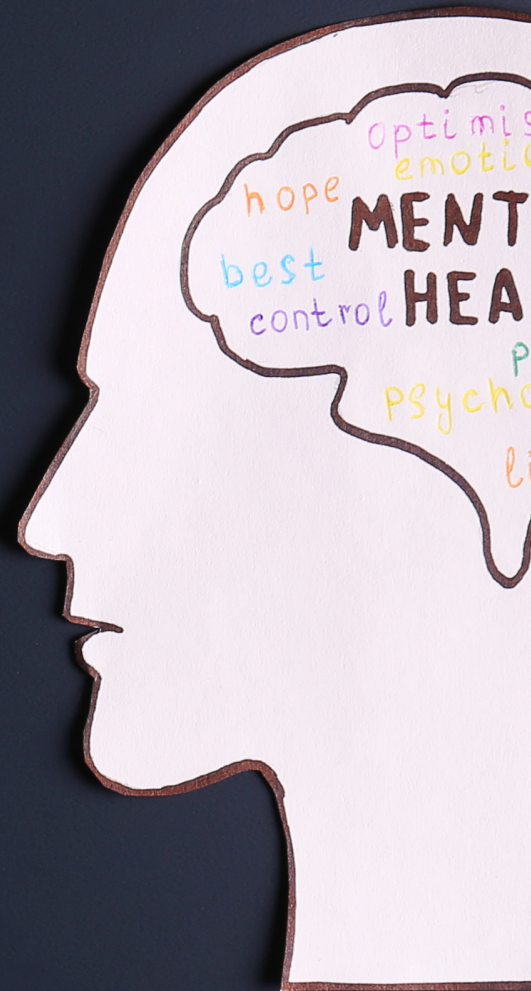


EMPOWERED TO PROCESS

*Leading your family
towards mental,
emotional, and spiritual
health.*



Meet your Panelists

Samantha Moser

*Licensed Marriage and Family Therapist
Dialectical Behavioral Therapy Certified*

Samantha is a Nyack College graduate. After working in Rockland Psychiatric Children's Hospital and Astor Children and Family Services Adolescent Day Treatment Center she worked in the private practice setting. In 2020, Samantha opened her group practice and currently provides individual, couples and family treatment with the four other clinicians on her team. Samantha has the benefit of providing fully comprehensive approach to the entire family unit.

Laquila Manning

Licensed Marriage and Family Therapist (NY).

Laquila Manning graduated from Nyack College, Alliance Graduate School of Counseling. She is in private practice where she works primarily with couples and college students. Her focus is on boundaries, effective communication, and empowerment. Prior to private practice, Laquila has a history of working with children and families for several years in a child focused agency called ASTOR services for children and families in Beacon NY.

Theodore Peterson

Licensed Associate Counselor (NJ)

Theodore Peterson graduated from Nyack College, Alliance Graduate School of Counseling. Theodore works at Care Management Organization as a care manager supervisor, under the New Jersey Children's System of Care, where support is provided to youth ages 3 to 21 years of age. Theodore also works at an outpatient facility and provides counseling to youth and adults. Theodore enjoys working with youth and families, and has a strong background working with individuals who have Intellectual and Developmental Disabilities.

Heather Carella

*Licensed Mental Health Counselor (NY)
Licensed Professional Counselor (NY)
National Certified Counselor*

Heather Carella graduated from Nyack College, Alliance Graduate School of Counseling. She is in private practice where she primarily works with adult individuals. She specializes in anxiety, depression, grief and loss, suicidal ideation, boundaries and effective communication. Heather is also an undergraduate adjunct professor at Fishkill Correctional Facility through Nyack College, where she teaches Psychology and American Sign Language.

Joseph Agovino

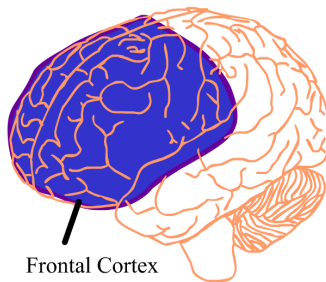
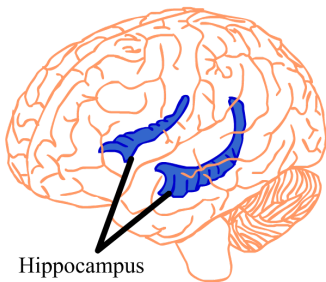
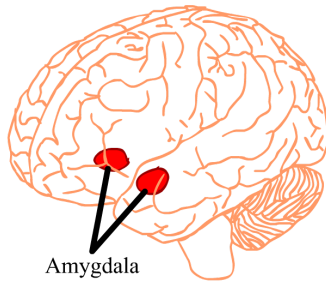
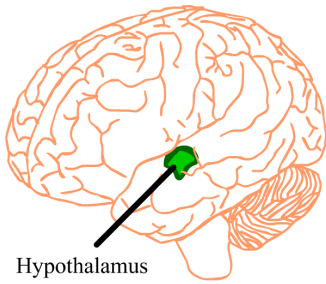
*Master of Science in Education,
Certified School Psychologist with a specialization in Therapeutic Interventions*

Joseph Agovino graduated from Fordham University's Graduate School of Education. He is a certified school psychologist who spent the first 13 years of his career at Hawthorne Cedar Knolls, a school district serving children with emotional disabilities in both day treatment and residential care. This school year, he took his experience at Hawthorne to help the Nanuet School District develop a therapeutic support program for the high school, where he is presently employed.

TRAUMA INFORMED PARENTING & EMOTIONAL SECURITY

What can I do to help my kids process verbally and physically when their expressions are inconsistent and volatile?

Samantha Moser, LMFT



Stress Response & Emotional Awareness

Emotional Validation

Exercise, Regulation & Recovery

PARENTING THROUGH PROCESSING, WHILE PROCESSING

How do I help my kids unpack emotions that I am currently struggling through myself?

Laquila Manning, LMFT

Compassion

Connection for yourself

Connection to your kids

[CLICK HERE](#)

[CLICK HERE](#)

Recommended Reading:

“Boundaries with Kids: How Healthy Choices Grow Healthy Children”

by Henry Cloud & Dr John Townsend.

“Boundaries with Teens: When to Say Yes, How to Say No” by John Townsend

PROCESSING GRIEF AND ANXIETY

I don't want to give my kids platitudes or dismiss their experiences, but how do I help them move through recurring emotions?

Ted Peterson, LAC

How does grief & anxiety present?

Healthy & Honest conversation tips:

Modeling the behavior

Seeking support

[CLICK HERE](#)

[Click here to check out Comfort Zone Camp](#)

WARNING SIGNS IN MENTAL HEALTH & WHEN TO GET MORE HELP INVOLVED

How do I know when their experience has crossed outside of my capacity to help them?

Heather Carella, LMHC

Warning Signs- Things to look out for:

How to have a conversation & support your child:

How/when to connect to mental health resources

[Click here to download an assessment resource!](#)

[CLICK HERE](#)

PRACTICAL RESOURCES WITHIN YOUR SCHOOL SYSTEM, COMMUNITY, AND CHURCH

I just don't know where to go for help if my kids need it. What are you seeing in schools? What would happen if my kid got involved with the resources available in the school system?

Joe Agovino, M.S.Ed.

What we are seeing:

Resources within the school

Resources outside of school

Potential barriers & how to overcome them:

[Click here to download a list of mental health resources within Rockland County!](#)

[CLICK HERE](#)

If you are not local to Rockland county, we encourage you to reach out to your schools Psychologist and counselors to ask for the list relevant to your area!

● Podcast:
● The Executive Function Podcast by Sarah Kesty

● Book:
● The Boy Crisis by Warren Farrell

Thank You!

Thank you to all of our participants for engaging in this content wholeheartedly.

Thank you to each of our panelists for donating your time, energy, resources, and insights to us.

Thank you to the Risen King Youth Leaders for bringing the event to life.

Thank you to Risen King for supporting us through the entirety of this event; from dream to completion!

-Pastor Anna

If you feel led to make a donation to Risen King we ask you to consider blessing the students of Risen King Youth who are attending LIFE 2022, a discipleship conference, this summer.

You can donate by going to

risenking.life/give

Select "Give here"

Select the fund "Life Conference 2022"

Thank you for your generosity!

[CLICK HERE](#)

COLUMBIA-SUICIDE SEVERITY RATING SCALE

Screen Version - Recent

SUICIDE IDEATION DEFINITIONS AND PROMPTS	Past month	
Ask questions that are bolded and <u>underlined</u>.	YES	NO
Ask Questions 1 and 2		
1) Wish to be Dead: Person endorses thoughts about a wish to be dead or not alive anymore, or wish to fall asleep and not wake up. <u>Have you wished you were dead or wished you could go to sleep and not wake up?</u>		
2) Suicidal Thoughts: General non-specific thoughts of wanting to end one's life/commit suicide, "I've thought about killing myself" without general thoughts of ways to kill oneself/associated methods, intent, or plan. <u>Have you actually had any thoughts of killing yourself?</u>		
If YES to 2, ask questions 3, 4, 5, and 6. If NO to 2, go directly to question 6.		
3) Suicidal Thoughts with Method (without Specific Plan or Intent to Act): Person endorses thoughts of suicide and has thought of a least one method during the assessment period. This is different than a specific plan with time, place or method details worked out. "I thought about taking an overdose but I never made a specific plan as to when where or how I would actually do it....and I would never go through with it." <u>Have you been thinking about how you might do this?</u>		
4) Suicidal Intent (without Specific Plan): Active suicidal thoughts of killing oneself and patient reports having <u>some intent to act on such thoughts</u> , as opposed to "I have the thoughts but I definitely will not do anything about them." <u>Have you had these thoughts and had some intention of acting on them?</u>		
5) Suicide Intent with Specific Plan: Thoughts of killing oneself with details of plan fully or partially worked out and person has some intent to carry it out. <u>Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?</u>		
6) Suicide Behavior Question: <u>Have you ever done anything, started to do anything, or prepared to do anything to end your life?</u> Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, took out pills but didn't swallow any, held a gun but changed your mind or it was grabbed from your hand, went to the roof but didn't jump; or actually took pills, tried to shoot yourself, cut yourself, tried to hang yourself, etc. If YES, ask: <u>How long ago did you do any of these?</u> <input type="checkbox"/> Over a year ago <input type="checkbox"/> Between three months and a year ago <input type="checkbox"/> Within the last three months	YES	NO

For inquiries and training information contact: Kelly Posner, Ph.D.

New York State Psychiatric Institute, 1051 Riverside Drive, New York, New York, 10032; posnerk@nyspi.columbia.edu

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Referral List

Parents are advised to call and ask about insurance first before making an appointment – many do not take insurance

Psychiatrists

1. Dr. Candida Fink, 165 Brookdale Ave, New Rochelle, NY (877) 534-1090
2. Dr. Dominic Ferro (Nanuet) (845) 623-0658
3. Dr. Diane DiGiacomo (New City) (845) 708-6025
4. Dr. Mellen Lovrin (Nyack) (845) 353-6780
5. Dr. Susan Hoerter (Pearl River) (845) 596-4563
6. Dr. Johnathan Slater (Irvington) (914) 591-4040
7. Dr. Jacques Levy (845) 429-6070
8. Dr. Helena Kukla (845) 634-8283
9. Dr. Jerome Char (845) 357-2733
10. Dr. Craig Morris (845) 634-6241
11. Dr. Clovis Raymond (845) 507-0442
12. Dr. Naomi Chevalier (Spring Valley) (845) 354-9300
13. Sardana Psychiatric Services- Dr. Sardana (845)203-3529
14. Dr. Cynthia Perry- Pediatric Neuropsychiatrist (845)834-2260
15. Achieve- psychiatrists, psychologists, social workers (845) 425-5252x330
16. Nechama Keller-Sabel- nurse practitioner (State of Mind)(845) 653-7300

Psychologists/Social Workers

1. Rich Gelman (845) 354-4315
2. Renee Exelbert (Nyack) (845) 353-1370
3. Elliot Kagan (Asperger's/Pomona Counseling Center) (845) 362-0805
4. Steven Kurtz at Child Mind Institute (646) 625-4277
5. NYU Child Study Center/Full Service Child Psychiatry Outpatient Clinic
(Hackensack, NJ) (201) 465-8111
6. Robert Clark (845) 354-0233
7. Jason Schwartz (845) 638-6639
8. Russell Schwartz (Nanuet) (845) 623-7782
9. Jeanne Dietrich (914) 381-6163
10. Noreen Romano (Ridgewood, NJ) (201) 251-9305
11. Alexa Gaydos (Hudson Valley Center for Cognitive Therapy)
(845) 353-3399 ext. 12
12. Dr. Kathleen Cuneo (845) 623-0658
13. Turning Point Behavioral Health Center (845) 353-2300
14. Orsolya Vadaz Clifford (Nyack/New City) (845) 664-3820
15. Larry Posner (New City) (845) 639-3883
16. Janet O'Shea (845) 735-4710
17. Bonnie Raab (Pomona) (845) 364-9422
18. Amy Sherman (family therapist) (845) 535-3039

19. Mary Partridge (Suffern) (845) 368-0576
20. Starlee Qualter (845) 323-2425
21. Lauren Saletan (Nyack) (845) 405-1350
22. Jean Picarello (Pearl River) (845) 620-9630
23. Kate Nowicki (Suffern) (914) 261-0465
24. Laura D'Angelo (Nanuet) (845) 627-3413
25. Catherine Bailey (845) 735-8748
26. Helene Fishman (Solution Center) (845) 623-7782
27. Jan Conklin (eating disorders) (845) 268-5295
28. Carol Kaplan (845) 623-4451
29. Lani Goldstein (845) 358-8001
30. Diana Jacobsen (845) 353-8322
31. Joe Hazucha (Nyack) (845) 379-0788
32. Marilyn Kotcher (845) 362-2343
33. Rockland Jewish Family Service (845) 354-2121
www.rjfs.org
 450 West Nyack Rd., West Nyack
34. Kristin O'Rourke (in home therapy and parent consultation)
 Phone: 917-597-9270
 Email: inhomelcsw@yahoo.com
 Website: www.inhomelcsw.com
35. Jennifer Rankin (Pearl River) (860) 318-1158
 Address: 274 North Middletown Road, Pearl River, NY 10965
 Email: Jena@JenniferBRankinLCSW.com
 Website: <http://www.jenniferbrankinlcsw.com/>
36. Carol Kaplan (845) 623-4451
 55 Old Turnpike Rd. Suite 206, Nanuet, NY 10954
37. Michele Koenig (845) 354- 2121
 450 West Nyack Rd., Suite 2, West Nyack, NY 10994
38. Jeanne Weiner (845) 354- 2121
 450 West Nyack Rd., Suite 2, West Nyack, NY 10994
39. Rosaura Linsalato (845) 623-5122
 632 N. Route 304, Suite 3, New City, NY 10956
40. Clara Rodriguez (845) 219- 1638
 15 Lawrence Street, Nyack, NY 10960
41. Stephen Quittman, Ph.D. (845) 634-7787
 228 N. Main Street, New City, NY 10956
42. Linda Salta (201) 750- 7574
 425 Livingston Street, Norwood, NJ 07648
43. Stuart Mail (845) 270-7153
 26 Firemans Memorial Drive, Suite 205A, Pomona, NY 10970
44. Eibhlin (Lynn) Donlon-Farry (845) 638-2884
 New City, NY 10956
45. Dr. Fern Weil (New City) (845)-262-2197
46. Sheila Cory (in-home) (914)-522-3874
47. Evan Seidel Nyack (845)-548-8597

- 48. Eileen Hayes Nyack (845)-480-5688
- 49. Amy Stearns Nyack (917)-613-4705
- 50. Jason Kahn Nyack (845)-729-4220
- 51. DBT Associates of Nyack (845)-358-0919

Art Therapist

- 1. Nisa Rauschenberg, ATR-BC, LCAT (845) 893-9512
Healing Arts Studio
28 ~~est~~ Broadway, Nyack, NY 10960

Eating Disorder

- 1. Christine Knorr LCSW (845) 505-1119

Pediatric Neurologists

- 1. Dr. Ronald Jacobson (White Plains) (914) 997-1692
- 2. D. Martin Kutscher (914) 232-1810
(Rye Brook, Middletown, Wappingers Falls, W. Nyack)
- 3. Dr. Bruce Roseman (914) 997-2032
(White Plains, Middletown, Fishkill, Nyack, Englewood, NJ)
- 4. D. Arnold Gold (Englewood, NJ) (201) 567-3211
- 5. Dr. Abba Cargan (Moutainside, NJ/Columbia) (908) 233-5000
- 6. Dr. Stanley Rothman (914) 422-2796
- 7. Dr. Yitzchak Frank (Mt. Sinai) (866) 674-3721
- 8. Dr. William Levinson (Westchester) (914) 304-5250
- 9. Dr. John T. Wells (NYC) (212) 772-6683
- 10. Dr. Elfrida Malkin (845) 348-0711

Pediatricians

- 1. ~~Bardonia Pediatrics (Dr. Lerche)~~ (845) 623-8031
- 2. Clarkstown Pediatrics – Jeffrey Karasik (845) 623-7100
- 3. Peter Gergely (developmental pediatrician) (845) 424-4444
- 4. Janice Montague (Suffern) (845) 369-3550
- 5. ~~Cecilia McCarton (developmental pediatrician specialist for Autism spectrum)~~
(212) 996-9019
- 6. Michele ~~Newmeyer~~ (845) 634-8911
- 7. Kenneth ~~Zatz~~ (845) 353-7360

Nutritionists

- 1. Ms. Jennifer ~~Regester~~ McGurk (RD, CDN, CDE) (Nutritionist/Dietitian) (845) 593-4465
www.eatwithknowledge.com
99 Main Street
Suite 204
Nyack, New York 10960
- 2. Ms. Iris Epstein (RDN, CDE, CEDRD) (Nutritionist/Dietitian) (845) 262-6677

Nutrition Improvement Center
Pomona, New York 10970

Additional Resources

National Child Protective Services Hotline (CPS) (800) 342-3720

Intensive Day Treatment/BOCES (IDT): (845) 623-0085

(middle school/high school): (845) 623-0085
BOCES Bldg 2
65 Parrott Rd., West Nyack NY 10994 Fax: (845) 627-6302

Kathy Brondolo, LCSW-R (area coordinator) (845) 627-4821
Gabriel Haber (clinician) (845) 627-4819

IDT (elementary): (845) 358-8817
Patti Moreau (845) 942-7568

Rockland County Partnership for Safe Youth: (845) 405-4180

Child/Adolescent Crisis Units:

Rockland County Behavioral Health Response Team (BHRT)

The BHRT members consist of a Mental Health Clinician and a Mental Health Technician. The clinician is a NYS licensed social worker, a NYS licensed registered nurse, a NYS [psychologist](#) or a NYS Psychiatrist. The technician is a NYS certified EMT, paramedic or other EMS trained and acceptable mental health professional. The BHRT program is overseen by a NYS licensed psychiatrist affiliated with The Nyack Hospital Behavioral Health Department. The Team will be operational 24/7.

The BHRT phone numbers are:

845 517-0400

Toll Free 844 255-BHRT (2478)

Nyack Hospital (merging with Pomona Crisis Center's unit in 2014)**

Nyack Hospital
160 North Midland Avenue
Nyack, New York 10960
(845) 348-2116

Good Samaritan Hospital (The *outpatient* program at The Monsignor Patrick J. Frawley Psychiatric Unit at Good Samaritan Hospital is designed to treat emotional and psychiatric disorders in adolescents, adults and geriatric patients)

Good Samaritan Hospital
255 Lafayette Avenue
Suffern, NY 10901
(845) 368-5222

Weill Cornell Department of Psychiatry (Westchester medical center)

21 Bloomingdale Road
White Plains, NY 10605
(888) 694-5700

(Faculty providers on a private fee basis: (888) 694-2255)

Westchester Medical Center (has a pediatric psychiatric unit)

Department of Psychiatry
New York Medical College @ Westchester Medical Center
Behavioral Health Center, Room N301
Valhalla, NY 10595
(914) 493-8424

St. Vincent's Hospital Westchester (psychiatric/addiction)

275 North Street
Harrison, NY 10528
(888) 689-1684; (914) 925-5320

Four Winds: (914) 763-8151

Bellevue (new): (212) 562-3830

Rockland County Department of Mental Health

Crisis Center: (845) 364-2200

Assessments: (845) 364-2150

Suicide Hot Line: (845) 354-6500

Recovery Services (drug/alcohol):

Lexington Center for Recovery: (845) 369-9701
Trish Larkin X1122

Mental Health Association/Project Rainbow: (845) 267-2172

High Focus (New Jersey): (201) 291-0055

Project Turning Point (homeless youth): (845) 623-3461 X230

24 hour hotline: (877) 540-7680

Youth ages 14 and 15 admitted for respite care for up to 72 hours with parent permission; Youth 16-20 do not need parent permission and may stay up to 21 days.

Planned Parenthood of Hudson/Peconic: (800) 248-7797

New York State Dept. of Education VESID: (845) 426-5410

Department of Probation (PINS/PINS Diversion):

Donna Delarme (845) 638-5575

Tricia Holland (845) 638-5518

Bill Bennett (845) 638-5522

Meeting for parents/orientation last Tuesday of every month

Social Skills Groups

1. Hearts and Crafts (Ramsey, NJ) (201) 818-9399
2. Turning Point Behavioral Health Center (West Nyack) (845) 353-2300

ALSO:

Hudson Valley Center for Cognitive Therapy – Upper Nyack

www.hvcct.com (845) 353-3399

Nathan Kline Institute (Tic/Tourette's program) (845) 398-5500

(Dr. Barbara Coffey)

Giant Leaps Occupational Therapy (Sensory Integration Disorder)

Valley Cottage (845) 268-2323

Pomona Mental Health Center (845) 364-2000

Volunteer Counseling Services (845) 634-5729

Ramapo Counseling Services (845) 634-5729

Helpful websites:

www.aboutourkids.org

www.pediatricneurology.com

www.chadd.org

www.giantleapsot.com

www.heartsandcraftscounseling.org

www.turningpointbhc.com

Information Rockland (information on shelter, support services, mental health programs, crisis services, immigration, etc.) (845) 364-2020

OUTSIDE TESTING:

- **Fairleigh Dickinson University
Center for Psychological Services
131 Temple Avenue
Hackensack, NJ 07601
(201) 692-2645**
- Hours:
9AM - 9PM, Mon - Thurs
9AM - 5PM, Fri
Limited weekend hours available

ASSESSMENT SERVICES

- Psycho-educational, cognitive, achievement, and learning disability testing
- Comprehensive psychological testing to aid in the diagnosis of social, emotional, and psychiatric problems
- Neuropsychological assessment

Fees for student providers are on a sliding scale; fees for doctoral level providers are competitive.

Nathan Kline Institute (845) 398-5500

Providing FREE 24 Hour Outreach and Support for:

- Emotional Distress or Trauma
- Anxiety or Depression
- Crisis Intervention
- Suicidal Thoughts
- Alcohol or Drug Abuse
- Serious Mental Illness



Call us 24/7 and we'll talk to you over the phone or send a team to your location

Listen to our "Healthy Attitudes" radio show every first Thursday of every month on WRCR AM 1700.

A Free Service to Help Anyone in Rockland County Experiencing a Mental Health Crisis.

Don't wait. Get help.

"Improving mental health and substance abuse services is a top priority of my administration. The Behavioral Health Response Team (BHRT) offers immediate help to adults, teens and children, wherever and whenever crisis intervention is needed, while assuring their safety and the safety of those around them."

~Rockland County Executive Ed Day

Grant Funded by NYSOMH through Rockland County

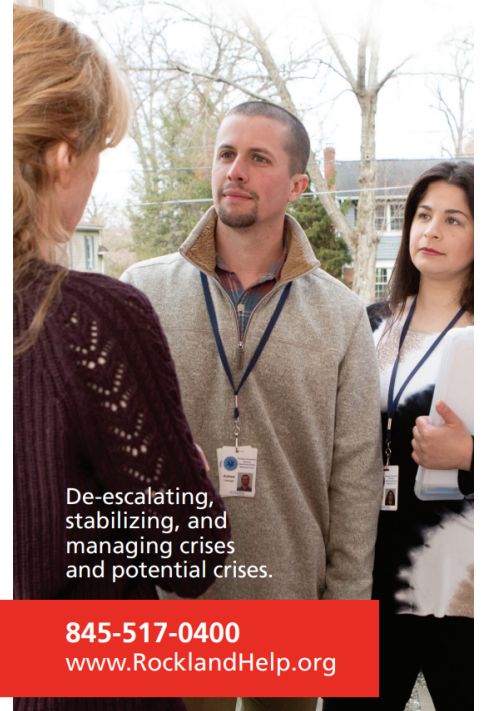
Operated by Rockland Paramedic Services
Ray Florida, Director



Twitter: @RocklandBHRT
www.facebook.com/BHRTGetHelp



Focused Therapeutic Intervention



De-escalating, stabilizing, and managing crises and potential crises.

Don't Wait.
Get Help.

845-517-0400
www.RocklandHelp.org

845-517-0400
www.RocklandHelp.org

845-517-0400
www.RocklandHelp.org

What is the Behavioral Health response Team (BHRT)?

The Behavioral Health Response Team (BHRT) provides mobile behavioral health services and crisis intervention 24/7, 365 days a year to individuals, families and agencies in Rockland County. The Team can come to you if a mental health situation needs immediate intervention.

BHRT has an experienced team of mental health professionals capable of responding immediately to requests for assistance or intervention with any behavioral health issue. The issues can range from serious emotional crisis to seeking guidance for behavioral health support. Our Team will conduct a basic needs assessment, which is an essential part of the outreach process. We provide referrals to mental health providers and agencies to ensure that individuals and families receive the on-going care they need.

However, if immediate additional support is needed the BHRT team members will arrange transportation to the most appropriate facility.

BHRT works collaboratively with all Rockland hospitals, mental health agencies, and first response agencies to ensure the most appropriate care.

Our Free Services:

- Supportive Telephone Counseling 24/7
- Meet you where you live or work
- Help you develop strategies for reducing recurring crises
- Support you in addressing drug/alcohol use or addiction
- Help you cope with past traumatic experiences
- Helping you speak with a doctor if necessary
- Help you find a supportive peer group
- Connect you to additional local mental health agencies and support programs



Who can request assistance from the Behavioral Health Response Team?

The Behavioral Health Response Team (BHRT) serves any person in Rockland County who is experiencing, or is at risk of a psychological or emotional crisis and requires behavioral health intervention.

Anyone can contact the Team at any time.

What services does BHRT provide?

The BHRT staff provides a range of services including assessment, crisis intervention, supportive counseling, information and referrals, linkage with appropriate community based mental health services for ongoing treatment, and follow-up. Our support is confidential, non-judgmental and respectful.

Will you come to me?

Yes! The Behavioral Health Response Team (BHRT) is prepared to respond to wherever you are located in Rockland County. We value your privacy and are fully prepared to protect all interactions which are strictly confidential. Call the Behavioral Health Response Team any time of the day or night for any mental health related issues.

Is there a charge for the BHRT services?

No, there is never a charge for the Team's services. The program is free of charge through a grant from the NYS Office of Mental Health through Rockland County.

845-517-0400
www.RocklandHelp.org

Children's CARE Team Announced

Free Mobile Response and Stabilization Services Provided

New City, NY, - County Executive Ed Day and Department of Mental Health Acting Commissioner Susan Hoerter, D.O., announce the start of a new behavioral health service for Rockland's youth; the Children's Community Assistance, Response, and Engagement Team (Children's CARE Team).

The CARE Team follows the Mobile Response and Stabilization Service model whose primary goal is to stabilize behavior and keep the child at home. The service will be available starting December 15, 2020, for any individuals under the age of 21 experiencing non-life-threatening behavioral and/or emotional challenges. The service will be available from 12 pm - 8 pm 7 days a week, including holidays.

The CARE Team is mobile and consists of a behavioral health worker as well as a family peer advocate who can meet a family at home, school or elsewhere in the community. The team will work closely with a youth and their family to stabilize the situation, assist with follow-up and appropriate referrals and may stay involved with the family for up to eight weeks.

The CARE Team is an addition to Rockland's existing youth behavioral health crisis services and will complement the Behavioral Health Response Team (BHRT), which serves people of all ages, assesses the need for hospitalization and includes medical staff. Both BHRT and the CARE Team are accessed by calling the BHRT phone number, 845-517-0400.

"This has been a difficult year for all of us but especially for children and young adults who have had to adapt to an all-new set of circumstances," **said County Executive Ed Day**. "I applaud the work of our Department of Mental in securing these services which will provide free mobile support for children and their families that are facing challenges. Rockland has long been ahead of the curve in tending to our resident's mental health, launching the BHRT in 2015, the new Care Team is a critical addition to the services available to residents."

The CARE Team service will be operated by Access: Supports for Living Inc., **CEO & President Ronald Colavito said**, "The need for community-based mental health support for children and families is greater than ever, and we commend County Executive Day and Department of Mental Health Acting Commissioner Susan Hoerter, D.O. for responding to this urgent community need. The team at Access has been helping families through crises, providing support and planning, for decades. We are excited to extend our work into Rockland County and provide assessment, education, crisis planning, and connection to care to the community's children and families."

The CARE Team will be funded through Rockland County's Substance Abuse and Mental Health Services Administration (SAMHSA) grant with no cost to local taxpayers or those utilizing the service.

Here to
help you
cope with
COVID...



We are a proud provider agency
of NY Project Hope,
New York State's COVID-19 Crisis
Counseling Program.

Astor Services for Children & Families is now
providing **Dutchess & Rockland counties** with free,
confidential, and anonymous emotional support.

To learn more, contact Megan Wright at
(845) 204-5223 or mwright@astorservices.org

NY Project Hope
Coping with COVID


A program of the NYS Office of Mental Health
Funded by FEMA



ASTOR
SERVICES FOR CHILDREN & FAMILIES
www.astorservices.org



ROCKLAND COUNTY
PARTNERSHIP FOR
SAFE & HEALTHY YOUTH

ROCKLAND COUNTY DEPARTMENT OF MENTAL HEALTH
ROCKLAND COUNTY DEPARTMENT OF PROBATION
ROCKLAND COUNTY DEPARTMENT OF SOCIAL SERVICES
ROCKLAND COUNTY OFFICE OF THE DISTRICT ATTORNEY
ROCKLAND BOCES



WHAT IS THE ROCKLAND COUNTY PARTNERSHIP FOR SAFE & HEALTHY YOUTH CENTER?

It's a fresh approach to providing a continuum of behavioral health, social services and educational support to Rockland County children and teenagers who are struggling academically, socially and emotionally. We focus on healing children, adolescents and their families, with the goal of creating a stronger, stable support system at home.

■ WHO IS INVOLVED?

Highly-trained, multilingual experts from the Rockland County Department of Mental Health, the Rockland County Department of Social Services, the Rockland County Department of Probation, the Rockland County District Attorney's Office and Rockland BOCES.

■ WHY WE'RE DIFFERENT

The Center brings together a diversity of services within the youth's everyday environment. By providing coordination of care and the ability to address multiple issues at one location, the PSHYC team connects children, youth and their families with immediate resources and appropriate supports, leading to more productive and healthy lives.

■ HOW WE HELP

Once a referral is made and issues are identified, an interdisciplinary team works closely with the youth, the family, the school district and existing providers to address their unique – and, often unmet – needs. In each case, caring and supportive staff from the partner agencies work together to determine what supports are needed. This coordinated process keeps all service providers informed and engaged. Decision-making abilities throughout the process empower youth and families to make decisions for long-term success.

■ OUTCOMES

Participation of children, youth and families with the Partnership for Safe & Healthy Youth Center may lead to higher academic achievement, improved school attendance, less involvement with substance abuse and crime, improved behaviors and a unified family. Involvement with the Center may also increase a youths' social competence and motivation.

■ WHERE WE WORK

The Partnership for Safe & Healthy Youth Center is centrally located inside the BOCES Educational Resource Center (BERC) in Nyack. This "one-stop" setting allows streamlined access to all partners and related services. Referrals are immediate, paperwork is reduced, face time replaces phone calls.

THE ROCKLAND COUNTY PARTNERSHIP FOR SAFE & HEALTHY YOUTH CENTER

BOCES Educational Resource Center (BERC)
131 N. Midland Avenue, Nyack, New York
(845) 405-4180

Staff is typically available from 9 a.m. to 5 p.m.
Monday through Friday.

The Center's bilingual and culturally-responsive staff is available to serve Rockland County's multifaceted communities.





Social Media Resources for Families and Caregivers

March 2022

The Mental Health Association in New York State, Inc. (MHANYS) is committed to supporting the mental health and wellness of youth and families with resources and information, including those available through the Mental Health Resource & Training Center (Resource Center). The Resource Center was established to help schools implement a NYS law requiring mental health instruction as part of the K-12 curriculum.

Resources to Learn More

- [Common Sense Media](#) is a website tool that can be used by families and educators to preview content. Check out their helpful [Tips on Privacy & Distance Learning for Parents](#).
- [Center for Humane Technology](#) provides resources for [Parents and Educators](#) and a [Youth Toolkit](#).
- Read our article [Social Media Impacts Youth Mental Health: Surprised?](#) to learn more about what the research is saying and find all the archived editions of our Healthy Young Minds Publication [here](#).
- [Family Education Webinar series](#) - watch and learn with our comprehensive list of webinars and panel discussions. Topics include: *Fostering Wellness: Starting with The Brain, Pandemic Parenting, Coming Together: Tips for Keeping Parents, Schools and Students Connected, Culture, Family & Mental Health, Coping with a Crisis (available in [Spanish](#)), Preventing Underage Gambling and more.*
- [6 Ways to Encourage Good Mental Health Habits](#) outlines strategies for families to prioritize wellness and engage in thoughtful discussions about mental health. A **printable Spanish language version** is also available [here](#).
- [Mental Health Conversation Starters](#) are available in printable English and [Spanish](#) versions.
- View our list of [Apps for Mental Health Education and Support](#) to help incorporate mindfulness.
- Explore our [Bullying Prevention](#) resources which include a self paced cyberbullying webinar and E-book titled *Safe Space: Creating a Positive School Culture to Prevent Bullying*.

Crisis Information

- **National Suicide Prevention Lifeline:** www.suicidepreventionlifeline.org **1-800-273-8255** (TALK) Support is available in English and Spanish 24/7/365 via phone, text or [chat](#).
- **SAMHSA's National Helpline :** **1-800-662-HELP (4357)/ 1-800-487-4889** Free and confidential information in English & Spanish. Find support here - [Behavioral Health Treatment Services Locator](#)

Please visit our website mentalhealthEDnys.org to explore more helpful resources, webinars, guides and DIY coping tools for families. Be sure to stay up to date by joining our Newsletter and receive updates to your inbox. Need additional support? Contact us directly at schools@mhanys.org or by calling **518 - 434 -0439**.