

# A BIG THANK YOU TO OUR CONFERENCE SPONSORS



**Office of Alcoholism and Substance Abuse Services**



Empowering Teens. Restoring Families.



**ESSENTIAL HEALTH SOLUTIONS**



**NEW YORK CENTER FOR LIVING**

Coordinated Recovery for Adolescents, Young Adults & Families  
226 East 52nd Street  
New York, NY 10022  
212-712-8800



**The Addictions Care Center**  
of Albany, Inc.



Long Island Center for Recovery





# 2016 New York Recovery Conference & Celebration Program



## CELEBRATION - *Lower Level & Garden*

Wednesday, August 31, 2016

5:00 – 6:00 p.m.

**REGISTRATION: Roebling Library**

5:00 – 7:00 p.m.

**I AM NOT ANONYMOUS PORTRAIT STATION:  
Hoff Conference Room**



6:00 – 6:45 p.m.

**WELCOME AND SPEAKERS: Garden**

6:10 – 6:25 p.m.

**KEYNOTE: Garden**

Tommy Rosen, Yoga Teacher, Addiction Recovery Expert and Founder of Recovery 2.0



6:45 – 9:00 p.m.

**GARDEN CELEBRATION**

- *BBQ*
- *LIVE Music with Tearle Ashby*
- *Spoken Word*
- *Stories of Recovery*
- *Moments ... An Evening with Bill W.*

8:00 – 10:00 p.m.

**GENERATION FOUND FILM: Osborn Theater**

From the creators of the groundbreaking film, THE ANONYMOUS PEOPLE, comes GENERATION FOUND, a powerful story about one community coming together to ignite a youth addiction recovery revolution in their hometown. Devastated by an epidemic of addiction, Houston faced the reality of burying and locking up its young people at an alarming rate. And so in one of the largest cities in America, visionary counselors, law school dropouts, aspiring rock musicians, retired football players, oil industry executives, and church leaders came together to build the world's largest peer-driven youth and family recovery community.



10:00 – 10:45 p.m.

**Q & A WITH GREG WILLIAMS: Osborn Theater**



# 2016 New York Recovery Conference & Celebration Program



## **CONFERENCE - *Garden, Lower Level, 1st & 2nd Floors***

**Thursday, September 1, 2016**

7:30 – 8:30 a.m.

**REGISTRATION: Roebling Library**

7:30 – 8:30 a.m.

**VISUAL DISPLAY: Osborn Theater**

8:35 – 8:45 a.m.

**WELCOME: Ferris Ballroom**

John Coppola, Executive Director, Alcoholism & Substance Abuse Providers of New York State, Inc.  
Robert Lindsey, Chief Executive Officer, Friends of Recovery – New York

8:45 – 8:55 a.m.

**OPENING REMARKS: Ferris Ballroom**

Arlene González-Sánchez, Commissioner,  
New York State Office of Alcoholism and Substance Abuse Services

9:00 – 9:20 a.m.

**PLENARY: Ferris Ballroom**

***Recovery as a Movement***

Greg Williams, Co-Founder of Facing Addiction



9:25 – 9:45 a.m.

**PLENARY: Ferris Ballroom**

***The New Roles of Recovery***

Tom Hill, Senior Advisor on Addiction and Recovery to the Administrator of the Substance Abuse and Mental Health Services Administration (SAMHSA)

9:45 – 10:25 a.m.

**KEYNOTE PANEL: Ferris Ballroom**

***The State of Recovery in New York & Beyond***

***Panelists:***



Tom Hill, Senior Advisor, SAMHSA

Dr. Charles Morgan, Medical Director, OASAS

Patty McCarthy Metcalf, Executive Director, Faces and Voices of Recovery

Stephanie Campbell, Policy Director, Friends of Recovery – New York

Richard Buckman, President, Long Island Recovery Association

***Moderator:***

Joseph R. Turner, Vice President, Exponents Center



# 2016 New York Recovery Conference & Celebration Program



10:30 – 11:10 a.m.

**Break-Out Session: Osborn Theater**  
*Recovery Panel, Expert Guidance*

10:30 – 11:10 a.m.

**Recovery Time: Recovery Yoga Philosophy with Tommy Rosen - Garden**

11:20 – 12:05 p.m.

**Workshop 1a – 1e:**

- a. *Peer Recovery – Ferris B: Why Certification? Building the Peer Recovery Profession*
- b. *Youth Recovery – Sage 1: Finding Your Voice*
- c. *Family Recovery – Sage 2: Family-Based Community Organizations: A Recipe for Success*
- d. *Leadership – Ferris A: Community-Based Recovery Supports*
- e. *Innovations - Osborn: Innovative Programs Expo*

11:20 – 12:05 p.m.

**Recovery Time: Unlocking Life Force Yoga with Tommy Rosen - Garden**

12:05 – 1:05 p.m.

**Lunch Buffet:**

*Garden Foyer - Lower Level*

*Garden Grill - Second Floor*

*Sage II - Second Floor*

12:00 – 12:30 p.m.

**Book Signing - Roebling Library**  
*Diane Cameron - Out of the Woods & Never Leave Your Dead*  
*Andrew McKenna - Sheer Madness*

1:10 – 1:55 p.m.

**Workshop 2a – 2e:**

- a. *Peer Recovery – Ferris B: Certification Now: Navigating the Certification Process*
- b. *Youth Recovery – Sage 1: Ethical Dilemmas in the Digital Age*
- c. *Family Recovery – Sage 2: Training and Credentialing for Family Peer Support*
- d. *Leadership – Ferris A: Implementing Peer Services in the Clinical Setting*
- e. *Innovations - Osborn: Law Enforcement Assisted Diversion (LEAD)*

1:10 – 1:55 p.m.

**Recovery Time: Guided Meditation - Garden**



# 2016 New York Recovery Conference & Celebration Program



2:00 – 2:45 p.m.

## Workshop 3a – 3e:

- a. **Peer Recovery – Ferris B:** *Many Pathways of Recovery*
- b. **Youth Recovery – Sage 1:** *What They Can't Teach You in High School*
- c. **Family Recovery – Sage 2:** *The Peer Workforce: Building a Profession, Maintaining a Movement*
- d. **Leadership – Ferris A:** *The Expanding Horizons of Peer Certification*
- e. **Innovations - Osborn:** *Race & Privilege in the Recovery Movement*

2:00 – 2:45 p.m.

## **RECOVERY TIME: Wellness Expo - Garden**

2:50 – 3:30 p.m.

## Workshop 4a – 4e:

- a. **Peer Recovery – Ferris B:** *The Language of Recovery*
- b. **Youth Recovery – Sage 1:** *Youth-Guided Practice & Peer Support*
- c. **Family Recovery – Sage 2:** *Family Engagement in Substance Abuse and Juvenile Justice*
- d. **Leadership – Ferris A:** *Recovery Oriented Systems of Care; National to NY*
- e. **Innovations - Osborn:** *Peer Service Success*

2:50 – 3:30 p.m.

## **RECOVERY TIME: TAI CHI FOR RECOVERY - Garden**

3:30 – 4:00 p.m.

## **BOOK SIGNING: Roebling Library**

**Tommy Rosen – Recovery 2.0**

**Bud Mikhitarian – Many Faces, One Voice: Secrets from The Anonymous People**

3:30 – 4:00 p.m.

## **RECOVERY TIME: TAI CHI FOR RECOVERY - Garden**

4:10– 5:10 p.m.

## **KEYNOTE PANEL: Ferris Ballroom**

### **MEDICATION-ASSISTED RECOVERY**

#### **Panelists:**

Nicholette Lauzon, a person in Recovery

Micky Jimenez, Regional Director, Capital District at Promesa

Lisa Wickens-Alteri, Mother of a child in MAR

#### **Moderator:**

Joe Schrank, Founder, thefix.com



5:15 – 5:25 p.m.

## **CLOSING REMARKS: Ferris Ballroom**

*Coming Together for Recovery, Tom Hill*



### Peer Recovery



Lived experience is an asset when helping individuals sustain their recovery. Peers can connect with individuals through their shared lived experiences and demonstrate the power of recovery.

This track is designed to educate and guide peers, those interested in working as a peer, and organizations who utilize peer services.



### Workshop 1A



11:20—12:05

#### Why Certification? Building the Peer Recovery Profession

Facilitated by:  
**New York Certification Board**

This workshop presents a roadmap through the purpose, standards and value of Peer Recovery certification for peers, providers, the profession and the public.



### Workshop 2A



1:10—1:55

#### Certification Now: Navigating the Certification Process

Facilitated by:  
**New York Certification Board**

This presentation will provide information about the certification process in general and the process specific to the NYCB (New York Certification Board) and the NYPSCB (New York Peer Specialist Certification Board) at ASAP.



### Workshop 3A



2:00—2:45

#### Many Pathways of Recovery

Facilitated by:  
**FOR-NY**

This session promotes acceptance of a variety of different approaches of recovery and an introduction to several different pathways. Participants will also learn about incorporating multiple pathways into their own recovery program.



### Workshop 4A



2:50—3:30

#### The Language of Recovery

Facilitated by:  
**FOR-NY**

The goal of this session is to learn how to speak positively about recovery, to reduce the stigma surrounding substance use disorders and empower everyone in the recovery community to advocate for ourselves.

# Peer Recovery Track





### Youth Recovery



Lived experience is an asset when helping young people sustain their recovery. Peers can connect with individuals through their shared lived experiences and demonstrate the power of recovery.

This track is designed to support young people in recovery and organizations who serve youth.



### Workshop 1B



11:20—12:05

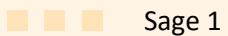
#### Finding Your Voice

Facilitated by:  
**Emerging Leaders  
For Wellness**

The purpose of this session is to help educate young leaders and those who serve youth on practical organizing skills, growing their outreach and uplifting other leaders.



### Workshop 2B

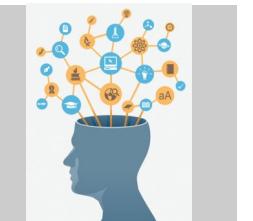


1:10—1:55

#### Ethical Dilemmas in the Digital Age

Facilitated by:  
**NYS OASAS**

This session will help young people become aware of the ethical difficulties the internet and social media introduce to peer work, learn how to cultivate a positive and professional internet/social media presence, and understand various “digital types.”



### Workshop 3B



2:00—2:45

#### What They Can't Teach You in High School

Facilitated by:  
**Natalie Foundation**

The goal of this session is to provide addiction and recovery education, share on the realities of life, how to create your own success, and the role of emotions and fears from the perspective of a young person in sustained recovery.



### Workshop 4B



2:50—3:30

#### Youth-Guided Practice & Peer Support

Facilitated by:  
**Youth Power!**

The goal of this session is to increase understanding of what youth-guided practice is and why it is effective, build skills for advancing youth and adult partnerships, and to gain helpful tools for self-evaluation.

# Youth Recovery Track

## YOUTH POWER!

*Amplifying youth voice and peer advocacy*



Office of Alcoholism and  
Substance Abuse Services





### Family Recovery

Sage 2

Lived experience is an asset when helping families find and sustain their recovery. Families can connect with others through shared experience.

This track is designed to educate and guide family members interested in working as peers and organizations who utilize peer services.



### Workshop 1C

Sage 2

11:20—12:05

#### Family-Based Community Organizations: A Recipe for Success

Facilitated by:  
**Drug Crisis In Our Backyard**

This session will focus on developing family based community organizations. Specific strategies will be presented to develop organization mission and assist in overall sustainability.



### Workshop 2C

Sage 2

1:10—1:55

#### Training and Credentialing for Family Peer Support

Facilitated by:  
**Families Together in NYS**

This session will help participants to understand the requirements to become a New York FPA credentialed worker in a managed care environment.



### Workshop 3C

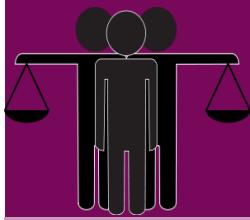
Sage 2

2:00—2:45

#### The Peer Workforce: Building a Profession, Maintaining a Movement

Facilitated by:  
**Families Together in NYS**

This session will provide a history of peer movements, the different cultures that have developed, joint advocacy opportunities, and models for collaboration.



### Workshop 4C

Sage 2

2:50—3:30

#### Family Engagement in Substance Abuse and Juvenile Justice

Facilitated by:  
**Families Together in NYS**

Work to increase family involvement in the treatment and recovery process for youth and young adults, discuss how providers can increase family engagement in the juvenile justice system, and educate families on how to form and implement treatment and recovery teams.

# Family Recovery Track



**DRUG CRISIS  
IN OUR BACKYARD**  
Community Action Organization



### Leadership

Ferris A

Community and program leaders have the opportunity to influences and grow services.

In this track, leaders will learn valuable information on incorporating peer services and building recovery oriented systems or care.



### Workshop 1D

Ferris A

11:20—2:05

#### Community-Based Recovery Supports

Facilitated by:  
**FOR-NY**

The goal of this session is to educate on community based recovery supports such as Recovery Community Organizations, Recovery Community and Outreach Centers, Youth Club Houses and how these supports can assist individuals and families who are seeking and/or sustaining recovery.



### Workshop 2D

Ferris A

1:10—1:55

#### Implementing Peer Services in the Clinical Setting

Facilitated by:  
**FOR-NY and OASAS**

The goal of this session is to provide information about this emerging workforce and the benefits of utilizing peers in a clinical setting, assisting agencies for successful peer integration into existing service models. Strategies and resources for implementation will be discussed.



### Workshop 3D

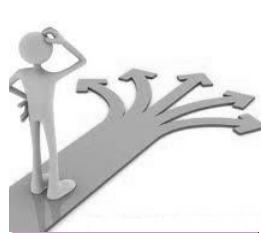
Ferris A

2:00—2:45

#### The Expanding Horizons of Peer Certification

Facilitated by:  
**New York Certification Board**

This session will underscore the rationale for peer certification in New York State and highlight the tangible benefits of peer-integrated services in the SUD service delivery system.



### Workshop 4D

Ferris A

2:50—3:30

#### Recovery Oriented Systems of Care: National to NY

Facilitated by:

**Brooke Feldmen & Deb Rhoades**

This session will focus on preparing agencies for successful integration, of peer support, identifying roles of peer staff, treatment/recovery planning and potential pitfalls along with strategies to avoid them.

# Leadership Track



**Office of Alcoholism and Substance Abuse Services**





## Innovations



Innovation is needed to advance the treatment of substance use disorders and to sustain recovery from addiction.

New frameworks capable of making those advances are emerging. This track will highlight some of those innovations.



### Workshop 1E



11:20—12:05

#### Innovative Programs Expo

Facilitated by:  
**Albany County Sheriff's Department**

**SHARP**

**Stable Solutions**

*Equine Therapy*

**ROCover**

*Fitness*

Showcasing innovative approaches to finding and sustaining recovery.



### Workshop 2E



1:10—1:55

#### Law Enforcement Assisted Diversion (LEAD)

Facilitated by:  
**LEAD of Albany**

Attendees will learn about LEAD, how a harm reduction approach works to achieve criminal justice and preventable healthcare reductions, and the role that treatment and other providers have in LEAD.



### Workshop 3E



2:00—2:45

#### Race & Privilege in the Recovery Movement

Facilitated by:  
**Joe Turner**

Let's talk about it.

This session will provide a foundation for identifying and discussing matters of race and privilege in the growing recovery movement.



### Workshop 4E



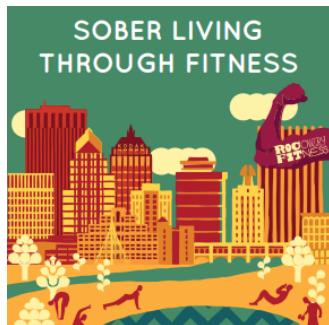
2:50—3:30

#### Peer Service Success

Facilitated by:  
**CAPE of Dutchess County**

This session will spotlight the role of Prevention Councils as conduits for peer-based recovery services, provide a history of the Demonstration Project, and highlight the successes for this new program.

# Innovations Track



**Stable Solutions LLC**

**LEAD** LAW ENFORCEMENT ASSISTED DIVERSION





### Recovery Time



Recovery from addiction is a transformative process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

This track will offer "Recovery time" as self-care alternatives to conference workshops.



### 1 & 2



10:30—12:05

#### [Yoga Workshops](#) with **Tommy Rosen**

- 1) Recovery Philosophy from the Yoga Perspective 10:30—11:10
- 2) Unlocking Life Force (Prana) and Healing Addiction 11:20—12:05



### 3



1:10—1:55

#### [Guided Meditation](#)

Facilitated by:  
**Gordon Scarritt**

Join us in the Garden for an overview of basic meditation techniques, followed by a guided meditation for all levels.



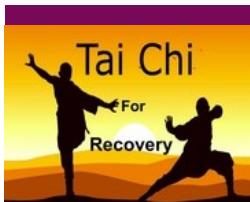
### 4



2:00—2:45

#### [Wellness Expo](#)

**Evan Van Dyke**  
Massage therapy and the Feldenkrais method  
**Cathy Catlin**  
Holistic Wellness and Nutrition  
**Patty Matthews**  
Essential Oils for Recovery & Emotional Aromatherapy  
**Charles LaBarre**  
Acupuncturist, Acudetox Therapy



### 5



3:30 —4:00

#### [Tai Chi for Recovery](#)

Facilitated by:  
**Theresa Knorr**

Enhance and support the recovery process with this "Moving Meditation to mend your mood" Choreographed to The Serenity Prayer

doTERRA®  
Wellness Advocate

# Recovery Time



**RECOVERY 2.0**  
Beyond addiction.



woodstock acupuncture center

*Catlin Wellness*

**平衡** BALANCE  
Recovery Consultation

2016 New York Recovery  
Conference and Celebration  
*Exhibitor Directory*



# 2016 New York Recovery Conference & Celebration Exhibitors



**Adapt Pharma** is an innovative small business focused on developing cutting-edge treatments for patients with special medical conditions. Our mission is to provide simple, reliable, and accessible therapeutic options, ensuring that patients, and those who care for them, have access to the right treatment at the right time.

**Addictions Care Center of Albany, Inc. (ACCA)** provides addiction recovery services and homeless housing for individuals and families struggling with addiction. ACCA also provides community outreach and prevention education to the greater capital region. ACCA's Mission is to empower individuals, families and communities in the greater capital region to advance beyond addiction and overcome barriers to healing through an array of quality, compassionate care and prevention programs.

**Aion's** philosophy is to combine a safe, supportive environment with evidence-based care to help our patients enter a long term recovery from their substance addiction. Aion stands behind its commitment to client outcomes. At Aion Recovery Center, we believe in evidence-based recovery, so our clients go through a variety of different types of therapies that have been proven to help addicts recover.

**Alcoholism and Substance Abuse Providers of New York State (ASAP)** is committed to working together to support organizations, groups and individuals that prevent and alleviate the profound personal, social and economic consequences of alcoholism and substance abuse in New York State.

**Alkermes plc** is a fully integrated, global biopharmaceutical company developing innovative medicines for the treatment of central nervous system (CNS) diseases. The company has a diversified commercial product portfolio and a substantial clinical pipeline of product candidates for chronic diseases that include schizophrenia, depression, addiction and multiple sclerosis.

**Ambrosia** is a leader in the addiction treatment field, with a reputation for quality care. A team of industry-leading professionals surrounds each client to ensure continuous progress. Evidence-based therapies address the physical, mental & spiritual aspects of the disease. Support for both family & alumni is available 24/7 with no expiration.

**Arms Acre/Conifer Park** Your community Inpatient and Outpatient Alcohol and Substance Abuse Treatment Facilities For Adults and Adolescents The Treatment You Have Been Looking For; The Recovery You Deserve.

**Butler Human Services** offers a wide range of furnishings for human service organizations such as developmentally disabled programs, supportive housing services, mental health and substance abuse facilities, emergency shelters and fire stations. We work with each client to ensure you receive high quality, durable furnishings at a price that fits your environment and your budget.

With nearly 60 years in the field, **Caron Treatment Centers** operates lifesaving addiction treatment at facilities in Wernersville, Pennsylvania and Palm Beach County, Florida. Caron has the most extensive continuum of care including adolescents, young adults, adults, seniors and their families. Caron's treatment is fully customized with highly-trained teams prepared to address co-occurring disorders.



The Addictions Care Center  
of Albany, Inc.



NYASAP





# 2016 New York Recovery

## Conference & Celebration Exhibitors



**Drug Crisis in Our Backyard**, is a community-based 501(c)(3) non-profit organization offering education and action-oriented opportunities for families and individuals struggling with addiction. The organization was originally started in 2012 by Susan and Steve Salomone, and Carol and Lou Christiansen after the loss of their sons to a battle against heroin.

**Essential Health Solutions**, headed by Patty Matthews a certified Holistic Nutrition Coach and Aroma therapist, specializes in pain management and nutritional counseling to reduce inflammation, which decreases pain, controls disease and manages weight. She and her team use safe and all natural dōTERRA certified pure therapeutic grade essential oils.

**Faces & Voices of Recovery** is dedicated to organizing and mobilizing the over 23 million Americans in recovery from addiction to alcohol and other drugs, our families, friends and allies into recovery community organizations and networks, to promote the right and resources to recover through advocacy, education and demonstrating the power and proof of long-term recovery.

**Family & Children's Association** is a not-for-profit agency helping nearly 20,000 of our neighbors each year. For more than 130 years, we have worked to protect and strengthen vulnerable children, seniors, families and communities on Long Island.

**Families Together in New York State** is a statewide, family-run organization that represents thousands of families with lived experience raising a child with behavioral health needs. Our goal is to ensure that all children, youth and families have the support they need to succeed in their home, community, and school.

**Friends of Recovery - New York** is a statewide coalition of people in recovery from addiction. Our community includes people in recovery, our families, friends and allies. We come together from across New York State to ensure that any person struggling with addiction has the opportunity to recover and reclaim life as a member of society.

**Four Winds Saratoga** offers expert psychiatric and behavioral health treatment services for children, adolescents, and adults. We provide four levels of treatment intensity: Inpatient, Partial Hospital, Intensive Outpatient and Outpatient Services. Our compassionate staff treats a full spectrum of psychiatric disorders, including: depression, bipolar disorder, anxiety, psychotic disorders, dual diagnosis and psychological trauma and abuse.

**Genoa, a QoL Healthcare Company** is the nation's market-leading provider of pharmacy services dedicated to the behavioral health community and those affiliated with managing the cost and quality of their care. For more information about our on-site pharmacy models, please visit us at: [www.genoa-qol.com](http://www.genoa-qol.com).

### DRUG CRISIS IN OUR BACKYARD

Community Action Organization



ESSENTIAL HEALTH SOLUTIONS

FACES &  
VOICES  
OF RECOVERY



genoa  
a QoL healthcare company



# 2016 New York Recovery

## Conference & Celebration Exhibitors



**Granite Recovery Centers** is dedicated to providing high quality addiction treatment at an affordable price. At GRC we offer individuals a full spectrum of care from primary residential treatment to extended care and sober living. Based on the needs of the individual, we assist those struggling with addiction create lives free from the grip of alcohol or drug addiction. [www.graniterecoverycenters.com](http://www.graniterecoverycenters.com).

**Heartspace** is a community-oriented studio that offers yoga and healing arts from a range of traditions. Located in the Capital Region, we have studios centrally located near Washington Park in Albany and on Monument Square in downtown Troy.

In 35 years as an **Herbalife** family, we've reached out with caring, compassion and enthusiasm to millions of people worldwide, changing lives with our science- based nutrition products and the opportunity to earn extra income.

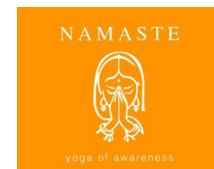
**Long Island Center for Recovery** is a 40-bed inpatient and outpatient rehabilitation facility with a medically supervised detoxification unit. LICR is OASAS Licensed and JCAHO Accredited and offers Group and Individual Therapy, Family Education and Counseling, cutting edge Rapid Resolution (Trauma Based) Therapy, Uniform Professional Group Therapy, Women's Groups, 12 Step Recovery, Relapse Prevention Groups and Educational Lectures and Workshops.

**LIRA** was the first ever Recovery Community organization in NY State; built on the premise that the recovery community was often overlooked and discounted in matters that affect our lives particularly in the area of public policy where decisions were being made about our constituency, without consulting us. Since then and through many years of statewide dis-interest and malaise LIRA stayed the course making it possible for a thriving, visible and vocal, recovery advocacy movement to emerge in New York.

**New York Certification Association (NYCA)** is a professional credentialing organization that has been authorized by the New York State Office of Alcoholism and Substance Abuse Services (OASAS) to administer certification services in New York for the Peer Advocate credential. The NYCA is a subsidiary of Florida Certification Board that was formed to address the growing demand in New York for independent professional testing and certification services.

**New York Certification Board (NYCB)**, a project of Alcoholism and Substance Abuse Providers of New York State (ASAP), has as its mission to strengthen health and human services outcomes and enhance the recovery-oriented skills and capacity of the workforce by providing high quality testing, credentialing, and technical assistance.

**Namaste** offers therapeutic classes that heal the body, still the mind, and awaken consciousness, remaining true to the original purpose of yoga. Offering Yoga instruction to all members of our community regardless of income.





# 2016 New York Recovery

## Conference & Celebration Exhibitors



**Newport Academy** is a series of evidence-based healing centers for adolescents /families struggling with mental health issues, eating disorders, and substance abuse. We offer a compassionate, family-systems approach, providing gender-specific, holistic programs that encompass clinical therapy, academic support, and experiential practices.

**Odyssey House** is a comprehensive social services agency based in New York City. Our innovative programs help individuals and families deal with substance use disorders, mental illness, homelessness, and medical problems. From working with adolescents to senior citizens, we aim for all these individuals to get the best treatment available to overcome their drug problems.

**Seabrook House** is an internationally recognized CARF-accredited addiction treatment and co-occurring mental health treatment center. Seabrook House has been helping families find the courage to recover from alcoholism, drug addiction and other compulsive mental disorders for over 42 years.

**Stable Solutions LLC of Kinderhook** provides Equine Assisted Therapy, a therapeutic experience with specific goals and structured activities that utilize horses as a catalyst for change. Stable Solutions therapy is ground-based (no horse-back riding) and facilitated by both, a Mental Health professional and an Equine Specialist.

**The New York State Office of Alcohol and Substance Abuse Services (OASAS)** oversees one of the nation's largest addiction services systems with nearly 1,600 prevention, treatment and recovery programs. OASAS chemical dependence treatment programs assist about 100,000 people a day.

**Unity House** is dedicated to enhancing the quality of life for people living in poverty, adults with mental illness, victims of domestic violence, people living with HIV/AIDS, children with developmental delays and their families, and others whose needs can effectively be met by Unity House services and philosophy.

**Truetox** is committed to carrying on the commitment of its owners and stakeholders to respond to evolving health care challenges and provide superior technology and service to its customers. Our focus is to help our customers improve the quality of care, reduce costs and enable a new emphasis on patient-centered care.

**White Deer Run Treatment Network** includes 16 centers throughout Pennsylvania where adults can receive an array of life-changing treatment services for chemical dependency and certain co-occurring mental health conditions. Services include: detoxification, residential rehabilitation, partial hospitalization programs (PHP), intensive outpatient programs (IOP), traditional outpatient programs (OP), and continuing care planning.

**Tanya LaMothe** is a Reiki Master/Teacher and an independent Certified Aromatherapist. In her 15+ years of study and practice, she has been helping people reach deep healing through custom blending of independently sourced, high quality essential oils, and the deep personal practice of Reiki. She offers classes, private consultations, and healing sessions at Namaste Yoga in Saratoga Springs. [www.tanyalamothe.com](http://www.tanyalamothe.com)



Empowering Teens. Restoring Families.



Odyssey House  
Where recovery lives



HELPING FAMILIES FIND THE COURAGE TO RECOVER



Stable  
Solutions LLC



Office of Alcoholism and  
Substance Abuse Services

