Our Mission
Independent Living, Inc. is a consumer-direct, cross-disability advocacy and service organization, dedicated to enhancing the quality of life for individuals with disabilities. Our vision is a barrier-free society with opportunities for all persons to achieve their maximum potential.

Peer Advocates
Available to assist individuals with mental illness or co-occurring mental health and substance use issues, peer specialists provide supportive counseling, information and referral, service coordination and assistance with applying for benefits.

This proactive approach, that focuses on developing a system of supports for each individual, concurrently addresses the issues of confusion, isolation and loneliness, and is firmly rooted in the belief that the individual being served by a process should be the primary shareholder in that process.

Our goals are to promote and foster independence and encourage participants to embrace wellness and recovery.

Office hours are
Monday-Friday 9a.m. – 5p.m.

3 LOCATIONS

5 Washington Terrace, Newburgh, NY 12550
Phone: (845) 566-1162
Fax: (845) 565-0567
Videophone: (845) 764-8384

10 Prince Street, Suite 12, Monticello, NY 12701
Phone: (845) 794-3322
Fax: (845) 794-3323

441 East Main Street, Middletown, NY 10940
Phone: (845) 342-1162
Fax: (845) 342-1192

www.MyIndependentLiving.org
Transition & Diversion Specialists
Serving persons with psychiatric and co-occurring addictive disabilities with the goal of aiding in the prevention of hospitalization and homelessness, the hospital transition and diversion program provides wrap-around support, including core independent living services.

Peer Transition and Diversion Specialists provide a continuum of care for individuals with mental health and/or substance use diagnoses.

Transition ("Bridger") Services*

Our Bridgers are on-site and on-call at local hospitals to assist individuals being discharged from the mental health or substance use rehabilitation units to connect with necessary supports for their continuing journey of recovery. Engagement with a Bridger (transition specialist) can begin upon admission, so that the Bridger may assist with development and implementation of the discharge plan. Services may include but are not limited to:

★ Transportation home from the hospital/rehab or to critical follow-up appointments and for housing program referrals.

★ Follow-up after discharge to help ensure positive outcomes as individuals transition back into the community.

★ Assistance with housing, transportation, employment and expanded options for socialization and recreation.

★ Facilitate discussions and support groups utilizing evidence-based practices.


*All services are offered at no cost

Diversion Services*

Our Diversion Specialists are on-site at local Emergency Departments and on-call to proactively engage individuals who have been evaluated but not hospitalized, providing intensive peer intervention during periods of crisis. Peer Diversion Specialists are highly trained consumers of mental health and substance use services whose personal lived experience enables them to:

★ Offer peer counseling, encourage personal empowerment, self-determination and autonomy.

★ Provide appropriate supports in line with individual goals and objectives.

★ Serve as advocates as they promote, model and teach self-help skills and self-advocacy.

★ Work with service providers in the community and with family members to help cultivate a strong system of supports for each individual.

Independent Living staff members are not hospital employees; however, they work collaboratively with members of the clinical team. They serve as both mentors and facilitators, and, because they are peers, they are fully able to understand the challenges associated with overcoming barriers that may seem insurmountable, from both a personal and a professional perspective.