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RESOURCES: Addiction and Mental Illness

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Bellevue Hospital Mental Health and Chemical Dependency Program at NYC Health + Hospitals/Bellevue

Bellevue offers comprehensive behavioral health services: inpatient, outpatient, emergency. Mission is to restore patients as vital, healthy participants in their families and communities.

Fees: We offer a variety of services to ensure that everyone has access to health care, regardless of ability to pay. Financial counselors can advise on what health plans we participate in, and the costs for many of our services. We have a financial assistance program for uninsured patients that reduces the patient bill to an affordable level, depending on family size and household income. This program is offered to New York City residents, regardless of immigration status.

Contact: (212) 562-4141

The Bridge NY • www.thebridgeny.org/programs

The Bridge NY offers a comprehensive range of evidence-based services, including mental health and substance abuse treatment, housing, vocational training and job placement, healthcare, education and creative arts therapies. Services are tailored to each individual to support recovery and independent living goals. Services include Personalized Recovery Oriented Services (PROS), Trauma Informed Care, Cognitive Remediation, Adult Mental Health Clinic, Assertive Community Treatment, and Community Case Management. The Bridge NY also offers **Integrated Treatment for Serious Substance Abuse and Mental Health Conditions**. The Bridge operates a state-licensed, medically-supervised substance abuse outpatient treatment program. Participants achieve abstinence through individual and group treatment and peer support. The program also uses an integrated treatment model for participants who have co-occurring addiction and mental health conditions.

Location: 290 Lenox Ave., New York, NY • Substance Abuse Services: 248 W 108th St., New York NY

Contact: (212) 663-3000; Substance Abuse Services, ext. 1398; SAIntake@thebridgeny.org; Intake Coordinators: Susan Kaskowitz and Tatiana Thomas.

BrightPoint, Outpatient Substance Abuse Treatment • www.brightpointhealth.org/outpatient-substance-abuse-treatment

Brightpoint develops individualized substance abuse treatment programs using a variety of evidence-based approaches to treating addiction. Treatment may include group sessions, psychotherapy, medication or a combination. Programs are appropriate for both voluntary and mandated participants. The specific type of treatment or combination of treatments will vary depending on the patient's individual needs and often, on the types of drugs they use. Goal is to maximize the patient's recovery potential and assist with their physical and emotional well-being throughout the process.

Fees: Sliding scale fee for patients without insurance; call to see whether your insurance is accepted.

Location: CHASI: 56 Bay Street, Staten Island NY • The Alpha School: 2400 Linden Boulevard, Brooklyn NY

Hours: Walk-in Monday–Friday 9 am–8 pm; Saturday 9 am–5 pm

Contact: (855) 681-8700

Hazelden Betty Ford Foundation, Addiction Treatment Center: CHELSEA • www.hazeldenbettyford.org/locations/chelsea

Chelsea outpatient addiction treatment programs combine evidence-based practices and the latest research. We take a holistic and individualized approach to your addiction, rehab and recovery with tailored treatment planning to fit your specific situation; comprehensive care for your mind, body, and spirit; and integrated care to address co-occurring mental health conditions. Daytime and evening treatment options, expert assessment and diagnosis services, post-treatment recovery services and support.

Fees: Treatment services are in-network with most insurance carriers. A recovery expert will help you explore your insurance coverage options.

Location: 322 8th Avenue, 12th Floor, New York, NY

Hours: Monday-Thursday 1–4 pm or 6–9 pm

Contact: (866) 261-3734



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Hazelden Betty Ford Foundation, Addiction Treatment and Sober Living: TRIBECA • www.hazeldenbettyford.org/locations/tribeca

The Tribeca Innovative Outpatient Addiction Rehab and Sober Living Community is designed specifically for young adults, ages 18 to 29. Our specialized **outpatient alcohol and drug rehab program** combines evidence-based practices and the latest research, respect and dignity. Our beautiful, structured, **sober-living condo residence** surrounds you with the care and support you need to build your new life in recovery from drug or alcohol addiction. Community includes 24-hour on-site staffing, coordination of clinical care and support services, counselor-facilitated morning and evening support groups, individual coaching by licensed professionals, gender-specific living arrangements, and on-site Twelve Step meetings.

Fees: Treatment services are in-network with most insurance carriers. Recovery experts can help explore insurance coverage options.

Location: 283 West Broadway, New York, NY • **Hours:** 24 hours a day. Minimum one-month commitment.

Contact: (866) 261-3734

Interborough Developmental and Consultation Center • www.interborough.org

Our mission is to provide the highest quality mental health services to our community, recognizing each individual's and family's cultural heritage, religious beliefs, and values. We pride ourselves on recognizing patient needs, enhancing quality of life, and providing a multicultural, multilingual staff.

Fees: Not-for-profit. Accepts Medicaid in addition to many other insurances. Please contact for further information.

Location: 1623 Kings Highway Brooklyn, NY

Hours: Mon–Thurs: 8:30 am–10 pm; Friday: 8:30 am–6 pm; Sunday: 8:30 am–9:30 pm

Contact: (718) 375-1200

Mental Health Association of NYC (MHA-NYC) • www.mhaofnyc.org/what-we-do/programs/adults

MHA-NYC is a not-for-profit addressing mental health needs in NYC and across the nation. MHA has 3 programs: **The Peer Program** offers support and advocacy to people living with mental illness, delivered by peer specialists with lived experience who have achieved significant recovery to assist others in their recovery journeys. **The Harlem Bay Network PROS** is a comprehensive recovery program integrating treatment, support, and rehabilitation services for reaching full potential. **The Older Adult ACT Team Program** is a comprehensive treatment, rehabilitation, case management and support program facilitating independence and recovery. Designed for older adults with mental illness whose needs have not been well met by other service delivery approaches, the program is staffed by a mobile team and offers person-centered planning, reintegration into the community, and active participation in normal developmental life roles.

Fees: Only Medicaid accepted. • **Location:** 16 East 124th St., 3rd Floor, New York, NY

Contact: (212) 876-6083; Front Desk Reception, ext. 1000. Director: Kiara Polanco, MHC-LPG.

Montefiore Behavioral Health

Provides comprehensive services for emotionally troubled individuals and integrated substance abuse treatment; outpatient programs for adults, children and adolescents. We also provide 24/7 psychiatric emergency service through Montefiore Medical Center's Psychiatric Emergency Department; crisis intervention is available after hours and on weekends. Psychiatric services for individuals 18 years of age and older include screening and diagnostic evaluation, individual and group psychotherapy, pharmacological therapy, crisis intervention, primary care, and health monitoring. Referrals accepted from inpatient hospitals, clinicians, families, employers, schools and community service agencies; we encourage and maintain contact with the referral source and treating therapists.

Fees: Accepts a number of insurance plans. Call for further information.

Location: 2527 Glebe Ave, Bronx, NY

Hours: Scheduled & walk-in appointments. Walk-in Monday–Friday, 8–10 am. Last appointment at 6 pm. No Saturday appointments.

Contact: Admissions and same-day appointments: (718) 904-4414 or (718) 904-4476; Administrative contact: Adam McGahee, DNP, (718) 904-4400, amcgahee@montefiore.org



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New York Center for Living • www.centerforliving.org

New York Center for Living is a non-profit providing education, training and therapeutic services for adolescents aged 13-17, young adults aged 18-30 and their families. We use evidence-based therapies designed around abstinence and the 12-step method, incorporated into holistic and compassionate treatment plans for our clients so they leave our center whole, healthy and facing bright futures. Our treatment plans are fully individualized, whether you seek outpatient treatment, residential services or a medically supported detox. We've found that family involvement in therapy is crucial for successful long-term recovery; we encourage family members to participate in treatment whenever possible. We also offer parent-focused educational series and workshops.

Fees: Out of network, call and ask them to run your insurance and see if it accepted. If insurance is not accepted, payment is out of pocket. If you cannot afford to pay out of pocket, you may qualify for a scholarship.

Location: Midtown Manhattan: 226 E 55nd Street, between 2nd and 3rd Avenue, New York, NY

Contact: (212) 712-8800

NYC WELL • <https://nycwell.cityofnewyork.us/en/>

At any hour of any day, in almost any language, from phone, tablet or computer, NYC Well is your connection to get the help you need, providing:

- Suicide prevention and crisis counseling
- Peer support and short-term counseling via telephone, text and web
- Assistance scheduling appointments or accessing other mental health services
- Follow-up to check that you have connected to care and it is working for you

Free information, help, and emotional support; Counselors who will respond without judgment; Resources to connect you or someone you care about with free, confidential ongoing support.

Fees: Free information and support. Counselors may refer to other programs; ask for fee estimate.

Contact: Phone 1-888-692-9355. Stay on the line, and you will be connected with a counselor who can connect you to translator services. **Text** WELL to 65173 if you don't want to call. (Available in English, Spanish and Chinese; just text WELL to 65173 and wait for the prompt.) Standard messaging rates may apply based on individual plans.

NYPCC • www.nypcc.org/programs.html

Outpatient mental health treatment programs with a multicultural, multilingual staff. NYPCC's Child and Family Mental Health Centers, located in East New York and Bushwick, Brooklyn and "the Heart of the Hub" in The Bronx, offer individual and family psychotherapy to adults, adolescents, and have been designated by the NYS Office of Mental Health as specialty clinics for children. NYPCC provides both long-term treatment and crisis intervention, helping clients increase their ability to manage personal problems.

Fees: Accepts Medicaid and insurances with Medicaid.

Contact: Bronx: (718) 485-2100 • Brooklyn Linden: (718) 235-3100 • Brooklyn Bushwick: (718) 602-1000

NewYork-Presbyterian Psychiatry • www.nyp.org/psychiatry/services

New York Presbyterian Psychiatry brings the academic faculty of Columbia University College of Physicians and Surgeons and Weill Cornell Medical College together with NewYork-Presbyterian Hospital in a shared mission to advance the field of diagnostic precision and to refine the most effective treatments for individuals of all ages.

Fees: Most insurances accepted, Medicaid accepted, sliding scale available. Call for further information regarding price, as it will vary according to services provided.

Locations and Contacts:

WEILL CORNELL: 525 East 68th Street, New York, NY; (888) 694-5700 • COLUMBIA: 630 West 168th Street, New York, NY; (212) 305-6001 • WESTCHESTER: 21 Bloomingdale Road White Plains, NY; (888) 694-5700



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Wurzweiler Care Cafe free events offer tools and hope to help you better negotiate challenges and move towards your full potential. Our respectful, responsive presentations and sensitive support empower you for healing and growth. Delivered in a friendly, comfortable cafe environment—full of good food plus great take-away resources and referrals—these strengths-based events fill your cup with practical know-how and emotional support around the issues that concern you most.

Wurzweiler Care Cafe is a free offering from the Wurzweiler School of Social Work at Yeshiva University.

To learn more, please contact Dr. Katherine Mitchell, Program Director:
katherine.mitchell@yu.edu or 631.481.6550. We look forward to hearing from you.

Wurzweiler Care Cafe | www.yu.edu/wurzweiler/carecafe | We don't just want to help you survive... we want to help you thrive.

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Northwell Health Methadone Maintenance Treatment Program/ARS • <https://www.northwell.edu/find-care/locations/northwell-health-methadone-maintenance-treatment-programars-substance-use-mmtp>

Compassionate care and comprehensive services include: Comprehensive Assessment & Referral, Group therapy, Individual Therapy, Medical Services, Medication Management, Methadone Maintenance Services, Nursing Services, Pharmacological Services, Psychiatric Assessment and Treatment, Vocational Assessment and Counseling.

Fees: Accepts most insurances. Confirm your insurance plan is accepted when scheduling your appointment.

Location: 75-59 263rd Street, Littauer Bldg., 1st Floor, Glen Oaks, NY (some signage may still say North Shore LIJ)

Contact: (718) 470-8940

Realization Center, INC. Comprehensive Outpatient Addictions Treatment Centers • www.realizationcenternyc.com

A comprehensive, full service outpatient addictions treatment program offering specialized treatment for men's, women's, and adolescent's substance abuse issues, food addiction/eating disorders, co-dependency, gambling, sexual compulsivity, as well as numerous mental health issues such as depression, anxiety, post-traumatic stress, sexual trauma, family of origin issues, domestic violence, anger and stress management, school or job difficulties, family conflict, parenting difficulties and relationship problems as they relate to chemical dependence. The Center is dedicated to healing of the human spirit through profound emotional recovery. Special needs are addressed, so they cannot serve as relapse triggers. Individualized treatment plans are enacted by staff who convey to their clients that recovery and positive change are possible and achievable.

Fees: Accepts insurance coverage through most major medical and union health-care plans. A sliding scale fee is also available. Credit cards are accepted. Verify coverage and rates through admissions office. • **Hours:** M—F: 9 am – 9 pm, Sat: 9 am – 2 pm

Locations and Contacts: UNION SQUARE NYC: 19 Union Square West (Private Entrance: 25 East 15th Street) New York, NY; (212) 627-9600 • BROOKLYN: 175 Remsen Street Brooklyn, NY; (718) 342-6700

SAMHSA Behavioral Health Treatment Services Locator • www.findtreatment.samhsa.gov

An on-line source of information for persons seeking treatment facilities in the United States or U.S. Territories for mental health and/or substance abuse/addiction problems.

Contact: SAMHSA's National Helpline at 1-800-662-HELP (4357) or 1-800-487-4889 (TTY)

SUS-Services for the Underserved: Behavioral Health Services • www.sus.org/our-services/behavioral-health/

No family is unaffected by mental illness and substance use. Mental illness is the leading cause of disability worldwide and only 9% of the 22.7 million Americans with drug or alcohol addiction challenges are receiving treatment. SUS is breaking down barriers and opening new doors. With the right set of supports and working together, people can recover, lead productive lives and move past their challenges. Respectful, highly supportive, evidence-based programs acknowledge the informed choice of each individual. SUS treatment services include ACT (Assertive Community Treatment), Wellness Works Mental Health Outpatient Clinic, and Residential Substance Abuse Treatment. Recovery and Rehabilitation Services include Peer Services, Clubhouse and Transitional Employment Program, Brooklyn Crisis Respite Center, and Bright Corner Respite.

Fees: Out of pocket fees; call for information. • **Location:** Admissions: 1600 Macombs Road, Bronx, NY

Contact: (877) 583-5336. Call to be screened for program for eligibility.



Yeshiva University
WURZWEILER SCHOOL OF SOCIAL WORK