

About BRIDGES

The BRIDGES program seeks to engage, support, and empower young adults (16-25) with substance misuse and mental health concerns or who are in recovery. Our services are based on a holistic approach that takes into account mental, physical, spiritual, & social factors.

Services include screening and assessment, early intervention, short-term individual and/or family counseling, life coaching, development of recovery plans, support and recovery groups, medical screenings, medication evaluations, and linkage to community support through our partners.

Accessibility to BRIDGES is key. We are a mobile program and have the flexibility to meet where you are most comfortable, whether that is at a local coffee house, in the park, at a library, by zoom, or at our office.



Prevention, Workshops and Outreach services are provided to assist schools, colleges, and other organizations develop a supportive environment for young adults.

Start Your Journey to Wellness & Recovery!

Schedule an Appointment Online



Hours

Mon - Thurs: 8:30 A.M. - 4:30 P.M.

Friday: 9:00 A.M. - 2:00 P.M.

Get in Touch

☎ (516) 719-0313 Ext. 218

✉ bridges@yesccc.org

🌐 www.bridgesyes.org

📍 152 Center Lane, Levittown, NY 11756



The BRIDGES Program

BRIDGING THE GAP FOR A BETTER TOMORROW

An outpatient system of care for young adults (16-25) who are at risk for or living with substance misuse and mental health issues on Long Island, NY.

@BRIDGES.YES



A Project of YES Community Counseling Center

www.bridgesyes.org

Funded through the Substance Abuse and Mental Health Services Administration (SAMHSA), Department of Health and Human Services.



HOW WE CAN SUPPORT YOU

Whether you are misusing substances and/or alcohol as a means of coping with stress, or looking for recovery support, your BRIDGES team is here to support you.

● Substance Misuse and Recovery Services

- Develop & maintain recovery plans
- Recovery support groups
- Linkage to community support
- Medicated Assisted Treatment (MAT) Maintenance
- Early Intervention (i.e., BASICS - Brief Alcohol Screening and Intervention of College Students)
- Sober Curious Group
- Teen Smoking Cessation Group

● Mental Health Services

- Screening & Consultation
- Assessment of needs
- Short-term individual and family counseling
- Life Coaching
- Wellness & self-care workshops
- Medical screening & medication evaluation

● Referral and Support Services

We offer support in investigating and facilitating the most appropriate treatment referral and provide assistance in navigating the complex systems of:

- Education/Career
- Physical Health
- Housing
- Substance Misuse
- Insurance
- Vocational
- Mental Health
- Other

PREVENTION AND OUTREACH SERVICES

Prevention & Outreach Services provide high schools, colleges, and other organizations with services that address the biological, psychological, and social factors that impact the health of young adults. Services include presentations on the signs and symptoms of drug and alcohol misuse, stress management, trends in substance misuse, and many more.

Groups & Workshops

Groups and workshops are provided to assist high schools, colleges, and other organizations develop a supportive environment for young adults.



Rise Above the Algorithm

Tap into your unconscious mind & learn how to utilize social media to accomplish your goals. Assess your relationship with social media and thrive along the way. Take back your power in your experience with social media.



N-O-T: Not On Tobacco - Teen Smoking and Vaping Cessation Program

Create positive habits to quit vaping, smoking, and using nicotine products. Identify your reasons for smoking or vaping, develop healthy alternatives to nicotine and tobacco use, and find support in your efforts to quit.



The 8 Dimensions of Wellness

Each dimension of wellness can affect the overall quality of life. Join us in discussing and bringing awareness to the importance of the different dimensions of our lives. This group is aimed at promoting a healthy and positive lifestyle!

OUR PARTNERS

- Adelphi University
- Diocese of Rockville Centre, Department of Education
- Farmingdale School District
- Farmingdale State College
- Forge VFR (Veteran and First Responder)
- Fresh Start Recovery Residence
- Garden City Treatment Center- Zucker Hillside Hospital
- Island Trees School District
- Island Trees Veterans of Foreign Wars (VFW) POST NO. 9592
- Levittown Public Schools
- Long Island Crisis Center
- Pride for Youth
- Molloy University
- Nassau Community College
- Saint Bernard's Roman Catholic Church
- The Safe Center LI
- Thrive Recovery Community and Outreach Center

FAQ

How much does it cost to be in the BRIDGES program?

There is no cost to be a part of the BRIDGES program. However, if you are referred to a treatment program, we will work beside you to find service options at a reasonable price.

Can anyone enroll into the BRIDGES program?

Bridges is appropriate for young adults aged 16 to 25 who are struggling with substance use and/or co-occurring mental health issues or who are in recovery.

How long will I be in the BRIDGES program?

The BRIDGES program provides individual and/or family counseling for 6-8 weeks. Sessions can be extended to support the process of finding referrals, such as inpatient treatment or individual long-term therapy. However, young adults who are in substance misuse recovery can attend BRIDGES recovery groups on an open-ended basis.