

Are you or is someone you know struggling
with **substance abuse** or **addiction**?

Not sure where to turn for help?

We are here for you, 24/7.

The Suffolk County Department of Health Services has partnered with the Long Island Council on Alcoholism and Drug Dependence (LICADD) to operate a **24/7 hotline** that will connect callers to treatment services. LICADD works collaboratively with the Suffolk County Communities of Solution (COS) provider network to ensure timely access to quality substance abuse care.

**Call Suffolk County's
Substance Abuse Hotline:**

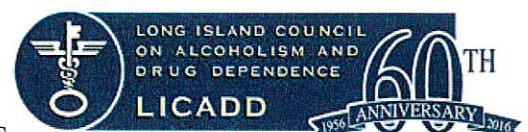
631-979-1700

STEVEN BELLONE
SUFFOLK COUNTY EXECUTIVE



SUFFOLK COUNTY
DEPARTMENT OF HEALTH SERVICES

JAMES L. TOMARKEN
MD, MPH, MBA, MSW
COMMISSIONER





LONG ISLAND
COUNCIL ON
ALCOHOLISM
AND DRUG
DEPENDENCE
LICADD

Long Island Council on Alcoholism and Drug Dependence



Winter 2018 Narcan Trainings

*Long Island lost over 500 people in 2017 due to an
opiate related overdose death.*

This one hour training will provide the proper training
to any person interested in saving lives from opioid
overdose. Completion of this training program will
qualify participants in the proper administration of
Naloxone, the antidote for opioid overdose.

Training Dates

Wed. December 12th - Westbury

Thurs. December 20th - Hauppauge

Wed. January 9th - Westbury

Thurs. January 17th - Hauppauge

Wed. February 13th Westbury

Thurs. February 21st - Hauppauge

Wed. March 13th - Westbury

Thurs. March 21st - Hauppauge

To sign up for a Naloxone
Training please contact our
offices at:

516-747-2606 or 631-979-1700

Time: 6:00- 7:00 pm

Please arrive by 5:45pm

*LICADD also offers Assessment and Counseling
Services for individuals and families! Call our 24/7
hotline anytime for referrals or more information!*

LICADD is a 501c3 non-profit organization located in both Nassau and Suffolk County. Our primary mission is to help individuals and families who are struggling with substance use and related issues.

For more information or to schedule an appointment, please call us!

1025 Old Country Rd, Suite 221

Westbury, NY 11590

(516)747-2606

1324 Motor Parkway, Suite 102

Hauppauge, NY 11749

(631)979-1700



LICADD Programs and Services

Long Island Council on Alcoholism and Drug Dependence (LICADD) has been providing evidence-based prevention, intervention and education services for over 60 years! Please call us for more information about our services below at Westbury (516)747-2606, Hauppauge (631)979-1700 or visit us at www.licadd.org.

CLINICAL SERVICES

Anger Management Program: A court approved, evidence-based, National Anger Management Association (NAMA) certified program designed to help people manage anger in a healthier way. 12-week program, 8-hour one day class, and individual anger management coaching options are available.

Chemical Dependency Evaluations and Treatment Referral Services: On- and off-site professional alcohol and drug related consultation, guidance, and custom-tailored treatment referral services for adolescents, adults, and families.

Eating Disorder Support Group: Weekly support group where participants learn about healthy coping skills, body image and how to develop a healthy relationship with food.

Family Interventions: Professionally guided educational and motivational processes that help a family prepare themselves to approach a loved one in a clear, respectful, and loving way about their drug and/or alcohol use, with the immediate goal of encouraging them to accept help.

Family Education and Support Counseling: Professionally facilitated counseling and educational services designed for families who are living with someone who is actively using substances.

Relapse Prevention Services: Individualized recovery coaching and relapse prevention counseling that creates safety net of aftercare and support services following treatment.

Veteran Services: Individual and family counseling is provided at no cost to veterans.

SBIRT: Screening, brief intervention, referral to treatment, psychoeducation to reduce risk of substance use disorders, harm reduction counseling, education and referrals for individuals at-risk for HIV/AIDS.

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Open Arms Employee Assistance Program: Long Island's oldest and most established non-profit EAP provides confidential crisis intervention services, evaluation and assessment, brief interventions, screened referrals, and follow-up services for a broad spectrum of personal concerns for employees of Long Island's companies, labor unions, and school districts. In addition, we offer engaging and cutting edge workplace training programs on leadership, team-building, human resources, wellness and customer service.

COMMUNITY-BASED PROGRAMS

Criminal Justice System: LICADD provides psychoeducation and anger management services within the county jails for adolescents and adults, men and women. We also work closely with the courts around anger management, family education, and drug and alcohol psychoeducation for those mandated.

BUDDY Mentoring Program: This program offers a wide range of support services to at-risk children of incarcerated women helping to break the multi-generational cycle of addiction and incarceration. BUDDY provides these children opportunities to develop a trusting relationship with a supportive adult and a stable environment that can promote healthy values and strong families.

ADVOCACY

LICADD works in collaboration with other organizations to combat the current drug crisis on Long Island and across the country. We strive to shape public policy and practice in ways that support healthy and safe individuals, families, schools, and communities. LICADD was proud to take a lead role in passage of New York State's 911 Good Samaritan Law and pushed hard for passage of ISTOP legislation, as well as legislation around access to treatment and insurance coverage.

Education, Training and Professional Development

Student Assistance Program: LICADD partners with schools across Long Island to provide prevention education services to individuals grades K-12 and through college, as well as to communities, youth groups, faculty and staff. Workshops include discussion around substance use, current trends, signs and symptoms, coping skills, decision making, stress management, emotional regulation, harm reduction, HIV prevention, gaming, sexting and social media and mindfulness. We also use elements of the evidence-based programs *Too Good for Drugs* and *Teen Intervene*.

CEU and CASAC Trainings/Staff Trainings: LICADD is NYS and OASAS certified to provide LMSW, LCSW and CASAC continuing education hours. We hold trainings monthly across Long Island on a multitude of new and innovative topics. We can also bring trainings onsite.

LICADD is an affiliate of Family and Children's Association (FCA)



Nassau County Office
1025 Old Country Rd, Suite 221
Westbury, NY 11590
Phone: (516) 747-2606

Suffolk County Office
1324 Motor Parkway, Suite 102
Hauppauge, NY 11749
Phone: (631) 979-1700

Eastern Suffolk County Office
877 East Main Street, Suite 107
Riverhead, NY 11901





LICADD SUPPORT SERVICES

SUPPORT GROUPS

Eating Disorder Support Group

Do you have a negative or distorted self-image? Do you have a preoccupation with food or your weight? This is an open support group for men and women. We meet Mondays from 7:00-8:30pm. For more information, please contact Joanne Devitt at 631-979-1700 or jdevitt@licadd.org.

Family Support Group

Do you have a family member who struggles with drug and alcohol addiction? You are not alone! Our family support groups meet every Saturday from 10:00am-11:30am in both our Westbury and Holbrook Offices. The Foundations in Recovery Family Support Group also meets in Westbury on Tuesday evenings at 5:30pm.

Grief and Loss Support Group

Have you lost someone to the disease of addiction? You are not alone! This group is open to all family members and friends. Join us on Saturdays from 11:30am-1:00pm to connect with others, learn to better understand your emotions and move through the healing process. This group rotates between the Westbury and Holbrook Offices. Please contact us to find out where the group will meet each week.

Self-Help Groups

LICADD has a long standing relationship with the self-help community. Please contact us for a list of local meetings.

*All support programs can be offered through individual counseling or private family counseling.
For more information please visit our website at www.licadd.org or call us today!*

LICADD is a 501c3 non-profit organization located in both Nassau and Suffolk County. Our primary mission is to help individuals and families who are struggling with substance use and related issues. We have also been providing evidence-based prevention, intervention and education services for over 60 years!

For more information or to schedule an appointment, please call us!

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Phone: (631) 369-4050



LICADD ANGER MANAGEMENT

LICADD'S **Anger Management Program** is a uniquely designed step-by-step process that helps participants develop a positive self-image, improve relationships, and change unhealthy behaviors through the implementation of 8 Core Skills for managing emotions.

Topics and Sessions:

- Recognizing Stress
- Personality and Identity
- Develop Empathy
- Respond Instead of React
- Baggage and Defense Mechanisms
- Acceptance
- Change that Conversation with Yourself
- Healing Damaged Relationships
- Communicate Assertively
- Adjust Expectations
- Forgive, but Don't Forget
- Retreat and Think Things Over

All individuals must complete an initial assessment before beginning any program.

- 12-Week group
 - Hauppauge, Monday nights
 - Westbury, Tuesday nights
- Individual coaching
- One-day 8 hour course (held monthly)
- Emotional regulation individual counseling

**CALL US TODAY TO MAKE AN APPOINTMENT!
516-747-2606 or 631-979-1700.**

***"Anger isn't just one emotion,
but a family of emotions that
are related to each other."***

*For more information about our Anger Management services, please call
Darius Hopkins, LMSW at (516)747-2606 or visit our website www.licadd.org.*

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LICADD COUNSELING SERVICES

ASSESSMENT AND REFERRAL SERVICES

Screening, Brief Interventions and Referrals to Treatment (SBIRT)

Not sure what kind of help you need or where to get it? We'll help you figure that all out!

Drug and Alcohol/Mental Health Assessments

Struggling with substance use, depression, anxiety, or having other mental health related issues? We will do a comprehensive assessment and make an appropriate referral or provide services in house.

Individual Counseling Services

Anger Management/Emotional Regulation Counseling

Experiencing angry outbursts that get you in trouble at home, at work or among friends? We can help!

Educational Counseling – Start2Stop

Is substance use causing problems and conflicts in your life? Speak with a professional about it!

Relapse Prevention

Just gotten out of treatment? Are you trying to maintain your sobriety and need some additional support? Relapse prevention counseling will help you live a happy, healthy and safe life of sobriety.

Eating Disorders Counseling

Do you have a negative or distorted self-image? Do you have a preoccupation with food or your weight? We'll help you build self-acceptance and develop a healthier relationship with food.

Supportive Counseling for Family Members

Do you know someone who's struggling with substance use and do you need assistance for yourself or your family? We're here to listen and help. Every resource we have is yours.

Grief and Loss Counseling

Have you lost someone to the disease of addiction? We're here for you. We'll help you learn the skills you need to better understand your emotions and move through the healing process.

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LICADD FAMILY SERVICES

FAMILY SUPPORT GROUP

Do you have a family member who struggles with drug and alcohol addiction? You are not alone! Our family support groups meet **every Saturday from 10:00am-11:30am in both our Westbury and Holbrook Offices.**

FAMILY EDUCATION SERIES

Attend our Family Education Series to learn about addiction and develop strategies and resources for coping with the disease of addiction. LICADD offers this series as an individual family service that can be scheduled at a time that is convenient for you and your family members. A trained member of the clinical team will take you through the series in a private and confidential setting where you can ask questions and gather information that directly address your unique needs as a family. This series is also available through distance learning at licadd.org or via email lganz@licadd.org.

SESSION 1: The Disease of Addiction

SESSION 2: The Role of the Family

SESSION 3: Treatment Options for Substance Use Disorders

FAMILY INTERVENTIONS

Planned family interventions are available for families who have a loved one that is struggling with substance use and who also refuses to accept any form of help despite multiple efforts by family members. All family members who wish to participate must complete the Family Education Series, attend the Family Support Group, and complete a Family Intervention Consultation with a LICADD clinician.

For more information about our family services, please call us or visit our website www.licadd.org.

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ALPHA is a collaboration between the Long Island Council on Alcoholism and Drug Dependence (LICADD) and Family and Children's Association (FCA), to be the premier training destination for professionals working in the fields of Substance Use, Public Health, Human Services, Mental Health, Education, and others.

Winter 2019 Training Schedule

Emotional Regulation:

Finding Balance in a Tilted World (3 CEUs)

Lauren Navarra, LMSW
Student Assistance Program Coordinator, LICADD
Friday, January 18th from 10:00am-1:00pm
Comsewogue Public Library
170 Terryville Rd, Port Jefferson Station, NY 11776

In Our Backyard: An Inside Look at Gang Violence on Long Island (3 CEUs)

Detective Sergeant Michael Marino, NCPD
SNUG Program Panel, FCA
Thursday, February 7th from 9:00am—12:00pm
Nassau BOCES George Farber Administrative Center
71 Clinton Road, Garden City, NY 11530

The Rise of a New Epidemic: Benzodiazepines and Gabapentinoids (4 CEUs)

Dr. Thomas Jan, MD - LICADD Medical Director
Adam Birkenstock, LCSW - LICADD Clinical Director
Friday, March 1st from 9:00am - 1:00pm
Seaford Center Amityville
37 John Street, Amityville, NY 11701

Youth Risk and Suicide Assessment (3 CEUs)

Dr. Max Binilivy, WellLife Network
Wednesday, March 20th from 4:00pm-7:00pm
Kellenberg Memorial High School
1400 Glenn Curtiss Blvd, Uniondale, NY 11553

Seniors and Opiate Use (3 CEUs)

Dr. Jeffrey Reynolds, PhD
President & CEO, FCA
Friday, March 22nd from 10:00am—1:00pm
Sachem Public Library
150 Holbrook Rd, Holbrook, NY 11741

Group Facilitation: Skills Practice (6 CEUs)

Jinny Ferro, M.Ed.
Director of Education & Training, FCA
Debra Brown, JD
Senior Education Specialist
Center for Public Health Education, Stony Brook U.
Friday, March 29th, 2019 from 9:00am - 4:00pm
Nassau BOCES George Farber Admin Center
71 Clinton Road, Garden City, NY 11530

Management Bootcamp (6 CEUs)

Frances Wozniak, LMSW, Director of Corporate Development & Training Services, National EAP
Jinny Ferro, M.Ed., Director of Education & Training, FCA
Angela Montemarano, MS, VP & Chief Human Resources Officer, FCA
Lisa Burch, MPH, VP & Chief Operating Officer, FCA
Wednesday, March 13th from 9:00am - 4:00pm
Dolan Family Health Center
284 Pulaski Road, Greenlawn, NY 11740



REGISTER TODAY: alpha.ezregister.com

Ideas for topics, speakers or venues? Contact us! 516-746-0350, ext. 4365

Long Island Council on Alcoholism and Drug Dependence, Inc. SW CPE is recognized by the New York State Education Department's State Board for Social Work and the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed social workers #0086 and for licensed mental health counselors #MHC-0043. LICADD is also a NYS OASAS Approved Provider for CASAC Renewal Hours #0018. Family and Children's Association is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #MFT-0065.

