

## WOMEN AND FAMILY PROGRAM

The Bronx ATC provides a special treatment component which offers a focus on the special needs of women and their families. Women have access to all of the basic services of the ATC. These services are supplemented with several special treatment interventions which includes a yearly women's retreat.

Clinical activities focus on women's health, women in early sobriety, self-esteem, relationships & recovery, and women's rights. There is also a weekly focused family education group available.

## THERAPEUTIC RECREATION

The Bronx ATC offers therapeutic recreation as an intervention which addresses positive social, recreational, and leisure activities as an antidote to the lifestyle of addiction. We offer aerobics, tournament games, recovery specific board games, tai chi, and community field trips.

## THE CRIMINAL JUSTICE WORKSHOP

The Bronx ATC has established relationships with several criminal justice agencies. We accept referrals for clients who are mandated to treatment. We offer groups for individuals to identify the relationship between criminal thinking and addiction.

The Criminal Justice Workshop is a program of self-improvement and change for a person who has criminal conduct issues together with alcohol and other drug use problems.

There are many programs that work at helping a person who has a criminal conduct history, or a person who is called an "offender". There are many programs that work at helping people with their alcohol and other drug (AOD) problems.

But the Bronx ATC Criminal Justice Workshop is different. It is a program that will work at helping people with both AOD and criminal conduct problems.

## HEROIN OVERDOSE TRAINING SESSIONS

The Bronx ATC offers frequent heroin and opioid overdose prevention treatment sessions that are free and open to the public. Bronx ATC staff will train participants on how to recognize an opioid overdose and how to administer life-saving naloxone.

Visit:

[www.oasas.ny.gov/atc/atcherointraining.cfm](http://www.oasas.ny.gov/atc/atcherointraining.cfm)

to see the training schedule and learn how to sign up.

[oasas.ny.gov](http://oasas.ny.gov)



Office of Alcoholism and  
Substance Abuse Services



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Substance Abuse Services

# Bronx Addiction Treatment Center

**A Tobacco-Free Facility**



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## **THE BRONX ADDICTION TREATMENT CENTER**

(Bronx ATC) is a New York State Office of Alcoholism and Substance Abuse Services (NYS OASAS) licensed facility, one of 12 addiction treatment centers owned and operated by the State of New York and located regionally throughout the state. It is a 38 bed facility for adult men and women. The services provided are designed to address the basic health care needs of each patient while addressing specific physical, psychological, and social symptoms associated with addiction.

We offer an array of culturally competent, patient-centered, and evidenced-based services to persons over the age of 18. The length of stay varies according to the needs of each patient and the recommendations of the treatment team.

### **INTRODUCTION**

The governance authority is NYS OASAS with the Bureau of Addiction Treatment Centers directly overseeing our program and eleven other ATCs throughout New York State.

### **MISSION**

The Bronx ATC is committed to providing high quality effective inpatient addiction treatment to New Yorkers in need and to restoring these persons to healthy, responsible, and productive lives as citizens in their respective communities.

### **VISION**

In partnership with individuals receiving services, their families, and the community, the Bronx ATC will provide an integrated system of inpatient treatment and other services to facilitate the recovery of individuals with alcohol and substance abuse problems. To accomplish this mission, the Bronx ATC provides high quality addiction inpatient residential services that respect the dignity, cultural differences, and autonomy of those we serve; services in a safe and supportive atmosphere that respect the recovery of all individuals and honors diversity; services which meet client and community needs, are cost effective, and assure ready access for persons who are indigent; a planned, documented series of services which reflect professional assessments, as well as patient-driven goals and needs.

### **TREATMENT PHILOSOPHY**

Treatment is based on a holistic model that includes working with the individual, as well as any other significant people in his/her life who are supportive off and willing to participate in the recovery process. Treatment services stress abstinence from alcohol and all mood altering drugs. We empower clients to utilize self help and other recovery resources. Treatment is geared toward providing individual and group counseling, as well as physical, psychological, and social rehabilitation. Spiritual, nutritional, and recreational rehabilitation services are offered.

Our goal is to provide each patient with the necessary tools to build a firm foundation for a healthy, meaningful life without the destructive use of alcohol, heroin, and other drugs.

In addition to addressing common issues and problems associated with addiction, an individualized treatment plan is developed for each patient. This plan addresses the patient's strengths, needs, abilities, and preferences.

### **MENTAL HEALTH SPECIALIZED SERVICES**

The Bronx ATC offers comprehensive diagnosis and treatment of most major mental health impairments. Our services include individualized psychotherapy on a time-limited basis, as well as extensive mental-health education on a case-by-case basis. Our interdisciplinary team includes psychiatrists, social workers, and other qualified health professionals.

### **IPV/DOMESTIC VIOLENCE WORKSHOPS**

The Bronx ATC is committed to preventing violence through education and self awareness. Our Intimate Partner Violence (IPV) workshops target the perpetrator, while our Domestic Violence (DV) workshops target the victims. At the end of the eight core sessions, clients will gain some insights into IPV and other types of violence, learn about the effects of DV on family/children, explore the correlation between drug/alcohol-abuse and an increased risk for violence. All efforts are made to avoid generalizations that assume that the abusive partner is always male. DV assessment is part of our social assessment. Safety planning is incorporated in our treatment planning as needed. Identified victims/perpetrators are linked with specialized services at discharge. All our discussions occur in a safe therapeutic environment that allows for healing to begin.