

# Wellbridge

Addiction Treatment and Research

## NEW FACILITY NOW OPEN

### PATIENT AND FAMILY FACTS AT A GLANCE

- > Residential addiction care for people 18+ years of age
- > Brand new, 96-acre, purpose-built facility located in Calverton, NY, 70 miles from NYC
- > Programs include medical stabilization/detox, rehabilitation and extended stay



\* IN NETWORK WITH CIGNA \*

### SCIENCE DRIVEN. PATIENT FOCUSED.

Wellbridge offers a fresh approach to addiction treatment. We are a community of addiction researchers and clinicians who work side-by-side to provide patients the latest available treatment today and research new options for the future. Partnered with Northwell Health, Wellbridge has unparalleled resources to provide holistic treatment and highly personalized care. Through our unique approach of research-based care, we are committed to help individuals and their families realize long-term, sustainable recovery.



#### Individualized Compassionate Care

Everything at Wellbridge reflects our deep respect and commitment to patient-centric care, including the design of the facility, an empathetic and experienced staff, and individualized treatment approaches. Wellbridge offers a holistic approach, including treatment for underlying co-occurring conditions often linked to addiction.



#### Where Science and Treatment Converge

The Wellbridge experience represents a new way of thinking about addiction recovery. The collection and analysis of up-to-date research and patient data allows for rapid inclusion of the latest discoveries, which can accelerate and maximize treatment success. We believe that evidence-based treatment can lead to sustainable recovery.



#### The Family is Integral

The family is an essential part of the recovery process. We offer a comprehensive strength-based Family Program grounded in a family's needs to accommodate and support a lasting change. The proximity of Wellbridge to the New York metro area allows frequent family visits and participation.



#### Partnered with a Large Health System

Wellbridge is one of the first residential addiction treatment centers to partner with a major health system. With all of the assets of New York's largest healthcare provider, Northwell Health, beside us, we are uniquely able to provide our clients with access to comprehensive patient care, and access to the latest research and treatments available.

## WELLBRIDGE TREATMENT PROGRAMS

From withdrawal management through aftercare planning, we provide compassionate, individualized care delivered in a safe, supportive environment.

### Medical Stabilization (Detoxification)

Withdrawal from a substance can be a challenging and debilitating process. At Wellbridge we use precision interventions, including medication management to help alleviate the physical symptoms of withdrawal.

### Rehabilitation (Residential)

We deliver advanced treatment for patients by leveraging individualized evidence-based therapies. A focused clinical assessment leads to a personalized plan which includes clinical and supportive therapies. Integrated wellness and creative arts programs are available to address the whole person.

### Extended Stay (Long-term)

To ensure a secure foundation for full recovery before patients re-enter the world, we offer an extended program. Individuals continue treatment started during rehabilitation, with expanded goals to address specific family and work-life needs.

### Family Program

The program includes proven skill-based techniques and coping skills to support the patient during and after care. Families are encouraged to participate in individual family sessions, multi-family sessions and support groups.

## WELLBRIDGE TREATMENT APPROACH

We believe that addiction is a chronic, treatable illness rather than a stigmatized personal condition. Our approach examines the cause of addiction and the effects of addiction on the brain. Each person's situation is different—goals are established and an individualized clinical plan, with multidisciplinary treatment, is put in place.

Individual therapies at Wellbridge include general medical consultation, psychiatric assessment, psychotherapy, mindfulness training and self-care to name a few.

Group processes include Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Motivational Enhancement Therapy (MET), Twelve-Step Facilitation (TSF), relapse prevention, psychoeducation and family therapy.

### Learn More:

[www.wellbridge.org](http://www.wellbridge.org)

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