PAC PROGRAM

PAC is one of the leading providers of outpatient addiction and emotional health disorder treatment services available in New York City.

We have the best team of clinicians and other medical professionals who are ready to work with you via telehealth or in-person at one of our conveniently located facilities.

We're ready to work with you.
www.thepacprogram.com

PAC PROGRAM

PAC knows what it takes to overcome addiction. Your new life starts here.

866-481-2547
info@thapacprogram.com
www.thepacprogram.com

PAC PROGRAM

Promise.
Achieve.
Commitment.

We're ready to work with you.
www.thepacprogram.com

PROGRAMS

OASIS Certified Outpatient Service Provider
Straightforward, uncomplicated and designed to provide the best and most comprehensive care.

Intensive Outpatient (IOP)

PAC's IOP uses evidence-based and structured approaches. Our experienced counselors can help those suffering with SUD and associated mental health disorders using either telehealth or in-person sessions. Most clients spend 4-6 weeks in IOP before transitioning into our Outpatient Therapy and Counseling program.

The program includes:

- Individualized plans
- Group, individual, education, and family sessions 3-hour group sessions three times a week
- 40 hours of treatment per month

Outpatient (OP)

Our Outpatient Program is a great way to get life back on track for those struggling to stay clean and sober. The OP program may also be the right solution if continued support is needed after completing IOP.
Clients attend weekly individual and group counseling sessions on a schedule that usually lasts between 4-6 weeks.

MAT

We know that recovering from alcohol and drug abuse can be challenging. Adding medication to a therapy program can be extremely effective if addicted to opioids, alcohol, and other substances. All medications we use are FDA-approved.
The highly trained doctors leading our MAT program will assess if a client is a candidate for medication assisted treatment.
During your MAT program, PAC therapists will provide psychiatric counseling designed to prevent relapse and help clients lead a healthy, addiction-free life.

Our MAT plan medications include:

- Buprenorphine (Suboxone, Subutex, and Sublocade), a medication that can prevent cravings for opioids and makes withdrawal feel less intense.
- Naltrexone (Vivitrol), a monthly injectable medication that has been clinically proven to reduce the chances of relapse.

Justice Involved

Drug and alcohol abuse can have serious consequences. PAC provides court-ordered DUI screenings and assessments. If treatment is recommended PAC offers a 3 to 6-month Department of Motor Vehicle (DMV) registered DUI outpatient program. Our counselors encourage clients to look deeper into the causes of addiction and focus on finding a path to living a life free of substance abuse.

Domestic Abuse & Batterer's Intervention

The PAC Batterer's Intervention Program assists in resolving issues of domestic abuse, power, and control within intimate relationships. Our clinicians are dedicated to supporting those who exhibit abuse and/or violent behaviors through both mandated sources, such as Family and Integrated Domestic Violence Courts, and self-referral and non-mandated referral sources.

Topics Include:

- Finding healthy ways to engage with your partner non-violently
- Understanding the connections between violence, sex and coercion
- Learning effective problem-solving and conflict-resolution

Anger Management

PAC's Anger Management Program is a 12-week court-approved program that helps individuals manage angry feelings. Our group format provides a supportive platform where clients can release emotions in constructive ways.

Topics include:

- Learning to manage anger intensity
- Identifying circumstances and situations that lead to anger
- Implementing calming and coping strategies to manage anger
- Learning new responses to anger that do not include aggression

PROGRAM ADMISSIONS CRITERIA AND ADDITIONAL INFORMATION

Addiction Treatment Programs

12 years and older
Meeting Medical Criteria for Admission
Medicaid, Medicaid Pending, Most Private Insurances, and Self Pay Accepted
(Sliding Scale Available)

All programs are available in English & Spanish
Weekdays & Weekend Hours

Justice Involved

16 years and older
Sliding scale available
Evening and Sunday Groups

ADDITIONAL SERVICES

Peer Specialists

Helps with all wraparound services including vocational housing applications, reengagement into care, escort to higher level of care, bringing the clients voice to the clinicians, and connection with vocational services.

Vocational Evaluation

Provides employment and skills building for job readiness through virtual or in house services via NADAP.