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Contact Us

For a confidential cost-free consultation, call us at **(516) 562-3260** or email us at **rosencenter@nshs.edu**

Sponsored in part by the Federal Law Enforcement Foundation, Inc. and the Florence and Robert A. Rosen Family Foundation

The Rosen Family Wellness Center
For Law Enforcement & Military Personnel and Their Families

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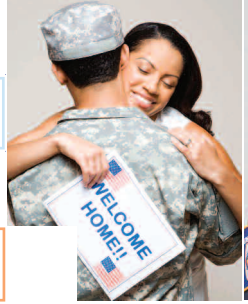
The Florence and Robert A. Rosen Family Wellness Center

For Law Enforcement & Military Personnel and Their Families

North Shore LIJ



Welcome to the Florence and Robert A. Rosen Family Wellness Center

Dedicated to helping those who help us

Founded in 2006, the Florence and Robert A. Rosen Family Wellness Center is dedicated to enhancing the well being of law enforcement and military personnel and their families living in the New York metropolitan area. The Wellness Center is an integral community program of the North Shore – LIJ Health System.

The Center serves:

- Local, state and federal law enforcement officers and agents and their families
- All Active and Reserve Component uniformed service members and their families
- Veterans of Operations Iraqi Freedom, Enduring Freedom, New Dawn and their families

The Center provides a variety of services including:

- No cost, confidential assessments and treatment
- Individual, couples, and family psychotherapy for children, adolescents and adults

  Specializing in evidence-based cognitive behavioral therapies including:

  - Trauma-Focused Cognitive Behavioral Therapy
  - Cognitive Processing Therapy
  - Cognitive-Behavioral Conjoint Therapy for Posttraumatic Stress Disorder
  - Prolonged Exposure Therapy
- Psychiatric evaluations
- Neuropsychological assessments
- Medication management
- Metric-based clinical outcomes assessment
- Adult wellness and health workshops
- Parenting and child resilience workshops
- Training for healthcare professionals
- Referrals for physical and specialized longer-term behavioral health care
- Outreach, presentations, consultation, and crisis counseling for military and law enforcement agencies
- Joint programs with other health care organizations and health systems
- Research

Why is the Rosen Family Wellness Center Needed?

Law enforcement and military personnel and their families have unique needs based on their occupations and experiences. The staff at the Rosen Center is experienced in dealing with the issues specific to these groups including:

- Long-term exposure to stressful or traumatic events as a result of law enforcement duties or military deployment
- Fear for the safety of their loved ones who are military personnel deployed overseas or law enforcement personnel who may be first responders to life-threatening situations, natural disasters, acts of terrorism, or other dangerous emergencies
- Rotating shifts, weekend and holiday work, and work away from home
- Prolonged separation due to deployments
- Unique needs for families before, during and after deployments
- Reintegration of families after long deployments
- Lack of a large military installation to support National Guard, Reservists, and their families