

# ADDICTION INSTITUTE OF MOUNT SINAI

Paving the way for recovery  
and rejuvenation across New York City





## Tailored treatments for sustained recovery

Addiction is one of the most complex and costly neuropsychiatric diseases. More than 40 million Americans have a substance use disorder—far more than other medical conditions such as heart problems, diabetes, and cancer.

Research has consistently shown that addiction is a brain disorder, and is not due to weakness or lack of discipline. Still, the stigma surrounding substance abuse prevents people from seeking treatment, which leads to widespread and preventable hospitalizations and mortality.

Treatment works, but it's not one size fits all. We collaborate with you and your family to create an individualized treatment plan for your specific needs using therapy, medication, or a combination of both. We cover treatment across the lifespan including in utero (by treating pregnant women), adolescence, adulthood, and geriatric populations.

We have several locations across New York City offering a variety of treatment services. If you or a loved one need help, we're here for you. We don't turn anyone away, and we don't remove people from our programs if they are unable to maintain sobriety.

We look forward to meeting you and supporting you on your recovery journey.



**Yasmin Hurd, PhD**  
Director, Addiction  
Institute of Mount Sinai  
Professor, Psychiatry,  
Neuroscience, and  
Pharmacological Sciences



**Lily Awad, MD, MBA**  
Director, Addiction  
Services at Mount Sinai  
Beth Israel  
Assistant Professor,  
Psychiatry



**Timothy Brennan, MD, MPH**  
Director, Addiction Institute  
of Mount Sinai West and  
Morningside  
Assistant Professor,  
Psychiatry

# Outpatient Services

## Locations

Mount Sinai Beth Israel  
10 Nathan D Perlman Pl  
New York, NY 10003  
212-420-4220

Mount Sinai West  
1000 10th Ave, 8th Floor  
New York, NY 10019  
212-523-6491

Halfway House  
306 W. 102nd Street  
New York, NY 10025  
212-678-6317

Mount Sinai Beth Israel offers outpatient detoxification and therapy (such as cognitive behavioral therapy, family therapy, and motivational interviewing). The program provides groups for anger management, relapse prevention (in English and Spanish), trauma-informed therapy groups (including Seeking Safety), groups for people with co-occurring substance use and psychiatric disorders, and gender-specific groups. We also provide health education lectures, training in stress management techniques, art therapy, groups focused on the relationship between spirituality and addiction, pastoral counseling, and vocational rehabilitation counseling. We offer DWI screening, assessment, and referrals.

Our location near Columbus Circle (Mount Sinai West) offers evidence-based, compassionate care in a non-stigmatized manner. We provide the full suite of substance abuse services in a safe, calming environment

including outpatient rehab (five days per week), intensive outpatient (three days per week), and office-based buprenorphine and addiction medicine (via both telemedicine and in person visits).

Our Halfway House is a six-story brownstone on the Upper West Side that serves as a temporary home to 24 diverse residents. Complete with dining room, library, television room, music room, private

bedrooms, and community room, the Halfway House provides all the amenities of home in a safe, sober, drug-free, and supportive environment. Residents all attend outpatient addiction treatment during their stay with us which usually lasts for a period of six months to one year. We work with them to pursue vocational, educational, and continued recovery plans.



# Inpatient Services

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New York, NY 10019  
212-523-6491

Our inpatient programs at Mount Sinai Beth Israel and Mount Sinai West involve family whenever possible as an important element of recovery. Inpatient care begins with a comprehensive assessment made by our team of physicians, physician assistants, nurses, and substance abuse counselors. This evaluation includes a history, physical examination, lab tests, and biopsychosocial assessment. Then, we move on to detoxification, where we help manage the symptoms of withdrawal. After detoxification, the next step is typically inpatient rehabilitation, which delivers round-the-clock care in a structured therapeutic setting. The programs include the following:

- Group and individual counseling
- Individual, group, couples, and family therapy (family sessions by appointment only)
- Intensive relapse prevention training
- Medical evaluation and treatment
- Motivational enhancement groups
- Nutritional counseling
- Psychiatric evaluation and treatment
- Psychoeducational groups
- Partial hospitalization program (day time)
- Relaxation/stress reduction
- Referral for ongoing counseling
- Self-help groups onsite (daily)
- Discharge planning and referral for continuing care

# Medication-Assisted Treatment Services

## Locations

Lee Building Clinics  
1825 Park Ave.  
New York, NY 10035  
212-774-3250

Clinic 8  
149 W. 124th St.  
New York, NY 10027  
212-636-4840

Avenue A Clinic  
26 Ave. A  
New York, NY 10009  
212-420-2079

Gouvernuer Clinic  
109-11 Delancey St.  
New York, NY 10002  
212-614-2840

Vincent Dole Clinic  
25 Twelfth St.  
Brooklyn, NY 11215  
718-965-7900

Mount Sinai West  
1000 10th Ave, 8th Floor  
New York, NY 10019  
212-523-6166

Mount Sinai's Opioid Treatment Programs provide medication-assisted treatment via methadone and buprenorphine (both considered the gold standards for opioid addiction) at seven locations throughout New York City.

The clinics also offer the following:

- Group counseling
- One-on-one therapy
- Case management
- Educational and vocational counseling
- Annual physicals
- General medical care
- Art therapy
- Psychiatric evaluation and medication management
- HIV counseling and testing
- Peer counseling
- Hepatitis C testing and telemedicine
- Women-only clinic





# Specialty Treatment Programs

## Locations

### CARES

Mount Sinai Morningside  
411 West 114th St, 2nd Floor  
New York, NY 10025  
212-523-3083

### REACH

17 East 102nd St, 7th Floor  
New York, NY 10029  
646-951-1693

## Primary Care: Respectful and Equitable Access to Comprehensive Healthcare Program

The Respectful and Equitable Access to Comprehensive Healthcare (REACH) Program provides a patient-centered, harm reduction approach to primary care for persons who use alcohol and other drugs, and for individuals living with hepatitis C virus (HCV) infection. REACH provides comprehensive primary care services, including office-based buprenorphine treatment, stigma-free risk reduction counseling, HCV treatment, overdose response training, integrated psychiatric treatment, and psychosocial assessment and support including support groups. The REACH model of care uses patient navigators to coordinate services and guide patients through the complex health care system, thereby removing barriers to accessing quality care and treatment. REACH also conducts community HCV education and testing.



## For Teens: The Comprehensive Adolescent Rehabilitation and Education Service

The Comprehensive Adolescent Rehabilitation and Education Service (CARES) is an integrated clinical and academic program for teenagers in high school that provides mental health and substance use treatment along with a New York City

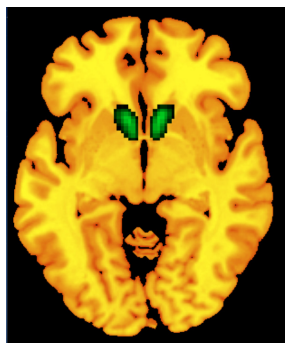
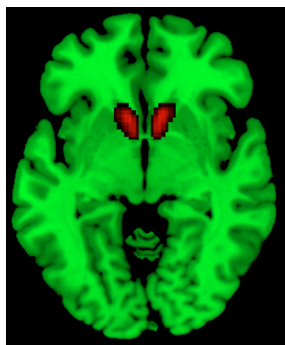
Department of Education curriculum. CARES provides education as well as individual, group, and family therapy with an emphasis on mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness skills. Adolescents experiencing emotional problems and/or dabbling in substance use are at extreme risk of adverse effects on their brain development, along with decreased academic performance and lifelong domino effects. CARES seeks to mitigate these effects with its educational and therapeutic components, including substance abuse treatment.

The safety of our community is our highest priority; some images herein were taken prior to February 2020.

## Research and Education

### Location

Icahn School of Medicine  
at Mount Sinai  
1 Gustave L. Levy Pl  
New York, NY 10029  
212-824-9361



### Pioneering, Patient-Focused Research

Because addiction is a brain disorder, we conduct our basic, translational, and clinical research in affiliation with Mount Sinai's Friedman Brain Institute, which is an internationally renowned institution for neuroscience research. Our researchers focus on expanding insights about human biology and population health in people with addictive disorders, and work to develop novel treatment interventions grounded on sound scientific evidence. Our top priorities are the following:

- Understanding how the adolescent brain responds to drugs so we can develop early intervention strategies to prevent addictive disorders.
- Exploring the neurobiology underlying different factors contributing to addiction such as reward sensitivity, compulsive behavior, inhibitory control, craving, and negative emotional states.
- Investigating genetic contributions to addiction that relate to drug use vulnerability and treatment response.
- Understanding the impact of drug use and environmental factors on epigenetic mechanisms, i.e., non-genetic factors that influence long-term molecular changes in the brain relevant to addiction risk.

### Training and Education

We educate and train medical students, research scientists, psychiatrists, psychologists, physician assistants, nurses, and social workers via residency programs, a medical student fellowship, externships, internships, postdoctoral fellowships, a translational addiction research fellowship, addiction psychiatry fellowships, and an addiction medicine fellowship program. For medical students and residents, we offer rotations in a variety of addiction settings within the Mount Sinai Health System including both inpatient and outpatient rehabilitation treatment units, dual-diagnosis unit, and a withdrawal management ("detox") unit.

Our faculty participate in a variety of community forums ranging from adolescent programs to those involving addiction in the elderly community. We strive to educate patients and their significant others about the disease of addiction, and make every attempt to dispel myths, misconceptions, and eliminate stigma. The AIMS faculty present their research and clinical expertise at professional academic conferences, both nationally and internationally.



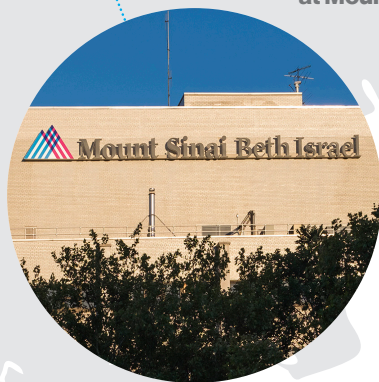
**CARES**



**REACH**



**Mount Sinai West**



**Mount Sinai Beth Israel**



**Icahn School of Medicine  
at Mount Sinai**



**Halfway House**

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-  Opioid Treatment Program: Clinic 8
-  Opioid Treatment Program: Avenue A Clinic
-  Opioid Treatment Program: Gouvernuer Clinic
-  Opioid Treatment Program: Vincent Dole Clinic

