

PreCARES

WHAT: PreCARES provides an open, respectful, and safe environment where Adolescents can meet supportive staff and engage in discussion about their struggles. Through a combination of therapeutic services, Adolescents may increase motivation, raise awareness about themselves, and learn to explore the pros and cons of making change in their lives.

WHY: Adolescents face various struggles on a day to day basis that manifest in emotional and behavioral difficulties. Often times, Adolescents may not know how and where to ask for help.

WHO: Adolescents who may not believe they have a problem, even though others in their lives are telling them so; Alternatively, Adolescents who may be starting to acknowledge concerns about problems, and might consider changing, but are wavering or uncertain.

HOW: PreCARES offers a combination of individual, group, family, and/or psychopharmacological therapies that are designed to empower teens to make decisions based on what is best for themselves. These services are based on evidenced-based practices of Motivation Enhancement Techniques (MET) and Dialectical Behavior Therapy (DBT).

WHEN: One to four sessions per week for three to six months

UPRISE

WHAT: UPRISE (Use Prevention Recovery Intervention Services and Education) is an integrated, multidimensional program that offers a wide range of services to students enrolled at **Judith S. Kaye High School** and/or **CoOp Tech**.

WHY: Transition age youth (ages 15-26) without access to service systems that address mental health challenges experience higher levels of mental health needs, homelessness, and worse educational and vocational outcomes.

WHO: Adolescents and Young Adults enrolled in JSK or CoOP Tech who are interested in receiving treatment for substance use issues along with mental health concerns.

HOW: UPRISE offers drop-in/brief services, psychoeducation, individual therapy, supportive counseling, group therapy, family therapy, medication management, milieu therapy, and services for significant others.

WHEN: One to five sessions per week for 3–24 months



Contact Us

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To make a referral,
scan the QR code or visit
mshs.co/CARESReferral

CARES

Comprehensive
Adolescent Rehabilitation
and Education Services



About Us

The Comprehensive Adolescent Rehabilitation and Education Service at Mount Sinai Morningside offers a wide range of services to address issues interfering with optimal functioning for teens and young adults. We provide a full range of targeted and integrated services for mental health and substance use. Our accomplished clinicians have expertise in the unique developmental needs of adolescents and young adults. Youth interested in CARES will first engage in a comprehensive evaluation. Based on one's motivation and readiness to make changes in their lives, the most appropriate Level of CARES will be recommended, and an individualized treatment program will be designed.

CARES Academy

WHAT: CARES Academy is a safe and therapeutic school for NYC public high school students. It combines a distinct educational environment with intensive psychiatric treatment and is designed for those teens who require a significant level of structure and skill building to turn their lives around, but who live in their community.

WHY: An adolescent's functioning can be limited by emotional and behavioral difficulties, including emotional distress, impulsivity, drug and alcohol use, and missing school. **CARES Academy is for those teens who need both treatment and school in a combined setting.**

WHO: Adolescents seeking recovery from interpersonal, emotional, behavioral, substance related, and academic problems; Adolescents who acknowledge concerns about their problems, are considering change, or are committed and planning to make changes in the immediate future.

HOW: CARES Academy provides multidisciplinary, daily therapeutic services including individual (two times a week), group (five times a week), milieu (daily), family (once a week), and pharmacological treatments. Treatment framework is based on the principles of Dialectical Behavior Therapy, and also integrates MET, CBT, Psychodynamic, and Family Systems approaches.

WHEN: Five days per week, 9 am–3:30 pm, for 9–24 months. **Includes school daily.**

AfterCARES

WHAT: AfterCARES provides an open, respectful, and safe environment where Young Adults can develop the skills they need to live a balanced and fulfilling life. Becoming a member of AfterCARES provides access to a range of services, dedicated clinicians, and a network of peers.

WHY: The transition from adolescence to adulthood can be complicated by emotional, behavioral, and family issues. Being a Young Adult requires balancing responsibilities of self, family, career, and community.

WHO: Adolescents and Young Adults who were previously enrolled in CARES Academy and are actively taking steps to make changes in their lives, or who have achieved their initial goals and are now are working to maintain their gains.

HOW: AfterCARES offers a combination of individual, group, family, and psychopharmacological therapies, as well as peer support and mentoring. These services are based on Motivation Enhancement Techniques and Supportive Psychotherapy.

WHEN: Two to five sessions per week for three to six months

