



Clifton Springs Hospital & Clinic

Behavioral Health

*Inpatient, Outpatient
& Emergency Mental Health Services*

*Inpatient & Outpatient
Addiction Recovery Treatment*

***Credentialed by
New York State Office
of Mental Health***

***New York State Office
of Alcohol and Substance Abuse Services***

The Joint Commission (formerly JCAHO)

Clifton Springs | Macedon | Canandaigua

CliftonSpringsHospital.org

Helping People Feel Better, Since 1923

We're here to help people recover their mental and emotional balance after traumatic events or profound losses, chronic mental or physical illness or cycles of substance abuse. Whatever adversely affects the mind, body or spirit can rob an individual's potential for health and well being.

Our time-proven personalized approach to treatment guarantees that each individual we serve receives high-quality individualized care. As a result, participants in our programs enjoy a high rate of success in reaching treatment goals, enhancing potential for healthy behavior and lifestyle.

Working as a Team

Our clinical staff understand the behavioral challenges that arise from mental or emotional problems, alcohol and substance abuse issues, or both. Whether in an inpatient or community-based outpatient program, staff work closely with individuals, their families and other service providers to create a personalized plan of care for individuals in need. Our participants are the experts in understanding their own experiences and in setting their own treatment goals. Each participant works with a clinical team that guides this process using evidence-based practice.

Comprehensive Assessment & Individualized Treatment Planning

The first step in any treatment is a comprehensive assessment of presenting problems and symptoms, in the context of biological issues and personal and family history. The objective of the assessment process is to identify the source of problematic thoughts, emotions, and behaviors and create a whole-person plan of treatment including any co-occurring issues, such as substance abuse or physical illnesses. The program's primary goal is to restore individuals to their healthiest level of functioning.

Adapting to Meet Emerging Community Needs

Recent treatment program adaptations include expanded Continuing Day Treatment programming, serving those with co-occurring mental illness and chemical abuse issues (MICA), and a specialized Buprenorphine Clinic for those addicted to opiates. All of our mental health and addiction recovery programs honor the needs of individuals with Co-Occurring Disorders, working with them to create integrated treatment.

Behavioral Health Program & Services Locations

**To request information or an evaluation
for mental health or addiction treatment needs,
call 315.462.1060**

Emergency Psychiatric Care is available through our regional Finger Lakes Comprehensive Psychiatric Emergency Program (CPEP), based at Clifton Springs Hospital. Responding to the emergency needs of individuals in Ontario, Seneca, Wayne and Yates Counties, CPEP staff conduct emergency evaluations at Clifton Springs or in the community and assist in connection to needed programs or services.

315.462.1080

**After business hours, contacts are made through Lifeline at
1.800.310.1160**

Outpatient Treatment for mental health and/or addiction recovery needs:

Clifton Springs 2 Coulter Road, Woodbury Entrance,
315.462.1050

Macedon 1900 Route 31, West Wayne Plaza,
315.986.0941

Canandigua 35 North Street, Finger Lakes Business Park,
585.394.0530

Clifton Springs Continuing Day Treatment 2 Coulter Road,
Woodbury Entrance, 315.462.1000

Inpatient Treatment for acute mental health and/or addiction recovery needs is provided at Clifton Springs Hospital, Woodbury Entrance:

Inpatient Mental Health 315.462.2022

Inpatient Addiction Recovery Program 315.462.3000

For travel directions, please see the back of this brochure.

Mental Health Services

From crisis intervention and acute inpatient treatment to outpatient clinic-based therapy and continuing day treatment, Clifton Springs Hospital & Clinic provides a variety of therapeutic treatments and activities for adults struggling with mental health issues, with or without chemical dependency issues.

Most outpatients receive short-term, goal-oriented integrated treatment, designed to address identified issues and reach objectives for improvement in living, learning, working, and social environments. Some outpatients benefit from more frequent, therapeutic group experience provided by Continuing Day Treatment.

Crisis intervention services and short-term inpatient hospitalization are sometimes needed to stabilize acutely ill individuals. Our philosophy of service is a whole-person, integrated approach, addressing individual needs in the least restrictive setting possible.

Encouragement of Family Support and Involvement

Family members and significant others can provide vital support and encouragement to individuals seeking relief from the symptoms of mental illness. Their participation in treatment planning (and interventions as appropriate and desired) can have a profound effect on the patient's progress.

Mental Health Programs

Finger Lakes Comprehensive Psychiatric Emergency Services (FLCPEP) has been coordinating psychiatric emergency services for 10 years. The program, based at Clifton Springs Hospital, provides mobile crisis and emergency department assessments for children and adults in Ontario, Seneca, Wayne and Yates Counties.

Outpatient Clinic Services are available in Canandaigua, Macedon and Clifton Springs. This program provides comprehensive assessments and customized treatment plans, including individual and group therapies, and pharmacotherapy.

Inpatient Psychiatric Unit provides brief acute inpatient hospitalization at Clifton Springs Hospital to stabilize symptoms. This program supports movement to a less restrictive treatment environment and linkage with follow-up services.

Continuing Day Treatment is a structured daytime program featuring activities and group therapies tailored to serve the severely mentally ill and those with MICA (Mental Illness, Chemical Abuse) issues.

Addiction Recovery Services

Since its inception, Clifton Springs Addiction Recovery Services has adapted its inpatient and outpatient programs to address the ever-changing culture of chemical abuse and addiction. We view addiction as a treatable disease, and have earned a reputation for successful outcomes because we treat each adult and adolescent we serve with compassion and respect. Any co-occurring mental health issues are identified and addressed as part of our whole-person approach.

Each individual undergoes a comprehensive evaluation as the basis for defining appropriate level and content of treatment. A team of psychiatrists, social workers, nurses, and alcohol-substance abuse counselors work with each individual to accomplish treatment goals. All levels of treatment include interactive group therapy supported by individual sessions with a primary counselor. Pharmacotherapy is carefully considered to support treatment as appropriate.

Encouragement of Family Support and Involvement

Family members and significant others can provide vital facts about the individual's circumstances, and are encouraged to be involved in the individual's plan for recovery. Loved ones often suffer because of the individual's addiction, and many find benefit in participating in the treatment process themselves.

Addiction Recovery Programs

Addiction Recovery programs are voluntary, with the most positive outcomes occurring for individuals who are contemplating or ready for change. A recommendation for outpatient or inpatient treatment is made for each individual at the time of initial evaluation.

Outpatient treatment is designed with a goal of abstinence and recovery in the context of life in the community. Each individual participates in their care plan of tailored group and individual treatment. Participants learn about the disease of addiction, the effects of alcohol and drugs on the mind, body and spirit, and learn tools to manage daily responsibilities while abstaining from alcohol and drugs.

Inpatient treatment is for those who are unable to abstain from alcohol or drugs while living in the community. Inpatient treatment eliminates access to substances and facilitates medical stabilization. Some individuals, based on their individual circumstances, find the inpatient treatment process (approximately 28 days) more successful to initiate a path of recovery.

Travel Directions

Our programs operate in three primary locations:

Clifton Springs

Just off Route 96, the Hospital is 10 minutes west of Phelps and 20 minutes north of Canandaigua. The Woodbury Building is on Main Street at the east end of the downtown area. Parking is available across Main Street.

Macedon

Just 5 minutes east of downtown, the PalMac Medical Center is in the West Wayne Plaza. The plaza is located on the south side of Route 31 and features a restaurant and a branch of Chase Bank.

Canandaigua

Just 5 minutes north of downtown, Finger Lakes Business Park is adjacent to Tops Supermarket. Turn west on North Street from Main; we're across from Tops' side entrance.



Clifton Springs Hospital & Clinic
2 Coulter Road
Clifton Springs, NY 14432
CliftonSpringsHospital.org