



**A new  
way forward  
in the  
treatment  
of addiction**

Wellbridge.org

**Wellbridge**  
Addiction Treatment and Research

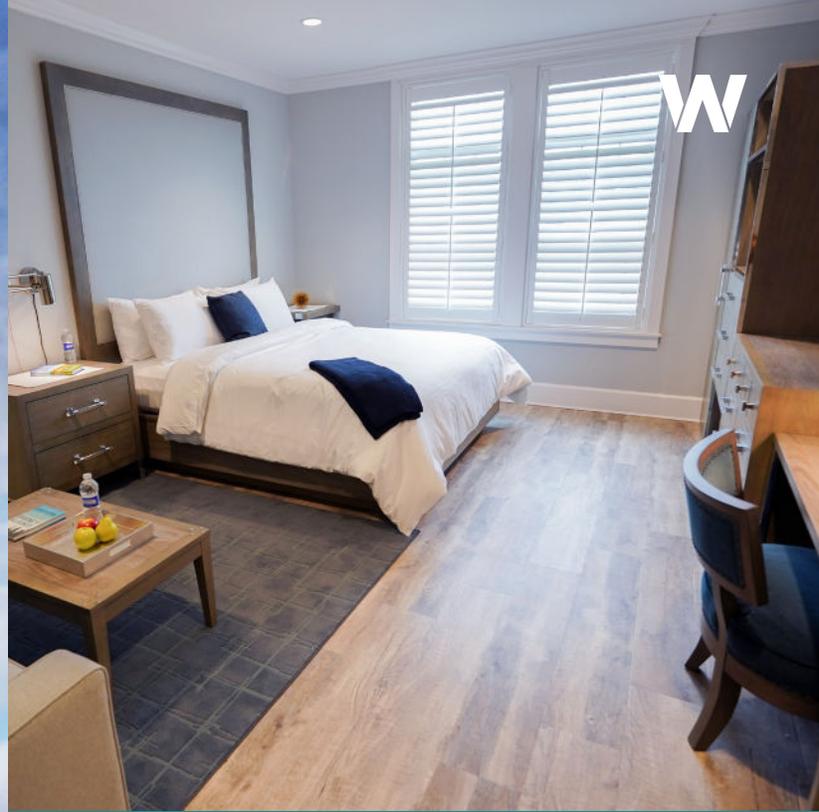
Welcome to Wellbridge

# Science driven. Patient focused.

There's addiction treatment, and then there's addiction treatment that works with a singular focus on your personal, sustainable recovery. Wellbridge is the first addiction treatment facility specifically designed to inspire seamless collaboration between scientists and clinicians, where together they can apply the latest discoveries in addiction research to the most advanced addiction care.

In every building, on every floor, every acre, every day, the collaborators of care are here to support you, encourage healing and create a sense of hope. With deep insight, advanced learning and ongoing discovery, Wellbridge delivers the latest treatment approaches proven to lead to a successful, sustainable recovery. Because Wellbridge is beyond a treatment center. It's the center of treatment.





# Wellbridge is a community by design





Wellbridge is a newly purpose-built addiction treatment facility designed to support a complete treatment and healing process. Set on a serene, 96-acre campus with lush woods, the six light-filled Wellbridge buildings create a sense of community and privacy. The treatment rooms, living accommodations, Health and Fitness Center, and Creative Arts Therapy Center offer comforting, inspirational spaces to support both day and evening activities. The calming atmosphere provides a retreat to heal and return to the world confident and renewed.

# What makes Wellbridge unique?

## Individualized and compassionate care

Everything at Wellbridge reflects our deep respect and commitment to person-centric care, including the facility design, an empathetic and experienced staff, and personalized treatment approaches for both patients and their loved ones. Wellbridge offers a holistic approach, that includes treatment for underlying or co-occurring conditions often linked to addiction.

## Where addiction science steers treatment

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

## Families are as important as patients

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

## A partnership with Northwell Health

Wellbridge is one of the first residential addiction treatment centers to partner with a major health network. With all of the assets of New York State's largest healthcare provider beside us, we are able to support a patient's and family's entire journey of medical care, addiction treatment and sustainable recovery.



**“ We believe  
that addiction  
is a chronic,  
treatable  
disease  
rather than  
a stigmatized  
personal  
condition.”**

— Harshal Kirane, MD  
Medical Director

## What we do

Our approach examines the cause of addiction and the effects of addiction on the brain. Each person's situation is unique—goals are established and an individualized clinical plan, with multidisciplinary treatment, is put in place. Individual therapies at Wellbridge include general medical and psychiatric assessment, medication-assisted treatment and harm-reduction therapy, 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), 12-Step Facilitation (TSF), relapse prevention, psychoeducation and family therapy.

## Who we treat

We treat patients 18 years and older with drug and alcohol addictions, including co-occurring disorders. Our personalized approach to care addresses the needs of individuals who are entering treatment for the first time, as well as those who have been through treatment before and are seeking a more sustainable recovery.

We recognize that the family and loved ones suffer alongside the patient and, therefore, include therapeutic and support programs for the entire family.

# Clinical Treatment Programs

## Medical Stabilization

### Effective and safe withdrawal

Withdrawal from a substance can be a challenging and debilitating process. At Wellbridge, we use proven interventions, including medication management, to help alleviate the physical symptoms of what is commonly known as “detoxification.” Psychotherapies and family involvement are also introduced early in this phase to foster the coping and relapse prevention skills that lay the foundation for success.

## Rehabilitation

### The cornerstone of recovery

Withdrawal from a substance is not the end of recovery, but rather, the beginning. Returning home immediately after stabilization can undermine the momentum gained during that process and lead to relapse. Our residential rehabilitation program is designed to support patients and their families as they continue to heal. It is the place where you can focus on getting well with the aid of continued medical management and a variety of individual and group therapies.



**Family Support Program**  
**Family and loved ones participate throughout treatment**

Wellbridge offers a comprehensive strength-based Family Program that offers concrete skill-based techniques and coping skills, all grounded in a family's importance in supporting a lasting change. We strongly encourage participation in individual family sessions, multi-family sessions and support groups. Wellbridge allows family visits and participation in person or via tele-health.

**Extended Stay**  
**Regaining the life you intended**

To secure the structure that enables a full recovery, our extended-care programs build upon the treatment begun during rehabilitation to address specific family and work-life needs as patients continue to reside on campus.





Center for Addiction Science

# Research and treatment all under one roof

We are reimagining the way addiction is treated. Using the best available science to provide the best available care. Wellbridge Center for Addiction Science is a purpose-built facility where science and practice converge to innovate approaches to treatment. We're accelerating the translation of discovery and knowledge into clinical care. It is this kind of evidence-based treatment that leads to sustainable recovery.

**Having patients down the hall from researchers is very rare in addiction treatment centers. It is now absolutely necessary to study, properly treat and ultimately overcome this devastating disease.**

— Jon Morgenstern, PhD  
President, Center for Addiction Science

# Programs for Holistic Healing

## Creative arts therapy woven into the treatment process

Recognizing that conversation alone isn't always enough, the creative process encourages a sense of purpose and communication through daily sessions where patients are empowered to be heard, seen and understood in new ways. Creative arts therapy, led by full-time licensed therapists who are mental health practitioners trained in psychotherapy and specific arts disciplines—art, music, dance/movement, and drama—has been shown to mitigate risk factors in addiction and bolster the course of recovery.





## Wellness

### In pursuit of holistic well-being

We believe that the pursuit of healthy activities and lifestyle choices leads to a greater sense of purpose and well-being. We encourage participation in daily recreational activities to promote the positive effects of wellness on quality of life. Programs include cardiovascular and resistance training, massage therapy and relaxation. Additional facilities include serenity pools, steam rooms, yoga classes, Pilates and meditation.



## Nutrition

### Healthy and balanced meals

Wellbridge believes in farm-to-table sustenance through healthy and balanced menus crafted with the highest quality, locally sourced ingredients free of additives and chemicals. In addition, we ensure eco-friendly culinary practices in both the main kitchen as well as the separate certified kosher kitchen. We believe that every meal we serve is vital for healing.





# Wellbridge

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