



Residential programs for men and women recovering from addiction

Catholic Charities Family and Community Services offers a full spectrum of programs and services to support clients regardless of where they are on their recovery journey. Our **Restart My Life** program's extensive experience in treating Substance Use and Co-occurring Mental Health Disorders with evidence-based practices prepares us to offer specialized care and prepares us to meet our clients where they are today. Through continued training and professional development, our programs offer cultural competence and trauma-informed care.

We offer Intensive Residential, Community Residence, and Supportive Living services. The average length of stay for our services listed ranges from a few months to 1 year for completion. Our programs are designed to support clients by not only managing their recovery from addiction, but also managing their mental and physical health disorders, improving daily living skills and level of functioning, developing effective coping strategies, building support networks, etc... We recognize that client circumstances and needs vary; we strive to provide individualized care in our programs as a means to help clients achieve lifelong success.

All our programs offer (either in-residence or by referral):

- Individual Therapy
- Group Therapy
- Mental Health Treatment and Psychotropic Medication
- Integrated Co-occurring Treatment
- Integrated Medical Care
- Medication Assisted Treatment (MATs)
- Trauma Treatment
- Parenting Skill Development & Family Support
- Vocational Assessment, Education and Planning
- Life Skills
- Peer Mentoring and Support
- Substance Abuse / Domestic Violence Program (SADV)



Our program descriptions outline in detail the services and structure a client may expect at each level of support. We look forward to working with you, and to welcoming you into a safe place for your journey.



What a client can expect

We offer safe, sober living environments for those in recovery. Our programs are fully staffed with individuals passionate about helping others. Clients can expect to be greeted with warmth and welcomed without judgment.

Clients in early recovery are introduced to new ideas, taught effective coping strategies, and given a safe and supportive space to practice a healthier way of living.

We also offer residential treatment for women who are pregnant, and for women with small children. All clients are allowed visitors, based on hours of access for each program (additional precautions may be put in place during times of health guidance, such as COVID19, and in response to other external factors.)

Clients will work with their treatment team to develop an individualized care plan, identifying goals for treatment and outlining ways in which they will achieve their goals.

Our Programs

Restart Intensive Residential Programs

- We provide OASAS 820-defined stabilization and rehabilitation services.
- Stabilization services offer an individual a safe place to manage withdrawal symptoms, while also stabilizing mental and physical health conditions.
- Our on-site services include community agencies and organizations who offer additional areas of support, which individuals can continue after discharge.

Restart Residential

- Family and support persons are encouraged to participate in a client's treatment throughout the duration of their treatment including visits, conjoint sessions and family sessions.
- Upon successful completion of the program, a discharge plan will be developed to ensure continuity of care. Clients are often referred to the next level of care, such as our Restart Community Residences, to provide continued support and structure in their recovery.

Freedom House

Renovated in 2022! Services for 30 men located in Rochester, New York.

Hannick Hall

Newly renovated! Serving 27 women with up to 7 infants or preschool children accompanying their parent (or for those women who are pregnant and anticipating delivery) in Newark, New York.

Liberty Manor

A beautiful home serving 17 women with up to 5 infants or preschool children accompanying their parent (or for those women who are pregnant and anticipating delivery) in Rochester, New York.

Restart Community Residential Programs

- Residents may go out into the community for collaborative services and other services they are receiving as part of their individualized plan.
- Visitors permitted.
- Length of stay may be three-to-six months or more, depending on client's ability to meet their established, individualized goals.
- Upon completion of program, residents may qualify for lower levels of care, such as our Supportive Living program.

Barrington House

Renovated in 2022! Serving 23 women with up to 5 infants or preschool children accompanying their parent (or for those women who are pregnant and anticipating delivery) in Rochester, New York.

Jones House

Newly renovated – see our tour! Services for 24 men located in Rochester, New York.



Restart Supportive Living Program

Serving 24 men and women in a scattered residential apartment living program that may be the final step towards independent living.

- A higher level of independence and self-direction is available to residents at this level. For example, once admitted, residents are taken to their apartment, and they can set it up as they like. Visitors are permitted at the convenience of the resident.
- A non-supervised program, but staff are available from 8am-5pm and on call all other hours. While less frequent than in programs with higher levels of care, services offered include:
 - Meeting with a counselor for an individual session once a week
 - Attending monthly community meetings
 - Treatment planning, and setting goals
 - Linking services to help the resident meet their goals, such as outpatient support for mental health and chemical dependency services

For more information

Referrals

Referral fax line: (585) 423-2201

General Intake Questions: (585) 546-7220 extension 5053

Take a Tour!

Visit our YouTube channel, Catholic Charities Family and Community Services, and find our "[Take a Tour](#)" playlist, or click the following links:

- [Restart Community Residences](#): A Safe Place to Call Home
- [Our Outpatient Clinics](#): Redefining Welcome
- [Residential Addiction Services](#): An overview

If you are interested in a tour or further information about our programs, please contact us at [585-546-7220 ext 5053](tel:585-546-7220).

Catholic Charities Family and Community Services

Catholic Charities Family and Community Services provides housing, employment, and coordination of care to help people of all walks of life live independently with dignity while facing the challenges of addiction, aging, mental illness, HIV, poverty, developmental disability, and immigration.