



NEW HORIZONS

MATCHING TREATMENT TO YOUR NEEDS

ADOLESCENT SERVICES

OUR TEAM PERFORMS ADOLESCENT SUBSTANCE USE DISORDER ASSESSMENTS. TREATMENT RECCOMENDATIONS ARE BASED ON CLINICAL NEED. IF APPROPRIATE FOR OUTPATIENT TREATMENT IT MAY CONSIST OF GROUPS, AND/OR INDIVIDUAL SESSIONS WITH A COUNSELOR ON SITE. IF NOT APPROPRIATE, WE WILL DEVELOP AN ALTERNATIVE PLAN TO ADDRESS YOUR NEEDS.

CONTACT US

UHS NEW HORIZONS
10 MITCHELL AVENUE
BINGHAMTON, NY 13903
(607) 762-3288 PHONE

NICHOLE LINFOOT
(607) 762-3285 PHONE
(607) 762-2001 FAX
NICHOLE.LINFOOT@NYUHS.ORG

OPEN ACCESS

COME TO 10 MITCHELL AVENUE, BINGHAMTON, NY NEXT TO GENERAL HOSPITAL, FOR YOUR ASSESSMENT. YOU CAN DROP IN ANYTIME BETWEEN THE HOURS OF 9:00-11:00AM MONDAY THROUGH FRIDAY, AND 1:00-3:00PM MONDAY,TUESDAY,THURSDAY,FRIDAY. NO APPOINTMENT NECESSARY.

ADOLESCENT GROUP

OUR PATIENTS ATTEND WEEKLY GROUPS THAT WILL BEGIN TO BRING AWARENESS ABOUT SUBSTANCE USE WHILE EXPLORING THE POSITIVE AND NEGATIVE ASPECTS OF THEIR USE, DEVELOP HEALTHY COPING SKILLS, IDENTIFY TRIGGERS, IDENTIFY POSITIVE VS. NEGATIVE INFLUENCES, AND BEGIN TO RECOGNIZE THINKING PATTERNS AND HIGH RISK SITUATIONS THAT LEAD TO SUBSTANCE USE. UTILIZING COGNITIVE BEHAVIORAL THERAPY, MOTIVATIONAL INTERVIEWING, AND COMMUNITY RESOURCES.



Nichole Linfoot, CASAC-T
Chemical Dependency Counselor

UHS Binghamton General Hospital
10 Mitchell Avenue
Binghamton, NY 13903

(607) 762-3285 phone
(607) 762-2001 fax
Nichole.linfoot@nyuhs.org

www.nyuhs.org