

CARS CAYUGA ADDICTION RECOVERY SERVICES NEWS

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MEET THE STAFF



Who she is:

Cherie Matthys,
Residential Admissions Coordinator

What she does:

Cherie is the motivating, compassionate professional behind our residential admissions process. She serves our prospective clients and inquiring referral sources with great dedication and kindness.

Her outside interests:

Her grandchildren, sewing, and trying new recipes!

How to reach Cherie:

607-391-1040 or
cmatthys@carsny.org

NEW AT THE RESIDENCE: INTRODUCING *LIVING IN BALANCE!*

We are pleased to announce we will be adding the Hazelden curriculum, *Living in Balance* (LIB) as our core Residential Addiction Recovery Center (RARC) clinical resource. These evidence-based materials (NREPP approved; National Registry of Evidence-based Programs and Practices) will provide a new updated approach with 12 Core modules focused on SUD, 25 Recovery Management modules, covering a diverse set of topics and 10 Co-occurring Disorder modules focused on those important clinical issues.

The evaluation and choice of these materials were the result of focused work by Program Director, Bernice Hayward, RN, MSN and Clinical Supervisor, Allison Bassi, MPH, CASAC 2 as well as input from OASAS, referral sources and of course, first and foremost, the client community themselves.

The real strength of this curriculum is the ease with which it can be individualized and customized for each client and each small group of clients depending on their clinical needs and wants. To further illustrate the real strength of LIB which is its adaptability, depth and individualization capabilities.

“We are especially pleased that LIB has specialized Co-Occurring Disorders Sessions as we have increased our LMHC and LCSW Mental Health Specialist time at our RARC.”

– Bill Rusen, CEO, LMSW



Your Team for **TRANSFORMATION**

COMING SOON TO OUTPATIENT SERVICES: AN OTP/AWS PROGRAM

An Opioid Treatment Program and Ancillary Withdrawal Services will soon be available at our Outpatient Clinic at 334 W. State Street in Ithaca. This program, providing for controlled opioid detox on an outpatient basis, will feature “on demand” treatment with walk-in hours from 8:30am-4pm. Outpatient services will stabilize and treat clients over time; providing medications and an elevated level of behavioral health services to reduce preventable emergency department visits. Please contact Eleni Murdough, Outpatient Program Director, for more details: 607-391-1023 or emurdough@carsny.org.