

## **Additional Information about Children's Mental Health supports in Tompkins County:**

**Children's Health Home Care Management:** The Health Home Care Management program provides services to youth who are enrolled in Medicaid when they are being challenged by serious emotional difficulties. HHCM services include an assessment of a person's strengths and needs, coordination and development of a care plan, a safety plan, connections to community resources, monitoring the overall services being delivered, and obtaining any services necessary for meeting basic human needs, including physical health. This program uses an individual approach in that there is one person working with your family. The care manager works to ensure that families have everything necessary to stay healthy, out of the emergency room and out of the hospital. Participation in this program is always voluntary and there are no fees involved. There are currently 6 care management agencies serving youth in Tompkins County: Elmira Psychiatric Center, Racker, Pathways, William George Agency, Elmcrest, Hillside and Children's Home of Wyoming Conference. Families may choose the agency they prefer. **Children/youth qualify for CHHCM if they have a mental health diagnosis that is documented by a licensed mental health or medical practitioner. The attached SED verification form should be completed along with the C-SPOA Part 1 referral form.**

**Non-Medicaid Care Management:** This support is for children and youth and who do not meet the guidelines to receive Medicaid health insurance. They receive the same support described above under Children's Health Home Care Management. If youth are placed on a waitlist for this support, the SPOA Coordinator will review alternative options for support with the family. There are two agencies in Tompkins County who serve youth without Medicaid – Elmira Psychiatric Center and Racker. **Children/youth qualify for non-Medicaid Care management if they have a mental health diagnosis that is documented by a licensed mental health or medical practitioner. The attached SED verification form should be completed along with the C-SPOA Part 1 referral form.**

## **Community Residences**

Community Residences provide a supervised, therapeutic environment for six to eight children or adolescents, between the ages of 5 and 18 years, that includes structured daily living activities, problem solving skills development, a behavior management system and caring consistent adult interactions. Most often, needed clinical supports for the child and family are provided by community-based services.

Tompkins County youth typically reside in community residences in Elmira, Bath, or Canandaigua.

Glove House [Meta Title Home Page \(glovehouse.org\)](http://glovehouse.org)

Pathways [Pathways, Inc. - We Put People First \(pathwaysforyou.org\)](http://pathwaysforyou.org)

## **Residential Treatment Facilities**

Residential treatment facilities (RTF) provide fully integrated mental health treatment services to seriously emotionally disturbed (SED) youth between the ages of 5 and 18. The RTF admission is voluntary on the part of the youth and family and cannot be court ordered. The facility is within the continuum of services provided and regulated by the Office of Mental Health. Residential treatment facilities are less restrictive, unlocked and less intensely staffed than psychiatric centers and are operated by non-profit agencies.

Tompkins County is located in the Office of Mental Health Western Region. Youth receive treatment in facilities located in Rochester or Buffalo area.

Hillside [Home - Hillside](http://hillside.org)

Our Lady of Victory [OLV Human Services \(olvhs.org\)](http://olvhs.org)

Conners [Residential Treatment - Child & Family Services \(cfsbny.org\)](http://cfsbny.org)

## Other supports in Tompkins County

### Additional Medicaid-Funded Programs:

Child and Family Treatment and Support Services (CFTSS)

Home and Community Based Services (HCBS Waiver Program).

Please contact C-SPOA Coordinator Sally Manning at [sallymcss@racker.org](mailto:sallymcss@racker.org) or 607-592-0992 for more information about any of the supports mentioned above.

## Helpful Community Resources

The following resources are available to families and do not require a SPOA referral to access. Please refer to individual programs for specific qualifications or reach out to Sally Manning, C-SPOA Coordinator at 607-592-0992 or [sallymcss@racker.org](mailto:sallymcss@racker.org) for more information.

### Mental Health/Counseling

#### Tompkins County Mental Health Clinic

The *Children and Youth Program* is a NYS licensed outpatient treatment program for children with mental health problems. Services include psychiatric evaluation / assessment, psychological evaluation, social / family / home evaluation, behavior evaluation, medical assessments and alcohol and substance abuse screening. Also provided are services to Tompkins County Family Court in the form of mandated evaluations and treatment of children and their families referred by the Court.

201 E. Green St. Ithaca, NY 14850 (607) 274-6200  
[www.tompkinscountyny.gov/mh](http://www.tompkinscountyny.gov/mh)

### **Family & Children's Service of Ithaca**

Our *clinical program* offers high-quality, confidential, and affordable counseling services in a welcoming and caring atmosphere for children, preschool age through adolescence, and their families.

Family and Children's Service of Ithaca offers *psychiatric services* to clients receiving therapy in our clinical program. Psychiatry referrals are made when the therapist believes that receiving this service at Family & Children's Service could be a beneficial addition to the client's mental health treatment.

*Dispositional Alternatives Program (DAP) & Rural Outreach Program (ROP)* provide case management, mentoring and skill-building in recreational groups for youth ages 8 to 17 struggling with mental or behavioral issues.

*Kinect – Kinship Caregiver Education, Counseling and Training*  
KINECT provides support and services for kinship caregivers in Tompkins County. Kinship caregivers are family members, or close family friends, who have stepped up to become foster parents to children in need. Currently, relatives who take care of foster children are provided very little support by DSS. Services include education to caregivers, home-based clinical case-management, direct counseling to caregivers, and advocacy and support in Family Court, with DSS, in schools, etc.

127 W. State St. Ithaca, NY 14850 (607) 273-7494 [www.fcsith.org](http://www.fcsith.org)

### **Find Private Therapists in Tompkins County**

<https://therapists.psychologytoday.com/rms/>

<http://mhaedu.org/find-help/find-a-local-mental-health-specialist/>

<http://collaborativesolutionsnetwork.org/solutions/private-therapists/>

### **Mental Health Association of Tompkins County**

*Family Peer Support Services:* A Family Peer Advocate works across a variety of systems to provide peer support, education, advocacy and information and referral.

*Family WRAP (Wellness Recovery Action Plan)*

(607) 273-9250 [www.mhaedu.org](http://www.mhaedu.org)

### **Elmira Psychiatric Center**

The *Child & Adolescent Crisis Residence* provides a short term (1-21 day), trauma sensitive, safe and therapeutic living environment and crisis support, to children and adolescents (who receive mental health services), their families and service providers. The goal of this 8 bed program is to stabilize the crisis situation and to support the family or service provider's efforts to maintain youth in his or her current residence.

(607)737-4990

### **Catholic Charities of Tompkins/Tioga**

*Community Connections* is a mentoring program that advocates for families / individuals to create roadmaps as they travel through Child Protective Services and other child welfare systems. We are here to help if you have been recently hot-lined to Child Protection Services and you would like to know your choices. It is a program of parents helping parents find their way through this crisis. It is a voluntary, strengths-based program providing advocacy and monitoring of

service delivery for families and/or individuals involved specifically with Child Protective Services and other child welfare Services.

The *Fatherhood Initiative* is a case management program that provides individualized services to males who are involved in divorce, shared parenting, custody and child support.

Tommy Miller, (607) 272-5062

324 W. Buffalo St. Ithaca, NY 14850

[www.catholiccharitiesst.org](http://www.catholiccharitiesst.org)

### **National Alliance on Mental Illness (NAMI)**

NAMI-Finger Lakes is the Ithaca, NY affiliate of the National Alliance on Mental Illness (NAMI). They seek to support families and friends of people diagnosed with major mental illnesses, educate families and the public about mental illness, and advocate for families and their ill relatives. Programs include confidential support groups, support for family members with patients in Cayuga Med's Behavioral Services Unit, [Family-to-Family Education Course](#) for adults and a lending library of resource materials about mental illness.

(607) 273-2462 or [namifl@hotmail.com](mailto:namifl@hotmail.com)

[www.namifingerlakes.org](http://www.namifingerlakes.org)

### **Greater Binghamton Adolescent Crisis Unit**

425 Robinson St. Binghamton, NY 13904

Kathryn Simons, Program Coordinator Phone Number (607) 773-4625

[kathryn.simons2@omh.ny.gov](mailto:kathryn.simons2@omh.ny.gov)

Crisis admissions require adolescents to manage themselves safely in an outpatient setting, without evidence of suicidal intent or plan. Adolescents who are not at risk of imminent danger to themselves or others are eligible.

Adolescents using the 3-5-day respite stay are required to be in ongoing counselling, with a primary mental illness diagnosis. Crisis admission referrals can come from CPEP, licensed providers (including school social workers or psychologists) or through the ACR coordinator if on duty. Respite referrals can come from primary therapists or other service providers. If being submitted by community service provider or school, referral must have sign off by adolescent's primary therapist for counselling and diagnosis verification.