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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

## 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

# TELEPHONE NUMBERS

## 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
  - Farmingvil 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 (FEGS) ......................... (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

MerryFirst (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

Mental Hygiene Legal Service
Nassau .................................................. (516) 746-4545
Suffolk ............................................... (631) 273-4540

MerryFirst (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

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) 362-0100
Outpatient Psychiatry ....................... (516) 362-3005
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 Sve 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 ...................(516) 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

(631) 761-2334

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
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 of Social Services  (631) 854-9100  4:30 P.M. - 9:00 A.M.

**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 of Social Services  (516) 227-7474  6:00 P.M. - 8:00 AM

**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 to simplify and coordinate the process of linking children and their families to the services that can assist in meeting their needs.

To seek services in 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:

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<th>Out-Of-Home Services</th>
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<td>Supportive Case Management</td>
<td>Family Based Treatment Program</td>
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<tr>
<td>Intensive Case Management</td>
<td>Teaching Family Home Program</td>
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<td>Coordinated Children’s Services Initiative</td>
<td>Community Residence</td>
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<tr>
<td>Home &amp; Community Based Services Waiver</td>
<td>Residential Treatment Facility for C&amp;Y</td>
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<tr>
<td>Clinical Care Coordination Team (Nassau)</td>
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<tr>
<td>Multi-Systemic Therapy For Youth Team (Suffolk)</td>
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</table>

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

Hempstead General Hospital

Long Beach Medical Center

Long Island Jewish Hospital

Mercy Medical Center

North Shore University Hospital

North Shore University Hospital at Glen Cove

North Shore University Hospital at Plainview

South Nassau Community Hospital

Syosset Community Hospital

### Suffolk County

Brookhaven Memorial Hospital

Brunswick Hospital

Eastern Long Island Hospital

Huntington Hospital

Mather Memorial Hospital

Southside Hospital

St. Catherine of Siena Medical Center

---

**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 10 beds
2201 Hempstead Turnpike
East Meadow, NY 11554
(516) 572-0123
Males and Females
Ages to 17 years old

Long Island Jewish Medical Center 15 beds
Schneider Children's Hospital
269-01 76th Avenue
New Hyde Park, NY 11042
(718) 470-7000
Males and Females
Up to 13 years old

Long Island Jewish Medical Center 20 beds
Hillside Hospital
Adolescent Pavillion
75-59 263rd Street
P.O. Box 3
Glen Oaks, NY 11004
(718) 470-8590, 8591
Males and Females
Ages 14-18

Suffolk County

University Medical Center 10 beds
at Stony Brook
State University at Stony Brook
Stony Brook, NY 11794
(631) 689-8333 or 444-1250
Males and Females
Ages 6-12

John T. Mather Memorial Hospital 10 beds
North Country Road
Port Jefferson, NY 11777
(631) 476-2775
Males and Females
Ages 13-17
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  
St Catherine’s of Siena  
(formerly St. John's Episcopal Hospital)  
Southside Hospital  

(631) 351-2000  
(631) 862-3000  
(631) 968-3000  

**Nassau County**

Franklin Hospital Medical Center  
Long Beach Medical Center  
Mercy Medical Center  
North Shore University Hospital  
  Manhasset  
  Syosset  

(516) 256-6000  
(516) 897-1000  
(516) 255-2645  
(516) 562-0100  
(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  

14 beds - ages 5-12  
32 beds - adolescents  
Males and Females  

Brunswick Hall  
80 Louden 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
<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Address</th>
<th>Phone Number</th>
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<tr>
<td>Catholic Charities</td>
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<tr>
<td>(St. Anthony’s Guidance Clinic) (V)</td>
<td>124 Greenwich Street, Hempstead, NY 11550</td>
<td>(516) 292-8280</td>
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<tr>
<td></td>
<td>259-261 Mineola Blvd., Mineola, NY 11501</td>
<td>(516) 248-7100</td>
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<tr>
<td>Central Nassau Guidance and Counseling Services, Inc. (V)</td>
<td>950 South Oyster Bay Rd. - Suite 104, Hicksville, NY 11801</td>
<td>(516) 822-6111</td>
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<tr>
<td>F.E.G.S. (V)</td>
<td>6900 Jericho Turnpike, Syosset, NY 11791</td>
<td>(516) 364-8040</td>
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<tr>
<td></td>
<td>50 Clinton Street, Hempstead, NY 11550</td>
<td>(516) 485-5710</td>
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<tr>
<td>HIP Ctr. (Serves only those with HIP Insurance)</td>
<td>185 Froelich Farm Blvd, Woodbury, NY 11791</td>
<td>(516) 921-8811</td>
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<tr>
<td>Nassau/Suffolk MH Services</td>
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<td>Hispanic Counseling Center (V)</td>
<td>344 Fulton Avenue, Hempstead, NY 11550</td>
<td>(516) 538-2613</td>
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<tr>
<td>Long Beach Medical Center (V)</td>
<td>450 East Bay Drive, Long Beach, NY 11561</td>
<td>(516) 897-1270</td>
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<tr>
<td>Mental Health Clinic</td>
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<tr>
<td>Long Island Counseling Center (V)</td>
<td>570 Elmont Road, Elmont, NY 11003</td>
<td>(516) 437-6050</td>
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<td>(Family and Children’s Association)</td>
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<tr>
<td>Long Island Jewish Medical Ctr - Hillside Hosp Outpatient Psychiatric Svs (V)</td>
<td>75-59 263 Street, Glen Oaks, NY 11040</td>
<td>(718) 470-8100</td>
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<tr>
<td>Angelo J. Melillo Center (V) for Mental Health</td>
<td>113 Glen Cove Avenue, Glen Cove, NY 11542</td>
<td>(516) 676-4160</td>
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<tr>
<td>Mercy Medical Center</td>
<td>1000 North Village Avenue, Rockville Center, NY 11570</td>
<td>(516) 255-0111</td>
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<td>Outpatient Psychiatric Clinic (V)</td>
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<tr>
<td>North Shore Child and Family Guidance Center (V)</td>
<td>480 Old Westbury Road, Roslyn Heights, NY 11577</td>
<td>(516) 626-1971</td>
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<tr>
<td></td>
<td>999 Brush Hollow Road, Westbury, NY 11590</td>
<td>(516) 997-2926</td>
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<tr>
<td>North Shore University Hosp. (V)</td>
<td>400 Community Drive, Manhasset, NY 11030</td>
<td>(516) 562-3005</td>
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<tr>
<td>F.E.G.S. (V)</td>
<td>124 Franklin Avenue, Roosevelt, NY 11575</td>
<td>(516) 623-1644</td>
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<td>Northeast Long Island Counseling Center (V)</td>
<td>381 Sunrise Hwy, Lynbrook, NY 11562</td>
<td>(516) 559-1181</td>
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<td>Peninsula Counseling Center (V)</td>
<td>124 Franklin Avenue, Woodmere, NY 11598</td>
<td>(516) 569-6600</td>
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<td>(Family and Children’s Association)</td>
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<td>South Shore Child Guidance Center (V)</td>
<td>2146 Jackson Avenue, Seaford, NY 11783</td>
<td>(516) 221-3030</td>
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<td>South Shore Child Guidance Center (V)</td>
<td>17 West Merrick Road, Freeport, NY 11520</td>
<td>(516) 868-3030</td>
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<tr>
<td>South Nassau Communities Hospital (V)</td>
<td>2277 Grand Avenue, Baldwin, NY 11510</td>
<td>(516) 546-1370</td>
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<td>Brentwood Mental Health Clinic (C)</td>
<td>1841 Brentwood Road, Brentwood, NY 11717</td>
<td>(631) 853-7300</td>
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<td>Catholic Charities</td>
<td>Community Life Center (V) 1727 North Ocean Avenue, Medford, NY 11763</td>
<td>(631) 654-1919</td>
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<td>21 Fourth Avenue, Bay Shore, NY 11706</td>
<td>(631) 665-6707</td>
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<tr>
<td>Family Service League (V) 631-298-8642</td>
<td>North Fork Counseling Project 7555 Main Road, Mattituck Commons, NY 11952</td>
<td>(631) 324-3344</td>
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<td>South Fork Counseling 43 Main Street, East Hampton, NY 11937</td>
<td>(631) 723-2316</td>
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<td>South Fork Counseling 225 Montauk Highway, Hampton Bays, NY 11946</td>
<td>(631) 324-3344</td>
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<td>Farmingville Mental Health Clinic (C)</td>
<td>15 Horse Block Place, Farmingville, NY 11738</td>
<td>(631) 854-2552</td>
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<td>F.E.G.S. (V)</td>
<td>220 Main Street, Center Moriches, NY 11934</td>
<td>(631) 874-2700</td>
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<td>115 Carleton Avenue, Central Islip, NY 11722</td>
<td>(631) 234-7807</td>
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<td>445 Oak Street, Copiague, NY 11726</td>
<td>(631) 689-7080</td>
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<tr>
<td>Greater Hamptons Interfaith Council (V)</td>
<td>The Family Counseling Service, 151 Burrs Lane, Dix Hills, NY 11746</td>
<td>(631) 643-8800</td>
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<td></td>
<td>55 Horizon Drive, Huntington, NY 11743</td>
<td>(631) 920-8000</td>
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<td>11 Route 111, Smithtown, NY 11787</td>
<td>(631) 920-8300</td>
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<td>240A Long Island Avenue, Wyandanch, NY 11798</td>
<td>(631) 920-8250</td>
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<tr>
<td>Riverhead Mental Health Clinic (C)</td>
<td>County Center 197 Half Hollow Road, Dix Hills, NY 11746</td>
<td>(631) 852-1440</td>
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<td>Sagamore Children's Psychiatric Center (S)</td>
<td>(631) 654-2077</td>
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<td>Waverly Avenue Clinic 450 Waverly Avenue, Patchogue, NY 11772</td>
<td>(631) 673-7701</td>
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<td>Half Hollow Clinic 197 Half Hollow Road, Dix Hills, NY 11746</td>
<td>(631) 854-1222</td>
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<tr>
<td>South Brookhaven Mental Health Clinic (V)</td>
<td>Health Center East 550 Montauk Highway, Shirley, NY 11967</td>
<td>(631) 852-1070</td>
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<td>Health Center West 365 East Main Street, Patchogue, NY 11772</td>
<td>(631) 854-1222</td>
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<td></td>
<td>University Medical Center (S) Health Science Center, State University at Stony Brook, Stony Brook, NY 11794</td>
<td>(631) 632-8850</td>
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</table>
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.       Family Service League       Pederson-Krag Center
445 Oak Street 7555 Main Road       11 Route 111
Copiague, NY 11726 Mattituck Commons, NY 11952 Smithtown, NY 11787
(631) 264-4325 (631) 298-8642       (631) 920-8000

Area Covered:
Southwest Suffolk 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**

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**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 Ottilie  
95 Central Avenue  
Deer Park, NY  11725  
(631) 243-3179 or 243-3150

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

8 Beds  
Females, ages 13-17

8 Beds  
Males, ages 13-17
Nassau County

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

Males, ages 13-17
8 Beds

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

Males 8-13
8 Beds

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 Schleigel 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

Nassau County

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

20 Beds
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
The Family Center Family Support Program Family Guidance Center
31 Main Street 175 Fulton Avenue - Suite 500 Family Advocate Program
Hempstead, NY 11550 Hempstead, NY 11550 480 Old Westbury Road
(516) 485-5914 (516) 538-2613 Roslyn Heights, NY 11577
(516) 626-1971

Suffolk County

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

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 Manager (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\(^{th}\) 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.

<table>
<thead>
<tr>
<th>Nassau County</th>
<th>Suffolk County</th>
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<tbody>
<tr>
<td>North Shore Child &amp; Family Guidance Ctr.</td>
<td>Family Service League</td>
</tr>
<tr>
<td>CCSI Program</td>
<td>Home Base Program</td>
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<tr>
<td>480 Old Westbury Road</td>
<td>522 Middle Country Road</td>
</tr>
<tr>
<td>Roslyn Heights, NY 11577</td>
<td>Middle Island, NY 11953</td>
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<tr>
<td>(516) 626-1971</td>
<td>(631) 345-5645</td>
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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.

<table>
<thead>
<tr>
<th>Suffolk County</th>
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<tbody>
<tr>
<td>Suffolk County Multi-systemic Therapy for Youth (MSTY) Team</td>
</tr>
<tr>
<td>1841 Brentwood Road</td>
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<tr>
<td>Brentwood, NY 11717</td>
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<tr>
<td>(631) 854-2564</td>
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</table>

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.

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<thead>
<tr>
<th>Nassau County</th>
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<tbody>
<tr>
<td>Clinical Care Coordination Team</td>
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<tr>
<td>North Shore Child and Family Guidance Center</td>
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<tr>
<td>480 Old Westbury Road</td>
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<tr>
<td>Roslyn Heights, NY 11577</td>
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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 best practice, the following programs or services have the most support to date. As a result the Office of Mental Health is encouraging agencies to adopt these treatment services:

**Home Based Crisis Intervention (HBCI)** - See page 16

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

**Family Education and Family Support Services** - See page 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.

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<tr>
<th>Nassau County</th>
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<tbody>
<tr>
<td>Foster Care Services</td>
<td>(516) 571-5341</td>
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<tr>
<td>Preventive Services</td>
<td>(516) 571-4776</td>
</tr>
<tr>
<td>Child Protective Services</td>
<td>(516) 571-5322</td>
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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)

<table>
<thead>
<tr>
<th>Nassau County Office - VESID</th>
<th>Tel: (516) 483-6510</th>
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<tr>
<td>Nassau Co. Dept of Labor</td>
<td>Youth Career Center</td>
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<tr>
<td>Hempstead/Long Beach</td>
<td>Tel: (631) 853-6526</td>
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<tr>
<td>(516) 485-5000</td>
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<tr>
<td>Oyster Bay</td>
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<tr>
<td>(516) 873-5670</td>
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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, dizziness, 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, Klonipin, 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.
### ABBREVIATIONS AND ACRONYMS

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
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<tbody>
<tr>
<td>AA</td>
<td>Alcoholics Anonymous</td>
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<tr>
<td>ACLD</td>
<td>Adults and Children with Learning and Developmental Disabilities</td>
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<td>ACT Team</td>
<td>Assertive Community Treatment Team</td>
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<td>ADL</td>
<td>Activities of Daily Living</td>
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<td>AFDC</td>
<td>Aid to Families with Dependent Children</td>
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<td>APS</td>
<td>Adult Protective Services</td>
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<td>ACSW</td>
<td>Academy of Certified Social Workers</td>
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<td>AHRC</td>
<td>Association for the Help of Retarded Citizens</td>
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<td>AMA</td>
<td>Against Medical Advice</td>
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<td>AMI</td>
<td>Alliance for the Mentally Ill</td>
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<td>APA</td>
<td>American Psychiatric Assoc.</td>
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<tr>
<td>BID</td>
<td>Twice a Day</td>
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<tr>
<td>BOCES</td>
<td>Board of Cooperative Educational Services</td>
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<tr>
<td>BSW</td>
<td>Bachelor’s Degree in Social Work</td>
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<tr>
<td>CAT (scan)</td>
<td>Computerized Axial Tomography Scan</td>
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<tr>
<td>CBO</td>
<td>Community Based Organization</td>
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<tr>
<td>CHAP</td>
<td>Child Health Assurance Program</td>
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<tr>
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<td>CMHC</td>
<td>Community Mental Health Center</td>
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<tr>
<td>CNS</td>
<td>Central Nervous System</td>
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<td>CPEP</td>
<td>Comprehensive Psychiatric Emergency Program</td>
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<td>CPS</td>
<td>Child Protective Services</td>
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<tr>
<td>CR</td>
<td>Community Residence</td>
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<tr>
<td>CSP</td>
<td>Community Support Prog.</td>
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<tr>
<td>CSW</td>
<td>Certified Social Worker</td>
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<tr>
<td>DFY</td>
<td>N.Y.S. Division For Youth (Now OCFS)</td>
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<td>DRG</td>
<td>Diagnosis Related Group</td>
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<tr>
<td>DSS</td>
<td>Department of Social Services</td>
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<tr>
<td>DSW</td>
<td>Doctor of Social Work</td>
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<tr>
<td>DSM-IV</td>
<td>Diagnostic and Statistical Manual 4th Edition</td>
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<td>ECT</td>
<td>Electroconvulsive Therapy</td>
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<tr>
<td>Ed.D</td>
<td>Doctor of Education</td>
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<tr>
<td>EEG</td>
<td>Electroencephalogram</td>
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<td>EKG</td>
<td>Electrocardiogram</td>
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<td>EOC</td>
<td>Economic Opportunity Council</td>
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<td>ER</td>
<td>Emergency Room</td>
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<td>Food and Drug Admin.</td>
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<td>Federated Employment &amp; Guidance Services</td>
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<td>FSL</td>
<td>Family Service League of Suffolk</td>
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<td>U.S. Department of Health and Human Services</td>
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<td>HMO</td>
<td>Health Maintenance Organization</td>
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<tr>
<td>HR</td>
<td>Home Relief</td>
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<td>At Bedtime (Hour of Sleep)</td>
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<td>HSA</td>
<td>Health Systems Agency</td>
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<tr>
<td>ICF</td>
<td>Intermediate Care Facility</td>
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<td>ICM</td>
<td>Intensive Case Manager</td>
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<td>ICU</td>
<td>Intensive Care Unit</td>
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<tr>
<td>IM</td>
<td>Intra-muscular Injection</td>
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<tr>
<td>IQ</td>
<td>Intelligence Quotient</td>
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<tr>
<td>I&amp;R</td>
<td>Information and Referral</td>
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<tr>
<td>IV</td>
<td>Intra-venous injection</td>
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<td>JCAHO</td>
<td>Joint Commission for the Accreditation of Health Care Organizations</td>
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<td>LGU</td>
<td>Local Governmental Unit</td>
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<td>LIJ</td>
<td>Long Island Jewish Medical Center</td>
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<tr>
<td>LPN</td>
<td>Licensed Practical Nurse</td>
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<tr>
<td>Abbreviation</td>
<td>Full Form</td>
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<tr>
<td>MD</td>
<td>Medical Doctor</td>
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<td>MHA</td>
<td>Mental Health Association</td>
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<td>MHC</td>
<td>Mental Health Clinic</td>
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<td>MHLS</td>
<td>Mental Hygiene Legalervices</td>
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<td>MHTA</td>
<td>Mental Hygiene Therapy Aide</td>
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<tr>
<td>MICA</td>
<td>Mentally Ill Chemical Abuser</td>
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<tr>
<td>MLK</td>
<td>Martin Luther King Health Center (in Wyandanch)</td>
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<tr>
<td>MMPI</td>
<td>Minnesota Multiphasic Personality Inventory</td>
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<tr>
<td>MR</td>
<td>Mental Retardation</td>
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<tr>
<td>MRI</td>
<td>Magenetic Resonance Imaging</td>
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<tr>
<td>MST</td>
<td>Multi Systemic Therapy</td>
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<tr>
<td>MSW</td>
<td>Masters Degree in Social Work</td>
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<tr>
<td>NAMI</td>
<td>National Alliance for the Mentally Ill</td>
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<tr>
<td>NASW</td>
<td>National Association of Social Workers</td>
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<tr>
<td>NIMH</td>
<td>National Institute of Mental Health</td>
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<tr>
<td>NSUH</td>
<td>North Shore University Hospital</td>
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<tr>
<td>OBS</td>
<td>Organic Brain Syndrome</td>
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<tr>
<td>OCFS</td>
<td>Office of Children and Family Services</td>
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<tr>
<td>OMH</td>
<td>NYS Office of Mental Health</td>
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<tr>
<td>OMRDD</td>
<td>NYS Office of Mental Retardation &amp; Developmental Disabilities</td>
</tr>
<tr>
<td>OR</td>
<td>Operating Room</td>
</tr>
<tr>
<td>OT</td>
<td>Occupational Therapy</td>
</tr>
<tr>
<td>PA</td>
<td>Physician’s Assistant</td>
</tr>
<tr>
<td>PC</td>
<td>After Meals (for medications)</td>
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<td>PDG</td>
<td>Program Development Grant</td>
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<tr>
<td>PDR</td>
<td>Physician's Desk Reference</td>
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<tr>
<td>Ph.D</td>
<td>Doctor of Philosophy (academic discipline)</td>
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<td>PINS</td>
<td>Person in Need of Supervision</td>
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<tr>
<td>P-K</td>
<td>Pederson Krag Center</td>
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<tr>
<td>PPC</td>
<td>Pilgrim Psychiatric Center</td>
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<tr>
<td>PRN</td>
<td>As Needed (when necessary)</td>
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<tr>
<td>PT</td>
<td>Physical Therapy</td>
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<tr>
<td>Q</td>
<td>Every (for medications)</td>
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<tr>
<td>QD</td>
<td>Once a day</td>
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<tr>
<td>QID</td>
<td>Four times a day (usually six hours apart)</td>
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<tr>
<td>RN</td>
<td>Center for Adults</td>
</tr>
<tr>
<td>RTC</td>
<td>Registered Nurse</td>
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<tr>
<td>RTF</td>
<td>Residential Treatment Center</td>
</tr>
<tr>
<td>SAC</td>
<td>Service Treatment Facility</td>
</tr>
<tr>
<td>SCPC</td>
<td>Sagamore Children's Psychiatric Center</td>
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<tr>
<td>SCC</td>
<td>Suffolk Area Council</td>
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<tr>
<td>SCM</td>
<td>Supportive Community Council</td>
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<tr>
<td>SCMHA</td>
<td>Suffolk County Mental Health Association</td>
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<tr>
<td>SED</td>
<td>State Education Department</td>
</tr>
<tr>
<td>SEPTA</td>
<td>Seriously Emotionally Disturbed Special Education Parents and Teachers Association</td>
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<tr>
<td>SIDS</td>
<td>Sudden Infant Death Syndrome</td>
</tr>
<tr>
<td>SOCR</td>
<td>State Operated Community Residence</td>
</tr>
<tr>
<td>SPMI</td>
<td>Severely &amp; Persistently Mentally Ill</td>
</tr>
<tr>
<td>SRO</td>
<td>Single Room Occupancy (hotel)</td>
</tr>
<tr>
<td>SSI</td>
<td>Supplemental Security Income Immediately</td>
</tr>
<tr>
<td>STAT</td>
<td>Temporary Assistance to Needy Families</td>
</tr>
<tr>
<td>TANF</td>
<td>Three times a day (usually eight hours apart)</td>
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<tr>
<td>VA</td>
<td>Tender Loving Care</td>
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<tr>
<td>VESID</td>
<td>The Rehabilitation Institute Transitional Services of Long Island</td>
</tr>
<tr>
<td>VIBS</td>
<td>Veterans Administration</td>
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<tr>
<td>WIC</td>
<td>Vocational &amp; Educational Services for Individuals with Disabilities</td>
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<tr>
<td>WISC</td>
<td>Victims Information Bureau of Suffolk</td>
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<tr>
<td>WAIS</td>
<td>Wechsler Adult Intelligence Scale</td>
</tr>
<tr>
<td>WIC</td>
<td>Wechsler Intelligence Scale for Children</td>
</tr>
<tr>
<td>WISC</td>
<td>Women, Infants, and Children</td>
</tr>
<tr>
<td>WISC</td>
<td>Feeding Program</td>
</tr>
<tr>
<td>RCCA</td>
<td>Residential Care</td>
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</table>
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/

**Conduct Disorder/Oppositional Defiant Disorder:**
- http://teenswithproblems.com/conduct_disorder.html
- http://1uphealth.com/health/conduct_disorder_info.html

**Depression:**
- http://www.drada.org
- http://ocd.nami.org/helpline/depression-child.html

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

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

**Medications**
- http://www.rxlist.com
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