

Elements of Central New York is a 75 bed, multi-level of care approach to treatment for substance use disorders. Our target population includes individuals in need of stabilization, rehabilitation and reintegration in a residential setting.

Stabilization provides patients with a comfortable and safe setting where they may recover from the symptoms of mild withdrawal, severe cravings, and psychiatric or medical symptoms. Medical and clinical staff is available to provide both medical and mental health assessments, monitoring of withdrawal symptoms, individual and group counseling, structured activities, medication management, and discharge planning as necessary.

Rehabilitation will assist individuals that are stable enough to manage emotional stress, urges, and cravings within the safety of a residential setting. The treatment staff will work with patients in developing healthy coping skills through onsite group and individual therapy and strategies for leisure activities and vocational counseling.

Reintegration allows individuals to transition from a structured treatment setting to more independent living while still providing a high degree of support. During ongoing coordination of care, we will work with the individual to secure housing and establish outside supports to maintain recovery after discharge. This includes but is not limited to linkages and coordination of care with Outpatient Treatment providers, assistance with establishing a Primary Care Physician, Dentist, and Specialty Care services to address potential health issues, therefore reducing the use of the Emergency Department. Vocational assessment and education will be provided with the objective of building resiliency and increasing self-sufficiency.

During the admission process, each individual will be assigned to a program counselor or case manager to assist with creating a comprehensive treatment/recovery plan. This plan will include goals that are specific and measurable and may include strengthening recovery skills, addressing physical and mental health needs, financial management, building sober support, healthy relationship building, self-care and support, daily living skills etc. Individuals will meet weekly with their assigned Counselor to review the objectives on their treatment/recovery plan and update as needed. Where additional needs are identified, referrals will be made and coordination of care will occur to assist the individual in achieving their highest level of self-sufficiency.

Staff will be available evenings and weekends to provide essential programming to accommodate the requirements of all individuals. If an issue arises outside of normal business hours, a Supervisor on call is available twenty-four hours a day, seven days a week to assist.

All individuals will be encouraged to connect with community meetings and peer support while in the program. By including several structured activities, this program will encourage development of community within the therapeutic environment.

The typical length of stay for the program is determined by the individuals need, completion of treatment/ recovery plan goals and the level of care determination criteria. The program aims to allow a seamless transition between all three levels of care offered.

Referrals can be made by calling (315) 883-1589. We may require a face to face appointment after completion of the call. Necessary documentation will be determined during this call. Prior to this appointment, please forward necessary documents via fax to (315) 883-1688. The Elements Program is not accepting walk-ins at this time. Every effort will be made to ensure the fastest possible admission. In the event beds are not available, evaluating staff will attempt to secure placement at another appropriate Helio Health program.

www.helio.health

To promote recovery from the effects of substance use and mental health disorders and other health issues.