River Hospital and the River Community Wellness Program are committed to serving Fort Drum and the 10th Mountain Division (LI).

Referrals to River Community Wellness Program can be made by calling 315.482.1277 or by fax 315.482.4911.
The River Community Wellness Program provides intensive outpatient treatment for Soldiers with Post-Traumatic Stress Disorder and other anxiety related disorders. The goal of the program is to offer more intensive treatment than is available in a typical outpatient setting, without sending you away. Since reintegration into “normal” life is often a major issue, being able to go home at night knowing that life challenges will be addressed on a daily basis is a great advantage. Recognizing the issues of family members and helping them to help you is an integral part of the program. We will facilitate referrals to other resources and invite family members to attend therapy sessions if indicated. For those returning from an inpatient hospitalization, this program can serve to facilitate return back to outpatient treatment.

The Wellness Program runs five days a week, Monday through Friday, 0900 to 1430 with lunch provided. Treatment will involve both group and individual therapy. Groups are dynamic and will focus on education and will also include art therapy and varied types of activity therapy. Every participant will have an individual therapist and an opportunity to consult with our psychiatrist on medication management. Length of stay in the program depends on individual need, with most participants attending for between two to four weeks.

**Confidentiality:**
As in all effective treatment, feeling safe to discuss all aspects of your experience is very important. We are committed to protect your confidentiality and to coordinate your care with past and future providers.

**Attendance:** Daily attendance is important and expected. Multiple unplanned absences are counter-therapeutic and will result in your discharge from the program.

**Safety:** Your safety is a priority for River Hospital. If we determine that safety becomes an emergent issue, referral to a more intensive level of treatment will be discussed. We will do everything we can to assist you on your path to wellness. If our program is not a good fit for you, we will strive to find a more appropriate setting for you.

Dress Code: You are welcome to wear your military uniform while attending the program. If you choose to wear civilian clothes, they should be clean and without inappropriate slogans. Please do not wear provocative clothing such as short skirts, see through or half shirts or tank tops. No hats, sunglasses, hoods or bandanas may be worn indoors. Bring clothing appropriate to weather as some activities may take place outdoors.

Behavior: Treatment is collaborative. We pledge to be there for you but your participation is required. Your behavior is expected to be appropriate at all times. Inappropriate behavior, as outlined in the Patient Handbook, will not be tolerated and will be considered grounds for discharge.

Personal Property: No weapon of any kind will be allowed. Cameras, smart phones, cell phones or any type of recording device are not allowed during any type of therapeutic session. Drugs and/or alcohol are prohibited.

Visitors: Visitors are not allowed at any time during the program. When appropriate, family members will be included in therapy sessions.

The Wellness Program is located in beautiful Alexandria Bay. Our group rooms look out onto the St. Lawrence River with breathtaking views of Boldt Castle, providing a safe and tranquil therapeutic setting for your path to wellness. This is a unique program for the North Country and River Hospital is dedicated to helping our military service members who have sacrificed so much to provide us the safety and security we enjoy every single day.