

CAPABILITY STATEMENT

Motivated 4 Change

[HTTPS://MOTIVATEDFORCHANGE.COM/](https://motivatedforchange.com/)



COMPANY OVERVIEW

Motivated 4 Change L.L.C. is a professionally licensed counseling and mental health services provider based in Rochester, NY, delivering culturally competent and evidence-based behavioral health services to individuals, families, and underserved communities.

CORE COMPETENCIES

- Individual, group, family, and couples counseling
- Trauma-informed care for depression, anxiety, PTSD, and grief
- Holistic and culturally responsive therapeutic practices
- Mentoring, stress management, and supportive services
- Educational workshops, organizational presentations, and community outreach

DIFFERENTIATORS

- **Culturally Responsive, Trauma-Informed Care:** Services are delivered using culturally competent and trauma-informed approaches that improve engagement, trust, and outcomes for underserved and justice-impacted populations.
- **Community-Based Lived Experience:** Led by experienced, licensed professionals with firsthand knowledge of the communities served, enabling effective rapport-building and culturally aligned care delivery.
- **Trusted, Safe Clinical Environment:** Provides a professional, confidential, and supportive setting focused on emotional safety, active listening, and connection to appropriate community resources.

875 E. MAIN ST, STE 240B,
ROCHESTER, NY 14605

CAGE: 9CHQ5
UEI: XSDRY3R4FJF8

NAICS CODES

621330 Office of Mental Health Practitioners
621498 Outpatient Care Centers

PRODUCT SERVICE CODES

G004 Social Rehabilitation
G099 Other

PAST PERFORMANCE

- **Villa of Hope (Rochester, NY):** Provided individual therapy services to clients receiving community-based behavioral health support.
- **Nazareth College:** Delivered educational presentations to social work students focused on career pathways, professional development, and challenges within the mental health field.
- **Finger Lakes Community College:** Provided mental health services to approximately 60 students, with a focus on anxiety and depression skills development and coping strategies.
- **New York State Justice Center (Virtual):** Conducted mental health awareness presentations for post-incarcerated men and women, addressing stigma, barriers to treatment, and access to behavioral health services.

CONTACT:

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