

OUTPATIENT SERVICES

Outpatient Services include intensive programming (both day and evening), adolescent programming, dual recovery services, medication management, Medication Assisted Therapy and family therapy.

Each of our clinics are designed to provide a broad range of treatment to clients in need of alcohol or substance abuse counseling. It is intended to be flexible in orientation and content, and assist persons in need of chemical dependency treatment. Groups and individual work provide an opportunity for staff to address client's needs based on gender and age, and assist those coping with mental health, legal and other life issues.

Each person seeking admission to the clinic is scheduled for a face-to-face interview that includes a biopsychosocial evaluation. The goal is to determine their needs and engage the client in the treatment program as quickly as possible. Please call individual clinics for services available.

Outpatient Services include:

- Weekday, Evening & Weekend Programs available
- Individual & Group Therapy
- Psychiatric Evaluation & Medication Management
- Family Counseling
- DMV Evaluations
- Intensive Outpatient Program
- Drug Testing and Monitoring
- Adolescent Program
- Medication Assisted Therapy (MAT) Suboxone; Vivitrol
- ** Ambulatory Detox and Medication Supported Recovery Services / Methadone for Opiates is site specific (see listing on back cover)



*The Treatment you've been searching for.
The Recovery you deserve!*

ARMS ACRES OUTPATIENT CLINICS

Bronx
3584 Jerome Avenue
Bronx, NY 10467
(718) 653-1537

****Carmel**
21 Old Route 6
Carmel, NY 10512
(845) 225-5202

Queens
80-02 Kew Gardens Road
Kew Gardens, NY 11415
(718) 520-1513

The Graham School
1 South Broadway
Hastings on Hudson, NY 10706
(914) 478-1100

CONIFER PARK OUTPATIENT CLINICS

Glens Falls
55 Elm Street
Glens Falls, NY 12801
(518) 793 - 7273

Glenville
79 Glenridge Road
Glenville, NY 12302
(518) 372 - 7031

****Plattsburgh**
80 Sharron Avenue
Plattsburgh, NY 12901
(518) 561 - 1447

Rochester
1150 University Avenue
Rochester, NY 14607
(585) 442 - 8422

****Schenectady**
600 Franklin Street
Schenectady, NY 12305
(518) 372 - 7031

****Syracuse**
526 Old Liverpool Rd. Suite 4
Liverpool, NY 13088
(315) 453 - 3911

****Troy**
2435 Sixth Avenue
Troy, NY 12180
(518) 274 - 5143



75 Seminary Hill Road, Carmel, NY 10512
(800) 989-2676

Intake/Admissions 888CARING1 (888-227-4641)
www.armsacres.com

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*Your Community
Inpatient & Outpatient
Alcohol & Substance Abuse
Treatment Facilities*

RECOVERY
Starts today!



Detox, Adult and Adolescent Services for those suffering from Alcohol and/or Substance Abuse

Arms Acres is a private, inpatient chemical dependency treatment facility situated on 54 acres in Putnam County, NY. Arms Acres is easily accessible from New York City, Westchester and Rockland Counties, the Mid-Hudson region, Connecticut and New Jersey.

Treatment programs at Arms Acres are provided by a full spectrum of professionally licensed staff in the fields of medicine, psychiatry, nursing, social work and addiction counseling.

INDIVIDUALIZED TREATMENT PROGRAMS

DETOXIFICATION: WITHDRAWAL & STABILIZATION

Medically supervised detoxification and crisis counseling services are provided for individuals who are experiencing withdrawal symptoms from alcohol and other substances. Upon admission, patients receive medical services and are evaluated for the appropriate level of care. Medication Assisted Therapy (MAT) may be prescribed when clinically indicated. Following detox, patients may be transferred to our rehabilitation programs or referred directly to outpatient counseling.

On a case by case basis, Adolescents at Arms Acres may be considered for the Detox program. When indicated, MAT supported recovery is coordinated with existing Physician services and other Medication supported recovery providers to ensure an ongoing level of support.

ADULT SERVICES

Provided on separate and distinct units for Men and Women, our adult rehabilitation services utilize evidence based treatment practices and other behavioral therapies to address issues of motivation, develop relapse prevention skills and improve coping problem solving abilities.

In addition, individual and group counseling, trauma informed approach, such as Seeking Safety, AA & NA education, medication management, art/recreational therapy, equine therapy, vocational education, nutritional planning & education, family programming, aftercare planning, and an alumni program are provided in a structured, safe and respectful environment. To ensure better outcomes and maximize treatment effectiveness length of stay is clinically driven and variable, based on each patient's specific issues and personal needs.

A **VETERANS SUBSTANCE PROGRAM** is also offered to American service men and women regardless of their combat experience, capacity or time served in the military.

ADOLESCENT SERVICES / YOUNG ADULT SERVICES

Provided on a distinct and separate unit, Adolescent treatment services for teens 12 to 18 explore the relationship between substance abuse and emotional/behavioral problems inherent to adolescents. Utilizing evidence based treatment practices, the programming is highly structured to foster both positive peer support and provide a safe therapeutic milieu in which each patient can address emotional and behavioral changes necessary to promote and maintain recovery.

During the school year, a strong tutorial component maintains a vital link between the treatment professionals and school personnel to maintain consistency throughout the adolescent's treatment and to facilitate successful re-entry back into the school environment.

Similar services also offered at our sister facility in Glenville, NY:
Conifer Park (800) 989-6446 • www.coniferpark.com



START YOUR JOURNEY HERE

Addiction is a disease with far-reaching, often times tragic effects. Individuals who abuse alcohol and drugs endanger themselves and others, sometimes without knowing it. Over time, these individuals see significant relationships with family, friends and fellow workers deteriorate.

Desperate attempts to maintain addiction can lead to financial and legal problems. Prolonged use of alcohol and other drugs may cause heart disease, cognitive impairment, liver damage, birth defects and even death.

Many individuals seeking recovery are overwhelmed by their problems and cannot take the steps necessary for sobriety. Entering a safe and structured treatment program enables them to focus solely on recovery while receiving medical care, counseling, education and family program.

FAMILY SERVICES

Our family programs are designed to help family members better understand addiction through educational lectures, group interactions, and discussions. Families learn communication skills and strategies to assist the entire family to heal and restore.

Family members are encouraged to attend self-help support in their local communities.

Treatment programs are provided by a full spectrum of professionally licensed staff in the fields of medicine, psychiatry, nursing, social work and addiction counseling.

Commercial insurances, Medicaid and most regional HMO plans are accepted. Self-pay may be arranged. Transportation is available upon request.

Programs offered by Conifer Park are accredited by the Joint Commission on Accreditation of Health Care Organizations (JCAHO) and licensed by the New York State Office of Alcoholism and Substance Abuse Services (OASAS).

If you or someone you love is having problems with drinking or drug abuse and are not sure where to turn, or who to talk with, we can help.

Please take the first step TODAY by calling our treatment facility or visit our website:

Arms Acres

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Carmel, NY 10512
(800) 989-2676
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