



Central New York Services, Inc. (CNYS) is a private, not-for-profit Behavioral Health Organization dedicated to improving the quality of life for individuals and families affected by mental illness and substance abuse. We are privileged to serve our most at-risk community members through outpatient treatment, housing, financial management, forensic mental health, and employment programs.



MILESTONES Dual Recovery Program

About Us

MILESTONES is a New York State OASAS (Office of Alcoholism and Substance Abuse Services) licensed outpatient treatment program that specializes in assisting the recovery efforts of those struggling with substance abuse and mental illness. Our highly trained, caring, and experienced staff is comprised of credentialed and licensed healthcare and behavioral health care professionals. Milestones' Medical Director is certified by the American Society of Addiction Medicine (ASAM). Milestones' Psychiatrist specializes in adult and adolescent care.



Accessing Services

MILESTONES has special walk-in times each week for individuals who would like to meet with our Intake Specialist.

- ◆ Feel free to stop into our office Monday—Thursday starting at 8:00 a.m.

Please note that patients are seen on a first come, first served basis.

- ◆ Our hours of operation are:

Monday, Wednesday, Friday
8:30 a.m. to 4:30 p.m.
Tuesday and Thursday
8:30 a.m. to 7:00 p.m.

Documentation

- ◆ Fax a referral form to 315.507.5802.
- ◆ Fax or send the person's history, if available.
- ◆ Insurance / Medicaid card OR Pending Letter.
- ◆ Those without insurance are placed on a self-pay sliding scale and will need proof of income.

Contact Us

**MILESTONES
DUAL RECOVERY PROGRAM**
502 Court Street, Suite 210
Utica, NY 13502
P: (315) 507-5800; F: (315) 507-5802

Brian Decker, LMHC
Program Director
bdecker@cnyservices.org

Treatment Services

- MILESTONES uses evidenced based practices such as Stages of Change, Motivational Interviewing, Cognitive Behavioral Therapy, and Integrated Dual Diagnosis Treatment.
- Family Therapy and Parent Support Groups
- Evaluations / Assessments Day & Evening
- Individual Counseling
- Group Therapy
- Trauma groups
- Early Education Groups
- Dual Diagnosis Groups
- Adolescent Therapy
- Psychiatric Assessments and Medication Supported Recovery including Suboxone Replacement Therapy (for opiate dependence); Oral Naltrexone (Revia) and Injectable Naltrexone (Vivitrol) as preventive treatment for those who have already undergone opiate or alcohol detox and wish to protect their sobriety
- DWI Treatment Program
- Grief Counseling
- LGBT
- Evening programs

