

Renaissance Addiction Services at BestSelf is a fully residential, OASAS licensed (Office of Addiction and Substance Abuse Supports), treatment facility that specializes in trauma-informed, patient-centered rehabilitation and reintegration for adolescents and young adults diagnosed with substance use disorder (SUD). Located in West Seneca, the campus sits on a private 11-acre property along the Seneca Creek. The rehabilitation element has two age groupings: ages 12-20 and ages 21-26. The residential reintegration program is available for ages 15-26. RASI works with all patients regardless of sex or gender identity. A young person can come to the campus and not only learn what recovery means but gain the skills they need to navigate the world and live independently on their journey of recovery. Confidential assessments are provided promptly at no cost.

Rehabilitation services at RASI don't just treat a single patient for a single diagnosis; they treat the whole patient through family programming, continuing education, art therapy and they are able to treat (and/or diagnose) co-occurring mental health disorders. For ages 12-20 the average length of stay is 4-6 months; for ages 21-26 the average length of stay is 45-90 days.

On-site services include medical exams/treatment, mental health treatment/prescribing, a designated credentialed alcohol and substance abuse counselor, medication assisted treatment, a comfortable and home-like living environment, full cafeteria and recreation facilities (gym, weight room, basketball court, baseball field etc.). Any other specialized patient needs such as optometrist, dentist or neurologist etc. are managed by the nursing team and patients are escorted to and from their appointment by staff. Patients can also continue their education on-site with teachers specializing in high school, high-school equivalency, lifeskills studies and vocational education.

The Reintegration program at RASI helps residents aged 15-26 learn how to live independently on their journey of recovery. For many young people, going "home" (if they have one) may not be in their best interest; for some home may not be a safe place, for others it may not be a question of safety but a need for the structure of a supportive living environment to build the skills they need to thrive instead of just survive. All residents have access to a private and comfortable living environment, on-site case management, vocational and lifeskills education, on-site high school equivalency preparation and a designated credentialed alcohol and substance abuse counselor. Patients are linked to outpatient therapy and other services needed to achieve their goals. The average length of stay for the reintegration program is 6-18 months.

Still wondering how reintegration works? Here are a few examples:

Jessica is 17 and grew up in a rural area without finishing high school. She started using marijuana and alcohol as an adolescent with her mother who also suffers from the disease of addiction. Jessica has successfully completed a rehab program but knows if she returns home the pressure to start using again will be too great and due to the lack of transportation and resources where she is from, she doesn't have the support she needs. Jessica was admitted to the reintegration program where she was linked to an outpatient counselor as well as an on-site credentialed alcohol and substance abuse counselor and case manager. While here Jessica was able to learn how to make her own meals, manage her finances and hold down a job all while studying for and passing the GED. Staff also helped her find an apartment she could afford closer to town while maintaining her job and attending classes for her Associate's degree online.

Theo is 23 and homeless. His drug of choice is opiates and he started using Oxycontin which descended into heroin use. Theo completed a detox program and was given priority admission to the rehabilitation program on campus. He successfully graduated and applied to the reintegration program. There he was able to establish a connection with the recovery community through attending NA meetings. With the help of the vocational counselor, he was able to enroll in a mechanical engineering program. He continues to live on campus while attending vocational school and building his support network through attending meetings and outpatient counseling.