



## CAYUGA ADDICTION RECOVERY SERVICES

OFFICE OF THE CHIEF EXECUTIVE  
334 W. State Street  
PO Box 789  
Ithaca, NY 14850

Phone: 607-273-5500 ext. 40  
Fax 607-273-1277  
brusen@carsny.org

**January 1, 2015**

### **Greetings,**

**Cayuga Addiction Recovery Services (CARS) is the largest and most comprehensive provider of Chemical Dependency Services in Tompkins County. We provide a true continuum of care from the most intensive level of addiction care in New York State, Intensive Residential Rehabilitation Services to the least intensive level, Outpatient Services with one intermediate level of care, Outpatient Rehabilitation to meet the unique "step down" needs of recovering men and women and their families. In addition we offer Love First Intervention Services and SBIRT (Screening Brief Intervention and Referral to Treatment) screening services.**

**Please visit us at [www.carsny.org](http://www.carsny.org)**

### **CARS Treatment Philosophy**

Cayuga Addiction Recovery Services is dedicated to providing the most effective services to our clients to aid in their recovery from a cunning, vicious and patient disease. We believe that the best way of doing this is following best practices as defined by the implementation of research based treatment models and services.

At the core of all of CARS treatment is **The Matrix Model®** which provides a proven framework for engaging clients in treatment and helping them achieve abstinence. Our program provides direction and support from a trained addiction counselor who functions simultaneously as teacher and coach, fostering an encouraging relationship with the patient and using that relationship to reinforce positive behavior change. Treatment sessions are designed in a way that promotes the patient's self-esteem, dignity, and self-worth with all clinical interaction between the counselor and the client being realistic and direct but not confrontational or parental. Detailed treatment manuals and materials draw heavily on other tested treatment approaches including the Brain Disease Model, Cognitive Behavioral Therapies, Contingency Management, Motivational Interviewing and Relapse Prevention. The model is structured through work sheets for individual sessions, family education groups, early recovery skills groups, relapse prevention groups, couples counseling, urine tests, 12-step programs, relapse analysis, and social support groups.

In support of our primary program we also provide ancillary services to address the holistic needs of our clients and include Emotions Management, Spirituality, Co-dependency, Vocational Supports and teaching on the "7 Habits of Highly Effective People".

As an adjunct to counseling services we also offer Pharmacological Therapies proven to support healthy, positive change in recovery including the use of: Naltrexone, Suboxone, Campral, Wellbutrin and Chantix.

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#### THE MISSION STATEMENT OF CAYUGA ADDICTION RECOVERY SERVICES

A professional community resource providing caring and effective recovery services dedicated to improving the quality of life by promoting individual dignity and respect for all.



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CARS' Mission states that we are "...dedicated to improving quality of life by promoting individual dignity and respect for all". We believe that the best way of doing this is in providing proven effective services in a way that recognizes the unique needs and strengths of each of the clients we serve. We will remain dedicated to exploring new approaches and will balance thorough evaluation of new research against our clients' right to services that work.

### **Outpatient Treatment Services**



Cayuga Addiction Recovery Services  
Ithaca Outpatient Clinic  
334 Wet State St.  
P.O. Box 789  
Ithaca, NY 14850

Providing outpatient chemical dependency services located in Ithaca, New York, we are a team of unique professionals dedicated to providing holistic recovery services that recognize and value the innate dignity of each person. Our services are defined by the values of individual empowerment, knowledge, caring, and the potential of each individual to effectively collaborate in his or her ongoing recovery. We measure ourselves by our ability to assist individuals to experience a life free from the harmful effects of substances and to unleash their own potential.

Our clinic provides timely and holistic services that respect the biological, psychological, social and spiritual nature of addiction and its impact on our clients, their families, and the community. Through a full continuum of care that is designed to embrace the transformative process of recovery, we stand with our clients providing the right tools and supports to assist them on this difficult journey they have found the courage to begin.

Our primary addiction services include: chemical dependency evaluation, groups, individual sessions, medical assessment, Suboxone, Buprenorphine and Naltrexone medication management, and case management services including referrals to vocational, educational, psychological and medical supports. These services were developed to assist clients in bridging the gap from active addiction into ongoing recovery.

We work to provide services that embrace individual differences and help clients develop a better appreciation and respect for themselves. We honor the unique challenges and strengths that individuals have when they decide to seek treatment. CARS chemical dependency treatment focuses on the brain

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disease model. Research shows that the limbic system is the central brain area compromised in function during active substance use and in early recovery from substance use. A person's ability to regulate emotions can be impaired by substance abuse; therefore, we work to educate clients in understanding that recovery is enhanced by learning skills to avoid extremes of emotions and emotional reactivity, and skills to manage stress.

Our outpatient program is open from 9am – 8pm M-F, with both day and evening services offered, most major insurances including Medicaid are accepted and a sliding fee scale is offered for self-pay clients. We serve clients age 13 and older.

### **Outpatient Rehabilitation Services**

The Outpatient Rehabilitation Program is designed to better serve alcohol or drug dependent individuals who sometimes lack the adequate support systems to strengthen their recovery, or may need focused assistance to build the skills necessary to avoid relapse or to manage life on life's terms. In addition, this program assists clients who have health care needs related to their sobriety that may require attention or monitoring by health care staff.

CARS has developed the Outpatient Rehabilitation Program in partnership with Challenge Workforce Solutions of Ithaca, New York. Our program is 12 weeks in length, runs from 10:15 am – 2:30 pm, Monday through Friday and includes a daily lunch.

CARS OPR provides social and health care services, skill development in accessing community services, activity therapies, information and education about nutritional requirements, and vocational and educational evaluation along with research based addiction treatment models including: The Matrix Model, Motivational Interviewing, Contingency Management, Treatment on Demand and Regular Drug Screen Testing for documented abstinence.

We believe that this model creates an opportunity to better support our clients in building a foundation of recovery and preventing further chaos or pain caused by active addiction. This model can also support our clients in remaining in our community and building on healthy relationships and community supports that are often lost at higher levels of care which often take them away from home for significant periods of time.

To access OPR services please call for an evaluation (607-273-5500) or walk in to discuss your treatment needs with one of our counselors.

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### Residential Services



Cayuga Addiction Recovery Services  
Residential Facility  
6621 NY Route 227  
P.O. Box 724  
Trumansburg, NY 14886

Cayuga Addiction Recovery Services Residential Services Unit is an intensive residential chemical dependency treatment program just north of Ithaca, NY.

CARS RSU is a 60-bed, co-ed program of six to nine months in range for successful completion. Clients attend treatment for over 50 hours each week, including weekly individual counseling.

Our treatment philosophy is based on research based best practices around the core philosophy of the Matrix Model®. RSU clients participate in seven Matrix groups each week, Early Recovery, Relapse Prevention, Social Supports and Family Education. Clients are encouraged to understand and use thought-stopping, mooring lines and concepts related to cognitive behavioral therapy.

Other groups are based on Hazelden's "New Directions" materials, such as "Criminal & Addictive Thinking".

Clients succeed in our program by phases, beginning with Orientation and ending in either Phase 3 or 4, depending on individual and program goals and demonstrated by clinical assessment and phase testing. Each client is given individual and group instruction on their own treatment plan, including being coached in the phase tests and guided through the program.

CARS Life Skills programming includes groups based on [The Seven Habits of Highly Effective People](#) by Stephen Covey and [Living a Life That Matters](#) by Harold Kushner. We have a Parenting Skills 8-week workshop series that provides clients with a certificated training in parenting. We also teach Creative Writing, Spirituality, Mindfulness and Civics & Citizenship.

As part of our program, we may utilize community resources to build leisure time skills. These include supervised trips to local museums, lectures, Cornell football and basketball games and other community

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events that are deemed to be therapeutically beneficial. As with all decisions at our program, client's participation is an entirely clinically driven decision based on individual readiness and appropriateness.

Our program can be best described as a demanding one that requires three things from every participant who wishes to have a "second chance at the rest of their life". These three things are hard work, gratitude and most of all humility.

Clients are provided with family visitation opportunities that include Matrix Family Education™ groups on both Saturdays and Sundays. Family members can also participate in sessions with their loved one, facilitated by a Primary Addiction Counselor.

We believe that our program is best defined by our mission statement that we are "A professional community resource providing caring and effective recovery services dedicated to improving quality of life by promoting individual dignity and respect for all."

### **Love First Intervention Services**

Cayuga Addiction Recovery Services is offering Clinical Intervention Services based on the best practice Love First Clinical Intervention Model ([www.lovefirst.net](http://www.lovefirst.net)). This model of intervention which has been designated by Hazelden as a best practice and is defined by one rule and one rule only: we wish to persuade an individual suffering from addiction to enter treatment while preserving their dignity and worth as a human being. We train and support the family and other significant people in the addicted individual's life to lovingly and effectively persuade that individual to enter treatment so that the family and friends might be once again reunited with the man or woman they lost to addiction so long ago.

Please call Bill Rusen at 607-273-5500 ext. 40 or 607-275-6506 or [brusen@carsny.org](mailto:brusen@carsny.org)

### **SBIRT Screening Services**

SBIRT is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders.

- **S**creening quickly assesses the severity of substance use and identifies the appropriate level of treatment.
- **B**rief **I**ntervention focuses on increasing insight and awareness regarding substance use and motivation toward behavioral change.
- **R**eferral to **T**reatment provides those identified as needing more extensive treatment with access to specialty care

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In closing I want to thank you for your kind attention and interest in getting to know us and our services. Our focus has been and will always be on our enduring purpose statement. "We believe in the capacity of people to transform themselves."

William J. (Bill) Rusen, LMSW  
Chief Executive Officer

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