

Supporting Families with Substance Use Disorders in the Perinatal Period

TTAC Annual Spring Conference
June 11, 2025
ttacny.org

Resource Guide



TTAC

Perinatal and Early Childhood
Mental Health Network

Training and Technical Assistance Center

A Collaboration Between

NEW YORK
CENTER FOR CHILD
DEVELOPMENT



McSILVER INSTITUTE
FOR POVERTY POLICY AND RESEARCH
NEW YORK UNIVERSITY

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Perinatal and Early Childhood Mental Health Network

The NYC Perinatal and Early Childhood Mental Health Network offers therapy remotely and in person for people who are pregnant and for parents and caregivers of infants throughout NYC.

Eligibility: All people and families are welcome, and services are available in various languages.

Location/Address: Various locations across New York City.

Website: <https://www.ttacny.org/>

Contact Information:

- Association to Benefit Children: (646) 459-6165
- Northside Center for Child Development: (212) 426-3400
- The Child Center of New York: (718) 530-6892
- Ohel Children's Home and Family Services: (800) 603-OHEL (800-603-6435)
- Staten Island Mental Health Society, a division of Richmond University Medical Center: (718) 818-6570

**NYC**

Perinatal and Early Childhood Mental Health Network

New and expecting parents can face a lot of challenges. Positive mental health supports your well-being and the well-being of your baby.

Do you have a concern about your emotions, behaviors, or relationships during or after pregnancy? **Reach out for support.**

Contact a perinatal and early childhood mental health clinic near you. Clinics will provide services to support you and your child during their early years.

The NYC Perinatal and Early Childhood Mental Health Network offers therapy remotely and in person for people who are pregnant and for parents and caregivers of infants throughout NYC.

All people and families are welcome, and services are available in various languages.



To contact your nearest clinic, call:

Bronx**646-459-6165**

Association to Benefit Children

Manhattan**212-426-3400**

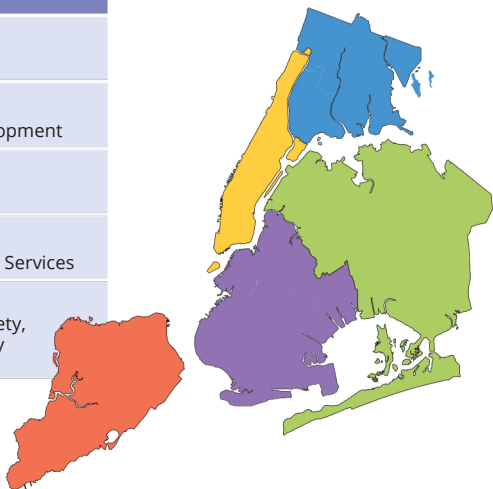
Northside Center for Child Development

Queens**718-530-6892**

The Child Center of New York

Brooklyn**800-603-OHEL (800-603-6435)**

OHEL Children's Home and Family Services

**Staten
Island****718-818-6570**Staten Island Mental Health Society,
a division of Richmond University
Medical Center

For more information, visit ttacny.org.

Citywide Doula Initiative (CDI)

The Citywide Doula Initiative (CDI) helps reduce racial inequities in maternal health care and improve birth outcomes for all New Yorkers. CDI Doulas provide no-cost doula support in neighborhoods that lack access to this service, and are often members of the community they service, with the same racial or ethnic background, culture, or language as their clients.

Eligibility: Clients must live in a CDI service area (outlined in [this map](#)) or in a shelter or foster home anywhere in NYC, and have an income within the range that qualifies for Medicaid. Services are available regardless of age, race or ethnicity, gender identity, immigration status, or insurance status.

Location/Address: New York City

Website: nyc.gov/health/cdi

Contact Information: Email: cdi@health.nyc.gov

Referral Process: Call 844-OK-DOULA (844-653-6852)

What Is a Doula?

A doula is a trained professional who can educate and prepare you and your family for birth, support you during labor and delivery, and help you with recovery and infant feeding after you have your baby.



NYC



The benefits of doula care may include:

- Greater satisfaction with the birth experience
- Shorter labor
- Reduced chance of cesarean birth
- Reduced chance of medical intervention
- Better parent-baby bonding
- Increased rates of breastfeeding
- Reduced chance of preterm birth or low birth weight

"My doula helped me feel more confidence in the birthing room and understand what was happening in my body. It made me feel less afraid." — CDI Client

How Do I Sign Up?

To enroll or see if you qualify:

- Call 844-OK-DOULA (844-653-6852), Monday to Friday, 9 a.m. to 5 p.m.
- Visit nyc.gov/health/cdi and contact a doula program that serves your neighborhood.
- Email cdi@health.nyc.gov.

"This is an awesome program! It should be accessible to all new mothers. ... Having a doula during my second pregnancy made a huge difference." — CDI Client



For more information, scan the QR code or visit nyc.gov/health/cdi. To request doula educational materials, call 311.

3.25

Citywide Doula Initiative

Get No-Cost Professional Support for Your Birth!



What Is the Citywide Doula Initiative?

The **Citywide Doula Initiative (CDI)** helps reduce racial inequities in maternal health care and improve birth outcomes for all New Yorkers.

CDI doulas:

- Provide no-cost doula support in neighborhoods that lack access to this service
- Support you in making informed decisions

"My doula was really genuine. She was soft-spoken, emotionally supportive, and worked hard to get me resources." — CDI Client



- Are often members of the community they serve, with the same racial or ethnic background, culture, or language as their clients
- Are trained to provide respectful care that centers your experiences, values, and preferences
- Offer support in multiple languages, including Spanish, Haitian Creole, French, and American Sign Language

Eligibility

To enroll, you must meet both requirements:

- Live in our service area or in a shelter or foster home anywhere in NYC
- Have an income within the range that qualifies for Medicaid

Services are available regardless of age, race or ethnicity, gender identity, immigration status, or insurance status.



What To Expect

When you enroll, a CDI coordinator will call you to discuss your needs. Then we will match you with a doula to provide support in your home and wherever you give birth.

During pregnancy (prenatal):

- Education on labor and birth, to help you labor with confidence
- Help creating and carrying out your childbirth plan
- Connection to resources, such as WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children), childbirth education classes, and health insurance

During labor and childbirth:

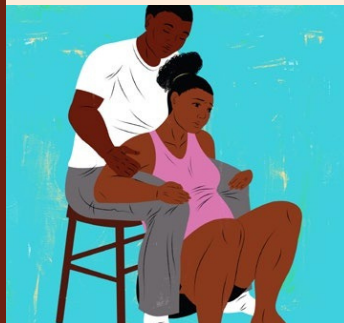
- Continuous, hands-on physical and emotional support (such as comforting

touch, words of encouragement, aromatherapy, and guiding your partner in supporting you)

- Recommendations to make labor more comfortable, such as breathing and relaxation techniques
- Help talking with hospital staff to address questions or concerns you may have

After birth (postpartum):

- Help with infant feeding and caring for your newborn
- Checking in at home and helping with self-care
- Help finding additional support, such as breastfeeding counselors and mental health professionals, as needed



"I always remind [my clients] that they are doing something really, really amazing and magical with their body, and to listen to it, to really kind of sit with it and to lean into it."

— CDI Doula

"One of the most important aspects of our work as doulas is supporting the wishes, needs, and autonomy of pregnant and birthing parents." — CDI Doula

Newborn Home Visiting Program

The Newborn Home Visiting Program provides support for parents and their newborn (0 to 3 months old) the first few weeks after birth. Through the program, a health professional visits parents and their baby to help with infant feeding, share health and safety tips, and connect parents and their family to additional resources.

Eligibility: First-time parents who reside in Taskforce on Racial Inclusion and Equity (TRIE) neighborhoods. All families with a baby 0 to 3 months old and who are: a) NYCHA residents in TRIE neighborhoods, b) Engaged with the Administration for Children's Services (ACS) citywide, c) Residing in a Department of Homeless Services (DHS) shelter citywide.

Website: <https://www.nyc.gov/site/doh/health/health-topics/pregnancy-newborn-visiting.page>

Contact Information: For New Yorkers in all boroughs, call (718) 637-5235. For New Yorkers residing in a Department of Homeless Services shelter in any borough, call (718) 466-7013.

Newborn Home Visiting Program



**Supporting You
and Your New Baby**





The Newborn Home Visiting Program provides support for you and your newborn (0 to 3 months old) the first few weeks after birth. Through the program, a health professional visits you and your baby to help with infant feeding, share health and safety tips, and connect you and your family to additional resources.





Who can sign up?

- First-time parents who reside in Taskforce on Racial Inclusion and Equity (TRIE) neighborhoods
- All families with a baby 0 to 3 months old and who are:
 - NYCHA residents in TRIE neighborhoods
 - Engaged with the Administration for Children's Services (ACS) citywide
 - Residing in a Department of Homeless Services (DHS) shelter citywide

Call **311** to find out if you are eligible, or scan the QR code on the back of this brochure to find a list of TRIE neighborhood ZIP codes.

How much does the program cost?

The program is **free** and voluntary.

Who visits you and your baby?

A health professional from the New York City Department of Health and Mental Hygiene will visit you and your baby where you live. The health professionals are trained breastfeeding counselors who understand the health needs of you and your baby. For additional support, nurses, social workers and breastfeeding specialists are also available, as needed.

What happens during the visit?

The health professionals will:

- Talk with you about how your baby and any other children who live with you are **developing**
- Provide infant feeding support, including **breastfeeding**, and address any concerns you might have
- Show you how to put your baby to **sleep safely**
- Give tips for **bonding** with your baby
- Provide support for your **mental health** and connect you to additional resources
- Help you create a safe home environment by checking for hazards — such as missing smoke detectors or window guards and peeling paint that might contain lead — and help you report them (for example, to your landlord or by calling **311**)
- Connect you with **other services**, such as health insurance and medical care

How do I sign up?

If you recently gave birth and did not hear from anyone in the program, call **311** or the Newborn Home Visiting Program office in your neighborhood to find out if you qualify. For a list of program office phone numbers, see the back of this brochure.





“The health worker explained crib safety and the dangers of sleeping in the same bed with my baby.”

Donna, 26

“I was worried that my older child might not be developing like he should. The [health worker] who visited us connected me with the Early Intervention Program to see if my son needed some help.”

Angelina, 24

“I didn’t know it was OK to only breastfeed, so I was giving my baby formula too. [The health worker] told me breast milk is enough.”

Nicole, 21





Newborn Home Visiting Program Offices

For New Yorkers in all boroughs,
call **718-637-5235**.

For New Yorkers residing in a
Department of Homeless Services
shelter in any borough,
call **718-466-7013**.



For more information, visit
nyc.gov/health and search for
newborn home visiting program,
or scan the QR code above.

You have a right to NYC services in your
preferred language. When you call **311**
or a program office, ask for interpretation
services for your newborn home visit.

New York City Nurse-Family Partnership Referral Guide for Providers

Organization: New York City Nurse-Family Partnership

This referral guide is designed to support providers in introducing clients to the Nurse-Family Partnership (NFP) program. It outlines key eligibility criteria and program highlights, includes suggested talking points for client enrollment conversations, and provides instructions for making a referral.

Location/Address: New York City

Website: <https://www.nyc.gov/site/doh/health/health-topics/nurse-family-partnership.page>

Contact Information: Email: nycnfp@health.nyc.gov. Call 311 and ask for "Nurse-Family Partnership."



New York City Nurse-Family Partnership

Referral Guide for Providers

Eligibility Criteria

- ✓ 28 weeks pregnant or less
- ✓ No previous live births
- ✓ Low-income (Medicaid-eligible)

Program Highlights for Clients

- There is a program for new mothers called **New York City Nurse-Family Partnership (NYC NFP)** that provides you with **your own personal nurse**
- Your nurse will support you to have a **healthy pregnancy and a healthy baby**, and to **be the best mom you can be**.
- With your nurse you will learn:
 - What to expect during pregnancy and childbirth
 - How to take care of your baby (feeding, bathing, safe sleep and more)
 - How babies learn and grow
- The program **won't cost you anything**
- It's available **regardless of your age, your or your family's immigration status or your gender identity**.

Enrollment Talking Points

- I can refer you today, but you don't have to decide if you want to sign up until you meet with a nurse.
- If you prefer, you can take the information home and contact the program yourself.
- Just remember, if you are interested in the program, you must meet with a nurse and sign up **by the end of your 28th week of pregnancy**.

Making a Referral

- ✓ Fill out and fax or securely email the referral form.
- ✓ Give the client a tear-off information sheet or brochure to take home.
- ✓ Inform the client that someone from NYC NFP will contact them within the next few days.



Brownsville Neighborhood Health Action Center

The Brownsville Neighborhood Health Action Center hosts a variety of programs and activities focused on the health and wellness of Brownsville residents. Clinical services include: a dental clinic, the Newborn Family Home Visiting Program, a pediatric clinic, a family health center, and Brooklyn Perinatal Network Health Insurance Navigation. Other programs and activities include: Free Lactation Clinic, Medical-Legal Partnership, Childbirth Education, Circle of Security Birthing Education, and Fatherhood Development.

Location/Address: 259 Bristol Street, Brooklyn, NY 11212

Website: <https://www.nyc.gov/site/doh/health/neighborhood-health/action-center-brownsville.page>

East Harlem Neighborhood Health Action Center

The East Harlem Neighborhood Health Action Center provides health and wellness services in Harlem as part of New York City's (NYC) effort to promote health equity. Some of its programs are: Baby Café, East Harlem Asthma Center of Excellence, Family Wellness Suite, Harlem Health Advocacy Partners, and Newborn Home Visiting Program.

Location/Address: 158 E. 115th St., New York, NY 10029.

Website: <https://www.nyc.gov/site/doh/health/neighborhood-health/action-center-east-harlem.page>.

Contact Information: Email: harlemoutreach@health.nyc.gov. Phone: (855) 789-8760.

Tremont Neighborhood Health Action Center

The Tremont Neighborhood Health Action Center provides health and wellness services in the Bronx as part of New York City's effort to promote health equity. Its programs include: Family Wellness Suite offering pregnancy services such as childbirth education and newborn care classes; parenting classes; and lactation counseling, Lactation Room, Food and Nutrition Programs, and Gestational Diabetes Workshop.

Location/Address: 1826 Arthur Avenue, Bronx, NY 10457

Website: <https://www.nyc.gov/site/doh/health/neighborhood-health/action-center-tremont.page>

Contact Information: Email: bronxactioncenter@health.nyc.gov. Phone: (347) 665-0213.

Will Using Public Benefits Affect My Immigration Status?

What is happening?

Some people are concerned that the federal government will change the “public charge” rule, which could make it harder for certain immigrants to the United States to get a green card if they are found to have used some kinds of public benefits programs. Note: As of 2024, the public charge rule has **not changed**.

Could this change affect me?

If the public charge rule does change, go to nyc.gov/publiccharge for the latest information. Even if the rule does change, it cannot be applied to all immigrants. For example, the public charge rule cannot be changed by the president of the United States to apply to people who:

- Are applying for asylum
- Are refugees
- Are seeking or have received Special Immigrant Juvenile classification
- Are seeking or have received a U visa or T visa
- Have a green card and are seeking to naturalize to become a United States citizen
- Belong to another exempted category

What should I do now?

You do not have to stop using the public benefits programs or City services you or your family members need. You have the right to get care and support without fear. At this time, the public charge rules have not changed. In addition, the rules about who is eligible for public benefits and services have not changed.

Remember, NYC provides many no- and low-cost health care and social services to all NYC residents. These services may include emergency and nonemergency health care, health insurance for children and some adults, food assistance, tenant protection, worker protection, and legal help. You can access these City services regardless of your immigration status, ability to pay, employment status, or ability to speak English.

Before you make a decision about stopping your use of public benefits programs or City services, or if you have questions or concerns, please call the City's hotline for more information. You can call the NYC Mayor's Office of Immigrant Affairs' Immigration Legal Support Hotline at 800-354-0365 from Monday to Friday, 9 a.m. to 6 p.m., or call **311** and say “public charge” to get free and safe legal help. Interpretation services are available for both the hotline and **311**.

Support for Maternal Depression Website

Click here to access the
website!

or go to: <https://omh.ny.gov/omhweb/maternal-depression/>

New York State's Office of Mental Health offers numerous resources to support those experiencing pregnancy-related depression or anxiety. This site includes emergency resources, education about perinatal anxiety and depression, and links to supportive services and finding and working with perinatal professionals.

Contact Information: Contact OMH via phone at (800) 597-848. For the Postpartum Resource Center of NY Mom Line, call (855) 631-000.

Brooklyn Perinatal Network

Organization: Brooklyn Perinatal Network, INC

Brooklyn Perinatal Network (BPN) aims to prevent and reduce infant/maternal illness and death. The Network is a collaborative of community partners to provide medical care, offer psycho-social health and educational services and referrals, and coordinate and provide social health and supportive services.

Location/Address: 259 Bristol Street, 2nd Floor, Suite 202, Brooklyn, NY 11212

Website: <https://www.bpnetwork.org/nyc/>

Contact Information: Email: infor@bpnetwork.org. Phone: (718) 643-8258

Project TEACH - Maternal Mental Health Services

Organization: Project TEACH

Project TEACH supports New York State professionals in delivering quality mental health care. Their maternal mental health support services for mental health professionals include consultations by phone with a psychiatrist or psychologist (launching in August of 2025), referrals and linkage to therapy and services that support pregnant and postpartum patients, and in-person and virtual continuing education. All services are offered at no cost.

Location/Address: Services across New York State.

Website: <https://projectteachny.org/>

Contact Information: Phone: (855) 227-7272.

Supporting New York State professionals
in delivering quality mental health care.

Maternal Mental Health Support Services

Consultations

by phone with a psychiatrist
or psychologist* and potential
for a telehealth evaluation
of your patients.

Referral and Linkage

to therapy and services
that support pregnant and
postpartum patients.

Education

In-person and virtual
events, with CME and CEU*,
and scholarships to national
certification programs.

1.855.2 27.7272

Monday - Friday • 9:00 am - 5:00 pm

Project TEACH services are offered to medical and mental health clinicians as well as front line professionals that support pregnant and postpartum patients. Reach out and let us help. Our team of maternal mental health experts can provide:

- Medication review or recommendations for safety prior to and during pregnancy or breast feeding.
- Diagnostic screens and suggestions for next steps in treatment.
- Connections to local therapy and support services.
- Specialty consults* for concerns related to substance use and lactation.
- Training events that are specific to your personal and/or team's needs.

All services are offered at no cost and provided by reproductive psychiatrists, perinatal psychologists and liaison coordinators who are located at seven academic medical centers across the state.

* These services will launch in August, 2025.



Office of
Mental Health

Project TEACH is funded by NYS OMH



Learn More or
Request a Service at

www.ProjectTEACHny.org

Pregnant and Parenting Persons | Office of Addiction Services and Supports

Click here to access the website!

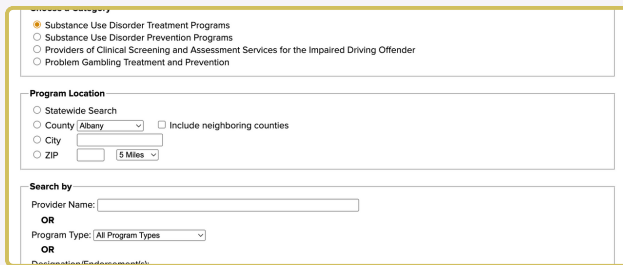
or go to: **<https://oasas.ny.gov/treatment/pregnant-and-parenting-persons>**

Persons who are pregnant and/or breastfeeding are given priority admission to any OASAS-certified substance use disorder treatment program. This site offers an introduction to alcohol and opioid use during pregnancy, as well as information on Pregnant/Post-Partum Overdose. The site also outlines key recommendations for supporting pregnant persons affected by substance use and finding treatment.

OASAS Provider and Program Search

Click here to access the directory!

or go to: <https://webapps.oasas.ny.gov/providerDirectory/index.cfm>



The screenshot shows a web form for searching OASAS providers and programs. It is divided into three main sections: 'Service Category', 'Program Location', and 'Search by'. The 'Service Category' section has four radio button options, with the first one selected. The 'Program Location' section has radio button options for 'Statewide Search', 'County', 'City', and 'ZIP', along with a dropdown menu for 'Albany' and a checkbox for 'Include neighboring counties'. The 'Search by' section has a text input for 'Provider Name', a dropdown for 'Program Type', and a radio button for 'All Program Types'. The form is outlined with a yellow border.

Service Category

- ☒ Substance Use Disorder Treatment Programs
- ☐ Substance Use Disorder Prevention Programs
- ☐ Providers of Clinical Screening and Assessment Services for the Impaired Driving Offender
- ☐ Problem Gambling Treatment and Prevention

Program Location

- ☐ Statewide Search
- ☐ County ☐ Include neighboring counties
- ☐ City
- ☐ ZIP

Search by

Provider Name:

OR

Program Type:

OR

Designation/Endorsement:

The OASAS Provider and Program Search is a directory of OASAS providers and programs throughout New York State. To find services related to perinatal substance use, select 'Substance Use Disorder Treatment Programs' in the category section at the top, then check 'Parents with Children' under Designation/Endorsement in the 'Search By' section.

Other Perinatal Substance Use Disorder Resources

Maternal Substance Use Disorder Resource Map



This resource map is an interactive, visual guide to programs across New York State committed to supporting mothers with SUD. Programs are designated as providing case management, family services, and levels 1-5 of clinical care.

- Level 1 programs provide outpatient services.
- Level 2 programs provide intensive outpatient services and partial hospitalization.
- Level 3 programs provide clinically managed low to high intensity residential services.
- Level 4 programs provide medically managed intensive inpatient services.

Location/Address: Various locations across New York State

Website: <https://maphub.net/BridgeCLINICresources/Oasas-programs-Interactive-MAP>

Referral Process: Various

Connections to Care

Organization: Odyssey House

Odyssey House's Connections to Care (C2C) provides comprehensive support for clients' mental health, physical health, and substance use requirements through both direct services and coordination with other healthcare providers. C2C offers holistic assistance for individuals, families involved with ACS, and parents facing challenges related to substance use and misuse disorders.

Website: <https://odysseyhousenyc.org/>

Contact Information: Odyssey House Outpatient Services: (718) 860-2994. Johany Cortorreal, Family Peer Advocate: (914) 625-7018 or Jcortorreal@odysseehousenyc.org. Ana Sanchez, Family Care Coordinator: (929) 713-2023

Overview

Connections to Care (C2C) offers a comprehensive array of services addressing our clients' mental health, physical well-being, and substance use requirements. Our approach involves direct provision of services and seamless coordination with other healthcare providers.

Our commitment extends to holistic support for individuals, families involved with ACS cases, and parents facing challenges related to substance use and misuse disorders. We facilitate vital connections to resources and services, empowering them to overcome obstacles, thrive, and achieve their aspirations.

Do you have more questions?
Contact us.



Odyssey House
Where recovery gets real

for more information:

Odyssey House Outpatient Services
718.860.2994

Johany Cortorreal, Family Peer Advocate
Jcortorreal@odysseyhousenyc.org
914.625.7018

Ana Sanchez, Family Care Coordinator
Asanchez@odysseyhousenyc.org
929.713.2023

odysseyhousenyc.org



Odyssey House
Where recovery gets real

Outpatient Services

Connections to Care

Community-based family, individual, and group substance use disorder treatment



Community-based support services for families

Utilizes evidence-based practices



PEER-BASED
MENTORING MODEL

SELF-DIRECTED
TREATMENT PLAN



Builds community
connections

One-on-One
CASE MANAGEMENT



Reduces
RISK OF RELAPSE

PURPOSE

The Connections to Care (C2C), grant is strategically designed to enhance access to a comprehensive spectrum of substance use services, particularly for underserved populations.

Collaborating closely with the NYC Administration for Children's Services (ACS), Odyssey House is dedicated to prioritizing and connecting peri- and postpartum individuals and their families with personalized, recovery-focused, and trauma-informed services.

Within the scope of C2C's support framework for families and pregnant and postpartum individuals, our commitment involves conducting individual assessments and subsequently referring them to:

- Substance use treatment programs
- Medical and mental health care
- Intimate partner violence services
- Housing (subject to eligibility requirements)
- Legal assistance
- Support and advocacy for ACS cases
- Guidance in navigating HRA, including SNAP and EBT
- Assistance sourcing resources for childcare, education, employment, and more!

With C2C, we stand ready to offer comprehensive assistance and guidance to empower individuals and families on their journey toward wellness and success.

Guided by person-centered principles, the client and family care coordinator will collaborate to formulate a service plan tailored to the client's self-identified goals.

UTILIZING EVIDENCE-BASED HARM

Harm Reduction Practices

Employing strategies grounded in evidence-based harm reduction practices to address the unique needs and challenges of the client.

Incorporating Recovery Principles

Integrating recovery-oriented principles into the service plan, with a specific emphasis on leveraging the valuable support of peers to enhance the client's journey toward wellness.

Conducting Screenings and Assessments

Employing thorough screenings and assessments to directly provide services through Odyssey House and/or facilitate coordinated care with other healthcare providers. This ensures a comprehensive and tailored approach to address the client's specific requirements.

Sources: National Alliance on Mental Illness; National Institutes of Health; National Institute of Mental Health; Center for Disease Control and Prevention; Department of Justice/Drug Enforcement Administration

Descripción General

"Connections to Care" (C2C)

brinda servicios integrales para las necesidades de salud mental, bienestar físico y uso de sustancias de sus clientes. Ofrecemos apoyo directo y también en coordinación con otros proveedores.

Nuestro compromiso consiste en el apoyo integral para personas, familias cuyos casos son llevados por la Administración de Servicios Infantiles de la Ciudad de Nueva York (ACS), y padres que enfrentan desafíos relacionados con el uso y los trastornos por uso indebido de sustancias. Facilitamos vitales conexiones con recursos y servicios, capacitándolos para superar obstáculos, prosperar y lograr sus aspiraciones.

¿Tienes más preguntas?

Contáctanos.



Odyssey House

Where recovery gets real

PARA MÁS INFORMACIÓN:

Odyssey House Outpatient Services
718.860.2994

Johany Cortorreal, *Family Peer Advocate*
Jcortorreal@odysseyhousenyc.org
914.625.7018

Ana Sanchez, BA, *Family Care Coordinator*
Asanchez@odysseyhousenyc.org
929.713.2033

odysseyhousenyc.org



Odyssey House

Where recovery gets real

Servicios para Pacientes
Ambulatorios

Connections to Care

Familia basada en la comunidad,
tratamiento individual y grupal de
sustancias tratamiento para el
trastorno por consumo



Servicios de apoyo basados en la comunidad para familias

Utiliza prácticas basadas
en evidencia



MODELO DE MENTORÍA BASADA EN PARES

PLAN DE TRATAMIENTO
AUTODIRIGIDO



Fomenta conexiones comunitarias

GESTIÓN DE CASOS
Uno a Uno



Reduce
EL RIESGO DE RECAÍDA

OBJETIVO

La subvención "Connections to Care" está diseñada estratégicamente para mejorar el acceso a un espectro integral de servicios para el uso de sustancias, particularmente para poblaciones desatendidas.

En estrecha colaboración con ACS, Odyssey House se dedica a priorizar y conectar a las personas en peri y posparto y a sus familias con servicios de recuperación personalizados e informados por el trauma.

Dentro del apoyo de C2C a familias y personas embarazadas y puérperas, nuestro compromiso es realizar evaluaciones individualizadas y posteriormente referirlas a:

- Programas de tratamiento por uso de sustancias
- Atención médica y de salud mental
- Servicios de violencia de pareja
- Vivienda (sujeta a requisitos de elegibilidad)
- Asistencia legal
- Apoyo y defensa de casos de ACS
- Orientación para navegar por HRA, incluyendo SNAP y EBT
- Ayuda para obtener recursos para cuidado infantil, educación, empleo y más

Con el C2C, estamos listos para ofrecer asistencia y orientación integrales para empoderar a personas y familias en su viaje hacia el bienestar y el éxito.

Guiado por nuestro principio de servir

individualizadamente, el coordinador de atención familiar colaborará con el cliente para formular un plan de servicio según los objetivos que el cliente identifique.

UTILIZAR PRÁCTICAS DE REDUCCIÓN DE DAÑOS BASADAS EN EVIDENCIA:

Incorporación de principios de recuperación

Emplear estrategias basadas en evidencia para abordar las necesidades y desafíos únicos del cliente.

Incorporación de principios de recuperación

Integrar principios de recuperación que aprovechen el valioso apoyo de sus colegas, para mejorar el trayecto del cliente hacia el bienestar.

Realización de exámenes y evaluaciones

Emplear exámenes y evaluaciones exhaustivos para brindar servicios directamente a través de Odyssey House y/o facilitar la atención coordinada con otros proveedores de atención médica. Esto garantiza un enfoque integral y personalizado para abordar los requisitos específicos del cliente.

Sources: National Alliance on Mental Illness; National Institutes of Health; National Institute of Mental Health; Center for Disease Control and Prevention; Department of Justice/Drug Enforcement Administration

Young Mothers Program (YMP)

Organization: Samaritan Daytop Village

The Young Mothers Program is an intensive residential substance use disorder treatment program where adult women can live with their young children while working on their recovery and enhancing their parenting skills in a supportive, structured environment. During the work day while their children are cared for in on-site child care facilities the mothers participate in a multi-faceted program designed to combat alcohol and drug addiction. In-house medical services focus on prenatal, maternal and pediatric health care as well as adult psychiatric care.

Location/Address: 119 West 106th Street New York, NY 10025

Website: <http://www.samaritanvillage.org/index.php>

Contact Information: Sarah March, Program Director: (212) 222-5285 x8363 or sarah.march@samaritanvillage.org.

Referral Process: Healthcare, criminal justice and other community organizations with referrals may contact YMP's Program Director at 212-222-5285. Prospective residents can contact Samaritan Daytop Village Admissions at (855) 322-4357 (HELP).

Samaritan Daytop Village

WHERE GOOD LIVES®

YOUNG MOTHERS PROGRAM

Residential Treatment for Parenting
& Pregnant Women



YOUNG MOTHERS PROGRAM

The Young Mothers Program (YMP) is a lifeline for mothers struggling with addiction. Moms (and moms-to-be) live under the same roof with their young children while receiving intensive, 24/7 treatment for substance use disorder.

Since 1973, YMP has offered pregnant and post-natal women **a sanctuary at a turning point in their lives**. Residents receiving critical treatment for addiction can have their kids (from birth to age 4) stay with them at the facility. The program ensures that, during recovery, residents continue to develop healthy bonds with their children while learning essential life, vocational and parenting skills.

Where Recovery Begins

In Manhattan Valley, two blocks west of Central Park, the five-floor YMP building houses up to 36 women and 30 infants and toddlers. Each day features a structured set of sessions, trainings and activities featuring:

- Individual and group counseling and therapy
- On-site support network
- Family counseling
- Parent/children therapeutic

interventions

- Family services advocacy
- Parenting groups
- Pediatric education with an on-site nurse
- Recovery coaching
- Peer support

Residents work in individual or group sessions in the sanctuary suite, dining room, group room, staff and medical offices. A computer lab (with six computers) supports job searches. A Reading Corner offers a quiet spot to read aloud to children. There are three age-specific nurseries (infants, toddlers or preschoolers) with access to a backyard as well as shared bedroom suites for the women with a second-floor terrace.



Multiple Seamless Support

The multidisciplinary team at YMP provides a **seamless level of support and care for each family unit**. In-house specialists include case managers, family therapists, medical and nursing personnel, recovery coaches, social workers, vocational counselors, and childcare specialists. YMP also partners with community organizations for medical, childcare, educational, vocational, and criminal justice needs. Additionally, we partner with community addiction medicine providers to support those in need of Medication Assisted Treatment.

Services and group offerings include:

Community

- Morning/Afternoon Seminars
- Counseling Groups
- Celebratory Goodbye Groups
- Community Meeting
- Orientation Group
- Mommy & Me
- Nurturing Parenting Group
- Peer Problem Solving
- Zumba

Evidence Based (Core)*

- Anger Management
- Beyond Anger and Violence
- Healthy Relationships
- Relapse Prevention
- Seeking Safety
- Thinking for a Change

Specialties, Explorative & Reflective

- Agents of Change
- Creative Arts
- Empowerment through Daily Living Activities
- Family Matters
- Mindfulness in Recovery
- Mindfulness Walk
- Motivation for Treatment
- Open Discussion
- Wellness Self-Management

Vocational

- Computer lab
- Job Placement
- HSE/TASC Preparation
- Work Readiness

• For residents separated from their children, YMP works with custodial families on reunification efforts. Staff members also coordinate with New York State Child Protective Services, New York City Administration for Children's Services, and the State and City's Family Court System.

Contact Us for More Information

Healthcare, criminal justice and other community organizations with referrals may contact YMP's Program Director at 212-222-5285. Prospective residents can contact Samaritan Daytop Village Admissions at (855) 322-4357 (HELP).

*Active participants of an Evidence Based (Core) Group receive a certificate upon completion.

Every day good wakes up and rolls up its sleeves at Samaritan Daytop Village.

For over 60 years, Samaritan Daytop Village has been improving the quality of life for New Yorkers. We are nationally recognized for our treatment of substance use disorder as well as for the veteran specific approach we pioneered. Our continuum of services also includes

health and mental health care, transitional and supportive housing, educational and vocational assistance, peer-assisted recovery, and specialized programs for adolescents, families and seniors.

Annually, Samaritan Daytop Village serves over 33,000 people at more than 60 facilities throughout New York City, Long Island and the lower Hudson Valley, and we continue to grow.



**Samaritan
Daytop
Village**

WHERE GOOD LIVES®

Samaritan Daytop Village
138-02 Queens Blvd., Briarwood, NY 11435
Phone: 718-206-2000
<https://samaritanvillage.org>





Young Mothers Program
119 West 106th Street
New York, NY 10025

The Young Mothers Program is an intensive residential substance use disorder treatment program where adult women can live with their young children while working on their recovery and enhancing their parenting skills in a supportive, structured environment. The Young Mothers Program is located in upper Manhattan and has been serving the community for over 35 years. During the work day while their children are cared for in on-site child care facilities the mothers participate in a multi-faceted program designed to combat alcohol and drug addiction. In-house medical services focus on prenatal, maternal and pediatric health care as well as adult psychiatric care.

The Young Mothers Program is a restrictive environment that complies with court orders. There is onsite staff supervision 24/7 and residents can be provided with escorts as deemed appropriate by the court system, referring agencies, and clinical judgment for offsite services. Residents are monitored and screened randomly for the use of any illicit substances. We tackle substance abuse from a holistic perspective that includes not only alcohol and drug treatment but also rehabilitation efforts to support the person psychiatrically, medically, vocationally and with special attention to focusing efforts on healing the family system.

Programmatically, all residents enter treatment at orientation level where they learn the rules and regulations of the program. This phase typically lasts for 30 days and has limited movement to allow the resident the opportunity to stabilize within the community and to begin to address any overarching medical or psychiatric needs. Residents are escorted by Recovery Coach staff to any outside appointments during the Orientation phase, whenever possible.

Once the resident has stabilized within the community and successfully completed orientation they are eligible to advance to the next phase of treatment. Typically, this phase is the longest in treatment and is when the resident learns to understand their addiction, identify their emotions, and practices making healthy decisions supportive of their recovery and their goals. This is also the time that residents are able to engage in our core group programming, participating in evidenced-based groups like Seeking Safety, Relapse Prevention, Healthy Relationships, Beyond Anger & Violence, Thinking For a Change and Anger Management – all with the goal of addressing experiences of trauma and subsequent maladaptive coping, relationship dynamics, emotion expression and regulation with the goal of sustained abstinence. Once this phase is completed, residents are eligible to progress to the status of Upper Peer.

As an Upper Peer, residents have displayed insight and commitment to their recovery. They are able to pursue vocational goals like education, training and employment and also focus on identifying safe and stable housing options. As vocational goals are achieved and a housing plan is solidified residents are eligible to submit for a program completion in collaboration with their referring agency (if any), for clinical staff consideration and review.

It is important to note that throughout the entirety of their treatment stay all residents in the Young Mothers Program have access to individual therapy and case management services, attachment and bonding therapy with their children, family therapy, and participate in the evidence-based parenting group Nurturing Parenting. Our program structure supports child reunification efforts and structured visitation as well as compliance with family court or child protective service agency mandates. Family driven treatment is a hallmark of the Young Mothers Program and we pay particular attention to enhancing parenting skills, healing family and support network relationships, and supporting residents in fostering nurturing relationships with their children so as to end the cycle of trauma, abuse, and addiction.

The Young Mothers Program also works collaboratively with community resources to ensure that for those women who are prescribed Medication Assisted Treatment, they are able to access their substance use disorder treatment medication while receiving residential care.

Should you have any questions regarding the clinical programming or program operations at the Young Mothers Program please contact Sarah March, Program Director at 212-222-5285 x8363 or via email at sarah.march@samaritanvillage.org.

Greenhope Services for Women

Greenhope Services for Women is a residential recovery program that supports formerly incarcerated women and those referred through court systems; parole and probation; ACS, or self-referral. Services include counseling, mental health support, educational and career services, on-site childcare, and parenting classes/support. Greenhope also offers a mother-child program for individuals who are pregnant, parenting a young child (up until 5 years of age), or working towards family reunification.

Location/Address: 435 East 119th Street New York, NY 10035

Website: <https://acacianetwork.org/greenhope/>

Contact Information: Phone: (212) 360-4002.

Odyssey House Family Center of Excellence

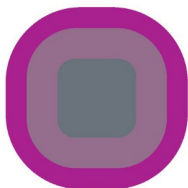
Organization: Odyssey House

The Odyssey House Family Center of Excellence provides residential and outpatient substance use disorder treatment for pregnant individuals and parents caring for infants and young children. The center offers individual, group, and family counseling, as well as on-site primary medical care with specialties in OB/GYN, psychiatry, HIV/AIDS. Health education and parenting skills, and family re-entry community residences are also offered.

Location/Address: Assessment & Admissions are located on 219 East 121st Street New York, NY 10035

Website: <https://odysseyhousenyc.org/>

Contact Information: Phone: (212) 987 5100 Fax: (877) 457 1446



Odyssey House

Where recovery lives

Family Center of Excellence

Residential and outpatient substance use disorder treatment for pregnant women and parents caring for infants and young children

Assessment & Admissions

219 East 121st Street
New York, NY 10035

t. 212 987 5100
f. 877 457 1446

www.odysseyhousenyc.org

Evidence-based substance use disorder treatment that keeps families together.

What we offer

- Individual, group, and family counseling
- On-site primary medical care with specialties in OB/GYN, psychiatry, HIV/AIDS
- Specialized pediatric services provided in partnership with Institute for Family Health
- Health education and parenting skills including medication management and Activities of Daily Living training
- Anger management, domestic violence, and relapse prevention
- Family Re-Entry community residences
- Independent housing support and placement
- Vocational/educational testing, training and job placement

Program highlights

- Evidence-based and best practice treatment models: *Motivational Enhancement Therapy*; *Trauma, Recovery and Empowerment*; and *Nurturing Parent Program for Families in Substance Abuse Treatment and Recovery*
- Department of Health-licensed day care with on-site Early Headstart
- Cultural, fitness, and recreational activities
- Medication-assisted treatment

Odyssey House Mother and Child Program

Organization: Odyssey House

Located at the George Rosenfeld Center for Recovery, a Level II residential facility, the Mother and Child Program at Odyssey House's Women and Children Program provides comprehensive support to individuals navigating legal and family court matters and an overall delivery of holistic family-oriented treatment. Medical and psychiatric care are provided through an on-site clinic, and clients are assigned a recovery coach and family outreach worker. The family outreach worker assists with the needs of the family, including parenting skill building, managing pediatric appointments, specialty care, and WIC.

Location/Address: 13 Hell's Gate Circle, New York, NY, 10035

Website: <https://odysseyhousenyc.org/>

Contact Information: Email: admissions@odysseyhousenyc.org. Fax: (877) 457-1446

Referral Process: Send all referral documents to the Odyssey House admissions department by email or fax. Contact the Odyssey House admissions team at (212) 987-5100, option 1 with any questions.



The letter serves as an overview of the Mother and Child program at Odyssey House's Women and Children Program at the George Rosenfeld Center for Recovery, a Level II residential facility located at 13 Hell's Gate Circle, New York, NY, 10035.

Clinical and Medical/Psychiatric Services

The following is an overview of clinical services available at our program which include individual and core group sessions.

Core groups include:

- *Thinking for a Change* – a cognitive behavioral change group that addresses anger management, interpersonal and communication skills, and problem-solving behaviors.
- *Trauma Recovery and Empowerment Model (TREM)* – an evidence-based, facilitated group approach to healing from the effects of trauma combining elements of social skills training, psychoeducational and psychodynamic techniques, and emphasizing peer support.
- *Relapse Prevention* – a recovery-based group that addresses substance use, triggers, and development of positive coping skills and relapse prevention planning.
- *Nurturing Parenting and Basic Parenting* – these programs include elements of psychoeducation and practical skills that address parenting skills, attachment and bonding, child development, feeding/changing, safe sleep, etc.

Additionally, clients have access to the art room, a fully equipped gym, the Run 4 Life wellness program, and other recovery based and/or peer led programming.

The Women and Child program provides comprehensive support to individuals navigating legal and family court matters and an overall delivery of holistic family-orientated treatment. Clients receive medical and psychiatric care at our on-site clinic, Damien Family Health Center, in addition to as-needed psychiatric and medical care by in-kind medical staff. Clients are assigned



a case manager and clinician, with whom they receive individual therapy and case management services from at least 2x per month.

Additionally, clients are assigned a recovery coach and family outreach. The recovery coach provides mentoring and recovery support services as needed. The family outreach worker assists with the needs of the family including, but not limited to:

- Practical parenting skill building
- Managing pediatric appointments
- Specialty care
- WIC

To support parenting clients in fully engaging with treatment and program activities, the facility offers mandatory on-site daycare that operates Monday through Friday from 8:30 a.m. to 3:30 p.m. The daycare is staffed by qualified childcare professionals and provides a safe, nurturing environment for children while their parents participate in clinical programming.

The program offers private living spaces for mothers and their children. The room is fully furnished and equipped with essential supplies, including a crib, bed, storage, and a sink. The program also provides age-appropriate necessities such as diapers, formula, baby wipes, and hygiene items, with regular replenishment to meet the ongoing needs of both mother and child.

Supervision

Odyssey House operates a secure, 24/7 residential program with both operational and clinical staff on-site at all times to ensure client safety and support. The facility is equipped with comprehensive surveillance systems throughout all program areas, continuously monitored by management and front desk operations personnel. To maintain accountability and ensure client well-being, treatment runs are conducted every two hours during which upper-level peers check on each client's room and conduct a full facility walkthrough. During overnight hours, hourly room checks are completed by operational staff. Client movement in and out of the program is strictly regulated.



No client is permitted to leave the premises without staff approval and an authorized community voucher. Vouchers—issued by the client’s case manager and approved by program management—are granted for essential purposes such as medical appointments, WIC visits, housing interviews, personal needs, or other approved community engagements. All clients are required to be accompanied by a peer escort for the first 60 days of treatment. After the initial 60-day period, clients are clinically reviewed by the treatment team to assess readiness for independent community access. Approval to go out without an escort is granted based on individual progress, compliance, and overall stability as determined by clinical staff.

As part of Odyssey House’s commitment to maintaining a substance-free environment, clients are randomly selected for toxicology screening and breathalyzer testing 2–4 times per month. In cases where a client has legal involvement, any positive toxicology results are promptly reported to the appropriate referents in accordance with legal and compliance standards.

To refer a client to the Mother & Child program, please send all referral documents to the Odyssey House admissions department by email or fax. Please contact the Odyssey House admissions team at (212) 987-5100, option 1 with any questions. Email: admissions@odysseyhousenyc.org Fax: (877) 457-1446

LESC Su Casa Pregnant Women and Infants Program

Organization: Lower Eastside Service Center

The Pregnant Women and Infants Residential Program combines personalized pregnancy and addiction recovery services with essential prenatal, post-natal, and child care, ensuring a healthy start for pregnant individuals and their babies. Individuals may remain at LESC Su Casa for up to 12 months after giving birth.

Eligibility: Expecting a baby, or have an infant under 9 months old, and have a history of substance use disorder.

Website: <https://www.lesc.org/pregnant-women-and-infants-program/#:~:text=As%20part%20of%20our%20Su,navigating%20pregnancy%20and%20addiction%20recovery.>

Contact Information: Phone: (212) 566-7590.