

# WE'RE IN THIS TOGETHER.

We have what it takes. Providing complete support for adolescent and young adults renewed ability to engage with life without being dependent on drugs or alcohol

The Midtown Center is a leading-edge, cost effective, community based program. We work with a variety of insurers, including Medicaid, Aetna and Blue Cross/Blue Shield. We also work with other health insurance companies that offer out of network benefits, and we offer sliding scale arrangements to qualifying clients.

- + Psychiatric exams
- + Medication assisted treatment
- + Individual and group therapy
- + Family therapy
- + Cognitive behavioral therapy
- + Trauma therapy using EMDR, EEG Neurofeedback, yoga and other modalities
- + Art Therapy
- + Outdoor Recreation Therapy
- + A welcoming, safe peer community with built-in recovery support and resources: designed specifically for young adults ages 14-25"

**Contact us today**  
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Experience is not what happens to you, it is what you do with what happens to you."

~ Aldous Huxley

## The Experience Center

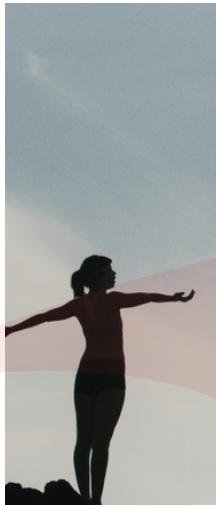


Specializing in substance use treatment for adolescents and young adults.

Midtown Center for Treatment and Research



# You can get your life back: It starts here



*"Treatment works and sometimes can be fun, plus you get your Life back."*



*~ Ann B. Beeder, MD  
Medical Director;  
Leading psychiatric and  
public health care expert*

We know what it takes to help you get free of drug dependence, stay that way, and move on to a fulfilling life.

**Part of one of the world's most prestigious medical colleges**

**Access to the latest research on effective therapeutic interventions**

**Trained in cutting-edge evidence-based techniques**

We are a team of highly trained psychiatrists, pediatricians, psychologists, social workers, certified substance abuse counselors, art therapists, and outdoor recreation therapists, who are working in partnership to continually bring you the best of what we currently know about treating drug addiction.



## Weill Cornell Medicine Treatment Program

Adolescents and young adults are unique and require unique substance use interventions. That's why our program begins with a comprehensive and confidential intake assessment to determine which treatment makes the most sense for each individual. Treatment is customized, comprehensive and holistic focussing on the mind, the body and the spirit.

We offer a variety of evidence-based, experiential methods, alongside proven traditional methods, to employ harm reduction techniques with a goal of abstinence.

Our therapies address substance use issues as well as mental health concerns. This approach

helps each individual develop the coping skills necessary for addressing substance use triggers, managing stress, anxiety and anger, and improving physiological health and the mind-body connection.

Our outpatient treatment is designed to be flexible, with hours 5 days per week including 4 evenings, so you can still attend school or go to work.

The  
Experience  
Center

