

**Monroe County
Open Access Clinic**
at Delphi Rise
835 West Main St.
Rochester, NY 14611
585-627-1777

YOUTH SUBSTANCE USE RESOURCES

**Wayne County
Regional Open
Access Center**
1519 Nye Rd.
Lyons, NY 14489
833-929-6326

Conversation Tips for Youth talking with a Trusted Adult

- You might start by saying *“I want to talk to you about something but I’m afraid you’ll get mad.”*
- *“I think I might have a problem with drugs.”* If you aren’t ready to open up, tell them you need to talk to someone professionally, a therapist or a doctor, but you’re just not ready to talk to them about it yet.
- Do some research for information on drug and alcohol abuse. Look into youth treatment programs and be informed when talking with your parents.
- Try to find the right time to talk when your trusted adult can give you their undivided attention, or wait for a news story or commercial that addresses the topic to come on and start a conversation based on that story.
- Stay on topic. Don’t let issues or resentments from a few weeks ago sidetrack you or your parents. Look for opportunities.

Conversation Tips for a Trusted Adult talking with Youth

- *“Have you been in situations where there were opportunities for drug or alcohol use? Did you feel pressured? Why or why not?”*
- *“I have been noticing something (on the news, on the radio, on social media, in the neighborhood, etc.) that I want to talk with you about.”*
- *“I worry because we aren’t like everyone else, and you have a higher risk for developing a drug or alcohol problem.”*
- *“When you feel down, stressed, lonely or bored, what do you do to feel better? Sometimes people ‘medicate’ with drugs or alcohol to avoid difficult feelings. What are some healthier options?”*
- *“Why do you think some teens abuse drugs and alcohol? If you asked them, what reasons would they give for using? What other reasons might they have?”*

What are the “levels of care?”

Detoxification: “Detox” refers to the treatment of moderate withdrawal symptoms and non-acute physical or psychiatric complications.

Inpatient: Inpatient takes place in an OASAS-certified treatment setting with 24-hour medical coverage and oversight provided to individuals with significant acute medical, psychiatric and substance use disorders with significant associated risks.

Outpatient: While remaining at home, working and functioning in the community, a consumer may attend individual, group or family focused treatment and work toward personal goals. This may include less intensive involvement or may require multiple visits per week.

Residential: Individuals are provided a safe living environment with a high degree of behavioral accountability. Services include medical and clinical oversight of chronic but stable medical and psychiatric symptoms and conditions in a community treatment program including an outpatient Substance Use Disorder treatment program.

YOUTH SUBSTANCE USE DIRECTORY

MONROE COUNTY

Center for Youth
905 Monroe Ave.
Rochester, NY 14620 585-473-2464

CORE Center
803 West Ave. Suite 196
Rochester, NY 14611 585-328-8230

**National Council on Alcoholism & Drug
Dependence - Rochester Area (NCADD-RA)**
Rochester, NY 585-719-3483
www.ncadd-ra.org

Open Access Clinic
Delphi Rise, 835 West Main St.
Rochester, NY 14611 585-627-1777

Recovery Support Navigators
Rochester, NY 855-778-1300

Rochester Regional Health
Adolescent Treatment Program
585-922-9900

RORecovery Fitness
1035 Dewey Ave.
Rochester, NY 14613 585-484-0234

Strong Recovery
Adolescent and Young Adult Program
585-275-3161

Villa of Hope
LIFE Residential: 585-865-1555 x262
Prevention: 585-865-1555 x740
Outpatient: 585-328-0834

Westfall Associates
Rochester, NY 585-473-1500

GENESEE, ORLEANS, & WYOMING COUNTIES

**Batavia Recovery Center of
Horizon Health Services**
Batavia: 585-815-0247

**Genesee/Orleans Council
on Alcoholism &
Substance Abuse
(GCASA)**
Batavia: 585-343-1124
Albion: 585-589-0055

**Spectrum Health &
Human Services**
Warsaw: 585-786-0220

LIVINGSTON, ONTARIO, & YATES COUNTIES

CASA-Trinity
Dansville: 585-335-5052
Geneseo: 585-991-5012

**Finger Lakes Area
Counseling & Recovery
(FLACRA)**
Clifton Springs: 315-462-9161
Farmington: 585-396-4190
Geneva: 315-781-2773
Penn Yan: 315-536-7751

**Rochester Regional Clifton
Springs Behavioral Health**
Clifton Springs: 585-922-9900

SENECA & WAYNE COUNTIES

**Finger Lakes Area
Counseling & Recovery
(FLACRA)**
Newark: 833-435-2272

**Seneca County
Community
Services Board**
Waterloo: 315-539-1985

**Wayne Behavioral
Health Network**
Regional Open Access Center
1519 Nye Rd. Lyons, NY 14489
833-929-6326

ONLINE RESOURCES

www.talk2prevent.ny.gov
www.oasas.ny.gov
www.gcasa.net
www.flacra.org
www.for-ny.org
www.suicidepreventioncoalition.org

RECOVERY FAMILY SUPPORT

*family focused (or other loved one focused)
services designed to guide, educate, and
support families through the addiction
treatment and recovery process
through peer and family support*

Monroe County Recovery Support Navigator
www.recoverysupportnavigator.org
855-778-1200