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Personalized Recovery Oriented Services

Personalized Recovery Oriented Services (PROS) is a strengths-based, [recovery-oriented](#) program that helps New Yorkers with a mental health diagnosis identify and achieve their goals by addressing the barriers to their recovery.

If you are PROS participant, you will collaborate with a staff member to create a recovery plan and develop a weekly schedule to support you in achieving your goals. Many participants would like to return to work or school, move to more independent housing, build relationships, and maintain wellness.

PROS programs use a "classroom" structure, where you can choose rotating modular courses to build skills that directly connect to your goals. Many participants feel a sense of purpose, meaning, and empowerment by participating in a PROS community.

Most PROS programs also have mental health treatment on site, so you can receive all of your services in one place. You do not have to get your treatment at a PROS Program if you want to stay with your current treatment providers. *All PROS programs are paid for by Medicaid.* If you do not have Medicaid, you can inquire about their sliding scale fee or you can contact NAMI-NYC. We can help screen you to see if you are eligible for Medicaid.

[Click here for a list of PROS programs in New York City.](#) Each of the many programs listed has a clickable link, allowing you to explore the a specific program a bit more. The structure of PROS programs is similar across organizations.

[About NAMI-NYC](#)

At the National Alliance on Mental Illness of New York City (NAMI-NYC), we assist thousands of families and individuals affected by mental illness annually through free education, support, and advocacy.

NAMI-NYC offers [mental health classes](#), [Support Groups](#), [family mentoring](#), and a [Helpline](#) with translation services in 180+ languages. Our support services are free regardless of income, insurance, or immigration status. Contact our Helpline **M-F from 10am to 5pm** and we'll connect you with NAMI-NYC services or provide you with community resources that can help you take the next step in your journey.

Phone/Text: 212-684-3264

Chat: <https://naminycmetro.org/helpline/>

Email: helpline@naminyc.org