



**ABILITIES FIRST**  
ENRICHING THE LIVES OF PEOPLE WITH DISABILITIES

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## WHO IS ELIGIBLE

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Adult men with developmental disabilities who struggle with Alcohol or chemical Abuse/Dependency.

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## STAFF

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24 hour Residential Counselors  
Full time Licensed Clinical Social Worker  
Full time Credentialed Alcoholism and Substance Abuse Counselor  
Recreation Therapist  
Creative Arts Specialist  
Part time Registered Nurse

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## CERTIFICATION

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OPWDD  
OASAS

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## FOR MORE INFORMATION

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TO APPLY, CONTACT:

*W. H. Mahon, Jr.*  
*Clinical Administrator*  
*Residential Services*

**WARYAS HOUSE**  
101 Inwood Avenue  
Poughkeepsie, NY 12601



(845) 452-1913 ex 103

*Waryas House*  
101 Inwood Avenue  
Poughkeepsie, NY 12601

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**ABILITIES FIRST**  


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# WARYAS HOUSE

*A community residence & recovery program of*



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Poughkeepsie, New York  
12601  
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[www.abilitiesfirstny.org](http://www.abilitiesfirstny.org)

Non-Profit  
Organization  
U.S. Postage Paid  
Permit No. 93  
Poughkeepsie, NY

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## WHAT IS WARYAS HOUSE

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*Waryas House* is an IRA residence and treatment program for adult men with developmental disabilities who also suffer from chemical dependency. We provide a safe, supportive atmosphere for people to begin to grapple with their addiction and learn the tools for recovery.



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## THE PROGRAM

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The primary focus of the residence is recovery from the disease of Alcohol and/or chemical Dependency. To this end, the clinic program runs 7 full days a week. Residents participate in daily group and individual sessions, lectures, creative arts therapies, and recreation. Groups are geared to the special learning styles of people with developmental disabilities. Recovery tools and skills needed for independent, sober living are taught.

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## GOALS OF WARYAS HOUSE

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*To provide* a safe and sober environment in which to learn how to live a sober, independent and gratifying life within the limits of each person's ability

*To reduce* the probability of relapse by providing a structured and educational therapeutic environment

*To provide* an alternative to inpatient treatment for addicted people by working in conjunction with Abilities First's OPWDD certified residential services

*To accelerate* recovery from alcoholism/chemical dependency by providing intensive professional services and helping to create a social network with others in recovery

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## LENGTH OF STAY

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The *Waryas House* Recovery Program comprises a one year treatment plan broken into four progressive phases. Each resident's program is individually tailored, with discharge recommendations made according to progress in the program.

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## SERVICES PROVIDED

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- Full day substance abuse clinic
- Daily group sessions focused on:
  - Twelve Steps
  - Relapse Prevention
  - Tools for Sober Living
  - Communication
  - Impulse Control
  - Conflict Resolution
  - Understanding and Dealing with Feelings
- Health Management
- Art Therapy
- Recreation Therapy
- AA/NA Meetings 5 days a week
- Individual psychotherapy
- Skills for independent living:
  - Money Management
  - Grooming and Hygiene
  - Community Integration
  - Independent Travel
  - Cooking and Housekeeping Skills
- Work Training and Job Opportunities
- Case Management

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## WHAT ABOUT EMPLOYMENT

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Residents focus solely on their alcohol/drug addiction issues. As they become ready, they work with Abilities First's Integrated Employment Services and VESID to develop job skills and train to find paid work at the level of their capabilities, while still being engaged in the treatment program.



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