

USER'S GUIDE

TO

CHILDREN'S
MENTAL HEALTH SERVICES

ON

LONG ISLAND



TENTH EDITION

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PREFACE

The User's Guide to Children's Mental Health Services on Long Island is a comprehensive guide to mental health services for children and their families. These programs are offered under the auspices of the New York State Office of Mental Health, the Nassau County Department of Mental Health, Mental Retardation and Developmental Disabilities, and the Suffolk County Health Department - Division of Community Mental Hygiene Services.

The guide was developed to address requests from parents, mental health professionals, and other agencies who work with children for more information on the children's mental health system and on how to find the most appropriate services for a child. It provides not only a listing of programs, but also other useful information about the system of services which would be helpful to both parents and professionals.

The first edition of the Guide was produced in November 1991. Since then there have been nine revisions in the last twenty years. Refinements have continually been made to offer more information about children's mental health and related issues and other services which are needed by children and families. We have also tried to make the guide easier to use, especially for families.

This tenth edition provides the latest information on programs and services. It reflects changes in the system in the past five years - especially about the Single Point of Access (SPOA) which has been in effect in Nassau and Suffolk Counties. This system has dramatically changed how you can find the most appropriate services for your child. For more information on the SPOA, see page 10. In addition, there is also an updated section which incorporates many of the commonly used psychiatric medications (page 44). There is updated information about specialized clinic programs, including the new initiative - Child and Family Clinic Plus (page 27), as well as changes to the PINS process (page 42).

We welcome your comments or suggestions for improvement of the Guide. Please feel free to call us at the numbers below. Our goal has been to produce a manual which is "user friendly" and helpful to you.

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(631) 761-2334**

QUICK REFERENCE

A

ACLD/Kramer Learning Center (631) 665-1900
ACLD Diag. & Treatment Ctr (516) 822-0028
Adelante of Suffolk County
 Brentwood (631) 434-3488
 Central Islip (631) 234-1049

B

Bellport Day Treatment Program..... (631) 286-6930
Brentwood Mental Health Clinic (631) 853-7300
Bridger Program (Sagamore CPC) (631) 370-1826
Brookhaven Memorial Hospital..... (631) 654-7100
Brookhaven Youth Bureau..... (631) 451-8011
Brunswick Hospital (631) 789-7000

C

CPEP (Stony Brook Univ. Med. Ctr.)... (631) 444-6050
CAPT Program (631) 647-3120
Catholic Charities
 Bayshore..... (631) 665-6707
 Freeport (516) 623-3322
 Medford (631) 654-1919
Central Nassau Guidance (516) 822-6111
 & Counseling Services, Inc.
CIRCLE Program/Pederson Krag (631) 920-8302
Cohen Children's Medical Center
 (formerly Schneider's Childrens) .. (718) 470-3000
Colonial Youth & Fam Svcs (631) 281-4461
Crisis Bed Program/Respite -
 Nassau Co. (MHA). (516) 485-4300
 Suffolk Co. (Sagamore CPC) .. (631) 370-1701

D

Day Hospital (Sagamore CPC)..... (631) 370-1883
Day Treatment:
 Bellport Day Treatment Prog. (631) 286-6930
 No. Babylon Day Treatment.... (631) 491-4355
 Sayville Day Treatment Prog. (631) 567-5834
 Wantagh Day Treatment Prog. (516) 781-4097

TELEPHONE NUMBERS

E

Epilepsy Foundation of LI (516) 794-5500

F

Family and Children's Association. (516) 746-0350
The Family Center (F & C Assn) (516) 485-5914
Family Counseling Services..... (631) 288-1954
Family Service League of Suffolk
 Main Office (Huntington)..... (631) 427-3700
 E. Hampton..... (631) 324-3344
 E. Yaphank (631) 924-3741
 Hampton Bays (631) 723-2316
 Mattituck (631) 298-8642
 Riverhead..... (631) 369-0104
Family Support Services Program (PK) (631)920-8302
Farmingville Mental Health Clinic (631) 854-2552
F.E.G.S.
 Intake (all sites) (516) 364-0794
 Center Moriches..... (631) 874-2700
 Central Islip (631) 234-7807
 Copiague (631) 691-7080
 Hempstead (516) 485-5710
 Syosset (516) 364-8040
Franklin Hospital Medical Center (516) 256-6000

H

Home and Community Based Services Waiver
 Nassau (516) 485-5976
 Suffolk (631) 920-8302
Hispanic Counseling Center (516) 538-2613
Home Base/Home Safe Program (FSL) (631) 924-3741
Huntington Hospital..... (631) 351-2000

I

Intensive Case Management for Children
 Nassau County (FEGS)..... (516) 505-2003
 Suffolk County (631) 853-2762

J

Just Kids Clinic (preschool)..... (631) 924-1000

L

Lakeview House (516) 678-5991
Legal Aid Society

Nassau Co..... (516) 560-6400

Suffolk Co..... (631) 853-5212

LINK Program (Pederson-Krag Ctr)... (631) 920-8302

Long Beach Medical Center (516) 897-1000

Long Island Advocacy Center

Nassau Co..... (516) 248-2222

Suffolk Co. (631) 234-0467

Long Island Counseling Center..... (516) 437-6050

Long Island Families Together..... (631) 264-5438

Long Island Jewish Hospital (718) 470-8100

M

Madonna Heights Services (631) 643-8800

Mather Memorial Hospital..... (631) 473-1320

Melillo Center (516) 676-2388

Mental Health Association

Nassau County (516) 489-2322

Suffolk County (631) 226-3900

Mental Hygiene Legal Service

Nassau (516) 746-4545

Suffolk..... (631) 852-2325

Mercy Medical Center (516) 705-2525

MercyFirst (formerly St Mary's) (516) 921-0808

Merrick House (516) 868-2050

Mobile Crisis Team (Nassau) (516) 868-3030

Mobile Mental Health Team (Suffolk).. (631) 673-7701

Suffolk Co Family Court Team (631) 853-4845

N

Nassau University Medical Center..... (516) 572-0123

Nassau County Department

of Mental Health..... (516) 227-7057

Nassau Haven..... (516) 221-1310

Nassau/Suffolk Law Services..... (631) 348-1800

North Babylon Day Treatment Prog. (631) 491-4355

North Shore Child and Family Guidance Center

Roslyn Heights (Main Office).. (516) 626-1971

Manhasset (516) 484-3174

Westbury..... (516) 997-2926

North Shore University Hospital..... (516) 562-0100

North Shore Univ. Hosp. Plainview (516) 719-3000

North Shore Univ. Hosp. Glen Cove..... (516) 674-7300

P

Parent Advisor (NYS OMH) (631) 761-2334

Parent to Parent Prog Suffolk County . (631) 853-2793

Partial Hospital Programs:

Mather Hospital (631) 473-3877

South Oaks Hospital (631) 264-4000

Pathways Program,So Shore Ch Guid .. (516)868-3030

Pederson-Krag Center

West (Huntington) (631) 920-8000

North (Smithtown) (631) 920-8300

East (Coram) (631) 920-8302

Wyandanch site (631) 920-8250

Community Residence (631) 751-0197

Community Residence West ... (631) 683-4393

Peninsula Counseling Center (516) 569-6600

R

Riverhead Mental Health Clinic (631) 852-1440

Roosevelt Comm. MH Center (516) 623-1644

RECESS Program (FSL) (631) 647-3100x136

S

Sagamore Children's Psychiatric

Center..... (631) 370-1700

Sayville Day Treatment Program. (631) 567-5834

So. Brookhaven Health Ctr - Mental Hlth Clinics

East (Shirley) (631) 852-1070

West (Patchogue) (631) 854-1222

South Nassau Communities Hospital ... (516) 632-3000

South Oaks Hospital (631) 264-4000

South Oaks Outpatient Clinic (631) 608-5028

South Shore Child Guidance Center (516) 868-3030

Southside Hospital..... (631) 968-3000

State Education Department (631) 884-8530

Suffolk County Division of Community

Mental Hygiene Services (631) 853-8513

Supportive Case Management

Nassau Co. (FEGS).... (516) 505-2003

Suffolk Co. (FSL)(631) 647-3100x127

Syosset Hospital..... (516) 496-6400

T

Teaching Family Homes Program
(Catholic Charities) (516) 634-0012

U

University Medical Center
at Stony Brook (631) 689-8333

W

Wantagh Day Treatment Program
(Sagamore CPC) (516) 781-4097
Waverly Clinic (Sagamore CPC) (631) 654-2077

Z

The Zucker Hillside Hospital (LIJ) (718) 470-8590

**OFFICE OF MENTAL HEALTH
DIVISION OF CHILDREN AND FAMILY SERVICES**

MISSION STATEMENT

In the development and delivery of services, The Office of Mental Health is guided by a set of core principles. Primary among them is that the family is the most desirable setting in which to rear children. Clinical practice, policy direction, and funding must support the rearing of children in family and family-like settings. Services must be flexible to meet the needs of diverse populations. Furthermore, complex needs of children and adolescents with serious emotional disturbances require strong interagency coordination to ensure the smooth transition of children from one system to another, to coordinate simultaneous service provision from several systems, and to move older adolescents into the adult service system.

GOALS

To assure that children and adolescents with serious emotional disturbances have access to a comprehensive array of services including: Emergency and Crisis Services, Family Support, Outpatient Services, Community Residential Services, and Inpatient Services.

DIRECTION

The NYS Office of Mental Health will foster the development of an integrated system of effective mental health and related services to promote the mental health of citizens of New York State while emphasizing the recovery of those with significant psychiatric disabilities.



FAMILY INVOLVEMENT IN A COMMUNITY BASED SYSTEM OF CARE

The following are principles and values in relation to the involvement of families in the care of their children with serious emotional disturbance:

I. The families and surrogate families of children with serious emotional disturbances should be full participants in all aspects of the planning and delivery of services:

A. The parents of children with serious emotional disturbances should be represented in the OMH State planning process, the local level planning process, and on the governing boards of local mental health agencies to have input into the design of the children's mental health system.

B. The families and surrogate families of children with serious emotional disturbances should be at the center of treatment planning, goal setting, and decision making regarding their children's service needs.

C. Parents and other family members have a right to be treated in a respectful manner in their dealings with children's mental health service providers by having an opportunity to offer input and ask questions.

II. The families of children with serious emotional disturbance should be involved in determining how well the service system is working and what changes are needed.

III. Families and surrogate families should be served in a culturally competent system of care which acknowledges and incorporates, at all levels, the importance of culture, the assessment of cross-cultural relations, the expansion of cultural knowledge, and the adaptation of services to meet culturally and ethnically unique needs.

IV. OMH should support and promote parent-to-parent communication, thereby supporting the families of children with serious emotional disturbances in their role as the primary caregiver.

V. Mental health programs serving children with serious emotional disturbances should address the family's need for non-mental health supports as well as providing appropriate treatment services.

WHERE DO I START? - HOW TO ACCESS SERVICES

Many parents feel helpless and overwhelmed by the task of trying to find help for their child who may be having emotional or behavioral problems. They often ask the following questions:

- I know that my child is having problems, but what kind of problems are they. Why is he/she acting this way?
- How serious are the problems? Do they require professional help, or are they just a normal part of growing up?
- What type of services would help my child? How can I find support for myself and other family members?
- Who can I call to get information about the types of services and programs which are available?

It can sometimes take days, weeks or months, and dozens of telephone calls to answer some of these questions, and to get the information needed about a program or agency which may be right for a particular child. It can take even longer to actually have the services begin.

This section, and in fact the entire User's Guide, is an attempt to help parents and professionals be better informed about what services are available and how to get to them.



Emergency Assistance

A good place to start in an emergency is to call a hotline or another service which is available 24 hours per day, 7 days per week. Staff of the hotline will ask for information about your child's problems in order to determine which programs will better service your needs. A listing of hotlines can be found in the User's Guide on page 9.

Other sources of immediate help are a psychiatric emergency room or CPEP, Mobile Crisis Team, or the police, if necessary. These resources should be used in extreme cases where someone's safety is in jeopardy. A listing of emergency programs begins on page 13.

Non-Emergency Assistance

In most cases, it is clear that a child is having problems long before an emergency develops. Often an emergency can be avoided by getting help earlier, when the problems are not as severe. A listing of places which provide information about general issues related to children's mental health, and provide referrals to programs based on the type of problems a child is having, follows the hotline listing on page 9.

For general information, many of the libraries in Nassau and Suffolk counties have special sections on child and family issues. Some of these sections include information or brochures on various programs which are available in your area. The Middle Country Library in Suffolk County is a particularly good resource (Tel: 631-585-9393). They maintain the 2-1-1 LI Database (formerly the Community Resource Database of Long Island), an internet site which lists many mental health and other resources throughout Long Island - <http://211longisland.communityos.org>

Another source of help for a child who is having problems is the child's school. In all school districts, there are departments of special education or pupil services where trained staff can evaluate a child who is having difficulties in school performance or attendance. A parent who is concerned may request that the school's Committee on Special Education (CSE) evaluate their child's need for a special class or special services.

A comprehensive evaluation is often first obtained in a mental health clinic. The evaluation will include psychiatric and social assessments, as well as recommendations for the child and family. If further treatment is needed, this can often be provided at the clinic. If more intensive services are needed, a referral can be made by clinic staff. A listing of clinic programs is on pages 24-25.

Since 2001, it has been much simpler to get access to a number of different programs and services in the children's mental health system. These include many of the more intensive community based support services and residential programs. For all these services which are part of the Single Point of Access (SPOA) in each county, there is one application form and one process for making referrals to all programs. More information on the SPOA can be found on page 10.

Since children's problems often require assistance from other agencies as well as mental health services, included in this User's Guide is a section titled, "Additional Services for Children and Families" beginning on page 40. Included are telephone numbers for several other agencies, which may be able to help, and the kind of services they offer.



HOTLINES

All hotlines operate 24 hours per day, 7 days per week unless otherwise noted

Nassau County

Families Anonymous	(516) 221-0303	Answering machine
Long Beach Reach	(516) 889-2332	
Long Island Crisis Center Hotline	(516) 679-1111	
Mental Health Hotline	(516) 572-6419	
Nassau County Dept. of Health	(516) 742-6154	5:00 PM - 9:00 AM
Nassau County Department of Social Services	(516) 572-3143	6:00 PM - 8:00 AM
Peer Family Support HELpline	(516) 504-HELP	Tuesdays 2:00PM – 5:00PM

Suffolk County

Huntington Hotline	(631) 549-8700	
Islip Hotline	(631) 277-4700	Mon - Fri 9:00AM - 8:00 PM Wknd& Hol 4:00PM - Midnight
Mental Health Hotline	(631) 952-3333	
Response of Suffolk County Hear2Help online	(631) 751-7500 www.responsehotline.org	
Suffolk County Department of Social Services	(631) 854-9100	4:30 PM - 9:00 AM

INFORMATION AND REFERRAL RESOURCES

Nassau County

Family and Children's Association	(516) 746-0350
Mental Health Association	(516) 489-2322

Suffolk County

Family Service League	(631) 427-3700
Mental Health Association	(631) 226-3900
Middle Country Library	(631) 585-9393

Nassau/Suffolk Counties

New York State Office of Mental Health	(631) 761-2508
Sagamore Children's Psychiatric Center	(631) 370-1700

SINGLE POINT OF ACCESS

It can be difficult to find the right mental health services for a particular child. In 2001, the Office of Mental Health encouraged counties to develop a Single Point of Access (SPOA) system to simplify and coordinate the process of linking children and their families to the services that can assist in meeting their needs.

To seek services in Nassau and Suffolk Counties, there is an application form for each county which is used to apply for any of the more intensive services. These services include the following:

In-Home Services

**Supportive Case Management
Intensive Case Management
Coordinated Children's Services Initiative
Home & Community Based Services Waiver
Clinical Care Coordination Team (Nassau)
Multi-Systemic Therapy for Youth Team (Suffolk)**

Out-Of-Home Services

**Family Based Treatment Program
Teaching Family Home Program
Community Residence
Residential Treatment Facility**

Once the referral form is received by the SPOA staff, it is reviewed and sent to the program which is best able to provide services that the child and family needs. At times, if there is a waiting list for that program, other services may be offered to begin to provide support and assistance more quickly. If it is not clear which program is best for the child, a meeting may be arranged with representatives of the programs and the family and child to help make a decision about what will be best suited to that child's needs and strengths. If the program selected is not able to effectively help the child, the referral can be sent back to the SPOA so that a new program can be offered instead.

Family Support is an important element of the SPOA process. Parents will be offered contact with a Parent Advocate, who is someone whose own child has received Mental Health Services. The Parent Advocate can provide information about the different services and can connect the parent to a Parent Support Group. At these groups, the parent can meet other parents who are going through similar experiences. A Parent Advocate can also attend the SPOA meeting with the family to offer support and assistance.

**Nassau County SPOA for Children and Youth
For Information call (516) 227-7057**

**Suffolk County SPOA for Children and Youth
For information call (631) 853-8513**

PROGRAM CATEGORIES, TYPES AND LISTING OF PROGRAMS

This chapter organizes and defines Office of Mental Health (OMH) programs into five broad categories:

- Emergency Programs**
- Inpatient Programs**
- Outpatient Programs**
- Community Residential Programs**
- Family Support Programs**

All programs operated, funded, certified, or licensed by OMH are categorized within this program structure to allow a common language for planning, budgeting, and comparing various programs.

Within each category are various program types, which provide a more specific kind of program or service. These are:

Emergency Programs

- Comprehensive Psychiatric Emergency Program**
- Psychiatric Emergency Room**
- Mobile Crisis Team/Mobile Mental Health Team**
- Home Based Crisis Intervention**
- Crisis Residential Services**

Inpatient Programs

- Inpatient Psychiatric Unit of a General Hospital**
- Psychiatric Hospital**
- State Operated Children's Psychiatric Center**
- Residential Treatment Facility**

Outpatient Programs

- Clinic Treatment Program
- Day Treatment Program
- Day Hospital/Partial Hospital Program

Community Residential Programs

- Community Residence
- Teaching Family Model Community Residence
- Family Based Treatment Program

Family Support Programs

- Family Support Services
- Supportive Case Management
- Intensive Case Management
- Home and Community Based Services (Medicaid Waiver)
- Coordinated Children's Services Initiative (CCSI)
- Multi-systemic Therapy for Youth (MSTY) Team - Suffolk County
- Clinical Care Coordination Team (CCCT) - Nassau County
- Therapeutic Recreation
- Bridger program
- Therapeutic Nursery

What follows is a description of each of the five program categories, a description of the program types within each category, and a listing of programs separated by county, and in some cases by service areas within each county.

Programs serve males and females, ages 5-18 unless otherwise stated.

For each program the address and telephone number are listed. In addition, limitations on the characteristics of children served or on access to the program are specifically noted.



EMERGENCY PROGRAMS

The objective of emergency programs is to achieve rapid psychiatric and medical stabilization, and to ensure an individual's safety. The services offered are:

- Rapid evaluation**
- Reducing acute psychiatric symptoms**
- Referring the person to needed programs.**

Emergency programs are designed to ensure that someone in crisis can be seen on a 24 hour-a-day, 7 day-a-week basis. These programs can be used when crisis intervention cannot be provided by a program or practitioner from whom the individual is already receiving care, or when the individual is not enrolled in any mental health program.

Emergency programs all serve males and females, under 18 years of age.

Program categories included under Emergency Services are:

- Comprehensive Psychiatric Emergency Program (CPEP)**
- Psychiatric Emergency Room**
- Mobile Crisis Teams / Mobile Mental Health Teams**
- Home Based Crisis Intervention (HBCI)**
- Crisis Residential Services**



Comprehensive Psychiatric Emergency Program (CPEP)

A CPEP provides a full range of psychiatric emergency services within a defined geographic area. The program is intended to establish a primary entry point into the mental health system for the geographic area it serves. A CPEP is open on a 24 hour-a-day, 7 day-a-week basis.

Services include crisis intervention within an emergency room setting, beds for the extended observation of patients, evaluation and referral services, linkage to crisis outreach services (provided by a mobile crisis team or mobile mental health team) and crisis residential services (provided at a variety of settings).

Suffolk County

University Medical Center
at Stony Brook
State University at Stony Brook
Stony Brook, NY 11794
(631) 444-6050

Nassau County

Nassau University Medical Center
2201 Hempstead Turnpike
East Meadow, NY 11554
(516) 572-4775

While not currently certified as a CPEP, this hospital provides many of the same services offered by a CPEP.

Psychiatric Emergency Room

A psychiatric emergency room provides for psychiatric and medical evaluation of a person on a 24 hour-a-day, 7 day-a-week basis. The purpose is to determine whether or not the person requires hospitalization. If indicated, the person may be hospitalized at that hospital's inpatient unit, or a unit in another hospital. If hospitalization is not indicated, referrals for other services can be made.

Nassau County

Franklin General	(516) 256-6350
Long Beach Medical Center	(516) 897-1100
Long Island Jewish Hospital	(718) 470-7500
Mercy Medical Center	(516) 705-1210
North Shore University Hospital	(516) 562-4125
North Shore University Hospital at Glen Cove	(516) 674-7306
North Shore University Hospital at Plainview	(516) 719-2336
South Nassau Community Hospital	(516) 632-3900
Syosset Community Hospital	(516) 496-6550

Suffolk County

Brookhaven Memorial Hospital	(631) 654-7763
Eastern Long Island Hospital	(631) 477-5144
Huntington Hospital	(631) 351-2300
Mather Memorial Hospital	(631) 476-2808
Southside Hospital	(631) 968-3314
St. Catherine of Siena Medical Center	(631) 862-3111

Child and Adolescent Assessment and Referral Service (CAARS)

In Suffolk County, when a child is seen by the Mobile Mental Health Team he or she can be referred to the CAARS program for a more comprehensive psychiatric evaluation. The program operates at a number of clinic sites throughout the county. These clinics will see the child within 3 days where possible for an evaluation and will make recommendations. They then may continue to treat the child at their clinic or refer the case to another appropriate resource. Possible referrals to CAARS can be discussed with the staff involved in the child's initial evaluation.

Mobile Crisis Team/Mobile Mental Health Teams

The function of these teams is to respond on-site to a child in crisis (e.g. at home, with a foster family, in school, in a group home or other placement) and to provide crisis evaluation, stabilization, short-term treatment, if necessary, and referral linkages. The teams work very closely with a designated psychiatric emergency room or CPEP and inpatient units serving children in acute crisis.

Some mobile mental health teams provide evaluations and consultation to children served in other children's agencies (e.g. Family Court, Probation Department, Department of Social Services, Office of Children and Family Services).

Nassau County

**Children's Mobile Crisis Team
South Shore Child Guidance Center
(516) 868-3030**

This team provides mobile crisis services throughout Nassau County.

Suffolk County

**Sagamore Children's Psychiatric Center
Mobile Mental Health Teams
197 Half Hollow Road
Dix Hills, NY 11746
(631) 370-1700**

Sagamore provides three Mobile Mental Health Teams in Suffolk County. Two of the teams provide mobile crisis services throughout Suffolk County. Another team provides consultation to the Suffolk County Family Court, in collaboration with the Suffolk County Division of Community Mental Health Services.

Home Based Crisis Intervention

Provides intensive in-home crisis services to families where one or more children are at serious risk of psychiatric hospitalization. Intervention is provided for a 4 - 6 week period for each family with the goals of avoiding admission to a hospital, teaching problem-solving skills to the family, and linkage of the child and family with community-based services and supports. During the intervention period, the family's counselor is available on a 24 hour-a-day, 7 days-a-week basis and works with the family as much as needed.

Suffolk County

**LINK Program
Pederson-Krag Center
3600 Rte. 112
Coram, NY 11727
(631) 920-8302**

Nassau County

**Pathways Program
South Shore Child Guidance Center
17 W. Merrick Road
Freeport, NY 11520
(516) 868-3030**

Referrals are accepted through the Comprehensive Psychiatric Emergency Program (CPEP) or Emergency Room, Mobile Crisis teams and Suffolk CAARS Program.

Crisis Residential Services

Crisis residential services provide a safe living environment and respite for a short term length of stay (generally up to 2 weeks) for a youngster who cannot remain in their current living environment, but whose condition does not require the structure and security of a hospital setting. Both family type settings (i.e. foster homes) and group living settings (i.e. group homes or residential treatment centers) can be used as a crisis residence.

During the child's stay in a crisis residence, a worker is assigned to have overall responsibility for arranging for any needed evaluations, treatment services, support services, and to ensure that appropriate arrangements are made for the child's discharge, either back to the original living environment or an alternative setting.

Suffolk County

**Suffolk Co. Interagency Crisis Respite Program
c/o Sagamore Children's Psychiatric Center
197 Half Hollow Road
Dix Hills, NY 11746
(631) 370-1701/(631)654-2077**

Nassau County

**Nassau Co. Crisis Respite Bed Program
Mental Health Association in Nassau Co.
186 Clinton Street
Hempstead, NY 11550
(516) 485-4300 ext.130**

INPATIENT PROGRAMS

Inpatient Programs provide 24 hour psychiatric care, under medical supervision, in a controlled environment. All programming for the child occurs in the inpatient setting, except certain specialized medical services which may be provided in other settings. Only children who exhibit the most severe psychiatric symptoms, or who require intensive inpatient evaluation are appropriate for an inpatient program.

Inpatient treatment can be classified in three categories, depending on the amount of time a person is expected to remain in the program:

Acute Inpatient Care - The objective of acute care is to provide short term treatment and medical intervention in an intensive hospital setting and a comprehensive evaluation of the child and family's clinical needs in order to develop a treatment approach. The length of stay in acute care should be as short as possible, typically ranging from a few days to up to 30 days. Upon discharge, the child and family are linked with community treatment resources and supports.

Intermediate Inpatient Care - Provides treatment for children who demonstrate prolonged symptoms of serious emotional disturbance (e.g. extreme aggressive or other unmanageable behavior and/or presenting a danger to self or others), who do not respond to acute treatment, and require care in a hospital setting. Patients generally receive intermediate care from 1 - 6 months, only when alternative services are unavailable or inappropriate.

Extended Inpatient Care - The objective of extended inpatient care is to provide a consistent, well supervised environment under the direction of a physician for youngsters who demonstrate a long standing pattern of symptoms of serious emotional disturbance, but who are seen as not dangerous to others. Generally, extended treatment lasts over six months in length, and is usually provided in a Residential Treatment Facility; only children with the most serious needs require extended inpatient care in a hospital setting.

Program types included under the category of inpatient services are:

- Inpatient Psychiatric Unit of a General Hospital**
- Psychiatric Hospital**
- State Operated Children's Psychiatric Center**
- Residential Treatment Facility (RTF)**

Inpatient Psychiatric Unit of a General Hospital

These inpatient units generally provide acute care in a controlled environment, for youngsters living in the geographic vicinity in which the hospital is located. Because these units are located within a general medical hospital, specialized medical services are often available to the patient on-site. Patients are often admitted to the unit through the hospital's emergency room or a CPEP. Referrals are also made by a psychiatrist or mental health worker in the community.

Nassau County

**Nassau University Medical Center
2201 Hempstead Turnpike
East Meadow, NY 11554
(516) 572-0123**

**10 beds
Males and Females
Up to 17 years old**

**Long Island Jewish Medical Center
The Zucker Hillside Hospital
Adolescent Pavilion
75-59 263rd Street
Glen Oaks, NY 11004
(718) 470-8590, 8591**

**23 beds
Males and Females
Ages 13-18**

Suffolk County

**University Medical Center
at Stony Brook
State University at Stony Brook
Stony Brook, NY 11794
(631) 444-1250**

**10 beds
Males and Females
Ages 5-12**

**John T. Mather Memorial Hospital
North Country Road
Port Jefferson, NY 11777
(631) 476-2775**

**10 beds
Males and Females
Ages 12-17**

The following are adult inpatient units of general hospitals which may also serve adolescents (age 12 and above) on a limited basis.

Nassau County

Franklin Hospital Medical Center	(516) 256-6000
Long Beach Medical Center	(516) 897-1000
Mercy Medical Center	(516) 705-2525
North Shore University Hospital	
Manhasset	(516) 562-0100
Syosset	(516) 496-6400

Suffolk County

Huntington Hospital	(631) 351-2000
St. Catherine of Siena	(631) 862-3000
Southside Hospital	(631) 968-3000

Psychiatric Hospital

Psychiatric Hospitals are licensed to provide psychiatric inpatient care and related medical services, but do not have inpatient medical units. They may be operated by a not-for-profit agency or a proprietary (for-profit) agency. Generally, they provide acute and intermediate inpatient care.

Suffolk County

South Oaks Hospital	14 beds - ages 5-12
400 Sunrise Highway	
Amityville, NY 11701	45 beds – ages 12-17
(631) 264-4000	Males and Females
(631) 608-5610 - Admissions	
Brunswick Hall	12 beds - ages 5-10
80 Loudon Avenue	
Amityville, NY 11701	46 beds – ages 11-17
(631) 789-7000	Males and Females

State Operated Children's Psychiatric Centers

These facilities are operated by the New York State Office of Mental Health, and are designed to serve youngsters in a specified geographic region, or "catchment area". General medical services and supervision are available, but specialized medical care is usually provided through arrangement with a general hospital. The objective of these programs is to provide intermediate inpatient care, but may also provide acute care if a particular area does not have enough acute care facilities.

Nassau/Suffolk Counties

Sagamore Children's Psychiatric Center	69 beds
197 Half Hollow Road	Males and Females
Dix Hills, NY 11746	Ages 10-17
(631) 370-1701	

Residential Treatment Facilities (RTF)

Provides fully integrated mental health treatment and special education services under the direction of a psychiatrist, in a well supervised residential setting. RTF's can serve youngsters between 5 and 21 years of age, but each program generally serves only a portion of this total range, and may serve only boys or girls, or both. Most youngsters are served for an extended stay, between 6 months and 2 years.

Access to an RTF is through the Preadmission Certification Committee (PACC) under the guidance of the Office of Mental Health - Tel: (631) 761-2315.

Nassau/Suffolk Counties

MercyFirst	14 beds
525 Convent Road	Males
Syosset, NY 11791	Ages 10-17
(516) 921-0808	

Madonna Heights Services	14 beds
(A division of SCO Family of Services)	Females
151 Burrs Lane - PO Box 8020	Ages 12-17
Dix Hills, NY 11746-9020	
(631) 643-8800	

When necessary and appropriate, youngsters from Long Island may also be referred to RTF programs in other areas of New York State.

OUTPATIENT PROGRAMS

The primary mental health treatment component of a community based service system for children and adolescents is outpatient services.

The objective of outpatient programs is to provide treatment services to children and youth who are living in their own homes, foster homes, or in a community based residential program. All of the programs are oriented to preserving the family unit and maintaining the youth in the community. Outpatient treatment is provided in such diverse settings as community mental health centers, child guidance clinics, outpatient psychiatry departments of hospitals, schools, and health maintenance organizations.

Four types of outpatient programs for children and adolescents are:

- Clinic Treatment**
- Specialized Clinic Programs**
- Day Treatment**
- Day Hospital/Partial Hospital**



Clinic Treatment Programs

Although some clinics specialize in serving only children and adolescents, many clinics serve clients of all ages.

Clinic Treatment Programs provide a wide range of medically supervised mental health services which ensure stabilization, improve functioning in the family, school and community, and promote social, educational, and vocational development.

These services include:

- Assessment/Evaluation and Treatment Planning
- Individual, group and family therapy,
- Medication therapy
- Health screening and referral
- Clinical support services
- Discharge Planning
- Crisis intervention services
- Case Management

The program may be provided by private, county, or state agencies. Services are paid for with private health insurance or Medicaid, and are offered on a sliding scale basis for those who cannot afford the full fee.

The following letter next to each clinic's name denotes the agency's auspice:

(V) = Voluntary/Not for Profit Agency

(C) = County

(S) = State

NASSAU COUNTY CLINICS

Catholic Charities MH Clinic (V) (516) 623-3322
333 North Main Street
Freeport, NY 11520

Central Nassau Guidance (516) 822-6111
and Counseling Services, Inc. (V)
950 South Oyster Bay Rd. - Suite 104
Hicksville, NY 11801

F.E.G.S. –Administration only
6900 Jericho Turnpike (516) 364-8040
Syosset, NY 11791

175 Fulton Ave. (V) (516) 485-5710
Hempstead, NY 11550

HIP Ctr. (Serves only those with HIP Insurance)
Nassau/Suffolk MH Services (516) 921-8811
185 Froelich Farm Blvd
Woodbury, NY 11791

Hispanic Counseling Center (V) (516) 538-2613
344 Fulton Avenue
Hempstead, NY 11550

Long Beach Medical Center (V) (516) 897-1270
Mental Health Clinic
455 East Bay Drive
Long Beach, NY 11561

Long Island Counseling Center (V) (516) 437-6050
(Family and Children's Association) Ages 3 & Up
510 Hempstead Turnpike, Suite 202
West Hempstead, NY 11552

Long Island Jewish Medical Ctr – (718) 470-3500
The Zucker Hillside Hospital (V) Ages 3 & Up
Division of Child & Adol. Psychiatry
75-59 263 Street
Glen Oaks, NY 11040

Angelo J. Melillo Center (V) (516) 676-2388
for Mental Health
113 Glen Cove Avenue
Glen Cove, NY 11542

Mercy Medical Center (516) 705-3419
Outpatient Psychiatric Clinic (V) Ages 18 & Older
395 Oak Street
Garden City, NY 11570

Nassau University Medical Center (NUMC)
Child, Adolescent & Family Clinic (V) (516) 296-2670
2201 Hempstead Turnpike
Butler Building
East Meadow, NY 11554

North Shore Child and Family Guidance Center (V)
480 Old Westbury Road (516) 626-1971
Roslyn Heights, NY 11577 ages 7 – 21 yrs

999 Brush Hollow Road (516) 997-2926
Westbury, NY 11590
Chemical dependency- ages 7 - 25
Mental Health ages 7 - 21

80 North Service Road (LIE) (516) 484-3174
Manhasset, NY 11030
Ages 0-3 w/parent and 3 – 6

Peninsula Counseling Center (V) (516) 569-6600
50 W. Hawthorne Ave
Valley Stream, NY 11580

Roosevelt Counseling & Resource Center, Inc. (V)
(Family and Children's Association) (516) 623-1644
175 Nassau Road
Roosevelt, NY 11575

South Nassau Communities Hospital (V)
Mental Health Services (516) 377-5400
2277 Grand Avenue
Baldwin, NY 11510

Southeast Nassau Guidance Center (V)
2146 Jackson Avenue (516) 221-3030
Seaford, NY 11783 Ages 18 & Up

South Shore Child Guidance Center (V)
17 West Merrick Road (516) 868-3030
Freeport, NY 11520

SUFFOLK COUNTY CLINICS

<p>Brentwood Mental Health Clinic (C) 220 Rabro Drive Hauppauge, NY 11788</p>	<p>(631) 853-7300</p>	<p>Family Counseling Services (V) 141 Colin Drive East Yaphank, NY 11967</p>	<p>(631) 205-5820</p>
<p>Catholic Charities Community Life Center (V) (631) 654-1919 1727 North Ocean Avenue Medford, NY 11763</p>	<p>(631) 665-6707</p>	<p>Hispanic Counseling Center (V) 1322 Fifth Avenue Bay Shore, NY 11706</p>	<p>(631) 328-4959</p>
<p>Family Service League (FSL) (V) North Fork Counseling 7555 Main Road Mattituck Commons, NY 11952</p>	<p>(631) 298-8642</p>	<p>John T. Mather Outpatient Mental Health Clinic (V) 5505 Nesconset Highway, Ste. 238 Mt. Sinai, NY 11766</p>	<p>(631) 729-2140</p>
<p>East Hampton Clinic 66 Newtown Lane East Hampton, NY 11937</p>	<p>(631) 324-3344</p>	<p>Madonna Heights Services (SCO) (V) 151 Burrs Lane Dix Hills, NY 11746</p>	<p>(631) 643-8800</p>
<p>South Hampton Clinic 225 Montauk Highway Hampton Bays, NY 11946</p>	<p>(631) 723-2316</p>	<p>Pederson-Krag Center (V) Pederson-Krag Center West 55 Horizon Drive Huntington, NY 11743</p>	<p>(631) 920-8000</p>
<p>Iovino S. Shore Family Center Clinic (CWC) 1444 Fifth Avenue Bay Shore, NY 11706</p>	<p>(631) 647-3100</p>	<p>Pederson-Krag Center North 11 Route 111 Smithtown, NY 11787</p>	<p>(631) 920-8300</p>
<p>FSL County Wide Counseling (CWC) (V) Olsten Family Center 790 Park Avenue Huntington, NY 11743</p>	<p>(631) 427-3700</p>	<p>Pederson-Krag Wyandach Clinic 240A Long Island Avenue Wyandanch, NY 11798</p>	<p>(631) 920-8250</p>
<p>1490 William Floyd Pkwy East Yaphank, NY 11967</p>	<p>(631) 924-3714</p>	<p>Riverhead Mental Health Clinic (C) County Center 300 Center Drive Riverhead, NY 11901</p>	<p>(631) 852-1440</p>
<p>208 Roanoke Avenue Riverhead, NY 11901</p>	<p>(631) 369-0104</p>	<p>Sagamore Children's Psychiatric Center (S) Waverly Avenue Clinic 450 Waverly Avenue Patchogue, NY 11772</p>	<p>(631) 654-2077</p>
<p>Farmingville Mental Health Clinic (C) 15 Horse Block Place Farmingville, NY 11738</p>	<p>(631) 854-2552</p>	<p>South Brookhaven Mental Health Clinic (V) Health Center East 550 Montauk Highway Shirley, NY 11967</p>	<p>(631) 852-1070</p>
<p>F.E.G.S. (V) 220 Main Street Center Moriches, NY 11934</p>	<p>(631) 874-2700</p>	<p>Health Center West 365 East Main Street Patchogue, NY 11772</p>	<p>(631) 854-1222</p>
<p>115 Carleton Avenue Central Islip, NY 11722</p>	<p>(631) 234-7807</p>	<p>South Oaks Comprehensive Outpatient Behavioral Services (V) 400 Sunrise Drive Amityville, NY 11701</p>	<p>(631) 608-5028</p>
<p>445 Oak Street Copiague, NY 11726</p>	<p>(631) 691-7080</p>	<p>University Medical Center (S) State University at Stony Brook Stony Brook, NY 11794</p>	<p>(631) 632-8850</p>
<p>Family Counseling Services (V) 40 Main Street Westhampton Beach, NY 11978</p>	<p>(631) 288-1954</p>		

Specialized Clinic Treatment Programs

Mobile Clinic Programs

In Suffolk County there are three programs available which provide clinic treatment services at the child's home or other community setting. This is only offered to youngsters who cannot take advantage of services located at a clinic site. They provide individual and family therapy and medication management.

**F.E.G.S.
445 Oak Street
Copiague, NY 11726
(631) 691-7080**

**Family Service League
N. Fork Counseling Ctr.
7555 Main Road
Mattituck Commons, NY 11952
(631) 298-8642**

**Pederson-Krag Center
11 Route 111
Smithtown, NY 11787
(631) 920-8000**

Southwest Suffolk

**Area Covered:
Eastern Suffolk**

Northwest Suffolk

School Based Mental Health Services/ School Support Programs

These clinics provide individual and family mental health services, family support linkages, consultation and training to staff in certain schools, as well as referral to other mental health services.

Nassau County

**South Shore Child Guidance Center
17 West Merrick Road
Freeport, NY 11520
(516) 868-3030
Site in Roosevelt schools**

Suffolk County

**Pederson-Krag Center West
55 Horizon Drive
Huntington, NY 11743
(631) 920-8000
Sites in Huntington and Riverhead schools**

Child and Family Clinic-Plus

Child and Family Clinic-Plus is a new initiative which became operational on Long Island in 2008. It was designed to improve the emotional well-being of children. Research shows that if we intervene early and quickly with emotional needs, we are more likely to provide a positive effect on a child's emotional growth, social relationships, intellectual development, and overall well-being. Child and Family Clinic-Plus programs work closely with families to help with early identification of their children's emotional needs by providing free, voluntary screenings in community settings including schools and health centers.

Child and Family Clinic-Plus typically includes:

- **Screening:** is provided upon receipt of family consent in natural settings like schools, health centers, and other community locations to reach children early who may have emotional needs
- **Assessment:** comprehensive and as needed to identify needs and strengths of both child and family
- **In-home treatment:** flexible and convenient, to make sure interventions work in "real-world" settings like at the dinner table
- **Expanded clinic-based treatment:** easier access to traditional clinic services when necessary
- **Evidence-based treatment:** interventions that have been shown to work

Nassau County

**Peninsula Counseling Center, Inc.
Outpatient Mental Health Center
50 West Hawthorne Avenue
Valley Stream, NY 11580
(516) 569-6600**

Suffolk County

**Federation Employment & Guidance Services (FEGS)
FEGS Central Islip Counseling Center
115 Carleton Avenue
Central Islip, NY 11722
(631) 234-7807**

**FEGS Copiague Center
445 Oak Street, 2nd Floor
Copiague, NY 11726
(631) 691-7080**

Family Counseling Services (FCS)

-Intake/referrals for below locations

**FCS/Just Kids
Longwood School District
35 Longwood Road
Middle Island, NY 11953**

**FCS/Center Moriches
School District
311 Frowein Road
Center Moriches, NY 11954**

**(631) 288-1954
FCS/Middle Country
School District
14 43rd Road
Centereach, NY 11720**

**FCS/William Floyd
School District
40 Mastic Beach Road
Mastic Beach, NY 11951**

Family Service League

**East Hampton Clinic
66 Newton Lane
East Hampton, NY 11937
(631) 324-3344**

**Greenport Clinic
21 Sterlington Commons
Greenport, NY 11944
(631) 477-4067**

**Northfork Counseling Program
7555 Main Road
Mattituck, NY 11952
(631) 298-8642**

**Riverhead Family Center
208 Roanoke Avenue
Riverhead, NY 11901
(631) 369-0104**

**South Hampton Clinic
225 Montauk Highway
Hampton Bays, NY 11946
(631) 723-2316**

Madonna Heights/SCO

-Intake/referrals for below locations

**Madonna Heights Family Service Clinic
151 Burrs Lane
Dix Hills, NY 11746**

**(631) 643-8800
SCO Brentwood Satellite Clinic
164 3rd Avenue, 2nd Floor
Brentwood, NY 11717**

Pederson-Krag Center

**Pederson-Krag Center West
55 Horizon Drive
Huntington, NY 11743
(631) 920-8000**

Day Treatment

Day Treatment programs for children and adolescents provide an intensive non-residential mental health service usually for at least five hours per day, five days per week. The programs provide a blend of mental health and special education services provided in a fully integrated program.

Although no two programs are exactly alike, they typically include:

- special education in small classes,
- individual and group therapy,
- family services such as family counseling, parent education, and individual counseling with parents,
- crisis intervention when needed,
- social skill development, problem solving skills and practical life skills,
- behavior modification emphasizing change through positive reinforcement,
- recreation, art and music therapy to advance the social and emotional development of the child.

Suffolk County

Bellport Day Treatment Program
Sagamore CPC/Eastern Suffolk BOCES
350 Martha Avenue
Bellport, NY 11713
(631) 286-6930

Population Served: Ages 13-17

North Babylon Day Treatment Program
Sagamore CPC/Western Suffolk BOCES
550 Mount Avenue
North Babylon, NY 11703
(631) 491-4355

Population Served: Ages 13-17

Sayville Day Treatment Program
Sagamore CPC/Eastern Suffolk BOCES
100 Greene Avenue
Sayville, NY 11782
(631) 567-5834

Population Served: Ages 5-12

Nassau County

Wantagh Day Treatment Program
Sagamore CPC/Nassau BOCES
2850 Jerusalem Avenue
Wantagh, NY 11793
(516) 781-4097

Population Served: Ages 14-17

Day Hospital

A day hospital program (sometimes called intensive day treatment) provides a short-term intensive program of treatment services and special education. The services are similar to those in a day treatment program, but for up to ten hours each day and for up to six days per week. The child lives at home while in the program. The length of stay is short term – usually 30 days or less. The goal of the program is to provide an alternative to hospitalizing a child or to allow a child to leave a hospital sooner.

Sagamore Children’s Psychiatric Center
Day Hospital Program
197 Half Hollow Road
Dix Hills, NY 11746
(631) 370-1883

Population Served: Ages 6 – 17 in Nassau and Suffolk County

Length of Stay: Maximum 30 Days

Partial Hospital Program

A partial hospital program provides a short-term intensive program of treatment services and may include special education services as well. The services may be for the hours of a school day or after school and evening only. The child lives at home while in the program. The length of stay is short term and would depend on insurance approval based on medical need criteria. The program is often used as a “step-down” from an inpatient hospital, but can also provide an alternative to hospitalizing a child.

John T. Mather Memorial Hospital
Partial Hosp. & Adol. Eating Disorders Prog.
North Country Road
Port Jefferson, NY 11777
(631) 473-3877 ext. 27

South Oaks Hospital
Partial Hospital Program
400 Sunrise Highway
Amityville, NY 11701
(631) 264-4000

Program Hours:

12:30PM – 7:30PM

9:00AM – 4:00PM

Population Served:

Males and Females ages 12-17

Males and Females Ages 13 - 18

Length of Stay is dependent on medical need criteria and insurance approval.

COMMUNITY RESIDENTIAL PROGRAMS

The objectives of Community Residential Programs are to provide children with home-like settings for a period of time they cannot live in their own homes. They work on developing skills for living in the community and, where possible, work towards a return home. Children in one of these program types attend classes in a community school, BOCES, day treatment or other school program. Applications for community residence programs are sent to the SPOA for the county in which the child lives.

Program types included under the category residential programs are:

- Community Residences
- Teaching Family Home Program
- Family Based Treatment Program



Community Residences

Community Residences are residential programs for six to eight children that include structured daily living activities, development of problem-solving skills, a behavior management system, and caring adult relationships. Staff in the program work in shifts and provide 24 hour awake supervision.

Suffolk County

Deer Park Community Residence SCO Family of Services 95 Central Avenue Deer Park, NY 11725 (631) 243-3179 or 243-3150	8 Beds Females, ages 13-17
Pederson-Krag Community Residences 13 Thompson Haypath Setauket, 11733 (631) 751-0197	8 Beds Males, ages 13-17
43 Arista Drive Dix Hills, NY 11746 (631) 683-4393	8 Beds Males, ages 13-17

Nassau County

Lakeview House
Family and Children's Association
392 Holly Place
Lakeview, NY 11552
(516) 678-5991

8 Beds
Males, ages 13-17

Merrick House
MercyFirst
2421 Babylon Turnpike
Merrick, NY 11566
(516) 868-2050

8 Beds
Males, ages 8-15

Teaching Family Homes

Teaching Family Homes provide a family-like residential environment for children. A specially trained live-in couple teaches the skills necessary for the children to live successfully in a family, attend school, and live productively in the community. With continuous training and supervision, a therapeutic environment is maintained which allows for treatment and family style living. There is an emphasis on working closely with the child's family to attempt to reunite the family upon the child's discharge.

Nassau and Suffolk Counties

Catholic Charities Teaching Family Home Program
333 North Main Street
Freeport, NY 11520
516-634-0012

This program is run by Catholic Charities and serves both Nassau and Suffolk Counties. There are three houses in Nassau County and two houses in Suffolk County. Each house has four residents. One house in Nassau County serves girls all ages, another serves boys and girls all ages, and the third serves boys age 13 - 18. One house in Suffolk County serves boys age 13 and under, the other serves males ages 13-18.

Family Based Treatment

Family Based Treatment Programs treat children within a home environment with trained and intensively supervised professional parents. Only one or two children are served in each of the homes. This is a structured program where extensive training, clinical support and respite services are provided for each of the professional parents. Additionally, a family specialist works with the biological parents in order to develop the skills necessary to have the child return home wherever possible.

Nassau and Suffolk Counties

CIRCLE Program

Pederson-Krag Center

15 Beds

3600 Route 112

Coram, NY 11727

(631) 920-8302

This program is run by Pederson-Krag Center and serves both Nassau and Suffolk Counties. Trained “Teaching Parents” live throughout Nassau and Suffolk counties. The program serves youngsters ages 5 to 18 with severe emotional/behavioral difficulties, but who do not require 24 hour awake level of supervision.



FAMILY SUPPORT PROGRAMS

The objectives of Family Support Programs are to help children function in their homes and in the community, strengthen natural peer and family networks, and to make progress in the developmental areas - social, emotional, academic, etc.

Program types included under the category Family Support Programs are:

- Family Support Services**
- Supportive Case Management**
- Intensive Case Management**
- Home and Community Based Services (Medicaid Waiver)**
- Coordinated Children's Services Initiative (CCSI)**
- Multisystem Therapy for Youth (MSTY) Team (Suffolk County)**
- Clinical Care Coordination Team (CCCT) (Nassau County)**
- Therapeutic Recreation**
- Bridger Program**
- Therapeutic Nursery Program**



Family Support Services

Family Support Services enhance the capacity of families to care for their emotionally disturbed child and reduce the need for long term hospitalization. With the objective of maintaining the youngster at home, the goal of Family Support Services is to provide supports and services to the family. The primary services provided by these programs are parent support groups and respite care. The programs have a Parent Advocate on staff, who has personal experience raising a child with behavioral/emotional problems.

Respite provides temporary care to a seriously emotionally disturbed child or adolescent while providing relief to the family. Respite care may be provided both in-home or out-of-home on an emergency or planned basis.

Family Support Groups are an important source of help to families in coping with their children. These groups offer parents mutual support by providing opportunities to meet with other parents of children with emotional or behavioral problems. There is an exchange of information as to the available treatments, causes of emotional and behavioral disorders, and how to cope with raising a child with an emotional disability. The groups are led or co-led by a Parent Advocate.

Nassau County

Family & Children's
Association
The Family Center
31 Main Street
Hempstead, NY 11550
(516) 485-5914

Hispanic Counseling Center
Family Support Program
175 Fulton Avenue - Suite 500
Hempstead, NY 11550
(516) 538-2613

North Shore Child & Family
Guidance Center
Family Advocate Program
480 Old Westbury Road
Roslyn Hts, NY 11577
(516) 626-1971

Suffolk County

Pederson-Krag Center
Family Support
Service Program (FSS)
3600 Rte. 112
Coram, NY 11727
(631) 920-8302

Family Service League
Parent to Parent
Program
220 Rabro Drive
Hauppauge, NY 11788
(631) 853-2793

F.E.G.S.
Family Support Program
445 Oak Street
Copiague, NY 11726
(631) 691-7080

Regional Program

Long Island Families Together (LIFT)
193A Broadway
Amityville, NY 11701
(631) 264-5438

Nassau County Family Support System of Care
P.O. Box 146
Massapequa Park, NY 11762
(516) 227 7380

Intensive Case Management & Supportive Case Management

Intensive Case Management (ICM) or **Supportive Case Management (SCM)** assures the systematic delivery of services to the child and the child's family. The Intensive Case Manager or Supportive Case Manger develops a service plan based on the specific needs and desires of the child and family. Referrals are made to appropriate agencies for mental health services as well as other services i.e. financial, medical, legal, and educational. The ICM or SCM assists the child and family in making sure that services are designed to maximize the child's ability to live at home and function in the community. The ICM sees the child about once per week, while the SCM sees the child twice per month.

Nassau County

**F.E.G.S.
Children's ICM/SCM Program
175 Fulton Street
Hempstead, NY 11550
(516) 505-2003**

Suffolk County

**Suffolk County Children's
Intensive Case Management Program
220 Rabro Drive
Hauppauge, NY 11788
(631) 853-276**

**Family Service League - SCM Program
1444 5th Avenue
Bay Shore, NY 11706
(631) 666-6330**

Home and Community Based Services Waiver Program (Medicaid Waiver)

An intensive program designed to work closely with parents to help keep their SED child at home. The services are aimed at helping to avoid placement in a psychiatric hospital or Residential Treatment Facility (RTF) or provide services that enable the child to be discharged home from an inpatient program sooner.

The program provides intensive care coordination services and a range of support services to the child and his/her family. Support services include respite care, family support services and groups, intensive in-home services, and skill building. Programs can respond on a 24 hour basis to any crisis that develops. Program works with parents as full partners in deciding how best to respond to the needs of the child. The program also employs Parent Advocates to assist both the family and the program.

Nassau County

**Family and Children's Association
Home and Community Based Services
31 Main Street
Hempstead, NY 11550
(516) 485-5976**

Suffolk County

**Pederson-Krag Center
HCBS Waiver Program
3600 Route 112
Coram, NY 11727
(631) 920-8302**

Coordinated Children's Services Initiative

The Coordinated Children's Services Initiative (CCSI) is an interagency approach to serving children and their families. It uses an Individualized Care approach which focuses on the child and families strengths and lets the family make decisions about what services are needed. The program targets children who are at risk of out of home placement. A variety of support services are available to assist the child and family in functioning successfully while living in the community.

Nassau County

North Shore Child & Family Guidance Ctr.
CCSI Program
480 Old Westbury Road
Roslyn Heights, NY 11577
(516) 626-1971

Suffolk County

Family Service League
Home Base (CCSI) Program
1490 William Floyd Parkway
Yaphank, NY 11967
(631) 924-3741

Multi-systemic Therapy (MST)

Multi-systemic Therapy provides intensive treatment and support services to adolescents who are involved with the juvenile justice system (family court) because of criminal or antisocial behaviors. It focuses on the family as full collaborators in treatment planning and delivery. Many of the youngsters are involved with the Family Court, or involved in drug and alcohol abuse. Treatment usually lasts up to 6 months. This program serves Suffolk County only.

Suffolk County

Suffolk County Multi-systemic Therapy for Youth (MSTY) Team
220 Rabro Drive
Hauppauge, NY 11788
(631) 853-2762

Clinical Care Coordination Team (CCCT)

The CCCT provides intensive services to youngsters who do not benefit from traditional clinic and case management services alone. The CCCT provides both of these services at home and community settings. Many of the youngsters are involved with the Family Court, are homeless or involved in drug and alcohol abuse. This program serves Nassau County only.

Nassau County

North Shore Child and Family Guidance Center
Clinical Care Coordination Team
480 Old Westbury Road
Roslyn Heights, NY 11577
(516) 626-1971

Therapeutic Recreation

Therapeutic Recreation provides structured recreation and socialization activities for youngsters who have difficulty making use of other community recreational resources. Staff of the program work with the children to improve their skills and to learn to get along with the other children in the program. Groups are usually small to allow individualized attention. Transportation may be available to the program site. The existing programs operate on Saturdays only.

Nassau County

Hispanic Counseling Center
344 Fulton Ave
Hempstead, NY 11559
(516) 538-2613

Suffolk County

Family Service League - RECESS Program
208 Roanoke Avenue
Riverhead, NY 11901
(631) 369-0104

*This program has sites in Bay Shore,
Blue Point, and Riverhead.

Bridger Program

The Bridger program assists youngsters who are being discharged from a hospital or Residential Treatment Facility (RTF) to return home or go to a community residential program (community residence, teaching family home, or family based treatment program). A direct care staff works with the child on specific goals for several weeks. The aim is to help the youngster to successfully re-adjust to living in the community.

Nassau/Suffolk Counties

Sagamore Children's Psychiatric Center
197 Half Hollow Road
Dix Hills, NY 11746
(631) 370-1701

Therapeutic Nursery

Therapeutic Nursery Programs work with individuals who have a mental illness, who are the parents of a pre-school child who is at high risk of developing an emotional disturbance. They provide an enriched nursery program for the children as well as assessment to identify any developmental problems needing attention. Therapeutic nurseries also work extensively with parents and other family members to provide support and to improve parenting skills.

Suffolk County

Children and Parents Together (CAPT) - Therapeutic Nursery
38 Park Avenue
Bay Shore, NY 11706
(631) 666-2149

EVIDENCE BASED PRACTICES

The Office of Mental Health has a strong commitment to promoting the widespread availability of effective treatment methods and support services, especially to those youngsters who need it most. Evidence based practices have been shown through research findings to be the most helpful to these children and their families.

While there is still much research needed to help define what is a best practice, the following programs or services have the most support to date. As a result the Office of Mental Health is encouraging agencies to adopt these treatment services:

Home Based Crisis Intervention (HBCI) - See page 17

School-Based Mental Health (SBMH) - See page 26. The programs provide mental health treatment services to children in schools, training for families and school staff, increased family involvement and includes mental health professionals in identifying, assessing, planning for and delivering services to children with emotional/behavioral problems.

Family Education and Family Support Services - See page 35. These services provide an array of formal and informal services with an emphasis on self-determination and family control. These programs provide parents with information and referral to services, respite services and parent support groups, so that parents can help and support each other.

Intensive Case Management (ICM) - See page 36

Home and Community Based Services Waiver (HCBS) - See page 36

Functional Family Therapy - This is a family-based prevention and multi-systemic intervention program. This program works with children diagnosed with conduct disorders, aggressive behaviors and substance abuse.

Multi-Systemic Therapy (MST) - See page 37

Post Traumatic Stress Disorder (PTSD) Treatment - PTSD is severe psychological stress following a traumatic event, such as physical or sexual abuse, war, natural disasters, serious accidents or violent incidents. Cognitive Behavioral Therapy has been shown to be most effective in treating individuals diagnosed with PTSD.

Dialectical Behavior Therapy - This is a structured educational and skills development program for adolescents with symptoms of Borderline Personality Disorder - severe emotional dysregulation (out of control), self-injurious behavior and difficulty in interpersonal relationships.

ADDITIONAL SERVICES FOR CHILDREN AND FAMILIES

While this User's Guide was developed mainly to provide information regarding Mental Health services for children and families, very often assistance is needed from other agencies which provide additional services. Following are the addresses and main telephone numbers of such agencies. We realize it may take several calls to reach the appropriate party. Please be patient and persistent!!

Drug and Alcohol Abuse Services

The county departments of alcohol and substance abuse services provide information and referrals to programs which provide counseling, support groups, such as Alcoholics Anonymous or Al-Anon, rehabilitation, residential and day treatment programs, education and prevention services.

Nassau County Department of Mental Health, Chemical Dependency and Developmental Disabilities Services
Chemical Dependency Division
Tel: (516) 227-7007

Suffolk County Division of Community Mental Hygiene
Alcohol and Substance Abuse Services
Tel: (631) 853-8500

Education and Related Services

The State Education Department provides oversight of special education services in all school districts, BOCES and private schools. They can provide information on education regulations and laws.

NY State Education Department
LI Office for Special Education Quality Assurance
Tel: (631) 884-8530

The Long Island Advocacy Center provides information and advocacy for parents who have questions or concerns regarding obtaining appropriate education programs for their child. In some cases they can provide advocacy for a parent in dealing with the school district's Committee on Special Education (CSE).

Long Island Advocacy Center
Nassau: (516) 248-2222
Suffolk: (631) 234-0467

Health Services

The county health departments provide information and services in the following areas: Home health care, AIDS, Family Planning, Poison Control, Nutrition Services, Prenatal Services, Public Health Clinics.

Nassau County Department of Health
Tel: (Days) (516) 227-9697
(After Hours) (516) 742-6154

Suffolk County Department of Health Services
Tel: (Days) (631) 853-3000, -3035, -3036
(After Hours) (631) 852-4820

Legal and Advocacy Services

Legal Aid Society provides help to people who have been arrested for criminal acts and cannot afford attorneys on their own.

Nassau: (516) 560-6400
Suffolk: (631) 853-5212

Long Island Advocacy Center provides information and advocacy for parents who have questions or concerns regarding appropriate education for their children.

Nassau: (516) 248-2222
Suffolk: (631) 234-0467

Mental Hygiene Legal Services provides legal assistance without charge and represents children in in-patient facilities.

Tel: Main Office (Mineola) - (516) 746-4545 Nassau Co. E. Meadow - (516) 572-6818
Sagamore Children's PC - (631) 370-1701 Suffolk Co. Riverhead - (631) 852-2325

Nassau-Suffolk Law Services provides free legal assistance on civil matters (non-criminal, non-matrimonial, and non-institutional). It also provides general legal advice on benefits and rights over the phone.

Tel: Nassau: (516) 292-8100 (Hempstead)
Suffolk: (631) 232-2400 (Islandia) (631) 369-1112 (Riverhead)

Parent Advisors /Advocates - provides consultation to families and agencies. The Parent Advisor/Parent Advocates also provides individual advocacy, family support, parent to parent networking, support groups and information.

Long Island Families Together (Nassau & Suffolk) - (631) 264-5438
OMH Parent Advisors (Nassau & Suffolk) - (631) 761-2508
Suffolk County Parent to Parent Administrator - (631) 853-2793

Touro College Law Center- Mental Disability Law Clinic- provides legal and other advocacy services to individuals who are living in or have been recently discharged from an OMH residence.

Tel: (631) 761-7000 x7086

Mental Retardation and Developmental Disabilities

The county departments of health services provide information, referrals and funding for services to individuals with mental retardation or developmental disabilities and their families. These services include residential services, respite, day programs and family support services.

**Nassau County Department of Mental Health,
Chemical Dependency and Developmental Disabilities
Tel: (516) 227-7057**

**Suffolk County Division of Community Mental Hygiene Services
Tel: (631) 853-8500**

The New York State Office for People with Developmental Disabilities (formerly the Office of Mental Retardation and Developmental Disabilities) provides and funds residential services, day programs, family support services, case management, information and referral, and respite services.

**Long Island Developmental Disabilities
Services Office
Tel: (631) 434-6100**

PINS Diversion

PINS Reform Legislation became effective in 2005 which changed the statewide approach to youth who are at risk of becoming a Person In Need of Supervision (PINS) and their families. The new provisions require diversion services to be provided to all youth at risk of becoming a PINS and their families and discourage the use of detention for PINS youth. The new requirements are aimed at keeping more youth in their homes and communities by requiring the counties to provide alternatives to detention including referrals, respite and crisis intervention services to families.

PINS Diversion Programs provide services to families in crisis, whose children might be experiencing truancy, gang involvement, running away from home and substance abuse issues in order to prevent/avert the filing of a PINS Petition and placement.

**Nassau County's Family Solutions Program:
Information and Intake (516) 227-8404**

**Suffolk County's Alternatives for Youth (AFY):
Screening and Eligibility (631) 853-7889**

Social Services

The county departments of social services provide a wide range of assistance to individuals and families. Services include financial assistance, emergency housing, medical assistance (Medicaid), day care services, homemaker services, services to families where child abuse or neglect has been an issue (Child Protective Services), placement of children in foster homes, group homes or residential treatment (Foster Care Services), adoption services, counseling to families with a child at risk of being placed in foster care (Preventive Services), services to victims of domestic violence, and 24 hour telephone emergency assistance.

	<u>Nassau County</u>	<u>Suffolk County</u>
Main number	(516) 227-7474	(631) 854-9434
Foster Care Services	(516) 227-8265	(631) 854-9316, 9313
Preventive Services	(516) 227-8344, 8400	(631) 854-9359
Child Protective Services	(516) 227-8133	(631) 854-9029

Vocational Services

The Office of Vocational and Educational Services for Individuals with Disabilities (VESID) assists individuals with mental, physical or learning disabilities to prepare for and find employment. Services include transition services, vocational rehabilitation, independent living services, employer services. These services may include vocational skills evaluation, job readiness preparation, assistance with finding employment, job coaching and transportation assistance.

Nassau County Office - VESID
Garden City District Office
Tel: (516) 227-6800

Suffolk County Office - VESID
Hauppauge District Office
Tel: (631) 952-6357
Riverhead Office
Tel: (631) 727-6496

Nassau Co. Dept of Labor
Hempstead Works Career Center
(516) 485-5000

Suffolk Co. Dept of Labor
Youth Career Center
(631) 853-6526

Youth Services

The county youth services departments provide funding and oversight for a variety of community-based services to youngsters. These services include counseling, recreation programs, youth drop-in centers, employment services, tutoring, support groups, and services aimed at the prevention of runaways and delinquency.

Nassau County Youth Board
Tel: (516) 227-7134

Suffolk County Youth Bureau
Tel: (631) 853-8270

PSYCHIATRIC MEDICATIONS - USES AND SIDE EFFECTS

This is a listing of basic information about some of the psychiatric medications, which are commonly prescribed for children. This is for use as a guide only; it is suggested that you check with your doctor or pharmacist for more complete information.

Anti-Depressants - These medications are used in the treatment of depression, and have also been used for social anxiety and obsessive-compulsive symptoms

Selective Serotonin Reuptake Inhibitors (SSRI)

Drug Names: Celexa, Lexapro, Luvox, Paxil, Prozac, Serzone, Zoloft

Side Effects: May cause anxiety, nervousness, insomnia, drowsiness, tremors, nausea, diarrhea, dizziness, lightheadedness, dry mouth.

Tricyclic Antidepressants

Drug Names: Elavil, Norpramin, Pamelor, Sinequan, Tofranil

Side Effects: May cause dry mouth, blurred vision, headache, weight gain, drowsiness, dizziness. Should not be mixed with alcohol, MAO Inhibitors, or central nervous system depressants. Tofranil can be used to treat bedwetting. ***Tricyclics are older antidepressants and typically not the medication of choice for depressed children and adolescents.**

Other Antidepressants

Drug Names: Cymbalta, Effexor, Pristiq, Remeron, Trazadone, Wellbutrin

Side Effects: May cause headache, insomnia, dry mouth, tremors, dizziness, drowsiness, sweating, skin rash, upset stomach, nausea, vomiting or abdominal pain. Stop taking if experiencing an allergic reaction (difficulty breathing, fast heartbeat, or swelling).

Anti-Anxiety Agents (Minor Tranquilizers)

Drug Names: Ativan, Buspar, Librium, Tranxene, Valium, Xanax

Uses: Used in the treatment of anxiety disorders or for short term relief of symptoms of anxiety, tension and restlessness, as well as panic attacks.

Side Effects: May cause drowsiness, dizziness, lightheadedness, unsteadiness or slurred speech. Can become very habit forming or addictive, and should not be mixed with alcohol or other tranquilizers.

Mood Stabilizers - These medications are used in the control of Bipolar Disorder (Manic-Depressive Illness).

Lithium

Drug Names: Eskalith, Lithium Carbonate (generic), Lithobid

Side Effects: May cause dizziness, drowsiness, nausea, trembling, dry mouth, increased thirst, increased urination, diarrhea. Must be careful in hot weather and activities which cause heavy sweating since the loss of too much water and salt from the body can lead to serious side effects. Compliance with periodic blood testing is important.

Mood Stabilizers / Anti-Convulsants

Drug Names: Dilantin, Depakote, Klonopin, Lamictil, Neurontin, Tegretol, Topomax, Trileptil

Uses: These medications treat seizures or epilepsy, but they are also used to stabilize mood.

Side Effects: May cause dizziness, nervousness, mental confusion, slurred speech, drowsiness, sleeplessness, headache, constipation, nausea.

Attention Deficit Hyperactivity Disorder Medications - These medications are used to help increase a child's ability to concentrate and pay attention and to decrease hyperactivity

Stimulants

Drug Names: Adderal, Concerta, Dexedrine, Ritalin, Vyvanse

Side Effects: May cause loss of appetite, nervousness, trouble sleeping, stomach pains, fast heartbeat, skin rash.

Non-Stimulant Type

Drug Name: Strattera

Side Effects: May cause decreased appetite, nausea, vomiting, tiredness and upset stomach.

****Discontinue use if there is any yellowing of the skin or other signs of liver damage.**

Anti-Psychotic Medications Used in the control of psychotic symptoms - hallucinations and delusions. Used with some children for the control of aggressive or agitated behavior.

Neuroleptics (Major Tranquilizers)

Drug Names: Clozaril, Haldol, Mellaril, Moban, Navane, Prolixin, Serentil, Stelazine, Taractan, Thorazine

Uses: Haldol is also used to control some of the symptoms of Tourette's Syndrome.

Side Effects: May cause drowsiness, blurred vision, nausea, tardive dyskinesia, muscle spasms, slurred speech, dry mouth, constipation, changes in blood pressure, dizziness. Exposure to direct sunlight should be avoided wherever possible, or else maximum sun block should be utilized. Adds to the effects of alcohol, antihistamines, barbiturates and other tranquilizers.

Atypical Antipsychotic Medications -

Drug Names: Abilify, Geodon, Invega, Risperidal, Seroquel, Zyprexa

Side Effects: Risperidal, Seroquel, and Zyprexa have been associated with weight gain.

Anti-Parkinsonian Medications

Drug Names: Akineton, Artane, Aventyl, Cogentin, Pagitane

Uses: Used to control muscle spasms and certain other side effects sometimes caused by some antipsychotic medications.

Side Effects: May cause dryness of the mouth, blurred vision, dizziness, mild nausea.

WHO'S WHO IN MENTAL HEALTH

Case Manager/Intensive Case Manager (ICM)/Supportive Case Manager (SCM)

A professional who helps the client arrange for needed services and assures the continuity of care based on the specific needs of the child and family. The case manager or intensive case manager also acts as an advocate for the child.

Creative Arts Therapist

A creative arts therapist is trained to use art, music, or dance in the assessment and treatment of mental health issues. A registered Art Therapist or registered Music Therapist has a master's degree in art therapy or Music Therapy.

Occupational Therapist

An occupational therapist is trained to provide leisure and arts activities as well as rehabilitation for the physically handicapped and mentally disabled.

Psychiatrist

A Psychiatrist is a medical doctor (M.D. or D.O.) who specializes in diagnosis, treatment, and prevention of mental, emotional, and behavioral disorders. A psychiatrist may prescribe medications if needed. A Child Psychiatrist is one who has had additional training in the treatment of children and adolescents.

Psychologist

A person trained in the science of human behavior and personality. Licensure as a Psychologist in New York State requires a doctoral degree (Ph.D., Psy.D., Ed.D. or its equivalent), at least two years of supervised experience, and the completion of a state licensing examination. Only licensed psychologists or non-licensed psychologists working in "exempt settings" (schools, government agencies) can use the term "psychologist" or "psychological" in describing their practice. A psychologist may perform psychological testing as a means of determining a person's intelligence or as an indication of their personality functioning.

Registered Nurse

A Registered Nurse (R.N.) has received a diploma from an accredited school of nursing or a degree from an accredited college program in nursing, and has passed an examination administered by the New York State Department of Education. A Certified Clinical Specialist in Psychiatric Nursing is an R.N. with a master's degree (M.S. or M.S.N.) in psychiatric nursing, supervised experience in psychiatric care, and has passed a qualifying examination. A Nurse Practitioner is certified to practice in a specific specialty area, e.g. Psychiatry, has completed a specific education program and has passed a certification examination. A Nurse Practitioner can prescribe medications, under the supervision of a psychiatrist.

Social Worker

A Social Worker is a trained professional with a degree in social work who helps individuals, families, groups, and communities prevent or resolve problems caused by social, environmental, or emotional stress. A Licensed Master Social Worker (L.M.S.W.) has a master's degree in social work (M.S.W.) and must pass a licensing examination. A Licensed Clinical Social Worker (L.C.S.W.) is an MSW and has three years of supervised experience in clinical social work. A Licensed Clinical Social Worker with psychotherapy “R” privilege, (sometimes called “LCSW-R”) has 6 years of supervised experience and is qualified for insurance reimbursement as an independent practitioner.

Therapist

“Therapist” is a broad term used to describe the work done rather than the qualifications of the individual performing it. A therapist works with individuals, groups, couples or families to provide evaluation and treatment of mental disorders through the use of verbal therapies.

Therapy Assistant/Therapy Aide/MHTA/Child Care Worker

These individuals provide much of the daily hands on care patients need when in the hospital or residential program. Most therapy aides have a high school education or higher and additional in-service training provided by the facility in which they are working.

Licensed Mental Health Professions

A law was passed in 2002 which established new state licensing in four professions: Creative Arts Therapy, Marriage and Family Therapy, Mental Health Counseling, and Psychoanalysis.

A Word of Caution!

New York State does not restrict anyone-no matter how unskilled- from practicing psychotherapy, hypnosis, or counseling. The law does, however, restrict the use of titles physician, psychologist, registered nurse, and certified social worker to those who have met the requirements in the field. The law also requires the New York State Office of Mental Health to establish and enforce standards of treatment in the agencies and facilities it certifies.

We advise our readers to take advantage of these safeguards by seeking help only from licensed professionals or from certified mental health programs.

To find out whether a professional is currently licensed to practice in New York State, call the State Education Department at (518) 474-3817, or on-line at www.op.nysed.gov.

ABBREVIATIONS AND ACRONYMS

AA	Alcoholics Anonymous	ECT	Electroconvulsive Therapy
ACLD	Adults and Children with Learning and Developmental Disabilities	Ed.D	Doctor of Education
ACT Team	Assertive Community Treatment Team	EEG	Electroencephalogram
ADL	Activities of Daily Living	EKG	Electrocardiogram
AFDC	Aid to Families with Dependent Children	EOC	Economic Opportunity Counsel
APS	Adult Protective Services	ER	Emergency Room
ACSW	Academy of Certified Social Workers	FDA	Food and Drug Admin.
AHRC	Association for the Help of Retarded Citizens	FEGS	Federated Employment & Guidance Services
AMA	Against Medical Advice	FSL	Family Service League
AMA	American Medical Association	HHS	U.S. Department of Health and Human Services
AMI	Alliance for the Mentally Ill	HMO	Health Maintenance Org.
APA	American Psychiatric Association	HR	Home Relief
BID	Twice a Day	HS	At Bedtime (Hour of Sleep)
BOCES	Board of Cooperative Educational Services	HSA	Health Systems Agency
BSW	Bachelor's Degree in Social Work	ICF	Intermediate Care Facility
CAT (scan)	Computerized Axial Tomography Scan	ICM	Intensive Case Manager
CBO	Community Based Organization	ICU	Intensive Care Unit
CHAP	Community Health Assurance Program	IM	Intra-muscular Injection
CM	Case Manager	IQ	Intelligence Quotient
CMHC	Community Mental Health Center	I&R	Information & Referral
CNS	Central Nervous System	IV	Intra-venous Injection
CPEP	Comprehensive Psychiatric Emergency Program	JCAHO	Joint Commission for the Accreditation of Health Care Organizations
CPS	Child Protective Services	LGU	Local Governmental Unit
CR	Community Residence	LIJ	Long Island Jewish Medical Center
CSP	Community Support Program	LPN	Licensed Practical Nurse
CSW	Certified Social Worker		
DFY	NYS Division for Youth (Now OCFS)		
DRG	Diagnosis Related Group		
DSS	Department of Social Services		
DSW	Doctor of Social Work		
DSM-IV	Diagnostic and Statistical Manual 4 th Edition		

MD	Medical Doctor	RCCA	Residential Care Center for Adults
MHA	Mental Health Association	RN	Registered Nurse
MHC	Mental Health Clinic	RTC	Residential Treatment Center
MHLS	Mental Hygiene Legal Services	RTF	Residential Treatment Facility
MHTA	Mental Hygiene Therapy Aide	SAC	Service Area Council
MICA	Mental Illness Chemical Abuse	SCC	Suffolk Community Council
MMPI	Minnesota Multiphasic Personality Inventory	SCM	Supportive Case Management
MR	Mentally Retarded	SCMHA	Suffolk County Mental Health Association
MRI	Magnetic Resonance Imaging	SCPC	Sagamore Children's Psychiatric Center
MST	Multi Systemic Therapy	SED	Seriously Emotionally Disturbed
MSW	Masters Degree in Social Work	SED	State Education Department
NAMI	National Alliance for the Mentally Ill	SEPTA	State Education Parents and Teachers Association
NASW	National Association of Social Workers	SIDS	Sudden Infant Death Syndrome
NIMH	National Institute of Mental Health	SOCR	State Operated Community Residence
NSUH	North Shore University Hospital	SPMI	Severely & Persistently Mentally Ill
OBS	Organic Brain Syndrome	SRO	Single Room Occupancy
OCFS	NYS Office of Children and Family Services	SSI	Supplemental Security Income
OMH	NYS Office of Mental Health	STAT	Immediately
OPWD	NYS Office for People with Developmental Disabilities (formerly OMRDD)	TANF	Temporary Assistance to Needy Families
D		TID	Three times a day
OR	Operating Room	TLC	Tender Loving Care
OT	Occupational Therapy	TRI	The Rehabilitation Institute
PA	Physician's Assistant	TSLI	Transitional Services of Long Island
PC	After Meals	VA	Veteran's Administration
PDG	Program Development Grant	VESID	Vocational & Educational Services for Individuals with Disabilities
PDR	Physician's Desk Reference	VIBS	Victims Information Bureau of Suffolk
Ph.D	Doctor of Philosophy	WAIS	Wechsler Adult Intelligence Scale
PINS	Person in Need of Supervision	WIC	Women, Infants and Children Feeding Program
P-K	Pederson-Krag Center	WISC	Wechsler Intelligence Scale for Children
PPC	Pilgrim Psychiatric Center		
PRN	As Needed (when necessary)		
PT	Physical Therapy		
Q	Every (for medication)		
QD	Once a day		
QID	Four times a day		

GLOSSARY OF PSYCHIATRIC TERMS

Acting Out: Behavior which expresses unconscious emotion conflicts or feelings

Addiction: Physiological dependence on a chemical substance

Advocacy: Pleading or arguing for another person's cause

Affect: An emotion, feeling or mood

Agitation: Highly excited, excessive motor activity such as pacing, fidgeting, wringing hands, pulling clothes, loud and argumentative speech

Aggression: A forceful physical or verbal action that may be expressed outwardly toward other people or the environment or inwardly toward the self, as in depression

AL-ANON: An organization of relatives or friends of alcoholics working together to solve problems of living with an alcoholic

AL-ATEEN: An organization of teenage children of alcoholics

Ambivalence: Having contradictory emotions or desires at the same time

Anorexia Nervosa: A condition marked by severe weight loss and intense fear of becoming obese

Anxiety: Uneasiness or apprehension produced by an anticipation of danger, the source of which may be unknown or unrecognized

Attention Deficit Disorders: Developmentally inappropriate distractibility or inattention, usually accompanied by impulsivity and hyperactivity

Autism: A developmental disability appearing first in early childhood. Symptoms include abnormalities in skill development, perception, relationships, and communication

Bipolar Disorder (Manic Depression): A serious, long term disease characterized by mood swings from highs to lows; patients in highs show great excitability, euphoria, grandiose ideas, distractibility, while patients in lows or depression experience slowed thinking and movement, loss of interest, guilt, and despair

Bulimia Nervosa: An eating disorder characterized by episodes of binge eating and then purging, or vomiting. This is often accompanied by an awareness that the eating pattern is abnormal, a fear of not being able to stop eating voluntarily, and depressed mood.

Compulsion: An insistent, repetitive impulse to perform some action

Conduct Disorder: A repetitive and persistent pattern of conduct in which either the basic rights of others or major age-appropriate societal norms or rules are violated

Decompensation: A worsening of symptoms of mental illness

Defense Mechanisms: Unconscious mental processes which provide relief from emotional conflict and anxiety.

Delusion: A false idea firmly held despite obvious and incontestable evidence to the contrary

Dementia: The development of deficits in mental processes which are due to a medical condition or the prolonged use of drugs, often accompanied by behavioral changes

Depression: Feelings of sadness, meaninglessness, despair, discouragement, boredom; major depression usually does not go away without medication and is long term in nature

Developmental Disability: A substantial mental and/or physical impairment occurring in early childhood, which is expected to continue indefinitely

Dyslexia: A learning disorder which affects one's reading ability

Electroencephalogram (EEG): A diagnostic test used to help determine brain malfunction by measuring electrical waves of the brain

Electroconvulsive Treatment (ECT): Electroconvulsive treatment also known as "shock" treatment, used in the treatment of severe depression which does not respond to medication or other treatments

Etiology: The origin or cause of a disease

Euphoria: An exaggerated feeling of well being

Hallucination: A perception of sights, sounds, etc. that are not really there

JCAHO: Joint Commission on Accreditation of Healthcare Organizations; an organization which periodically reviews hospitals, regarding their treatment, environment, staff qualifications, training, and other areas

Libido: Psychic drive or energy; often associated with sexual instincts

Mania: Abnormal and persistently elevated, expansive or irritable mood lasting a week or more. The person is often grandiose, very talkative and distractible and frequently needs little sleep, is driven into impulsive activity, often spending large amounts of money foolishly.

Manic-Depression: See Bipolar Disorder

Melancholia: A term used to refer to severe depression

Mental Retardation: A developmental disorder characterized by a significantly low I.Q.

Neurosis: Psychological pain beyond what is suitable for the circumstances and conditions of one's life

Obsession: Persistent or unwanted idea or impulse that cannot be eliminated by logic or reason

O.M.H.: New York State Office of Mental Health; a state agency responsible for the oversight, funding and provision of mental health care

Orientation: Awareness of one's own relations to time, place, and to other people.

Paranoia: A thought disorder characterized by feelings of persecution, deep seated, rigid, maladaptive patterns of relating, perceiving, and thinking of sufficient severity to cause an impairment in functioning or personal distress

Phobia: An obsessive unrealistic fear of some object or situation

Post-Traumatic Stress Disorder: A condition which develops after experiencing some extremely terrifying or painful event; characterized by anger, withdrawal, isolation, suspiciousness and need for excitement

Prognosis: The anticipated course of an illness

Psychosis: A severe mental disorder which interferes with a person's ability to think, feel, communicate, and behave appropriately, often accompanied by hallucinations or delusions

Psychosomatic: A real or perceived physical disorder originating in or aggravated by the psychic or emotional processes of the individual

Reality Testing: The ability to differentiate between reality and fantasy

Regression: A return to childlike patterns of thought and behavior; a worsening of symptoms of illness

Remission: A condition in which the symptoms of an illness are less obvious or absent

Ritual: An activity done over and over; usually an elaborate routine of daily life used to decrease anxiety

Schizoaffective Disorder: A type of illness in which emotions are so intense that a person cannot function in daily life

Schizophrenia: A group of illnesses of the brain that clouds thinking affects the emotions, language, ideas, and physical coordination. It may involve fears, fantasy thoughts, poor social life, inability to relate to others, poor sleep schedule, and lack of attention to personal cleanliness. Disorganized thoughts, inability to concentrate, and irritability are common. The disease is long lasting, though there may be periods of remission. Its cause is a chemical imbalance in the brain

Sociopath: Anti-social behavior patterns that bring a person repeatedly into conflict with society. Sociopathic individuals tend to blame others or give rationalizations for their behavior

Somatoform Disorders: See psychosomatic

SSI: Supplemental Security Income; federally supported financial aid for the disabled who have limited income

Suppression: The conscious effort to conceal thoughts or actions which are unacceptable

Tardive Dyskinesia: A serious side effect of antipsychotic drugs which causes abnormal movements such as tongue protrusion and writhing, chewing, leg jiggling, or movement of leg, trunk, or pelvis

Withdrawal: A pathologic retreat from the world of reality or people



CHILDREN'S MENTAL HEALTH INTERNET (WEB) SITES

This is a listing of "web sites" which can be used to begin looking for information about different childhood emotional and behavioral disorders, medications, or general information for parents or professionals. Many of these sites provide links to additional information and other areas of interest.

General Information

- Bazelon Center - <http://www.bazelon.org>
- Families Together of NYS - <http://www.ftnys.org>
- Federation of Families for Children's
Mental Health - <http://www.ffcmh.org>
- NYS Office of Mental Health - <http://www.omh.state.ny.us>

Childhood Disorders

- Anxiety Disorders:**
 - <http://www.adaa.org>
 - <http://anxiety.mentalhelp.net/>
- Asperger's Syndrome/
Autism:**
 - <http://www.udel.edu/bkirby/asperger>
 - <http://www.aha-as-pdd.org>
- Attention Deficit
Hyperactivity Disorder:**
 - <http://www.chadd.org>
 - <http://www.add.org>
 - <http://www.add.about.com/health/add>
- Bipolar Disorder:**
 - <http://bipolar.mentalhelp.net/>
 - <http://www.nimh.nih.gov/publicat/bipolar.cfm>
- Conduct Disorder/Oppositional
Defiant Disorder:**
 - http://teenswithproblems.com/conduct_disorder.html
 - http://1uphealth.com/health/conduct_disorder_info.html
- Depression:**
 - <http://www.drada.org>
 - http://www.nmha.org/children/green/child_depression.cfm
 - <http://ocd.nami.org/helpline/depression-child.html>
- Obsessive-Compulsive
Disorder:**
 - <http://www.ocdresource.com>
 - <http://www.ocfoundation.org>
- Schizophrenia:**
 - <http://www.schizophrenia.com>
 - <http://www.pslgroup.com/schizophr.htm>
- Medications**
 - <http://www.rxlist.com>

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IMPORTANT PHONE NUMBERS

County Mental Health Department

Nassau County

(516) 227-7057

Suffolk County

(631) 853-8500

The Crisis Center (Hotline)

(516) 679-1111

Intensive Case Management (ICM)

Nassau County

(516) 505-2003

Suffolk County

(631) 853-2762

Long Island Families Together

(631) 264-5438

Mental Health Association

Nassau County

(516) 489-2322

Suffolk County

(631) 226-3900

Mental Health Hotline

(631) 952-3333

Psychiatric Emergency Room

Nassau University Medical Center

(516) 572-4772

CPEP at Stony Brook (Suffolk)

(631) 444-6050

Sagamore Children's Psychiatric Center

Mobile Mental Health Teams

(631) 370-1700

Single Point of Access (SPOA)

Nassau County

(516) 227-7057

Suffolk County

(631) 853-8513

