

## DIRECTIONS

### By car

**From Rockland, New Jersey and Upstate New York:** Take the Palisades Interstate Parkway (South) to exit 6W Orangeburg Road, then proceed through the traffic light to the second right (sign will read: Old Orangeburg Rd. – Rockland Psychiatric Center). Take the first left turn. The entrance to the Rockland Psychiatric Center is on the right in Building 57 on the 6th floor.

**From New York City and Long Island:** Take the George Washington Bridge to Palisades Interstate Parkway (North) to Exit 6W. Follow as noted above.

**From Westchester, Putnam New England and NYC:** Take the Tappan Zee Bridge to the NYS Thruway to Exit 13S (Palisades Parkway) to Exit 6W. Follow as noted above.

### By Bus

The Red & Tan Route 20 travels daily from the Port Authority Bus Terminal at 41st Street and 8th Avenue in NYC to the Russell E. Blaisdell Addiction Treatment Center. Buses leave the Port Authority every hour on the half hour beginning at 7:30 a.m. Buses leave Russell E. Blaisdell ATC at various intervals beginning at 6:23 a.m. Please check the bus schedule for details. A limited number of stops are made at the George Washington Bridge.

#### For a bus schedule call:

New Jersey **201-384-2400**  
Rockland **914-356-0877**  
NYC **212-279-6526**

Transport of Rockland (TOR) Route 92 travels weekdays only between Spring Valley Bus Terminal and Nyack, with hourly stops at Russell E. Blaisdell ATC. For a bus schedule, call: **845-634-2064**

## Russell E. Blaisdell Addiction Treatment Center (ATC)

P.O. Box 140  
Rockland Psychiatric Center (RPC)  
Campus Building #57 – 6th Floor  
Orangeburg, New York 10962  
(845) 359-8500

### ADMISSIONS/OUTREACH

**Tel: (845) 680-7626**

**Fax: (845) 680-5583**

**Fax: (845) 680-5510**

Admissions Office: Monday - Friday  
8:00 a.m. – 4:15 p.m.

### FAMILY INVOLVEMENT

Sessions will focus on education and on what to expect in early recovery, Al-Anon/Nar-Anon as a resource for ongoing community support, family input on patient aftercare, and addressing concerns and/or answering questions family members may have.

Patients are required to be in treatment a minimum of 7 days before a Family Involvement session is scheduled. Sessions will be scheduled in advance with the patient's individual counselor and are limited to one per week.

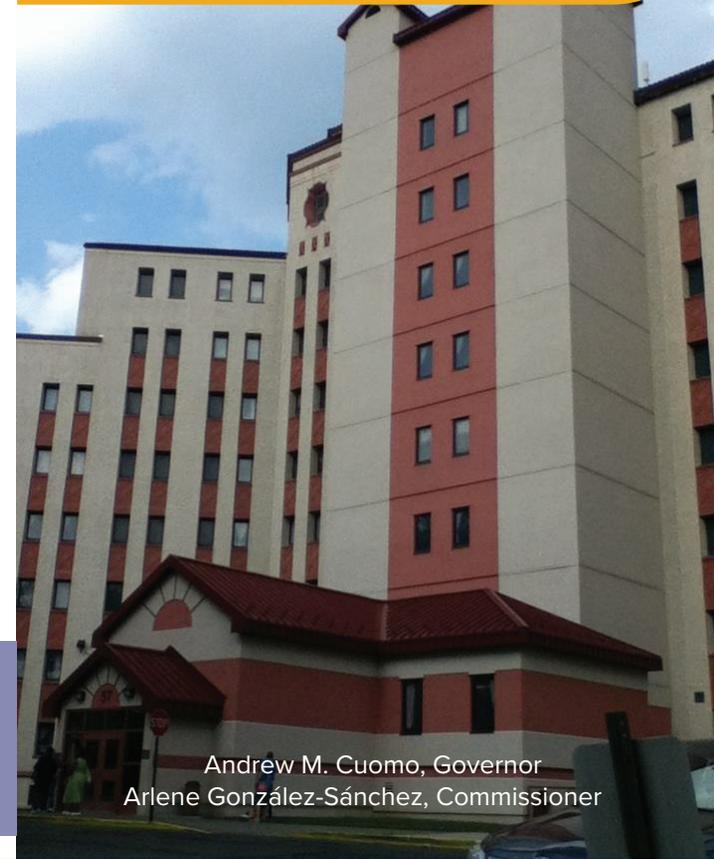
**Visitors must observe our policy of providing an alcohol, tobacco and drug-free setting.**

#### Mission:

To provide quality inpatient chemical dependency services which meet patient and community needs, are cost effective, and assure ready access for persons who are indigent.

# Russell E. Blaisdell Addiction Treatment Center

SERVING THE MID-HUDSON  
REGION OF NEW YORK STATE



Andrew M. Cuomo, Governor  
Arlene González-Sánchez, Commissioner

[oasas.ny.gov/  
addiction-treatment-centers](http://oasas.ny.gov/addiction-treatment-centers)



Office of Addiction  
Services and Supports

### **Vision:**

To be the place that we would send our loved ones for treatment.

### **WHERE RECOVERY BEGINS**

The Russell E. Blaisdell Addiction Treatment Center is located in Orangeburg, New York on the campus of Rockland Psychiatric Center and services a 10 county catchment area within the Mid-Hudson Region and New York City.

Russell E. Blaisdell Addiction Treatment Center is one of 12 inpatient addiction treatment centers operated and governed by the NYS Office of Addiction Services and Supports (OASAS). Blaisdell ATC is an OASAS - and CARF - certified intensive 52 bed inpatient addiction treatment facility with more than 40 years of experience in helping people begin the process of recovery. Our services are provided to males and females, 18 years and older, and we offer an active, medically supervised inpatient treatment program provided by a highly trained, dedicated multidisciplinary team. Females receive treatment within a discrete track.

### **PURPOSE**

To help people find their way towards recovery in a welcoming, safe, therapeutic environment free from alcohol and drugs. All services are provided within a person-centered environment that recognizes alcoholism and other psychoactive substance dependencies as treatable diseases. Services are also provided for individuals with co-occurring disorders or other special needs.

The Blaisdell ATC is dedicated to providing services to patients and their families. Treatment is compassionate and focuses on healing and recovery.

### **ADMISSIONS PROCESS**

A telephone screening is completed with the prospective patient to determine eligibility. Documentation may be required. Referrals are accepted through existing service channels in the community. Agencies wishing to be notified of admission or status should instruct patients to include that agency on a signed consent for release of information. Without specific consent, no verbal or written information will be released.

Final admission is determined by the ATC Medical Director. All admissions are voluntary.

### **FINANCIAL INFORMATION**

Sliding scale fees are based on the ability to pay.

All patients will receive:

- medical history and physical exam upon admission,
- psychiatric evaluation/services, if warranted,
- nursing and pain assessment,
- comprehensive biopsychosocial assessment
- an individualized treatment/recovery plan, and
- case management and aftercare placement.

### **PROGRAM**

Blaisdell is an intensive inpatient program, where length of stay is clinically driven and tailored to the individual's needs. The program is based on a comprehensive, multidisciplinary team approach designed to include modalities shown to be effective with addiction. Medical, psychiatric and social needs are addressed and treatment focuses on relapse prevention and recovery planning.

- 24-hour medical coverage and follow-up
- Clean therapeutic drug-free environment
- Nicotine dependency treatment

- Gambling Education
- Overdose Prevention/NARCAN
- Group therapy
- Education - lectures, films, discussions
- Pre-employment Readiness Education
- Alternative self-help groups
- Drumming, Relaxation Techniques, Stress Management, Meditation, Mindfulness, Anger Management, Conflict Resolution/Problem Solving, Yoga
- Trauma-Informed Care
- EMDR
- AA/NA/Alanon meetings
- Leisure Activities

The Blaisdell ATC provides basic healthcare in alignment with physical needs. HIV testing/Hepatitis screenings with A & B vaccination as an option. Addiction medications offered include: Suboxone, Methadone and Vivitrol.

### **TRAUMATIC BRAIN INJURY**

The Blaisdell ATC offers a specialty program for those with Traumatic Brain Injury (TBI).

Case management services, individual and group counseling, behavioral treatment and medical services work alongside modalities offered to reinforce principals of recovery and to assist patients in developing the skills necessary to continue their recovery upon return to the community.

### **FREEDOM'S GROUP**

Blaisdell ATC also offers a specialized Criminal Justice program, and a voluntary group therapy designed to assist those individuals entering treatment with a history of criminal thinking and/or behaviors.

**Call: 877-8-HOPENY**  
**Text: HOPENY (467369)**