About TLS

TLS was incorporated in 1977 and in 1979 began providing services to a small group of individuals recovering from alcoholism in Madrid, New York. By 1989, seven more programs were opened, all aimed to help people with chronic mental illness live as independently as possible in the community of their choice.

Today, TLS programs have expanded to provide community based services for children, families, and community members experiencing crisis or managing chronic conditions.

TLS has evolved since 1979, and continues to evolve in line with the ever changing needs of the communities we serve. TLS is committed to the provision of person centered, compassionate, dignified care to people and families affected by mental illness.

**Restorative Services**

Qualified staff assist individuals to identify areas in which training and support are needed to enable the individual to transition to a more independent living setting in the community. Restorative services include:
- Assertive & Self-Advocacy Training
- Community Integration & Resource Development
- Daily Living Skills Training
- Parenting Training
- Rehabilitation Counseling
- Skill Development
- Socialization
- Substance Abuse Services
- Symptom Management

**Specialized Services**

TLS staff assist residents to access and coordinate needed services in the community such as behavioral health, medical services, substance abuse services, employment and day programming. Specialized staff services include:

- **Qualified Mental Health Staff**
  - Completes assessments, creates individualized plans to meet residents' needs and wants and coordinates care among community providers.

- **Life Skills Coach**
  - Targeted one-on-one rehabilitation services to increase independent living skills to assist in the transition to independent community living.

- **Licensed Clinical Social Worker**
  - LCSW provides clinical consultation and staff support.

**Adult Community Residences & Apartments**

TLS provides restorative services in 24 hour supervised community residences in the Watertown, Clayton & Gouverneur communities. All residences are co-ed and open to qualified individuals with psychiatric illnesses aged 18 and over. TLS also serves 33 adults in 20 apartment locations throughout Watertown with intermittent supervision based on individual need and 24 hour on-call services. Certified by NYS OMH.

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