

Mental Health and Substance Abuse Services Guide



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Welcome to Catholic Health

Catholic Health is an integrated health care 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 and hospice. Our commitment to quality is recognized by our reach in the communities we serve, totaling more than 82,000 hospital admissions, 250,000 emergency department visits, 500,000 outpatient visits, 409,000 home care visits and 135,000 rehabilitation visits, annually.

Mental health and substance-related and addictive disorders are persistent local and national concerns. This Mental Health and Substance Abuse Services Guide focuses on programs, services and resources offered by Catholic Health, 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
President & CEO
Catholic Health

A message from Behavioral Health

Catholic Health 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 and substance abuse. This directory summarizes the extensive array of assistance available to the Long Island community through Catholic Health, 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, our experienced, seasoned professionals are dedicated to providing advanced, high-quality behavioral health services.

Best wishes,

Ronald Brenner, MD
Chief of Behavioral Health



Mission Statement

We, at Catholic Health, 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.

Whatever your health need, you can count on our highly awarded, compassionate network of care.



6 Acute Care Hospitals



4 Cancer Institute Locations



3 Nursing Facilities



Home Health Service



Good Shepherd Hospice



13 Outpatient Rehabilitation Locations



2,500+ Catholic Health Physician Partners



12 Multispecialty Ambulatory Care Locations



Our hospitals



Good Samaritan University Hospital

1000 Montauk Highway
West Islip, NY 11795

T (631) 376-4444

chsli.org/good-samaritan-university-hospital

Founded in 1959, Good Samaritan University Hospital has grown into a 437-bed hospital served by more than 3,600+ employees and almost 900 physicians on staff.



St. Francis Hospital & Heart Center®

100 Port Washington Boulevard
Roslyn, NY 11576

T (888) HEART-NY | (888) 432-7869

chsli.org/st-francis-hospital

St. Francis Hospital & 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.



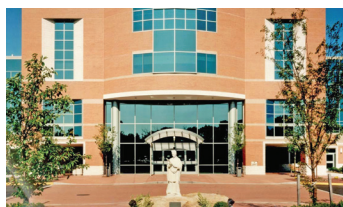
St. Catherine of Siena Hospital

50 Route 25A
Smithtown, NY 11787

T (631) 870-3444

chsli.org/st-catherine-siena-hospital

St. Catherine of Siena Hospital is a 296-bed, not-for-profit, community hospital and has served the residents of Smithtown for more than 50 years. The hospital offers a wide array of clinical services including bariatric surgery, behavioral health, cardiovascular care, diagnostic imaging, endoscopy services, kidney care, neurology, neurosurgery, orthopedic surgery, robotic surgery, woman child care, women's health and wound care.



St. Charles Hospital

200 Belle Terre Road
Port Jefferson, NY 11777

T (631) 474-6797

chsli.org/st-charles-hospital

St. Charles Hospital, founded in 1907, has served the residents of the Three Village area for more than 115 years. St. Charles is a 243-bed, acute care, full-service, community hospital and regional rehabilitation center with nine outpatient satellite rehabilitation sites across Long Island. St. Charles is the only hospital on Long Island with CARF-accreditation for its inpatient and outpatient rehabilitation program for children and adults.



Mercy Hospital

1000 North Village Avenue
Rockville Centre, NY 11570

T (516) 62-MERCY | (516) 626-3729

chsli.org/mercy-hospital

Founded by the Nursing Sisters of the Congregation of the Infant Jesus, Mercy Hospital is a 275-bed community hospital and has served the residents of Nassau County and nearby communities since 1913.



St. Joseph Hospital

4295 Hempstead Turnpike
Bethpage, NY 11714

(516) 520-2500

chsli.org/st-joseph-hospital

St. Joseph Hospital is a 203-bed community hospital offering many medical and surgical specialties. The hospital, which joined Catholic Health in 2010, holds The Joint Commission Gold Seal of Approval®, signifying full accreditation by the nation's predominant standards-setting body in health care, and provides the surrounding community with an array of outpatient and inpatient services, most notably American Heart Association award-winning stroke care.

Hospital programs and services

Drug and alcohol detox and rehabilitation

Drug and alcohol detoxification

St. Charles Hospital, located in Port Jefferson, NY, has 20 hospital beds 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 18 and older. The adolescent detox program is for teens ages 12–18. Admission is determined by a physician and other medical professionals using evidence-based screening tools.

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 ages 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.

Available at:

- St. Charles Hospital

Services	GSUH	MH
Behavioral Health Central Intake Services	X	X
Family Counseling Services		X
Housing Support		
Mental Health Services: Outpatient Clinics		X
Mental Health Services: Residential Services		X
Neurological Rehabilitation/ Disease Care		
Partial Hospitalization Program (Psychiatric)		X
Pregnancy Support Services (Crisis)		
Psychiatry: Adult (IP, 18+)		
Psychiatry (Crisis)		X
Psychiatry: Medication Management		X
Smoking Cessation	X	X
Stress Management Program		
Support Groups	X	X
Telepsychiatry	X	X
Withdrawal Management Program		X

Our hospitals

GSUH: Good Samaritan University Hospital

MH: Mercy Hospital

SCSH: St. Catherine of Siena Hospital

SCH: St. Charles Hospital

SFHHC: St. Francis Hospital & Heart Center®

SJH: St. Joseph Hospital

CHHC: Catholic Health Home Care

GSNR: Good Samaritan Nursing & Rehabilitation

H: Good Shepherd Hospice

OLCNR: Our Lady of Consolation Nursing & Rehabilitation

SCSH	SCH	SFHHC	SJH	GSNR	H	OLCNR	SCSNR	CC	DRVC	SVDP
X	X	X	X							
					X					
								X		
X								X		
								X		
	X			X		X	X			
									X	
X	X									
X										
X	X	X								
		X								
X	X	X	X							
X	X		X							
	X									X

SCSNR: St. Catherine of Siena Nursing & Rehabilitation

CH: Catholic Health

CC: Catholic Charities

DRVC: Diocese of Rockville Centre

IP: Inpatient

OP: Outpatient

SVDP: Society of St. Vincent de Paul

Hospital programs and services (continued)

Behavioral Health

Mercy Hospital

Mercy Hospital's outpatient behavioral health services, located in Garden City, treats adults experiencing depression, anxiety, life transitions, family stressors and other psychiatric illnesses. 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.

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
- Outpatient Mental Health Services
- Primary Medical Care
- Psychiatric Partial Hospitalization Program
- Psychiatric Medication Management

Behavioral Health Inpatient Central Intake Services: (516) 705-2248

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 New York State licensed, medically supervised adult chemical dependency program. Our goal is to improve the balance of physical, emotional, psychological and spiritual health that results in a fulfilled life.

Mental Health Clinic

Mercy's Mental Health Clinic is a New York State 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.

Psychiatric Partial Hospital Program (PHP)

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

Nassau County Day Programs, Office of Mental Health Programs at Mercy Hospital

- 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.
- The Specialized Opportunities to Achieve Recovery (SOAR) program provides recreation and social support, in a structured environment, to mentally ill adults in Nassau County.

Nassau County Residential Programs, Office Mental Health Residences

- **Community Residence Services:** Maryhaven operates 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.

Nassau County Office of Mental Health, Chemical Dependency and Developmental Disabilities Services: Mental Health Residential Programs

- **New Hope:** offers a safe, sober environment to chemically-dependent individuals and/or individuals who are in a situational crisis as a result of alcohol or substance abuse problems.
- **Mercy Hall:** a 22-bed residential facility designed to meet the special needs of women who are in recovery from alcohol and/or substance dependence.
- **Recovery House:** a 22-bed residential facility for men who are recovering from alcohol and/or substance dependence.
- **Personalized Recovery Oriented Services (PROS):** assists individuals recovering from the disabling effects of serious mental illness through a comprehensive model that integrates rehabilitation, treatment and support services.

Hospital programs and services (continued)

St. Catherine of Siena Hospital

St. Catherine of Siena Personalized Recovery Oriented Services (PROS), located at 127 West Main Street in Riverhead, is an individualized, person-centered rehabilitation program for individuals experiencing symptoms from a mental health condition. Services are provided in group and individual formats to assist the program participant in achieving their desired life goals and gaining greater independence. At St. Catherine of Siena PROS, the schedules are designed to be flexible and are developed with the person based on their wants, needs and recovery goals.

St. Francis Hospital & Heart Center®

Living Healthy NY Community Workshop

St. Francis Hospital & Heart Center® offers this 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. The free, six-week, Living Healthy program will teach you better ways of coping and managing your health.

Meditation and Stress Management Workshops

Come learn how to manage stress, rather than allowing it to manage you. St. Francis Hospital & Heart Center® provides workshops designed to help make you aware of positive and negative stressors, and how stress can impact your quality of life. The workshop focuses on defining and identifying stressors, as well as developing helpful coping skills and strategies to effectively manage them.

Take a relaxing class in meditation to help you decrease blood pressure, reduce stress hormones, decrease anxiety, depression and insomnia and allow for an overall sense of peace and well-being.

Mental Health First Aid

St. Francis Hospital & Heart Center® offers a free program that introduces participants to the risk factors and warning signs of mental health problems, builds understanding of their impact and discusses common treatments. This eight-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.

Electroconvulsive Therapy (ECT)

Electroconvulsive therapy (ECT) is a procedure used to manage brain chemistry to reverse symptoms of certain mental health conditions. Under general anesthesia, small electric currents are passed through the brain, intentionally triggering a brief seizure. Catholic Health utilizes the most advanced equipment, allowing for the administration of highly sophisticated ECT to achieve maximum efficacy while avoiding or minimizing common side effects. ECT is available for ambulatory and inpatients.

Available at:

- Mercy Hospital
- St. Catherine of Siena Hospital
- Transmagnetic Stimulation (TMS) at Mercy Outpatient Clinic in Garden City

Inpatient & Outpatient Psychiatry Services

Mercy Hospital and St. Catherine of Siena Hospital both offer services for adult patients in psychiatric crisis on a 24-hour basis. Psychiatrists provide consultation and liaison services when a patient is receiving medical treatment in the emergency department or in the hospital. Recent onset of psychiatric symptoms or acute exacerbation of chronic psychiatric problems are treated appropriately in concert with primary physicians on an ongoing basis.

Amongst the largest inpatient psychiatric facilities 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 St. Catherine's emergency department are accepted 24 hours a day, seven days a week.

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

Available at:

- Mercy Hospital
- St. Catherine of Siena Hospital

Behavioral Health Central Intake/Crisis Service

Mercy Hospital's 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 to 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. Call: (516) 705-2248.

Hospital programs and services (continued)

Mental Health and Chemical Dependency Outpatient Programs

Mercy Hospital's 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 am to 4:30 pm. Evening appointments are also available. Call: (516) 705-3400 ext. 3230.

Women's Health Support Services

Gianna Center for Women's Health & Fertility

chsli.org/gianna-center

Office locations:

661 Deer Park Avenue, Babylon, NY 11702, T (631) 376-3232

15 East 40th Street, Suite 101, New York, NY 10016, T (212) 481-1219

2000 North Village Avenue, Suite 204, Rockville Centre, NY 11570, T (516) 705-1148

Women's reproductive struggles, hormones, medical conditions and the postpartum period can all affect mental health. The Gianna Center for Women's Health & Fertility, an outreach of Catholic Health, offers nationally recognized reproductive medicine, restorative medicine and treatment for women's health disorders. Staffed by a team of caring, compassionate physicians and support staff, each uniquely qualified and committed to care for women of all ages and at all stages of life.

Catholic Health Pregnancy Support Program

To assist with an unexpected or crisis pregnancy, the Catholic Health Pregnancy Support Program was established to uphold the unborn baby's right to life and help sustain mother and baby following birth. Trained professionals offer expectant mothers access to medical care, 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 program's 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. If you or someone you know needs assistance with an unexpected or crisis pregnancy, the helpline is available 24/7. Call (631) 476-LOVE (5683) for assistance.

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.

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.

Smoking cessation

Smoking cessation programs are available throughout the year provided by Catholic Health and community partnerships, including Suffolk County Learn to Be Tobacco Free, the New York State Smokers' Quitline and the American Lung Association Freedom from Smoking Cessation Program.

Available at:

- Good Samaritan University Hospital
- Mercy Hospital
- St. Catherine of Siena Hospital
- St. Charles Hospital
- St. Joseph Hospital
- St. Francis Hospital & Heart Center®

Telepsychiatry

Telepsychiatry improves access to psychiatric services for emergency department (ED) patients, particularly after normal office hours. While the initial focus is on weekend incidents, ultimately, the goal is to deliver high quality care and a rapid response to patients requiring psychiatric care in EDs across Catholic Health, 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 assessment, advice and discharge recommendations.

Available at:

- Good Samaritan University Hospital
- Mercy Hospital
- St. Catherine of Siena Hospital
- St. Charles Hospital
- St. Joseph Hospital
- St. Francis Hospital & Heart Center®

Catholic Health Home Care

Administrative and Clinical Offices

110 Bi-County Boulevard, Suite 114
Farmingdale, NY 11735
Referrals and Intake Department

T (718) 484-1415 (Queens)

T (516) 586-1421 (Nassau County)

T (631) 465-6830 (Suffolk County)

chsli.org/catholic-health-home-care



For more than 100 years, Catholic Health Home Care has delivered care to people in their homes, across Long Island. Founded by the Congregation of the Infant Jesus, Catholic Health Home Care helps adult 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 Health Home Care provides skilled professional and paraprofessional home health care services throughout Nassau, Suffolk and Queens counties.

Home Care behavioral health services

The most problematic area for individuals who suffer from mental illness is the successful transition from inpatient hospital to outpatient care. Cognitive and motivational deficits are often found in this population. This leads to their inability to navigate the complex network of community-based services that offer the resources they need to support their recovery. They often drop out of treatment before ever 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.

Home Care behavioral health program goals

- 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 Health Home Care staff following admission into the agency.
- Patients will be screened by the Behavioral Health Team Manager or designee prior to admission.
- An 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.

Good Shepherd Hospice

Administrative and Clinical Offices

110 Bi-County Boulevard, Suite 114
Farmingdale, NY 11735
Referrals and Intake Department
T (718) 484-1415 (Queens)
T (516) 586-1421 (Nassau County)
T (631) 465-6830 (Suffolk County)
chsli.org/good-shepherd-hospice

Inpatient Center

200 Belle Terre Road
Port Jefferson, NY 11777
T (631) 642-4200
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 as 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.

Symptom management & supportive care services

Palliative care services are available across the Catholic Health system, through the hospitals, cancer programs, hospice or through our home based consultation service. (631) 828-7417.

Bereavement services

- **Bereavement Mailings:** support and education via mail for 13 months for hospice families.
- **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:** facilitated by bereavement specialists, they are offered throughout the year in numerous locations on Long Island. These eight-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, Hanukkah and Christmas can be particularly stressful and can often magnify grief. These workshops offer encouragement, education and coping strategies to help manage the demands of the holidays.
- **Bi-Annual Interfaith Remembrance:** a beautiful evening of music and 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:** a holiday memorial program with a tree and menorah lighting. Lights of Love services are held each December in two 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 eight-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 and increased understanding while fostering the development of healthy coping skills and facilitating 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.
- **Bob Sweeney’s Camp HOPE:** This is a free, one-day bereavement camp, which takes place annually in July. Camp H.O.P.E. provides children and teens, ages 5–17, with the opportunity to come together to learn new ways of coping with their grief and to meet other children and families who are also grieving. 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.

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.

Other services

Bishop McHugh Health Center

Catholic Health'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 University Hospital, sees patients by appointment, with nearly all patients having previously received free screenings through Catholic Health's Healthy Sundays events in their communities. The Hicksville facility, affiliated with St. Francis Hospital & Heart Center®, 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 (516) 827-2727 for the latest information.

NARCAN® training

Several of the Catholic Health 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 (516) 827-2727 for the latest information.

Support groups

Catholic Health offers a variety of support groups at hospitals and other system facilities.

Services	GSUH	SCSH	MH	SJH	SCH	SFHHC	CH
Alcoholics Anonymous (AA)							
Alcoholics Anonymous (AA) Family Group							
Alcoholics Anonymous (AA) Seniors for Sobriety							
Bariatric Surgery Support Group	X	X	X		X		
Bereavement Support Group			X	X			X
Brain Injury Support Group							
BraveHearts Support Group (patients recovering from heart surgery)						X	
Breast Cancer Support Group	X	X	X				
Caregivers of People with Dementia Caregivers of Chronically Ill/Disabled Spouse or Partner		X					
Chronic Pain Support Group						X	
Diabetes Support Group		X	X	X		X	
Epilepsy Support Group							
Family Support meeting (for loved ones of adult with mental illness and/or substance abuse conditions)			X				
Lactation Support Group	X	X	X		X		
Life Goes On Cancer Support Group	X						
Look Good Feel Better Support Group	X						
Lupus Support Group							
Narcotics Anonymous							
New Mothers Support Groups	X	X			X		
Parkinson's Disease Support Group		X			X		
Parkinson's Young Onset Support Group		X		X	X		
Prostate Cancer Support Group	X						
Speech Communication Support Group					X		
Spinal Cord Injury Support Group					X		
Stroke Support Group	X	X				X	
Postpartum Depression, Mother's Circle of Hope	X	X			X		

Our hospitals

GSUH: Good Samaritan University Hospital

SCSH: St. Catherine of Siena Hospital

MH: Mercy Hospital

SJH: St. Joseph Hospital

SCH: St. Charles Hospital

SFHHC: St. Francis Hospital & Heart Center®

CH: Catholic Health

Diocese of Rockville Centre, the Catholic Community of Long Island

Diocese of Rockville Centre
992 North Village Avenue
Rockville Centre, NY 11570

T (516) 678-5800

drvc.org

The Diocese of Rockville Centre includes 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.

Respect Life (Office of Human Life, Family and Bioethics)

The mission of the Respect 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.

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 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, is part of the Diocese of Rockville Centre.

Chemical Dependence Services

Talbot House Chemical Dependence Crisis Center
30 Carlough Road, Suite C
Bohemia, NY 11716

T (631) 589-4144

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.

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 aftercare, educational programs, crisis intervention, psychiatric services, medical evaluations and referrals. The program also serves spouses, adolescents, significant others, codependents and adult children of alcoholics (ACOAs).

Clinics provide counseling services in Spanish.

Commack (516) 733-7000
Hampton Bays (631) 723-3362

Catholic Charities (continued)

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) 733-7000 or 7045, ext. 127 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 aged 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

Medford Mental Health Clinic, (631) 654-1919

Bay Shore Mental Health Clinic, (631) 665-6707

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.

Society of St. Vincent de Paul of Long Island

249 Broadway
Bethpage, NY 11714

T (516) 822-3132

svdpli.org

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 Frédéric 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

Additional Resources

New York State Office of Addiction Services and Supports, provider and program search

https://webapps.oasas.ny.gov/providerDirectory/index.cfm?search_type=1

New York State Office of Mental Health, program search

<https://my.omh.ny.gov/bi/pd/saw.dll?PortalPages>

Nassau County

Call 211

Assists individuals in locating long-term mental health resources, talking through a problem, or exploring mental health treatment options.

211.org/get-help/mental-health

Mental Health Association of Nassau County

16 Main Street
Hempstead, NY 11550

T (516) 489-2322

Crisis respite residential service for children.

Nassau County Behavioral Health Helpline

T (516) 227-8255 (TALK)

Provides short-term crisis intervention counseling and support for residents struggling with mental illness and/or substance use disorders.

NYS Mental Health Hotline Project Hope

T (844) 863-9314

Project Hope provides New Yorkers with free and confidential help as part of the FEMA response to COVID-19.

Central Nassau Guidance and Counseling Services

950 South Oyster Bay Road
Hicksville, NY 11801

T (516) 822-6111

Crisis respite residential service for adults.

Mobile Crisis Unit for children and adults

60 Charles Lindbergh Avenue
Uniondale, NY 11553

T (516) 227-8255 (TALK)

24/7 behavioral health helpline with a team of licensed professional social workers and nurses specially trained to help individuals and their families with mental health problems.

988 Suicide & Crisis Lifeline

T (988) 273-8255

24/7 hotline for anyone in suicidal crisis or emotional distress.

988lifeline.org

Pediatric Behavioral Health Urgent Care Center

269-01 76th Avenue, Room 161

New Hyde Park, NY 11040

T (718) 470-3148

Provides timely access to pediatric mental health services for children and adolescents ages 5-17 in a mental health crisis.

Zucker Hillside Hospital Adult Behavioral Health Crisis Center

75-59 263rd Street, First Floor

Glen Oaks, NY 11004

Health Crisis Center: (516) 470-8300

Walk-in clinic that provides individuals with short-term psychiatric services and connects them to long-term care.

Family & Children's Association Sherpa Program

T (516) 592-7385

SHERPA is a team trained to meet with overdose survivors and families in the community as well as in emergency departments.

Family & Children's Association Family Treatment and Recovery Centers

180 Broadway

Hicksville, NY 11801

T (516) 935-6858

126 North Franklin Street

Hempstead, NY 11550

T (516) 486-7200

Hispanic Counseling Center

344 Fulton Avenue

Hempstead, NY 11550

T (516) 538-2613

THRIVE Recovery Community and Outreach Center, Nassau

1025 Old Country Road, Suite 400

Westbury, NY 11590

T (516) 765-7600

A safe and sober place that will support and reinforce your recovery.

New Horizon Counseling Center, Inc.

50 West Hawthorne Avenue

Valley Stream, NY 11580

T (516) 569-6600

Zucker Hillside Hospital: Garden City Treatment Center

711 Stewart Avenue, Suite 140

Garden City, NY 11530

T (516) 742-4015

The Garden City Treatment Center offers innovative, evidence-based addiction services that provide a full continuum of care (from adolescents to geriatric patients). Most major insurances are accepted.

Nassau County Mental Health Guide

nassaucountyny.gov/1711/Mental-Health

Suffolk County

Association for Mental Health and Wellness Helpline

T (631) 471-7242 ext. 2

MHAW's Mental Health Helpline is available to all Suffolk County residents who require help in finding and accessing assistance for themselves, a friend, or a family member.

mhaw.org/programs/mental-health-help-line

988 Suicide & Crisis Lifeline

T (988) 273-8255

24/7 hotline for anyone in suicidal crisis or emotional distress.

988lifeline.org

Response Crisis Center

24/7 Hotline: (631) 751-7500

Professionally trained and supervised volunteers offer callers telephone support and provide referrals for support groups.

responsecrisiscenter.org

Call 211

Assists individuals in locating long-term mental health resources, talking through a problem, or exploring mental health treatment options.

211.org/get-help/mental-health

NYS Mental Health Hotline—Project Hope

T (844) 863-9314

Project Hope provides New Yorkers with free and confidential help as part of the FEMA response to COVID-19.

Suffolk County 24/7

Family Service League

DASH Hotline: (631) 952-3333

24-hour line for those facing mental health, substance abuse issues, or for those experiencing additional stress and challenges.

fsl-li.org/dash-hotline-crisis-care-center-are-available-24-hours-a-day

Stony Brook Psychiatric Associates

Department of Psychiatry and Behavioral Health

HSC, Level T-10, Room 020

T (631) 444-6050

Addiction Outpatient Treatment & Recovery

Family Service League

1235 Montauk Highway
Mastic, NY 11950

T (631) 924-3741

1448 Fifth Avenue
Bay Shore, NY 11706

T (631) 309-6900

400 West Main Street
Riverhead, NY 11901

T (631) 369-0104

90 Adams Avenue
Hauppauge, NY 11788

T (934) 223-6500

**THRIVE Recovery Community and
Outreach Center, East End**

108 Mill Road, Suites A & B
Westhampton Beach, NY 11978

T (631) 822-3397

A safe and sober place that will support
and reinforce your recovery.

**THRIVE Recovery Community and
Outreach Center, Suffolk**

1324 Motor Parkway, Suite 102
Hauppauge, NY 11749

T (631) 822-3396

A safe and sober place that will support
and reinforce your recovery.

**Mather Outpatient Chemical
Dependency Program**

T (631) 331-8200

100 Highlands Boulevard
Port Jefferson, NY 11777

**Family and Children's Association
Sherpa Program**

T (516) 592-7385

SHERPA is a team trained to meet with
overdose survivors and families in the
community as well as in emergency
departments.

Mobile Recovery Unit

T (516) 396-2778

Mobile clinic with onsite counseling,
telemedicine for medication assisted
treatment, and peer supportive services.

Quick guide to important numbers

If you presently have a problem or medical emergency that needs immediate attention, go to your nearest emergency department or call 911.

Suicide Prevention

24-hour, confidential support to anyone in suicidal crisis or emotional distress can call or text the 988 Suicide & Crisis Lifeline at 988 (para ayuda en español, llame al 988). You can also contact the Crisis Text Line (text HELLO to 741741) or dial 911 in an emergency.

Mercy Hospital Behavioral Health Central Intake/Crisis Services

Mercy Hospital's 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. Call: (516) 705-2248.

Mental Health and Chemical Dependency Outpatient Programs

Mercy Hospital's 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 am to 4:30 pm. Evening appointments are also available. Call: (516) 705-3400 ext. 3230.

Pregnancy Support Helpline 24/7

(631) 476-LOVE (5683)

New York State Department of Health: Office of Mental Health

For questions about mental health services or 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 Services

Division of Community Mental Hygiene Services

T (631) 853-8500

[suffolkcountyny.gov/Departments/Health Services](http://suffolkcountyny.gov/Departments/Health%20Services)

If you need someone to talk to about you 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
- Child Protective Services (CPS): 800-342-3720

Nassau County Department of Human Services

Mental Health Chemical Dependency & Developmental Disabilities Services

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

Mission Statement

We, at Catholic Health, 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.