



COMPREHENSIVE | ADOLESCENT | REHABILITATION | & EDUCATION SERVICE

The Comprehensive Adolescent Rehabilitation and Education Service at Mount Sinai Morningside offers a wide range of services to address issues interfering with optimal functioning for teens and young adults. We provide a full range of targeted and integrated services for mental health and substance use. Our accomplished clinicians have expertise in the unique developmental needs of adolescents and young adults. Youth interested in CARES will first engage in a comprehensive evaluation. Based on one's motivation and readiness to make changes in their lives, the most appropriate Level of CARES will be recommended, and an individualized treatment program will be designed.

CARES ACADEMY

WHAT: CARES Academy is a safe and therapeutic school for NYC public high school students. It combines a distinct educational environment with intensive psychiatric treatment and is designed for those teens who require a significant level of structure and skill building to turn their lives around, but who live in their community.

WHO: Adolescents seeking recovery from interpersonal, emotional, behavioral, substance related, and academic problems; Adolescents who acknowledge concerns about their problems, are considering change, or are committed and planning to make changes in the immediate future.

HOW: CARES Academy provides multidisciplinary, daily therapeutic services including individual (2x/wk), group (5x/wk), milieu (daily), family (1x/wk), and pharmacological treatments. Treatment framework is based on the principles of Dialectical Behavior Therapy, and also integrates MET, CBT, Psychodynamic, and Family Systems approaches.

WHEN: 5 days per week, 9a – 3:30p, for 9 – 24 months ****Includes school daily**

AfterCARES

WHAT: AfterCARES provides an open, respectful, and safe environment where Young Adults can develop the skills they need to live a balanced and fulfilling life. Becoming a member of AfterCARES provides access to a range of services, dedicated clinicians, and a network of peers.

WHO: Adolescents and Young Adults who were previously enrolled in CARES Academy and are actively taking steps to make changes in their lives, or who have achieved their initial goals and are now are working to maintain their gains.

HOW: AfterCARES offers a combination of individual, group, family, and psychopharmacological therapies, as well as peer support and mentoring. These services are based on Motivation Enhancement Techniques and Supportive Psychotherapy.

WHEN: 2 – 5 sessions per week, for 3 – 6 months

FuTuReS/CAPA

WHAT: FuTuReS (Family & Teen Recovery Services/CAPA) is an outpatient program for individuals that would benefit from the intensive therapeutic services offered at CARES but are not interested in the educational component and/or want to remain at their current school. FuTuReS expands services to offer assessment and treatment focused on prevention and recovery from substance use.

WHO: Adolescents, Young Adults, and Families who are interested in receiving treatment for alcohol or substance use, smoking cessation, safe coping and healing from trauma, and/or family communication and behaviors that support recovery from substances, trauma, or both.

HOW: FuTuReS offers individual, group, and family therapy; medications for addiction and treatment; and recovery services.

WHEN: 2 – 5 sessions per week, for 6-24 months

UPRISE

WHAT: UPRISE (Use Prevention Recovery Intervention Services & Education) is an integrated, multidimensional program that offers a wide range of services to students enrolled at **Judith S. Kaye High School** and/or **CoOp Tech**.

WHO: Adolescents and Young Adults enrolled in JSK or CoOP Tech who are interested in receiving treatment for substance use issues along with mental health concerns.

HOW: UPRISE offers drop-in/brief services, psychoeducation, individual therapy, supportive counseling, group therapy, family therapy, medication management, milieu therapy, and services for significant others.

WHEN: 1 – 5 sessions per week, for 3-24 months