

Who We Are

CN Guidance & Counseling Services is a nonprofit organization that improves the quality of life for individuals and families on Long Island affected by mental health and/or substance use disorders.

We have been serving the community since 1972.

We believe in the ability of every individual to recover.

*"We are treated as individuals.
Each counselor knows us personally.
We are not just a number. We are
each our own person."*



Hope Starts Here

cnGuidance.org
516-822-6111

Let our caring team help you overcome temporary hurdles to your long-term wellness and recovery.

For More Information

cnGuidance.org
516-822-6111

Cn guidance &
counseling services

Crisis Respite Program



An Opportunity for You
to Recover from a Crisis
In a Safe Environment

Cn guidance &
counseling services

What is a Crisis Respite Program?

This is a short-term residential setting with special supports for adults experiencing a mental health crisis. Here, we provide 24-hour supervision in a warm and safe environment to individuals who do not need hospitalization. Residents may stay from **1 to 30 days**.

Your Team will include a Clinical Supervisor, Nurse, Peer/Direct Care Counselors, and others.

Two of the most common examples of when you might want respite:

- You feel increasing mental health symptoms and escalating conflict at home. You desire “having space to myself for a few days.”
- You are leaving a hospital, but do not feel ready to return home.

Several other reasons could make a stay in this program right for you. If you're not sure, please ask us.

During your stay, you are likely to **gain** more: confidence, skills, strengths, stability, and ability to safely work through anger and sadness.



Who Is Eligible?

You are eligible for this program if you are:

- 18 years or older
- living in **stable housing** (that you can return to) after your respite
- living in Nassau County
- diagnosed with a mental illness (including if you have a co-occurring substance use disorder)
- currently experiencing a psychiatric crisis that does not require hospitalization

The program is available regardless of ability to pay.

You will need to be referred to **other** services if you:

- will not have reliable housing to return to
- need a higher level of care than this program can safely provide (let us know if you're not sure)
- are a threat to yourself or others, needing inpatient psychiatric care
- are actively using illicit substances

Sampling of Services Provided

Beyond assuring you access to mental health counseling, substance use treatment, and other CN services, this program offers a variety of skill-building and support. Three examples are:

Symptom Management – help managing your symptoms, identifying triggers, and developing coping strategies to deal with stresses.

Assertiveness/Self-Advocacy Training – help improving your communication skills; asking for and receiving what you need; and responding more easily to a range of problems.

Medication Management Training - help understanding the role/effects of medication(s), while learning how to safely store medicine and monitor yourself.

The program also provides support for daily living skills, health and wellness (including good nutrition habits), and connection to job readiness or other skills development.



Contact Us at:
cnGuidance.org or 516-822-6111

