy (PCIT)
- Trauma Focused Cognitive-Behavioral Treatment (TF-CBT)

SUBSTANCE USE DISORDERS

Confidential evidence-based treatment for individuals experiencing problems related to the abuse of alcohol or other drugs

Client-focused care through a full spectrum of services, including:

- Individual, group and family counseling
- Medication Assisted Treatment (MAT)
- Relapse prevention training

HEALTH ASSESSMENT & MONITORING

Health care screening and monitoring designed to integrate physical health with behavioral and promote overall wellness

PSYCHIATRIC REHABILITATION

Including skill building, education assistance and vocational services

TARGETED CASE MANAGEMENT AND PEER SERVICES

Supporting wellness and recovery goals to improve quality of life

Mobile Treatment and Crisis Intervention Services available.

Mental Health Programs

ASSERTIVE COMMUNITY TREATMENT (ACT)

A fully mobile team of mental health professionals providing a wide range of community-based treatment to individuals whose needs have not been met by more traditional mental health services.

ONTRACK at BESTSELF

An innovative treatment program for adolescents and young adults who have recently had unusual thoughts and behaviors. Care and support services are provided from a specialized team that helps participants learn the skills they need to achieve their goals for school, work and relationships.



PERSONALIZED RECOVERY ORIENTED SERVICES (PROS)

Treatment, support and rehabilitation services for individuals with serious mental illnesses. Our experts work with program participants to develop an individualized recovery plan focused on promoting independence and improving their quality of life.



BestSelf is committed to cultural responsiveness, ensuring that individuals from diverse backgrounds receive personalized care. The BestConnect team serves as the compassionate gateway, providing efficient access and assessments for those seeking support from BestSelf. With a dedicated team of professionals and clinical staff, individuals will receive timely and appropriate referrals tailored to their unique needs.



Addiction Treatment & Recovery Support

RECOVERY CONNECTIONS

A community-based mobile substance use disorder treatment team providing rapid access to treatment services, including MAT.

THE LIGHTHOUSE WOMEN'S RESIDENCE

A residential substance use disorder treatment facility for pregnant and parenting women. It allows mothers to reside with their children, up to age 11 during their treatment.

RECOVERY COMMUNITY at BESTSELF

69 Linwood Ave., Buffalo, NY 14209 | 716-539-5260

The BestSelf Recovery Community supports people with substance use disorders, people in recovery, and their families find their path. Offering free services including peer to peer support groups, connections to treatment and community resources, wellness workshops and recreational activities like art, music, gaming and movie nights.

RENAISSANCE ADDICTION TREATMENT at BestSelf

Through guiding lives and giving hope, we empower adolescents and families to be successful on their journey of recovery from the disease of addiction. Our unique Rehabilitation Program offers a safe and supportive residential environment for both males and females ages 12-24. Patients are housed in an age-appropriate setting based on their gender identity.

WNY OPIOID ADDICTION TREATMENT

(716) 463-6222

24-7 Access to Medication Assisted Treatment. Serving all eight counties.

Child Advocacy Center at BestSelf

556 Franklin St., Buffalo 14202 | 716-886-5437

The Child Advocacy Center at BestSelf (CAC) is an innovative, comprehensive center offering safety, support and a healing place for children and families affected by trauma and abuse in Erie County. The CAC incorporates Erie County's Multi-Disciplinary Team, (MDT), which has representation from professionals in the fields of law enforcement, prosecution, child protective services, medical, mental health and victim advocacy.

School-Based Programs

BUILDING BRIGHTER FUTURES

A school-based program keeping students safe and productive by providing academic assistance, social-emotional supports, high-quality enrichment opportunities, and family engagement to encourage positive development.

SCHOOL CLINICS

Onsite counseling services embedded in area community centers, elementary and high schools.



Health Home

HEALTH HOME SERVICES ADULTS

Free care coordination services to qualified Medicaid recipients to ensure their medical, mental health and substance abuse needs are being met. To qualify, participants must have two or more chronic health conditions such as asthma, diabetes, heart disease, or substance abuse disorder; a significant mental illness; or be living with HIV/AIDS.



HEALTH HOME SERVICES CHILDREN

A care manager assists eligible children, youth and their families access services assuring they have everything necessary to stay healthy, out of the emergency room and out of the hospital. To qualify, participants must meet one of the following criteria: Two or more chronic health conditions, such as; asthma, diabetes, heart disease, mental health or substance use disorder, a serious emotional disturbance, a complex trauma or living with HIV/AIDS.



Homeless Services

HOMELESS SERVICES

Provides outreach and housing services to homeless individuals with mental illness and substance use disorders. We practice a "housing first" approach, getting individuals "off the streets" as our first priority. The Homeless Outreach Program is a mobile team who works to find and engage homeless individuals with mental illness and connect them to treatment and other community services.

SAFE SPACE OVERNIGHT DROP-IN CENTER

The Youth Drop-in Center will provide a safe place overnight for youth ages 16 to 24 where they can obtain food, clothing, and other necessities during the times when other supportive services are closed. Safe Space can also provide linkage to support and housing services if interested.

Vocational Services

Individuals recovering from a mental illness or substance abuse problem often have a goal of finding meaningful work. BestSelf provides assistance to people interested in obtaining and maintaining employment in the community including career counseling, and guidance; job placement, and job retention; job coaching; and supported employment.