

# WE BELIEVE IN RECOVERY

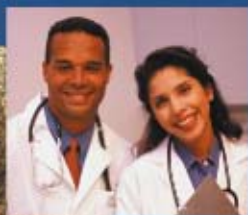
*Revitalizing mind, body and spirit*



*Rebuilding Families*



*Restoring Peace*



*Returning to Work*

***Outpatient  
Program***



LET US HELP  
**YOU BELIEVE**

# OUTPATIENT PROGRAM

## **MISSION – *We Care for People***

We are committed to providing quality care with dignity and compassion. Our priority is to offer confidential, respectful and individualized care to meet the needs of our clients and their families.

## **WHO WILL BENEFIT?**

- Men and women, Adolescents 13 years and older, who suffer from a variety of addictive disorders, including alcoholism, chemical dependence, and co-occurring disorders.
- Individuals whose life is affected by someone else's addictive disorder.

***You do not need to lose everything before you seek treatment!***



## **OUR STAFF BELIEVES IN YOU**

Your recovery will be facilitated by a highly experienced clinical team encompassing a psychiatrist, nurse practitioner, registered nurses, licensed social workers, mental health counselors and credentialed alcohol and substance abuse counselors. We specialize in treating a full range of chemical dependence and addictive disorders. Our skilled and compassionate team will work with you to design a personalized treatment and recovery plan tailored to your needs.

***For further information,  
please call 631-608-5028***

## Here's what our clients say:

*"It was a safe place to discuss my problems." M.A.*

*"The staff is truly supportive and compassionate." C.S.*

*"I have been to other treatment places, but South Oaks was the most helpful." J.E.*

## LEARN ABOUT THE KEYS TO SUCCESSFUL RECOVERY

- How to arrest the disease of addiction
- The medical aspects of addiction
- Effects of addiction on the family
- How to overcome addiction
- Enhanced communication and coping skills
- Anger and stress management
- Relapse prevention
- Sober living
- Use of 12-step support systems
- Medication management



## FLEXIBLE SCHEDULES & RECOVERY PLANS

We tailor your recovery plan to address your individual needs. We offer day and evening hours, and are open six days a week.

### Services include:

- Group therapy
- Individual sessions
- Family conference and "Bridge" groups
- Education series
- Specialized Groups: Men's, Women's, Adolescents, Healthcare Professionals, Dual Diagnosis, Intensive Outpatient
- Advocacy and referrals for vocational, mental health and other counseling services

## HEALTHCARE PROFESSIONAL RECOVERY PROGRAM

The Healthcare Professional Recovery Program is a confidential program developed specifically to meet the needs of physicians, nurses, social workers, dentists, pharmacists, veterinarians, and other licensed professionals, who suffer from addictive disorders. Our experienced and professional staff is knowledgeable about state licensure and regulatory agency requirements. We can assist you in the successful return to, or maintenance of practice in recovery, with complete confidence.



## INTENSIVE OUTPATIENT

The Intensive Outpatient Program allows you to receive a higher level of care, while maintaining your personal commitments. It is an intense but flexible recovery program, offering 3-hour sessions, three to five days (or evenings) a week. Structured education and counseling sessions as well as family "Bridge" groups and vocational services are provided to assist you in your recovery.



# THERE IS:

**H** ...Health

**O** ...Opportunity

**P** ...Peace of Mind

**E** ...Empowerment

## LET US HELP YOU BELIEVE!

Most insurance accepted including  
Medicare and Medicaid.

To speak with our knowledgeable staff  
about scheduling an appointment, call

631-608-5028

## DIRECTIONS

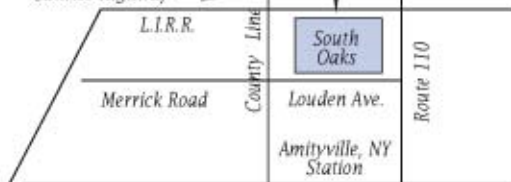
Northern State Pkwy., Exit: 40

L.I. Expressway Rte. 495, Exit 49

Southern State Pkwy., Exit: 32

From New York City

Sunrise Highway →



Accredited by the Joint Commission on  
Accreditation of Healthcare Organizations  
Certified by the New York State Office of  
Alcohol and Substance Abuse Services.  
An Affiliate of North Shore-LIJ Health System