

# About BRIDGES

The BRIDGES program seeks to engage, support, and empower teens and young adults (15-25) who are struggling with substance misuse and related mental health issues or who are in recovery. Our services are based on a holistic approach that takes into account mental, physical, spiritual, and social factors.

Services include screening and assessment, early intervention, short-term individual and/or family counseling, development of recovery plans, support and recovery groups, medical screenings, medication evaluations, and linkage to community support through our partners.

Accessibility to BRIDGES is key. We are a free, mobile program with the flexibility to meet clients in the community, whether at a local coffee house, library, our office or via Zoom.



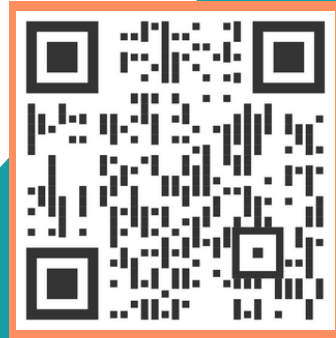
Prevention and Outreach Services are provided to assist schools, colleges, and other organizations in developing a supportive environment for young adults.

## Start Your Journey to Wellness & Recovery!

### Schedule an Appointment Online



### Download our App



## Hours

Mon - Thurs: 9:00 A.M. - 5:00 P.M.

Friday: 9:00 A.M. - 2:00 P.M.

\*Evening hours by appointment

## Get in Touch

☎ (516) 719-0313 Ext. 218 (Ext. 215 for Spanish)

✉ [bridges@yescoc.org](mailto:bridges@yescoc.org)

🌐 [www.bridgesyes.org](http://www.bridgesyes.org)

📍 152 Center Lane, Levittown, NY 11756



# The BRIDGES Program

### BUILDING BRIDGES FROM TODAY'S CHALLENGES TO TOMORROW'S POSSIBILITIES

A free outpatient system of care for teens and young adults (15-25) living with substance misuse and related mental health issues on Long Island, NY



### A Project of YES Community Counseling Center

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

Funded through the Substance Abuse and Mental Health Services Administration (SAMHSA), Department of Health and Human Services.



# HOW WE CAN SUPPORT YOU

Whether you are misusing substances or alcohol as a means of coping with stress, and/or are looking for recovery support, your BRIDGES team is here to support you.

## ● Substance Misuse and Recovery Services

- Development/ maintenance of recovery plans
- Recovery support groups
- Linkage to community support
- Medication for Addiction Treatment (MAT) maintenance
- Early Intervention (BASICS - Brief Alcohol Screening & Intervention for College Students, CASICS - Cannabis Screening & Intervention for College Students, Teen Intervene)
- Sober Curious group
- Teen Smoking Cessation group

## ● Mental Health Services

- Screening and consultation
- Assessment of needs
- Short-term individual and family counseling
- Wellness and self-care workshops
- Medical screening and medication evaluation

## ● Referral and Support Services

We offer support in identifying and facilitating the most appropriate treatment referral and provide assistance in navigating the complex systems of:

- Education/Career
- Physical Health
- Housing
- Substance Misuse
- Insurance
- Vocational
- Mental Health
- Other

# PREVENTION AND OUTREACH SERVICES

Prevention and Outreach Services provide high schools, colleges, and other community organizations with programs that address the biological, psychological, and societal factors that impact the health of young adults.

## Groups & Workshops

Groups and workshops are available to assist high schools, colleges, and other organizations in developing a supportive environment for young adults.



## Substance Misuse Education

A variety of specialized presentations and workshops to educate youth and young adults on how to prevent substance misuse. Presentations include topics such as overall mental wellness and coping skills, signs and symptoms of substance misuse, and available community resources.



## N-O-T: Not On Tobacco - Teen smoking and vaping cessation program

Create positive habits to quit vaping, smoking, and using nicotine products. Identify your reasons for smoking or vaping, develop healthy alternatives to nicotine and tobacco use, and find support in your efforts to quit.



## The 8 Dimensions of Wellness

Discuss and bring awareness to the importance of the different dimensions of our lives (emotional, social, physical, spiritual, occupational, and financial). This workshop is aimed at promoting a healthy lifestyle by addressing each dimension and developing the skills to strengthen them.

# OUR PARTNERS

- Adelphi University
- Diocese of Rockville Centre, Dept. of Education
- Farmingdale School District
- Forge VFR (Veterans and First Responders)
- Fresh Start Recovery Residence
- Northwell Health Garden City Treatment Center a program of Long Island Jewish Medical Center
- Island Trees School District
- Island Trees Veterans of Foreign Wars (VFW)
- POST NO. 9592
- Levittown Public Schools
- Long Island Crisis Center
- Pride for Youth
- Molloy University
- Nassau Community College
- New York Institute of Technology, LI Campus
- Saint Bernard's Roman Catholic Church
- The Safe Center LI
- Thrive Recovery Community and Outreach Center

# FAQ

## How much does it cost to be in the BRIDGES program?

There is no cost to be a part of the BRIDGES program. However, if you are referred to a treatment program, we will work with you to find affordable service options.

## Can anyone enroll into the BRIDGES program?

BRIDGES is appropriate for teens and young adults aged 15 to 25 who are struggling with substance misuse and related mental health issues, or who are in recovery.

## How long will I be in the BRIDGES program?

The BRIDGES program provides individual and/or family counseling for 6-8 weeks. Sessions can be extended to support the process of finding referrals, such as inpatient treatment or individual long-term therapy. However, young adults who are in substance misuse recovery can attend BRIDGES recovery groups on an open-ended basis.