

See what some of our former Patients have to say about Arms Acres...

"I will be celebrating one year clean in October. Arms Acres really helped me out and made me see that a cleaner life is better than the one I was leading. I really was in the wrong direction in life and where I was heading was for the worst. I hurt so many people and myself. I tried to commit suicide because of my habit. Thanks to Arms Acres, I'm still here. Thank you from the bottom of my heart. My family thanks you every day and night that I'm clean and sober. You made me see myself for who I am, not as I was."

K.U.

"I've been blessed with a beautiful life all because of my willingness and the beginning I was granted at Arms Acres."

S.P.

"I am now clean and sober for over a 1-1/2 years and doing wonderfully. I just started Law School at Rutgers University, and my daughter and I just moved into our own two bedroom apartment in NYC. I am still doing volunteer work for 'Voices of Women Organizing Project' helping fellow survivors of domestic violence achieve justice and safety for themselves and their children. Today I have hopes and dreams and a truly magnificent life that is filled with loving, supportive people. It is already beyond my wildest dreams. Thank you all at Arms Acres for helping me reclaim my life and spirit."

S.K.

*God grant me the Serenity
to accept the things i cannot
change; the Courage to
change the things i can;
and the Wisdom
to know the
difference.*

*Your Community Inpatient & Outpatient
Alcohol and Substance Abuse
Treatment Facility
for Adults & Adolescents*



75 SEMINARY HILL ROAD
CARMEL, NY 10512

Call for more Information or a Free Consultation

1-800-989-2676

www.armsacres.com

*Arms Acres also offers
Outpatient Programming for Aftercare
in Carmel, Queens & Bronx*

Welcome
TO
ARMS ACRES



*"Today is the first day
of the rest of our lives; free from the
addiction of alcohol and drugs"*



A LIBERTY BEHAVIORAL MANAGEMENT CORP.
MANAGED FACILITY

PROGRAMS & SERVICES

Distinct & Separate Programs for Men & Women

- Individual & Group Therapy
- Relapse Prevention
- Spirituality
- Self-Help meetings
- Psycho-educational lectures
- Fitness program/Pool/Yoga
- Dual Focus group
- Workforce group
- Acupuncture
- Cultural Diversity group
- Monitored medication
- Family Program (10am-5pm)
 - Tuesdays – Men
 - Thursdays – Women & Adolescents
- Individual case management
- Aftercare planning

No drinks or food are permitted in group

ADOLESCENTS

Receive all of the above services as well as:

- Educational groups
- Tutorial
- Re-entry meeting with schools

**ANY CIGARETTES
OR OTHER CONTRABAND WILL BE
CONFISCATED & DESTROYED!**

ITEMS ALLOWED

- Shirts/Blouses
(no bar/nightclub/alcohol or music logos)
- Jeans/Slacks
- Sweaters
- Pajamas
- Socks/Underwear
- Bathrobe/Slippers
- Coats/Gloves
- Exercise Clothes/Bathing Suit
- Prescribed Medications (in original bottles only)
- Stationary/Stamps
- Toothbrush/Toothpaste
- Brush/Comb
- Blow dryer
- Soap/Shampoo
- Electric/Disposable Razors
- Non-aerosol Deodorant
- Non-aerosol/Alcohol-Free Hairspray
- Puzzle Books/Relaxation
- Recovery & Spiritual Books
- Phone Cards
- Money for incidentals and transportation home (patient is permitted up to \$10 on person)

ITEMS NOT ALLOWED

- ANY items containing alcohol (mouthwash, hairspray, etc.)
- Clothes considered provocative
- Shoes without backs
- Playing cards/ dice
- Food/Candy/Gum
- Magazines/Newspapers
- Weapons/Sharp-objects

RULES & EXPECTATIONS

- No fraternization
- No smoking
- Attendance of all program activities (Attendance of all groups is the responsibility of the patient)
- Cleanliness of room & personal area is the responsibility of the patient. Personal hygiene, bed made, & all items must be off the floor by 8:00 am
- Family visitation only permitted during the family program
- Television Use
 - Only used during down time
- Phone Use: Public Phones are a privilege and are only used during down time (Families can send phone cards or they can be purchased at Arms Acres)
- Family member can e-mail patients at www.armsacres.com
- Appropriate clothing at ALL times!
- Keep voices at a respectable level at all times – no foul language or inappropriate conversation
- Not authorized to leave grounds without permission
- Patient allowed only in room & bed assigned to patient
- No cellular phones, radios, personal laptops/computers or musical instruments
- No gambling/betting
- Be considerate of furniture- refrain from placing feet up on chairs
- Razors/Clippers are for personal use only
Case manager will hold onto clippers