

Addiction can be stopped. Disorders that develop from substance use can be treated successfully. The life-saving treatment programs provided by Tully Hill effectively help individuals and families heal and return to living healthy, productive lives freed from the torment of addiction.

Tully Hill provides specialty programming for professionals - healthcare professionals, attorneys, business executives, school administrators & teachers, physicians, dentists, pharmacists, pilots – and uniformed professionals - all levels of law enforcement, corrections administrators and officers, firefighters, EMS, and other emergency services and first responders.*

Rehabilitation Therapies

Group Therapy

At Tully Hill, we embrace the therapeutic group process. Our intensive treatment prepares patients to return to appropriate community-based aftercare.

Process Group

- ▶ resistance
- ▶ trust
- ▶ PTSD
- ▶ grief & loss
- ▶ guilt & shame

Education Group

- ▶ defense mechanisms
- ▶ cognitive distortions
- ▶ self-esteem and addiction
- ▶ relapse warning signs and triggers
- ▶ return to work and socialization issues

Individual Counseling

Skilled, professional staff work one-on-one with patients and focus their efforts on skill building, adherence to a recovery plan, oversight of group therapy outcomes, and stopping substance use. Staff and patients establish a therapeutic relationship that expedites and facilitates the individualization of patients' treatment plans.

Integrated Services

Our integrated services explore the connection between addiction and past emotional trauma and adopt specific therapies to support recovery. Appropriate aftercare also is arranged.

We know that treating family members impacted by addiction helps empower them to live healthy, productive lives, individually and together. Our Family Program goal is to restore the family stability and love. Our family program counselors – Credentialed Alcoholism and Substance Abuse Counselors - are skilled at interviewing, educating, and helping loved ones who accompany individuals to Tully Hill.

We engage families at evaluation and throughout treatment, educating them about addiction's causes and effects, about treatment for addiction, and about the recovery challenges addiction presents. Family members learn to focus on themselves and how they can make positive changes to meet their personal needs at family conferences and our all day Family Day.

Our program achieves the following objectives for families:

- ▶ The reframing of family members' relationships with each other, including the member in treatment
- ▶ The rebuilding of trust between and among family members and the member in treatment
- ▶ Learning what relapse is, recognizing its signs and how to intervene early in any relapse process
- ▶ Learning and accepting the importance of participating in the addicted member's aftercare plan

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Addiction doesn't just affect the person suffering from it. Addiction is a family disease that overwhelms the family system and seriously harms its individual members.

- Tully Hill Clinical Director Ken Smith, LCSW

Referring patients, clients and loved ones to
Tully Hill has never been easier

 **Call** 315-696-6114 or 1-800-456-6114 24/7

 Email admissions@tullyhill.com

 **Refer online** click on Start Admissions
at www.tullyhill.com

 **Live Chat** click on the CHAT WITH US icon at www.tullyhill.com

Insurance

Most insurance policies have specific benefits that cover addiction treatment. If your policy doesn't have them, or we don't participate with your insurance or you're uninsured, we offer a self-pay option.

We'll verify your insurance benefits and eligibility and let you know any cost-shares you may have.

We do **NOT** participate with Medicaid, Medicaid managed care, Medicare, or Medicare managed care plans for Inpatient SUD treatment. Visit www.tullyhill.com for a full list of insurances we participate with.

We **DO** participate with (straight) **Medicaid** but only in our outpatient programs and services, and straight Medicare given a subscriber has Parts A & B and a secondary commercial plan (Aetna, Excellus, Federal BC BS, Empire BC BS, Anthem BC BS, BC BS Michigan, Lifetime Benefit Solutions, various MVP plans).

The logo for Tully Hill Treatment & Recovery features the words "tully hill" in a bold, sans-serif font, with "tully" in black and "hill" in green. A green curved line arches over the words "treatment & recovery", which are written in a smaller, black, sans-serif font below it.

A happy, healthy, sober life is possible...

INPATIENT | OUTPATIENT

Medically Supervised Detox & Inpatient
Rehabilitation Services & Programs | Intensive
Outpatient & Outpatient Services & Programs



(315) 696-6114

www.tullyhill.com

tullyhill@tullyhill.com

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Pre-Admission Screening

The pre-admission screening allows us to get as much information about the patient as possible prior to evaluation and admission. Having this information is important for effective treatment and helps ensure that we meet our goal of providing superior, individualized care throughout the patients stay.

What we'll need:

- ▶ Complete demographic, insurance coverage, current/past addiction(s) history
- ▶ Patient's current medical status and medication use
- ▶ Addiction treatment history and employment status
- ▶ Past and current legal issues

After screening, Intake staff present information obtained from the prospective patient to our admissions team for review. Intake will check insurance coverage and determine what, if any, plan subscriber cost-share(s) there are. If an on-site evaluation is warranted and insurance details are settled, Intake then reconnects with the prospective patient or the referral source and arranges an evaluation appointment.



Questions about referring or pre-admission screenings? Call Intake at 315-696-6114 / 1-800-456-6114

Evaluation and Admissions

We start treating and caring for individuals and their loved ones at evaluation, when the journey to sobriety begins.

All of our evaluators are skilled at determining an appropriate level of care. Our evaluation and direct care staff are IMHATT (Integrated Mental Health Addiction Treatment Training)-certified. Mental health illnesses are addressed in treatment and psychiatric consultations are provided when indicated.

Each evaluation averages between 1-2 hours. We schedule morning or afternoon evaluations, Monday through Friday.



The evaluation process includes the following steps:

- ▶ Review of patients' past/current medical history, medical exam by Admissions RN trained in addiction medicine
- ▶ Planning appropriate care level to treat a disorder using OASAS LOCADTR 3.0 tool/process
- ▶ Performing drug urine screens and breathalyzer tests
- ▶ Determining an initial diagnosis based on DSM-V
- ▶ Defining the severity of the persisting disorder
- ▶ Presenting clinical recommendations to patients and family, formulating individualized treatment plan
- ▶ Applying American Society of Addiction Medicine (ASAM) criteria for appropriate care/treatment
- ▶ Integrating family interview information into the treatment process
- ▶ Level of care recommendation presented to patient and family
- ▶ Accepting the recommended level of care results in admission to that recommended service and program

Evaluation does not guarantee admission to Tully Hill. All individuals being evaluated must be accompanied by a family member or someone who knows them well – prospective patients cannot come alone to a Tully Hill evaluation appointment. *Please note: patients are required to remain in the facility after arriving for evaluation and entering the premises.*

Inpatient Levels of Care

Detox at Tully Hill

Detoxification ('detox') at Tully Hill is a medically supervised process that safely and effectively manages patients' withdrawals from alcohol, benzodiazepines, opiates/opioids, and other intoxicating substances. We do not offer detox as a separate, stand-alone service.

Medically Supervised Detox encompasses the following essentials:

- ▶ Patients are assessed and stabilized medically
- ▶ Round-the-clock medical care and attention directed by Medical Director, Nurse Practitioners, and Registered Nurses
- ▶ Detoxification modalities include medication, education, therapeutic activities, meditation and guided imagery

Medically Monitored Intensive Inpatient Rehabilitation at Tully Hill

Patients are admitted to this important, medically monitored, rigorous level of care after completing treatment in our detox service, or are admitted to it directly if they lack acute withdrawal symptoms.

Our rehab programs and services take place in a highly structured environment free of distractions and stressors; necessary elements for maximizing treatment and recovery. Our 13-hour, daily regimen of educational, therapeutic group, and individual treatment sessions sustains patient stabilization and affords clinical progress.

Objectives in rehab include:

- ▶ Gaining an understanding and acceptance of the disease concept of addiction
- ▶ Working through issues inherent to addiction, collectively and individually
- ▶ Learning coping and sober living skills
- ▶ Establishing and keeping sober support systems
- ▶ Understanding the importance of complying with aftercare

Outpatient Programs

Tully Hill's Outpatient Program and Services include Intensive Outpatient (IOP) and Outpatient levels of care. Our IOP program includes a minimum of nine (9) hours of treatment weekly and, as with our Outpatient level of care, provides group process and educational sessions.

Our Outpatient programs feature a safe, therapeutic milieu crucial for recovery; an environment in which patients help, support and when necessary address and challenge one another about general issues and behaviors; and a venue for new information to be transmitted, new skills taught, and ongoing guidance of patients.

Our IOP and Outpatient treatment objectives and goals include:

- ▶ Overcoming barriers to treatment
- ▶ Placing symptoms of substance use disorders in the context of corresponding behavioral health problems
- ▶ Identifying triggers to substance use and coping with cravings
- ▶ Understanding relapse and using tools to prevent it
- ▶ Establishing, developing, and maintaining sober support systems including participation in appropriate 12-Step programs
- ▶ Maintaining a balance between employment and recovery

Our programs provide attendance, monitoring, and screening reports requested by monitoring agencies (PAP, CPH, OPD, NYS, DOH, etc.).

