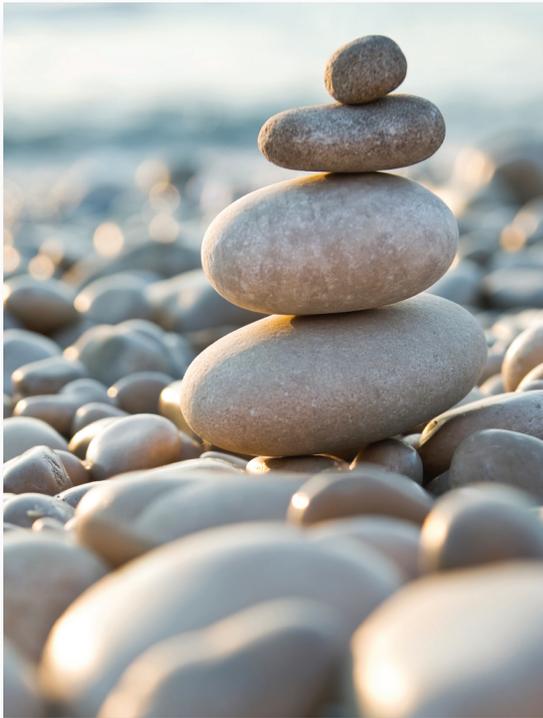


# THE RECOVERY CENTER

AT MONTEFIORE NYACK HOSPITAL



Montefiore | Nyack



## THE RECOVERY CENTER AT MONTEFIORE NYACK HOSPITAL

Our team of caring, licensed, and credentialed professionals includes physicians, nurses, psychiatrists, counselors, and social workers who collaborate to provide the best plan of treatment for each patient. Our three levels of care are all certified by the New York State Office of Alcoholism and Substance Abuse Services (OASAS), and accredited by The Joint Commission.

### EXTRAORDINARY CARE

The Recovery Center provides comprehensive care to those struggling with substance abuse and chemical dependency. Our levels of care include medically managed detoxification, inpatient rehabilitation, and outpatient ambulatory care.

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

### INNOVATIVE SERVICES

Recovery and rehabilitation from addiction is a life-long journey. The process is unique to the individual, and seeking professional help is the first step. Our team plans individualized, person-centered treatment while following a program designed by leaders in the field of addiction. Our curricula include evidence-based programs from Hazelden and Matrix Institute.



For additional information:

General Questions **845-348-2070**

Inpatient Admissions **845-348-2072**

Outpatient Admissions **845-348-2075**

#### **Inpatient Services**

The Recovery Center at  
Montefiore Nyack Hospital  
160 North Midland Avenue  
Nyack, NY 10960

#### **Outpatient Services**

312 Route 59 (GPS address: 336 NY-59)  
Nyack, NY 10960



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## COMPREHENSIVE PROGRAMS

The Recovery Center at Montefiore Nyack Hospital provides medically monitored inpatient detoxification and rehabilitation, as well as case management services. We also offer a comprehensive program of outpatient services including individual counseling, group counseling, and specialized groups including dual diagnosis, impaired driving and legal issues.

## COMMUNITY FOCUS

Our team works closely with referents to ensure the highest level of success in treatment for each of our patients. This includes ongoing communication with private therapists, physicians, social services, courts, attorneys, and law enforcement to provide patients with the most appropriate level of care.

## INDIVIDUAL ASSESSMENT AND SUPPORT

An ever-increasing number of those seeking help are suffering from both chemical dependency and mental health issues. Our comprehensive program offers additional support and consultation to those suffering from mental illness. We offer evaluation and treatment that provides our patients with the tools to overcome the special barriers they encounter. To accommodate individual schedules and lifestyles, services are provided during both day and evening hours.

## CONTINUUM OF CARE

Our programs provide a supportive environment as patients begin their lifelong journey of recovery. As new skills are learned and mastered patients are able to move on to a less intensive level of care, and ultimately fully embrace their recovery independent of The Recovery Center.

**Our programs provide a supportive environment as patients begin their lifelong journey of recovery.**

## SERVICES OFFERED AT THE RECOVERY CENTER OUTPATIENT PROGRAM

### INTENSIVE OUTPATIENT PROGRAM (IOP)

This program provides 3 hours of group counseling three times per week in addition to weekly individual counseling. This program is recommended for patients with multiple barriers to their sobriety and those who are new to treatment. Day and evening schedules are available.

### CLINIC LEVEL PROGRAM

For those patients requiring a less intensive program, individual and group counseling prescribed according to each patient's needs.

### MENTAL ILLNESS/CHEMICAL ABUSE (MICA) TRACK

For patients who suffer from chronic and persistent mental illness in addition to substance abuse or dependency disorders.

### IMPAIRED DRIVER AND LEGAL GROUPS

For patients facing legal consequences related to their use of alcohol or drugs.

### FAMILY RECOVERY GROUP

This monthly group for patients and family members (ages 18 and older) offers a comprehensive program to improve the physical, mental, emotional, and spiritual health of every family member. Topics include: disease concept, addiction, recovery process, relapse, family dynamics, and various treatment options.

## SERVICES OFFERED AT THE RECOVERY CENTER INPATIENT PROGRAM

### MEDICALLY MANAGED DETOXIFICATION

For patients who are experiencing, or at high risk for developing, life threatening symptoms of withdrawal from opiates, benzodiazepines, or alcohol.

### INPATIENT REHABILITATION PROGRAM

For patients who are not in need of detoxification, but require group and individual counseling, introduction to the 12-Step model of recovery, and education to help them build the skills necessary for recovery. Actual length of stay will vary depending on patient needs.

### INDIVIDUALIZED CASE MANAGEMENT

Short-term assessment and referral services to establish a support system outside of our inpatient setting. Our team encourages patients to reach out to develop a relationship with the self-help community, sober friends and family, and other service providers to assist them in ongoing recovery.



*Our caring staff will help  
you take the first step  
towards building a  
lifetime of recovery.*

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[montefiorenyack.org/recovery-center](http://montefiorenyack.org/recovery-center)

**Montefiore**  

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**Nyack**