

# USER'S GUIDE

TO

## CHILDREN'S MENTAL HEALTH SERVICES

ON

LONG ISLAND



Eleventh EDITION



to  
provide **TABLE OF CONTENTS**

<b>Preface.....</b>	<b>1</b>
<b>Quick Reference Telephone Numbers .....</b>	<b>2</b>
<b>Mission and Goal Statements .....</b>	<b>5</b>
<b>Family Involvement in a Community Based System of Care .....</b>	<b>6</b>
<b>Where Do I Start? How to Access Services .....</b>	<b>7</b>
<b>Hotlines/Information and Referral Resources .....</b>	<b>9</b>
<b>Single Point of Access (SPOA).....</b>	<b>10</b>
<b>Program Categories, Types and Listing of Programs .....</b>	<b>11</b>
<b>Emergency Programs .....</b>	<b>13</b>
<b>Inpatient Programs .....</b>	<b>18</b>
<b>Outpatient Programs .....</b>	<b>22</b>
<b>Community Residential Programs .....</b>	<b>29</b>
<b>Family Support Programs.....</b>	<b>31</b>
<b>Evidence Based Practices .....</b>	<b>36</b>
<b>Additional Services .....</b>	<b>37</b>
<b>Psychiatric Medications .....</b>	<b>41</b>
<b>Who's Who in Mental Health .....</b>	<b>43</b>
<b>Abbreviations and Acronyms .....</b>	<b>45</b>
<b>Glossary of Psychiatric Terms .....</b>	<b>47</b>
<b>Children's Mental Health Internet Sites .....</b>	<b>51</b>
<b>Index .....</b>	<b>52</b>
<b>Important Phone Numbers .....</b>	<b>Inside Back Cover</b>





## **PREFACE**

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

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

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

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

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

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Regional  
Parent Advisor  
(631) 761-3181**

**Jeanne McGough  
Regional  
Parent Advisor  
(631) 761-2334**

## 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) 853-7300  
Brookhaven Memorial Hospital.....(631) 654-7100  
Brookhaven Youth Bureau.....(631) 451-8011  
Brunswick Hospital .....(631) 789-7000

### C

CPEP (Stony Brook Univ. Med. Ctr.)...(631) 444-6050  
CAPT Program .....(631) 647-3120  
Catholic Charities  
    Bayshore.....(631) 665-6707  
    Medford .....(631) 654-1919  
Central Nassau Guidance &  
    Counseling Services, Inc.....(516) 822-6111  
Cohen Children's Medical Center  
    (formerly Schneider's Childrens) ..(718) 470-3000  
Colonial Youth & Fam Svcs .....(631) 281-4461  
Crisis Bed Program/Respite -  
    Nassau Co. (MHA).....(516) 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  
DDI Opti-care MH Center...  
    Riverhead.....(631) 284-5500  
    Smithtown .....(631) 360-4700

## TELEPHONE NUMBERS

### E

Epic LI .....(516) 739-7733

### F

Family & Children's Assoc.(516)486-7200/(516)-935-6858  
The Family Center (F & C Assn).....(516) 485-5976  
Family Service League of Suffolk (clinic)  
    Bayshore.....(631) 647-3100  
    Center Moriches.....(631) 874-2700  
    Central Islip.....(631)663-4300  
    Huntington( Main Office).....(631) 396-2300  
    E. Yaphank.....(631) 924-3741  
    E. Hampton .....(631) 324-3344  
    Mattituck .....(631) 298-8642  
    Riverhead.....(631) 369-0104  
    W. Hampton Beach.....(631) 288-1954  
Farmingville Mental Health Clinic .....(631) 854-2552  
Federation of Organization.....(631) 782-6200

### H

Home and Community Based Services Waiver  
    Family and Children's Assoc ..(516) 485-5976  
    Pederson Krag Center .....(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

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

## L

Lakeview House .....(516) 678-5991  
 Legal Aid Society  
     Nassau Co.....(516) 560-6400  
     Suffolk Co.....(631) 853-5212  
 LINK Program (Pederson-Krag Ctr)...(631) 920-8302  
 Long Beach Medical Center .....(516) 897-1000  
 Long Island Advocacy Center  
     Nassau Co.....(516) 248-2222  
     Suffolk Co. ....(631) 234-0467  
 Long Island Counseling Center.....(516) 437-6050  
 Long Island Families Together.....(631) 264-5438  
 Long Island Jewish Hospital .....(718) 470-8100

## M

Madonna Heights Services .....(631) 643-8800  
 Mather Memorial Hospital.....(631) 473-1320  
     Partial Hospital.....(631) 473-3877  
     Clinic.....(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) 673-7701  
 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.....(631) 348-1800  
 New Horizon Counseling Center  
     Copiague.....(631) 257-5173  
     Smithtown.....(631) 656-9550  
 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. Plainview .....(516) 719-3000  
 North Shore Univ. Hosp. Glen Cove.....(516) 674-7300

## P

Parent Advisor (NYS OMH).....(631) 761-2334  
 Parent to Parent Prog Suffolk Co .....(631) 853-2793  
 Partial Hospital Programs:  
     Mather Hospital .....(631) 473-3877  
     South Oaks Hospital .....(631) 264-4000  
 Pathways Program,So Shore Ch Guid ..(516)868-3030  
 Pederson-Krag Center.....(631) 920-8000  
 Peninsula Counseling Center.....(516) 569-6600

## R

Riverhead Mental Health Clinic .....(631) 852-1440  
 Roosevelt Comm. MH Center .....(516) 623-1644  
 RECESS Program (FSL) .....(631) 647-3100x136

## S

Sagamore Children's Psychiatric  
     Center.....(631) 370-1700  
     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  
 So. Nassau Communities Hospital.....(516) 377-5400  
 South Oaks Hospital.....(631) 608-5610  
     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 Co (FCA) .....(516) 485-5976  
     Suffolk Co. (FSL)(631) 647-3100x127  
 Syosset Hospital.....(516) 496-6400



## **T**

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

## **U**

**University Medical Center SUNY @**  
**Stony Brook .....(631) 689-8333**  
**Outpatient Clinic..... (631) 632-8850**

## **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**

## **Y**

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

## **Z**

**Zucker Hillside Hospital (LLJ)**  
**Child & Adolescent Psychiatry.. (516) 470-3000**  
**Outpatient..... (516) 470-8100**

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

**MISSION STATEMENT**

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

**GOALS**

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

**DIRECTION**

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



## **FAMILY INVOLVEMENT IN A COMMUNITY BASED SYSTEM OF CARE**

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

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

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

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

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

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

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

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

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

## **WHERE DO I START? - HOW TO ACCESS SERVICES**

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

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

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

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



### **Emergency Assistance**

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

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

## **Non-Emergency Assistance**

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

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

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

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

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

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



## **HOTLINES**

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 (answering machine after hrs)
Mental Health Hotline-Nassau	(516) 572-6419	24/7
Mental Health Hotline-Suffolk	<b>(631)952-3333</b>	24/7
Response of Suffolk County	(631) 751-7500	24/7
Response Spanish Line	(631) 751-7423	M-F 5pm-10pm
Response On-lineHear2Help	<u><a href="http://www.responsehotline.org">www.responsehotline.org</a></u>	M-F 5pm-11pm
The Samaritans	(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	1(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	(631) 761-2508
Sagamore Children's Psychiatric Center	(631) 370-1700

## **SINGLE POINT OF ACCESS**

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

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

### **In-Home Services**

**Family Connect (Suffolk)  
Supportive Case Management  
Intensive Case Management  
Coordinated Children's Services Initiative  
Home & Community Based Services Waiver  
Clinical Care Coordination Team (Nassau)**

### **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**
- **Supportive Case Management**
- **Intensive Case 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 seen on a 24 hour-a-day, 7 day-a-week basis. These programs can be used when crisis intervention cannot be provided by a program or practitioner from whom the individual is already receiving care, or when the individual is not enrolled in any mental health program.**

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

**Program categories included under Emergency Services are:**

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



## **Comprehensive Psychiatric Emergency Program (CPEP)**

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

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

### **Suffolk County**

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

### **Nassau County**

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

## **Psychiatric Emergency Room**

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

**Nassau County**

<b>LIJ Valley Stream (aka Franklin)</b>	<b>(516) 256-6350</b>
<b>Long Island Jewish Hospital</b>	<b>(718) 470-7500</b>
<b>Mercy Medical Center</b>	<b>(516) 705-1210</b>
<b>North Shore University Hospital</b>	<b>(516) 562-4125</b>
<b>North Shore University Hospital at Glen Cove</b>	<b>(516) 674-7306</b>
<b>North Shore University Hospital at Plainview</b>	<b>(516) 719-2336</b>
<b>NUMC Psychiatric ER</b>	<b>(516) 572-4775</b>
<b>South Nassau Community Hospital</b>	<b>(516) 632-3900</b>
<b>Syosset Community Hospital</b>	<b>(516) 496-6550</b>

**Suffolk County**

<b>Brookhaven Memorial Hospital</b>	<b>(631) 654-7763</b>
<b>Eastern Long Island Hospital</b>	<b>(631) 477-5144</b>
<b>Huntington Hospital</b>	<b>(631) 351-2300</b>
<b>Mather Memorial Hospital</b>	<b>(631) 473-1320</b>
<b>Southside Hospital</b>	<b>(631) 968-3314</b>
<b>St. Catherine of Siena Medical Center</b>	<b>(631) 862-3100</b>

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

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

### **Nassau County**

**Children's Mobile Crisis Team  
(516) 227 8255 (TALK)**

This team provides mobile crisis services throughout Nassau County for adults and children. Hours of operation: 7 days/week 10:00am-11:00pm.

### **Suffolk County**

**Suffolk's Mobile Crisis Team  
Pilgrim Psychiatric Center/Sagamore CPC  
(631) 370-1700**

This team provides mobile crisis services throughout Suffolk County for adults and children. Hours of operation: 7 days/week 10:00am-11:00pm.

## Home Based Crisis Intervention

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

### Suffolk County

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

### Nassau County

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

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

## Crisis Residential Services

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

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

### Suffolk County

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

### Nassau County

**Nassau Co. Crisis Respite Bed Program  
Mental Health Association in Nassau Co.  
Hempstead, NY 11550  
(516) 489-2322 ext.1318**

## **INPATIENT PROGRAMS**

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

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

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

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

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

**Program types included under the category of inpatient services are:**

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

## Inpatient Psychiatric Unit of a General Hospital

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

### Nassau County

Nassau University Medical Center  
2201 Hempstead Turnpike  
East Meadow, NY 11554  
(516) 486-6862

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**

<b>LIJ Valley Stream (Franklin Hospital)</b>	<b>(516) 256-6000</b>
<b>Mercy Medical Center</b>	<b>(516) 705-2525</b>
<b>North Shore University Hospital</b>	
<b>Manhasset</b>	<b>(516) 562-0100</b>
<b>Syosset</b>	<b>(516) 496-6400</b>

**Suffolk County**

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

**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**

<b>South Oaks Hospital</b>	<b>Ages 5-17</b>
<b>400 Sunrise Highway</b>	<b>Males and Females</b>
<b>Amityville, NY 11701</b>	
<b>(631) 608-5610 x 5900</b>	

<b>Brunswick Hall</b>	<b>Ages 11-17</b>
<b>80 Loudon Avenue</b>	<b>Males and Females</b>
<b>Amityville, NY 11701</b>	
<b>(631) 789-7000</b>	

## 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 2 years.

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

### Nassau/Suffolk Counties

**MercyFirst**  
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><b>Central Nassau Guidance &amp; Counseling Services, Inc. (V)</b>            950 South Oyster Bay Rd. - Suite 104            Hicksville, NY 11801</p> <p><b>EPIC Clinic Care</b>            1500 Hempstead Tpke            E. Meadow, NY 11554</p> <p><b>Hispanic Counseling Center (V)</b>            344 Fulton Avenue            Hempstead, NY 11550</p> <p><b>LIFQHC</b>            Roosevelt</p> <p><b>Angelo J. Melillo Center (V) for Mental Health</b>            113 Glen Cove Avenue            Glen Cove, NY 11542</p> <p><b>Mercy Medical Center BH Care Services (V)</b>            506 Stewart Ave            Garden City, NY 11570</p> <p><b>Nassau Univ. Medical Center (NUMC) Child, Adolescent &amp; Family Clinic (V).....</b>            2201 Hempstead Turnpike            Butler Building            East Meadow, NY 11554</p> <p><b>North Shore Child &amp; Family Guidance Center (V)</b>            480 Old Westbury Road            Roslyn Heights, NY 11577</p> <p><b>999 Brush Hollow Road</b>            Westbury, NY 11590</p> <p><b>80 North Service Road (LIE).....</b>            Manhasset, NY 11030</p> <p><b>New Horizons (V)</b>            50 W. Hawthorne Ave            Valley Stream, NY 11580</p>	<p><b>South Nassau Communities Hospital (V) Mental Health Services</b>            2277 Grand Avenue            Baldwin, NY 11510</p> <p><b>Southeast Nassau Guidance Center (V)</b>            2146 Jackson Avenue            Seaford, NY 11783</p> <p><b>South Shore Child Guidance Center (V)</b>            91 Guy Lombardo Ave            Freeport, NY 11520</p> <p><b>Zucker Hillside Hospital (V) Division of Child &amp; Adol. Psychiatry</b>            75-59 263 Street            Glen Oaks, NY 11040</p> <p style="text-align: right;">(516) 822-6111</p> <p style="text-align: right;">(516) 739-7733</p> <p style="text-align: right;">(516) 538-2613</p> <p style="text-align: right;">(516) 442-5325</p> <p style="text-align: right;">(516) 676-2388</p> <p style="text-align: right;">(516) 705-3400 Ages 18 &amp; Older</p> <p style="text-align: right;">(516) 296-2670</p> <p style="text-align: right;">(516) 626-1971 ages 7 – 21 yrs.</p> <p style="text-align: right;">(516) 997-2926</p> <p style="text-align: right;">(516) 484-3174</p> <p style="text-align: right;">(516) 569-6600</p> <p style="text-align: right;">(516) 377-5400</p> <p style="text-align: right;">(516) 221-3030 Ages 18 &amp; Up</p> <p style="text-align: right;">(516) 868-3030</p> <p style="text-align: right;">(718) 470-3000</p>
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## SUFFOLK COUNTY CLINICS

<p><b>Brentwood Mental Health Clinic (C)</b> 1841 Brentwood Road Brentwood, NY 11717</p>	<p>(631) 853-7300</p>	<p><b>John T. Mather Outpatient Mental Health Clinic (V)</b> 5505 Nesconset Highway, Ste. 238 Mt. Sinai, NY 11766</p>	<p>(631) 729-2140</p>
<p><b>Catholic Charities Community Life Center (V)</b> 1727 North Ocean Avenue Medford, NY 11763</p>	<p>(631) 654-1919</p>	<p><b>Madonna Heights Services (SCO) (V)</b> 151 Burrs Lane Dix Hills, NY 11746</p>	<p>(631) 643-8800</p>
<p>9 Fourth Avenue Bay Shore, NY 11706</p>	<p>(631) 665-6707</p>	<p><b>New Horizons Counseling Center</b> 11 Route 111, Smithtown, NY 11787</p>	<p>(631) 656-9550</p>
<p><b>Family Service League (FSL) (V)</b> North Fork Counseling 7555 Main Road Mattituck, NY 11952</p>	<p>(631) 298-8642</p>	<p><b>Riverhead Mental Health Clinic (C)</b> Riverhead County Center 300 Center Drive Riverhead, NY 11901</p>	<p>(631) 852-1440</p>
<p><b>East Hampton Clinic</b> 316 Accabonac Road East Hampton, NY 11937</p>	<p>(631) 324-3344</p>	<p><b>Sagamore Children's Psychiatric Center (S)</b> Waverly Avenue Clinic 440 Waverly Avenue Patchogue, NY 11772</p>	<p>(631) 654-2077</p>
<p><b>Iovino S. Shore Family Center Clinic (CWC)</b> 1444 Fifth Avenue Bay Shore, NY 11706</p>	<p>(631) 647-3100</p>	<p><b>South Brookhaven Mental Health Clinic (V)</b> Health Center East 550 Montauk Highway Shirley, NY 11967</p>	<p>(631) 852-1070</p>
<p><b>Huntington Clinic</b> 55 Horizon Drive Huntington, NY 11743</p>	<p>(631) 396-2300</p>	<p><b>Health Center West</b> 365 East Main Street Patchogue, NY 11772</p>	<p>(631) 854-1222</p>
<p><b>East Yaphank Clinic</b> 1490 William Floyd Pkwy. East Yaphank, NY 11967</p>	<p>(631) 924-3714</p>	<p><b>South Oaks Comprehensive Outpatient Behavioral Services (COBS) (V)</b> 400 Sunrise Drive Amityville, NY 11701</p>	<p>(631) 608-5900</p>
<p><b>Riverhead Clinic</b> 208 Roanoke Avenue Riverhead, NY 11901</p>	<p>(631) 369-0104</p>	<p><b>University Medical Center (S)</b> State University @ Stony Brook Stony Brook, NY 11794</p>	<p>(631) 632-8850</p>
<p><b>Central Islip Clinic</b> 320 Carleton Avenue Central Islip, NY 11722</p>	<p>(631) 663-4300</p>	<p><b>Youth Enrichment Services (YES)</b> 401 Main St., Room 108 Islip, NY 11751</p>	<p>(631) 446-1950</p>
<p><b>Center Moriches Clinic</b> 220 Main Street Center Moriches, NY 11934</p>	<p>(631) 874-2700</p>		
<p><b>Westhampton Beach Clinic</b> 40 Main St. Westhampton Beach, NY 11946</p>	<p>(631) 288-1954</p>		
<p><b>Farmingville Mental Health Clinic (C)</b> 15 Horse Block Place Farmingville, NY 11738</p>	<p>(631) 854-2552</p>		
<p><b>Federation of Organizations Clinic</b> 240A Long Island Avenue Wyandanch, NY 11798</p>	<p>(631) 782-6200</p>		

## **Specialized Clinic Treatment Programs**

### **Mobile Clinic Programs**

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

**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 and Freeport schools**

#### **Suffolk County**

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

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

#### Suffolk County

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

**Nassau County**

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

**8 Beds  
Coed, ages 13-17**

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

**8 Beds  
Males, ages 8-15**

**Teaching Family Homes**

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

**Nassau and Suffolk Counties**

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

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

## **FAMILY SUPPORT PROGRAMS**

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

**Program types included under the category Family Support Programs are:**

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



## Family Support Services

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

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

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

### Nassau County

Family & Children's  
Association  
The Family Center  
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

Pederson-Krag Center  
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  
(516) 485-5976

### Regional Program

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

## **Intensive Case Management & Supportive Case Management**

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

### **Nassau County**

**Family and Children's Association  
Children's ICM/SCM Program  
400 Oak St., Suite 104  
Garden City, NY 11530  
(516) 485-5976**

### **Suffolk County**

**Suffolk County Children's  
Intensive Case Management Program  
3500 Sunrise Hwy Ste 124  
Great River, NY 11739  
(631) 854-0175**

**Family Service League ICM/SCM  
1444 5<sup>th</sup> Avenue  
Bay Shore, NY 11706  
(631) 647-3100/ (631) 650-0063**

## **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**

**Pederson-Krag Center  
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  
1444 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 while they are waiting for SPOA case management services or to avoid the need for additional in-home services. Length of stay is 3months with a total of 9 visits. Serves families living in western Suffolk County.

### **Suffolk County**

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

## **Clinical Care Coordination Team (CCCT)**

The CCCT provides intensive in-home clinical services to youth for whom traditional clinical services and case management have not been successful. CCCT provides both of these services together in the home and community-based settings. Many of the youngsters are involved with other systems, and may have drug or alcohol issues and or be at risk of homelessness. In addition, a large number of the youth are homebound and school avoidant. This program serves Nassau County only.

### **Nassau County**

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

## Therapeutic Recreation

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

### Nassau County

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

**North Shore Child & Family  
Guidance Center - Wilderness Program**  
480 Old Westbury Road  
Roslyn Heights, NY 11577  
(516) 626-1971 x 316

### Suffolk County

**Family Service League - RECESS Program\***  
208 Roanoke Avenue  
Riverhead, NY 11901  
(631) 650-0104

## Therapeutic Nursery

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

### Suffolk County

**Children and Parents Together (CAPT) - Therapeutic Nursery**  
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 17

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

**Family Education and Family Support Services** - See page 34. These services provide an array of formal and informal services with an emphasis on self-determination and family control. These programs provide parents with information and referral to services, respite services and parent support groups, so that parents can help and support each other.

**Intensive Case Management (ICM)** - See page 35

**Home and Community Based Services Waiver (HCBS)** - See page 35

**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 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)

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

Long Island Families Together (Nassau & Suffolk) - (631) 264-5438  
OMH Parent Advisors (Nassau & Suffolk) - (631) 761-2508

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

Tel: (631) 761-7000 x7086

## **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 (formerly the Office of Mental Retardation and Developmental Disabilities) provides and funds residential services, day programs, family support services, case management, information and referral, and respite services.

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

## **PINS Diversion**

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

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

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

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

## Social Services

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

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

## Vocational Services

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, lightheadedness, dry mouth.

## **Tricyclic Antidepressants**

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

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

## **Other Antidepressants**

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

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

## **Anti-Anxiety Agents (Minor Tranquilizers)**

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

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

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

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

## **Lithium**

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

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

### Mood Stabilizers / Anti-Convulsants

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

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

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

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

### Stimulants

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

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

### Non-Stimulant Type

**Drug Name:** Strattera

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

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

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

### Neuroleptics (Major Tranquilizers)

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

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

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

### Atypical Antipsychotic Medications -

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

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

### Anti-Parkinsonian Medications

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

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

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

## WHO'S WHO IN MENTAL HEALTH

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

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

### Creative Arts Therapist

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

### Occupational Therapist

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

### Psychiatrist

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

### Psychologist

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

### Registered Nurse

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

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

## Therapist

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

## Therapy Assistant/Therapy Aide/MHTA/Child Care Worker

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

## Licensed Mental Health Professions

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

## A Word of Caution!

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

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

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

## ABBREVIATIONS AND ACRONYMS

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

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

## **GLOSSARY OF PSYCHIATRIC TERMS**

**Acting Out:** Behavior which expresses unconscious emotion conflicts or feelings

**Addiction:** Physiological dependence on a chemical substance

**Advocacy:** Pleading or arguing for another person's cause

**Affect:** An emotion, feeling or mood

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

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

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

**AL-ATEEN:** An organization of teenage children of alcoholics

**Ambivalence:** Having contradictory emotions or desires at the same time

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

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

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

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

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

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

**Compulsion:** An insistent, repetitive impulse to perform some action

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

**Decompensation:** A worsening of symptoms of mental illness

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

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

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

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

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

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

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

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

**Etiology:** The origin or cause of a disease

**Euphoria:** An exaggerated feeling of well being

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

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

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

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

**Manic-Depression:** See Bipolar Disorder

**Melancholia:** A term used to refer to severe depression

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

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

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

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

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

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

**Phobia:** An obsessive unrealistic fear of some object or situation

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

**Prognosis:** The anticipated course of an illness

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

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

**Reality Testing:** The ability to differentiate between reality and fantasy

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

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

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

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

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

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

**Somatoform Disorders:** See psychosomatic

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

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

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

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



## CHILDREN'S MENTAL HEALTH INTERNET (WEB) SITES

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

### General Information

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

### Childhood Disorders

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



## INDEX

Abbreviations and Acronyms .....	45-46
Additional Services for Children and Families .....	37-40
Case Management.....	33
Child and Adolescent Assessment and Referral Service (CAARS).....	15
Clinic Treatment Programs .....	23-28
Clinical Care Coordination Team .....	34
Community Residences (CR) .....	29-30
Community Residential Programs .....	29-30
Comprehensive Psychiatric Emergency Programs (CPEP) .....	14
Coordinated Children’s Services Initiative (CCSI).....	34
Crisis Residential Services .....	17
Day Hospital/Partial Hospital.....	30
Day Treatment Programs.....	29
Drug and Alcohol Services .....	37
Education and Related Services .....	37
Emergency Programs .....	13-17
Evidence Based Practices .....	36
Family Involvement in a Community Based System of Care .....	6
Family Support Programs.....	31-35
Family Support Services.....	32
Glossary of Psychiatric Terms.....	47-50
Health Services .....	38
Home and Community Based Services Waiver Program (HCBS).....	33
Home Based Crisis Intervention (HBCI).....	17
Hotlines .....	9
Important Phone Numbers .....	Inside Back Cover
Information and Referral Resources.....	9
Inpatient Programs .....	18-21
Inpatient Psychiatric Unit of a General Hospital .....	19
Intensive Case Management (ICM) .....	33
Internet Sites.....	51
Legal and Advocacy Services.....	38
Long Island Advocacy Center.....	38
Mental Retardation and Developmental Disabilities.....	39
Mission Statement.....	5
Mobile Clinics.....	26
Mobile Crisis Team.....	16
Outpatient Programs .....	22-30
Partial Hospital .....	30

<b>PINS Diversion .....</b>	<b>39</b>
<b>Preface.....</b>	<b>1</b>
<b>Psychiatric Emergency Room .....</b>	<b>14</b>
<b>Psychiatric Hospital .....</b>	<b>20</b>
<b>Psychiatric Medications.....</b>	<b>41-42</b>
<b>Quick Reference Telephone Numbers .....</b>	<b>2-4</b>
<b>Residential Treatment Facility (RTF).....</b>	<b>21</b>
<b>Sagamore Children's Psychiatric Center.....</b>	<b>21</b>
<b>School Based Mental Health Services/School Support Services .....</b>	<b>26</b>
<b>Single Point of Access (SPOA).....</b>	<b>10</b>
<b>Social Services .....</b>	<b>40</b>
<b>Supportive Case Manager (SCM) .....</b>	<b>33</b>
<b>Teaching Family Homes .....</b>	<b>30</b>
<b>Therapeutic Nursery .....</b>	<b>35</b>
<b>Therapeutic Recreation .....</b>	<b>35</b>
<b>Web Sites.....</b>	<b>51</b>
<b>Where Do I Start? .....</b>	<b>7</b>
<b>Who's Who in Mental Health .....</b>	<b>43-44</b>
<b>Vocational Services .....</b>	<b>40</b>
<b>Youth Services.....</b>	<b>40</b>

## IMPORTANT PHONE NUMBERS

<b>County Mental Health Department</b>	
<b>Nassau County</b>	<b>(516) 227-7057</b>
<b>Suffolk County</b>	<b>(631) 853-8500</b>
<b>The Crisis Center (Hotline)</b>	<b>(516) 679-1111</b>
<b>Response of Suffolk (Hotline)</b>	<b>(631) 751-7500</b>
<b>Intensive Case Management (ICM)</b>	
<b>Nassau County</b>	<b>(516) 485-5976</b>
<b>Suffolk County</b>	<b>(631) 54-0175/(631)650-0063</b>
<b>Long Island Families Together</b>	<b>(631) 264-5438</b>
<b>Mental Health Association</b>	
<b>Nassau County</b>	<b>(516) 489-2322</b>
<b>Suffolk County</b>	<b>(631) 226-3900</b>
<b>Mental Health Hotline</b>	<b>(631) 952-3333</b>
<b>Psychiatric Emergency Room</b>	
<b>Nassau University Medical Center</b>	<b>(516) 572-4775</b>
<b>CPEP at Stony Brook (Suffolk)</b>	<b>(631) 444-6050</b>
<b>Sagamore Children's Psychiatric Center</b>	
<b>Mobile Mental Health Teams</b>	<b>(631) 370-1700</b>
<b>Single Point of Access (SPOA)</b>	
<b>Nassau County</b>	<b>(516) 227-7057</b>
<b>Suffolk County</b>	<b>(631) 853-8513</b>

