

MENTAL HEALTH, ADDICTION  
AND DISABILITIES SERVICES  
ROCKLAND COUNTY AND VICINITY



**THE REFORM TEMPLE  
OF ROCKLAND**  
*Brighter Together.*

COMPILED BY THE NEFESH TASK FORCE  
THE REFORM TEMPLE OF ROCKLAND  
UPPER NYACK, NEW YORK  
SUMMER 2015



Dear Friends,

Torah is a sacred document; it offers the words of God towards how to live as human beings in a sacred community.

The United States Constitution also is a sacred document; it professes a vision of human society amid a novel experiment of self-governance and human ennoblement.

And, this Referral Manual from the Nefesh Task Force of The Reform Temple of Rockland (*formerly Temple Beth Torah*) is a sacred document; it recognizes that the collective wisdom and dedication of social service professionals in our wider community is not merely a compilation of contacts and foci, but it expresses a concept of communal responsibility, and invites engagement and collaboration among those charged with concern and caring for our fellows in our community.

Yet, even though such sacred documents, and sacred endeavors such as envisioned by this Referral Manual require much effort and wisdom in their development and crafting, this is the easy part. The difficult part – and the vital part – is not preparing a manual, but rather implementing the hopes and aspirations implicit in its pages, namely, building a community which nurtures, honors and protects each of its members, and their Godly inner presence.

Otherwise, these are merely pages with names, numbers and addresses.

We invite you to join in the sacred undertaking of transforming sacred a document into sacred community.

With Shalom,

*Rabbi Douglas Kohn*

## SHAAREINU: OUR GATEWAYS

The mission of Shaareinu is:

- 1) To reinvigorate and coordinate an effective effort to meet the special needs of our members and guests
- 2) To better connect in meaningful ways during personal moments of need and times of celebration.

Shaareinu not only creates additional gateways for those with disabilities to access our congregation, but also creates stronger relationships among present members within the congregation.

## NEFESH TASK FORCE

As part of Shaareinu, the NEFESH Task Force recognizes that there are many in our community who struggle with psychological, physical and spiritual needs. Such people require a healing of mind, body and soul (Nefesh).

### *DISCLAIMER*

*This referral manual was created to provide those in need with a list of resources to assist them in dealing with their unique problem area. Most of the resources are located in Rockland County. The agencies and programs listed here are generally known for their expertise and competence. We list these resources for you to explore as a potential match for the services you require and make no representations concerning their suitability to your needs or competence that is up to you to determine. None of these resources paid a fee or were given any special offers in order to be listed here. Our listing of agencies and services in this manual are not endorsed by us; it is simply a list of resources to date.*

*In putting together this referral manual, we strove to be inclusive by identifying all findable resources. Things change rapidly and some services may no longer be available while newer ones may have been created since this writing (Fall 2013). Please feel free to use the internet and other sources to locate a service or a provider that we might have missed.*

*Special thanks to Rena Finkelstein and Julie Buffington Rizner for their hard work in the identification of agencies and programs that serve those with mental illness, addictive disorders and disabilities. Dr. Steve Levy, Chair of the Nefesh Task Force, was the executive editor of this manual. Extra special thanks to Alona Mamet-Franchino and Joan Wanamaker of the Temple Beth Torah office staff for their line-by-line editing and wonderful attention to detail.*

*A special thank you to Eva Steen who chairs the overall Shaareinu effort, Rabbi Brian Beal and Cantor Sally Neff for their help, encouragement and support of all our efforts.*

*Mi Sheberach Prayer of Healing*

*May the source of strength who blessed the ones before us, help us find the courage to make our lives a blessing and let us say Amen.*

*Bless those in need of healing with refuah shleima (a complete healing). The renewal of body (refuat haguf), the renewal of spirit (refuat hanefesh).*

*And let us say Amen.*

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## **MENTAL HEALTH SERVICES**

Below is a list of licensed mental health practitioners in New York State. Check other states for comparable licensure as not all mental health practitioners accept health insurance. Be sure to check with the practitioner and your insurance company to ascertain eligible coverage before beginning treatment.

### **Licensed Mental Health Professionals**

Psychiatrists: Psychiatrists are physicians who specialize in the treatment of mental disorders. Board certified psychiatrists have completed a post-medical degree program with intense training in their specialty. They can diagnose, evaluate, prescribe medications and conduct psychotherapy. Psychiatrists work in hospitals, colleges, universities, public and private agencies/institutions, and may conduct private practices. They may provide insurance covered services.

Psychologists: Psychologists may provide psychological and neuropsychological evaluations and provide psychotherapy services. Psychologists hold either a Doctor of Philosophy degree in psychology (Ph.D.) or a Doctor of Psychology degree (Psy.D.) Persons at the masters' level can become certified school psychologists. Psychologists work in many settings including: schools, universities, colleges, public and private agencies, and may engage in private practice. They may provide insurance covered services.

Clinical Social Workers: Social workers obtain a Master's Degree in social work (MSW). They receive certification in social work (CSW) by passing a state examination. Social workers work in a wide variety of public and private settings. Only Licensed Certified Social Workers (LCSW) can practice independently and be reimbursed by insurance companies.

Licensed Mental Health Counselor: Mental Health Counselors (MHC) obtain a masters' degree in mental health counseling. They also complete post-masters supervised hours of clinical work and pass a state examination. They work in a wide variety of public and private settings. They may provide counseling services and may provide insurance covered services.

Psychiatric Nurse Practitioner: A Psychiatric Nurse Practitioner (PNP) is a registered nurse who has earned a separate license as an NP through additional education and experience in psychiatric care. The PNP may work autonomously or under the supervision of a collaborating physician. They may diagnose, treat, and prescribe medications within their specialty. They work in a variety of settings including hospitals, doctor's practices or their own independent practice. They may provide insurance covered services.

## **RELEVANT WEBSITES TO ASSIST YOU IN FINDING THE TYPE OF PRACTITIONERS LISTED ABOVE.**

American Psychological Association  
[www.apa.org](http://www.apa.org)

New York State Psychological Association  
[www.nyspa.org](http://www.nyspa.org)

Rockland County Psychological Society  
[www.rocklandpsychsociety.org](http://www.rocklandpsychsociety.org)

New York State Society of Clinical Social Workers – Rockland Chapter  
[www.clinicalsw.org](http://www.clinicalsw.org)

Clinical Social Work Association  
[www.clinicalsocialworkerassociation.org](http://www.clinicalsocialworkerassociation.org)

West Hudson Psychiatric Society  
[www.nyspsych.org/west-hudson-psychiatric-society](http://www.nyspsych.org/west-hudson-psychiatric-society)

American Psychiatric Association  
[www.psych.org](http://www.psych.org)

## **PSYCHIATRIC EMERGENCY RESPONSE TEAM**

RPS Behavioral Health Response Team  
Help Available 24/7  
Call (845) 517-0400 or Toll Free (844) 255-BHRT [2478]

*What services does BHRT provide?*

Outreach & support for:

- Serious mental illness
- Suicidal thoughts or ideations
- Anxiety/depression disorder
- Crisis interventions
- Emotional trauma

What is the RPS Behavioral Health Response Team – (BHRT)?

The RPS Behavioral Health Response Team (BHRT) is an interdisciplinary team of mental health clinicians and technicians. The team responds to requests for assistance or intervention with any number of behavioral health issues. The issues can range from serious emotional crisis to seeking guidance for behavioral health support.

*Who can request assistance from the RPS Behavioral Health Response Teams?*

The Behavioral Health Response Team (BHRT) serves any person in Rockland County who is experiencing, or is at risk of a psychological or emotional crisis and requires behavioral health intervention. The team can be called by the person seeking help, family members, neighbors, friends, clergy or anyone concerned about an individual's mental health.

*Will you RPS Team come to me?*

Yes! The RPS Behavioral Response Team is prepared to respond to wherever you are located in Rockland County. We value your privacy and are fully prepared to protect all interactions which are strictly confidential. Call the Behavioral Response Team any time of the day or night for any mental health related issue.

*Is there a charge for the BHRT services?*

No, there is never a charge for the team's services. The program is free of charge through a grant from the NYS Office of Mental Health through Rockland County.

## **INPATIENT SERVICES**

Psychiatric services may be provided on an inpatient basis in either public or private hospitals. Some services are provided in "free standing" hospitals and facilities that deal only with psychiatric illnesses. Other psychiatric services may occur in a general hospital with a designated psychiatric unit.

Patients may be accepted on a voluntary or involuntary basis. A voluntary patient is one who agrees to inpatient treatment and is capable of signing themselves in the hospital. When a patient is in imminent danger of harming him/herself or another person, but refuses to cooperate, a physician certification process may be employed to get involuntary commitment. Either one physician certificate (1 PC) or two physician certificate (2 PC) will be needed for admission. That is, either one or two psychiatrists must certify the need for inpatient care. For example, the first PC may be done in a doctor's office or an emergency room. The second PC is usually done by an admitting physician at the hospital.

Whether the initial admission is voluntary or involuntary, a patient may put in a "72 hour notice" requesting to leave the hospital. This gives the staff up to 72 hours from the time the note is submitted to ascertain whether continuing inpatient care is required. If the staff wishes to retain a patient who insists on leaving, they will be required to go before a judge to request the continued stay. The decision then rests with the Judge. This is part of insuring patient's rights.

Generally speaking there are two forms of care with accompanying criteria for eligibility. The first are acute care facilities which accept patients in crisis. Patients who are deemed harmful to themselves (suicidal) or others (homicidal) are generally accepted for admission. They may be released from care when the staff believes they are no longer suicidal or homicidal. Acute care stays usually average 4-7 days. Insurance companies play an important role in "length of stay" decisions. Practitioners and family members often wish the stay to be longer. Acute care consists of "rapid stabilization", often through the use of

psychiatric medications, and a transfer to either Intensive Outpatient Programs (IOPs) that may meet 3-5 days per week or outpatient care (often a periodic medication check with a psychiatrist and weekly psychotherapy sessions).

The other type of hospital based care is for chronically mentally ill patients. Mental illness can be chronic with acute episodes often requiring hospitalizations. One of the problems causing more frequent hospitalizations is patient non-compliance with taking their medications on a routine basis and/or the use of alcohol and other drugs which can compromise the effects of psychiatric medications. Younger clients often prefer to abuse mood altering drugs instead of psychiatric medications (most of which they can't get high on). Other patients may stop taking their medications because they are feeling better causing a relapse in symptoms.

Due to the expense of running 24-hour psychiatric care hospitals, since the late 1950s, many state hospitals have been closed. Therefore, care has been tilted toward acute care units rather than long term care units for the chronically mentally ill patients. Important factors in successful outpatient care are: a) family support, b) community support, and c) patient cooperation with ongoing treatment. Some private psychiatric hospitals accept Medicaid and Medicare. Chronic care hospitals sometimes have an acute care unit.

*\*Important Note: Some psychiatric programs will accept patients with dual diagnoses – that is persons with both mental illness and addiction. Others will not. Be sure to ask when you first make contact with any of these agencies and programs.*

Nyack Hospital  
160 North Midland Avenue  
Nyack, NY 10960  
(845) 348-2000  
[www.nyackhospital.org](http://www.nyackhospital.org)

The Psychiatric Inpatient Unit, is a 26 bed inpatient hospital designed for short-stay crisis stabilization for adults age 18 and over in an acute episode of mental illness. To make a referral please call (845) 348-2000. The hospital has contracted with Horizon Health, a company that specializes in setting up and running behavioral health care programs.

Nyack Hospital opened its Behavioral Health Center as Rockland County closed its inpatient clinic on April 17, 2014. Nyack's program conducts medical and psychiatric evaluations and offers mental health care in the same location. Patients are evaluated by a psychiatrist and admitted if deemed to be an imminent danger to self or others. It is a short term facility.

Four Winds Hospital Westchester  
800 Cross River Road  
Katonah, NY 10536  
Main Number (914) 763-8151  
Admissions (800) 528-662  
www.fourwindshospital.com

Four Winds Hospital (FWH) provides inpatient services for children, adolescents, and adults.

### Child Treatment

- Children are treated in distinct, age-appropriate programs with the treatment milieu focused on each age group's developmental issues.
- Units are divided into ages 5-10 and 10-12.
- Child units incorporate Positive Behavioral Interventions and Supports (PBIS), a component of ABA (Applied Behavioral Analysis).
- Child treatment focuses on developing social skills, mastering impulse control, and reinforcing healthy communication.
- Daily schooling at their on-site Learning Center.
  - Classes taught by master's-level and special education teachers.

### Adolescent Treatment

- Adolescents are treated in distinct, age-appropriate programs with the treatment milieu focused on each age group's developmental issues.
- Units are divided into ages 12-14 and 13-17.
- Adolescent treatment utilizes DBT-informed treatment (Dialectical Behavioral Therapy), including skills training in mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness and relapse prevention.
- Daily schooling at our on-site Learning Center.
  - Classes taught by master's-level and special education teachers

### Adult Treatment

- Comprehensive, short-term inpatient treatment utilizing DBT-informed treatment (Dialectical Behavioral Therapy), including skills training in mindfulness, distress tolerance, emotion regulation, interpersonal effectiveness and relapse prevention.
  - Co-occurring disorder inpatient treatment focusing on psychiatric illness co-occurring with substance abuse or dependency.
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Rockland Psychiatric Center  
140 Old Orangeburg Road  
Orangeburg, NY 10962  
Phone (845) 359-1000  
Fax (845) 680-5580  
[www.omh.ny.gov/omhweb/facilities/rppc/facility.htm](http://www.omh.ny.gov/omhweb/facilities/rppc/facility.htm)

A 410 Bed New York State Office of Mental Health (OMH) Facility provides contemporary treatment for individuals whose mental illness requires hospitalization. The focus is on treatment and stabilization, with the goal of preparing the patient for return to the community.

Inpatient mental health services specialize in intermediate and extended inpatient treatment, most for patients suffering from severe and persistent psychiatric illnesses, such as schizophrenia and addiction/mental illness.

Rockland Psychiatric Center provides treatment, rehabilitation, and support to adults 18 and older with serious mental illness. RPC has services at multiple levels of care, including hospital-based care, ambulatory clinic care, Assertive Community Treatment (ACT) teams, clubhouses, transitional and other residences, and family care residences. RPC's hospital-based services include focused treatment units for deaf adults, geriatrics, co-occurring substance disorders, and research.

RPC's main campus and hospital-based services are located in Orangeburg, NY. RPC is affiliated with New York University and has a close relationship with the Nathan Kline Institute for Psychiatric Research (NKI), one of the two OMH research centers in New York State. NKI is located on the same campus with RPC, and RPC's research unit is co-run with NKI and housed within NKI.

RPC has thirteen outpatient clinics in the seven counties of their catchment area, two ACT teams, a Mobile Mental Health Team in Sullivan County, and operates 11 residential programs in four counties. RPC is a member of the Hudson Valley Cares Coalition and Community Health Care Cooperative. RPC has been designated as a Regional Center of Excellence by the NYS Office of Mental Health.

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New Jersey (201) 384-2400  
Rockland (914) 356-0877  
NYC (212) 279-6526

By car, RPC can be reached via the Palisades Parkway, exit 6W.  
Areas Served: Rockland, Westchester, Orange, Sullivan, Putnam, Dutchess, and Ulster Counties.  
Age Groups Served: 18 and up.

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Rockland Children's Psychiatric Center  
2 First Avenue  
Orangeburg, NY 10962  
(845) 359-7400  
Fax (845) 680-8900  
[www.omh.ny.gov/omhweb/facilities/rcpc/facility.htm](http://www.omh.ny.gov/omhweb/facilities/rcpc/facility.htm)

RCPC is a psychiatric hospital exclusively for children and adolescents. It is operated by the New York State Office of Mental Health, and serves children from the Hudson Valley Region. The Facility provides an intensive, short-term, family-based inpatient psychiatric treatment program. This enables children to return to their families with a minimum of disruption to the child's ties to home and community. A rapid return from the hospital to the community facilitates the resumption of the child's developmental progress which was interrupted by the onset of difficulties that necessitated hospitalization. At RCPC, treatment focuses primarily upon issues that have led to admission and continued stay in the hospital. Thus, all children require continued treatment upon discharge. RCPC works with families to make available appropriate treatment for the post discharge phase of the treatment program. All discharged children are followed up by the hospital after discharge, and families are encouraged to contact staff immediately with any problems that may develop after discharge. The inpatient treatment program is regarded as simply one phase, although a critical one, in an ongoing treatment process.

RCPC provides a full weekday schedule of treatment activities including school, occupational therapy, recreation therapy, and speech and hearing therapy. The children are assigned to these programs according to their needs. RCPC also provides after-school and evening programs as well as weekend activities.

Community service programs provide psychiatric treatment and support services to children and adolescents in their home communities. They assure quality continuity of care for children discharged from the hospital. These programs include: school-based Clinic, Day Treatment, Intensive Day Treatment, and Intensive Case Management programs. Specific services within each program are tailored to the individual needs of the child and family.

Age Groups Served: 11 to 18 (in the comprehensive inpatient program), 5 to 18 (in outpatient clinic, day treatment, intensive day treatment, and intensive case management programs). Under the new regional Centers of Excellence, administration of RCPS has been combined with Rockland Psychiatric Center.

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New York Presbyterian – Westchester Division/Weil Cornell Center  
21 Bloomingdale Road  
White Plains, NY 10605  
(914) 682-9100  
(888) 694-5700  
[www.nyp.org/psychiatry](http://www.nyp.org/psychiatry)

Nichol's Cottage Inpatient Children's Unit/Weill Cornell's child inpatient program is dedicated to children 5 to 12 years of age in need of treatment for a variety of acute psychiatric diagnoses, including: suicidal threats, severe aggression, or impulse control behavior that endangers themselves or others.

Adolescent Inpatient Services: Weill Cornell offers an inpatient program for children 12 to 18 years of age in need of treatment for a variety of acute psychiatric diagnoses, including suicidal threats, severe aggression or impulse control behavior that endangers themselves or others.

General Acute Psychiatric Inpatient Programs: Faculty and staff with expertise in a broad range of psychiatric specialties provide assessments and treatment for patients requiring hospitalization for acute psychiatric disorders, including major depression or threats of suicide.

Geriatric Psychiatry Services: Nationally recognized as a center for excellence in clinical care and research, the Weill Cornell Institute of Geriatric Psychiatry offers a full range of psychiatric, psychological, medical and neurological treatment programs emphasizing individualized care and rehabilitation therapy in a supportive environment

Eating Disorders Program: Expert, multidisciplinary diagnostic evaluations and a full continuum of treatment programs at all levels of care for anorexia nervosa, bulimia nervosa, and related disorders of eating and weight. This program offers: individual, group, and family therapy in a supportive milieu, with comprehensive aftercare planning for adolescents and adults.

Schizophrenia Disorders Program: This program offers comprehensive evaluation and coordination of expert individualized treatment and rehabilitation through appropriate levels of care including: outpatient, continuing day treatment, and inpatient programs incorporating new medications and protocols, with an emphasis on continuity of care.

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Saint Vincent's Hospital – Westchester  
A Division of Saint Joseph's Medical Center  
275 North Street  
Harrison, NY 10528  
Evaluation and Referral Evaluation Unit  
(914) 925-5320  
(855) 239-0019  
www.stvincentswestchester.org

### Inpatient Psychiatry

A multi-disciplinary staff, led on each unit by a psychiatrist and nurse manager, provides treatment for acute psychiatric disorders. Services include: individual therapy, pharmacotherapy, patient/family education, and rehabilitative activities, as well as pharmacy, radiology and laboratory services. An internist and nurse practitioner are available on a daily basis.

General Psychiatry Adult patients in an acute phase of a psychiatric illness are evaluated and stabilized through intensive short-term inpatient treatment. Services include: individual therapy, crisis-oriented family therapy, group therapy, pharmacotherapy and patient education.

Geriatric Program The program offers a therapeutic environment designed to promote the safety, physical well-being, and mental health of older adults suffering from acute psychiatric disorders. The program focuses on short-term gero-psychiatric assessment and stabilization.

### Geriatric Services for Co-occurring Disorders

In all of the inpatient programs, comprehensive services are available to patients who require treatment for a dual diagnosis of mental illness and chemical dependency or mental illness and developmental disabilities.

Adolescent Program: Adolescents aged 13 to 18 receive comprehensive assessment and treatment in a structured environment. The staff helps patients to identify problematic behaviors and make adaptive changes. The treatment philosophy is based on five foundations: safety, responsibility, participation, social skills, and respect.

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Phelps Memorial Hospital Center  
Route 9 at Route 17  
Sleepy Hollow, NY 10591  
For Inpatient psychiatric Admissions call  
Weekdays 9-5PM (914) 366-3513  
After 5 and weekends (914) 366-2222

### Inpatient Psychiatry

The Inpatient Psychiatric Unit is a 22-bed, acute, general psychiatric unit for adult and geriatric patients. Treatment is individualized, goal-centered, and is provided 24 hours a day, seven days a week.

The multi-disciplinary team consists of psychiatrists, nurse practitioners, psychiatric nurses, social workers, and occupational therapists.

The programs stress active patient involvement with emphasis on thorough and continuous assessment, stabilization, symptom management, and the development of comprehensive coping skills.

A special program for geriatric patients is designed and staffed to treat the physical and developmental challenges associated with aging. Electroconvulsive therapy is available.

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Bergen Regional Medical Center  
230 East Ridgewood Avenue  
Paramus, New Jersey 07652  
www.bergenregional.com

Information regarding Inpatient and Outpatient Psychiatric and Substance Abuse Behavioral Health Services Telephonic assessments that will determine the right level of care and the most appropriate treatment program for you or your patient.

Scheduling or referrals of services call the Access Center for MH and SA Services 800-730-BRMC (2762).

Behavioral Health Services at BRMC includes comprehensive Acute and Subacute/Intermediate Hospital Treatment Programs that meet the demands of patients who are seeking quality psychiatric medical care. Treatment Units are structured to meet the unique requirements of children and adolescents, adults, and the geriatric population who require a safe and protective environment in which they can develop the ability and skills that will allow them to quickly transition to a less intense and structured treatment program.

#### Adults

Acute and Sub-acute inpatient units for adult patients are structured to provide intense treatment for patients who are an imminent danger to themselves, to others, or display high potential for such behavior. The treatment milieu program encourages active patient participation with a focus on identifying and working on specific problems, goals, and daily tasks. The schedule includes structured groups, skills training, recreational therapy, and occupational therapy within the framework of a cognitive behavioral motivational enhancement model of care. The multidisciplinary treatment team of psychiatrists, social workers, and nurses is complimented by recreational and occupational therapists. Family sessions, when indicated, are an important component of each patient's individualized treatment plan. Discharge planning begins on admission and focuses on providing effective treatment and support when it is time to be discharged from this level of care.

#### Children and Adolescents

Bergen Regional Medical Center is designated as one of the eleven Children's Crisis Intervention Services (CCIS) inpatient units in New Jersey. The unit provides short-term

crisis stabilization within the structure of a behavior therapy treatment milieu program that is focused on the safe and effective treatment of patients ages 5 through 17. The program also includes two sub-acute levels of care and beds for those children who require a longer length of stay due to the intensity and nature of their problems. An individualized treatment plan is developed for each patient with active involvement of the parents/guardians and other appropriate family members. Each child receives four hours of school daily in addition to participating in a very structured treatment program that includes: structured groups, skills groups, recreational therapy, and family therapy. Patients are expected to identify a daily specific problem, goal, and task list. The multidisciplinary treatment team of child psychiatrists, social workers, nurses, teachers, and recreational therapists actively work with the patient on learning and utilizing safe and effective behaviors with the goal of discharge as soon as the patient is no longer considered to be a danger to themselves or to others. Discharge planning begins on admission and provides the patient and family with an effective treatment and support program after discharge from the hospital.

### Geriatric Patients

Acute and Sub-acute inpatient units provide geriatric patients who are deemed to be a danger to or others a safe and secure environment managed by a multidisciplinary team of geriatric psychiatrists, nurses, social workers, recreational and occupational therapists. Each patient's individualized treatment plan includes group, family, recreational, and occupational skills groups. Discharge planning begins on admission and establishes an effective treatment plan and support after discharge from the hospital.

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Silver Hill Hospital  
208 Valley Road  
New Canaan, Connecticut 06840  
(203) 966-3561  
(866) 542-4455

### Programs for Teens with Psychiatric Problems

The adolescent years are challenging years to go through for almost everyone. Yet, every person is unique and some of us need a little more help in some areas than in others. Silver Hill appreciates the unique qualities of every teenage who comes to and seeks to find the best course of treatment for that individual's behavioral development.

### In patient Program

The goal of this program is to stabilize the patient. The typical length of stay is a week to 10 days. Additional treatment may be considered as needed.

### Transitional Living Program

This program goes beyond inpatient stabilization. This is an extended stay program where adolescents identify and begin to heal their behavioral problem while living in a comfortable home-like atmosphere on campus.

## Programs for Adults

Because Silver Hill is a hospital and can provide both inpatient and residential treatment; patients have the advantage of an unusually broad and comprehensive range of programs for both adults and adolescents. Adults and adolescents have different needs to Silver Hill Hospital provides separate programs and facilities within the hospital campus so focus can be placed on the unique requirements for each of these age groups. Patients who are acutely ill and who require intensive psychiatric and nursing supervision are treated in one of our adult inpatient units. Treatments there tend to be medically oriented and the stay is typically short.

Patients who are ready for more psychological and behavioral interventions can be treated in the residential Transitional Living Programs, where there is more openness and the treatment course is longer.

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## OUTPATIENT SERVICES

There are a variety of outpatient services. They are generally referred to as Partial Hospital Programs (PHP) or Day Hospital Programs (DHP) and Intensive Outpatient Services (IOP) or simply outpatient services (OP). They may be provided by hospitals, for-profit, and not-for-profit agencies, or by private practitioners (solo or group practice).

Individual Therapy: the patient and his/her therapist on an individual basis.

Group Therapy: two or more patients under the leadership of a therapist. Patients can identify with each other's problems and support one another in an effort to find productive solutions.

Marital/Couples Therapy: The "patient" is the actual relationship. This type of therapy identifies issues and helps the couple to work on resolutions. The therapist indicates which behaviors are harming the relationship and which are strengthening it.

*\*Special Note: most insurance companies will not pay for marital/couples therapy stating treatment requires an individual mental health diagnosis (meaning there is no "medical necessity" for treatment).*

Family Therapy: Adults and children (of appropriate age) participate together with the therapist to identify maladaptive patterns in the family unit and resolve them.

There are various theories and methods that define the different schools of psychotherapy. Some general categories are: interpersonal, supportive, client-centered, short-term solution-focused, rational-emotive, psychoanalytic, gestalt, and existential.

Here we will further define several of the newer approaches: Cognitive Behavioral Therapy (CBT) and Dialectic Behavioral Therapy (DBT) and Personalized Recovery Oriented Services (PROS).

Cognitive Behavioral Therapy (CBT) emphasizes the important role of thinking in how we feel (emotions) and how we act (behavior). Our own thoughts and attitudes shape our feelings and actions even more than other people, places or events. CBT helps us change our reactions to external things that do not change. CBT targets our negative and self-defeating thoughts and allows us to challenge and change them. It also targets self-defeating and negative behaviors like procrastination, isolation and poor communication.

CBT tends to be briefer and time-limited with patient “homework” assignments between sessions. Patients often keep thought-mood-behavior logs. CBT is often recommended for treatment anxiety disorders and depression. Dialectical Behavior Therapy. (DBT) was originally developed to deal with patients with suicidal and self-harm urges. DBT is especially helpful for people who have difficulty regulating or dealing with their emotions and those diagnosed with personality disorders. DBT combines CBT with teachings in mindfulness (paying attention) and acceptance. DBT provides weekly skills training with weekly therapy sessions. The DBT skills training group teach mindfulness, emotional regulation, distress tolerance and interpersonal effectiveness.

### **Personalized Recovery Oriented Services**

Personalized Recovery Oriented Services (PROS) is a comprehensive recovery oriented program for individuals with severe and persistent mental illness. The goal of the program is to integrate treatment, support, and rehabilitation in an environment that facilitates the individual's recovery. Goals for individuals in the program are to improve functioning, reduce inpatient utilization, reduce emergency services, reduce contact with the criminal justice system, increase employment, attain higher levels of education, and secure preferred housing.

There are four Components in the PROS program: Community Rehabilitation and Support (CRS); Intensive Rehabilitation (IR); Ongoing Rehabilitation and Support (ORS); and Clinical Treatment, an optional component of a PROS program.

The CRS component includes services designed to engage and assist individuals in managing their illness and restoring those skills and supports necessary for living successfully in the community.

The IR component is composed of four different services. Through Intensive Rehabilitation Goal Acquisition, services are designed to assist an individual to attain a specific goal within a certain area, such as education, housing or employment. IR may also be used as Intensive Relapse Prevention to provide targeted interventions to reduce the risk of hospitalization or involvement in the criminal justice system. In addition, IR includes two evidence-based practices: Family Psycho-education and Integrated Dual Disorder Treatment (IDDT).

The ORS component provides support to assist individuals in managing their symptoms in the competitive workplace.

PROS can also provide Clinical Treatment services designed to help stabilize, ameliorate and control disabling symptoms. Clinical Treatment will provide a recovery focused, disability management approach with medication management, health assessment, clinical counseling therapy, symptom monitoring, and treatment for co-occurring disorders, all integrated with PROS rehabilitative service to provide comprehensive care. PROS participants have the choice to receive their Clinical Treatment through PROS.

There are three PROS licensing options. A program can operate a Comprehensive PROS which contains all of the components including Clinical Treatment, or one which contains all of the components except Clinical Treatment. A program that provides only employment support and Intensive Rehabilitation services is termed a Limited License PROS.

The Office of Mental Health has worked collaboratively with counties, mental health service providers, and consumer groups to design the PROS mental health program. The PROS license gives counties and providers the ability to integrate multiple programs into a comprehensive rehabilitation service.

### **List of Outpatient Programs**

Rockland County Department of Mental Health  
For information or to schedule an appointment  
Call (845) 364-2150  
[www.rocklandgov.com/departments](http://www.rocklandgov.com/departments)

#### Pomona Health Clinic

The Pomona Health Clinic offers primarily short-term and problem-focused treatment through individual, family and group therapy, and medication management for children, adolescents and adults. Services are designed to help people develop skills to effectively manage behavioral and emotional problems, strengthen the family system, resolve acute psychiatric symptoms and formulate effective medication regimens. For more information or to schedule an appointment, call (845) 364-2150.

#### Single Point of Access Committee (SPOA) for Adults

SPOA is the central point of referral and intake for Housing, Assertive Community Treatment (ACT) and Case Management for adults. The committee ensures the timely access to needed services, and brings together providers and adjunct supports to help everyone get to the help they need and for which they are eligible. For more information, call the Adult SPOA Coordinator at (845) 364-2399.

#### Single Point of Access Committee (SPOA) for Children and Adolescents

SPOA is the central point of referral for intake Case Management Services and OMH Home and Community Based Waiver Services to support each family in their wish to keep their child at home, along with specialized treatment, school, and other supports such as respite. For more information call (845) 364-2378.

### Assisted Outpatient Treatment Services (AOT)

The Department is responsible for coordinating and monitoring the Assisted Outpatient Treatment (AOT) program, established following the enactment of Kendra's Law in August 1999. Kendra's Law established a process to mandate treatment for individual with serious mental illness who refuses to comply with their treatment plan. This law is important in that it allows individuals to be ordered into treatment without ordering them into a hospital. For more information or to make a referral, please contact the AOT coordinator at (845) 364-3691.

### Mental Health Alternatives to Incarceration (MHATI)

The MHATI was initially funded by a grant awarded to Rockland County DA and EAC by the Department of Justice's Justice and Mental Health Collaboration program. Service providers are paid by Medicaid. Funding of the program will be assumed by Rockland County at the end of grant period in March 2015.

#### **Major criteria for Participation in the program**

- Criminal charge (misdemeanor or felony, excluding murder, attempted murder or sex crime)
- Axis I diagnosis, may have co-occurring alcohol/substance abuse disorder.
- Rockland County resident 16 years of age or older.
- Candidates will be evaluated on a case by case basis to ensure they are not a threat to the community – openness in looking at criminal history.

#### **Assessments**

- Clinical – diagnostic assessment to identify risk behaviors, symptoms, areas for intervention
- Needs assessment – threat of recidivism, violence, educational and psychological needs, alcohol and substance abuse needs, public safety.

**Referrals** – may come from ADA, defense bar, family, police officers, treatment providers, self-referral – referrals made by Judy Rosenthal in the Rockland County DA's office.

**Post plea** – voluntary agreement (individual must be competent) – individual pleads guilty, negotiates with DA's office and judge on charge; defense attorney assists in determining pros and cons – usual treatment mandate is 12 months for a misdemeanor and 18 months for felony; serious felony case may include probation.

**Compliance** – will attempt to be creative in a therapeutic structured way if client not compliant; various levels of sanctions could include talking to, writing composition, community service, higher level of care; change of meds/treatment; routine control dates.

The Monsignor Patrick J. Frawley Mental Health Outpatient Clinic  
Good Samaritan Hospital  
255 Lafayette Avenue  
Suffern, NY 10901  
(845) 368-5222

The outpatient program at The Monsignor Patrick J. Frawley Psychiatric Unit at Good Samaritan Regional Medical Center is designed to treat emotional and psychiatric disorders in adolescents, adults, and geriatric patients in a warm and caring environment. The Monsignor Patrick J. Frawley Mental Health Outpatient Clinic is licensed and certified by the NYS Department of Mental Health and accredited by the Joint Commission on Accreditation of Healthcare Organizations.

The specially trained clinic staff designs individualized treatment plans for many types of emotional and mental disorders. Highly effective treatment plans include combinations of medication and group therapies. In addition, the patients have access to a number of comprehensive services in the Alcohol Outpatient Clinic and our Chemical Dependency Program.

In addition to direct care for individuals, the Mental Health Outpatient Clinic offers mental health consultation and outreach services to community organizations.

The Monsignor Patrick J. Frawley Mental Health Outpatient Clinic is located on the campus of Good Samaritan Regional Medical Center.

Medicare, Medicaid and private health carriers that provide benefits for Behavioral Health Services are accepted.

Mental Health Association of Rockland  
140 Route 303  
Suite A  
Valley Cottage, NY 10989  
(845) 267-2172 Ext. 320  
[www.mharockland.org](http://www.mharockland.org)

### For Children

**CASA** (Court Appointment Special Advocates) are volunteers trained to work with children who are the subject of court cases related to abuse and neglect.

**Recovery Services** empowers people who have been affected by chemical dependency to regain control over their lives.

**Children's Case Management** helps children ages 5-18 who are experiencing significant behavioral difficulties to dream with hope about their future and become more connected to their families and schools.

**The Coordinated Children's Services Initiative** (network) is part of a national effort to prevent out-of-home placements for children who are having behavioral difficulties and to keep families together.

**Rockland Success Team** is a life skills program that teaches young people in grades K-12 how to resist peer pressure and make healthy decisions.

**Project in-joy** is a recreational yoga and socialization experience that is dedicated to families that have a child age 5-21 who has a documented developmental disability.

**Respite Services** offer families a scheduled break after a child age 5-17 has experienced emotional trauma and the family needs time to recover and move forwards.

**Young Adult Advocacy** provides peer mentorship for people ages 13-25 who are dealing with mental health issues.

#### For Adults

**Adult Care Management** can assist with a variety of your needs including community supports, applying for entitlements, housing needs, medical appointment scheduling, medication review, discharge planning from the hospital and other general advocacy services.

**Reach One** connects people who have a psychiatric diagnosis and/or chemical addiction to those who have been successful in their own recoveries to help them achieve their dreams.

**The Friendship Club** is a weekly evening program designed for adults with a developmental disability who enjoy the company of others, are comfortable in a group, are willing to travel with a group in a van, and are open to trying new experiences.

**Recovery Services** empowers people who have been affected by chemical dependency to regain control over their lives additionally offering group courses in co-occurring disorders, DBT, DWI groups.

**PROS (Personalized Recovery- Oriented Services)** inspires people who have mental illness to define themselves in new ways and to lead enriching lives. Their goal is to improve the quality of life based on individual goals through a wide array of classes, individual counseling, peer support, and medication as needed.

**ACT (Assertive Community Treatment)** serves those who have frequent hospitalizations and emergency room visits due to mental illness and have found outpatient programs to be insufficient.

**Compeer** is a one-to-one mentoring program that matches a community volunteer with an adult receiving mental health services.

### For Families

**Client/Family Advocacy** offers personal guidance to mental health system with resource information to meet your specific needs.

**Consumer/Family Outreach** offers families and significant others support and coping skills to maximize recovery.

**Parent Partners** are parents themselves who are very familiar with the educational, therapeutic, and social opportunities in Rockland County that will support those in need in getting all the services they need for children dealing with emotional challenges.

**Patient Parenting** is a 6-week course where individuals learn with other parent's techniques to help you deal with stressful situations with a suffering from emotional challenges.

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Volunteer Counseling Services, Inc (VCS)  
77 South Main Street  
New City, NY 10956  
(845) 634-5729

VCS Clinical Services offers a range of programs for people from adolescence to older adulthood, including: Under professional supervision, trained community volunteers, provide the counseling services listed below.

- Counseling Program
- Adolescent Services
- Parenting Classes
- Separation/Divorce Services
- Services for Older Adults & Their Families
- LGBT Clinical Services
- Employee Assistance Program Services for Small Businesses
- Relatives as Parents Program
- Support Group for Care Givers
- Kinship Care Program
- Student Advocacy
- Parent Education and Awareness Programs (PEAP)

Four Winds Hospital  
800 Cross River Road  
Katonah, NY 10536  
(800) 528-6624 Ext. 2253  
[www.fourwindshospital.com](http://www.fourwindshospital.com)

Partial Hospitalization (PHP)  
(5 days a week, 9 a.m. - 3 p.m.)

Child Treatment

Full-day intensive, medically supervised outpatient treatment program.

Children (ages 5-12).

Adolescent Treatment

Full-day intensive, medically supervised outpatient treatment program.

Adolescents (ages 13-17).

Adult Treatment

Full-day intensive, medically supervised outpatient treatment program utilizing DBT-informed treatment.

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Rockland Psychiatric Center  
140 Old Orangeburg Road  
Orangeburg, NY 10962  
(845) 359-1000  
Fax (845) 680-5580  
[www.omh.ny.gov/omhweb/facilities/rppc/facility.htm](http://www.omh.ny.gov/omhweb/facilities/rppc/facility.htm)

Rockland Psychiatric Center provides treatment, rehabilitation, and support to adults 18 and older with serious mental illness. RPC has services at multiple levels of care, including hospital-based care, ambulatory clinic care, Assertive Community Treatment (ACT) teams, clubhouses, transitional and other residences, and family care residences. RPC's hospital-based services include focused treatment units for deaf adults, geriatrics, co-occurring substance disorders, and research.

RPC's main campus and hospital-based services are located in Orangeburg, NY, 17 miles north of Manhattan. RPC is affiliated with New York University and has a close relationship with the Nathan Kline Institute (NKI), one of the two OMH research centers in New York State. NKI is located on the same campus with RPC, and RPC's research unit is co-run with NKI and housed within NKI.

RPC has thirteen outpatient clinics in the seven counties of our catchment area, two ACT teams, a Mobile Mental Health Team in Sullivan County, and operates 11 residential programs in four counties. RPC is a member of the Hudson Valley Cares Coalition and

Community Health Care Cooperative. There are two outpatient service centers in Rockland County.

The Orangeburg Services Center is located in Building 57, 1<sup>st</sup> Floor. Call (845) 398-7050.

The Nyack Service Center is located at 18 Church Street, Nyack, NY 10960. Call (845) 358-1677.

In addition, RPC has a Recovery Center – a peer oriented support, social and skill building program open to any individual in Rockland County living with mental illness. The Center is located on the campus of RPC. The Center also houses “the Living Museum” which offers opportunities for individuals to create and exhibit visual and performing art.

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Rockland Children’s Psychiatric Center  
2 First Avenue  
Orangeburg, NY 10962  
(845) 359-7400  
Fax (845) 680-8900  
[www.omh.ny.gov/omhweb/facilities/rcpc/facility.htm](http://www.omh.ny.gov/omhweb/facilities/rcpc/facility.htm)

In addition to its inpatient facility, RCPC has a wide variety of outpatient services, including school-based aftercare programs, day treatment programs, and clinics. These programs are fully integrated with the inpatient services, enabling RCPC to provide a full continuum of care to the children it serves.

Community services programs provide psychiatric treatment and support services to children and adolescents in their home communities. They assure quality continuity of care for children discharged from the hospital. These programs include school-based Clinic, Day Treatment, Intensive Day Treatment, and Intensive Case Management programs. Specific services within each program are tailored to the individual needs of the child and family.

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Saint Vincent’s Hospital – Westchester  
A Division of Saint Joseph’s Medical Center  
275 North Street  
Harrison, NY 10528  
Evaluation and Referral Evaluation Unit  
(914) 925-5320  
(855) 239-0019  
[www.stvincentswestchester.org](http://www.stvincentswestchester.org)

Our specialized outpatient services include:

Partial Hospital Program: The partial hospital program serves as an alternative to inpatient

hospitalization for patients with acute psychiatric symptoms, and can also serve as a transition after inpatient hospitalization. Treatment is short-term and focused on resolution of the acute psychiatric crisis. Program staff closely coordinates treatment with families and community support networks. St. Vincent's offers specialized services for adolescents.

Child and Adolescent Services: St. Vincent's offers outpatient services for children ages 5 and older, and a specialized inpatient program for adolescents ages 13 and older.

Latino Treatment Services: The Latino Treatment Service offers bilingual, bicultural mental health and chemical dependency treatment for children, adolescents, adults and their families.

Assertive Community Treatment (ACT) : The ACT Program, funded by New York State and Medicaid, provides integrated treatment, rehabilitation, case management and support services to individuals with serious mental illness. The program receives referrals through the Westchester County Department of Health's "Single Point of Access" (SPOA) office.

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Phelps Memorial Hospital Center  
Route 9 at Route 17  
Sleepy Hollow, NY 10591

- Phelps Counseling Service  
755 North Broadway, Suite 250, Sleepy Hollow, NY 10591.  
(914) 366-3600.

Bi-lingual (Spanish) services for adolescents and adults are also available at this site and at 155 White Plains Road, Tarrytown, NY 10591.  
(914) 366-3600.

- Ossining Counseling Service  
22 Rockledge Avenue, Ossining, NY 10562.  
(914) 944-5250.

Continuing Day Treatment –The Continuing Day Treatment (CDT) program provides mental health services for individuals over 18 years of age who require more intensive treatment than a clinic setting can provide to treat serious mental illness, whether long-term or of sudden onset.

The program is structured to provide services for clients with varying levels of need. Services include symptom management, medication management, health education, social skill development, vocational guidance, case management and discharge planning.

Continuing Day Treatment  
315 South Highland Avenue  
Briarcliff Manor, NY 10510  
(914) 923-5700.  
Monday – Friday 8:30am – 4:30pm

#### Intensive/Supportive Case Management - Outpatient

CM/SCM is designed to coordinate services and supports for people diagnosed with mental illness to enable them to live successfully in the community. Highly trained intensive and supportive case managers provide services individually tailored to circumstances, needs, and desires of each individual. A rehabilitation-oriented case management approach is used to achieve the ultimate goal of increasing the person's level of functioning in the roles and environments (living, learning, working and socialization) they choose.

The ICM/SCM program employs a team approach. Four principals are incorporated to make the community available for individuals:

- Engage the individual by providing options that are responsive to his or her needs and preferences.
- Reduce inpatient treatment by providing services and support that prevent or resolve crises in the person's own place of residence.
- Help people develop hope for possibility of recovery.
- Assist people in developing and achieving personally satisfying goals in the areas of housing, social relationships, education and work.
- To arrange for an evaluation, please call:

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Bergen Regional Medical Center  
230 East Ridgewood Avenue  
Paramus, New Jersey 07652  
[www.bergenregional.com](http://www.bergenregional.com)

#### Outpatient Psychiatric Services

The Behavioral Health Division at BRMC provides a full array of comprehensive services that meet the needs of patients seeking high quality care. From the initial contact with the Access Center, to the initial clinician assessment and through treatment completion, patients will find that caring and compassionate staff works with them every step of the way towards achieving their mental health goals.

The Intensive Outpatient Program of Bergen Regional Medical Center's Evergreen Substance Treatment Program is offering a 'Family Program' designed to assist those living with the challenges of having an addicted friend, family member or other loved one. The program meets Thursday evenings in the Medical Center and is designed to help improve

communication, set limits and boundaries and improve the overall quality of the relationship. For more information or to join the program, call 201-967-4000 extension 4735.

The IOP is also offering a 'Grief and Loss Group' that differs from traditional Grief and Loss Groups because it covers these issues and their impact and relation to recovery. The Grief and Loss Group is offered on Tuesdays from 10:30am-Noon and 6pm-7:30pm at Bergen Regional Medical Center. For more information or if you are interested in joining the 'Grief and Loss Group', please call 201-967-4000 extension 5940.

### Outpatient Department

The Outpatient Department at BRMC provides an initial comprehensive assessment by either a psychiatrist or a social worker that includes the development of an individualized treatment plan. Outpatient therapy for children, adolescents and adults, including geriatric patients, utilizes a brief treatment model of care that will quickly focus on the patient's relevant problems and the development of a specific and focused treatment plan. When indicated, treatment with appropriate medications will be initiated and closely monitored by the psychiatric staff, which includes adult and child psychiatrists and adult psychiatry residents who are closely supervised by the staff psychiatrists. The department also provides specialized group therapy experiences that address anxiety, depression, interpersonal and life skills.

### Child/Adolescent Psychiatric Outpatient Program Now Available at BRMC

Now Available at Bergen Regional Medical Center 9am-5pm, Monday-Friday, a full time, board certified child psychiatrist and two licensed social workers are available to treat children between the ages of 5-18 for a variety of mental health issues including: ADHD, Bullying, Depression, Anger, Anxiety, OCD, Bipolar Disorder  
Support groups for parents are also available.

### Acute Partial Hospital Program

For those patients who require more intensive treatment that includes daily nursing and psychiatric services the Acute Partial Hospital at BRMC is designed to fully meet the needs of patients who have either have just been discharged from the hospital or who are at high risk for hospitalization. A staff of qualified professionals which includes psychiatrists, social workers and nurses provide intense therapy within a structured five hour a day program. An individualized treatment plan is developed and monitored closely by the treatment team and the patient. Once stabilized patients may transition to less than five day a week treatment and to less than five hours a day of treatment. If needed BRMC provides transportation to and from the program.

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High Focus  
40 Eisenhower Drive  
Paramus, NJ 07652  
(201) 291-0055  
Fax (201) 291-0888  
www.highfocus centers.com

### Adult Psychiatric Services

Adult psychiatric programs provide services for adults with major psychiatric illness. Patients admitted to the program undergo psychological testing and are seen by a psychiatrist for an initial evaluation and then on an on-going basis throughout treatment.

Dual diagnosis patients are successfully treated in all of the adult psychiatric treatment programs.

Programs emphasize successful resolution of the acute symptoms that precipitated the patient's admission, formation of a proper medication regimen and focused intervention addressing the central recurring problems associated with the patient's illness. Patients leave the programs engaged in the treatment process and well-prepared to benefit from ongoing individual and family therapy.

In recognizing that individuals in need of acute psychiatric treatment sometimes have difficulty with traditional verbal therapies, the program schedule always incorporates multiple treatment modalities to maximize opportunities for successful intervention.

The Partial Day Program provides services for those adults who require a very structured treatment during a period of major psychiatric illness. Participants attend the program for a full day of structured treatment five days per week. The treatment regimen includes individual therapy, group therapy, family counseling, psychiatric evaluation, medication management and psychiatric nursing services.

The Intensive Outpatient Program is provided as either a step-down from the Partial Day Program or as an alternative point of intervention. Participation in the program is for three hours each visit, with a similar but less intensive version of the treatment regimen in the Partial Day Program.

### Adolescent Psychiatrist Services

The adolescent psychiatric programs provide services for those teens with major psychiatric problems. Patients admitted to our programs undergo psychological testing and are seen by a psychiatrist for an initial evaluation and then on-going throughout treatment.

Resolution of problematic behaviors and acute psychiatric symptoms are among the goals of the adolescent psychiatric programs. In addition, the treatment team helps participants

develop more effective coping skills to manage the pressures of adolescence, build healthy family relationships and be better prepared to continue treatment in individual and family therapy following discharge.

Dual Diagnosis patients are successfully treated in all of our adolescent psychiatric programs.

The Partial Day Program provides services for those adolescents who require a very intensive level of intervention. Adolescents attend the program daily for a full day of treatment five days per week. The regimen includes group therapies emphasizing different treatment techniques, individual counseling, family therapy, psychiatric nursing, psychiatric evaluation, medication monitoring and a weekly parent/education support group.

Transportation is provided for adolescents to and from the facility.

The Partial Day Program includes a school component provided by a state approved agency. Teachers coordinate assignments and curriculum with the student's home district to minimize the disruption to the adolescent's studies.

The Intensive Outpatient Program (IOP) is a program for those teens that require an intensive intervention, but do not require the structure of a full day of programming and can successfully attend his/her own school. The IOP can be a step-down from the Partial Day Program or serve as the primary treatment program for those with somewhat less severe problems. Adolescents attend the program for three hours in a given day and receive a similar, but less intensive version of the treatment regimen in the Partial Day Program. Transportation is provided for adolescents to the facility from their school or home.

Both the Partial Day Program and the Intensive Outpatient Program offers extensive family services.

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Jawonio  
TECH Building  
775 North Main Street  
New Hempstead, NY 10977  
(845) 708-2000  
[www.jawonio.org](http://www.jawonio.org)

Jawonio provides lifespan services in New York's Hudson valley for people with mental illness, developmental disabilities, and chronic health needs. The agency serves individual with developmental disabilities and special needs throughout Rockland County, NY, Westchester County, NY, New York City and Northern New Jersey.

Jawonio is a provider of lifespan services in New York's Hudson Valley for people with developmental disabilities, mental illness, and chronic health needs. The agency serves individuals with developmental disabilities throughout Rockland County, Westchester County and Northern New Jersey.

## Behavioral Health Services

### PROS (“Personalized Recovery Oriented Services”)

A “person centered” recovery oriented service that assists individuals diagnosed with a mental illness to work towards greater independence and improved quality of life in the areas of everyday living, learning, working, socializing through recovery.

### Case Management Services

Case management services are those services which will assist persons with serious mental illness to obtain needed medical, social, psychosocial, educational, financial, vocational and other services. Services are provided in adult homes and the community.

### Employment and vocational Services

Services include job development, intensive job coaching (on and off the job site) and job hire services, and employment services for the deaf and hard of hearing.

## Jawonio Community Services

Residences include houses, apartments and condominiums. Each home fosters increased independent living skills for people with disabilities. Residents receive individualized support in self-care, independent living skills and basic household chores according to their level of ability.

### Developmental Disability Services

Services include early intervention evaluation and treatment as well as progressive service modification during the child’s initial developmental stage, waiver services including: residential, community, day habilitation programs, along with respite and environmental modifications.

### Health Center

The center at Jawonio includes primary care, audiology clinic, dental care, psychiatric services, psychology, and social work services.

## Jawonio Mobile Crisis Team – Developmental Disabilities

260 North Little Tor Road

New City, NY 10956

(877) 841-7916 Mobile Response Team

(845) 708-2003 Program Administration

[www.jowanio.org](http://www.jowanio.org)

Offers crisis intervention to individuals with developmental disabilities, and their families, who are experiencing mental/behavioral or emotional crisis. Services include:

- Telephone hotline with immediate response and referral to trained clinicians.
- Assistance to individual by telephone, at home or at hospital emergency department.
- Coordination with local emergency services, psychiatrists/hospitals.
- Follow-up and referral services.

Individuals must be OPWDD service eligible and be living at home (i.e. not institutional or congregate setting.) Program operates on weekend, from Friday at 6:00pm to Monday at 6:00am at no cost to individual/family.

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Rockland Jewish Family Service  
450 West Nyack Road, Suite 2  
West Nyack, NY 10994  
Main Phone number: (845) 354-2121  
Fax Number: (845) 354-2928  
Reception Desk: (845) 354-2121 ext. 140  
[www.rjfs.org](http://www.rjfs.org)

Rockland JFS offers individual and group therapy for children, adolescents, adults and older adults. Programs include:

Anxiety reduction for older adults  
Holocaust Survivors services  
Bereavement support  
Encore therapy groups  
Group cognitive therapy  
Overcoming loneliness  
Family based services  
Wonderchild program-enrichment program for exceptional children  
Rhoda Bloom Kosher Food Pantry – monthly distribution to income eligible residents.  
Eating disorders program, currently the only program of its kind in Rockland County.  
Eating disorders outreach, prevention and education.

JFS clinical services are insurance reimbursable. We will provide you with an invoice to be submitted to your insurance company for all therapy sessions.

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Candle of Rockland County  
120 North Main Street  
Suite 301  
New City, NY 10956  
(845) 634-6677  
Fax (845) 639-0951  
[www.candlerockland.org](http://www.candlerockland.org)

Community Awareness Network For A Drug-Free Life And Environment, Inc. (CANDLE) was founded as a non-profit organization in 1982. Its mission is to prevent substance abuse and violence among youth. CANDLE's goal is to improve the health and climate of our schools and our communities by providing prevention education and resistance strategies to youth and their adult allies, and support programs for young people at risk

Programs:

CANDLE Center  
Common Threads  
Cool C.A.T.S.  
Girls Circle  
Group Facilitator Training  
Kids Connection  
LGBTQ Trainings  
National Coming Out Day Project  
Only Two Will Do  
Peacemakers  
Professional Development Workshops  
Tobacco-Free School Policy Program  
Too Good for Alcohol, Tobacco & Other Drugs  
TRUST  
Varsity Athletes against Substance Abuse

Youth Candle Pride provides a safe place for LGBTQ teens. Activities include discussion groups, speaker on LGBTQ issues, movie, fame nights, and creative art projects.

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The Child Study Center  
NYU Langone Medical Center  
1 Park Avenue  
7th Floor  
New York, NY 10011  
(212) 263-6622

The New York University Child Study Center (CSC) was founded in 1997 at Bellevue Hospital Center. The CSC was established with a mission to improve the treatment of child psychiatric disorders by:

- Eliminating the stigma of being or having a child with a psychiatric disorder
- Conducting research and disseminating scientific findings to improve the practices of professionals serving children
- Influencing child-related public policy

The NYU Child Study Center is built around a group of research Institutes with associated clinical arms, a structure that allows recruitment of patients for research studies and then provides "real-world" testing for successful controlled-environment findings. These research initiatives have advanced understanding of the causes and treatments of child and adolescent psychiatric disorders.

Research: The Child Study Center's research program is made up of seven institutes, which work to advance the scientific knowledge, prevention, and treatment of critical mental health problems facing children and adolescents.

Clinical Care: These institutes integrate research with state of the art clinical services, operating under the main clinical arm, Child and Family Associates. Award-winning clinicians provide assessment and a wide range of services for children and their families. These include individual and group therapy, parenting training, medication treatment, and a number of specialized programs.

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Refuah Health Center  
728 North Main Street  
Spring Valley, NY 10977  
(845) 354-9200  
Fax (845) 354-3305

#### Behavioral Health

Refuah's Behavioral Health Department offers culturally sensitive mental health care in a confidential and comfortable setting. Since 2006, we have been providing services to meet a broad scope of mental health needs including anxiety, depression, ADHD, OCD and eating disorders. It is our mission to provide quality care and assistance for psychosocial problems that are accessible, affordable, and confidential. We believe that psychological well-being is a vital component of overall health.

The Behavioral Health staff includes Clinical Social Workers who provide psychotherapy to effect behavior change, Psychiatrists who provide medication treatment, monitoring, and a Case Manager who provides assistance with community resources and benefits such as insurance.

Behavioral Health services are currently limited to existing primary care patients of Refuah. Appointments can be made by contacting our Coordinator at extension 167.

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Bikur Cholim, Inc.  
Mental Health Clinic  
25 Robert Pitt Drive, Suite 101  
Monsey, NY 10952  
(845) 425-5252, ext. 200  
[www.bikucholim.org](http://www.bikucholim.org)

Provides CBT, DBT and psychodynamic psychotherapies for children, adolescents, and adult as well as couples and families.

Psychiatric, psychological, neuropsychological and psycho-educational evaluations are conducted. Psychopharmacological treatment is provided. The clinic works in conjunction with the Nathan Kline Institute (NKI) in the early detection of serious mental illness.

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Westchester Jewish Community Services

141 North Central Avenue

Hartsdale, NY 10530

(914) 949-6761

www.wjcs.com

WJCS offers a comprehensive range of services for people who live or work in the County. Our extensive connections to sister agencies and government services allow us to serve the multi-faceted needs of individuals and families.

To find information about particular treatment programs call us or consult our website. We provide mental health services, on an outpatient basis for children, adolescents and adults.

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Westchester Center for the Study of Psychoanalysis and Psychotherapy

260 Stuyvesant Avenue

Rye, NY 10580

(914) 967-1300

www.wcspp.org

The psychotherapy service offers individuals an opportunity to receive reduced fee psychoanalysis and psychotherapy from state licensed mental health professionals who are part of our advanced training programs. This service is available to children, adolescents and adults throughout Westchester, Rockland and Fairfield counties. Patients are seen in private offices for as long as treatment is needed.

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White Plains Hospital

41 East Post Road

White Plains, NY 10601

(914) 681-1078

www.wphospital.org

Adult Mental Health Clinic.

The Mental Health Clinic provides psychotherapy and psychopharmacological treatment to patients 18 years of age and older who are treated for a wide variety of mental health problems. Such problems include: adjustment disorders relating to stressful life circumstances; chronic difficulty managing relationships at home and at work; anxiety and depressive disorders; and the more severe and persistent psychiatric disorders. The Mental Health Clinic offers individual and group psychotherapy, and medication management, for patients who can be adequately treated with weekly or less frequent clinic visits. –

Continuing Day Treatment Program (CDT)

This is a program for adult patients whose emotional difficulties require more intensive treatment than can be provided by once-weekly office visits. It can be useful to patients making the transition from inpatient care back to the community, as well as to those patients in on-going outpatient psychotherapy who might benefit from the addition of an intensive

therapeutic environment. Patients attend the CDT for four to five hours of activities per day, Monday through Friday. Each patient works with his or her primary CDT therapist to create a schedule of therapeutic activities which address the individual needs of the patient. In addition to group and individual psychotherapy, the program offers a variety of focus groups and activities designed to foster psychological growth and prevent relapse. This is a smaller, more intimate program than many of its kind, and patient satisfaction scores are consistently high.

#### Child and Adolescent Service

The Department of Behavioral Health's Child and Adolescent Service specialize in the diagnosis, treatment, and prevention of problems for children and adolescents. Services available for families with children between the ages of one and 19 include individual and family psycho-education and therapy, testing and assessment, medication management and collateral school and physician consultations.

The Anxiety and Phobia Treatment Center The first hospital-affiliated facility of its kind in the country, the Anxiety and Phobia Treatment Center pioneered the cognitive-behavioral treatment of anxiety disorders. It specializes in treatment for Specific Phobias (e.g., driving, heights, enclosed spaces, insects and animals), Health Anxiety, Public Speaking and Social Anxiety, and Fear of Flying. Supportive group therapy and ongoing educational groups constitute the cornerstone of treatment, and counselors are available to work with patients in the specific situations that cause them anxiety. Learn more about this program.

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New York Presbyterian – Westchester Division/Weil Cornell Psychiatry  
21 Bloomingdale Road  
White Plains, NY 10605  
(914) 682-9100  
(888) 694-5700  
[www.nyp.org/psychiatry](http://www.nyp.org/psychiatry)

NYP hospital in cooperation with the Weil Cornell Psychiatry programs provides outpatient services for children, adolescents and adults. Call for more information

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Student Assistance Counselors  
Clarkstown Central School District  
62 Old Middletown Road  
New City, NY 10956  
(845) 639-6300  
[www.ccsd.edu](http://www.ccsd.edu)

Student Assistance Counselors provide services to address the complex mental health needs of students and families to facilitate academic success, by helping students with a wide range of issues, including:

- Coping with illness ( physical or mental)/death of family member or friend
- Managing changes due to separation, divorce, blended families
- Coping with difficulties around peer relationships, academics or school phobia
- Building resiliency to foster self-esteem and self confidence
- Providing interventions for students experimenting with drugs and alcohol
- Assisting students who are struggling with issues of family substance abuse
- Identifying students who experience physical, sexual or emotional abuse
- Supporting students who are struggling with sexual orientation or gender identity
- Supporting students who are confronted with pregnancy, poverty or homelessness

The following services are provided to address these issues:

- Individual counseling
- Group counseling
- Crisis Counseling
- District wide Crisis Response
- Parenting Workshops
- Classroom Presentations on topics such as; substance abuse, suicide, depression, violence prevention, conflict resolution, peer mediation, anti-bullying
- Staff development for social-emotional and behavioral issues that impact learning
- Coordination of Mentoring Programs
- Community liaison through involvement with organizations, private

## **INSURANCE ISSUES**

Coverage:

Prospective patients and their families should always check with both the treating agency and their insurance company to be certain that the care required is covered. Most people assume that if they have mental health coverage – all services and types of facilities are covered. This is NOT always the case; read your benefit coverage carefully.

It is also vital that you determine the following:

- Exactly what is covered.
- Are there deductibles or copayments.
- What length of stay or numbers of visits are covered.
- Is the treatment provider considered “in network” or “out of network”- coverage varies based on this distinction. Usually out of network coverage is more costly for the patient.

Medical necessity:

Insurance companies will not pay for services they do not consider “medically necessary”. Most insured persons have no idea what the criterion for this important decision is based on, however most providers are aware of these criteria. Before you assume that the service you require or desire meet these criteria, speak with your treatment professional. This needs to be done even in emergency situations. You do not want to drive to a facility to discover you are not covered. For example, an uninsured bed in a private psychiatric hospital could cost more than \$1,000 per day which is typically before the patient even speaks to a doctor.

Continuing Care Criteria:

For initial admissions to inpatient and outpatient care, one set of criteria is used, however the continuation of care criterion over time is often held to a different standard. For example, a person may be admitted in an inpatient hospital for treatment of depression with suicidal thinking. Once the suicidal thinking stops and antidepressant medication starts to work, the criteria for a continued stay will be different. The same patient being treated for depression as an outpatient will, after a time period specified by the insurance company, be subject to a different set of continuing care criteria. The talk therapy and medication visits will be viewed differently as well. In recent years, insurance companies have favored “brief therapy” models. Therefore, patients needing/desiring longer term therapies may have to pay for it “out of pocket”.

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## **PEER, FAMILY SUPPORT AND EDUCATION SERVICES**

Nathan Kline Institute (NKI)  
140 Orangeburg Road  
Orangeburg, NY 10962  
(845) 398-8787  
[www.rfmh.org/nki](http://www.rfmh.org/nki)

The Nathan S. Kline Institute for Psychiatric Research (NKI) is a facility of the New York State Office of Mental Health that has earned a national and international reputation for its pioneering contributions in psychiatric research, especially in the areas of psychopharmacological treatments for schizophrenia and major mood disorders, and in the application of computer technology to mental health services. Since 1952, interdisciplinary teams of distinguished NKI scientists have applied their talents and expertise to study the etiology, treatment, prevention, and rehabilitation of severe and persistent mental illnesses.

Located on the grounds of Rockland Psychiatric Center in Orangeburg, New York (20 miles north of New York City), NKI receives additional operating support from federal, municipal, and private sources through the Research Foundation for Mental Hygiene. NKI has a strong academic collaboration with the Department of Psychiatry of New York University.

NKI provides assessment and evaluation for children and adolescents with emotional/mental health problems.

NKI also provides assessments for adults with dementia problems through their Center for Dementia Research.

The Memory Education and Research Initiative (MERI) in collaboration with the Rockland County Department of Mental Health offers free comprehensive neuropsychological evaluations of memory for local residents. (845) 398-5579

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National Alliance on Mental Illness of Rockland County - known as NAMI Rockland  
Mental Health HELPLINE  
Monday to Friday 10AM to 2PM  
(845) 359-8787  
[www.namirockland.org](http://www.namirockland.org)

Providing support, education and advocacy for families of individuals living with mental illness and their loved ones, NAMI also provides community outreach to increase understanding and reduce stigma.

All services and programs are free and are facilitated by trained family members. Programs include:

- Monthly education programs on the third Wednesday
  - Telephone helpline providing support, information, resources and referrals
  - NAMI Family to Family – a 12 week supportive education course for families and caregivers of adults with mental illness. Information is provided about diagnosis, treatment, rehabilitation, coping with communication skills, and more
  - De Familia a Familia: designed for Spanish speaking families and caregivers
  - NAMI Basics: a six week course for parents and other caregivers of children and adolescents with mental, emotional or behavioral issues, including: attention deficit hyperactive disorder, depression, bipolar disorder, autism and other emotional difficulties.
  - NAMI Family Support Group (RAP) which meets monthly on the 1<sup>st</sup> Wednesday.
  - NAMI Familia Support Group for Spanish speaking families and caregivers. Meets monthly.
  - NAMI Connection – recovery support programs for adults with mental illness. Meets on Monday evenings.
  - NAMI- In Our Own Voice – interactive programs for community groups. Individuals living with mental illness put a human face on mental illness.
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Rockland Independent Living Center (RILC)  
873 Route 45, Suite 108  
Spring Valley, NY 10977  
(845) 624-1366  
Fax (845) 624-1369  
TTY (845) 624-0848  
Cap Tel (845) 624-3053  
[www.rilc.org](http://www.rilc.org)

The mission of the RILC is to provide advocacy and leadership in the creation and development of an accessible and integrated community for people with disabilities, so that they may pursue lifestyles of their choice. Their constituency is comprised of all ages and varying disabilities. Programs and resources offered provide needed support to individuals with all disabilities at literally every stage of life and include services in the areas of:

- Consumer directed personal assistance services
- Medicaid service coordination – OPWDD/NHTD
- Transportation training and advisement and certification for TRIPS Para transit
- Advocacy in accessibility issues and systems changes to increase accessibility
- Food pantry
- School to adult-life transitions and educational supports
- Computer classes
- Advisdemtn and advocacy in:
  - Benefits
  - Housing
  - Employment
  - Education

Rockland Council on Alcoholism and Other Drug Dependencies (RCADD)  
25 Smith Street, Suite 101  
Nanuet, NY 10954  
(845) 215-9788  
(845) 215-9793 fax  
[www.rcadd.org](http://www.rcadd.org)

RCADD provides information and referral services for individuals suffering from alcohol and other drug dependencies. They provide similar support to families and loved ones close to someone suffering from the disease of chemical dependencies. They operate the Rockland Chemical Dependency Studies Institute which provides professional training for those seeking to become Credentialed Alcoholism and Substance Abuse Counselors (CASAC). RCADD advocates for the rights of patients and the support of access to treatment services.

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Rockland County Veterans Service Agency  
20 Squadron Boulevard, Suite 480  
New City, NY 10956  
(845) 638-5244  
(845) 638-5730 fax  
[www.rockvets.com](http://www.rockvets.com)

The Veterans Service Agency has been in existence continuously since 1945 to assist the veterans of Rockland County.

RockVets is a project of New York Vets, a non-profit agency created in 1992 to care for those who have worn the uniform of our nation, no matter where or when they served.

As a result of their military service, our veterans and military personnel have earned benefits through the GI Bill and other venues. The agency provided assistance and information on items such as:

- VA hospital and out-patient care
- Rockland County VA medical clinic
- Disability compensation
- Discharge upgrades
- Educational benefits
- Employment
- GI insurance assistance
- Membership in Vets organizations
- Acquiring medals and records
- Alcoholism and chemical dependence
- Post-traumatic stress information
- Cemetery and burial benefits
- Nursing homes
- Pension benefits including aid and attendance
- VA and state of NY mortgage information
- Vocational rehabilitation

For further details on these and other topics, please check out “Areas of Assistance” on the agency website, or get in touch directly via calls or emails. You may also sign up for the newsletter on the right hand side of the webpage. For a “Guide to VA Mental Health Services for Veterans and Families” go to [www.mentalhealth.va.gov](http://www.mentalhealth.va.gov).

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Westchester Consumer Empowerment Center, Inc.  
Main Office (914) 699-5036  
Support line (877) HELP 800  
[www.theempowermentcenter.org](http://www.theempowermentcenter.org)

The main office is located in Mount Vernon, NY. The largest peer support center called Dimensions is located in New Rochelle, NY. Dimensions is home to our Peer-Support Line,

where we feed the homeless, offer the Howie Resource Library and sponsor a lecture series to help people move onto personal independence. The Center's Peer-Advocacy Coalition for New York City/Westchester/Rockland (NYWRAC) advocates work at the following hospitals: Mt. Vernon Hospital, St. Joseph's Medical Center, St. Vincent's Medical center, Westchester Medical Center and Summit Park Hospital in Pomona, NY. The Empowerment's second Peer Support Center, Strawberry Fields, is located on the campus of Rockland Psychiatric Center.  
(845) 398-7509

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Rockland County Depression and Bipolar Support Group  
(845) 837-1182  
[www.dbsarockland.org](http://www.dbsarockland.org)

Dedicated to people living with depression, bipolar disorder, anxiety or related mood disorders and family members, partners and friends, the support groups provide a safe place for persons living with mood disorders and/or their family members.

Group meeting every Thursday evening at Jawonio Tech Building, 775 North Main Street, New Hempstead, NY 10977.

Mood Disorder Group and Family and friends – we start out together and then Friends and Family has their own Support group.

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## **PROVIDER LISTS**

Insurance companies often provide a list of their “in-network” providers, usually on company websites. This is the first place to look for providers who accept your insurance for mental health services. However, many of these listings are out of date. Providers may have retired, died, or dropped out of their network. Insurers are very slow to update these lists and remove names. So double check with the provider that they are still accepting your insurance. These providers can only ask you for any deductible amounts or copayments according to their contract with the insurance company. Insurance companies designate agencies and programs that they have contracts with as “preferred providers”. You should inquire as to who is on their preferred provider list. They may also refer to these programs as “in-network” providers.

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## **ADDICTION TREATMENT SERVICES**

### Types of Services:

Detoxification: Most detox services are provided on an in-patient basis (either on an addiction treatment unit or a separate hospital unit). Detox services can range from one to ten days on average. Detoxification is a process of gently stepping the patient down from their addictive drug (i.e.; heroin or other opiates or alcohol). Detox medications are administered in decreasing doses until the patient is drug free. Patients are screened for medical complications caused by their addiction. While many patients are referred on to other addiction services, most do not follow through, choosing instead to return to alcohol or other drugs.

Inpatient Rehabilitation Programs: “Rehab” stays can be done in a hospital or “free-standing” settings. Lengths of stay may vary from one to four weeks. Traditionally, rehab stays have been for 28-30 days. However, insurance companies may want to move the client to intensive outpatient settings before the 28 days. Some hospital based rehabs may also provide detox services. Rehabs provide psychoeducation about addictive behavior and group therapy attendance at self-help groups such as AA and NA. Patients who successfully complete their rehab stay are provided with referrals to outpatient treatment agencies and providers and are expected to continue with self-help meetings.

\*Special Note: Many insurers will not pay for rehab programs until the patient has already undergone an outpatient treatment program but continues to abuse drugs and alcohol.

Intensive Outpatient Programs: Most programs provide services 4-5 days per week for a period of 6-10 weeks. Some may “step down” the number of days the patient progresses in treatment. Services may be provided during the day or in the evening for working patients. Typical services include: drug testing, group therapy, psychoeducational groups, some individual counseling, attendance at self-help meetings (inside or outside their facility), and family programming. Patients who successfully complete an IOP are given referrals to agencies and providers who meet on a less frequent basis.

Outpatient Treatment: Outpatient Treatment usually meets no less than once per week with an addiction treatment professional. Included in this group are psychologists with a certification in addiction treatment, psychiatrists who are certified in addiction medicine, and certified alcohol and drug abuse counselors (CASAC). These practitioners can provide individual, group, couples and family counseling.

### Pharmacological Treatments

Methadone Maintenance programs have been available in the New York area since 1966. Methadone is a synthetic narcotic that is used in two ways in the treatment of addiction. Methadone, in decreasing doses, is used on detoxification units, to help people get off heroin and other opiate medications (Oxycodone, Oxycotin). Methadone Maintenance Treatment

Programs (MMTP) place opiate addicts on stabilizing doses of the medication to prevent relapse to other opiates.

The dose is low enough to prevent sedation and yet high enough to prevent withdrawal symptoms. This type of program works best when combined with supportive counseling.

Suboxone (buprenorphine/naloxone) treatment. Suboxone is composed of two drugs: buprenorphine is an opioid medication; Naloxone is a special narcotic drug that reverses the effects of other opioid medications. Suboxone must be prescribed by a physician and works best in the treatment of opioid addiction when combined with supportive counseling.

Antabuse (Disulfiram) interferes with the metabolism of alcohol and is used to treat chronic alcoholism. If the patient drinks alcohol while taking this medication he/she may experience rapid heartbeat, nausea, chest pain, thirst, vertigo and low blood pressure. Since all of these are noxious to patients – it helps the alcoholic contemplate what could go wrong if he/she takes a drink. As with other pharmacologic treatments of addiction, it works best in concert with supportive counseling.

#### Self help fellowships

The first of these types of groups is Alcoholics Anonymous (AA). AA was started in 1935 and today claims members on a worldwide basis. There are over 1,000 AA meetings in the New York Metropolitan region each week.

“AA is a fellowship of men and women who share their experience, strength and hope with one another that they solve their common problem and help others to recover from alcoholism. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.”

(Reprinted from the Alcoholics Anonymous website at [www.aa.org](http://www.aa.org))

There are other “12-step” self-help fellowships for substance abusers including Narcotics Anonymous (NA), Cocaine Anonymous (CA), and Marijuana Anonymous (MA),

*\*See the section on Self-help groups in this manual for more groups and contact information.*

**\*Important Note:** Some addiction programs will accept patients with dual diagnoses – that is persons with both addictive disorders and mental illness. Others will not. Be sure to ask when you first make contact with any of these agencies and programs.

**\*Important Note:** See previous section on insurance issues. Many of the same issues arise for psychiatric and addiction treatment services

## LISTING OF ADDICTION PROGRAMS

Nyack Hospital  
160 North Midland Avenue  
Nyack, NY 10960  
(845) 348-2070  
www.nyackhospital.org

*Nyack Hospital provides detox, rehab, and outpatient services*

The Addiction Services of Nyack Hospital provides complete care to those struggling with substance abuse and chemical dependency, from medically detoxification and monitored inpatient care to outpatient treatment and community support.

Our commitment is to provide prompt, personalized services to those in need, in a culturally aware and sensitive manner. Each client is treated as an individual with respect and dignity in a comfortable, safe environment.

### Our Services

- Rapid admission
- Assessment & referral
- Inpatient & outpatient, medically supervised detoxification
- Current pharmacological interventions
- Dual diagnosis & psychiatric care
- Family support
- Client-centered, community based care
- Special programs for families, women, older and younger adults, impaired drivers, & professionals

### Our Facilities

#### *The Recovery Center*

Medically monitored detoxification, inpatient care and outpatient programs are offered conveniently at Nyack Hospital in a comfortable, secure, confidential environment.

#### *The Recovery Center for Change— Satellite Location (845)348-2075*

honoring our commitment to outreach and the removal of barriers that prevent the community member from accessing our hospital-based services, we offer a range of outpatient services at our Spring Valley, NY, satellite location

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Good Samaritan Hospital of Suffern:  
Drug Abuse Treatment Unit  
255 Lafayette Avenue  
Suffern, NY 10901  
(845) 368-5242  
www.goodsamhosp.org

Good Samaritan Hospital provides inpatient detox and rehab

Services provided

- Substance abuse treatment services
- Detoxification
- Methadone detoxification
- Buprenorphine services

Types of addiction treatment care provided:

Hospital inpatient treatment

Court ordered addiction treatment

Addiction treatment for men and women

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Russell E. Blaisdell Addiction Treatment Center (ATC)  
State of New York  
NYs Office of Alcohol and Substance Abuse Services  
Box 140  
Orangeburg, NY 10962  
(845) 359-8500  
Fax (845) 680-5510  
www.oasas.ny.gov

*The Blaisdell ATC provides inpatient rehab services*

Treatment Philosophy:

The Russell E. Blaisdell ATC clinical rehabilitation program is an intensive program which involves lectures, seminars, and audio-visual workshops providing information about alcoholism, drug addiction, gambling, family issues and illicit drugs. Small group therapy as well as individual therapy is utilized to assist the patient in exploring and working through the variety of factors which contribute to and result from addiction. AA and NA meetings are held both in the facility and in the community. Therapeutic recreation, stress management and relaxation training are offered as well.

The Russell E. Blaisdell ATC clinical rehabilitation program is an intensive program which involves lectures, seminars, and audio-visual workshops providing information about alcoholism, drug addiction, gambling, family issues and illicit drugs. Small group therapy as well as individual therapy is utilized to assist the patient in exploring and working through

the variety of factors which contribute to and result from addiction. AA and NA meetings are held both in the facility and in the community. Therapeutic recreation, stress management and relaxation training are offered as well.

### Specialized Chemical Dependency Services for Individuals with a Traumatic Brain Injury (TBI)

Blaisdell provides a special program for individuals with a traumatic brain injury with Case Management services, small group work, behavioral treatment and a lengthened treatment stay. We can assist patients in finding their way towards recovery in an environment free from alcohol, tobacco and drugs. We provide a therapeutic environment so that our patients can begin to make changes in their life style, which will reinforce the principles of recovery. We work with patients to develop the skills they need to continue their recovery when returning to the community.

### Criminal Justice Issues:

R. E. Blaisdell welcomes individuals who are involved with the criminal justice system. Innovative experiential treatment modalities have been developed to both assist individuals in developing an awareness of how their addiction is related to their legal difficulties and developing the skills to avoid future criminal activity. The program offers a focus on changing "criminal thinking" as well as specific relapse-management skills specific to that individual. Recovery based values and appropriate social behaviors are taught and reinforced throughout the individual's stay in the ATC.

Family Education: A specifically designed educational program is offered on the weekends to assist family members, and significant others in understanding the progression of the disease of chemical dependence, how it impacts their loved one and how it impacts on the family. The center will also provide information regarding referrals to those families who desire additional clinical assistance, information and support.

Methadone Maintenance: The policy of R. E. Blaisdell is to provide inpatient treatment to chemically addicted individuals who are already enrolled in a methadone maintenance treatment program. R.E. Blaisdell does not adhere to any maximum dosage cut off level and will provide coordinated and individualized services to each individual. We do not provide detoxification services for those patients who wish to withdraw from methadone but we will adjust the dose as needed. Through educational lectures and group therapy sessions the methadone maintained patient learns how to maintain a lifestyle free of alcohol and other drugs. The use of methadone is seen as a choice made by the patient as a way to lead a productive life and avoid relapsing into active addiction.

Aftercare Planning: Upon admission, a preliminary aftercare plan is developed in consultation with the patient and is then further refined as the patient progresses through treatment. Case managers are well versed in the different types and levels of care available in the areas to which the patients will return. No one is discharged without a discharge plan of some kind to address their continuing recovery needs.

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Daytop Village  
Rockland County Outreach  
620 Route 303  
Blauvelt, NY 10913  
(845) 353-2730  
www.daytop.org

*Daytop provides residential and intensive outpatient and outpatient programs*

### Adolescent Programs

- After school outpatient
- Full-day outpatient
- When an adolescent enters a treatment program, substance abuse is only one issue that must be considered. The initial assessment of an adolescent client includes history of drug use, health and legal issues, just as for adult clients. Adolescents' lives also include other factors which are strong influences on their situations and needs for recovery.

**Family:** An adolescent's home and family are of utmost importance. Family involvement in the treatment process has proven to greatly increase an adolescent's continued recovery. Family therapy is an ongoing component of all treatment plans. Communication among family members changes when an adolescent uses drugs and changes again as the teen recovers.

**Therapeutic Activities:** Daytop programs treat the whole person. The basic clinical tools are group and individual counseling, and positive peer pressure from fellow clients who are accomplishing their goals and won't let another "get away with" inappropriate behavior or lack of participation. These basics are complemented by special groups and seminars which address specific needs.

**Education:** Education is another crucial part of the Daytop program. Adolescents who attend a full-day program go to school on site. One of the first signs of substance abuse for teens is seen in their performance in academics and school activities. In recovery, success at academics bolsters clients' self-confidence and prepares them to return to their neighborhood schools on a par with their peers. Daytop classes are small, and teachers target subject areas requiring remediation. Teens from New York City are taught by New York City teachers. Those from suburban areas attend The Daytop Preparatory School, which is a registered nonpublic school with transferable credits. All teachers are state certified.

**The Outpatient Program:** Keeping the family unit together is the ideal, and if after assessment it is deemed likely that a teen will respond to the Outpatient Program, he or she may attend an Integrated Outpatient center located in or near the communities where they live.

Outpatient Aftercare: In the Aftercare program clients return to their neighborhood high schools, begin college, or start working. They continue to attend counseling and support groups at the Daytop center in the afternoon or evening. Counselors assist teens as they reintegrate with school and old friends, and encourage them in reaching new goals.

Adult Programs: Adults enter Daytop at all levels of addiction, and from all walks of life. To meet their needs there are different program alternatives, and treatment plans are tailored for the needs of the individual. Adult Women have a segregated residential facility with an environment and services designed to meet their needs.

Clients who are working, and have home responsibilities they cannot leave, may participate in the Adult Outpatient program. This offers the full range of clinical activities of the therapeutic community, and family and significant others are encouraged to become involved.

## Services

Outreach centers offer the same clinical services as our residential facilities, on a less intensive schedule. In addition to group and individual counseling, clients may take advantage of a range of treatment services including Family Therapy, Women's, and other counseling and educational programs. Supportive Services beyond the obligatory counseling sessions are available to address specific client issues.

The Outpatient Program involves a process of assessment, and usually begins with an intensive schedule, which is the Primary stage of treatment. When they are deemed ready, clients progress to a less rigorous stage (Aftercare) which may include evening and weekend counseling and groups.

Support continues to be available to help clients cope with stressful situations and their personal triggers. Relapse prevention groups help prepares clients for program completion and graduation.

Adult Residential Program: In the Residential Entry or Induction phase, the client begins to understand the treatment process he or she is about to undertake. Additional assessments are made about the client's clinical, legal, and medical needs, and an individualized treatment plan is developed.

Residential services for adults are designed for those who require intensive, 24 hour supervised treatment. This intensive phase may last for 30 days or several months depending upon the results of assessments made during Intake.

Daytop's Primary Care Residential campuses are set on large tracts of land, in country settings, with room to accommodate the medical services, workshops,

Instructional and recreational activities which are integrated into the treatment plans. As in all Daytop components, treatment is based on the therapeutic community concept, and family involvement is encouraged through all stages of treatment. Part of the treatment plan for an adult will also include some form of education, vocational training or job readiness.

At the third stage of Re-entry, clients increase their responsibilities to themselves and to their families. They continue their participation in clinical activities and begin to integrate the skills they learned into their lives. They see their families more, start seeking employment, and find housing. The purpose of Re-entry is to allow clients the time to experience stressful new situations while under the guidance and support of our Daytop counselors.

The Veteran's Program: Daytop's Enhanced Veterans' program offers additional services to address the specific issues faced by returning veterans. Specialized groups address their unique issues in a supportive environment of those who understand and have similar concerns.

Particular attention is given to marital and family conflicts, anger management, post-traumatic stress, and sleep disorders.

Returning veterans have an opportunity to regain their sense of self, and the coping skills which can be applied to all areas of the life they are preparing to re-enter. These services are complementary to the mainstream Daytop program, where clients learn about themselves in the emotional intellectual and spiritual arenas.

Education & Vocational Training: Vocational services include comprehensive assessment, pre and post employment coaching and employment transition support. We assist in the application process for state funding to cover the cost of academic and vocational education. Daytop works with offsite instructional and training programs to address the occupational goals of our Veterans population.

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Mental Health Association of Rockland

140 Route 303  
Suite A  
Valley Cottage, NY 10989  
(845) 267-2172 Ext. 205  
[www.mharockland.org](http://www.mharockland.org)

*MHA provides outpatient services*

Clinic Services

- Adolescent Chemical Dependency Services for teens between 13-18
- Young Adult /Adult Chemical Dependency Services for persons aged 18 and up

- Adult Dual Diagnosis Program (Co-occurring Disorders) for individuals with an addiction and a mental health diagnosis, aged 18 and up.

### COA (Child of an Addict)

Therapeutic Outpatient Services for Children and Adolescents between the ages of 5-18 who have been impacted by family members' use, abuse, and addiction issues.

### Our OASAS Licensed Comprehensive Services Include:

- Initial assessments
- Consultations
- Referrals
- Psychiatric Evaluations
- Medication
- Individual Therapy
- Group Therapy
- Family Therapy
- Crisis Response
- Education
- Self-Help

### Family Support Group

The Family Support Group is for people who are in a relationship with or a family member of an addict or alcoholic. The group explores ways to take care of oneself and deal with the hopelessness and frustration that comes from loving an addict.

### Impaired Driver Program

The Impaired Driver Program is for people dealing with the aftermath of a DWI/DIU offense. It is an educational program helping to inform the clients of the ramification of DWI/DUI and helping the clients understand how their actions can have consequences.

### Dialectical Behavior Therapy (DBT)

DBT is an evidence based therapy for individuals with co-occurring disorders, combining group and individual treatment modalities. DBT focuses on emotional regulation, and interpersonal skills development.

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High Focus  
40 Eisenhower Drive  
Paramus, NJ 07652  
(201) 291-0055  
Fax (201) 291-0888  
www.highfocus centers.com

*High Focus provides Intensive Outpatient and Outpatient services*

Adult Services: Adult substance abuse services provides a comprehensive, but flexible, treatment program that can vary with the intensity of the individual's problem and prior treatment experiences, if any. Services are organized into discrete phases so that the participant's course of treatment can be individualized and altered as needed.

Day and evening programs are available so that work and family obligations are not disrupted while patients receive the necessary care to achieve recovery.

A unique feature of our adult substance abuse services is weekend programming. We offer a Saturday relapse prevention program for those who are having difficulty maintaining abstinence over the weekend and need additional support and structure.

Dually diagnosed patients are successfully treated within all of our adult substance abuse programs

All services use the powerful techniques and procedures typically found in a traditional inpatient treatment program. However, because participants live at home and continue their work and family lives, they bring real life problems into the treatment visits, so that they can learn to overcome them and continue their recovery.

Every visit includes several different group experiences, each emphasizing a different aspect of recovery and each using a different approach to provide varied opportunities for each participant to learn that which is necessary for successful treatment. Individual and family counseling sessions augment these visits.

The Family Program provides education, support and multi-family therapy. The program is designed to foster an integrated family system that supports recovery, rather than the continuation of the stress for all that so often accompanies substance abuse.

Adolescent Services: The time of adolescence is unique and influences both how substance abuse is evidenced as well as how it should be treated. Our adolescent programs are not just separate from adult services; they are different and always reflect the distinct needs of this population.

The Teen Awareness Program (TAP) is a low intensity early intervention program. The goal of TAP is to provide a short-term intervention that prevents the need for a formal and intensive treatment program. TAP helps parents and families recognize the early warning

signs of the problem, cultivate adolescent refusal skills, enhance family communication and teach limit setting skills to parents.

The Intensive Outpatient Treatment Program (IOP) is a primary treatment program for adolescents with significant substance abuse problems. Adolescents attend two to four days each week after school, stepping up or down in the frequency of attendance as a function of progress in treatment. Each treatment visit uses an integration of treatment methods that target various aspects of adolescent substance abuse and related problems, all within the context of a 12-step and family-oriented treatment model. Extensive family programs is provided each week at no additional charge.

The goal of the IOP is to achieve abstinence, strengthen the family system, and provide both the parents and adolescent with the tools for successful recovery. Each week there is a multi-family therapy group, in which families work as a whole and learn from each other, and a separate parents' group in which parents are provided with education, support and guidance on how to approach their child's problem. There are also individual family therapy sessions as indicated.

Dual diagnosis patients are treated successfully in of our adolescent substance abuse programs.

Transportation to the IOP is provided for adolescents from home or school.

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Lexington Center for Recovery  
Airmont Clinic and Day Rehab  
100 Route 59, Suite L1  
Airmont, NY 10901  
845.369.9701

Hours:

Monday & Friday: 9am – 5pm

Tuesday - Thursday: 9am – 9pm

*The Lexington Center provides outpatient treatment in two clinics*

- Multi-service clinic for anyone in the community affected by alcohol and/or drug abuse
- Services include: comprehensive assessments; group and individual counseling; family counseling; specialized programming for Latino clients.
- Psychiatric services: As needed
- Adolescent Program: Group and individual counseling for adolescent users and their family members
- Day rehabilitation program: For clients in early recovery who need to come to treatment 5 days a week. Services include: group sessions; educational sessions;

individual sessions; planned group activities; nutritional and health educational counseling; budget planning; anger management; smoking cessation; daily meals and psychiatric services

- Gambling Treatment Program: A specialized counseling program for those addicted to gambling and their family members

Haverstraw

Samsondale Professional Plaza

45 South Route 9W

Suite 209

West Haverstraw, NY 10993

845.947.3810

Hours:

Monday & Thursday: 9am – 9pm

Tuesday, Wednesday, Friday: 9am – 5pm

- Multi-service clinic for anyone in the community affected by alcohol and/or drug abuse
- Services include: comprehensive assessments; individual sessions; weekly group sessions
- Psychiatric services as needed
- Clinic services offered for Spanish-speaking clients

Rockland County Methadone Maintenance Program in conjunction with the Lexington Center.

Dr. Robert L. Yeager

Health Center

50 Santorium Road

Building D

Pomona, New York 10970

845-364-2253

Hours

Monday – Saturday

6:00 am – 2:00 pm

Sunday

8:30 am – 10:30 am

Operating under a management contract with the Rockland County Department of Mental Health

Purpose: To provide effective treatment for persons dependent on opium, heroin, morphine or any derivative or synthetic drug in that family.

- Serves any adult dependent on opiates and appropriate for this treatment

- Combines Methadone dosing, medical monitoring and counseling services
- Clients receive annual medical, psychiatric services and ongoing medication monitoring
- Accredited by Joint Commission on Accreditation of Healthcare Organizations
- Licensed by:
  - U.S. Center for Substance Abuse Treatment
  - U.S. Drug Enforcement Agency
  - New York State Department of Health
  - New York State Office of Alcoholism and Substance Abuse Services

Bergen Regional Medical Center  
 230 East Ridgewood Avenue  
 Paramus, New Jersey 0765  
 800-730-2762  
[www.bergenregional.com](http://www.bergenregional.com)

*BRMC provides detox, residential. Outpatient and Partial Hospital programs*

The Evergreen Substance Abuse Treatment Program at Bergen Regional Medical Center provides comprehensive substance abuse treatment to more than 15,000 people annually. Evergreen's full range of services includes Inpatient Detoxification, Residential Treatment, Partial Hospital Programming and Intensive Outpatient Programming.

Evergreen is designed to meet the needs of persons over the age of 18, who are suffering from the disease of addiction to drugs and /or alcohol. The Bergen Regional Medical Center Access Center will assess your needs and direct your admission to the level of care that will provide the most appropriate treatment for you.

The Evergreen Program provides full range of medical and mental health services including:

- Certified counselors
- Assistance in directing you to the right level of continuing care
- Patient driven programming that provides individual and group therapies and psycho-education within a 12-Step framework
- Access Center assessments and placement

Admissions to treatment 7 days per week . Call the BRMC Access Center for Mental Health and Substance Abuse Service for an assessment – 800-730-2762

A family support group meets on Wednesday evenings in the F1 Dining Room, BRMC Behavioral Health Division, from 6pm – 7:15pm to help family members understand substance use disorders and to learn effective ways to deal and cope with their loved one's addiction and recovery. To reserve a space in this program, please call 201.967.4000, ext 4735.

Detoxification: Inpatient Treatment is often necessary for a safe and successful medical withdrawal from alcohol, heroin, benzodiazepines and prescription pain medication. Patients requiring detoxification can do so in a safe environment staffed with trained, competent, and caring professionals. The time period for detoxification ranges from 4–8 days.

Residential Treatment: Patients who require more intensive treatment will find the structure and programming in our 24 hour a day inpatient programs to be “...just what the doctor ordered...” BRMC residential inpatient programs have a history of providing effective treatment.

### Out Patient Programs

#### Intensive Outpatient Program (IOP)

Not every chemically-dependent patient requires inpatient or residential treatment. Many have been successfully launched into recovery through an effective outpatient treatment program. The IOP offers 3 hours of treatment in either a day or an evening program. The treatment team, which includes you, your counselors, and a psychiatrist when needed, will determine how many days a week and how long you will attend the program.

#### Partial Hospital Program (PHP)

Patients who require more intensive outpatient treatment, which includes daily medical/psychiatric and nursing attention, are best treated in the PHP which meets daily Monday - Friday, five hours a day

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New York Presbyterian – Westchester Division/Weil Cornell Center  
21 Bloomingdale Road  
White Plains, NY 10605  
(914) 682-9100  
(888) 694-5700  
[www.nyp.org/psychiatry](http://www.nyp.org/psychiatry)

*NYP provides detoxification, inpatient rehab, residential, outpatient, partial hospital drug rehab/day treatment services*

NYP accepts dual diagnosis patients. They also use buprinorphen treatment. They can accommodate hearing impaired patients. They have a new inpatient rehab program called the Retreat at Westchester.

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## **DEVELOPMENTAL DISABILITIES**

NYS Office for People with Developmental Disabilities (OPWDD)  
Hudson Valley Development Disabilities Services Office (HVDDSO)  
OPWDD Regional Office  
9 Wilbur Road  
Thiells, NY 10984  
(845) 947-6100 Main  
(866) 933-4889 TTY

### **Supportive Community Residential Programs**

Services: Adult Residential Care Homes for Developmental Disabilities, Adult Residential Facility Licensing for Developmental Disabilities, Group Residences for Adults with Disabilities, Housing/Shelter, Intermediate Care Facilities for Developmentally Disabled, Residential Placement Services for People with Disabilities, Supported Living Services for Adults with Disabilities, Supportive Housing for Developmental Disabilities, Supportive Housing Placement/Referral for Developmental Disabilities

Overview: OPWDD operates 13 Developmental Disabilities Services Offices (DDSOs) responsible for providing programs throughout NYS. These regional DDSOs determine individual eligibility for The Hudson Valley Developmental Disabilities Services Office (HVDDSO) is one of NYS OMRDD's thirteen regional DDSO offices in the state. The HVDDSO serves people in Westchester, Orange, Rockland and Sullivan Counties.

The HVDDSO determines an individual's eligibility for OPWDD funded services. Some services are provided directly by the HVDDSO, while others are provided by community and government agencies,

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ARC of Rockland  
25 Hemlock Drive  
Congers, NY 10920  
(845) 267-2500  
[www.arcofrockland.org](http://www.arcofrockland.org)

Arc provides supports and services to people of all ages with intellectual and other developmental disabilities.

- Early intervention
- Pre-school day care center
- A lakeside summer camp for tweens and teens
- A post high school linkage to area academic advancement
- Residential opportunities
- Recreational and social skills building for children, teens, young adults and adults
- Employment training and job placement

- Senior center
  - Family support services
- 

Camp Venture  
25 Smith Street  
Nanuet, NY 10954  
(845) 624-3860  
www.campventure.org

Venture currently serves approximately 1,200 children and adults with developmental disabilities. Venture staff number just under 600, and we have over 30 programs sites located across Rockland County.

Services include:

- Venture Adult Day Services
  - Venture Residential Services
  - In-home Residential Habilitation and Respite Services
  - Venture After-School Recreation and Respite Program
  - Club Venture
  - Camp Venture Medicaid Service Coordination
  - Camp Venture Summer Camp
  - Venture Industries
  - Venture Equestrian Program
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Jawonio, Inc.  
260 Little Tor Road, P.O. Box 312  
New City NY 10956  
(845) 634-4648

Comprehensive clinical, educational, vocational and residential services for children and adults with physical and developmental disabilities; educational, preschool and outpatients services in physical therapy, occupational services speech, audiology and clinical and home based services in infant development.

Learning together, an educational program for disabled children and their siblings; Saturday respite program for parents of children 6 months to 12 years,

Clinic services include diagnostic vocational evaluation, career vocational evaluation, high school evaluations, occupational skills training, supported employment, comprehensive job placement services, vocational rehabilitation counseling, long-term sheltered employment (workshop) for adults.

Residential services include intermediate care facilities, individualized residential alternatives (group homes and apartments) for adults with a primary diagnosis of cerebral palsy, muscular dystrophy, polio, mental retardation, deafness and blindness.

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YAI/Association for Learning Disabled Rockland County (RCALD)  
2 Crosfield Avenue  
Suite 411  
West Nyack, NY 10994  
(914) 358-5700  
www.yai.org

Services include a career life skills center offering vocational assessments, vocational services, rehabilitation counseling leading to competitive employments for learning disabled and neurologically impaired individuals, 17 through adulthood. There is a tutorial program and community residence and supported apartments. There is a Medicaid waiver program with case managers and year-round recreation programs include an adult coffee house.

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Vocational and Educational Services for Individuals with Disabilities (VESID)  
New York State Education Department  
Rockland County Satellite Office  
15 Perlman Drive  
Spring Valley, NY 10977  
Phone (845) 426-5410  
Fax: (845) 426-5427  
Hours of operation: Monday-Friday 8:30AM – 5:00PM

Overview: Offers an ability for those with a medical disability (physical, mental, learning) to benefit from vocational rehabilitation services.

Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR) offers access to a full range of employment and independent living services that may be needed by persons with disabilities through their lives. Through its administration of vocational rehabilitation and independent living programs, VR coordinates policy and services relating to:

- transition services for students with disabilities from school to adult services;
  - vocational rehabilitation services for working age individuals with disabilities;
  - independent living services for people with disabilities of all ages; and
  - business services for hiring a qualified diverse workforce.
-

Eckerson Village  
164 East Eckerson Road  
Spring Valley, NY 10977  
(845) 368-2400 Ext. 308

Provides Housing for physically handicapped individuals who are not mentally impaired.  
Fees are on a sliding scale.

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Children of Promise Stable, Inc.  
135 Convent Road  
Nanuet, NY 10954  
(845) 304-9657

Children of Promise Stable, Inc., is a Not-For-Profit 501 (C)(3) tax-exempt corporation, that provides professional equine assisted activities and therapies (EAAT) for both children and adults with special needs through a diversified equestrian riding program. Founded in 2001, they are a quality first-class facility designed to foster positive emotional growth, independence and improve the physical and social well-being of their clients.

They want to change and enrich lives of special needs individuals by promoting excellence in equine assisted activities. Their focus is on providing an equine program designed for each individual's educational, physical, social and recreational goals. They look to encourage an "I can do it" attitude for those who have been previously limited in their abilities.

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**ROCKLAND JEWISH FAMILY SERVICE (RJFS)**  
450 West Nyack Road, Suite 2  
West Nyack, NY 10994  
(845) 354-2121 Main  
www.rjfs.org

Overview: Offers a variety of programs for teens and young adults diagnosed with Asperger's Syndrome.

Program offerings include:

- Study/Social groups for middle & high school students
- Fitness/nutrition
- Cooking/Kitchen skills
- Life skills/money management
- Transitioning from high school
- Interview skills/basic job prep

Services: Developmental Disabilities Social/Recreational Programs, Life Skills Education for Asperger's Syndrome, Money Management for Asperger's Syndrome, Social Skills Training, Social Skills Training for Young Adults and Asperger's Syndrome

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MENTAL HEALTH ASSOCIATION OF ROCKLAND COUNTY, INC. (MHA)

140 Route 303 The Senator Morahan Wellness Center

Valley Cottage, NY 10989

(845) 267-2172 Main

(845) 267-2169 Fax

[www.mharockland.org](http://www.mharockland.org)

(all caps do not go with overall format of document)

- Friendship club for adults with developmental disabilities
  - Project in-joy social program for children/young adults
  - Social club for the deaf
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HAMASPIK OF ROCKLAND COUNTY, INC.

58 Route 59 - Suite 1

Monsey, NY 10952

(845) 356-8400

(845) 425-5075 Fax

(877) 928-9000 24x7 Emergency

[www.Hamaspikrockland.org](http://www.Hamaspikrockland.org)

Provides a range of supported residential housing options for individuals with developmental disabilities, including:

- Individualized Residential Alternatives (IRA's - Rockland County) - supported group residences
- Intermediate Care Facilities (ICF's - Orange County) - 24-hr supervised residential treatment
- Supported independent living arrangements

Operates 10 IRAs and one ICF, which primarily serve Hasidic and Orthodox Jewish cultural backgrounds who speak Yiddish.

Hamaspik also offers a Home Family Care alternative, which serves all ages, ethnic, social, financial, and educational background.

SERVICES:

- Adult Residential Care Homes for Developmental Disabilities
- Adult Residential Treatment Facilities for Developmental Disabilities

- Group Residences for Adults with Disabilities
  - Housing/Shelter
  - Intermediate Care Facilities for Developmentally Disabled
- 

## **SERVICES DEALING WITH ABUSE, NEGLECT AND PERSONAL SAFETY**

Child abuse and neglect as defined by the Federal Child Abuse Prevention and Treatment Act (CAPTA) are listed below. For more information consult this website and your local state laws ([www.childwelfare.gov](http://www.childwelfare.gov)).

### General Definition of Child Abuse and Neglect.

Any recent act or failure to act on the part of a parent or caretaker, which results in death, serious physical or emotional harm, sexual abuse, or exploitation, or an act or failure to act which presents an imminent risk of serious harm

### Sexual Abuse.

The employment, use, persuasion, inducement, enticement, or coercion of any child to engage in, or assist any other person to engage in, any sexually explicit conduct or simulation of such conduct for the purpose of producing a visual depiction of such conduct; or the rape, and in cases of caretaker or interfamilial relationships, statutory rape, molestation, prostitution, or other form of sexual exploitation of children, or incest with children.

### Physical Abuse:

Physical abuse is generally defined as “any non-accidental physical injury to the child” and can include striking, kicking, burning, or biting the child, or any action that results in a physical impairment of the child. In approximately 38 States and American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, and the Virgin Islands, the definition of abuse also includes Acts or circumstances that threaten the child with harm or create a substantial risk of harm to the child’s health or welfare.

### Neglect.

Neglect is frequently defined as the failure of a parent or other person with responsibility for the child to provide needed food, clothing, shelter, medical care, or supervision to the degree that the child’s health, safety, and well-being are threatened with harm. Approximately 24 States, the District of Columbia, American Samoa, Puerto Rico, and the Virgin Islands include failure to educate the child as required by law in their definition of neglect. Seven States specifically define medical neglect as failing to provide any special medical treatment or mental health care needed by the child. In addition, four States define medical neglect as the withholding of medical treatment or nutrition from disabled infants with life-threatening conditions.

### Sexual Abuse/Exploitation.

All States include sexual abuse in their definitions of child abuse. Some States refer in general terms to sexual abuse, while others specify various acts as sexual abuse. Sexual exploitation is an element of the definition of sexual abuse in most jurisdictions. Sexual exploitation includes allowing the child to engage in prostitution or in the production of child pornography

### Emotional Abuse.

Almost all States include emotional maltreatment as part of their definitions of abuse or neglect. Typical language used in these definitions is “injury to the psychological capacity or emotional stability of the child as evidenced by an observable or substantial change in behavior, emotional response, or cognition” and injury as evidenced by “anxiety, depression, withdrawal, or aggressive behavior.”

### Parental Substance Abuse.

Parental substance abuse is an element of the definition of child abuse or neglect in some States. Circumstances that are considered abuse or neglect in some States include:

- Prenatal exposure of a child to harm due to the mother’s use of an illegal drug or other substance.
- Manufacture of a controlled substance in the presence of a child or on the premises occupied by a child.
- Allowing a child to be present where the chemicals or equipment for the manufacture of controlled substances are used or stored.
- Selling, distributing, or giving drugs or alcohol to a child.
- Use of a controlled substance by a caregiver that impairs the caregiver’s ability to adequately care for the child.

### Abandonment.

In general, it is considered abandonment of the child when the parent’s identity or whereabouts are unknown, the child has been left by the parent in circumstances in which the child suffers serious harm, or the parent has failed to maintain contact with the child or to provide reasonable support for a specified period of time. Adult protective services programs and agencies exist to help persons age 18 and older who may be suffering the types of maltreatment listed for children.

## **Listing of Agencies and Services**

Rockland County Department of Social Services  
Child Protective Service  
Investigative and Family Assessment Response (FAR)  
50 Sanatorium Road  
Building L  
Pomona, NY 10970  
(845) 364-3259

\*Reports of child abuse or neglect are made by calling the New York State Central Registry at 1-800-342-3720; these confidential calls may be made anonymously.

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### **Protective Services for Children**

Child Protective Services (CPS) is responsible for investigating and/or assessing safety on all reports of suspected child abuse and/or maltreatment of children under the age of 18. Reports of child abuse or neglect are made by calling the New York State Central Registry at 1-800-342-3720; these confidential calls may be made anonymously.

CPS responds to new reports seven days a week, 24 hours a day.

In 2011, a law was passed in New York State that allowed an alternative response to CPS investigations called Family Assessment Response (FAR). CPS Supervisors are responsible for determining if reports require an investigation or Family Assessment Response.

Decisions are based on State law along with consideration of past history of reports and the level of cooperation from families.

When a child's safety cannot be assessed or the FAR track is deemed not appropriate, a CPS investigation of the allegations is conducted. CPS investigative Caseworkers may seek the intervention of the Family Court for Orders of Protection, court-ordered services for families, and/or authorization to place a child in foster care. Criminal action can be concurrent in cases of abuse.

FAR Caseworkers assess for child safety without having to prove or disprove the allegations. Workers engage families to identify their needs and provide support, services and resources to meet each family's unique circumstances. This partnership connects families to resources within their community or works to strengthen their informal support systems, while reducing risk to the child.

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## Protective Services for Adults

(845) 364-2020

Protective Services for Adults (PSA) is a program to assist adults, age 18 or over, who because of mental or physical impairments cannot provide for their basic need for food, clothing, shelter, or medical care, or protect themselves from neglect, abuse, or hazardous conditions in a reasonable manner. Services are provided without regard to income and are based on the guiding principles of the individual's rights to self-determination and the least restrictive alternatives.

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Center for Safety and Change  
(Formerly called the Rockland County Family Shelter)  
9 Johnsons Lane  
New City, NY 10956  
(845) 634-3391  
Fax (845) 634-3396  
HOT LINE (845) 634-3344  
[www.rocklandfamilyshelter.org](http://www.rocklandfamilyshelter.org)

Center for Safety & Change provides services to domestic violence victims and their families both in person at one of our six office locations and by telephone. Domestic violence victims with special circumstances may receive services at other safe locations of their choice (e.g., library, restaurant, religious institution, private home). Center for Safety & Change also maintains a presence at all six domestic violence courts in Rockland County.

In addition to our dedicated programs, each of Center for Safety & Change's offices provide the full range of non-residential services and support to domestic violence victims including:

- Information and Referral
- Advocacy and accompaniment
- Individual and group counseling
- Community education and outreach
- Children's services
- Legal services
- Translation services
- Transportation services
- Safety planning – need info
- Court assistance
- Underserved population services (ethnic, religious, LGBTQ)
- Assistance with New York State Office of Victim Services applications

If you believe you are the victim of domestic violence or know someone who may be a victim, Center for Safety & Change is here to help you

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New York State Office of Victims Services  
AE Smith Building  
80 S. Swan Street, 2nd FL  
Albany, NY 12210  
55 Hanson Place  
10th Floor  
Brooklyn, NY 11217  
1-800-247-8035

Office of Victims Services has a three-tiered mission:

- Provide compensation to victims of crime in a timely, efficient and compassionate manner
- Fund direct services to crime victims via a network of community based programs
- Advocate for rights and benefits for all innocent victims of crime

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County of Rockland  
Office of the District Attorney  
Special Victims Unit  
1 South Main Street  
Suite 500  
New City, NY 10956  
(845) 638-5001  
Fax (845) 638-5298  
[www.rocklandgov.com](http://www.rocklandgov.com)

The Rockland County District Attorney's Special Victims Unit is responsible for the investigation and prosecution of all cases involving domestic violence, rape, elder abuse, and child abuse, Internet crimes against children, violations of orders of protection and sex offender registration violations. The mission of the Unit is to aggressively pursue justice on behalf of our most vulnerable victims and to hold criminals accountable, while being sensitive to the unique needs and dynamics associated with these types of challenging cases.

The unit is headed by a highly experienced Special Victims prosecutor with specialized knowledge and training necessary to protect victims who by age, or by the nature of the crimes committed against them, require special attention. The SVU also handles cases involving those with developmental and/or mental disabilities, as well as those who are victims of human trafficking for sex and labor.

Prosecutors in the Special Victims Unit are assisted by specially trained advocates and social workers and work collaboratively with police, Child Protective Services, probation and forensic medical professionals to enhance prosecutions and minimize further trauma to victims during the legal process.

#### The "Spirit of Rockland" Special Victims Center

Under the leadership of District Attorney Thomas P. Zugibe, the "Spirit of Rockland" Special Victims Center officially opened in June 2011. The 3,000-square foot facility - made possible by the remarkable generosity of local businesses, labor organizations and private citizens - fully supports special victims as their cases move through the criminal justice system.

Located on the campus of Good Samaritan Hospital in Suffern, the Special Victims Center provides proper care and support to crime victims with special needs. By partnering prosecutors, law enforcement, advocacy, medical and mental health and social service agencies in one, secure location, victims are assured that all available resources are brought to bear against the offenders responsible for the heinous crimes.

In 2012, 155 child and adult victims were referred to the SVC, a 20% increase over 2011. In many of the cases, young victims provided videotaped testimony for Grand Jury purposes, eliminating the need to face their attacker in the courtroom.

The Center features a bright and modern space for prosecutors and police, the Department of Social Services and victims' advocates. There are also interview rooms, a group/conference room and an examination room, so that all legal, social and medical services can be provided in a separate, comfortable and safe environment.

The one-of-a-kind facility was designed and constructed free of charge, at no cost to local taxpayers. In addition, Good Samaritan is providing rent-free use of the space.  
See also: New York State Sex Offender Registry

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## **BEREAVEMENT**

Losing someone or something you love or care deeply about is very painful. You may experience all kinds of difficult emotions and it may feel like the pain and sadness you're experiencing will never let up. These are normal reactions to a significant loss. But while there is no right or wrong way to grieve, there are healthy ways to cope with the pain that, in time, can renew you and permit you to move on

### **Bereavement Services**

United Hospice of Rockland  
11 Stokum Lane  
New City, NY 10956  
(845) 634-4974  
[www.hospiceofrockland.org](http://www.hospiceofrockland.org)

## Hospice Care

LIFE... Making each day count.

CHOICE... You have a voice in all decisions.

FAMILY... Care and support for those who mean the most to you.

SUPPORT... A specialized team dedicated to meeting your needs.

COMPASSION... We care about you.

DIGNITY... Respect for you and your values.

COMFORT... Relief from your pain and other symptoms.

HOPE... There's always HOPE in Hospice.

Grieving is a healthy and normal response to any loss. It is important to find support that can give you the strength to live a healthy and full life while you work through your grief.

United Hospice of Rockland specializes in bereavement support. Our Hope & Healing Program is one of the only places where you will find specially trained counselors, clinical social workers and volunteers who have a unique expertise in all aspects of bereavement.

Our bereavement support team can help you through the grieving process, guiding you to a place where you can find peace of mind.

## Education

- Volunteer Training Program - is an extensive 24 hour program that meets one night a week (three hours per night) for 8 weeks. Topics included in the program are: hospice philosophy and mission, advance directives, communication and listening skills, fundamentals of caregiving, grief and bereavement.
- Continuing Education Programs - are offered to healthcare professionals on topics such as: Advance Directives, Pain Management, Principles of Hospice and Palliative Care, Care of the Dying and miscellaneous other topics. The concept that a serious illness is an opportunity to provide compassionate care in accordance with the patient's wishes was the theme in these programs.
- Speakers' Bureau - is a group of individuals specially trained in the area of end-of-life issues who are committed to providing quality community education. They are dedicated to providing an interesting, informative and thought-provoking program for your organization, and will work with you to develop a presentation that meets the needs of your group.
- UHR Newsletter - A bi-annual publication, is sent to approximately 10,000 households and businesses in our community. In addition to containing helpful information about our programs and services, it also includes ways to get involved or support our work in the community.

Joe Raso Hospice Residence offering the full complement of hospice services, including;

- Eight to ten private, spacious suites, offering space for visiting family members and convertible furniture for overnight stays.

- Specially-designed bathroom facilities including a special “wheel-in” bathtub, radiant heat and other similar amenities.
- Flexible dining options tailored to meet the special needs of residents.
- A “great room,” where residents and family members can gather to visit, read, sit by the fireplace or just view the courtyard.
- Private areas for patients and families to visit, meet with a social worker, for contemplation or meditation.
- Life-enhancing therapies, such as music, pet and massage.
- Special outdoor spaces, including gardens, paths and a courtyard that accommodates wheelchairs and beds.

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Hearts and Crafts Grief Counseling  
60 East Main Street  
Ramsey, NJ 07446  
(201) 818-9399  
[www.heartsandcraftscounseling.org](http://www.heartsandcraftscounseling.org)

Since 1994, Hearts & Crafts Grief Counseling has provided individual and group counseling services. We help children and adults learn to cope, survive and ultimately thrive after suffering the loss of a loved one. Hearts & Crafts is a non-profit organization supported largely by our modest fees and private donations.

Located at 60 East Main Street in Ramsey NJ, families are provided with a safe, home-like setting during their healing process. Hearts & Crafts is the skilled team of Laura Hudson, Director/Art Therapist and Samantha Tinter, a Licensed Social Worker. Together, they provide a unique blend of professionalism and true caring to all those who enter the Carriage House

We provide care to people – no matter how much or how little time has passed – for as long as they need us. We offer individual therapy to children, teens and adults and we approach each session with empathy, warmth, honesty, and understanding.

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## **PROGRAMS AND SERVICES FOR THE AGING**

Rockland County Office the Aging Dr. Robert L. Yeager Health Center  
50 Sanatorium Rd, Building B  
Pomona, NY 10970  
(845) 364-2110  
Fax ((845) 364-2348  
[www.rockland.gov.com/departments/aging](http://www.rockland.gov.com/departments/aging)

The Rockland County Office for the Aging is a planning, coordination, and grant-making agency, funded by the Rockland County Legislature, the New York State Office for the Aging, and Older Americans Act.

Services include:

#### Caregiver Respite

The Rockland County Office for the Aging offers a free caregiver respite program that pays for a weeklong stay in a licensed assistive living facility or nursing home. This program is available for individuals 60 and older who reside in Rockland County and have a caregiver.

#### CHORE

The CHORE SERVICE offers FREE, simple household repairs for Rockland County senior citizens, ages 60+, and people with disabilities. Repairs include fixing leaking faucets and toilets, replacing light bulbs and smoke detector batteries, installing grab bars, replacing switches, light fixtures and plugs on lamps, putting plastic on windows, weather stripping and hanging pictures. No outdoor work, no emergency repairs. There is a charge for materials. Contributions to the Chore Service are appreciated. Tom Ternquist: 845-364-2114

#### EISEP

(Expanded In-home Services for the Elderly Program) - Provides case management and non-medical in-home services to income-eligible seniors 60 and over. Potential clients cannot be receiving assistance from Medicaid or any other entitlement program.

#### Empower NY

The Empower New York program offers no-cost energy efficiency services to low-income (i.e. HEAP eligible) homeowners and renters. Diane Ricottone 845-364-2115.

#### HEAP

(Home Energy Assistance Program) - People over age 60, who meet certain income guidelines or are collecting SSI, can be subsidized on their heating bills. Diane Ricottone 845-364-2115.

#### HICAP

(Health Insurance Information, Counseling and Assistance Program) - provides information, education and counseling about Medicare and other health insurances to all Medicare beneficiaries and their loved ones.

#### "Looking Forward" Newsletter

Provides people with information on current issues relating to seniors. Published bimonthly.

#### Long-Term Care Ombudsman Program

Certified volunteers who act as advocates for residents in nursing homes, adult homes and assisted living facilities. They work to resolve problems and concerns for the residents.

### Senior Care Helpline

Preliminary telephone evaluation of long-term care needs. Referrals to appropriate service programs ranging from delivery of meals to nursing home placements. Follow-ups on calls.

### Senior Employment

Provides training and employment opportunities for low-income people age 55 and older.

### Taxi Vouchers

For Rockland residents 60 and over who need transportation to medical appointments. Sheila Berman: 845-364-2108

### Health Insurance Information, Counseling, and Assistance Program (HIICAP)

HIICAP is a federally funded program from the Centers for Medicare & Medicaid Services. HIICAP is administered by the New York State Office for the Aging and locally through the Rockland County Office for the Aging.

HIICAP provides you and your loved ones with information, education and counseling about Medicare and other health insurances. Trained staff and volunteers will answer your questions.

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### Jewish Community Center of Rockland (JCC)

150 West Nyack Road  
West Nyack, NY 10994  
(845) 362-4400  
[www.jccrockland.org](http://www.jccrockland.org)

### Jerome & Simona Chazen Senior Center

The Esther Gitlow Senior Adult Program at the Jerome & Simona Chazen Senior Center at JCC Rockland serves the needs of Rockland County's older Jewish adults. Individuals and groups take part in programs, activities, and services which enhance their dignity, support their independence, and encourage their community involvement.

The Chazen Senior Center offers a variety of free daily activities for individuals with a Senior Community Membership, including:

- Monday: Schmooze on the News
- Tuesday: Knitting Club, Tuesday Park Bench Men's Discussion Group, Women's Discussion Group
- Wednesday: Scrabble, AARP Co-sponsored Lectures, Book Review Club, Yiddish Vinkel
- Thursday: Women's Views on the News, Gloria Langer Art Club, Book Discussions, and Film Course with Renee, Park Bench Men's Discussion Group
- Friday: Couples' Club, Lunch and Learn

Join us throughout the week for our Open Game room, perfect for Bridge, Canasta, Rummy-Q, and Mah Jongg with new or old friends.

In addition, JCC Rockland is host to a variety of seasonal special events, including the International Jewish Film Festival sponsored annually by Rockland Toyota, the Jewish Cultural Arts Festival, Mah Jongg Tournaments, Live from the 92Y, and Doo Wop Concerts.

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Meals on Wheels Programs & Services of Rockland, Inc.

121 West Nyack Road

Nanuet, NY 10954

(845)624-6325

[www.mowrockland.org](http://www.mowrockland.org)

#### Services

- Senior Centers Program: Clarkstown/Pearl River, Nyack, Thorpe (Sparkill), North Rockland (West Haverstraw), Ramapo (New City)
- Home Delivered Meals
- Adult Learning Center

Meals on Wheels operates a Senior Centers Program encompassing 5 Senior Centers located throughout Rockland that serve all County residents over the age of 60. The centers operate weekdays between the hours of 9AM-3PM and offer a host of social, educational and recreational activities. Our seniors enjoy several community outings and trips throughout the year as well as birthday and holiday celebrations. A full lunch is served daily. Round-trip transportation is available, all at no cost. There is a daily suggested donation of \$3.50 for lunch and \$1.50 for transportation. No one will be denied participation if they are unable to contribute.

Meals on Wheels Homebound service delivers a hot, nutritious meal to over 450 seniors within Rockland. Meal service is available 7 days per week, up to two meals per day and can be adjusted to need. Meals are designed to meet the needs of various therapeutic diets. Kosher meals are also available. More than just a meal service, we provide a valuable safety check and a friendly hello for homebound seniors, giving family members and care givers peace of mind. The program allows seniors to remain independent and in their own home, helping to hinder premature institutionalization.

Our Nanuet office also houses the Adult Learning Center where classes in various areas such as basic computer skills, Excel, word processing, genealogy and digital photography, iPad and Smartphone are offered. The Adult Learning Center can be reached directly at (845) 623-5467.

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Nathan Kline Institute (NKI)

140 Orangeburg Road  
Orangeburg, NY 10962  
(845) 398-8787  
www.rfmh.org/nki

NKI also provides assessments for adults with dementia problems through their Center for Dementia Research.

The Memory Education and Research Initiative (MERI) in collaboration with the Rockland County Department of Mental Health offers free comprehensive neuropsychological evaluations of memory.

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Rockland Jewish Family Service  
450 West Nyack Road, Suite 2  
West Nyack, NY 10994

Main Phone number: (845) 354-2121  
Fax Number: (845) 354-2928  
Reception Desk: (845) 354-2121 ext. 140  
www.rjfs.org

Are you an older adult or are you caring for an older adult who needs help?  
Rockland Jewish Family Service provides help to families facing Alzheimer's Disease, programs to help with Medicaid applications and counseling to support individuals and families facing Issues of aging and healthcare. Services are available to all Rockland County residents and their caregivers.

#### Medicaid Services

Let the experts at Rockland Jewish Family Service manage the Medicaid application process and find the right solution for your family.

#### Information and Referral

Older people and their families often have a difficult time coping with aging and finding the appropriate services. We can locate the best resources and match them to the client's needs.

#### Supportive Counseling

Individualized home-based assessments are provided. Experienced professionals provide individual and family counseling as well as bereavement and widow/widower discussion groups. In-home counseling and telephone consultations are available for the home-bound.

#### Caregiver Support

We offer a variety of counseling and support services for adults dealing with the challenges of caring for an elderly family member.

#### Outreach Support

We offer SEND-A-FRIEND programs plus our monthly Share-a-Shabbat program.

### Community Education

We offer programs designed to educate the public about issues facing individuals and families dealing with the challenges of aging. In collaboration with the Alzheimer's Association of Rockland County, we offer programs for individuals and families living with Alzheimer's Disease and related disorders. Thematic arts and socialization programs are available for individuals with Alzheimer's disease.

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## **MEDICAL AND SOCIAL DAY REHABILITATION**

Friedwald Center  
475 New Hempstead Road  
New City, NY 10956  
(845) 354-7000  
[www.friedwaldcenter.com](http://www.friedwaldcenter.com)

Daily social activity and medical care while still living at home, Friedwald Center is a viable alternative to living in a health facility and it allows family member to have someone share the responsibility for care. Participants include adults of all ages. Rehabilitation therapy, social work services and counseling nutrition and medication are provided. A registered nurse (RN) clinical specialist is on staff. The staff administers medication, provides meals, and assists in personal care and grooming. There is also Tai Chi, art, Yoga, and bingo. The center has a self-contained physical therapy unit which is particularly helpful to those recently discharged from hospitals in need of rehabilitation or long term maintenance therapy.

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Northern Metropolitan Adult Day Health Center  
225 Maple Avenue  
Monsey, NY 10952  
(845) 352-9000

This is a medical and social model program. Its programs foster independence, promote wellness and socialization. They provide supportive care to registrants and their families. They are open Sunday through Friday with two sessions daily. Door to door transportation can be arranged.

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Summit Park Day Rehabilitation  
Building A  
Dr. Robert L. Yeager health Center  
Sanatorium Road, Pomona, NY 10970  
(845) 364-2000

Nights and weekend (845) 364-2910  
[www.rocklandgov.com/departments/hospitals](http://www.rocklandgov.com/departments/hospitals)

The adult day healthcare programs provide structure and comprehensive programs including healthcare monitoring, therapy, case management, and therapeutic recreation in a safe and cheerful environment. Participants live at home. Clients must be Medicaid eligible.

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Better Days Adult Day Care  
130 North Main Street  
New City, NY 10956  
(845) 499-2165  
[www.betterdayscare.com](http://www.betterdayscare.com)

Provides a social adult daycare for the elderly and disabled that will keep each individual active within his or her community in a friendly environment. Includes trips, gaming, fun and educational activities.

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Friendship Adult Day Center  
232b North Main Street  
Spring Valley, NY 10977  
(845) 262-1520  
[www.friendshipadc.com](http://www.friendshipadc.com)

Provides a variety of activities fostering interaction and friendship with a personalized plan to meet individual needs and goals. Includes meals, snacks, beauty salon, and door to door transportation.

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Konbit Neg lakay Adult Day Care  
(845) 425-2167, ext. 3411

For working families receiving public assistance and low income families not receiving public assistance

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Adult Day Care of Rockland at the Bobbi Lewis Center  
Meals on Wheels  
121 West Nyack Road  
Nanuet, NY10954  
(845)624-624-3941  
[www.mowrockland.org](http://www.mowrockland.org)

The Bobbi Lewis Center is a social model adult day care program for those living with Alzheimer's and other forms of dementia and those who may be physically frail or have a

disability which does not require a medical model program. The program is in operation weekdays from 8:30-4:30 and half-day on Saturdays once per month.

Clients enjoy socialization, mental stimulation, exercise programs, pet therapy, music therapy, entertainment and a variety of activities geared to sustaining and building on current cognitive and physical capabilities. A nutritious full hot lunch and snacks are served daily. Care givers are given much needed respite and peace of mind, knowing that their loved ones are being given the utmost care and attention. This is a fee based program with full and half day rates available. Transportation is available for an additional charge.

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## **SELF HELP GROUPS**

Self-help groups are based on mutual support by persons who share the same human problems. They are able to identify with one another and understand both the problem area and tools and resources to resolve them. There are many such groups. Listed below are some of the ones that most people are familiar with. Many of their meeting lists are online and you are encouraged to view their web sites.

### **Alcohol and other Drugs**

Alcoholics Anonymous (AA)

Website: [www.aa.org](http://www.aa.org)

AA of Rockland County

(845) 352-1112

You can call 24 hours a day, 7 days a week

[www.rocklandnyaa.org](http://www.rocklandnyaa.org)

AA of Northern NJ

1-800-245-1377

or

(908) 687-8566

24 Hours a Day / 7 Days a Week

[www.njaaa.org](http://www.njaaa.org)

Westchester County AA

[www.nyintergroup.org/meetinglist/meetinglist.cfm?borough=W](http://www.nyintergroup.org/meetinglist/meetinglist.cfm?borough=W)

Narcotics Anonymous world services

(212) 929-7117

[www.na.org](http://www.na.org)

Narcotics Anonymous Rockland

[www.rocklandna.org](http://www.rocklandna.org)

Marijuana Anonymous  
[www.marijuana-anonymous.org](http://www.marijuana-anonymous.org)

Cocaine Anonymous  
[www.ca.org](http://www.ca.org)

Nicotine Anonymous  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

Families Anonymous  
Families of addicts  
Website being rebuild at this printing

Alanon-Alateen  
For families, friends and teens of addicts/alcoholics  
[www.ala-non.alateen.org](http://www.ala-non.alateen.org)

Nara-non  
Families of addicts  
[www.nara-non.org](http://www.nara-non.org)

Adult Children of Alcoholics  
[www.adultchildren.org](http://www.adultchildren.org)

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### **Food addictions**

Overeaters anonymous  
[www.oa.org](http://www.oa.org)

Food Addicts Anonymous  
[www.foodaddictanonymous.org](http://www.foodaddictanonymous.org)

Food Addicts in Recovery  
Nyack Hospital, Nyack NY  
Call (845) 371-2751

Anorexics and Bulimics Anonymous  
[aba12steps.org/](http://aba12steps.org/)

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### **Sexual Addiction**

Sexaholics Anonymous

[www.sa.org](http://www.sa.org)

Sexual Compulsives Anonymous

[www.sca-recovery.org](http://www.sca-recovery.org)

Sex and Love Addicts Anonymous

[www.slaany.org](http://www.slaany.org)

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### **Gambling**

Gamblers Anonymous

[www.nyga.org](http://www.nyga.org)

Gamanon-gamateen

[www.gam-anon.org](http://www.gam-anon.org)

Online Gamers Anonymous and OLG-anon

[www.olganon.org](http://www.olganon.org)

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### **Mental Illness**

Neurotics Anonymous

On-line support

[www.neuroticsanonymous.org](http://www.neuroticsanonymous.org)

Emotion Anonymous

[www.emotionsanonymous.org](http://www.emotionsanonymous.org)

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### **Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ)**

Parents, Families and Friends of Lesbians and Gays (PFLAG)

[www.pflag.org](http://www.pflag.org)

Gay Pride Rockland

Networking resources

[www.gaypideorckland.org](http://www.gaypideorckland.org)

Community Awareness for a Drug-free Life and Environment (CANDLE)

Youth Pride

(845) 634-6677

[www.candlerockland.org](http://www.candlerockland.org)

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## **HELPFUL WEBSITES**

American Cancer Society  
[www.Cancer.org](http://www.Cancer.org)

American Psychiatric Association  
[www.psych.org](http://www.psych.org)

American Psychological Association  
[www.apa.org](http://www.apa.org)

Bereavement Center of Westchester  
[www.thebereavementcenter.org](http://www.thebereavementcenter.org)

Bereavement Center of Westchester Jewish Community Services  
[www.wjcs.com](http://www.wjcs.com)

Bereavement Services  
Valley Health System  
Ridgewood, NJ  
[www.valleyhealth.com](http://www.valleyhealth.com)

Cancer Care  
[www.cancercare.org](http://www.cancercare.org)

Compassionate Friends  
Supporting a family after a child dies  
[www.compassionatefriends.org](http://www.compassionatefriends.org)

County of Rockland Cancer Awareness & Education Center  
<https://rocklandgov.com/departments/health/programs-and-services/cancer-awareness-and-education-program/>

Gilda's club – cancer support  
[www.gildasclub.com](http://www.gildasclub.com)

Information on Rockland County Services  
[www.informationrockland.com](http://www.informationrockland.com)

National Association of Social Workers  
There is a New York State chapter  
[www.naswdc.org/](http://www.naswdc.org/)

National Cancer Institute  
Lifelines educational series  
[www.cancer.gov](http://www.cancer.gov)

National Institute on Aging  
[www.nia.nih.gov/](http://www.nia.nih.gov/)

National Institute on Alcohol Abuse and Alcoholism  
[www.niaaa.nih.gov](http://www.niaaa.nih.gov)  
National Institute on Drug Abuse  
[www.drugabuse.gov](http://www.drugabuse.gov)

National Institute on Mental Health  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

National Suicide Prevention Lifeline  
[www.suicidepreventionhotline.org](http://www.suicidepreventionhotline.org)  
24 hour hotline (800) 273-TALK (8255)

New York State Office of Mental Health  
[www.omh.ny.gov/](http://www.omh.ny.gov/)

New York Psychological Association  
[www.nyspa.org](http://www.nyspa.org)

New York State Office of Alcoholism and Substance Abuse Services  
[www.oasas.ny.gov](http://www.oasas.ny.gov)

Psychology Today Online Mental Health Referral Service  
[www.psychologytoday.com/](http://www.psychologytoday.com/)

Rockland Council on Alcoholism & Other Drug Dependence  
Information and Referral  
[www.rcadd.org](http://www.rcadd.org)

Rockland County Psychological Society  
[www.rocklandpsychsociety.org](http://www.rocklandpsychsociety.org)

Rockland County Veterans Service Agency  
[www.rockvets.com](http://www.rockvets.com)

Rockland Independent Living Center  
Website provides information about benefits advisement, educational advocacy, tutoring, housing, vocational employment services and transportation for person with disabilities  
[www.rilc.org](http://www.rilc.org)

United Hospice of Rockland

[www.hospiceofrockland.org](http://www.hospiceofrockland.org)

Veterans Administration  
[www.mentalhealth.va.gov](http://www.mentalhealth.va.gov)

Veteran's Mental Health Crisis  
[www.veteranscrisisline.net/chat](http://www.veteranscrisisline.net/chat)

Westchester Council on Alcoholism & Other Drug Dependence  
[www.ncaddwestchester.org/](http://www.ncaddwestchester.org/)

## **Notes**