

USER'S GUIDE

TO
CHILDREN'S
MENTAL HEALTH SERVICES

ON
LONG ISLAND



Eleventh EDITION Updated 8/2018

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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 many revisions. 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 eleventh 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 some of the commonly used psychiatric medications (page 40).

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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Mental Health Program Specialist 2
(631) 761-2315

Cheryl Williams
Regional
Parent Advisor
(631) 761-3181

Heather Tafuro
Regional
Parent Advisor
(631) 761-3334

QUICK REFERENCE

A

ACLD/Kramer Learning Ctr Clinic (631) 665-1900
ACLD Diag. & Treatment Ctr (516) 822-0028
Adelante of Suffolk County
 Brentwood (631) 434-3488
 Central Islip (631) 234-1049
Assoc. for Mental Health & Wellness... (631) 226-3900

B

Bellport Day Treatment Program..... (631) 286-6930
Brentwood Mental Health Clinic (631) 854-2555
 (631) 854-2556
Brookhaven Memorial Hospital..... (631) 654-7100
Brookhaven Youth Bureau..... (631) 451-8011
Brunswick Hospital (631) 789-7000
 Central Intake..... (631) 789-7421

C

CPEP (Stony Brook Univ. Med. Ctr.)... (631) 444-6050
CAPT Program (631) 647-3120
Catholic Charities
 Bayshore..... (631) 665-6707
 Medford (631) 654-1919
Center for Discovery..... (631) 892-3688
Central Nassau Guidance &
 Counseling Services, Inc..... (516) 822-6111
Cohen Children's Medical Center
 (Formerly Schneider's Children's) (718) 470-3000
Colonial Youth & Family Svcs (631) 281-4461
Crisis Bed Program/Respite -
 Nassau Co. (MHA)..... (516) 489-2322 x 1318
 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

Epic LI (516) 739-7733

F

Family & Children's Assoc..... (516) 486-7200
 (516) 935-6858
The Family Center
 Nassau..... (516) 485-5976
 Suffolk..... (631) 389-4693
Family Service League of Suffolk (clinic)
 Bayshore..... (631) 647-3100
 Central Islip..... (631) 663-4300
 E. Hampton..... (631) 324-3344
 Huntington (Main Office)..... (631) 427-3700
 Mastic (631) 924-3741
 Mattituck (631) 298-8642
 Riverhead..... (631) 369-0104
 S. Hampton (631) 288-1954
Farmingville Mental Health Clinic (631) 854-2555
 (631) 854-2556
Federation of Organization
 Wyandanch Clinic..... (631) 782-6200

H

Home and Community Based Services Waiver
 Family and Children's Assoc .. (516) 485-5976
 WellLife (631) 920-8302
 Family Service League..... (631) 998-1002
 SCO..... (631) 253-3504 x 147
Hispanic Counseling Center (516) 538-2613
Home Base/Home Safe Program (FSL) (631) 650-0073
Huntington Hospital..... (631) 351-2000

I

Intensive Case Management for Children
 Nassau County (FCA) (516) 485-5976
 Suffolk County Program (631) 854-0175
 Family Service League..... (631) 650-0063

J

Jefferson Academic Center(631) 476-0564
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 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 Select Health Care, Inc
 Riverhead.....(631) 284-5500
 Smithtown.....(631) 360-4700
Long Island Jewish Hospital(718) 470-8100

M

Madonna Heights Services(631) 643-8800
Mather Memorial Hospital.....(631) 473-1320
 Partial Hospital.....(631) 473-3877
 Clinic.....(631) 928-3122
 Medication only.....(631) 928-3122
 Medication/Therapy.....(631) 729-2140
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(516) 921-0808
Merrick House(516) 868-2050
Mobile Crisis Team (Nassau)(516) 227-8255
Mobile Mental Health Team (Suffolk)..(631) 952-3333
Suffolk Co Family Court Team(631) 853-4845

N

Nassau University Medical Center.....(516) 572-0123
Nassau County Dept.
 of Mental Health.....(516) 227-7057
Nassau Haven.....(516) 221-1310
Nassau/Suffolk Law Services.....(516) 929-8100

New Horizon Counseling Center
 Copiague.....(631) 257-5173
 Smithtown.....(631) 656-9550
 Valley Stream.....(516) 569-6600
No. 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. Glen Cove.....(516) 674-7300

P

Parent Advisor (NYS OMH).....(631) 761-2508
Parent to Parent Prog Suffolk Co(631) 853-2793
Partial Hospital Programs:
 Mather Hospital(631) 473-3877
 The Long Island Home/South Oaks
 Hospital.....(631) 264-4000
Pathways Program -South Shore
 Child Guidance(516) 868-3030

R

Riverhead Mental Health Clinic(631) 854-2555
 (631) 854-2556
RECESS Program (FSL).....(631) 647-3100 x6370

S

Sagamore Children's Psychiatric
 Center.....(631) 370-1700
 Outpatient Clinic.....(631) 654-2077
 Partial Hospitalization(631) 370-1883
Sayville Day Treatment Program.(631) 567-5834
SCO/Madonna Heights Clinic.....(631) 643-8800
So. Brookhaven Health Mental Health Clinics
 East (Shirley)(631) 852-1070
 West (Patchogue).....(631) 854-1222
 Access center (Emergency).....(631) 447-3048
So. Nassau Communities Hospital.....(516) 377-5400
South Oaks Hospital.....(631) 264-4000
 Outpt. Clinic (COBS)(631) 608-5900
South Shore Child Guidance Center(516) 868-3030
Southside Hospital.....(631) 968-3000
State Education Department(631) 884-8530
Stony Brook Hospital(631) 444-1251
Suffolk County Division of Community
 Mental Hygiene Services.....(631) 853-8513
Supportive Case Management
 Nassau (FCA)(516) 485-5976
 Suffolk (FSL)....(631) 647-3100 x6712
Syosset Hospital(516) 496-6400

T

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

U

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

V

Victims Information Bureau Services
(VIBS)..... (631) 360-3730

W

Wantagh Day Treatment Program
(Sagamore CPC).....(516) 781-4097
Waverly Clinic (Sagamore CPC)....(631) 654-2077
WellLife Network.....(631) 920-8000

Y

YMCA.....(631) 580-7777
Youth Bureau..... (631) 853-8270
Youth Enrichment Services.....(631) 446-1950

Z

Zucker Hillside Hospital (LIJ)
Child & Adolescent Psychiatry.. (516) 470-8100
Outpatient..... (516) 470-8100

**OFFICE OF MENTAL HEALTH
DIVISION OF INTEGRATED COMMUNITY SERVICES FOR
CHILDREN AND FAMILIES**

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 families with 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. The service provided would be determined by the child's diagnosis.

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 **well being of children and families in** 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 disturbances:

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 disturbances 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.

The 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 **challenges** 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 County 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 23-24.

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 36. Included are telephone numbers for several other agencies, which may be able to help, and the kind of services they offer.



HOTLINES

| | | |
|-----------------------------------|--|-------------------------------|
| LICADD | (631) 979-1700 | 24/7 |
| Huntington Hotline | (631) 549-8700 | 24/7 |
| Islip Hotline | (631) 227-4700 | |
| Long Island Crisis Center Hotline | (516) 679-1111 | 24/7 |
| Long Beach Reach | (516) 889-2332 | 9am-10pm (machine after hrs.) |
| Mental Health Hotline-Nassau | (516) 227-8255 | 24/7 |
| Mental Health Hotline-Suffolk | (631) 952-3333 | 24/7 |
| National Suicide Prevention | (800) 273-8255 | 24/7 |
| Response of Suffolk County | (631) 751-7500 | 24/7 |
| Response Spanish Line | (631) 751-7423 | M-F 5pm-10pm |
| Response On-lineHear2Help | www.responsehotline.org | M-F 5pm-11pm |
| The Samaritans - NYC | (212) 673-3000 | |

Additional Important Numbers

| | | |
|--|----------------|---------------------|
| Nassau County Dept. of Health | (516) 742-6154 | 5:00 PM - 9:00 AM |
| Nassau County Dept. of Social Services | (516) 572-3143 | 6:00 PM - 8:00 AM |
| Families' Anonymous | (800) 736-9805 | Meeting information |
| Suffolk County Dept. of Social Services-after hrs | (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 | |
| Association of Mental Health & Wellness | (631) 226-3900 | |
| Islip information and referral | (631)-595-3535 | |
| Middle Country Library | (631) 585-9393 | |
| Nassau HELP line | (516) 504-HELP | Mon-Fri 9-5 |

Nassau/Suffolk Counties

New York State Office of Mental Health
Sagamore Children's Psychiatric Center

(631) 761-2508
(631) 370-1700

SINGLE POINT OF ACCESS

It can be difficult to find the right mental health services for a 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 County, 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

Children's Care Coordination
Children's Health Home Care Manager
Coordinated Children's Services Initiative
Home & Community Based Services Waiver
Clinical Care Coordination Team (Nassau)
Family Connect (Suffolk)

Out-Of-Home Services

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

In Home Family Support Programs

- Family Peer Support Services
- Care Coordination and Health Home Care Management
- Home and Community Based Services (Medicaid Waiver)
- Coordinated Children's Services Initiative (CCSI)
- Family Connect Program
- Clinical Care Coordination Team (CCCT) - Nassau County
- Therapeutic Recreation
- 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 contacted and/or 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).

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

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. Not all hospitals provide emergency psychiatric evaluations and some deal specifically with children or adults.

Nassau County

| | | |
|--|--------------|----------|
| LIJ Valley Stream (aka Franklin) | (516) | 256-6350 |
| Long Island Jewish Hospital * | (516 or 718) | 470-7500 |
| Mercy Medical Center * (no admissions) | (516) | 705-1210 |
| Northwell Health * | (516) | 562-4125 |
| Northwell Health at Glen Cove * | (516) | 674-7306 |
| NUMC Psychiatric ER * | (516) | 572-4775 |
| South Nassau Community Hospital** | (516) | 632-3900 |
| Northwell Health Syosset** | (516) | 496-6550 |

*Children's Psychiatric emergency evaluations completed

**Adult Psychiatric emergency evaluations completed

Suffolk County

| | |
|---|----------------|
| Brookhaven Memorial Hospital | (631) 654-7763 |
| Eastern Long Island Hospital | (631) 477-5144 |
| Huntington Hospital | (631) 351-2300 |
| Mather Memorial Hospital | (631) 473-1320 |
| Southside Hospital (No behavioral health/have medical ER) | (631) 968-3314 |
| St. Catherine of Siena Medical Center | (631) 862-3100 |

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 Teams

The function of these teams is to respond on-site to a child/adolescent 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 closely with a designated psychiatric emergency room or CPEP and inpatient units serving children in acute crisis.

The teams provide mobile crisis services throughout Nassau/Suffolk County for children, adolescents and adults.

Nassau's Mobile Crisis Team
7 days per week 10:00 AM – 11:00 PM
(516) 227 8255 (TALK)

Suffolk's Mobile Crisis Team
Monday – Friday 10:00 AM -6:30 PM
(631) 952-3333

Mobile Integration Team (Sagamore)
Monday – Friday 8:00 am -4:00 pm
(631) 370-1700

Home Based Crisis Intervention

Provides intensive in-home crisis services to families where a child/adolescent is 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
WellLife Network
36 11200 Rte
Coram, NY 11727
(631) 920-8302

Nassau County

Pathways Program
South Shore Child Guidance Center
91 Guy Lombardo Blvd.
Freeport, NY 11520
(516) 868-3030

Referrals are accepted through the Comprehensive Psychiatric Emergency Program (CPEP) or Emergency Room and 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

Interagency Crisis Respite Program
C/o Sagamore Children's Psychiatric Center
197 Half Hollow Road
Dix Hills, NY 11746
(631) 370-1701

Nassau County

Children's Crisis Respite Program
Mental Health Association of Nassau Co.
Hempstead, NY 11550
(516) 489-2322 ext.1270

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 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 14 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 - 3 months, only when alternative services are unavailable or inappropriate.

Extended Inpatient Care - The objective of extended inpatient care is 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

| | |
|--|--|
| NuHealth 2201 Hempstead Turnpike East Meadow, NY 11554 (516) 572 6511 | 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) 470-3000 | 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 | Males and Females Ages 5-12 |
|---|--------------------------------|

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

| | |
|---|----------------|
| LIJ Valley Stream (Franklin Hospital) (Adults only) | (516) 256-6610 |
| Mercy Medical Center | (516) 705-2525 |
| Northwell Health | |
| 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

| | |
|---|--------------------------------|
| The Long Island Home/ South Oaks Hospital 400 Sunrise Highway Amityville, NY 11701 (631) 264-4000 | Ages 5-17 Males and Females |
|---|--------------------------------|

| | |
|--|---------------------------------|
| Brunswick Hall 80 Loudon Avenue Amityville, NY 11701 (631) 789-7000 | Ages 11-17 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
197 Half Hollow Road
Dix Hills, NY 11746
(631) 370-1701

Males and Females
Ages 12-17

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 1 year.

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
525 Convent Road
Syosset, NY 11791
(516) 921-0808

14 beds
Males
Ages 10-17

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

14 beds
Females
Ages 12-17

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

| | |
|---|--|
| <p>Central Nassau Guidance & Counseling Services, Inc. (V) (516) 822-6111 950 South Oyster Bay Rd. - Suite 104 Hicksville, NY 11801</p> | <p>South Nassau Communities Hospital (V) Mental Health Services (516) 377-5400 2277 Grand Avenue Baldwin, NY 11510</p> |
| <p>EPIC Clinic Care (516) 739-7733 1500 Hempstead Tpke E. Meadow, NY 11554</p> | <p>Hempstead Clinic (516) 485-5710 175 Fulton Avenue Hempstead, NY 11550</p> |
| <p>Hispanic Counseling Center (V) (516) 538-2613 344 Fulton Avenue Hempstead, NY 11550</p> | <p>Southeast Nassau Guidance Center (V) 2146 Jackson Avenue (516) 221-3030 Seaford, NY 11783 Ages 18 & up</p> |
| <p>LIFQHC (516) 442-5325 380 Nassau Road Roosevelt, NY 11575</p> | <p>South Shore Child Guidance Center (V) 91 Guy Lombardo Ave (516) 868-3030 Freeport, NY 11520</p> |
| <p>Angelo J. Melillo Center for Mental Health (V) 113 Glen Cove Avenue (516) 676-2388 Glen Cove, NY 11542</p> | |
| <p>Mercy Medical Center (516) 705-3400 BH Care Services (V) Ages 18 & up 506 Stewart Ave Garden City, NY 11570</p> | |
| <p>Nassau Univ. Medical Center (NUMC) Child, Adolescent. & Family Clinic (V) (516) 296-2670 2201 Hempstead Turnpike Butler Building East Meadow, NY 11554</p> | |
| <p>North Shore Child & Family Guidance Ctr. (V) 480 Old Westbury Road (516) 626-1971 Roslyn Heights, NY 11577 ages 7 – 21</p> | |
| <p>999 Brush Hollow Road (516) 997-2926 Westbury, NY 11590 Chemical dependency- ages 7-25 Mental Health - ages 7- 21</p> | |
| <p>80 North Service Road (LIE)..... (516) 484-3174 Manhasset, NY 11030 Ages 0-3 w/parent and 3 – 6</p> | |
| <p>New Horizons (V) (516) 569-6600 50 W. Hawthorne Ave Valley Stream, NY 11580</p> | |

SUFFOLK COUNTY CLINICS

| | | | |
|--|----------------------------------|--|----------------------------------|
| Brentwood Mental Health Clinic (C)* 1841 Brentwood Road Brentwood, NY 11717 | (631) 853-7300 | John T. Mather Outpatient Mental Health Clinic (V) 125 Oakland Avenue Port Jefferson, NY 11777 | (631) 729-2140 |
| Catholic Charities* Community Life Center (V) 1727 North Ocean Avenue Medford, NY 11763 | (631) 654-1919 | Madonna Heights Services (SCO) (V) 151 Burrs Lane Dix Hills, NY 11746 | (631) 643-8800 |
| 9 Fourth Avenue Bay Shore, NY 11706 | (631) 665-6707 | New Horizons Counseling Center* 11 Route 111, Smithtown, NY 11787 | (631) 656-9550 |
| Family Service League (FSL) (V) North Fork Counseling* 7555 Main Road Mattituck, NY 11952 | (631) 298-8642 | New Horizons Counseling Center* 445 Oak Street Copaige, NY 11726 | |
| East Hampton Clinic* 316 Accabonac Road East Hampton, NY 11937 | (631) 324-3344 | Riverhead Mental Health Clinic (C)* Riverhead County Center 300 Center Drive Riverhead, NY 11901 | (631) 854-2555 (631) 854-2556 |
| Iovino S. Shore Family* Center Clinic (CWC) 1444 Fifth Avenue Bay Shore, NY 11706 | (631) 647-3100 | Sagamore Children's Psychiatric Center (S) Waverly Avenue Clinic 440 Waverly Avenue Patchogue, NY 11772 | (631) 654-2077 |
| Huntington Clinic* 55 Horizon Drive Huntington, NY 11743 | (631) 427-3700 | South Brookhaven Mental Health Clinic (V) Health Center East 550 Montauk Highway Shirley, NY 11967 | (631) 852-1070 |
| Mastic Clinic* 1235 Montauk Highway Mastic, NY 11950 | (631) 924-3741 | Health Center West 365 East Main Street Patchogue, NY 11772 | (631) 854-1222 |
| Riverhead Clinic* 208 Roanoke Avenue Riverhead, NY 11901 | (631) 369-0104 | South Oaks Comprehensive Outpatient Behavioral Services (COBS) (V) 400 Sunrise Drive Amityville, NY 11701 | (631) 264-4000 |
| Central Islip Clinic* 320 Carleton Avenue Central Islip, NY 11722 | (631) 663-4300 | University Medical Center (S) State University @ Stony Brook Stony Brook, NY 11794 | (631) 632-8850 |
| Southampton Clinic* 40 Main St. Westhampton Beach, NY 11946 | (631) 288-1954 | Youth Enrichment Services (YES) 401 Main St., Room 108 Islip, NY 11751 | (631) 446-1950 |
| *For additional satellite or co-located programs within a primary setting, contact 631-427-3700 | | | |
| Farmingville Mental Health Clinic (C)* 15 Horse Block Place Farmingville, NY 11738 | (631) 854-2555 (631) 854-2556 | | |
| Federation of Organizations Clinic* 240A Long Island Avenue Wyandanch, NY 11798 | (631) 782-6200 | | |

***Call Clinic for Open Access Hours**

Specialized Clinic Treatment Programs

Mobile Clinic Programs

In Suffolk County there are 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.

Family Service League
Park Ave
Huntington, NY
(631) 396-2300

Covers Huntington Township

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

Catchment Area is east of the Wm Floyd Pkwy

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
91 Guy Lombardo Blvd.
Freeport, NY 11520
(516) 868-3030
Site in Roosevelt, Freeport and Uniondale schools

Suffolk County

Family Service League
Park Ave
Huntington, NY 11743
(631) 396-2300
Sites in Huntington, Riverhead and Westhampton schools

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

Jefferson Academic Center
Sagamore School Based Clinic
118 Spring Street
Pt. Jefferson, NY 11777
(631)476-0564

Population Served: Middle School

*Runs almost identically to a day treatment program

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 short term diagnostic program (sometimes called intensive day treatment) which is a collaboration between Sagamore Children’s Psychiatric Center and Western Suffolk B.O.C.E.S. Children participate in educational services as well as psychiatric evaluations, therapy, and discharge planning to recommend the most appropriate clinical setting. This placement may need school district approval.

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

Population Served: Nassau and Suffolk County youth; Ages 6 – 17

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

South Oaks Hospital
Partial Hospital Program
400 Sunrise Highway
Amityville, NY 11701
631) 608-5610

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

Community Residences

Community Residences are residential programs which provides a therapeutic environment for six to eight children and adolescents with serious emotional disturbances whose individual treatment issues preclude family settings or who may need to prepare for independent living. The focus of the program is to develop and implement a plan with the youth and family on how to live successfully and productively in a community, attend school or prepare for employment and develop the skills needed to return to more normative environments. The program emphasizes consumer and family-driven integration in the community, collaboration with other service providers, consumer input and family involvement, and development of community life roles and natural supports.

| | |
|---|---------------------|
| Deer Park Community Residence SCO Family of Services 95 Central Avenue Deer Park, NY 11725 (631) 243-3179 | 8 Beds-coed (13-17) |
| WellLife Community Residences 13 Thompson Haypath Setauket, 11733 (631) 751-0197 | 8 Beds-coed (13-17) |
| 43 Arista Drive Dix Hills, NY 11746 (631) 683-4393 | 8 Beds-coed (13-17) |

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

8 Beds-coed (13-17)

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

8 Beds-male (8-15)

Center for Discovery-(*CREDIT Program)
3 Sunset Avenue
East Quogue, NY 11942
631-892-3688

8 Beds

*This specialized program, an OMH licensed Community Residence for Eating Disorder Integrated Treatment Program (CREDIT program), is a subclass of community residence program for adolescents who have been diagnosed with an eating disorder, whose individual treatment issues preclude family settings or other less restrictive alternatives.

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 County

Catholic Charities Teaching Family Home Program
516-634-0014 x 128

This program is run by Catholic Charities and serves both Nassau and Suffolk County. There are three houses in Nassau County and two houses in Suffolk County. Each house has four residents.

FAMILY SUPPORT PROGRAMS

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

Program types included under the category Family Support Programs are:

- ❖ Family Peer Support Services
- ❖ Children's Care Coordination and Children's Health Home Care Management
- ❖ Home and Community Based Services (Medicaid Waiver)
- ❖ Coordinated Children's Services Initiative (CCSI)
- ❖ Clinical Care Coordination Team (CCCT) (Nassau County)
- ❖ Therapeutic Recreation
- ❖ Therapeutic Nursery Program

Family Peer Support Services

Family Peer Support Services (FPSS) enhance the capacity of families to care for their at-risk child, reducing the risk of hospitalization. The goal is to maintain the child in the home by providing a variety of supports and services to the family for the benefit of the child. Services available include parent skill development, bridging and transition support, psycho-educational support groups, youth empowerment, self-advocacy, and community connections. Children “at risk” for emotional and/or behavioral issues, but who may not be formally diagnosed may also be eligible.

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 **Peer** Advocate.

Respite provides temporary care to a seriously emotionally disturbed child or adolescent while providing relief to the family. Respite care may be provided either in-home or out-of-home on an emergency or planned basis. Some Family Peer Support Programs offer respite as an adjunct to the groups.

Nassau County

Family & Children’s
Association
The Family Center
400 Oak St., Suite 104
Garden City, NY 11530
(516) 485-5976

Hispanic Counseling Center
Family Support Program
344 Fulton Avenue
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

WellLife Network
Family Support
Service Program (FSS)
3600 Rte. 112
Coram, NY 11727
(631) 920-8302

Family Service League
Parent to Parent
Program
(631) 853-2793

Family and Children’s
Family Support Program
4400 Veterans Hwy 202
Holbrook, NY 11741
(631) 389-4693

Regional Resource

Long Island Families Together (LIFT)
21 Greene Ave
Amityville, NY 11701
(631) 264-5438

Children's Care Coordination And Children's Health Home Care Management

Children's Care Coordination and Children's Health Home Care Management develop service plans based on the specific needs and desires of the child and the family. Programs provide care coordination services, including services linking, coordination and monitoring, and crisis intervention to maintain the youth in their home and community. For a child to receive Health Home Care Management services they must meet the eligibility criteria, which includes being a Medicaid recipient. Please contact your local Children's SPOA units for referral applications and to assist in this process. (formerly known as ICM/SEM)

Nassau County

Nassau County Department of Human Services
Office of Mental Health, Chemical Dependency & Developmental Disabilities
60 Charles Lindbergh Blvd., Suite 200
Uniondale, NY 11553-3687
Phone: (516) 227-7057

Suffolk County

Children's SPOA Services
Suffolk County Division of Community Mental Hygiene
William J. Lindsay County Complex, Building C-104
725 Veteran's Memorial Highway
P.O. Box 6100
Hauppauge, NY 11788
Phone: (631) 853-8513

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, crisis response, 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
Serves all of Nassau County
(516) 485-5976

Suffolk County

WellLife Network
Serves Western Suffolk
(631) 920-8302

Family Service League
Serves Eastern Suffolk
(631) 998-1002

SCO Family of Services
Serves Suffolk
(631)643-8800/(631)253-3500x147

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
444 Fifth Ave
Bay Shore, NY 1106
(631) 650-0073

Family Connect Program

The Family Connect program provides short-term crisis intervention services to youth and their families to avoid the need for additional in-home services. The program includes an assessment of immediate needs and development of a short-term, crisis-intervention plan focusing on advocacy, education, and community service linkages. Length of stay is three (3) months with a tiered visit frequency. Families must reside in Suffolk County.

Suffolk County

Family Service League
1444 Fifth Avenue
Bay Shore, NY 11706
(631) 647-3100

Clinical Care Coordination Team (CCCT)

Clinical Care Coordination Team (CCCT) is designed to meet the clinical and case management needs of high-risk youth for whom the traditional outpatient system has proven ineffective. These youths typically refuse to participate in therapy, often are school-avoidant, and frequently have limited social contacts. CCCT provides in-home clinical services, including individual therapy, family therapy, and psychiatric consultation, evaluation and monitoring with a goal of returning the child to outpatient treatment. Families must reside in Nassau County.

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) 650-0104

North Shore Child & Family

Guidance Center - Wilderness Program
480 Old Westbury Road
Roslyn Heights, NY 11577
(516) 626-1971 x 316

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 an 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
1444 Fifth Avenue
Bay Shore, NY 11706
(631) 647-3120

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 16

School-Based Mental Health (SBMH) - See page 25. 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 30. 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.

Children's Care Coordination & Children's Health Home Management - See page 32

Home and Community Based Services Waiver (HCBS) - See page 32

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.

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, and 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 Families Together- LIFT offers information and referrals to community, family, and service providers. Common areas include: children's mental health, individual emotional support, system navigation, workshops, conferences, and adoption support groups.
(Nassau & Suffolk) - (631) 264-5438

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: Nassau Co. (516) 572-6818
Suffolk Co. Central Islip – (631) 208-5319

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)

OMH Regional Parent Advisors - The Regional Parent Advisors are knowledgeable about local, state, and national resources in children's behavioral health and family peer support. Regional Parent Advisors share information with parents and providers creating opportunities for these stakeholders to provide input on how services and policies are working for families and youth.
(Nassau & Suffolk) - (631) 761-2508

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 x708

People with 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 (OPWDD) 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 DSS PINS Diversion 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) 227-7092 | (631) 854-9359 |
| Child Protective Services | (516) 227-8133 | (631) 854-9029 |

Vocational Services

Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR) assists individuals with mental, physical or learning disabilities to prepare for and find employment. Services include transition services, vocational rehabilitation, independent living services, and business services. These services may include vocational skills evaluation, job readiness preparation, assistance with finding employment, job coaching, and transportation assistance.

Nassau County Office – ACCES-VR

Garden City District Office

Tel: (516) 227-6800

Toll free: 1(800)263-2564

Suffolk County Offices – ACCES-VR

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, light-headedness, 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: Adderall, 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

Children's Care Coordination / Health Home Care Manager

A professional who helps link and coordinate services based on the specific needs of the child and family. (formerly ICM / SEM)

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.

Nurses

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.

Certified Clinical Specialist in Psychiatric Nursing: 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.

Nurse Practitioner: 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 the authority to diagnose and treat illness and physical conditions autonomously once a collaborative agreement has been established between the nurse practitioner and a physician in the appropriate specialty area.

Social Worker

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.

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.

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 from practicing psychotherapy, hypnosis, or counseling. The law does, however, restrict the use of titles Physician, Psychologist, Registered Nurse, and Certified Social Worker/LMSW 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 | Assertive Community Treatment | 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 | | |
| AHRC | Association for the Help of Retarded Citizens | FDA | Food and Drug Administration |
| AMA | Against Medical Advice | FEGS | Federated Employment & Guidance Services |
| AMA | American Medical Association | FSL | Family Service League |
| AMI | Alliance for the Mentally Ill | | |
| APA | American Psychiatric Association | HHS | U.S. Department of Health and Human Services |
| | | HMO | Health Maintenance Organization |
| BID | Twice a Day | HR | Home Relief |
| BOCES | Board of Cooperative Educational Services | HS | At Bedtime (Hour of Sleep) |
| BSW | Bachelor's Degree in Social Work | HSA | Health Systems Agency |
| | | | |
| CAT (scan) | Computerized Axial Tomography Scan | ICF | Intermediate Care Facility |
| CBO | Community Based Organization | ICM | Intensive Case Manager |
| CHAP | Community Health Assurance Program | ICU | Intensive Care Unit |
| CM | Case Manager | IM | Intra-muscular Injection |
| CMHC | Community Mental Health Center | IQ | Intelligence Quotient |
| CNS | Central Nervous System | I&R | Information & Referral |
| CPEP | Comprehensive Psychiatric Emergency Program | IV | Intra-venous Injection |
| CPS | Child Protective Services | | |
| CR | Community Residence | JCAHO | Joint Commission for the Accreditation of Health Care Organizations |
| CSP | Community Support Program | | |
| CSW | Certified Social Worker | | |
| | | LGU | Local Governmental Unit |
| DFY | NYS Division for Youth (Now OCFS) | LIJ | Long Island Jewish Medical Center |
| DRG | Diagnosis Related Group | LPN | Licensed Practical Nurse |
| 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 | | |
| MICA | Mental Illness Chemical Abuse | SAC | Service Area Council |
| MMPI | Minnesota Multiphasic Personality Inventory | SCC | Suffolk Community Council |
| MR | Mentally Retarded | SCM | Supportive Case Management |
| MRI | Magnetic Resonance Imaging | SCMHA | Suffolk County Mental Health Association |
| MST | Multi Systemic Therapy | SCPC | Sagamore Children's Psychiatric Center |
| MSW | Masters Degree in Social Work | SED | Seriously Emotionally Disturbed |
| | | 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 |
| | | SPOA | Single Point of Access |
| 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 |
| OPWDD | NYS Office for People with Developmental Disabilities (Formerly OMRDD) | | |
| OR | Operating Room | TANF | Temporary Assistance to Needy Families |
| OT | Occupational Therapy | TID | Three times a day |
| PA | Physician's Assistant | TLC | Tender Loving Care |
| PC | After Meals | TRI | The Rehabilitation Institute |
| PDG | Program Development Grant | TSLI | Transitional Services of Long Island |
| PDR | Physician's Desk Reference | VA | Veteran's Administration |
| Ph.D | Doctor of Philosophy | VESID | Vocational & Educational Services for Individuals with Disabilities |
| PINS | Person in Need of Supervision | VIBS | Victims Information Bureau of Suffolk |
| P-K | WellLife Network | | |
| PPC | Pilgrim Psychiatric Center | WAIS | Wechsler Adult Intelligence Scale |
| PRN | As Needed (when necessary) | WIC | Women, Infants and Children Feeding Program |
| PT | Physical Therapy | WISC | Wechsler Intelligence Scale for Children |
| 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 jigging, 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.ny.gov>

Childhood Disorders

- Anxiety Disorders: - <http://www.adaa.org>

- 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->(Can't be found)

- 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

- Depression: - http://www.nmha.org/children/green/child_depression.cfm

- Obsessive-Compulsive
Disorder: - <http://www.ocdresource.com>
- <http://www.ocfoundation.org>

- Schizophrenia: - <http://www.schizophrenia.com>

- 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 |
| Response of Suffolk (Hotline) | (631) 751-7500 |
| Care Coordination/Health Home Manager (formerly ICM / SEM) | |
| Nassau County | (516) 485-5976 |
| Suffolk County | (631) 54-0175/(631)650- 0063 |
| 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) 572-4775 |
| 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 |

