

Monroe County  
Open Access Clinic  
1350 University Ave.  
Rochester, NY 14607  
(585)627-1777

# YOUTH SUBSTANCE USE RESOURCE GUIDE

Wayne County  
Open Access Center  
1519 Nye Rd,  
Lyons, NY 14489  
(315)-946-5750

## Conversation Tips for Trusted Adult to Youth



## Conversation Tips for Youth to Trusted Adult

Have you been in situations where there were opportunities for drug or alcohol use? Did you feel pressured? Why or why not?

I have been noticing something (on the news, on the radio, on social media, in the neighborhood, etc.) that I want to talk with you about.

"I worry because we aren't like everyone else, and you have a higher risk for developing a drug or alcohol problem."

When you feel down, stressed, lonely or bored, what do you do to feel better? Sometimes people "medicate" with drugs or alcohol to avoid difficult feelings. What are some healthier options?

Why do you think some teens abuse drugs and alcohol? If you asked them, what reasons would they give for using? What other reasons might they have?

You might start by saying, "I want to talk to you about something but I'm afraid you'll get mad."

"I think I might have a problem with drugs." If you aren't ready to open up, tell them you need to talk to someone professionally, a therapist or doctor, but you're just not ready to talk to them about it yet.

Do some research for information on drug and alcohol abuse. Look into youth treatment programs and be informed when talking with your parents.

Try to find the right time to talk when your trusted adult can give you their undivided attention, or wait for a news story or commercial that addresses the topic to come on and start a conversation based on that story.

Stay on topic. Don't let issues or resentments from a few weeks ago sidetrack you or your parents.- Look for opportunities.

### Levels of Care

**Detoxification:** treatment of moderate withdrawal symptoms and non-acute physical or psychiatric complications

**Inpatient:** An OASAS-certified treatment setting with 24- hour medical coverage and oversight provided to individuals with significant acute medical, psychiatric and substance use disorders with significant associated risks

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

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

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## Online Resources

<https://talk2prevent.ny.gov/>

<https://ncadd-ra.org>

<https://talk2prevent.ny.gov/toolkit/red-flags-remember>

[https://www.oasas.ny.gov/publications/pdf/I\\_Think\\_Using.pdf](https://www.oasas.ny.gov/publications/pdf/I_Think_Using.pdf)

[https://www.oasas.ny.gov/publications/pdf/I\\_Know\\_Using.pdf](https://www.oasas.ny.gov/publications/pdf/I_Know_Using.pdf)

## Recovery Support Navigator

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

Monroe County  
[www.RecoverySupportNavigator.org](http://www.RecoverySupportNavigator.org)  
855-778-1200

FLACRA (Finger Lakes Area Counseling and Recovery Agency)

<https://www.flacra.org/contact-us/>  
Addictions Crisis Center: (315) 462-9466

## COMMUNITY RESOURCES AND CONTACT INFORMATION

### Monroe County

Open Access Clinic  
1350 University Ave.  
Rochester, NY 14607 (585)627-1777

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

Recovery Support Navigators  
855-778-1200  
[www.recoverysupportnavigator.org](http://www.recoverysupportnavigator.org)

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

### Monroe County

Villa of Hope  
LIFE Residential: Intake Coordinator:  
(585) 865-1555 ext 104  
Prevention:  
(585) 865-1555 ext 740  
Outpatient:  
585-328-0834

Rochester Regional Health  
Adolescent Treatment Program  
585.922.9900

Strong Recovery/Addiction Services  
Intake Appointments  
(585) 275-5400

Westfall Associates  
Rochester, NY 14613  
(585) 473-1500

### Genesee/Orleans/ Wyoming Counties

Genesee  
Batavia Recovery Center of  
Horizon Health Services  
<http://www.horizon-health.org/>  
585-815-0247

Genesee/Orleans  
Genesee/Orleans Council  
on Alcoholism &  
Substance Abuse  
<http://www.gcasa.net/>  
585-343-1124 (Genesee)  
585-589-0055 (Orleans)

Wyoming  
Spectrum Health & Human  
Services  
<http://www.shswny.org/>  
585-786-0220

### Livingston/Yates/ Ontario Counties

Livingston  
Council on Alcohol &  
Substance Abuse: Trinity  
<http://www.casaoflc.org/>  
585-991-5012

Ontario/Yates  
Finger Lakes Area  
Counseling & Recovery  
(FLACRA)  
<http://www.flacra.org/>  
1-833-435-2272

Ontario  
Rochester Regional Health  
Clifton Springs Behavioral Health  
Center  
[http://www.rochesterregional.org/se  
rvices/behavioral-health/chemical-  
dependency/](http://www.rochesterregional.org/services/behavioral-health/chemical-dependency/)  
315-462-1060 (Outpatient)

### Seneca/Wayne Counties

Seneca  
Hillside Children's Center  
Varick Campus  
<https://www.hillside.com/>  
315-585-3079

Seneca County  
Addictions Program  
315-539-1985

Wayne  
Finger Lakes Area  
Counseling & Recovery  
(FLACRA)  
<http://www.flacra.org/>  
1-833-435-2272

Wayne Behavioral  
Health Network  
Open Access Center  
315-946-5750  
1519 Nye Rd, Lyons