

# Richmond University Medical Center

Bridges to Wellness Program



*A program  
dedicated to you*

## TO BEGIN THE BRIDGES TO WELLNESS PROGRAM:

CONTACT OUR PROGRAM SUPERVISOR AT 718-818-6814.

ONCE INSURANCE AUTHORIZATION IS SECURED BY THE REFERRAL SOURCE, AN INTAKE APPOINTMENT WILL BE SCHEDULED.

Referrals will be accepted from professional practitioners, hospital, community organizations, college mental health programs, and forensic programs.

### CRITERIA FOR ADMISSION;

- ▶ 18 years or older
- ▶ Axis 1 psychiatric diagnosis
- ▶ Absence of active alcohol and substance use
- ▶ Authorization from insurance company
- ▶ Willingness to participate 5 days per week without barriers

## **BRIDGES TO WELLNESS**

The bridges to wellness program is dedicated to meeting the mental health needs of those diagnosed with psychiatric disorders.

It is a supportive therapeutic environment for individuals discharged from a psychiatric unit who need assistance transitioning to home, community, and outpatient care. Bridges to wellness is also available to patients who are currently being treated on an outpatient level of care, but may benefit from short term intensive services to avoid hospitalization.





Bridges to Wellness includes:

- ▶ Medication evaluation and management
- ▶ Group and individual therapy designed to teach coping skills and build on the strengths that already exist in each individual.





Treatment through Bridges to Wellness is designed to meet each individual's personal needs. The individual actively participates in planning his or their treatment. Family involvement is strongly encouraged.

The program is 5 hours a day, 5 days a week for potentially up to 6 weeks and includes:

- ▶ Individual, group, and family therapy
- ▶ Psychiatric evaluation
- ▶ Medication management
- ▶ Safety planning
- ▶ Recovery goal planning
- ▶ Back to work and/or school planning

Transportation to and from the program is provided. Lunch and snacks are included.





**BRIDGES TO WELLNESS PROGRAM**

**For Questions or to Make a Referral  
Please Contact Us:**

**718-818-6814**

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**HOURS OF SERVICE  
MONDAY - FRIDAY  
9AM - 4PM**

**Richmond University  
 Medical Center**



**1130 South Ave  
Staten Island NY 10314**

**[rumcsi.org/bridgestowellnessprogram](http://rumcsi.org/bridgestowellnessprogram)**