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**USER'S GUIDE**

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TO

**CHILDREN’S**

**MENTAL HEALTH SERVICES**

ON

LONG ISLAND

 Eleventh EDITION Updated 8/2018

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**PREFACE**

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

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

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

This eleventh edition provides the latest information on programs and services. It reflects changes in the system in the past five years - especially about the Single Point of Access (SPOA) which has been in effect in Nassau and Suffolk Counties. This system has dramatically changed how you can find the most appropriate services for your child. For more information on the SPOA, see page 10. In addition, there is also an updated section which incorporates some of the commonly used psychiatric medications (page 40).

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

Maryann Braithwaite Valerie Link

Associate Director for Mental Health Program Specialist 2

Children and Youth Services RTF Specialist

(631) 761-2063 (631) 761-2315

Cheryl Williams Heather Tafuro

Regional Regional

Parent Advisor Parent Advisor

(631) 761-3181 (631) 761-3334

**QUICK REFERENCE**

**A**

**ACLD/Kramer Learning Ctr Clinic (631) 665-1900**

**ACLD Diag. & Treatment Ctr (516) 822-0028**

**Adelante of Suffolk County**

**Brentwood (631) 434-3488**

**Central Islip (631) 234-1049**

**Assoc. for Mental Health & Wellness…(631) 226-3900**

**B**

**Bellport Day Treatment Program (631) 286-6930**

**Brentwood Mental Health Clinic ….. (631) 854-2555**

**(631) 854-2556**

**Brookhaven Memorial Hospital (631) 654-7100**

**Brookhaven Youth Bureau (631) 451-8011**

**Brunswick Hospital (631) 789-7000**

**Central Intake…………………..(631) 789-7421**

**C**

**CPEP (Stony Brook Univ. Med. Ctr.) (631) 444-6050**

**CAPT Program (631) 647-3120**

**Catholic Charities**

**Bayshore (631) 665-6707**

**Medford (631) 654-1919**

**Center for Discovery………………… (631) 892-3688**

**Central Nassau Guidance &**

**Counseling Services, Inc.………(516) 822-6111**

**Cohen Children’s Medical Center**

**(Formerly Schneider’s Children’s) (718) 470-3000**

**Colonial Youth & Family Svcs (631) 281-4461**

**Crisis Bed Program/Respite -**

**Nassau Co. (MHA). (516) 489-2322 x 1318**

**Suffolk Co. (Sagamore CPC) (631) 370-1701**

**D**

**Day Hospital (Sagamore CPC) (631) 370-1883**

**Day Treatment:**

**Bellport Day Treatment Prog. (631) 286-6930**

**No. Babylon Day Treatment (631) 491-4355**

**Sayville Day Treatment Prog. (631) 567-5834**

**Wantagh Day Treatment Prog (516)781-4097**

**TELEPHONE NUMBERS**

**E**

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

**F**

**Family & Children's Assoc. (516) 486-7200**

**(516) 935-6858**

**The Family Center**

**Nassau………………………...(516) 485-5976**

**Suffolk………………………...(631) 389-4693**

**Family Service League of Suffolk (clinic)**

**Bayshore………………………(631) 647-3100**

**Central Islip…………………. (631)663-4300**

**E. Hampton…………………...(631) 324-3344**

**Huntington (Main Office) (631) 427-3700**

**Mastic (631) 924-3741**

**Mattituck (631) 298-8642**

**Riverhead (631) 369-0104**

**S. Hampton ……….………… (631) 288-1954**

**Farmingville Mental Health Clinic (631) 854-2555**

**(631) 854-2556**

**Federation of Organization**

**Wyandanch Clinic……………..(631) 782-6200**

**H**

**Home and Community Based Services Waiver**

**Family and Children’s Assoc (516) 485-5976**

**WellLife (631) 920-8302**

**Family Service League……….(631) 998-1002**

**SCO……………………..(631) 253-3504 x 147**

**Hispanic Counseling Center (516) 538-2613**

**Home Base/Home Safe Program (FSL) (631) 650-0073**

**Huntington Hospital (631) 351-2000**

**I**

**Intensive Case Management for Children**

**Nassau County (FCA) (516) 485-5976**

**Suffolk County Program (631) 854-0175**

**Family Service League….........(631) 650-0063**

**J**

**Jefferson Academic Center ……………(631) 476-0564**

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

**L**

**Lakeview House (516) 678-5991**

**Legal Aid Society**

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

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

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

**Long Island Advocacy Center**

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

**Suffolk Co. (631) 234-0467**

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

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

**Long Island Select Health Care, Inc**

**Riverhead……………………….(631) 284-5500**

**Smithtown………………………(631) 360-4700**

**Long Island Jewish Hospital (718) 470-8100**

**M**

**Madonna Heights Services (631) 643-8800**

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

**Partial Hospital….…….... ……(631) 473-3877**

**Clinic….………………………..(631) 928-3122**

**Medication only….…………… (631) 928-3122**

**Medication/Therapy….……….(631) 729-2140**

**Melillo Center (516) 676-2388**

**Mental Health Association**

**Nassau County (516) 489-2322**

**Suffolk County (631) 226-3900**

**Mental Hygiene Legal Service**

**Nassau………………………….(516) 746-4545**

**Suffolk (631) 852-2325**

**Mercy Medical Center (516) 705-2525**

**MercyFirst (516) 921-0808**

**Merrick House (516) 868-2050**

**Mobile Crisis Team (Nassau) (516) 227-8255**

**Mobile Mental Health Team (Suffolk) (631) 952-3333**

**Suffolk Co Family Court Team (631) 853-4845**

**N**

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

**Nassau County Dept.**

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

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

**Nassau/Suffolk Law Services (516) 929-8100**

**New Horizon Counseling Center**

**Copiague………………..………... (631) 257-5173**

**Smithtown………………..…….….(631) 656-9550**

**Valley Stream……….….………... (516) 569-6600**

**No. Babylon Day Treatment Prog……..(631) 491-4355**

**North Shore Child and Family Guidance Center**

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

**Manhasset (516) 484-3174**

**Westbury (516) 997-2926**

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

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

**P**

**Parent Advisor (NYS OMH) .(631) 761-2508**

**Parent to Parent Prog Suffolk Co .(631) 853-2793**

**Partial Hospital Programs:**

**Mather Hospital (631) 473-3877**

**The Long Island Home/South Oaks**

**Hospital………… (631) 264-4000**

**Pathways Program -South Shore**

**Child Guidance (516) 868-3030**

**R**

**Riverhead Mental Health Clinic (631) 854-2555**

**(631) 854-2556**

**RECESS Program (FSL)……..... (631) 647-3100 x6370**

**S**

**Sagamore Children's Psychiatric**

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

**Outpatient Clinic……………..(631) 654-2077**

**Partial Hospitalization ……….(631) 370-1883**

**Sayville Day Treatment Program. (631) 567-5834**

**SCO/Madonna Heights Clinic…………(631) 643-8800**

**So. Brookhaven Health Mental Health Clinics**

**East (Shirley) (631) 852-1070**

**West (Patchogue) (631) 854-1222**

**Access center (Emergency)….. (631) 447-3048**

**So. Nassau Communities Hospital…….(516) 377-5400**

**South Oaks Hospital (631) 264-4000**

**Outpt. Clinic (COBS) (631) 608-5900**

**South Shore Child Guidance Center (516) 868-3030**

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

**State Education Department (631) 884-8530**

**Stony Brook Hospital ……………….... (631) 444-1251**

**Suffolk County Division of Community**

**Mental Hygiene Services (631) 853-8513**

**Supportive Case Management**

**Nassau (FCA) (516) 485-5976**

**Suffolk (FSL)…(631) 647-3100 x6712**

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

**T**

**Teaching Family Homes Program**

**(Catholic Charities)…………(516) 634-0012**

**U**

**University Medical Center SUNY**

**Stony Brook ……………(631) 689-8333**

**V**

**Victims Information Bureau Services**

**(VIBS)……….... (631) 360-3730**

**W**

**Wantagh Day Treatment Program**

**(Sagamore CPC)……………….(516) 781-4097**

**Waverly Clinic (Sagamore CPC)…(631) 654-2077**

**WellLife Network………………….(631) 920-8000**

**Y**

**YMCA……………….......................(631) 580-7777**

**Youth Bureau……………………. (631) 853-8270**

**Youth Enrichment Services………(631) 446-1950**

**Z**

**Zucker Hillside Hospital (LIJ)**

**Child &Adolescent Psychiatry.. (516) 470-8100**

**Outpatient……………………... (516) 470-8100**

**OFFICE OF MENTAL HEALTH**

**DIVISION OF INTEGRATED COMMUNITY SERVICES FOR CHILDREN AND FAMILIES**

**MISSION STATEMENT**

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

**GOALS**

To assure that families with children and adolescents with serious emotional disturbances have access to a comprehensive array of services including: Emergency and Crisis Services, Family Support, Outpatient Services, Community Residential Services, and Inpatient Services. The Service provded would be determined by the child’s diagnosis

**DIRECTION**

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



**FAMILY INVOLVEMENT**

**IN A COMMUNITY BASED SYSTEM OF CARE**

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

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

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

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

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

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

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

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

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

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

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

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

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

The User's Guide, is an attempt to help parents and professionals be better informed about what services are available and how to get to them.



**Emergency Assistance**

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

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

**Non-Emergency Assistance**

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

For general information, many of the libraries in Nassau and Suffolk 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 23-24.

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

Since children's problems often require assistance from other agencies as well as mental health services, included in this User's Guide is a section titled, "Additional Services for Children and Families" beginning on page 36. Included are telephone numbers for several other agencies, which may be able to help, and the kind of services they offer.



**HOTLINES**

LICADD (631) 979-1700 24/7

Huntington Hotline(631) 549-870024**/7**

Islip Hotline (631) 227-4700

Long Island Crisis Center Hotline(516) 679-111124**/7**

Long Beach Reach(516) 889-2332 9am-10pm (answering machine after hrs.)

Mental Health Hotline-Nassau (516) 227-8255 24/7

Mental Health Hotline-Suffolk(631) 952-333324**/7**

National Suicide Prevention(800) 273-825524/7

Response of Suffolk County(631) 751-7500 24**/7**

Response Spanish Line (631) 751-7423 M-F5pm-10pm

Response On-lineHear2Help[www.responsehotline.org](http://www.responsehotline.org)M-F5pm-11pm

The Samaritans - NYC (212) 673-3000

**Additional Important Numbers**

Nassau County Dept. of Health (516) 742-6154 5:00 PM - 9:00 AM

Nassau County Dept. of (516) 572-3143 6:00 PM - 8:00 AM

Social Services

Families’ Anonymous (800) 736-9805 Meeting information

Suffolk County Dept. of (631) 854-9100 4:30 PM - 9:00 AM

Social Services-after hrs

**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 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** **Out-Of-Home Services**

Children’s Care Coordination Teaching Family Home Program

Children’s Health Home Care Manager Community Residence

Coordinated Children’s Services Initiative Residential Treatment Facility

Home & Community Based Services Waiver

Clinical Care Coordination Team (Nassau)

Family Connect (Suffolk)

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

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

**Nassau County SPOA for Children and Youth**

For Information call (516) 227-7057

**Suffolk County SPOA for Children and Youth**

For information call (631) 853-8513

**PROGRAM CATEGORIES, TYPES AND LISTING OF PROGRAMS**

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

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

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

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

**Emergency Programs**

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

**Inpatient Programs**

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

**Outpatient Programs**

* Clinic Treatment Program
* Day Treatment Program
* Day Hospital/Partial Hospital Program

**Community Residential Programs**

* Community Residence
* Teaching Family Model Community Residence

**In Home Family Support Programs**

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

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

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

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



**EMERGENCY PROGRAMS**

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

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

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

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

Program categories included under Emergency Services are:

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



**Comprehensive Psychiatric Emergency Program (CPEP)**

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

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

**University Medical Center**

**at Stony Brook**

**State University at Stony Brook**

**Stony Brook, NY 11794**

**(631) 444-6050**

**Psychiatric Emergency Room**

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

**Nassau County**

LIJ Valley Stream (aka Franklin) (516) 256-6350

Long Island Jewish Hospital \* (516 or 718) 470-7500

Mercy Medical Center \* (no admissions) (516) 705-1210

Northwell Health \* (516) 562-4125

Northwell Health at Glen Cove \* (516) 674-7306

NUMC Psychiatric ER \* (516) 572-4775

South Nassau Community Hospital\*\* (516) 632-3900

Northwell Health Syosset\*\* (516) 496-6550

\*Children’s Psychiatric emergency evaluations completed

\*\*Adult Psychiatric emergency evaluations completed

**Suffolk County**

Brookhaven Memorial Hospital (631) 654-7763

Eastern Long Island Hospital (631) 477-5144

Huntington Hospital (631) 351-2300

Mather Memorial Hospital (631) 473-1320

Southside Hospital (No behavioral health/have medical ER) (631) 968-3314

St. Catherine of Siena Medical Center (631) 862-3100

**Child and Adolescent Assessment and Referral Service (CAARS)**

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

**Mobile Crisis Teams**

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

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

Nassau’s Mobile Crisis Team Suffolk’s Mobile Crisis Team

7 days per week 10:00 AM – 11:00 PM Monday – Friday 10:00 AM -6:30 PM

(516) 227 8255 (TALK) (631) 952-3333

Mobile Integration Team (Sagamore)

Monday – Friday 8:00 am -4:00 pm

(631) 370-1700

**Home Based Crisis Intervention**

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

**Suffolk County Nassau County**

Link Program  Pathways Program

WellLife Network  South Shore Child Guidance Center

36 11200 Rte 91 Guy Lombardo Blvd.

Coram, NY 11727 Freeport, NY 11520

(631) 920-8302 (516) 868-3030

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

**Crisis Residential Services**

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

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

Suffolk County Nassau County

Interagency Crisis Respite Program Children’s Crisis Respite Program

C/o Sagamore Children's Psychiatric Center Mental Health Association of Nassau Co.

197 Half Hollow Road Hempstead, NY 11550

Dix Hills, NY 11746 (516) 489-2322 ext.1270

(631) 370-1701

**INPATIENT PROGRAMS**

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

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

Acute Inpatient Care - The objective of acute care is to provide short term treatment and medical intervention in an intensive hospital setting and a comprehensive evaluation of the child and family's clinical needs to develop a treatment approach. The length of stay in acute care should be as short as possible, typically ranging from a few days to up to 14 days. Upon discharge, the child and family are linked with community treatment resources and supports.

Intermediate Inpatient Care - Provides treatment for children who demonstrate prolonged symptoms of serious emotional disturbance (e.g. extreme aggressive or other unmanageable behavior and/or presenting a danger to self or others), who do not respond to acute treatment, and require care in a hospital setting. Patients generally receive intermediate care from 1 - 3 months, only when alternative services are unavailable or inappropriate.

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

Program types included under the category of inpatient services are:

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

**Inpatient Psychiatric Unit of a General Hospital**

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

**Nassau County**

NuHealth

2201 Hempstead Turnpike Males and Females

East Meadow, NY 11554 Up to 17 years’ old

(516) 572 6511

Long Island Jewish Medical Center

The Zucker Hillside Hospital Males and Females

Adolescent Pavilion Ages 13-18

75-59 263rd Street

Glen Oaks, NY 11004

(718) 470-3000

**Suffolk County**

University Medical Center

at Stony Brook Males and Females

State University at Stony Brook Ages 5-12

Stony Brook, NY 11794

(631) 444-1250

John T. Mather Memorial Hospital

North Country Road Males and Females

Port Jefferson, NY 11777 Ages 12-17

(631) 476-2775

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

**Nassau County**

LIJ Valley Stream (Franklin Hospital) (Adults only) (516) 256-6610

Mercy Medical Center (516) 705-2525

Northwell Health

Manhasset (516) 562-0100

Syosset (516) 496-6400

**Suffolk County**

Huntington Hospital (631) 351-2000

St. Catherine of Siena (631) 862-3000

Southside Hospital (631) 968-3000

**Psychiatric Hospital**

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

**Suffolk County**

The Long Island Home/

South Oaks Hospital Ages 5-17

400 Sunrise Highway Males and Females

Amityville, NY 11701

(631) 264-4000

Brunswick Hall Ages 11-17

80 Louden Avenue Males and Females

Amityville, NY 11701

(631) 789-7000

**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 Males and Females

Dix Hills, NY 11746 Ages 12-17

(631) 370-1701

**Residential Treatment Facilities (RTF)**

Provides fully integrated mental health treatment and special education services under the direction of a psychiatrist, in a well supervised residential setting. RTF's can serve youngsters between 5 and 21 years of age, but each program generally serves only a portion of this total range, and may serve only boys or girls, or both. Most youngsters are served for an extended stay, between 6 months and 1 year.

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

**Nassau/Suffolk Counties**

MercyFirst 14 beds

525 Convent Road Males

Syosset, NY 11791 Ages 10-17

(516) 921-0808

Madonna Heights Services

(A division of SCO Family of Services) 14 beds

151 Burrs Lane - PO Box 8020 Females

Dix Hills, NY 11746-9020 Ages 12-17

(631) 643-8800

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

**OUTPATIENT PROGRAMS**

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

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

Four types of outpatient programs for children and adolescents are:

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



**Clinic Treatment Programs**

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

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

These services include:

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

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

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

(V) = Voluntary/Not for Profit Agency

(C) = County

(S) = State

**NASSAU COUNTY CLINICS**

Central Nassau Guidance &

Counseling Services, Inc. (V) (516) 822-6111

950 South Oyster Bay Rd. - Suite 104

Hicksville, NY 11801

EPIC Clinic Care (516) 739-7733

1500 Hempstead Tpke

E. Meadow, NY 11554

Hispanic Counseling Center (V) (516) 538-2613

344 Fulton Avenue Hempstead, NY 11550

LIFQHC (516) 442-5325

380 Nassau Road

Roosevelt, NY 11575

Angelo J. Melillo Center for Mental Health (V)

113 Glen Cove Avenue (516) 676-2388 Glen Cove, NY 11542

Mercy Medical Center (516) 705-3400

BH Care Services (V) Ages 18 & up

506 Stewart Ave

Garden City, NY 11570

Nassau Univ. Medical Center (NUMC) Child,

Adolescent. & Family Clinic (V) (516) 296-2670

2201 Hempstead Turnpike

Butler Building

East Meadow, NY 11554

North Shore Child & Family Guidance Ctr. (V)480 Old Westbury Road (516) 626-1971

Roslyn Heights, NY 11577 ages 7 – 21

999 Brush Hollow Road (516) 997-2926

Westbury, NY 11590

Chemical dependency- ages 7-25

Mental Health - ages 7- 21

###### 80 North Service Road (LIE)…....

###### (516) 484-3174

Manhasset, NY 11030

Ages 0-3 w/parent and 3 – 6

New Horizons (V) (516) 569-6600

50 W. Hawthorne Ave

Valley Stream, NY 11580

South Nassau Communities Hospital (V)

Mental Health Services (516) 377-5400

2277 Grand Avenue

Baldwin, NY 11510

Hempstead Clinic (516) 485-5710

175 Fulton Avenue

Hempstead, NY 11550

Southeast Nassau Guidance Center (V)

2146 Jackson Avenue (516) 221-3030

Seaford, NY 11783 Ages 18 & up

South Shore Child Guidance Center (V)

91 Guy Lombardo Ave (516) 868-3030 Freeport, NY 11520

**SUFFOLK COUNTY CLINICS**

Brentwood Mental Health Clinic (C)\*

1841 Brentwood Road (631) 853-7300

Brentwood, NY 11717

Catholic Charities\*

Community Life Center (V) (631) 654-1919

1727 North Ocean Avenue

Medford, NY 11763

9 Fourth Avenue (631) 665-6707

Bay Shore, NY 11706

Family Service League (FSL) (V)

North Fork Counseling\* (631) 298-8642

7555 Main Road

Mattituck, NY 11952

East Hampton Clinic\* (631) 324-3344

316 Accabonac Road

East Hampton, NY 11937

Iovino S. Shore Family\*

Center Clinic (CWC) (631) 647-3100

1444 Fifth Avenue

Bay Shore, NY 11706

Huntington Clinic\* (631) 427-3700

55 Horizon Drive

Huntington, NY 11743

Mastic Clinic\*

1235 Montauk Highway (631) 924-3741

Mastic, NY 11950

Riverhead Clinic\*

208 Roanoke Avenue (631) 369-0104

Riverhead, NY 11901

Central Islip Clinic\*

320 Carleton Avenue (631) 663-4300

Central Islip, NY 11722

Southampton Clinic\* (631) 288-1954

40 Main St.

Westhampton Beach. NY 11946

\*For additional satellite or co-located programs

within a primary setting, contact 631-427-3700

Farmingville Mental Health Clinic (C)\* (631) 854-2555

15 Horse Block Place (631) 854-2556

Farmingville, NY 11738

Federation of Organizations Clinic\* (631) 782-6200

###### 240A Long Island Avenue

Wyandanch, NY 11798

**\*Call Clinic for Open Access Hours**

John T. Mather Outpatient

Mental Health Clinic (V) (631) 729-2140

125 Oakland Avenue

Port Jefferson, NY 11777

Madonna Heights Services (SCO) (V)

151 Burrs Lane (631) 643-8800

Dix Hills, NY 11746

New Horizons Counseling Center\* (631) 656-9550

11 Route 111,

Smithtown, NY 11787

New Horizons Counseling Center\*

445 Oak Street

Copaige, NY 11726

Riverhead Mental Health Clinic (C)\*

Riverhead County Center (631) 854-2555

300 Center Drive (631) 854-2556

Riverhead, NY 11901

Sagamore Children's Psychiatric Center (S)

Waverly Avenue Clinic (631) 654-2077

440 Waverly Avenue

Patchogue, NY 11772

South Brookhaven Mental Health Clinic (V)

Health Center East (631) 852-1070

550 Montauk Highway

Shirley, NY 11967

Health Center West (631) 854-1222

365 East Main Street

Patchogue, NY 11772

South Oaks Comprehensive Outpatient

Behavioral Services (COBS) (V) (631) 264-4000

400 Sunrise Drive

Amityville, NY 11701

University Medical Center (S) (631) 632-8850

State University @ Stony Brook

Stony Brook, NY 11794

Youth Enrichment Services (YES) (631) 446-1950

401 Main St., Room 108

Islip, NY 11751

**Specialized Clinic Treatment Programs**

Mobile Clinic Programs

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

Family Service League Family Service League

Park Ave N. Fork Counseling Ctr.

Huntington, NY 7555 Main Road

(631) 396-2300 Mattituck, NY 11952

(631) 298-8642

Covers Huntington Township Catchment Area is east of the Wm Floyd Pkwy

**School Based Mental Health Services/**

**School Support Programs**

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

**Nassau County**

South Shore Child Guidance Center

91 Guy Lombardo Blvd.

Freeport, NY 11520

(516) 868-3030

Site in Roosevelt, Freeport and Uniondale schools

**Suffolk County**

Family Service League

Park Ave

Huntington, NY 11743

(631) 396-2300

Sites in Huntington, Riverhead and Westhampton schools

**Day Treatment**

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

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

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

**Suffolk County Nassau County**

Bellport Day Treatment Program Wantagh Day Treatment Program

Sagamore CPC/Eastern Suffolk BOCES Sagamore CPC/Nassau BOCES

350 Martha Avenue 2850 Jerusalem Avenue

Bellport, NY 11713 Wantagh, NY 11793

(631) 286-6930 (516) 781-4097

Population Served: Ages 13-17 Population Served: Ages 14-17

North Babylon Day Treatment Program

Sagamore CPC/Western Suffolk BOCES

550 Mount Avenue

North Babylon, NY 11703

(631) 491-4355

Population Served: Ages 13-17

Jefferson Academic Center

Sagamore School Based Clinic

118 Spring Street

Pt. Jefferson, NY 11777

(631)476-0564

Population Served: Middle School

\*Runs almost identically to a day treatment program

Sayville Day Treatment Program

Sagamore CPC/Eastern Suffolk BOCES

100 Greene Avenue

Sayville, NY 11782

(631) 567-5834

Population Served: Ages 5-12

**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 medial 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 South Oaks Hospital

Partial Hosp. & Adol. Eating Disorders Prog. Partial Hospital Program

North Country Road 400 Sunrise Highway

Port Jefferson, NY 11777 Amityville, NY 11701

(631) 473-3877 631) 608-5610

Program Hours:

12:30PM – 7:30PM 9:00AM – 4:00PM

Population Served:

Males and Females ages 12-17 Males and Females Ages 13 - 18

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

**COMMUNITY RESIDENTIAL PROGRAMS**

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

Program types included under the category residential programs are:

* Community Residences
* Teaching Family Home Program

**Community Residences**

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

Deer Park Community Residence 8 Beds-coed (13-17)

SCO Family of Services

95 Central Avenue

Deer Park, NY 11725

(631) 243-3179

WellLife Community Residences

13 Thompson Haypath 8 Beds-coed (13-17)

Setauket, 11733

(631) 751-0197

43 Arista Drive 8 Beds-coed (13-17)

Dix Hills, NY 11746

(631) 683-4393

Lakeview House 8 Beds-coed (13-17)

Family and Children’s Association

392 Holly Place

Lakeview, NY 11552

(516) 678-5991

Merrick House 8 Beds-male (8-15)

MercyFirst

2421 Babylon Turnpike

Merrick, NY 11566

(516) 868-2050

Center for Discovery-(\*CREDIT Program) 8 Beds

3 Sunset Avenue

East Quogue, NY 11942

631-892-3688

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

**Teaching Family Homes**

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

**Nassau and Suffolk 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 supports and family networks, and to make progress in the developmental areas-social, emotional, behavioral and academic.

Program types included under the category Family Support Programs are:

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

**Family Peer Support Services**

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

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

Respite provides temporary care to a seriously emotionally disturbed child or adolescent

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

**Nassau County**

Family & Children’s Hispanic Counseling Center North Shore Child & Family

Association Family Support Program Guidance Center

The Family Center 344 Fulton Avenue Family Advocate Program

400 Oak St., Suite 104 Hempstead, NY 11550 480 Old Westbury Road

Garden City, NY 11530 (516) 538-2613 Roslyn Hts, NY 11577

(516) 485-5976 (516) 626-1971

**Suffolk County**

WellLife Network Family Service League Family and Children’s

Family Support Parent to Parent Family Support Program

Service Program (FSS) Program 4400 Veterans Hwy 202

3600 Rte. 112 (631) 853-2793 Holbrook, NY 11741

Coram, NY 11727 (631) 389-4693

(631) 920-8302

**Regional Resource**

Long Island Families Together (LIFT)

21 Greene Ave

Amityville, NY 11701

(631) 264-5438

**Children’s Care Coordination And**

**Children’s Health Home Care Management**

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

**Nassau County**

Nassau County Department of Human Services

Office of Mental Health, Chemical Dependency & Developmental Disabilities

60 Charles Lindbergh Blvd., Suite 200

Uniondale, NY 11553-3687

Phone: (516) 227-7057

**Suffolk County**

Children’s SPOA Services

Suffolk County Division of Community Mental Hygiene

William J. Lindsay County Complex, Building C-104

725 Veteran’s Memorial Highway

P.O. Box 6100

Hauppauge, NY 11788

Phone: (631) 853-8513

**Home and Community Based Services Waiver Program (Medicaid Waiver)**

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

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

**Nassau County**

Family and Children’s Association

Serves all of Nassau County

(516) 485-5976

**Suffolk County**

WellLife Network Family Service League SCO Family of Services

Serves Western Suffolk Serves Eastern Suffolk Serves Suffolk

(631) 920-8302 (631) 998-1002 (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 Suffolk County**

North Shore Child & Family Guidance Ctr. Family Service League

CCSI Program Home Base (CCSI) Program

480 Old Westbury Road 444 Fifth Ave

Roslyn Heights, NY 11577 Bay Shore, NY 1106

(516) 626-1971 (631) 650-0073

**Family Connect Program**

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

**Suffolk County**

**Family Service League**

**1444 Fifth Avenue**

**Bay Shore, NY 11706**

**(631) 647-3100**

**Clinical Care Coordination Team (CCCT)**

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

**Nassau County**

North Shore Child and Family Guidance Center

Clinical Care Coordination Team

480 Old Westbury Road

Roslyn Heights, NY 11577

(516) 626-1971

**Therapeutic Recreation**

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

**Nassau County Suffolk County**

Hispanic Counseling Center Family Service League - RECESS Program\*

344 Fulton Ave 208 Roanoke Avenue

Hempstead, NY 11559 Riverhead, NY 11901

(516) 538-2613 (631) 650-0104

North Shore Child & Family

Guidance Center - Wilderness Program

480 Old Westbury Road

Roslyn Heights, NY 11577

(516) 626-1971 x 316

**Therapeutic Nursery**

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

**Suffolk County**

Children and Parents Together (CAPT) - Therapeutic Nursery

1444 Fifth Avenue

Bay Shore, NY 11706

(631) 647-3120

**EVIDENCE BASED PRACTICES**

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

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

Home Based Crisis Intervention (HBCI) - See page 16

School-Based Mental Health (SBMH) - See page 25. The programs provide mental health treatment services to children in schools, training for families and school staff, increased family involvement and includes mental health professionals in identifying, assessing, planning for and delivering services to children with emotional/behavioral problems.

Family Education and Family Support Services - See page 30. These services provide an array of formal and informal services with an emphasis on self-determination and family control. These programs provide parents with information and referral to services, respite services and parent support groups, so that parents can help and support each other.

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

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

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

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

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

**ADDITIONAL SERVICES FOR CHILDREN AND FAMILIES**

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

**Drug and Alcohol Abuse Services**

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

Nassau County Department of Mental Health, Chemical Dependency and Developmental Disabilities Services

Chemical Dependency Division

Tel: (516) 227-7007

Suffolk County Division of Community Mental Hygiene

Alcohol and Substance Abuse Services

Tel: (631) 853-8500

**Education and Related Services**

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

NY State Education Department

LI Office for Special Education Quality Assurance

Tel: (631) 884-8530

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

Long Island Advocacy Center

Nassau: (516) 248-2222

Suffolk: (631) 234-0467

# Health Services

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

Nassau County Department of Health Suffolk County Department of Health Services

Tel: (Days) (516) 227-9697 Tel: (Days) (631) 853-3000, -3035, -3036

(After Hours) (516) 742-6154 (After Hours) (631) 852-4820

**Legal and Advocacy Services**

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

Nassau: (516) 560-6400

Suffolk: (631) 853-5212

Long Island Families Together- LIFT offers Information and referrals to community, family service providers. Common areas include: children’s mental health, individual emotional support, system navigation, workshops and conferences and an adoption support groups.

(Nassau & Suffolk) - (631) 264-5438

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

Nassau: (516) 248-2222

Suffolk: (631) 234-0467

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

Tel: Nassau Co. (516) 572-6818

Suffolk Co. Central Islip – (631) 208-5319

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

Tel: Nassau: (516) 292-8100 (Hempstead)

Suffolk: (631) 232-2400 (Islandia) (631) 369-1112 (Riverhead)

OMH Regional Parent Advisors - The Regional Parent Advisors are knowledgeable about local, state and national resources in children’s behavioral health and family peer support. Regional Parent Advisors share information with parents and providers and create opportunities for these stakeholders to provide input on how services and policies are working for families and youth.

(Nassau & Suffolk) - (631) 761-2508

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

Tel: (631) 761-7000 x708

# People with Developmental Disabilities

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

Nassau County Department of Mental Health,

Chemical Dependency and Developmental Disabilities

Tel: (516) 227-7057

Suffolk County Division of Community Mental Hygiene Services

Tel: (631) 853-8500

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

Long Island Developmental Disabilities

Services Office

Tel: (631) 434-6100

**PINS Diversion**

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

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

Nassau County DSS PINS Diversion Program:

Information and Intake (516) 227-8404

Suffolk County’s Alternatives for Youth (AFY):

Screening and Eligibility (631) 853-7889

**Social Services**

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

**Nassau County** **Suffolk County**

Main number (516) 227-7474 (631) 854-9434

Foster Care Services (516) 227-8265 (631) 854-9316, 9313

Preventive Services (516) 227-7092 (631) 854-9359

Child Protective Services (516) 227-8133 (631) 854-9029

**Vocational Services**

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

**Nassau County Office – ACCES-VR** **Suffolk County Offices – ACCES-VR**

Garden City District Office Hauppauge District Office

Tel: (516) 227-6800 Tel: (631) 952-6357

Toll free: 1(800)263-2564 Riverhead Office

Tel: (631) 727-6496

**Nassau Co. Dept. of Labor Suffolk Co. Dept. of Labor**

Hempstead Works Career Center Youth Career Center

(516) 485-5000 (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 Suffolk County Youth Bureau

Tel: (516) 227-7134 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**

**Children’s Care Coordination / Health Home Care Manager**

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

**Creative Arts Therapist**

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

**Occupational Therapist**

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

**Psychiatrist**

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

**Psychologist**

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

**Nurses**

Registered Nurse (R.N.): has received a diploma from an accredited school of nursing or a degree from an accredited college program in nursing, and has passed an examination administered by the New York State Department of Education.

Certified Clinical Specialist in Psychiatric Nursing: R.N. with a master's degree (M.S. or M.S.N.) in psychiatric nursing, supervised experience in psychiatric care, and has passed a qualifying examination.

Nurse Practitioner: certified to practice in a specific specialty area, e.g. Psychiatry, has completed a specific education program and has passed a certification examination. A Nurse Practitioner the authority to diagnose and treat illness and physical conditions autonomously once a collaborative agreement has been established between the nurse practitioner and a physician in the appropriate specialty area.

**Social Worker**

Social Worker is a trained professional with a degree in social work who helps individuals, families, groups, and communities prevent or resolve problems caused by social, environmental, or emotional stress.

Licensed Master Social Worker (L.M.S.W.) has a master's degree in social work (M.S.W.) and must pass a licensing examination.

Licensed Clinical Social Worker (L.C.S.W.) is an MSW and has three years of supervised experience in clinical social work. A Licensed Clinical Social Worker with psychotherapy “R” privilege, (sometimes called “LCSW-R) has 6 years of supervised experience and is qualified for insurance reimbursement as an independent practitioner.

**Therapist**

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

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

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

**Licensed Mental Health Professions**

A law was passed in 2002 which established new state licensing in four professions:

Creative Arts Therapy, Marriage and Family Therapy, Mental Health Counseling, and Psychoanalysis.

**A Word of Caution!**

New York State does not restrict anyone from practicing psychotherapy, hypnosis, or counseling. The law does, however, restrict the use of titles Physician, Psychologist, Registered Nurse, and Certified Social Worker/LMSW to those who have met the requirements in the field. The law also requires the New York State Office of Mental Health to establish and enforce standards of treatment in the agencies and facilities it certifies.

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

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

**ABBREVIATIONS AND ACRONYMS**

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

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

GLOSSARY OF PSYCHIATRIC TERMS

Acting Out: Behavior which expresses unconscious emotion conflicts or feelings

Addiction: Physiological dependence on a chemical substance

Advocacy: Pleading or arguing for another person's cause

Affect: An emotion, feeling or mood

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

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

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

AL-ATEEN: An organization of teenage children of alcoholics

Ambivalence: Having contradictory emotions or desires at the same time

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

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

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

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

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

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

Compulsion: An insistent, repetitive impulse to perform some action

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

Decompensation: A worsening of symptoms of mental illness

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

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

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

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

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

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

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

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

Etiology: The origin or cause of a disease

Euphoria: An exaggerated feeling of well being

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

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

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

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

Manic-Depression: See Bipolar Disorder

Melancholia: A term used to refer to severe depression

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

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

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

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

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

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

Phobia: An obsessive unrealistic fear of some object or situation

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

Prognosis: The anticipated course of an illness

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

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

Reality Testing: The ability to differentiate between reality and fantasy

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

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

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

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

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

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

Somatoform Disorders: See psychosomatic

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

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

Tardive Dyskinesia: A serious side effect of antipsychotic drugs which causes abnormal movements such as tongue protrusion and writhing, chewing, leg 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> http://www.omh.ny.gov

Childhood Disorders

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

-

Asperger’s Syndrome/

Autism: - http://www.udel.edu/bkirby/asperger

- http://www.aha-as-pdd.org

Attention Deficit

Hyperactivity Disorder: - http://www.chadd.org

- http://www.add.org

~~-~~ <http://www.add.about.com/health/add>(Can’t be found)

Bipolar Disorder: - http://bipolar.mentalhelp.net/

- http://www.nimh.nih.gov/publicat/bipolar.cfm

Conduct Disorder/Oppositional

Defiant Disorder: - http://teenswithproblems.com/conduct\_disorder.html

- ~~<http://1uphealth.com/health/conduct_disorder_info.html> (~~redirect to a defferent website~~)~~

Depression: - ~~<http://www.drada.org>~~ (Dormain expired)

- http://www.nmha.org/children/green/child\_depression.cfm

~~- <http://ocd.nami.org/helpline/depression-child.html>~~ (http://nami.org)

Obsessive-Compulsive

Disorder: - http://www.ocdresource.com

- http://www.ocfoundation.org

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

- ~~http://www.pslgroup.com/schizophr.htm~~

Medications - http://www.rxlist.com

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IMPORTANT PHONE NUMBERS

County Mental Health Department

Nassau County (516) 227-7057

Suffolk County (631) 853-8500

The Crisis Center (Hotline) (516) 679-1111

Response of Suffolk (Hotline) (631) 751-7500

Care Coordination/Health Home Manager

(formerly ICM / SEM)

Nassau County (516) 485-5976

Suffolk County (631) 54-0175/(631)650-0063

Long Island Families Together (631) 264-5438

Mental Health Association

Nassau County (516) 489-2322

Suffolk County (631) 226-3900

Mental Health Hotline (631) 952-3333

Psychiatric Emergency Room

Nassau University Medical Center (516) 572-4775

CPEP at Stony Brook (Suffolk) (631) 444-6050

Sagamore Children’s Psychiatric Center

Mobile Mental Health Teams (631) 370-1700

Single Point of Access (SPOA)

Nassau County (516) 227-7057

Suffolk County (631) 853-8513



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