

Mental Health and Substance Abuse Services Guide



**Catholic
Health Services**

of Long Island

At the heart of health

1 (855) CHS-4500

www.chsli.org

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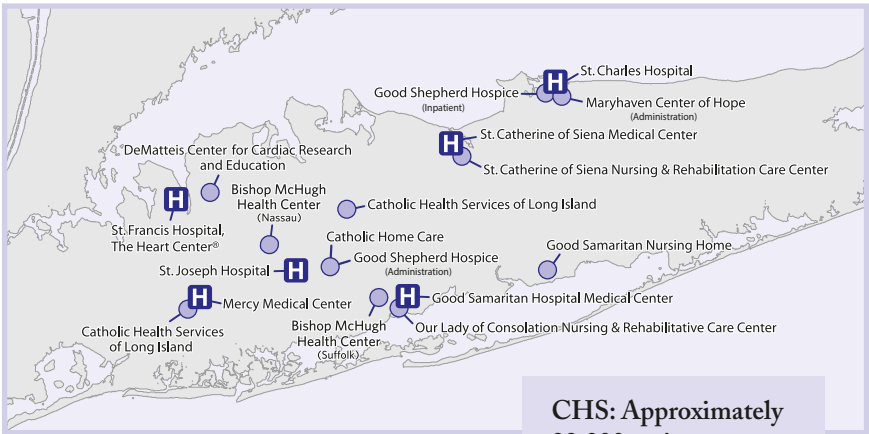
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Please visit each CHS member's website for the most current information. Simply go to www.chsli.org and click through.

CHS: Approximately 22,000 caring physicians and staff at convenient locations across Long Island.

Mission Statement

We, at Catholic Health Services, humbly join together to bring Christ's healing mission and the mission of mercy of the Catholic Church expressed in Catholic health care to our communities.

Ethical and Religious Directives

Throughout the centuries, with the aid of other sciences, a body of moral principles has emerged that expresses the Church's teaching on medical and moral matters and has proven to be pertinent and applicable to the ever-changing circumstances of health care and its delivery. These same moral principles of Catholic teaching provide the rationale and direction for the *Ethical and Religious Directives for Catholic Health Care Services*.

To read the Ethical and Religious Directives in their entirety, please visit www.chsli.org or www.usccb.org.

DISCRIMINATION IS AGAINST THE LAW

Catholic Health Services of Long Island complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Catholic Health Services of Long Island does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Catholic Health Services of Long Island:

- Provides free aid and services to people with disabilities to communicate effectively with us, such as:
 - ~ Qualified sign language interpreters
 - ~ Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services for people whose primary language is not English, such as:
 - ~ Qualified interpreters
 - ~ Information written in other languages

If you need these services, contact AVP, Enterprise Risk Management. In absence of the Language Coordinator, you may also contact the Nursing Supervisor for assistance.

If you believe that Catholic Health Services of Long Island has failed to provided these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with:

AVP, Enterprise Risk Management
Catholic Health Services of Long Island
992 North Village Avenue
Rockville Centre, NY 11570
516-705-3850

You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, the Director of the Patient Experience Department is available to help you.

You may also file a civil rights complaint to the U.S. Department of Health and Human Services, Office of Civil Rights, electronically, through the Office of Civil Rights Complaint Portal available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>; or by mail or telephone to:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at:
www.hhs.gov/ocr/office/file/index.html.



AVAILABLE INTERPRETERS

You can access interpretation services 24/7 at no personal cost to you.

This chart includes languages commonly spoken in your community, additional languages are available.

English: Do you speak [language]? We will provide an interpreter at no personal cost to you.

Spanish
Español ¿Habla español? Le proporcionaremos un intérprete sin costo alguno para usted.

Korean
한국어 한국어를 사용하십니까? 무료로 통역 서비스를 제공해 드리겠습니다.

Bengali
বাংলা আপনি কি বাংলায় কথা বলেন? আমরা আপনাকে একজন (যাচাইকৃত) (ই-টার্গিটরিং) দ্বারা আপনার ব্যক্তিগতভাবে অর্থবায় করতে হবে না।

Arabic
اللغة العربية هل تتحدث اللغة العربية؟ سوف نوفر لك مترجماً فوراً بدون أي تكلفة عليك.

French
Français Parlez-vous français ? Nous vous fournirons gratuitement un interprète.

Russian
Русский Вы говорите по-русски? Мы абсолютно бесплатно предоставим вам переводчика.

Albanian
Shqip Fletni shqip? Ne do t'ju sigurojm një përkthyes pa asnjë kosto personale për ju.

Yiddish
אידיש זד רעדסט אײַזיש? מיר וועלן אױסזעצן א פארשפראכער בױניס.

Greek
Ελληνικά Μιλάτε ελληνικά; Θα σας παρέχουμε ένα διαμεγμένο χωρίς καμία οικονομική επιβάρυνση για εσάς.

Polish
Polski Czy mówisz po polsku? Zapewnimy bezpłatną pomoc tłumacza.

Brazil-Portuguese
Português Você fala português? Nós lhe forneceremos um intérprete, sem nenhum custo adicional.

Mandarin
中文 您讲国语吗? 我们将免费为您提供翻译。

Italian
Italiano Parla italiano? Le forniremo gratuitamente un interprete.

Tagalog
Tagalog Nakapagsasalita ka ba ng Tagalog? Magbibigay kami ng tagasaalin nang wala kang personal na babayaran.

Cantonese
粵語 您講粵語嗎? 我們將免費為您提供翻譯。

Haitian Creole
Kreyòl Ayisyen Èske ou pale Kreyòl Ayisyen? N ap ba ou yon entèprèt gratis.

Farsi
فارسی فارسی صحبت می کنید؟ یک مترجم شفاهی رایگان در اختیار شما قرار خواهیم داد.

American Sign Language (ASL)



(516) 705-3850

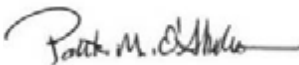
Welcome to Catholic Health Services

Catholic Health Services (CHS) is an integrated system encompassing some of the region's finest health and human services agencies with six acute care hospitals, three nursing homes, a home nursing service, hospice and a community-based agency for persons with special needs. Our commitment to quality is recognized by patients and independent health agencies.

Mental health and substance-related and addictive disorders are persistent local and national concerns. A companion to CHS's *Services Guide*, this *Mental Health and Substance Abuse Services Guide* focuses on programs, services and resources offered by CHS, its partners and other agencies and community organizations across Long Island. The guide provides essential information for individuals, families and providers, allowing them to locate the specific quality services necessary to achieve and maintain mental and physical health.

Whether you are looking for services for yourself or a loved one, we encourage you to use this guide to find what meets your unique needs.

Wishing you good health,



Patrick M. O'Shaughnessy, DO, MBA, FACEP
Executive Vice President &
System Chief Medical Officer
Catholic Health Services

Behavioral Health Services

CHS is pleased to share this directory with professionals, clinicians and community members who are seeking behavioral health services. The term behavioral health encompasses depression, anxiety, substance abuse and services to the developmentally disabled. The directory summarizes the extensive array of assistance available to the Long Island community through CHS, its partners and other organizations and promotes recovery and wellness for those living with behavioral health issues.

Whether an individual or professional is looking for inpatient or outpatient treatment, home care, support services or support groups, CHS's experienced, seasoned professionals are dedicated to providing high-quality behavioral health services.

Best wishes,

A handwritten signature in black ink, appearing to read "Brenner", written in a cursive style.

Ronald Brenner, MD
Chief of Behavioral Health Services
Catholic Health Services

Checklist of Services

Services	GS	M	SCS	SCH	SF	SJ	CHC	GSNH	H	MH	OLC	SCNR	CHS	CC	DRVC	SVDP
Addiction Recovery Services (Medication-Assisted Treatment)		•														
Alcohol and Substance Abuse Rehabilitation Services		•		•						•						
Ancillary Withdrawal Management Program (Medication-Assisted Treatment)		•														
Behavioral Health Services (BHS)		•	•	•			•			•				•		
BHS Day Programs										•				•		
BHS Home Care Services							•									
BHS Residential Programs (Nassau)										•						
BHS Residential Programs: Children/Teens														•		
Bereavement Services									•							
Home Care Bridge Services (OP)							•									
Central Intake: Inpatient		•														
Central Intake: Outpatient		•														
Chemical Dependence Crisis Center										•				•		
Chemical Dependence: OP Clinics		•								•				•		
Dementia Disease Care											•					
Detoxification: Drug and Alcohol (Adult IP, 19+) (Medication-Assisted Treatment)				•												
Detoxification: Drug and Alcohol (Teen IP, 13-18) (Medication Assisted Treatment)				•												
Electroconvulsive Therapy		•	•													

Services	GS	M	SCS	SCH	SF	SJ	CHC	GSNH	H	MH	OLC	SCNR	CHS	CC	DRVC	SVDP
Family Counseling Services		•							•	•						
Housing Support										•				•		
Mental Health Services Outpatient Clinics Residential Services		•								•				•		
Neurologic Rehabilitation/Disease Care								•			•	•				
OnTrack NY Program (16-30)		•														
Partial Hospitalization Program (Psychiatric)		•														
Pregnancy Support Services (Crisis)													•		•	
Psychiatry: Adult (18+) (IP)			•													
Psychiatry (Consult)	•	•	•	•	•	•										
Psychiatry (Crisis)		•														
Psychiatry: Medication Management		•								•						
Smoking Cessation	•	•	•	•	•											
Stress Management Program					•											
Support Groups	•	•	•	•	•	•			•	•		•				
Telepsychiatry	•	•	•													
Transitional Housing																•
Withdrawal Management Program		•		•												

Key:

CHS = Catholic Health Services
GS = Good Samaritan Hospital Medical Center
M = Mercy Medical Center
SCS = St. Catherine of Siena Medical Center
SCH = St. Charles Hospital
SF = St. Francis Hospital, The Heart Center®
SJ = St. Joseph Hospital
CHC = Catholic Home Care
GSNH = Good Samaritan Nursing Home
H = Good Shepherd Hospice

MH = Maryhaven Center of Hope
OLC = Our Lady of Consolation Nursing & Rehab. Center
SCNR = St. Catherine of Seina Nursing & Rehab. Center
CC = Catholic Charities
DRVC = Diocese of Rockville Centre
IP = Inpatient
OASAS = Office of Alcohol and Substance Abuse Services (NYS)
OP = Outpatient
SVDP = Society of St. Vincent de Paul

CHS Behavioral Health Hotline: **1 (844) 737-4CHS**



Good Samaritan Hospital Medical Center

Founded in 1959, Good Samaritan Hospital Medical Center has grown into a 537 bed (including 100 nursing home beds) medical center, with more than 3,500 employees and almost 900 physicians on staff.

Psychiatrists provide consultation and liaison services when a patient is receiving medical treatment in the emergency department or in the hospital. Psychiatric symptoms and recent onset of acute exacerbation of chronic psychiatric problems are treated appropriately in concert with primary physicians on an ongoing basis. Upon discharge, the Social Work Department arranges ongoing outpatient services. For children or adolescents, the medical staff refers these patients to the appropriate community facility. Good Samaritan Hospital does not offer inpatient behavioral health services at this time.

Should you or a loved one be in immediate distress, please go to the nearest emergency department.

Smoking Cessation

Good Samaritan Hospital offers the *Learn to Be Tobacco Free* smoking cessation program. Please call (631) 376-4444 for the current schedule or visit goodsamaritan.chsli.org.

Support Groups

- Bariatric Surgery Support Group
- Breast Cancer Support Group
- Life Goes On Cancer Support Group
- Look Good Feel Better Support Group
- New Mothers Support Group
- Prostate Cancer Support Group

Telepsychiatry

Telepsychiatry improves access to psychiatric services for emergency department (ED) patients, particularly after normal office hours. Currently, the EDs at Mercy Medical Center, St. Catherine of Siena Medical Center and Good Samaritan Hospital Medical Center participate in the program. While the initial focus is on weekend incidents, ultimately, the goal is to deliver high quality and rapid response to patients in EDs across CHS, all week long.

Telepsychiatry uses two way, real-time, interactive audio and video equipment between two locations to provide and support psychiatric care. The face-to-face videoconferencing session is conducted remotely via a high-definition monitor, with the on-call psychiatrist entering the findings in the Epic electronic medical record. After the assessment via telepsychiatry, the treatment proceeds as in a regular session, giving the patient appropriate clinical advice, recommendations and disposition.

Please call (631) 376-4444 for the latest information on services or visit goodsamaritan.chsli.org.



**Good Samaritan Hospital
Medical Center**

Catholic Health Services
At the heart of health

1000 Montauk Highway, West Islip, NY 11795

(631) 376-4444

www.good-samaritan-hospital.org



Mercy Medical Center

Founded by the Nursing Sisters of the Congregation of the Infant Jesus, Mercy Medical Center has served the residents of Nassau County and nearby communities since 1913. Mercy is a full-service, 375-bed community hospital with a medical staff of nearly 700 physicians and almost 1,600 employees.

Psychiatrists provide consultation and liaison services when a patient is receiving medical treatment in the emergency department or in the hospital. Psychiatric symptoms and recent onset of acute exacerbation of chronic psychiatric problems are treated appropriately in concert with primary physicians on an ongoing basis.

Should you or a loved one be in immediate distress, please go to the nearest emergency department.

INPATIENT/OUTPATIENT

Psychiatry

Mercy Medical Center offers 24-hour service for adult patients in psychiatric crisis. Mercy provides urgent and emergent diagnostic evaluations, crisis management and referral to a treatment program tailored to the individual.

Telepsychiatry

Telepsychiatry improves access to psychiatric services for emergency department (ED) patients, particularly after normal office hours. Currently, the EDs at Mercy Medical Center, St. Catherine of Siena Medical Center and Good

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Crisis Service

Caring, seasoned clinical staff is available to speak to you when you or a family member is experiencing a psychiatric or emotional emergency. Mercy's staff will assess your situation and provide information and referral about Behavioral Health Services and/or other community resources that will help you during this time. Staff is available 24 hours a day, 7 days a week. Phone: (516) 705-2248.

Central Intake Service—Mental Health and Chemical Dependency Outpatient Programs

Central Intake provides individuals with timely, thorough psychosocial evaluations by licensed clinicians for admissions into several Mental Health and Chemical Dependency Outpatient Programs. Appointments can be scheduled Monday through Friday from 8:30 a.m. to 4:30 p.m. Evening appointments are also available. Phone: (516) 705-3400 ext. 3230.

BHS Electroconvulsive Therapy (ECT)

Mercy Medical Center offers state-of-the-art Electroconvulsive Therapy (ECT) for ambulatory patients, as well as inpatients. Mercy has acquired the most advanced equipment, allowing for the administration of highly sophisticated ECT to achieve maximum efficacy while avoiding or minimizing common side effects.

OUTPATIENT

Behavioral Health

Mercy's outpatient behavioral health services, located in Garden City, treat adults experiencing depression, anxiety, life transitions, family stressors and other psychiatric illness. Our caring staff includes board certified psychiatrists, psychiatric nurse practitioners, licensed clinical social workers, licensed mental health counselors, registered nurses and a licensed creative arts therapist. Primary care is provided by board certified physicians in internal medicine.

Outpatient Behavioral Health Services Include:

- Addiction Recovery Services
- Ancillary Withdrawal Management Program (Medication-Assisted Treatment)
- Case Management
- Comprehensive Evaluation
- Comprehensive Individual Therapy
- Co-occurring Disorders Treatment
- Creative Art Therapy
- Crisis Management
- Family Counseling Services
- Group and Family Counseling
- Medication Administration
- OnTrackNY Program
- Outpatient Mental Health Services
- Primary Medical Care
- Psychiatric Partial Hospitalization Program
- Psychiatric Medication Management

Outpatient Behavioral Health Central Intake: (516) 705-3400 x3230

Ancillary Withdrawal Management Program (Medication-Assisted Treatment)

Outpatient substance use disorder treatment for adults dependent on opioids (heroin, fentanyl, prescribed narcotics) undergoing mild to moderate withdrawal.

Addiction Recovery Services

Mercy's Addiction Recovery Services is a NYS licensed medically-supervised adult Chemical Dependency program. Our goal is to improve the balance of physical, emotional, psychological and spiritual health that result in a fulfilled life.

Mental Health Clinic

Mercy's Mental Health Clinic is a NYS licensed adult outpatient clinic providing psychiatric evaluation, medication management, primary medical care and psychotherapy services. A variety of focused group therapy services including creative art and pet therapy complement an array of individual therapy modalities.

OnTrackNY Program

OnTrackNY coordinates specialty care to young adults ages 16 to 30 with newly emerged non-affective psychotic disorders so they can achieve their goals for school, work and social relationships. The program provides a range of services, including case management for social and community needs, supported employment and education, First Event Psychosis (FEP)-relevant psychotherapy, pharmacotherapy and primary care coordination, along with family support and education.

Psychiatric Partial Hospital Program (PHP)

An intensive outpatient psychiatric treatment program designed to ease the transition following an inpatient psychiatric hospitalization or to avoid an admission.

Smoking Cessation

Mercy Medical Center offers a free smoking cessation program. Please call (516) 62-MERCY for the latest schedule or visit mercymedicalcenter.chsli.org.

Support Groups

- Alcoholics Anonymous (AA)
- Bariatric Support Group
- Breast Cancer Support Group
- Family Group (sponsored by AL-ANON)
- Family Support Group meeting (for loved ones of adult with mental illness and/or substance abuse conditions)
- General Bereavement Support Group
- Seniors for Sobriety (Sponsored by AA)
- Zumba for Cancer Survivors

Please call (516) 62-MERCY for the latest information on services or visit mercymedicalcenter.chsli.org.



Mercy Medical Center

Catholic Health Services

At the heart of health

mercymedicalcenter.chsli.org

1000 North Village Avenue

P.O. Box 9024

Rockville Centre, NY 11571-9024

(516) 62-MERCY



St. Catherine of Siena Medical Center

Since 2000, St. Catherine of Siena Medical Center has been a trusted health care resource. St. Catherine of Siena campus comprises a 296-bed, not-for-profit hospital, a 240-bed skilled nursing and rehabilitation care center and a 3-story medical office building.

Psychiatrists provide consultation and liaison services when a patient is receiving medical treatment in the emergency department or in the hospital. Psychiatric symptoms and recent onset of acute exacerbation of chronic psychiatric problems are treated appropriately in concert with primary physicians on an ongoing basis.

Should you or a loved one be in immediate distress, please go to the nearest emergency department.

INPATIENT

Among the largest inpatient psychiatric facility in Suffolk County, St. Catherine's Department of Psychiatry provides holistic, patient-centered care and advocacy services for adults aged 18 and older with a primary diagnosis of mental illness. Conditions treated include schizophrenia, and bi-polar and depressive disorder conditions.

Referrals from the St. Catherine's emergency department are accepted 24 hours a day, seven days a week. Please call (631) 862-3000 for additional information or visit stcatherines.chsli.org.

Smoking Cessation

St. Catherine of Siena Medical Center offers the *Learn to Be Tobacco Free* smoking cessation program. Please call (631) 870-3444 for the current schedule or visit stcatherines.chsli.org.

Telepsychiatry

Telepsychiatry improves access to psychiatric services for emergency department (ED) patients, particularly after normal office hours. Currently, the EDs at Mercy Medical Center, St. Catherine of Siena Medical Center and Good Samaritan Hospital Medical Center participate in the program. While the initial focus is on weekend incidents, ultimately, the goal is to deliver high quality and rapid response to patients in EDs across CHS, all week long.

Telepsychiatry uses two way, real-time, interactive audio and video equipment between two locations to provide and support psychiatric care. The face-to-face videoconferencing session is conducted remotely via a high-definition monitor, with the on-call psychiatrist entering the findings in the Epic electronic medical record. After the assessment via telepsychiatry, the treatment proceeds as in a regular session, giving the patient appropriate clinical advice, recommendations and disposition.

Support Groups

- Bariatric Support Group
- Breast Cancer Support Group
- Caregivers of People with Dementia
- Caregivers of Chronically Ill/Disabled Spouse or Partner
- Diabetes Support Group
- Lupus Support Group
- Mother's Circle of Hope, Postpartum Depression Support Group
- Postpartum Lactation Support Group
- Parkinson's Disease Support Group
- Parkinson's Young Onset Support Group
- Stroke Support Group

Please call (631) 870-3444 for the latest information on services or visit stcatherines.chsli.org.



**St. Catherine of Siena
Medical Center**

Catholic Health Services
At the heart of health

50 Route 25A,
Smythtown, NY 11787
(631) 870-3444
stcatherines.chsli.org



St. Charles Hospital

St. Charles Hospital has served the residents of the north shore in the Town of Brookhaven since 1907. St. Charles is a full-service, community hospital and regional rehabilitation center with nine outpatient satellite rehabilitation sites, from Albertson to Port Jefferson.

Psychiatrists provide consultation and liaison services when a patient is receiving medical treatment in the emergency department or in the hospital. Psychiatric symptoms and recent onset of acute exacerbation of chronic psychiatric problems are treated appropriately in concert with primary physicians on an ongoing basis.

Should you or a loved one be in immediate distress, please go to the nearest emergency department.

INPATIENT

Drug and Alcohol Detoxification

St. Charles Hospital has 10 (soon to be 20) of the hospital beds in Suffolk County dedicated solely to adult inpatient medically-supervised detoxification. St. Charles also offers medically-supervised detoxification for adolescents. St. Charles is the only hospital in New York State licensed by the New York State Office of Alcohol and Substance Abuse Services (OASAS) and accredited by The Joint Commission.

The adult detox program is for individuals age 19 and over. The adolescent detox program is for teens aged 13–18. Admission is determined by a physician and other medical professionals using evidence-based screening tools.

For more information on the inpatient medically-supervised detoxification program at St. Charles Hospital, call (631) 474-6797 or visit stcharleshospital.chsli.org.

Drug and Alcohol Rehabilitation

Chemical dependency and alcohol rehabilitation are offered through St. Charles Hospital's Chemical Dependency Rehabilitation program. The program is for adults age 18 and over and is voluntary. It is based on the philosophy that recovery begins with the desire to change. The 40-bed inpatient unit offers a program designed to promote recovery for the chemically dependent patient.

For information on the Alcohol and Chemical Dependency Rehabilitation Program at St. Charles Hospital, please call (631) 474-6233 or visit stcharleshospital.chsli.org.

Smoking Cessation

St. Charles Hospital offers the *Learn to Be Tobacco Free* smoking cessation program. Please call (631) 474-6797 for the current schedule or visit stcharleshospital.chsli.org.

Support Groups

- Al-Anon Family Support Group – Step Meeting
- Al-Anon Family Support Group – Beginners Meeting
- Al-Anon Family Support Groups – Full Meeting
- Alcoholics Anonymous – Back to Basics
- Bariatric Support Group
- Brain Injury Support Group
- Breastfeeding Support Group
- Epilepsy Support Group
- Narcotics Anonymous
- Parkinson’s Disease Support Group
- Speech Communication Support Group
- Spinal Cord Injury Support Group
- Stroke Support Group

Please call (631) 474-6797 for the latest information on services or visit stcharleshospital.chsli.org.



St. Charles Hospital

Catholic Health Services

At the heart of health

200 Belle Terre Road, Port Jefferson, NY 11777

(631) 474-6797

www.stcharles.org



St. Francis Hospital, The Heart Center®

St. Francis Hospital, The Heart Center®, is New York's only specialty designated cardiac center and is a nationally recognized leader in cardiac care. Founded in 1922 by the Sisters of the Franciscan Missionaries of Mary, the 306-bed hospital is an innovator in the delivery of specialized cardiovascular services in an environment where excellence and compassion are emphasized.

Psychiatrists provide consultation and liaison services when a patient is receiving medical treatment in the emergency department or in the hospital. Psychiatric symptoms and recent onset of acute exacerbation of chronic psychiatric problems are treated appropriately in concert with primary physicians on an ongoing basis. Upon discharge, the Social Work Department arranges ongoing outpatient services. For children or adolescents, the medical staff refers these patients to the appropriate community facility. St. Francis Hospital does not offer inpatient behavioral health services at this time.

Should you or a loved one be in immediate distress, please go to the nearest emergency department.

Living Healthy NY Community Workshop

Workshop for those living with a chronic health condition such as arthritis, asthma, diabetes, heart disease, lung disease, weight concerns, depression or another ongoing health condition. A family member or caregiver can also participate. This free, six-week, Living Healthy program will teach you better ways of coping and managing your health.

Please call (516) 629-2013 for the latest information or visit www.stfrancisheartcenter.com.

Meditation

Come join a relaxing class that can help you: decrease blood pressure, reduce stress hormones, decrease anxiety, depression and insomnia and allow for an overall sense of peace and well being.

Please call (516) 629-2040 for the latest information or visit www.stfrancisheartcenter.com.

Mental Health First Aid

This free program introduces participants to risk factors and warning signs of mental health problems, builds understanding of their impact and discusses common treatments. This 8-hour training certificate course teaches participants a five-step action plan to assess a situation, select and implement interventions and secure appropriate care for an individual.

Please call (516) 629-2013 for the latest information or visit www.stfrancisheartcenter.com.

Smoking Cessation

St. Francis Hospital offers the American Lung Association Freedom From Smoking[®] smoking cessation program.

Please call the (516) 629-2013 for the latest information or visit www.stfrancisheartcenter.com.

Stress Management Workshop

Come learn how to manage stress, rather than allowing it to manage you. This is a workshop designed to help make you aware of positive and negative stressors, and how stress can impact your quality of life. The workshop will focus on defining and identifying stressors, as well as developing healthful coping skills and strategies to effectively manage them.

Please call **(516) 629-2023** for the latest information or visit www.stfrancisheartcenter.com.

Support Groups

- Brave Hearts meetings
- Chronic Pain Support Group
- Diabetes Club
- Stroke Survivors Support Group
- Implantable Cardioverter Defibrillator (ICD) Patient & Family Education Series

Please call **(516) 562-6000** for the latest information on services or visit www.stfrancisheartcenter.com.



**St. Francis Hospital,
The Heart Center®**

Catholic Health Services

At the heart of health

100 Port Washington Blvd.
Roslyn, New York 11576

(516) 562-6000

www.stfrancisheartcenter.com



St. Joseph Hospital

Located in Bethpage, St. Joseph Hospital is a 203-bed community hospital offering many medical and surgical specialties. The hospital, which joined CHS in 2010, holds The Joint Commission Gold Seal of Approval®, is accredited under the hospital standards and laboratory standards, and provides the surrounding community with an array of outpatient and inpatient services.

Psychiatrists provide consultation and liaison services, when a patient is receiving medical treatment in the emergency department or in the hospital. Psychiatric symptoms and recent onset of acute exacerbation of chronic psychiatric problems are treated appropriately in concert with primary physicians on an ongoing basis. Upon discharge, the Social Work Department arranges ongoing outpatient services. St. Joseph Hospital does not offer inpatient behavioral health services at this time.

Should you or a loved one be in immediate distress, please go to the nearest emergency department.

Smoking Cessation

St. Joseph Hospital offers patients smoking cessation information provided by the The New York State Smokers' Quitline, a free and confidential service that provides effective stop smoking services to New Yorkers who want to stop smoking.

1 (866) NY-QUITS (697-8487).

Support Groups

- Diabetes Support Group
- General Bereavement Support Group
- Next Steps Bereavement Support Group
- Loss of a Child Bereavement Support Group
- Young Adult Parkinson's Disease Support Group
- Stroke Support Group

Please call (516) 520-2500 for the latest information on services or visit stjosephhospital.chsli.org.



St. Joseph Hospital

Catholic Health Services

At the heart of health

4295 Hempstead Turnpike, Bethpage, NY 11714

(516) 520-2500

stjosephhospital.chsli.org



Catholic Home Care

For more than 100 years, Catholic Home Care has been delivering care to people in their homes, across Long Island. Founded by the Congregation of the Infant Jesus, Catholic Home Care helps adults and pediatric clients who are recovering after a hospital or facility stay, or need additional support to remain safely at home and avoid unnecessary hospitalization. Catholic Home Care provides skilled professional and paraprofessional home health care services throughout Nassau, Suffolk and Queens counties and serves more than 2,700 patients in their homes each day.

Behavioral Health Services

Overview

The most problematic area for individuals who suffer from mental illness is the successful transition from inpatient hospital to outpatient care. Given the cognitive and motivational deficits that are part of this population, the ability of these individuals to navigate the complex community-based services leads many to drop out of treatment before even becoming successfully engaged. Other common challenges facing patients after an acute illness include depression and anxiety. These conditions are especially prevalent in the geriatric population.

The goals of the Catholic Home Care Behavioral Health Program are:

- Assessment and supportive treatment of individuals within the community, focusing on treatment in the patient’s home setting.
- Education of family members and patients concerning the nature of their illness and available treatments.
- Provision of “bridge” services to individuals and follow up for patients in the home setting as they successfully connect with community-based outpatient programming.
- Facilitation of interdisciplinary collaboration across the continuum of care.

Components

- Patients will be initially identified by the physician, an inpatient facility or by the Catholic Home Care staff following admission into the agency.
- Patients will be screened by the Behavioral Health Team Manager or designee prior to admission.
- And admission home visit will be scheduled.

First Visit in the Community

- A Start of Care Assessment will be made within 48 hours of discharge from an acute care facility. Patients referred by their physician without a hospital stay will also be visited in their home within 48 hours.
- Goals and interventions will be identified and an individualized plan of care developed.
- Assessment of educational needs will follow.
- Follow-up appointments will be scheduled and individually determined based on patient needs.

Follow-Up Visits in the Community

- Ongoing assessment of patient’s mental state.
- Ongoing assessment of compliance with medication.
- Ongoing assessment of psycho-educational needs.
- Supportive therapeutic interventions primarily based on behavioral interventions.

Discharge

The patient will be discharged when established goals have been met or when the:

- Patient has successfully followed up in outpatient care and/or community-based services.
- Patient refuses ongoing care in the community.
- Patient requires readmission to an inpatient facility.

Referrals and Intake Department

Suffolk County: (631) 465-6830

Nassau County: (516) 586-1421

Queens: (718) 484-1415

Please call (631) 828-7400 for the latest information on these services or additional services offered by Catholic Home Care, or visit catholichomecare.chsli.org.



Catholic Home Care

Catholic Health Services

At the heart of health

110 Bi-County Boulevard, Farmingdale, NY 11735

(631) 465-6830

(516) 586-1421

(718) 484-1415

catholichomecare.chsli.org



Good Shepherd Hospice

Good Shepherd Hospice was created in 2001 with the merger of Good Samaritan, St. Charles and Mercy hospice services and represents a combined 50 years of experience serving the community.

Good Shepherd Hospice provides medical, emotional and spiritual care for people whose life expectancy is less than six months, as well support for their families. Hospice care focuses on quality of life and symptom management rather than treatments aimed at curing advanced illness. Through the care and support of expert staff, Good Shepherd Hospice helps people who are living with advanced illness meet their goals.

Bereavement Services

Bereavement Mailings of Support and Education for 13 Months.

Individual and Family Support Sessions – short-term counseling can be provided to children, teens and adults who are grieving the death of a loved one.

Adult Bereavement Support Groups – are facilitated by Bereavement Specialists and are offered throughout the year in numerous locations on Long Island. These 8-week groups are designed to offer support and grief education in a safe, confidential environment.

Grief Holiday Workshop Series – holidays such as Valentine’s Day, Mother’s Day, Father’s Day, Thanksgiving, Hanukah and Christmas can be particularly stressful and can often magnify grief. These workshops offer encouragement, education, support and coping strategies to help manage the demands of the holidays.

Bi-Annual Interfaith Remembrance – a beautiful evening of music, reflection, honoring, and remembering loved ones. Share in memorial rituals, which highlight the service. These non-denominational services focus on the celebration of life and are offered in the spring and fall.

Lights of Love – is a holiday memorial program with a tree and menorah lighting. Lights of Love services are held each December in three different locations on Long Island. Family and friends have the opportunity to remember their loved ones.

Specialized Bereavement Support for Children and Their Families

Good Shepherd Hospice Bereavement Specialists provide a safe, supportive environment that assists children in their grieving process. Evidence-based programming is offered recognizing that children respond differently to the death of a loved one based on their age and developmental stage. The goal of this service is to promote healthy grief, healing, education, growth and hope for the future.

Connections: A Child and Family Bereavement Program – This is an 8-week bereavement group program for children ages 5–17 years old and their caregivers who have experienced a death of a loved one. Children engage in therapeutic activities that encourage emotional healing, increase understanding, foster the development of healthy coping skills and facilitate the preservation of memories. Adult caregivers attend their own concurrent support group, where they will learn about the nature of their children's grief and how to best support them. This program is offered in both English and Spanish.

Bob Sweeney's Camp H.O.P.E. – This is a free two-day bereavement camp, which takes place annually in July. Camp H.O.P.E. provides children and teens, ages 5–17, the opportunity to come together to learn new ways of coping with their grief and to meet other children and families. This camp offers therapeutic activities with a focus on fun and relaxation. The program is held at Camp Alvernia in Centerport. Current research suggests that bereavement camps are effective in helping children and their families develop and build resilience in dealing with loss. This camp is offered to both English and Spanish speakers.

Bereavement Services for the Community

School Support Services – consultation, support and education for students, faculty and parents when there is a death or anticipated death in the school community.

Crisis Intervention and Debriefing – consultation and support services for sudden and/or traumatic loss in the community.

Training and Workshops – specifically designed for health care professionals.

Customized Bereavement Programming – development of specific programming to meet the needs of any business, congregation or community organization to better understand the experiences of loss and grief.

Community Resource and Referral – provide information and linkage to community based support services.

Please call (631) 465-6363 or (516) 586-1420 for the latest information on services or visit goodshepherdhospice.chsli.org.



Good Shepherd Hospice

Catholic Health Services

At the heart of health

Administrative and Clinical Offices

110 Bi-County Boulevard, Farmingdale, NY 11735

Clinical Office: (631) 465-6300

Central Access/Referral: (631) 465-6363 or (516) 586-1420

goodshepherdhospice.chsli.org

Good Shepherd Hospice Inpatient Center

(adjacent to St. Charles Hospital)

200 Belle Terre Road, Port Jefferson, NY 11777

General: (631) 642-4200

goodshepherdhospice.chsli.org

Good Samaritan Nursing Home



Located just a block from the Great South Bay in Sayville, the 100-bed Good Samaritan Nursing Home has been part of Good Samaritan Hospital Medical Center since 1980.

Neurologic Rehabilitation

Neurologic rehabilitation is provided by occupational and physical therapists together with speech-language pathologists working to maximize the function of patients with stroke or other brain injuries. Some of the neurogenic disorders treated are multiple sclerosis, Lou Gehrig's disease and Parkinson's disease. Weekly team meetings facilitate coordination of treatment goals and help to maximize outcomes. The multidisciplinary team focus is to help patients recover the mental and/or physical functioning affected by a neurologic condition. Patients who have suffered strokes, paralysis, loss of memory, mobility or speech and the inability to eat receive physical, occupational and speech therapies through a comprehensive individualized plan of treatment.

Please call: (631) 244-2400 for the latest information on services or visit goodsamaritannursinghome.chsli.org.



**Good Samaritan
Nursing Home**

Catholic Health Services
At the heart of health

101 Elm Street, Sayville, NY 11782

(631) 244-2400

goodsamaritannursinghome.chsli.org



Making a Difference Every Day - Then and Now

Maryhaven Center of Hope

Behavioral Health Programs

Since being founded by the Daughters of Wisdom in 1930, Maryhaven Center of Hope has been assisting children, adults and senior citizens with disabilities. As one of the largest and most innovative multi-service agencies on Long Island, Maryhaven supports approximately 1,500 individuals of all faiths who range in age from 5 to 80.

ADULT SERVICES

Nassau County Day Programs

Office of Mental Health Programs

Personalized Recovery Oriented Services (PROS) Horizon – is a recovery-oriented program that offers assessment, treatment, family support, structured skill development and medication management.

Senior Network – is a social and recreational program for older adults (55 and over) who are diagnosed with a mental illness.

Senior Drop-In Center – is a social and recreational program for adults with mental illness.

Specialized Opportunities to Achieve Recovery (SOAR) – program provides recreation and social support to mentally ill adults of the Nassau County community in a structured environment.

Nassau Residential Programs

Office Mental Health Residences

Community Residence Services – Maryhaven operates three community residences serving individuals who are mentally ill or mentally ill with intellectual developmental disabilities.

Supported Housing – this program provides permanent housing to mentally ill adults throughout Nassau County. In addition to rental assistance, Maryhaven provides enhanced visits based upon the needs of the individual.

Office of Alcoholism and Substance Abuse Services (OASAS) Residences

New Hope – offers a safe, sober environment to chemically-dependent individuals and/or individuals who are in a situational crises as a result of alcohol or substance abuse problems.

Mercy Hall – is a 22-bed residential facility designed to meet to special needs of women who are in recovery from alcohol and/or substance dependence.

Recovery House – is a 22-bed residential facility for men who are in recovery from alcohol and/or substance dependence.

Suffolk County Day programs

Personalized Recovery Oriented Services (PROS) – assists individuals in recovering from the disabling effects of serious mental illness through the coordinated delivery of a customized array of rehabilitation, treatment, and support services.

Steps to Life program – is Office of Alcohol and Substance Abuse Services (OASAS) Part 822 program. The program provides a full spectrum of services with a goal to assist in the recovery and stabilization of individuals who have a history of substance abuse and/or co-occurring disorders. Individuals interested in enrolling in the program may have a history of substance abuse or at risk for abusing substances, may have a co-occurring disorder, should be at least 12 years of age.

For more information on services, please call (631) 474-4120 or visit maryhaven.chsli.org.

Support Groups

- Alcoholics Anonymous
- Families Anonymous
- Gamblers Anonymous

Please call (631) 474-4120 for the latest information about Office for People with Developmental Disabilities (OPWDD) program or persons with intellectual disabilities, or visit maryhaven.chsli.org.



Maryhaven Center of Hope

Catholic Health Services

At the heart of health

Administrative Offices

51 Terryville Road, Port Jefferson Station, NY 11776

(631) 474-4120

maryhaven.chsli.org

Our Lady of Consolation Nursing & Rehabilitative Care Center



A 450-bed facility located in view of the Great South Bay in West Islip, Our Lady of Consolation Nursing & Rehabilitative Care Center— which was established in 1894 by the Sisters of St. Dominic— offers a comprehensive array of services and programs designed for adults and geriatric patients.

Neurologic Rehabilitation

Neurologic rehabilitation is provided by occupational and physical therapists together with speech-language pathologists working to maximize the function of patients with stroke or other brain injuries. Some of the neurogenic disorders treated are multiple sclerosis, Lou Gehrig's disease, and Parkinson's disease. Weekly team meetings facilitate coordination of treatment goals and help to maximize outcomes.

Dementia Disease Care

To address the overwhelming needs of community members that are suffering from difficult care problems and complex secondary symptoms associated with Alzheimer's disease and related dementia, Our Lady of Consolation developed a Special Care Dementia Community that follows a psychosocial model of caring for residents. It is a 40-bed secured community, consisting of private and semi-private rooms. All rooms are furnished with dressers, end tables, electric hospital beds and bathrooms. There are three shower rooms for the residents' convenience. Televisions and telephones are also available if family members and/or residents prefer.

Please call: (631) 587-1600 for the latest information on services or visit olc.chsli.org.



Our Lady of Consolation Nursing & Rehabilitative Care Center

Catholic Health Services

At the heart of health

111 Beach Drive, West Islip, NY 11795

(631) 587-1600

olc.chsli.org

St. Catherine of Siena Nursing & Rehabilitation Care Center



St. Catherine of Siena Nursing & Rehabilitation Care Center has been serving Smithtown and its surrounding communities since 2000. It is a 240-bed, hospital-based, skilled nursing facility providing sub-acute, short-term rehabilitation and long term care.

Neurologic Disease Care

The multidisciplinary team works toward helping patients to recover their mental and/or physical functioning affected by a neurologic condition. Patients who have suffered strokes, paralysis, loss of memory, loss of speech and functional loss in their activities of daily living are screened for physical, occupational and speech therapies. An individualized, comprehensive plan of treatment is developed with a goal of maintaining dignity, promoting independence and returning each patient to their highest level of functional ability.

Support Groups

Bereavement Support Group – the Pastoral Care Department provides a bereavement support group to community members mourning the loss of a loved one.

Spiritual Care Companions – a group of volunteers that receive 6 weeks of training in Pastoral Care skills through the Diocese of Rockville Centre. They visit the residents and patients to afford them companionship and a sense of community with life outside of the nursing home.

Caregivers of People with Dementia – repeats every month in March, April, May, June, July, August, September, October, November, December.

Please call: (631) 862-3900 for the latest information on services or visit stcatherinenursingandrehab.chsli.org.



St. Catherine of Siena Nursing & Rehabilitation Care Center

Catholic Health Services
At the heart of health

52 Route 25A
Smithtown, NY 11787

(631) 862-3900

stcatherinenursingandrehab.chsli.org

Other CHS Programs

Bishop McHugh Health Center

CHS's Bishop McHugh Health Centers in Babylon and Hicksville offer full histories, physicals and lab work-ups to meet the needs of medically underserved individuals.

The Babylon clinic, supported by Good Samaritan Hospital Medical Center, sees patients by appointment, with nearly all patients having previously received free screenings through CHS's Healthy Sundays events in their communities. The Hicksville facility, affiliated with St. Francis Hospital, provides immunizations and well woman care, and a low-fee, comprehensive diabetes education program available at nearby St. Joseph Hospital. Patients are referred through St. Francis's community outreach events and word of mouth, in addition to Healthy Sundays. Both centers have bilingual staff members.

Please call 1 (855) CHS-4500 for the latest information or visit www.chsli.org.

Narcan® Training

Several of the CHS entities have hosted training on how to recognize a drug overdose, administer intranasal Narcan® (naloxone—an opiate antidote) and take appropriate steps until EMR arrives. Please call 1 (855) CHS-4500 to find out about scheduled training at a location near you or visit www.chsli.org.

Smoking Cessation

Many of the CHS entities offer a smoking cessation program. Please call 1 (855) CHS-4500 for the current schedule at a location near you or visit www.chsli.org.

Pregnancy Support Services



To assist with an unexpected or crisis pregnancy, a one-call outreach program via 1 (855) 301-4CHS was established in collaboration with Catholic Charities. Services are provided to uphold the unborn baby's right to life and help sustain mother and baby following birth. Trained professionals offer expectant mothers encouragement and practical support, with all conversations confidential and following HIPAA guidelines. Referrals to medical appointments can be scheduled and transportation arranged. For social or immediate material assistance, the navigator can provide information or connect callers with local agencies. Women and families in distress receive the respect and care they need to bring their baby safely to term.

Family-Centered Perinatal Program

This one-call outreach also assists expectant parents coping with a prenatal diagnosis of a life-limiting illness such as anencephaly, severe chromosomal anomalies, inoperable cardiac abnormalities or Potter's syndrome. Through Gabriel's Courage, obstetricians, registered nurses, social workers, chaplains, child life specialists and bereavement specialists offer compassionate support, education and birth planning services, reaffirming the precious life of this special infant.

Project Rachel

In addition, post-abortion healing resources are offered for those in need, providing the opportunity to experience the loving mercy of God in a safe and sacred space, without judgment, and information is kept strictly confidential. To learn more, please visit respectlife.drvc.org.

Support at a Difficult Time

Counselors are available to meet with women individually, in person or over the phone. This outreach enables women, couples and families to respond with courage to what may be their life's most difficult moments. While offered from the Catholic tradition, the one-call outreach program is intended to serve individuals from any walk of life.

The confidential, dedicated telephone number for this collaborative program is 1 (855) 301-4CHS (4247), supported by multilingual interpretive services. Anyone of any faith may call or refer to this support line, including representatives of parishes, colleges and crisis pregnancy centers. To speak to someone about pregnancy options outside of office hours or on the weekend, please call 1 (800) 712-HELP (4357).

Diocese of Rockville Centre, the Catholic Community of Long Island

The Diocese of Rockville Centre comprises the Roman Catholic Church on Long Island. As a sacramental community, the diocese is one with the Catholic Church throughout the world, while here at home it is united under the leadership of Most Reverend John O. Barres, STD, JCL, DD, to live the Gospel of Jesus Christ as one family of faith and to celebrate this life in our liturgy, sacraments, prayer and service. Bishop Barres succeeded Bishop William Murphy in January 2017.

Please call (516) 678-5800 for more information on services available through the Diocese of Rockville Centre or visit www.drvc.org.

Respect Life

The mission of the Respect Life Office is to enunciate and promote the principle that human life, at all stages from conception to natural death, is a gift from God, worthy of respect and protection.

Please call (516) 678-5800 for more information on the Respect Life Office at the Diocese of Rockville Centre or visit www.drvc.org.

Project Rachel (Hope After Abortion)

Project Rachel is a network of specially trained, compassionate caregivers, including counselors and clergy, who are prepared to assist those who suffer from abortion loss.

Post-abortion healing resources provides the opportunity to experience the loving mercy of God in a safe and sacred space, without judgment, and information is kept strictly confidential. There are Project Rachel Days of Prayer and Healing throughout Long Island, led by the Sisters of Life. Regardless of faith, number of abortions or other issues, all are welcome to attend. Participants will not be asked to discuss their abortion, and privacy is always a priority.

For more information, call the Respect Life Office's confidential phone line: **1 (888) 456-HOPE (4673)** to begin healing after abortion loss, or visit the Project Rachel Hope After Abortion website at hopeafterabortion.com.

Catholic Charities

The mission of Catholic Charities is to provide service to people in need, to advocate for justice in social structures, and to call the entire church and other people of good will to do the same. Catholic Charities—like Catholic Health Services—is part of the Diocese of Rockville Centre.

Chemical Dependence Services

Talbot House Chemical Dependence Crisis Center

Talbot House is a 24-hour voluntary chemical dependence crisis center licensed by the New York State Office of Alcoholism and Substance Abuse Services (OASAS) to provide short-term medically monitored inpatient withdrawal services to adult men and women who are in crisis. This facility provides nourishing meals, counseling, limited transportation, support groups and referrals.

Catholic Charities Talbot House, Bohemia (631) 589-4144

Outpatient Clinics

Outpatient clinics help people in recovery maintain sobriety and live independently and productively. Services include individual and group counseling, groups for early sobriety, DWI/mandated and aftercare, educational programs, crisis intervention, psychiatric services, medical evaluations and referrals. The program also serves spouses, adolescents, significant others, co-dependents and adult children of alcoholics (ACOA's). Clinics provide counseling services in Spanish.

Commack (631) 543-6200

Hampton Bays (631) 723-3362

Mental Health Residential Services

Catholic Charities provides safe, dignified living options and supportive care for children, adolescents and adults. All residential programs help clients acquire social and independent living skills to promote self-sufficiency and social connectedness.

Please call (516) 634-0012, x127 for information regarding the Siena Residence, Teaching Family Home Program, Project Independence, Project Veterans' Independence and Special Needs Housing.

Siena Residence

Siena Residence provides housing and supportive services for 12 adults with chronic mental illness.

Teaching Family Home Program

Catholic Charities operates five teaching family homes. These homes provide community-based residential treatment for children and adolescents age 5 through 17 who suffer serious emotional difficulties.

Project Independence

Project Independence is a supported housing effort that provides assistance to individuals and families who are homeless with mental illness and substance abuse difficulties.

Project Veterans' Independence

Project Veterans' Independence is a supported housing effort that provides assistance to single veterans who are homeless with mental illness and substance abuse difficulties.

Special Needs Housing

Catholic Charities provides low-income special needs housing because Long Island's notoriously high cost of living can be especially hard on families with one or more members living with HIV/AIDS.

Mental Health Outpatient Services

Provides treatment and support services for people with a range of needs, from job and family-related stress to serious, lasting disturbances. We help them stabilize their lives and improve their emotional well-being.

Outpatient Clinics

Psychiatrists, nurse practitioners and social workers staff two Catholic Charities mental health outpatient clinics in Bay Shore and Medford. Services are provided to children, adolescents, adults and seniors. Services include individual and group therapy, as well as prescribing and managing medications. Clinic case managers screen and schedule clients for treatment and assist with access to other services in the community. Our clinics provide counseling services in English and Spanish.

Medford Mental Health Clinic (631) 654-1919

Bay Shore Mental Health Clinic (631) 665-6707

Please call (516) 733-7000 for the latest information on these services or other services offered by Catholic Charities, or visit www.catholiccharities.cc.

Society of Saint Vincent de Paul of Long Island

The Society of St. Vincent de Paul, a Catholic lay organization, leads women and men to join together to grow spiritually by offering person-to-person service to the needy and suffering in the tradition of its founder, Blessed Frederic Ozanam, and patron, St. Vincent de Paul. The Central Council in the Diocese of Rockville Centre is headquartered in Bethpage and serves as the administrative arm of the society on Long Island.

Transitional Housing

The Society of St. Vincent de Paul has two transitional housing programs on Long Island. Each one is designed to serve men with different problems and needs. Both houses provide safe, structured and supportive environments for residents, and offer a wide variety of on-site programs and services, including:

- Housing
- Nutritious food
- Clothing
- Financial assistance
- Transportation assistance
- Provisions for medical care/medical exams
- Substance abuse recovery
- Counseling
- Behavioral therapy
- Tutoring
- HIV counseling
- Employment assistance
- Referrals to outpatient programs
- Personal goal setting
- Spiritual guidance

Please call (516) 822-3132 for the latest information on these services or other services offered by the Society of St. Vincent de Paul, or visit www.svdpli.org.

Please note, the listings contained in this section are provided as a courtesy and may not be inclusive of all available services and do not constitute an endorsement of the services or providers.

New York State Department of Health: Office of Mental Health

New York State has a large, multi-faceted mental health system that serves more than 700,000 individuals each year. The Office of Mental Health (OMH) operates psychiatric centers across the State, and also regulates, certifies and oversees more than 4,500 programs, which are operated by local governments and nonprofit agencies. These programs include various inpatient and outpatient programs, emergency, community support, residential and family care programs.

For questions about mental health services, to find a mental health service provider, call OMH Customer Relations toll-free at **1 (800) 597-8481**, or visit **www.omh.ny.gov**.

The New York State Office of Mental Health Crisis Hotline:
1 (800) 273-TALK (8255)

Suffolk County Department of Health

Health Services, Division of Community Mental Hygiene Services
Telephone: **(631) 853-8500**

If you need someone to talk to about your or someone else's mental health, substance abuse, mental retardation or developmental disabilities, call:

Response Hotline: **(631) 751-7500**

Islip Hotline: **(631) 277-4700**

Mental Health Association: **(631) 226-3900**

Suffolk County 24/7 Substance Abuse Hotline: **(631) 979-1700**

Prevention Resource Center: **(631) 650-0135**

Please call **(631) 853-8500** for the latest information on services offered by the Suffolk County Department of Health Services, or visit **www.suffolkcountyny.gov/Departments/HealthServices**.

Nassau County Department of Health

Mental Health, Chemical Dependency & Developmental Disabilities Services

Telephone: (516) 227-7057

24/7 Confidential Behavioral Health Help Line: (516) 227-TALK (8255)

The Nassau County Office of Mental Health, Chemical Dependency, and Developmental Disabilities Services promotes the development of a comprehensive, coordinated system of services that enables those with a mental illness, chemical addiction, or developmental disability to maximize their functioning to live safely and successfully in the community.

2-1-1 Long Island

2-1-1 Long Island connects people to local health and human service agencies and programs. Phone: 2-1-1 or visit: www.211li.org/cms.

Association for Mental Health and Wellness

The Association for Mental Health and Wellness (AMHW) was formed in 2014 with the merger of three successful Suffolk County organizations: Mental Health Association in Suffolk County, Clubhouse of Suffolk and Suffolk County United Veterans. Their mission is to drive evidence-based practices, information, education, and resources to the residents of Suffolk County.

Visit mhaw.org/.

Mental Health Helpline: (631) 226-3900

Families in Support of Treatment (F.I.S.T.)

F.I.S.T. is a not-for-profit organization designed to organize, support, educate, guide and provide resources to families who are struggling with a loved one's addiction.

Phone: (516) 316-6387 or visit: www.familiesinsupportoftreatment.com.

H.E.L.P. Services, Inc. (Healing, Empowerment, Learning, and Prevention Services Incorporated)

H.E.L.P. is a New York State Licensed organization that provides a myriad of human services offered in both English and Spanish. The services are offered at two Freeport, Long Island locations: 33 Guy Lombardo Avenue (Substance Use Treatment Program), and 46 Pine Street (Youth Programs).

Phone: (516) 546-2822, or visit <http://helpservices.org/>.

Health Information Tool for Empowerment (HITE)

HITE is a FREE online resource directory for social workers, caseworkers, discharge planners, and other information and referral professionals. HITE is a program of the not-for-profit Foundation affiliate of the Greater New York Hospital Association (GNYHA). Phone: 1 (855) 270-HITE (4483) or visit: www.hitesite.org.

Hope House Ministries

Hope House Ministries provides hope, care and compassion to nearly 2,000 individuals in need each month.

1 High St./P.O. Box 358, Port Jefferson, NY 11777

Center/Administrative Office: (631) 928-2377

E-mail: hjmjanet@outlook.com

Long Island Council on Alcoholism and Drug Dependence (LICADD)

LICADD's mission is to address the addictive climate of our times by providing initial attention and referral services to individuals, families, and children, through intervention, education and professional guidance to overcome the ravages of alcohol and other drug-related problems. Visit www.licadd.org.

LICADD 24-hour hotline: (631) 979-1700

Holbrook: (631) 979-1700

Riverhead: (631) 284-9583

Westbury: (516) 747-2606

National Alliance on Mental Illness (NAMI)

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

NAMI HELPLINE: (800) 950-NAMI, Mon-Fri, 10 am to 6 pm ET Find Help in a crisis or Text "NAMI" to 741741

Email: info@nami.org

Visit: www.nami.org/

New York State Office of Alcoholism and Substance Abuse Services (OASAS)

Please call (518) 473-3460 for the latest information on services, or visit www.oasas.ny.gov.

North Shore Youth Council (NSYC)

A not-for-profit community based agency, dedicated to helping youth and families cope in today's changing world. Offers: counseling services, mentoring services, employment and education, positive alternatives, summer recreation, school age child care. 24-Hour Response Hotline (631) 751-7100 or visit: www.nsync.com.

NYC Well

NYC Well is a hotline offering short-term counseling, peer support, and follow-up services. You can reach NYC Well by calling 1 (888) NYC-Well, texting WELL to 65173, or visiting nyc.gov/nycwell.

New York State Nurses Association (NYSNA) Statewide Peer Assistance for Nurses (SPAN)

Resource for New York State nurses affected by substance use disorders while fostering public safety through outreach and education.

Call: 1 (800) 45-SPAN-1 or visit: www.nysna.org.

Outreach House

Outreach House in Brentwood offers long-term residential substance abuse treatment to youth, 12–17 years of age, from both Nassau and Suffolk Counties. Outreach House is designed to address the needs of substance using adolescents who are experiencing problems in multiple life domains – legal, family, educational, psychological, and social. Phone: (631) 231-3232 or visit: www.opiny.org.

Substance Abuse and Mental Health Services Administration (SAMHSA)

The Substance Abuse and Mental Health Services Administration is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation.

Call: 1 (800) 45-SPAN-1 or visit www.samhsa.gov.

Notes
