Our mission
We are committed to providing quality care with dignity and compassion. Our priority is to offer confidential, respectful and individualized treatment to meet the needs of our clients and their families.

Our services
Our programs serve men and women who suffer from a variety of addictive disorders, including alcoholism and chemical dependencies. We also have programs to support significant others whose lives are affected by a loved one’s addictions.

Our staff
Your recovery will be facilitated by highly experienced licensed psychiatrists, nurse practitioners, social workers, registered nurses, therapeutic rehabilitation staff and credentialed alcohol and substance abuse counselors. We specialize in treating a wide range of chemical dependence and substance use disorders. Our multidisciplinary team will work with you to design a personalized treatment plan.

Our method
We teach our clients how to manage the disease of addiction by better understanding themselves, their environments, their triggers and the science behind the disease. And we deliver the keys to successful recovery, including:

- How to stop the cycle of addiction
- The medical aspects of addiction
- The effects of addiction on family and friends
- How to overcome codependency
- Improving coping skills
- Enhancing communication skills
- Resolution of anger issues
- Relapse prevention
- Sober living
- The use of 12-step support systems
- Medication management

For more information about our inpatient program, please call (631) 608-5610.

For more information about our outpatient program, please call (631) 608-5028.

Accredited by the Joint Commission on Accreditation of Healthcare Organizations and Office of Mental Health. Certified by the New York State Office of Alcohol and Substance Abuse Services.
When you’re struggling with addiction, things can seem hopeless and out of control. But we know from years of experience that you can learn to manage your disease and go on to live a happy, fulfilling life. At Northwell Health’s South Oaks Hospital, our inpatient and outpatient substance use disorder programs have a proven track record of helping patients and families turn their lives around.

We can help you heal, learn to manage and take back your life.

Our inpatient program
Eligibility for this program is determined by our admissions staff.

Inpatient services include:
- A comprehensive evaluation including psychiatric, psychosocial and addiction assessments, a physical exam and lab work
- Vocational, nutritional, psychiatric and medical consultations, as needed
- 24 hour nursing care
- Educational groups
- Group therapy
- Family sessions
- Specialized groups (men’s, women’s, anger management, relaxation, coping skills, art, music and physical fitness)
- Daily self-help groups (AA, NA, CA)
- Discharge planning and referrals
- Medication assisted therapies

Inpatient programs include:
- Detoxification – medically supervised detoxification from alcohol and/or other drugs. Clients receive medication to decrease severity of withdrawal symptoms. Compassionate nurses and counselors help provide insight into addictive disease and the recovery process.
- Rehabilitation – a structured environment for clients to begin the process of sobriety. A variety of workshops and educational and counseling sessions offer support and guidance to help clients begin the road to recovery.
- Services for healthcare professionals – a recovery plan designed to meet the needs of healthcare professionals who struggle with addiction.

Our outpatient program
Our outpatient program is open six days a week and offers a flexible schedule to accommodate individual needs, including day and evening hours.

Outpatient services include:
- Group therapy
- One to one counseling
- Family conference and “bridge” groups
- Educational groups
- Men and Women’s groups
- Ancillary withdrawal treatment
- Advocacy and referrals for vocational, mental health and other counseling services
- Grief counseling
- Anger management
- Family and significant other program
- Young adults
- Meditation
- Art therapy
- Intensive outpatient
- Medication assisted therapies
- HPDP - Healthcare Professional Recovery Program

Intensive outpatient program
This program allows you to receive a higher level of care while maintaining your personal commitments. It is an intense but flexible recovery program offering three hour sessions for three to five days (or evenings) a week. Structured education and counseling sessions as well as family “bridge” groups and vocational services are offered to assist you in your recovery.

Healthcare professional recovery program
This is a confidential program developed specifically to meet the needs of physicians, nurses, social workers, dentists, pharmacists, veterinarians and other licensed healthcare professionals who suffer from substance use disorders. Our experienced and professional staff is knowledgeable about state licensure and regulatory agency requirements.

Our outpatient program
Our outpatient program is open six days a week and offers a flexible schedule to accommodate individual needs, including day and evening hours.

Outpatient services include:
- Group therapy
- One to one counseling
- Family conference and “bridge” groups
- Educational groups
- Men and Women’s groups
- Ancillary withdrawal treatment
- Advocacy and referrals for vocational, mental health and other counseling services
- Grief counseling
- Anger management
- Family and significant other program
- Young adults
- Meditation
- Art therapy
- Intensive outpatient
- Medication assisted therapies
- HPDP - Healthcare Professional Recovery Program