

Substance Use Treatment Programs

Detox Programs:

A detox program is when the client stays at a facility where they can start their recovery process as safely and comfortably as possible as their bodies adjust to the absence of alcohol and or drugs. Detox typically takes about 3 days and is required before going to a 28–30-day inpatient program. At this program the client will be medically and emotionally supervised 24/7 and may receive medications to alleviate withdrawal symptoms.

- Arms Acres: 75 Seminary Hill Rd, Carmel, NY 10521 (845-225-3400)
- St. Johns Riverside: 967 N Broadway, Yonkers, NY 10701 (914-964-4444)
- Turning Point @ Mid-Hudson Regional Hospital: 241 North Road, Poughkeepsie, NY 12601 (845-483-5512)
- Mountainside: New Canaan, CT (800-500-0399)
- Silver Hill Hospital: New Canaan, CT (866-542-4455)
- Cornerstone: locations in Queens and Rhinebeck NY (800-233-9999)
- The Recovery Center at Montefiore Nyack Hospital: (845-348-2070)
- American Addiction Center: Many locations across USA (888-675-9799)

Inpatient Program:

An inpatient recovery program requires the substance user to be admitted on a voluntary basis. These programs are in a controlled environment to address their substance use disorder and can range anywhere from 28-90 days. During this time, the client will be monitored medically; they will attend group and individual counselling sessions. Some treatment centers may be more hospital-like in nature while others are modeled like a spa/luxury hotel.

- American Addiction Center: Many locations across USA (888-675-9799)
- Arms Acres: 75 Seminary Hill Rd, Carmel, NY 10521 (845-225-3400)
- Mountainside: New Canaan, CT (800-500-0399)
- St. Vincents: 275 North Street Harrison, NY 10528 (914-925-5320)
- Turning Point @ Mid-Hudson Regional Hospital: 241 North Road, Poughkeepsie, NY 12601 (845-483-5512)
- Russell E. Blaisdell ATC: 140 Old Orangeburg Road Orangeburg, NY 10962 (845-359-8500)
- Bronx ATC: 1500 Waters Place Bronx, NY 10461 (914-613-6650)
- Cornerstone: locations in Queens and Rhinebeck NY (800-233-9999)
- Silver Hill Hospital: New Canaan, CT (866-542-4455)
- Phelps Hospital inpatient: (914-366-3027)
- Richard C Ward: 117 Seward Ave Middletown, NY 10940 (845-341-2500)
- St. Christophers Inn: 21 Franciscan Way Garrison, NY 10524 (845-335-1000)
- MCCA: Danbury, CT 203-450-9944
- Highwatch: 62 Carter Road Kent, CT 06757 (860-927-3772)

Outpatient Programs:

There are two different types of outpatient programs: Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP).

PHP is an outpatient program that focuses on stabilizing behaviors in early recovery. These programs are generally 5-8 hours of treatment per day. This level of care is often done while the client is not working and can be as time consuming as residential treatment.

IOP is an outpatient program in which the client can attend to their daily lives by attending the program during the evening 3-5 days a week. Sessions focus on relapse prevention, education, Individual and group counselling; to equip the client with recovery skills to promote long term recovery outside of a clinical setting.

- The Recovery Center at Montefiore Nyack Hospital: (845-348-2070)
- Arms Acres: 75 Seminary Hill Rd, Carmel, NY 10521 (845-225-3400)
- Mountainside: New Canaan, CT (800-500-0399)
- St. Vincents: 275 North Street Harrison, NY 10528 (914-925-5320)
- Turning Point @ Mid-Hudson Regional Hospital: 241 North Road, Poughkeepsie, NY 12601 (845-483-5512)
- The Lexington Center for Recovery: Mount Kisco, NY (914-666-6740)
- Greenwich Hospital: (203-863-4673)
- Phelps Hospital outpatient: (914-944-5220)
- MCCA: Danbury, CT 203-450-9944
- St. Christophers Inn: 21 Franciscan Way Garrison, NY 10524 (845-335-1000)