

Service Program for Older People

November 20, 2025

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Programs and Services

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Who We Are

SPOP was one of the first agencies in the U.S. devoted to meeting the mental health needs of older adults

- **Our mission** is to enhance the quality of life of older adults and to foster their independent living through the delivery of comprehensive mental health and supportive services, advocacy, and education
- **We value** integrity, dignity, and respect

We envision a world that values older adults and ensures age-affirming behavioral healthcare for all

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Our Services

Clinic Services

Personalized Recovery Oriented Services

Bereavement Groups

STRIVE – Social Health Program

Advocacy and Education



Visit us at www.spop.org

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Clinic Services

- Individual psychotherapy
- Group therapy
 - Anxiety, Creative Aging 80+, DBT, Stress Management, Chronic Illness
- Medication management
 - 3 psychiatric providers



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Personalized Recovery Oriented Services (PROS)

- Skills training and wellness groups
 - CBT, DBT, MI, Creative Art Therapy
- Individual case assistance
- Medication management and support
 - Injectables
- Community support
 - On-site lunch Tuesdays-Thursdays



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Bereavement Program

- Spousal and Non-spousal groups
- Currently offered virtually
- Contact our intake department for more information

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STRIVE – Social Health Program

- STRIVE is a grant-funded partnership program
 - Metropolitan Center for Mental Health – Families and Individuals in Recovery (FAIR) Program
 - NYC Aging
- Short-term case assistance to address social needs
 - Linkages to long term supports
 - Referrals to resources
 - Technology skill building
- Weekly Support Circle – In person

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Training and Education

- Trainings for providers and service organizations
 - NYS accreditation for social work CEs
- Community outreach
- Workshops for older adults in the community
 - Grief, improving cognition, healthcare advocacy, aging and relationships



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Intake and Eligibility

Modality requirements:

- Clients must be able to complete intake in-person and/or by Zoom
 - Audio only for ongoing treatment is rare
 - PROS requires clients to engage in-person

Insurance requirements:

- PROS services require Medicaid (or dual Medicaid/ Medicare)
- Contact our clinic for information about in-network coverage

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Contact Us

For inquiries about referrals or clinical services:

- Phone: 212-787-7120 x600
- Email: Intake@spop.org

For inquiries about training and education:

- Website: www.spop.org
 - Go to Training and Professional Development
 - Click on "Get Started" to email our training team