

Health



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Personal Prevention Checkups

(From AARP)

It's important to maintain good health as we age. It allows us to remain independent for as long as possible and to lead happier, more fulfilling lives. Below is a suggested schedule for diagnostic exams and vaccinations. Consult your physician regarding your personal needs for these or additional exams or tests.

Teeth and Gums

- Visit your dentist once or twice a year for checkups.
- Brush after meals with a toothbrush that has soft or medium bristles.
- Use toothpaste with fluoride.
- Use dental floss every day.
- Eat fewer sweets, especially between meals.
- Do not smoke or chew tobacco products.
- Keep track of when you need your next dentist appointment. Use your *Personal Prevention Record*

Hearing

Hearing loss is one of the most common health problems. Because it doesn't cause pain and is not visible, many people refuse to admit that it exists. Hearing loss increases after the age of 50. How can you tell if you have a hearing problem? You may have to strain to hear a normal conversation. Or you may find yourself turning up the volume of the TV and radio so loud that others complain. Talk to your doctor or nurse about your hearing. They may suggest a hearing test. Hearing aids can often help you hear better.

Vision

People ages 45 and older are most affected by vision problems. By age 65, you should see an eye doctor for regular eye exams. Eyeglasses or contact lenses can improve your vision. Doctors also have other methods to improve your vision and prevent you from losing your sight. Ask your doctor how often do you need to have my eyes checked? Keep track of when you need your next eye doctor appointment. Use your personal Prevention Record.

Glaucoma

After age 45, glaucoma becomes more common than it is earlier in life. It is a disease that can lead to problems seeing and even to loss of vision. Early treatment—with medicine, surgery, or both—can prevent or delay the serious vision problems caused by glaucoma.

You are more likely to get glaucoma, and you should see an eye doctor for a glaucoma test if you:

- Have diabetes.
- Have a family history of glaucoma.
- Are over age 65.
- Are over age 40 and African American.

Tests To Catch Diseases or Conditions Early

Blood Pressure

High blood pressure can lead to heart disease, stroke, and kidney disease. It is most common in African Americans and people over age 45. Scientific evidence has shown that eating healthy foods and being active are two ways you can keep your blood pressure under control. Some people need to take medicine to keep their blood pressure at healthy levels. If you take medicine, be sure to talk to your doctor about how to take it. Do not skip any doses of medicine.

Ask your doctor:

- How often should I have my blood pressure checked?
- What should my blood pressure be?
- Keep track of your blood pressure. Use your Personal Prevention Record.

Cholesterol

Too much cholesterol, because it can clog your blood vessels, is a major cause of heart disease in men and women. Cholesterol levels start to increase in middle-aged men, in

women just before menopause, and in people who have gained weight. The risk of heart disease starts to increase in middle-aged men and women. Research shows that you can lower your cholesterol level and keep a healthy level by eating the right foods, losing extra weight, and being physically active. See the sections “Eating Right” on page 8 and “Physical Activity” on page 9 for more information. Your doctor or other health care provider may suggest you take medicine to lower your cholesterol. Most experts recommend checking your cholesterol every 5 years. Your health care provider may suggest you have it checked more often, especially if your cholesterol is too high.

Ask your health care provider:

- How often should I have my cholesterol checked?
- What is a healthy cholesterol level for me?
- If you have high cholesterol, talk with your doctor about a plan for lowering it.
- Keep track of your cholesterol level. Use your Personal Prevention Record

Diabetes (High Blood Sugar)

Diabetes can lead to problems with vision, kidneys, and how well your blood circulates, especially to the lower legs and feet. Most people who have diabetes have Type II diabetes, the kind that tends to come in middle age. Finding and treating diabetes early can cut your risk for these problems. The chances of getting the most common type of diabetes—Type II diabetes—increase once you reach age 45. Almost 1 in 5 people age 65-74 have diabetes.

You may need a blood test for diabetes if you:

- Have a family member with diabetes.
- Are overweight.
- Have had diabetes during pregnancy.

If you have Diabetes ask your health care provider when you need checkups, test, and vaccines.

Tuberculosis (TB) Testing

TB is a growing problem in the United States, especially among older people. It is an infection that affects the lungs and eventually other parts of the body. This infection can be passed from one person to the next. It is treated more easily if caught early.

You are at greater risk for TB and may need a TB test (called a PPD) if you have:

- Been in close contact with someone who has TB.
- Recently moved from Asia, Africa, Central or South America, or the Pacific Islands.
- Kidney failure, diabetes, HIV, or alcoholism.
- Injected or now inject illegal drugs.

Tests to Find Cancers

Breast Cancer

As women get older, their chances of getting breast cancer increase. In fact, most breast cancers occur in women over the age of 50. Research shows that the best way to find breast cancer is to get a mammogram. This is an x-ray test that can find a breast cancer

when it is so small that it cannot be felt. Most breast cancers are treated more easily when found early. All women age 50 and older should have a mammogram every 1 to 2 years. This recommendation is based on scientific evidence. Ask your doctor how often you need a mammogram. Make sure to tell your doctor if your mother or a sister has had breast cancer. If so, you may need to have mammograms more often than other women. Your doctor may also examine your breasts.

Ask your doctor:

- How often do I need a mammogram?
- Keep track of your mammograms. Use your Cancer Test Record.

Cancer of the Cervix

All sexually active women are at risk for cancer of the cervix. Most deaths from cancer of the cervix can be prevented if the cancer is found and treated early. A Pap test can find cancer of the cervix early—while it's easier to cure. This simple test saves lives. Based on scientific evidence, women need to have a Pap test every 3 years, some more often. Set a date with your doctor to get a Pap test.

Your doctor may suggest stopping Pap tests if:

- You are over age 65 and have had regular, normal Pap tests.
- You have had a hysterectomy.

Tell your doctor if you have had genital warts, a sexually transmitted disease (STD), multiple sex partners, or abnormal Pap tests. If so, you may need Pap tests more often than other women.

Ask your doctor:

- How often do I need a Pap test?
- Keep track of your Pap tests. Use your Cancer Test Record

Colon Cancer

Colon cancer is the second leading cause of death from cancer. Older men and women are more likely to get colon cancer than those who are younger. But if caught early, colon cancer can be treated more easily. Effective tests are available to find colon cancer. However, many people do not take advantage of these tests. Starting at age 50, you should have tests to detect colon cancer. This advice is based on scientific research. The tests you may have are:

Fecal Occult Blood Test—To test for small amounts of blood in your stool. This test should be done yearly.

Sigmoidoscopy—To look inside the rectum and colon using a small, lighted tube. Your doctor will do this in the office or clinic. This test should be done once every 5 to 10 years. Tell your doctor if you have had polyps or if you have family member(s) with cancer of the colon, intestine, breast, ovaries, or uterus. If so, you may need to be tested more often.

Ask your doctor:

- How often do I need these tests?
- Keep track of your tests. Use your Cancer Test Record .

Oral Cancer

Oral cancer includes cancers of the lip, tongue, pharynx, and mouth. Most oral cancers occur in people over age 40 who use tobacco or alcohol. People who are in the sun a lot also are at risk for cancer of the lip. If you chew or smoke tobacco and drink a lot of alcohol you may want your dentist to examine your mouth for signs of oral cancer during your regular dental checkup. You may also need to see your dentist more often. Scientific evidence shows that you can help prevent oral cancer by not smoking, and cutting back on the amount of alcohol you drink. If you are outdoors a lot, you should use a sunblock on your lips.

Ask your health care provider:

- How often should I get dental checkups?
- Keep track of your dental visits. Use the personal Prevention Record on page 46.

Prostate Cancer

Prostate cancer is most common in men over age 50, in African Americans, and in men with a family history of prostate cancer. Tests such as a rectal exam and PSA (prostate-specific antigen) blood test can help detect prostate cancer. Based on research, it is not yet clear whether these tests save lives.

Ask your doctor:

- What are the pros and cons of tests for prostate cancer?

Skin Cancer

Skin cancer is the most common type of cancer in the United States. Most skin cancers can be cured, especially if they are found and treated early.

You may need to have your doctor examine your skin if:

- You have many moles (large freckles).
- You have been in the sun a lot.
- Ways to help prevent skin cancer.

Limit the amount of time you spend in the sun, especially between the hours of 10:00 a.m. and 3:00 p.m. Wear clothing that protects you from the sun.

Shots To Prevent Diseases

Adults need shots to prevent serious diseases. You should ask your doctor or other health care provider which shots are right for you.

Influenza (flu) shots:

Everyone over age 65 needs this every year.

You may need flu shots before age 65 if you:

- Have lung, heart, or kidney disease.
- Have diabetes.
- Have AIDS or are infected with HIV.
- Have cancer.
- Are a health care worker.

Pneumococcal (Pneumonia) shot

Everyone needs this once at about age 65. If you have diseases of the lung, heart, or kidney; diabetes; HIV, or cancer, you may need this shot before age 65.

Tetanus-diphtheria shot

Everyone needs this every 10 years.

Hepatitis B

Discuss with your doctor whether you need hepatitis B shots. Generally, you should receive hepatitis B shots if you:

- Or your partner have had other sexual partners within the last 6 months.
- Are a male and have had sex with another male.
- Have had a sexually transmitted disease (STD) within the last 6 months.
- Have injected illegal drugs.
- Are a health care worker who is often exposed to blood or blood products.
- Had blood transfusions between 1978 and 1985.
- If you are traveling outside the United States, discuss with your doctor whether you need hepatitis B shots.

Talking To Your Doctor

1. Prepare a list of questions to take to next visit.
2. Bring medicines (both prescribed and over-the-counter) or a list of all medications and dosages.
3. Bring Personal Medication Record so the doctor can update it.
4. Ask questions when something is not clear.
5. Tell the doctor or pharmacist of any allergic or unusual reactions or side effects to any medicine.
6. Tell the doctor of any other medical problems, especially if other drugs are being prescribed.
7. Tell the doctor of drinking and smoking habits.
8. Write down the doctor's instructions for taking each medicine prescribed (or have someone else write them down).

Medications Checklist

Make sure medications are clearly marked and that the older adult fully understands directions, possible side effects, and any cautions. Dispose all expired medications. Consult a physician to make sure dosage levels are correct.

People can experience adverse drug reactions due to the ways multiple drugs interact. Older adults may metabolize drugs differently. There are various ways to organize medications:

1. Medicine chart or calendar
2. Egg carton or container systems
3. Commercial medication caddies
4. A *Personal Medication Record* (PMR) which includes:
 - All prescription and over-the-counter drugs
 - Names and dosages of all medications
 - Shapes and colors
 - Directions and precautions
 - Names, addresses, phone numbers of doctors/pharmacists
 - Any diseases, conditions, allergies or drug sensitivities
 - Personal information (name, address, phone number)
 - Person to contact in case of emergency

Questions for Your Pharmacist

1. What is the name of the drug?
2. What is it being prescribed for?
3. How should it be taken?
4. When should it be taken (before or after meals, before bed time)?
5. How long should it be taken?
6. What foods, drinks, other medicines, or activities should be avoided while taking the drug?
7. Are there any side effects, and what should be done if they occur?
8. Is there any written information available about the drug?

Medical Services & Information



Health Connections

University Hospital

750 E. Adams St., Syracuse, NY, 13210

(800) 464-8668 or (315) 464-8668

Website: healthcn@mailbox.hscsyr.edu

TDB relay calls accepted

Staffed by Registered Nurses, health Connection provides free, confidential consumer health information and physician services for the general public. Nurses provide callers with written information on health topics and also provide an easy-to-use audio library of over 1500 health topics. Staff provide 24 hour a day telephone triage nursing services to help direct callers to the most appropriate level of medical care. Triage standards are nationally recognized computerized protocols and are followed under the direction a Board Certified Emergency Medicine Physician.

Onondaga County Medical Society

224 Harrison Street, Syracuse, 13202

424-8118

Physician referrals. Monday through Friday, 8:30 am to 5 PM.

Physician Referral Service

Community General Hospital

(315) 492-5940

OASIS

University Hospital

(315) 464-6555

Classes in health and wellness, the arts and humanities. Based at Shoppingtown in DeWitt. Call for free membership application.

Onondaga County Health Department Clinics

421 Montgomery St., 9th Floor

Syracuse, New York 13202

(315) 435-2362

Influenza (Flu) and Pneumococcal Vaccine Immunization Clinics (435-3287)-

Flu vaccine available for Onondaga county residents 18+. Pneumococcal vaccine is available for Onondaga County residents 65+. Clinics are held October through December each year throughout the county. Medicare will be billed for the pneumonia and influenza vaccines, provided the insured has Part B for medical coverage under their Medicare insurance. Those not eligible under Medicare will be charged a fee. Inability to pay is not a barrier to service. No appointment necessary.

Women's Health Outreach (435-3653). WHO is a preventative health program providing education, screening, referral, and follow-up for women who are unserved or underserved by regular medical care. This program serves as an entry point into health care for women and offers no-cost or low-cost physical exams, mammograms, and pap smears to women age 40 and above. Sliding scale fee.

Hypertension Screening Clinics (435-3287)

The Onondaga county Health Department provides free blood pressure screenings at numerous sites throughout the county. Screenings are conducted by licensed volunteer nurses trained to provide education and referral. Call to locate a blood pressure screening site.

Syracuse Community Health Center, Inc.

Central: 819 S. Salina St., Syracuse, NY 13202
(315) 476-7921

Southwest: 1701 South Ave., Syracuse NY 13204 (315)471-6600 and part time office at the Southwest Community Health Center.

East: 1938 E. Fayette, Syracuse, NY 13210 (315) 474-4077

West: 603 Oswego St., Syracuse, NY 13204 (315) 424-0800

Non-profit facility with a full line of primary medical services including: adult medicine, pediatrics, OB/GYN, dental, eye care, podiatry, and counseling and substance abuse services.

Walk-In Care department open seven days a week for urgent, but non-life threatening emergencies. In-house pharmacy, laboratory and radiology. Operates Total Care which provides Medicaid managed care.

St. Joseph's Hospital Health Center

301 Prospect Avenue, Syracuse, 13215
448-5111

St. Joseph's Resource Line - 1-888-785-6371, toll-free. For people needing a new physician or information about St. Joseph's programs and services. M-F, 8 am-4:30 pm.

St. Joseph's Wellness Place - Janus Park Drive, Liverpool 458-2224 provides health screenings and information for the public. Staffed by registered nurses. Open Monday, Wednesday, Thursday and Saturday, 9 to 5; and Tuesday and Friday, noon to 8 pm.

Silver Health

4900 Broad Road
Syracuse NY 13215
(315) 492-5940

A membership program of Community General Hospital. For a fee, members are entitled to: prescription discounts; pharmacy medication review; billing assistance; health information; physician referral; resource library; health risk assessment; newsletter; additional benefits are offered to members at reduced costs.

University Geriatricians

90 Presidential Plaza, Syracuse 13202
464-6100

Offers a geriatric evaluation designed to classify existing problems and to help plan for the immediate and long term future of the patient. For the frail elderly or those with suspected Alzheimer's and dementia's or cognitive disorders. Appointments may be made by individual, family member, physician or social service agency. Fee generally covered by Medicare and most other medical insurance coverage.

Dental Services



Onondaga Community Dental Program (315) 435-3280

The Onondaga County Dental Society and the Onondaga County Health Department have combined to offer the *Onondaga Community Dental Program* which provides **short term care** to residents of any age who need dental treatment, but cannot afford to pay. Target populations are recent college graduates; families and children with limited financial sources; and senior citizens on fixed incomes and who do *not have Medicaid or adequate dental health insurance*. A dentist will screen and make referrals to a participating dentist to handle **tooth pain, extractions, broken teeth**, etc. Call (315) 435-3280 for a screening appointment.

Onondaga County Dental Society 6320 Fly Road, East Syracuse, 13057 434-9161

St. Joseph's Hospital Health Center (315) 448-5477

Provides a full spectrum of dental services. Call for an appointment.
Medicaid, private insurance, self-pay and based on services rendered, financial counseling available.

Syracuse Community Health Center, Inc. (315) 476-7921

Provides a full spectrum of dental services, routine appointments, follow-up, and emergency dental care are provided.
Medicaid, private insurance, self-pay

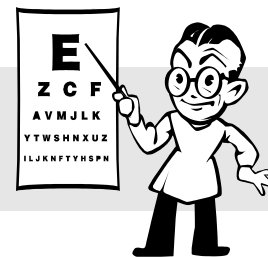
McAuliffe Health Center (315) 469-5570 ext. 253

Provides a full spectrum of dental services.
Medicaid, private insurance, self-pay

Cicero Dental Associates (315) 458-3088

Provides a full spectrum of dental services.
Medicaid, private insurance, self-pay

Vision



Aurora of CNY 422-7263

Assistive visual and hearing equipment

McAuliffe Health Center
(315) 469-5570 ext. 257

Optometry/Optician services. Call for more information or to schedule an appointment .
Medicaid, private insurance, self-pay

Syracuse Community Health Center, Inc.
(315) 476-7921

Eye Care Services
Medicaid, private insurance, self-pay

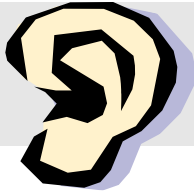
Vision USA (NY State Optometric Association)
1-800-766-4466

Free Exam based on income, lack of insurance, lack of eye exams in past 2 years and having at least one unemployed family member and one employed family member.

Eye Glass Discounts

America's Best Eyeglasses & Contacts
3401 Erie Boulevard , Dewitt, NY 13214
(315) 446-4446

Lions Club of New York State
528 Oak Street, Syracuse, NY 13203
(315) 478-3131



Hearing

Aurora of CNY
(315) 422-7263
Assistive visual and hearing equipment.

Hear Now 1-800 848-4327. (For low income.)

Lions Club of New York State
(315) 478-3131
Help with getting hearing aides for low income.

St. Camillus Health & Rehabilitation Center
Audiology Services
(315) 488-2951 ext. 316
Fully equipped modern testing facility with experienced Audiologists.
Medicare, Medicaid, private insurance, self-pay

Syracuse University Gebbie Clinic
(315) 443-4485
Hearing testing and hearing equipment. Fees on a sliding scale based on income.

Alzheimer's & Dementia

Alzheimer's Association of Central New York, Inc.

441 West Kirkpatrick Street, Syracuse 13204
472-4201

Offers telephone information line and referrals to community resources. The association also provides literature, support groups and day programs in 14 county areas.

SUNY Health Science Center/University Geriatricians

90 Presidential Plaza, Syracuse
464-6100

SUNY Health Science Center offers a geriatric evaluation designed to classify all existing problems of an elderly patient and the family, and to help plan for the immediate and long term future. Generally indicated for the frail elderly or those with suspected dementia and disorders of cognitive functioning including Alzheimer's Disease. Appointments may be made by the patient's family physician, social service agency, family member or friend, or by the patient. The fee is generally covered by Medicare and most other medical insurance coverage.

Mental Health Services

Onondaga Network of Care for Behavioral Health

www.onondaga.ny.networkofcare.org

Looking for a one-stop resource for information about mental health, developmental disabilities and substance abuse? The Onondaga Network of Care contains behavioral health service information, laws, and related news, as well as communication tools and other features.

Huntington Family Centers, Inc.

405 Gifford Street, Syracuse, 13206
476-3157

Day Treatment Program - 302 Burt Street, Pagoda Building, 474-1539. Serves individuals with psychiatric or emotional disabilities. Program offers rehabilitative services and has a multi-disciplinary team of psychiatrist, registered nurses, social workers and rehabilitative counselors.

**Concerned
about an
older
person?**



**Call:
Project
REACH
@
435-2362**

Mental Health Association of Onondaga County

6493 Ridings Road, Syracuse, NY 13206

(315) 445-5606

Website: <http://www.mha-oc.org/>

- **Educational & Advocacy Services:** Speakers, *Insights* (quarterly newsletter); Library
- **Information & Referral:** Telephone assistance to persons in Central New York seeking referral to private therapists, low cost counseling agencies, and NYS licensed clinics and inpatient/outpatient services for mental health problems. Makes appointments for Problem Solving Clinic, a low cost crisis service available two days a week. Appointments for Accessible Counseling Services to assist low income victims of domestic violence, their partners, and children who may have witnessed such violence.
- **Support Group Services:** Technical and resource assistance to individuals wishing to start support groups.

Onondaga County Department of Mental Health

421 Montgomery Street, Civic Center, Syracuse 13202

435-3355

Onondaga Pastoral Counseling Center, Inc.

324 University Avenue, Syracuse, 13210

472-4471

Outpatient mental health services for those age 3 and up with a diagnosable mental illness or relationship problem. Call for appointment, M-Th 8 a.m. to 7 p.m., Tues. & Wed. until 8 p.m., Friday until 6 p.m.

On-Site Social Work Agency

128 Miles Avenue, Syracuse 13210

472-3903

Division of On-Site Social Work - House Calls. Provides social work and psychotherapy for homebound individuals, specifically geriatrics, disabled, adult home residents and other supportive housing program residents. Substance abuse and co-dependency, sexual abuse or other sexual issues. In home, 1-1/2 hours. Sliding scale fee, Medicare, third party contribution, private insurance and self-pay.

Project REACH

(Resources for Elderly Assistance with Community Help)

(315) 435-2362

Project REACH educates employees in service sector businesses who are out in the field as to the signs that indicate an elderly client may have a health problem or is experiencing a significant change in his/her economic, emotional or social condition. If difficulties are suspected, the employees, on a confidential and anonymous basis, report this to their managers who in turn call the Onondaga County Office for Aging.

St. Joseph's Mental Health Services

- **Inpatient** - 201 Prospect Avenue, Syracuse 13203, 448-5360. A 30-bed inpatient unit for individuals with acute mental illness who require specialized care in a protective, structured environment or who have emotional problems with accompanying medical conditions. Treatment provided for patients who are diagnosed as having neurotic and character disorders, major psychoses, including schizophrenia and affective disorders including depression. Treatment includes psychotherapy, group therapy, family therapy, behavior therapy, biological therapies (including medications) and electroshock therapy.
- **Outpatient** - 742 James Street, Syracuse 13203, 448-2700. A team of psychiatrists, psychologists and social workers, along with skilled nurses and paraprofessionals, provide comprehensive outpatient psychiatric services. Treatment includes reality therapy, group therapy, drug therapy combined with individual psychotherapy, family counseling, vocational counseling, recreational and diversional therapy.
- **Comprehensive Psychiatric Emergency Program (CPEP)** - 448-6555. Emergency and crisis intervention services for individuals and families living in Onondaga County who are experiencing psychiatric emergencies and emotional crises.
- **Adult Outpatient Clinic** - 448-2700. Community-oriented mental health services for families and individuals over the age of 18 who are experiencing mental/emotional problems.
- **Continuing Day Treatment** - 448-2773. Comprehensive, rehabilitative-focused psychiatric treatment and services for adults 18 years and older who have experienced emotional illness.
- **Rehabilitative Services** - 448-2750. Intensive Psychiatric Rehabilitation Treatment, New Connections Club and Residential Services Program.

Upstate Behavioral Health Network

375 West Onondaga Street, Syracuse 13224
475-7334

An integrated mental health and substance abuse service—a collaboration of Central New York Services, Family Services Associates and Onondaga Pastoral Counseling Center—that provides mental health and substance abuse services. MICA services, day treatment, substance abuse evaluations and treatment, DWI evaluations and treatment, marriage and family counseling. Medicaid and most insurances accepted. Call for appointment.



**Looking
for a
support
group?**



**Call
HELPLINE
435-8300**

Alcohol & Chemical Dependency

Al-Anon/Al-A-Teen/Al-Anon Adult Children

Maria Regina Center, 1118 Court Street, Bldg. A, Room 35, Syracuse 13208
471-0191

24 hour access by phone. Support group with many meeting sites (call office for locations). An anonymous support group for friends and family of alcoholics including the adult children of alcoholics. No fee, but member contributions welcomed. Some sites wheelchair accessible.

Alcoholics Anonymous Service Center

100 East Manlius Street, East Syracuse 13057
463-5011

Self-help groups at various sites throughout the county. AA is a fellowship of men and women who share their experiences, strength and hope with each other to solve their common problems and help others recover from alcoholism. Primary purpose is to stay sober and help others achieve sobriety. Anyone who feels they have a drinking problem and wants to stop is welcome. Free sign language interpreters at some meetings. There is a Hispanic (Spanish speaking) group as well. Some sites are wheelchair accessible.

Center for Community Alternatives

115 East Jefferson Street, Syracuse 13202
422-5638

Assigned counsel evaluation and referral. Conducts substance abuse evaluations for defendants represented by Onondaga County Assigned Council. When a substance abuse treatment problem is identified, the program refers this person to a treatment program, monitors progress and arranges after-care. Person must be represented by assigned counsel. Phone for appointment; interview can take place in jail. Free. Center also provides Project PROUD through their Drug Division. Participation in this program is based upon approval.

Conifer Park

Outpatient Clinic - Suite 4, 526 Old Liverpool Rd., Liverpool 13088, 453-3911

Inpatient - 79 Glenridge Rd., Glenville 12302, 1-800-926-6433

- **Outpatient** assessments and evaluations, DWI evaluations, individual and family counseling, early recovery group, education/treatment group, skills for living clean and sober group, relapse prevention group, adolescent and women's groups, and pre-admission for inpatient.
- **Inpatient** alcohol and substance abuse services include medical detoxification, intermediate care, adult men's and women's programs, adolescent programs, specialized treatment including dual diagnosis, health care professionals, Hispanic program. Participates in most insurances, HMO plans and Medicaid. Licensed by the Office of Alcoholism and Substance Abuse Services. Accredited by the Joint Commission on Accreditation of Healthcare Organizations.

Crouse Chemical Dependency Treatment Services

410 South Crouse Avenue, Syracuse 13210

470-7314

- **Older Adults Recovery Services (OARS)** - Phone 470-7381 or 1-800-727-6874. Two-day program, Tuesday and Friday, 9 am to 1 pm. Includes group therapy, education, activities and lunch; for anyone concerned about their use of alcohol, drugs (prescription or over-the-counter, or combination thereof). Set fee, sliding scale, Medicare, Medicaid, Private Insurance, third party contribution or self-pay. Wheelchair accessible and interpreters provided as needed.
- **Inpatient Program** - CIM Hospital, 736 Irving Ave., Syracuse, 470-7381. Provides detox treatment for those chemically dependent people who are unable to stop drinking and/or drug use or who would suffer from physical withdrawal symptoms if they attempted to stop. Medically supervised withdrawal is combined with a beginning rehab process. For adults who desire to live a life of sobriety. Phone for evaluation. Accessible/interpreters as needed. Payment same as above.
- **Outpatient Detoxification** - 410 South Crouse Ave., 470-7227. Provides detoxification under medical supervision for those who are unable to stop drinking or who would suffer from physical withdrawals. Contact secretary for evaluation. Payment same as above.
- **Day Treatment Program** - 470-7314. For non-working people. Group therapy and education, vocational exploration, ADL skills and activities therapies. AA/NA involvement required.
- **Evening Treatment Services** - Same as above, and also at Clay Medical Center. Provides group therapy, chemical dependency education, AA/NA involvement required. For employed adults or those in school or primary caretakers of small children.
- **Drug Abuse Outpatient Clinic** - Special program for parolees, pregnant/postpartum women and monolingual Spanish speaking clients. Provides individual, group and family therapy.
- **Methadone Program** - Individual, group, family therapy and medication provided.
- **Commonwealth Place** - Adult residential program, P.O. Box 540-6010 East Molloy Rd., East Syracuse 13211, phone 434-2470. Short term inpatient treatment for alcohol/drug dependent adults. Individualized programs. Individual, group and family counseling. Full range of activities, therapy.

Onondaga Council on Alcoholism/Addictions, Inc.

1050 West Genesee Street, Syracuse, NY 13204

471-1359

Drug Hotline: 472-DRUG

- **Information and referral services** re: alcohol and other drugs. Referral services available for those seeking help for themselves or a significant other. Information available over the telephone. Counselors available by appointment to assist in identifying and connecting with appropriate counseling, treatment, self-help programs. Call for information or to make appointment. Walk-ins accepted.
- Accessible.
- **Training program** offers three levels of courses designed to meet the needs of both those interested in becoming alcoholism counselors and professionals in other human service areas who are interested in learning more about alcoholism/chemical dependency. On-site training available for human service
- agencies. Fee.

Rescue Mission

120 Gifford Street, Syracuse 13202

472-6251

- **New Beginnings Transitional Services Program** (472-6251, ext. 369) - Provides safe environment with built-in accountability that motivates residents to establish practices and supports needed for successful, independent living. Support staff is available for crisis intervention, encouragement and referral assistance. Set fee. For men, stable after crisis, ready to work towards goals. Referral required and interview. Public assistance, SSI or self-pay. Not accessible. Interpreters provided.
- **Cross Roads Transitional Services Program** - Provides a safe, supportive residence that encourages positive change and growth. Residents practice living skills, develop coping skills and establish supports which, if appropriate, will enable them to transition to the next level of independent living. Men with history of homelessness are eligible as well as dual diagnosis of mental illness and substance abuse. Medical and psychiatric evaluations. SSI or private insurance. Interpreters provided where indicated.

Salvation Army Adult Rehabilitation Center (ARC)

1105 South State Street, Syracuse 13202

475-9983

A rehabilitation and residential program for up to 75 homeless and/or alcoholic men. Mandatory work therapy program and Christian-based counseling. Minimum 8 month commitment. Must have completed detox program prior to consideration. Interview and orientation provided. No fee. Not accessible, and no interpreter services available.

Syracuse Behavioral Healthcare

714 Hickory Street, Syracuse, NY 13203
474-5506

- **Alcohol Rehabilitation Unit** (492-1184) - 40 bed inpatient facility for men and women. Four to five week program includes education, group therapy, reading groups, individual and family counseling, AA meetings and after-case planning. Adults with alcohol problems eligible. Call for screening. Set fee, sliding scale. Medicare, Medicaid, private insurance, self-pay or third party contribution. Accessible. No interpreters available.
- **Outpatient Clinic** (518 James Street, 471-1564) - Core program is for individuals who are alcohol abusers or alcohol dependent. The after-case program assists clients with early stages of recovery and explores relapse prevention strategies. Individuals with alcohol problems and family members. Interview and assessment. Sliding scale, Medicaid, private insurance, self-pay. Accessible. No interpreter services.
- **Halfway Houses:** Women's facility @ 3606 James Street, 463-9266; Men's facility @ 121-125 Green Street, Syracuse, 472-4442. Program provides recovering alcoholic with a homelike environment in which one can practice principles of sober living. All residents must attend AA meetings, be working or looking for work or involved in vocational training. Must be alcoholic who is employable and participates in recovery. Call for appointment. Monthly rates, sliding scale. Accessible.
- **Supportive Living Apartments** - Multiple sites, monthly rate, sliding scale.

Syracuse Community Health Center

819 South State Street, Syracuse 13202
476-7921

Rehabilitation Services provides outpatient alcoholism counseling and psychotherapeutic services to individuals, families and groups. By appointment. Senior citizens can be evaluated at center. Group therapy depends on make-up of group (i.e. age). Set fee, sliding scale, Medicare, Medicaid, third party contribution, self-pay or private insurance. Accessible. Interpreters provided as needed.

Tully Hill Alcohol and Drug Treatment Center

P.O. Box 1116, Tully, 13159
696-6114

Detox Rehab Program - Residential facility provides customized programs to meet individual's needs. Inpatient and outpatient intensive day program, 8 a.m. to 4 p.m., four times weekly; evening program, nine hours, three times weekly. Program provides individual and group sessions, family sessions, general rehab services to help a person maintain sobriety. For individuals who are ready to deal with their substance abuse problems. Contact office for evaluation. Set fee, sliding scale, private insurance or self-pay. Accessible. Interpreters available if needed.

Veterans Administration Medical Center

800 Irving Avenue, Syracuse 13210

425-4400

Chemical Dependency Clinic (CDC) - An outpatient treatment program for veterans with substance abuse problems with or without a complicating psychiatric illness. Program offers a full range of individual, group, vocational, rehabilitation and medical services. All eligible veterans, both servicemen or service connected. Contact clinic secretary for evaluation. Set fee, private insurance. Financial information provided may determine veteran's participation in payment. Accessible. Interpreters as needed.

Marital & Family Counseling

Onondaga Pastoral Counseling Center, Inc.

324 University Avenue, Syracuse, 13210

472-4471

Outpatient mental health services for those age 3 and up with a diagnosable mental illness or relationship problem. Call for appointment, Mon.—Thurs. 8 a.m. to 7 p.m., Tues. & Wed. until 8 p.m., Friday until 6 p.m.



Telephone Counseling

CONTACT

Office: 251-1400

Hot line: 251-0600

Trained volunteers offer telephone counseling to individuals in crisis or in need of help. Anonymous, confidential, free.

Onondaga Council on Alcoholism/Addictions, Inc.

Drug Hotline: 472-DRUG (471-1359)

1050 West Genesee Street, Syracuse, NY 13204