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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 alike.

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

This eighth edition provides the latest information on programs and services. In addition, it reflects changes in the system in the past three 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 9. In addition, there is also an updated section which incorporates many of the newer psychiatric medications (page 42), information about specialized clinic programs (page 25) and new family support programs, and information about Evidence Based Practices (page 37).

As before, we would welcome your comments or suggestions for improvement of the Guide. Feel free to call us at the numbers below. Our goal has been to produce a manual which is helpful to you and "user friendly".

Michael Hoffman  
Field Coordinator  
(631) 761-2230

Marilyn Lent  
RTF Specialist  
(631) 761-2315

Susan Burger  
Parent Advisor  
(631) 761-2334

## QUICK REFERENCE

## TELEPHONE NUMBERS

### A

ACLD ..... (631) 665-1900  
ACLD Diag. & Treatment Ctr ..... (631) 822-0028  
Adelante of Suffolk Co. .... (631) 434-3488

### B

Bellport Day Treatment Program ..... (631) 286-6930  
Brentwood Mental Health Clinic ..... (631) 853-7300  
Bridger Program (Sagamore CPC) ..... (631) 673-7781  
Brookhaven Memorial Hospital ..... (631) 654-7100  
Brookhaven Youth Bureau ..... (631) 654-7878  
Brunswick Hospital ..... (631) 789-7000

### C

CPEP (Stony Brook Univ. Med. Ctr.) ..... (631) 444-6050  
CAPT Program ..... (631) 666-2149  
Catholic Charities  
Bayshore ..... (631) 665-6707  
Hempstead ..... (516) 292-8280  
Medford ..... (631) 654-1919  
Central Nassau Guidance ..... (516) 822-6111  
& Counseling Services, Inc.  
CIRCLE Program ..... (631) 920-8302  
Colonial Youth & Fam Svcs ..... (631) 281-4461  
Crisis Bed Program - .....  
Nassau Co. .... (516) 485-4300  
Suffolk Co. .... (631) 673-7701

### D

Day Hospital (Sagamore CPC) ..... (631) 673-7856  
Day Treatment :  
Bellport Day Treatment Prog. .... (631) 286-6930  
Long Island Jewish/Hillside ..... (718) 470-8050  
No. Babylon Day Treatment ..... (631) 491-4355  
Sayville Day Treatment Prog. .... (631) 567-5834  
Wantagh Day Treatment Prog. .... (516) 781-4097  
Woodward Mental Health Ctr. .... (516) 379-0900  
Deer Park Community Residence ..... (631) 243-3179

### E

Epilepsy Foundation of LI ..... (516) 794-5500

### F

Family and Children's Association ..... (516) 746-0350  
The Family Center (Fam & Ch Assn) ..... (516) 485-5914  
Family Service League of Suffolk  
Main Office ..... (631) 427-3700  
E. Hampton ..... (631) 324-3344  
Hampton Bays ..... (631) 723-2316  
Mattituck ..... (631) 298-8642  
Middle Island ..... (631) 345-5645  
Riverhead ..... (631) 369-0104  
Farmingville Mental Health Clinic ..... (631) 854-2552  
F.E.G.S.  
Intake (all sites) ..... (516) 364-0794  
Center Moriches ..... (631) 874-2700  
Central Islip ..... (631) 234-7807  
Copiague ..... (631) 691-7080  
Hempstead ..... (516) 485-5710  
Syosset ..... (516) 364-8040  
Franklin Hospital Medical Center ..... (516) 256-6000

### G

Greater Hamptons Interfaith Council ..... (631) 288-1954

### H

Hempstead General Hospital ..... (516) 560-1215  
Home and Community Based Services Waiver  
Nassau ..... (516) 485-5976  
Suffolk ..... (631) 920-8302  
Hispanic Counseling Center ..... (516) 538-2613  
Home Base/Home Safe Program ..... (631) 345-5645  
Huntington Hospital ..... (631) 351-2000

### I

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

### J

Just Kids Clinic (preschool) ..... (631) 924-0008

### L

Lakeview House ..... (516) 678-5991  
Legal Aid Society ..... (631) 853-5212  
LINK Program (Pederson-Krag Ctr) ..... (631) 205-1783  
Long Beach Medical Center ..... (516) 897-1000  
Long Island Advocacy Center ..... (516) 248-2222  
Long Island Counseling Center ..... (516) 437-6050  
Long Island Families Together ..... (631) 264-5438  
Long Island Jewish Hospital ..... (718) 470-8100

## M

Madonna Heights Services ..... (631) 643-8800  
Mather Memorial Hospital ..... (631) 473-1320  
Melillo Center ..... (516) 676-4160  
Mental Health Association  
Nassau County..... (516) 489-2322  
Suffolk County ..... (631) 226-3900  
Mental Hygiene Legal Service  
Nassau ..... (516) 746-4545  
Suffolk..... (631) 273-4540  
Mercy Medical Center..... (516) 255-2645  
mercyFirst (formerly St Mary's) ..... (516) 921-0808  
Merrick House..... (516) 868-2050  
Mobile Crisis Team (Nassau)..... (516) 868-3030  
Mobile Mental Health Team (Suffolk) ..... (631) 673-7701  
Suffolk Co Family Court Team ..... (631) 853-4845

## N

Nassau University Medical Center ..... (516) 572-0123  
Nassau County Department  
of Mental Health..... (516) 227-7057  
Nassau Haven ..... (516) 221-1310  
Nassau House Emergency Shelter ..... (516) 489-8986  
Nassau/Suffolk Law Services ..... (631) 348-1800  
North Babylon Day Treatment Prog..... (631) 491-4355  
North Shore Child and Family Guidance Center  
Roslyn Heights (Main Office) ..... (516) 626-1971  
Manhasset..... (516) 484-3174  
Westbury ..... (516) 997-2926  
North Shore University Hospital ..... (516) 562-0100  
Outpatient Psychiatry ..... (516) 562-3005  
North Shore Univ. Hosp. Plainview ..... (516) 719-3000  
North Shore Univ. Hosp. Glen Cove..... (516) 674-7300

## P

Parent Advisor ..... (NYS OMH)  
Parent to Parent Prog Suffolk County ..... (631) 853-2793  
Partial Hospital Programs:  
Mather Hospital ..... (631) 473-3877  
South Oaks Hospital ..... (631) 264-4000  
Pathways Program, So Shore Ch Guid ..... (516) 868-3030  
Pederson-Krag Center  
West Clinic site (Huntington)..... (631) 920-8000  
North Clinic site (Smithtown) ..... (631) 920-8300  
Wyandanch site..... (631) 920-8250  
Community Residence..... (631) 751-0197  
Peninsula Counseling Center  
Lawrence ..... (516) 239-1945  
Lynbrook ..... (516) 599-1181  
Woodmere ..... (516) 569-6600

## R

Riverhead Mental Health Clinic ..... (631) 852-1440  
Roosevelt Comm Mental Health Center... (516) 623-1644  
RECESS Program (Fam Svc League) ..... (631) 369-0104

## S

Sagamore Children's Psychiatric  
Center ..... (631) 673-7701  
Sayville Day Treatment Program ..... (631) 567-5834  
Schneider Children's Hospital..... (718) 470-7000  
So. Brookhaven Health Ctr - Mental Hlth Clinics  
East (Shirley)..... (631) 852-1070  
West (Patchogue) ..... (631) 854-1222  
South Nassau Communities Hospital ..... (516) 632-3000  
South Oaks Hospital..... (631) 264-4000  
South Shore Child Guidance Center..... (516) 868-3030  
Southeast Nassau Guidance Center ..... (516) 221-3030  
Southside Hospital..... (631) 968-3000  
St. Anthony's Guidance Clinic ..... (516) 248-7100  
State Education Department..... (631) 884-8530  
Suffolk County Division of Community  
Mental Hygiene Services ..... (631) 853-8513  
Supportive Case Management  
Nassau Co. (FEGS) ..... (516) 505-2003  
Suffolk Co. (FSL)..... (631) 666-6330  
Syosset Hospital ..... (516) 496-6400

## T

Turnabout Program (North Shore Child and Family  
Guidance Center) ..... (516) 626-1971  
Teaching Family Home Program  
(Catholic Charities) ..... (631) 789-0520

## U

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

## W

Wantagh Day Treatment Program  
(Sagamore CPC)..... (516) 781-4097  
Waverly Clinic (Sagamore CPC) ..... (631) 654-2077  
Woodward Children's Center..... (516) 379-0900

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

**MISSION STATEMENT**

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

**GOALS**

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

**DIRECTION**

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



### **Emergency Assistance**

A good place to start in an emergency is to call a hotline or another service which is available 24 hours per day, 7 days per week. Staff of the hotline will ask for information about your child's problems in order to decide what the best programs are to direct you to. A listing of hotlines can be found in the User's Guide on page 8.

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 12.

## **Non-Emergency Assistance**

In most cases, it is clear that a child is having problems long before an emergency develops. Often an emergency can be avoided by getting help earlier, when the problems are not as severe. A listing of places which provide information about general issues related to children's mental health, and provide referrals to programs based on the type of problems a child is having, follows the hotline listing on page 8.

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 Community Resource Database of Long Island, an internet site which lists many mental health and other resources throughout Long Island - <http://www.crdli.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 22-23.

For the past year, it is now 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 9.

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



## HOTLINES

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

### Suffolk County

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

### Nassau County

Families Anonymous (516) 221-0303 (Answering machine)  
Long Beach Reach (516) 889-2332 Sun-Thurs 6:00 PM - 11:00 PM  
Fri-Sat 8:00PM - 1:00AM  
Middle Earth Hotline (516) 679-1111  
Nassau County Police Dept. (516) 742-6154 5:00 P.M. - 9:00 AM  
Nassau County Department (516) 227-7474 6:00 P.M. - 8:00 AM  
of Social Services

## INFORMATION AND REFERRAL RESOURCES

(Operate Business Hours)

### Nassau County

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

### Suffolk County

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

### Nassau/Suffolk Counties

New York State Office of Mental Health (631) 761-2508  
Sagamore Children's Psychiatric Center (631) 673-7701

## SINGLE POINT OF ACCESS

It can be difficult to find the right mental health services for a particular child. In 2001, the Office of Mental Health encouraged counties to develop a Single Point of Access (SPOA) system 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 both Nassau and Suffolk Counties, there is one application form, the Universal Referral Form, which is used to apply for any of the more intensive services. These services include the following:

### In-Home Services

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

### Out-Of-Home Services

Family Based Treatment Program  
Teaching Family Home Program  
Community Residence  
Residential Treatment Facility for C&Y

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 child has received mental health services. The Parent Advocate can provide information about the different services and can connect the parent to a Parent Support Group. At these groups, the parent can meet other parents who are going through similar experiences. A Parent Advocate can also attend the SPOA meeting with the family to offer support and assistance.

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

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

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

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

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

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

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

### Emergency Programs

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

### Inpatient Programs

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

### **Outpatient Programs**

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

### **Community Residential Programs**

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

### **Family Support Programs**

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

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

Programs serve males and females, ages 5-17 unless otherwise stated.

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



## **EMERGENCY PROGRAMS**

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

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

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

**Emergency programs all serve males and females, ages 5-17.**

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

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



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

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

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

### **Suffolk County**

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

### **Nassau County**

Nassau University Medical Center  
2201 Hempstead Turnpike  
East Meadow, NY 11554  
(516) 572-6115

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

## **Psychiatric Emergency Room**

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

### **Nassau County**

Franklin General	(516)	256-6350
Hempstead General Hospital	(516)	560-1305
Long Beach Medical Center	(516)	897-1100
Long Island Jewish Hospital	(718)	470-7500
Mercy Medical Center	(516)	255-2223
North Shore University Hospital	(516)	562-4125
North Shore University Hospital at Glen Cove	(516)	674-7306
North Shore University Hospital at Plainview	(516)	719-2336
South Nassau Community Hospital	(516)	763-3900
Syosset Community Hospital	(516)	496-6550

### **Suffolk County**

Brookhaven Memorial Hospital	(631)	654-7763
Brunswick Hospital	(631)	789-7258
Eastern Long Island Hospital	(631)	477-1000 Ext. 144
Huntington Hospital	(631)	351-2300
Mather Memorial Hospital	(631)	473-1320 Ext. 4045
Southside Hospital	(631)	968-3144
St. Catherine of Siena Medical Center	(631)	862-3111

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

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

## **Mobile Crisis Team/Mobile Mental Health Teams**

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

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

### **Nassau County**

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

This team provides mobile crisis services throughout Nassau County.

### **Suffolk County**

Sagamore Children's Psychiatric Center  
Mobile Mental Health Teams  
197 Half Hollow Road  
Dix Hills, NY 11746  
(631) 673-7701

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

## **Home Based Crisis Intervention**

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

### **Suffolk County**

LINK Program  
Pederson-Krag Center  
151 Old Dock Road  
Yaphank, NY 11980  
(631) 205-1783

### **Nassau County**

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

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

## **Crisis Residential Services**

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

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

### **Suffolk County**

Suffolk Co. Interagency Crisis Bed Network  
c/o Sagamore Children's Psychiatric Center  
197 Half Hollow Road  
Dix Hills, NY 11746  
(631) 673-7701

### **Nassau County**

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

## **INPATIENT PROGRAMS**

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

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

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

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

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

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

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

## **Inpatient Psychiatric Unit of a General Hospital**

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

### **Nassau County**

Nassau University Medical Center 2201 Hempstead Turnpike East Meadow, NY 11554 (516) 572-0123	10 beds Males and Females Ages to 17 years old
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Long Island Jewish Medical Center Schneider Children's Hospital 269-01 76th Avenue New Hyde Park, NY 11042 (718) 470-7000	15 beds Males and Females Up to 13 years old
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Long Island Jewish Medical Center Hillside Hospital Adolescent Pavillion 75-59 263rd Street P.O. Box 3 Glen Oaks, NY 11004 (718) 470-8590, 8591	20 beds Males and Females Ages 14-18
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### **Suffolk County**

University Medical Center at Stony Brook State University at Stony Brook Stony Brook, NY 11794 (631) 689-8333 or 444-1250	10 beds Males and Females Ages 6-12
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John T. Mather Memorial Hospital North Country Road Port Jefferson, NY 11777 (631) 476-2775	10 beds Males and Females Ages 13-17
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The following are adult inpatient units of general hospitals which may also serve adolescents (age 12 and above) on a limited basis.

**Suffolk County**

Huntington Hospital	(631) 351-2000
St Catherine ' s of Siena (formerly St. John's Episcopal Hospital)	(631) 862-3000
Southside Hospital	(631) 968-3000

**Nassau County**

Franklin Hospital Medical Center	(516) 256-6000
Long Beach Medical Center	(516) 897-1000
Mercy Medical Center	(516) 255-2645
North Shore University Hospital Manhasset	(516) 562-0100
Syosset	(516) 496-6400

**Psychiatric Hospital**

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

**Suffolk County**

South Oaks Hospital 400 Sunrise Highway Amityville, NY 11701 (631) 264-4000 (631) 608-5610 - Admissions	14 beds - ages 5-12  32 beds - adolescents Males and Females
Brunswick Hall 80 Loudon Avenue Amityville, NY 11701 (631) 789-7000	13 beds - ages 8-12  31 beds adolescents Males and Females

## **State Operated Children's Psychiatric Centers**

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

### **Nassau/Suffolk Counties**

Sagamore Children's Psychiatric Center	69 beds
197 Half Hollow Road	Males and Females
Dix Hills, NY 11746	Ages 10-17
(631) 673-7701	

## **Residential Treatment Facilities (RTF)**

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

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

### **Nassau/Suffolk Counties**

mercyFirst (formerly St Mary's C&F Services)	14 beds
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 13-17
(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

**Catholic Charities**

**(St. Anthony's Guidance Clinic) (V)**  
 124 Greenwich Street (516) 292-8280  
 Hempstead, NY 11550

259-261 Mineola Blvd. (516) 248-7100  
 Mineola, NY 11501

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

**F.E.G.S. (V)**  
 6900 Jericho Turnpike (516) 364-8040  
 Syosset, NY 11791

50 Clinton Street (516) 485-5710  
 Hempstead, NY 11550

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

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

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

**Long Island Counseling Center (V) (516) 437-6050**  
 (Family and Children's Association)  
 570 Elmont Road  
 Elmont, NY 11003

**Long Island Jewish Medical Ctr - Hillside Hosp**  
 Outpatient Psychiatric Svcs (V) (718) 470-8100  
 75-59 263 Street  
 Glen Oaks, NY 11040

**Angelo J. Melillo Center (V) (516) 676-4160**  
 for Mental Health  
 113 Glen Cove Avenue  
 Glen Cove, NY 11542

**Mercy Medical Center (516) 255-0111**  
 Outpatient Psychiatric Clinic (V)  
 1000 North Village Avenue  
 Rockville Center, NY 11570

**North Shore Child and Family Guidance Center (V)**  
 480 Old Westbury Road (516) 626-1971  
 Roslyn Heights, NY 11577

999 Brush Hollow Road (516) 997-2926  
 Westbury, NY 11590

80 North Service Road (LIE) (516) 484-3174  
 Manhasset, NY 11030

**North Shore University Hosp. (V) (516) 562-3005**  
 400 Community Drive  
 Manhasset, NY 11030

**Peninsula Counseling Center (V) (516) 569-6600**  
 124 Franklin Avenue  
 Woodmere, NY 11598

270 Lawrence Ave. (516) 239-1945  
 Lawrence, NY 11559

381 Sunrise Hway (516) 559-1181  
 Lynbrook, NY 11562

**Roosevelt Counseling & Resource Center, Inc. (V)**  
 (Family and Children's Association)  
 (516) 623-1644

175 Nassau Road  
 Roosevelt, NY 11575

**Southeast Nassau Guidance**  
 Center (V) (516) 221-3030  
 2146 Jackson Avenue  
 Seaford, NY 11783

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

**South Nassau Communities Hospital (V)**  
 2277 Grand Avenue (516) 546-1370  
 Baldwin, NY 11510

## 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

21 Fourth Avenue (631) 665-6707  
Bay Shore, NY 11706

**Family Service League (V)** (631) 298-8642

North Fork Counseling Project  
7555 Main Road  
Mattituck Commons, NY 11952

**South Fork Counseling** (631) 324-3344  
43 Main Street  
East Hampton, NY 11937

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

### **Farmingville Mental Health Clinic (C)**

15 Horse Block Place (631) 854-2552  
Farmingville, NY 11738

### **F.E.G.S. (V)**

220 Main Street (631) 874-2700  
Center Moriches, NY 11934

115 Carleton Avenue (631) 234-7807  
Central Islip, NY 11722

445 Oak Street (631) 689-7080  
Copiague, NY 11726

### **Greater Hamptons Interfaith Council (V)**

The Family Counseling Service  
Beinecke Building – Main Street (631) 288-1954  
PO Box 1348  
Westhampton Beach, NY 11978

### **Madonna Heights Services (V)**

(a division of SCO Family of Services)  
151 Burrs Lane (631) 643-8800  
Dix Hills, NY 11746

### **Pederson-Krag Center (V)**

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

**Pederson-Krag Center North**  
11 Route 111 (631) 920-8300  
Smithtown, NY 11787

**Pederson-Krag Wyandanch Clinic**  
240A Long Island Avenue (631) 920-8250  
Wyandanch, NY 11798

### **Riverhead Mental Health Clinic (C)**

County Center (631) 852-1440  
Riverhead, NY 11901

### **Sagamore Children's Psychiatric Center (S)**

**Waverly Avenue Clinic** (631) 654-2077  
450 Waverly Avenue  
Patchogue, NY 11772

**Half Hollow Clinic** (631) 673-7701  
197 Half Hollow Road  
Dix Hills, NY 11746

### **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

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

Health Science Center  
State University at Stony Brook  
Stony Brook, NY 11794

## **Specialized Clinic Treatment Programs**

### **Mobile Clinic Programs**

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

F.E.G.S. 445 Oak Street Copiague, NY 11726 (631) 264-4325	Family Service League N. Fork Counseling Ctr. 7555 Main Road Mattituck Commons, NY 11952 (631) 298-8642	Pederson-Krag Center North 11 Route 111 Smithtown, NY 11787 (631) 920-8000
Southwest Suffolk	Area Covered: Eastern Suffolk	Northwest Suffolk

### **School Based Mental Health Services/ School Support Programs**

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

#### **Nassau County**

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

#### **Suffolk County**

Pederson-Krag Center West  
55 Horizon Drive  
Huntington, NY 11743  
(631) 920-8000  
Sites in 2 Huntington Schools  
Sites in 3 Wyandanch Schools (provides support services, not treatment services).

## **Day Treatment**

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

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

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

## **Suffolk County**

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

Population Served: Ages 13-17

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

Population Served: Ages 13-17

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

Population Served: Ages 5-12

### **Nassau County**

Wantagh Day Treatment Program  
Sagamore CPC/Nassau BOCES  
2850 Jerusalem Avenue  
Wantagh, NY 11793  
(516) 781-4097  
Population Served: Ages 14-17

Hillside Hospital - North Shore/LI Jewish  
Health System - Child & Adolescent Day Hosp.  
75-59 263rd Street  
Glen Oaks, NY 11004  
(718) 470- 8050, -8060  
Population Served: Ages 6-18

Woodward Children's Center  
201 West Merrick Road  
Freeport, NY 11520  
(516) 379-0900

Population Served: Ages 5-18

### **Day Hospital**

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

### **Nassau and Suffolk Counties**

Sagamore Children's Psychiatric Center  
Day Hospital Program  
197 Half Hollow Road  
Dix Hills, NY 11746  
(631) 673-7856

Population Served: Ages 6 - 17

Length of Stay: Maximum 30 Days

## **Partial Hospital Program**

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

### **Suffolk County**

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

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

#### **Program Hours:**

12:30PM – 7:30PM

9:00AM – 4:00PM

#### **Population Served:**

Males and Females ages 12-17

Male and Female, Ages 13 - 18

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

\*\*Note - Mather Hospital also operates an Intensive Outpatient Treatment program in the same area as its Partial Hospital program. It serves the same population and operates from 4:30PM – 7:30PM for 3 - 5 days per week.



## COMMUNITY RESIDENTIAL PROGRAMS

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

**Program types included under the category residential programs are:**

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



### Community Residences

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

#### Suffolk County

Deer Park Community Residence  
St Christopher Otilie  
95 Central Avenue  
Deer Park, NY 11725  
(631) 243-3179 or 243-3150

8 Beds  
Females, ages 13-17

Pederson-Krag Community Residence  
Pederson-Krag Center North  
13 Thompson Haypath  
Setauket, 11733  
(631) 751-0197

8 Beds  
Males, ages 13-17

## Nassau County

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

8 Beds  
Males, ages 13-17

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

8 Beds  
Males 8-13

## Teaching Family Homes

Teaching Family Homes provide a family-like residential environment for four 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  
147 Schlegel Blvd.  
Amityville, NY 11701  
(631) 789-0520

This program is run by Catholic Charities and serves both Nassau and Suffolk Counties. There are three houses in Nassau County and one house in Suffolk County. Each house has four residents. One house in Nassau County serves girls ages 9-17, another serves boys and girls ages 9-17, and the third serves boys age 13 - 17. The house in Suffolk County serves boys ages 9-14. One more home is being developed for boys age 13 - 17, coming primarily from RTF and hospital programs. This will be in Suffolk County and is scheduled to open in late summer 2005.

## **Family Based Treatment**

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

### **Suffolk County**

CIRCLE Program Pederson-Krag Center North 11 Route 111 Smithtown, 11787 (631) 920-8302	25 Beds
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### **Nassau County**

Turnabout Program North Shore Child and Family Guidance Center 480 Old Westbury Road Roslyn Heights, NY 11577 (516) 626-1971	20 Beds
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## **FAMILY SUPPORT PROGRAMS**

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

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

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



## **Family Support Services**

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

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

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

### **Nassau County**

Family & Children 's	Hispanic Counseling Center	North Shore Child & Association Family Guidance Center
The Family Center 31 Main Street Hempstead, NY 11550 (516) 485-5914	Family Support Program 175 Fulton Avenue - Suite 500 Hempstead, NY 11550 (516) 538-2613	Family Advocate Program 480 Old Westbury Road Roslyn Heights, NY 11577 (516) 626-1971

### **Suffolk County**

Pederson-Krag North CIRCLE - Family Support Services Program 11 Route 111 Smithtown, NY 11787 (631) 920-8302	Family Service League Parent to Parent Program 1841 Brentwood Road Brentwood, NY 11717 (631) 853-2793	F.E.G.S. Family Support Program 445 Oak Street Copiague, NY 11726 (631) 691-7080
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### **Regional Program**

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

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

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

### **Nassau County**

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

### **Suffolk County**

Suffolk County Children's  
Intensive Case Management Program  
1841 Brentwood Road  
Brentwood, NY 11717  
(631) 853-2762

Family Service League - SCM Program  
38 Park Avenue  
(1444 5<sup>th</sup> Avenue - after May 2005)  
Bay Shore, NY 11706  
(631) 666-6330

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

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

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

Referrals can be made directly to the program by a parent or a professional involved with the child and family. In Suffolk County the application is made to the SPOA.

### **Nassau County**

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

### **Suffolk County**

C.A.R.E. Team  
Pederson-Krag Center North  
11 Route 111  
Smithtown, NY 11787  
(631) 920-8302

## **Coordinated Children's Services Initiative**

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

### **Nassau County**

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

### **Suffolk County**

Family Service League  
Home Base Program  
522 Middle Country Road  
Middle Island, NY 11953  
(631) 345-5645

## **Multi-systemic Therapy (MST)**

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

### **Suffolk County**

Suffolk County Multi-systemic Therapy for Youth (MSTY) Team  
1841 Brentwood Road  
Brentwood, NY 11717  
(631) 854-2564

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

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

### **Nassau County**

Clinical Care Coordination Team  
North Shore Child and Family Guidance Center  
480 Old Westbury Road  
Roslyn Heights, NY 11577

## **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**

Woodward Mental Health Center  
201 W. Merrick Road  
Freeport, NY 11520  
(516) 379-0900

### **Suffolk County**

Family Service League - RECESS Program  
208 Roanoke Avenue  
Riverhead, NY 11901  
(631) 369-0104  
This program has sites in Deer Park,  
Blue Point and Riverhead.

## **Bridger Program**

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

### **Nassau/Suffolk Counties**

Sagamore Children ' s Psychiatric Center  
197 Half Hollow Road  
Dix Hills, NY 11746  
(631) 673-7781

## **Therapeutic Nursery**

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

### **Suffolk County**

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

## EVIDENCE BASED PRACTICES

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

While there is still much research needed to help define what is a Abest 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 33. These services provide an array of formal and informal services with an emphasis on self-determination and family control. These programs provide parents with information and referral to services, respite services and parent support groups, so that parents can help and support each other.

**Intensive Case Management (ICM)** - See page 34

**Home and Community Based Services Waiver (HCBS)** - See page 34

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

**Multi-Systemic Therapy (MST)** - See page 35

**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.

OMH is also in the process of evaluating a project using medications to treat youngsters with aggressive behavior. This project is called Treatment Recommendations for the Use of Antipsychotics for Aggressive Youth (TRAAY).

## **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 referral 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 Drug and Alcohol Addiction  
Tel: (516) 572-5555

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

### **Education and Related Services**

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

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

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

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

## **Health Services**

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

Suffolk County Department Of Health Services

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

(Emergencies, Evenings, Weekends) (631) 852-4820

Nassau County Department of Health

Tel: (516) 571-3410

## **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.

Tel: (631) 853-5212

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

Nassau : (516) 248-2222

Suffolk: (631) 234-0467

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

Tel: Main Office (Mineola) - (516) 746-4545 Nassau Co. Medical Ctr - (516) 572-0123

Pilgrim Psychiatric Ctr - (631) 439-1720 Sagamore Children ' s P.C. -(631) 673-7700

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

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

Suffolk: (631) 232-2400 (Islandia)

(631) 369-1112 (Riverhead)

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

Long Island Families Together - (631) 264-5438

OMH Parent Advisor - (631) 761-2334

Suffolk County Parent to Parent Administrator - (631) 853-2793

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

Tel: (631) 421-2244 ext. 332

## **Mental Retardation and Developmental Disabilities**

The county departments of mental health services provide information and referral 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,  
Mental Retardation and Developmental Disabilities  
Tel: (516) 227-7057

Suffolk County Division of Community Mental Hygiene Services  
Tel: (631) 853-3036

The New York State Office of Mental Retardation and Developmental Disabilities provides and funds residential services, day programs, family support services, case management, information and referral, and respite services.

Long Island Developmental Disabilities  
Services Office  
Tel: (631) 434-6000

## **Probation and Family Court**

The county probation departments are mandated to screen and evaluate cases for the Family Court, and to mediate rehabilitative services for those who come to the court. Probation departments can assist a family in supervising a youngster under the Family Court's authority, can oversee the placement of a child in a foster care setting, and intervenes in family violence cases through an Order of Protection. Probation can refer families to counseling or other services as an alternative to the court process.

The Family Court may have jurisdiction over a youngster either on the basis of their having committed a crime (Juvenile Delinquent) or because they are beyond the control of their caretakers (Person in need of Supervision, or PINS).

Nassau County Probation Department  
Tel: (516) 571-9185 (Juvenile Intake)

Suffolk County Probation Department  
Tel: (631) 852-5000 (General Information - Yaphank)  
(631) 853-4024 (Central Islip Juvenile Intake)  
(631) 852-1939 (Riverhead Juvenile Intake)

## **Social Services**

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

	<u><b>Nassau County</b></u>	<u><b>Suffolk County</b></u>
Foster Care Services	(516) 571-5341	(631) 854-9316 or 854-9313
Preventive Services	(516) 571-4776	(631) 854-9030
Child Protective Services	(516) 571-5322	(631) 854-9029

## **Vocational Services**

The Office of Vocational and Educational Services for Individuals with Disabilities assists individuals with mental, physical or learning disabilities to prepare for and find employment. Services include vocational skills evaluation, job readiness preparation, assistance with finding employment, job coaching and transportation assistance.

Vocational and Educational Services for Individuals with Disabilities (VESID)

Nassau County Office - VESID  
Tel: (516) 483-6510

Suffolk County Office - VESID  
Tel: (631) 952-6357

Nassau Co. Dept of Labor  
Hempstead/Long Beach  
(516) 485-5000  
Oyster Bay  
(516) 873-5670

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

## **Youth Services**

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

Nassau County Youth Board  
Tel: (516) 572-1384

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

# PSYCHIATRIC MEDICATIONS - USES AND SIDE EFFECTS

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

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

## Selective Serotonin Reuptake Inhibitors (SSRI)

Drug Names: Celexa, Lexapro, 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. \*Recently, some questions have been raised about whether these medications may cause suicidal thoughts and behaviors in adolescents. Consult with your doctor before making a decision.

## Other Antidepressants

Drug Names: Cymbalta, Effexor, 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. 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

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.

**\*\* There is some recent evidence of possible liver damage. 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, 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, nervousness.

# WHO'S WHO IN MENTAL HEALTH

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

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

## **Creative Arts Therapist**

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

## **Occupational Therapist**

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

## **Psychiatrist**

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

## **Psychologist**

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

## **Registered Nurse**

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

## **Social Worker**

A Social Worker is a trained professional with a degree in social work who helps individuals, families, groups, and communities prevent or resolve problems caused by social, environmental, or emotional stress. A Licensed Master Social Worker (L.M.S.W.) has a master's degree in social work (M.S.W.) and must pass a licensing examination. A Licensed Certified 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 an AR@ psychotherapy 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.

## **New Licensed Mental Health Professions**

A law was passed in 2002 which establishes new state licensing in four professions: Creative Arts Therapy, Marriage and Family Therapy, Mental Health Counseling, and Psychoanalysis. This law went into effect on January 2, 2005.

## **A Word of Caution!**

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

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

To find out whether a professional is currently licensed to practice in New York State, call the State Education Department at (800) 342-3729 or (518) 474-6591, or on-line at [www.op.nysed.gov](http://www.op.nysed.gov).

## ABBREVIATIONS AND ACRONYMS

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

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

## GLOSSARY OF PSYCHIATRIC TERMS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Manic-Depression:** See Bipolar Disorder

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Somatoform Disorders:** See psychosomatic

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

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

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

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



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

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

### **General Information**

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

### **Childhood Disorders**

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

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