

What Do I Do Now?

A RESOURCE GUIDE FOR PARENTS EXPERIENCING PROBLEMS WITH THEIR CHILDREN



Prepared by the Onondaga County Department of Probation

Joanne M. Mahoney, County Executive



About This Guide...

This resource guide is for parents who are experiencing problems with their children and need to know how and where to begin to look for help. This guide is meant as a starting point and should not be taken as a comprehensive guide to all services offered in Onondaga County.

We have included agencies that should be able to direct you in your search for help. Many of these agencies have numerous programs; not all programs are listed. The agencies listed can make a determination of eligibility and appropriateness for a given service and can help you with referrals.

Sometimes it is difficult to fit a child's problem into a particular category. Your child may have several issues occurring at the same time. We have divided the guide into several different sections, but it may be helpful to read through the descriptions under all the headings to see which services might best help your child.

The Onondaga County Helpline, www.ongov.net/Helpline, is a free resource that provides human service and referral information 24 hours a day, 7 days a week.



Behavior Problems

All youth exhibit behavior problems at times. However, when it reaches a stage where it disrupts the child's education, the well being of the family and the child's safety, families often need help to bring the situation under control. Examples of severe behavior problems include chronic truancy, curfew problems, and/or severe, disruptive, or aggressive behavior at school or at home, and runaway behavior.

There may be many underlying reasons for behavior problems:

- Gradual loss of parental control
- Peer influences
- Learning disabilities (see Education Services)
- Mental health or emotional problems (see Mental Health)
- Drug or alcohol use (see Substance Abuse)
- Victimization (see Victimization)
- Sudden change, crisis, or trauma



Many resources exist in our community to help parents regain control of their children. If you suspect that a substance abuse, mental health, or educational problem may be at the root of your child's behavior problems, please refer to the appropriate section in this booklet.

If your child has not had a physical within the past year, consider beginning with a visit to the doctor to rule out underlying problems.

A child is part of a family and his behavior affects every member of the family. Similarly, every family member affects the child's behavior. Change can only occur if every family member is willing to examine his role in the family system, and is willing to commit to change and to participate in services.

Resources

CONTACT Crisis Hotline

Available 24 hours/7 days a week

Hotline: 251-0600

Employee Assistance Programs

Family Physician

Also See Mental Health Resources

New Justice Conflict Resolution Services:

Family Mediation

Project Respect

West Fayette Street
Syracuse, NY 13204
471-4676

Additional Resources

- Salvation Army: 475-1688
- Booth House: 471-7628
- Tough Love: 656-2844

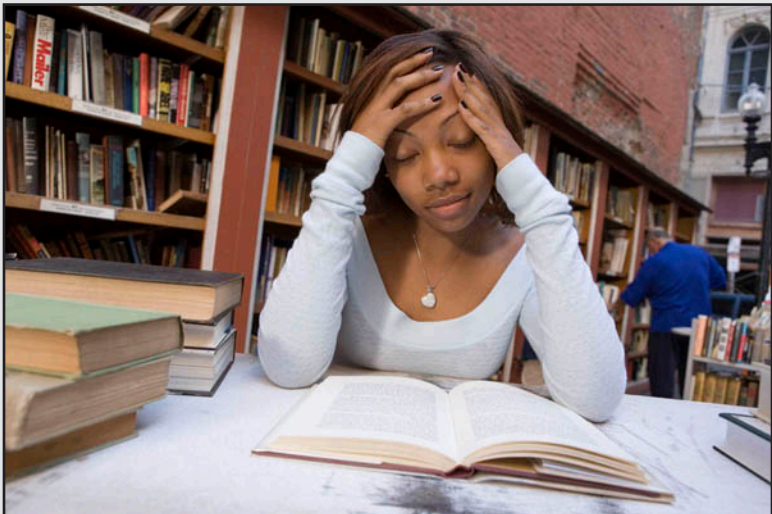
Mental Health

Parents are usually the first to recognize that their child has a problem with emotions or behavior. The decision to seek professional help can be difficult and painful for a parent. The first step is to gently try to talk with the child. Parents may choose to consult with the child's physicians, teachers, clergy members or other adults who know the child well. These steps may resolve the problem for the child and family.

A child or adolescent may need a mental health evaluation if you see some of the following signs:

Younger Children

- Marked decline in school performance
- Poor grades in school even when trying very hard
- Worrying or anxiety, as shown by problems with sleep, refusing to go to school, or not wanting to do activities that are normal for the child's age
- Hyperactivity; fidgeting, constant moving beyond regular playing
- Frequent nightmares
- Frequent disobedience or aggressive behavior (longer than six months); oppositional behavior to authority figures
- Frequent, unexplainable temper tantrums



Pre-adolescents and Adolescents

- Marked change in school performance
- Unable to cope with problems and daily activities
- Marked changes in sleeping and/or eating habits
- Many physical complaints
- Sexual acting out
- Depression – sad or negative mood, poor or change in appetite, sleep problems, thoughts of death
- Alcohol and/or drug abuse
- Strong fear of gaining weight; restricting eating; purging/vomiting food after eating
- Frequent nightmares
- Threats to harm self or others
- Frequent outbursts of anger or aggression
- Threats to run away
- Aggression toward others or violating the rights of others; skipping school, stealing, vandalism, opposition to authority
- Strange thoughts and feelings, and unusual behaviors

If any of these problems last for an extended period of time, and especially if others involved in your child's life are concerned about these problems, it may be helpful to consult with a mental health professional.

Resources

Youth Emergency Services

463-1100 Crisis line, mobile team,
assessment and referral services.
24 hours a day, 7 days a week.

Crisis Counseling/Emergency Evaluation

CPEP at St. Joseph's Hospital
Comprehensive Psych. Emergency Program
201 Prospect Avenue
Syracuse, NY 13203
448-6555

Arise Child and Family Services

635 James Street
Syracuse, NY 13203
472-3171

Contact Crisis Hotline

Available 24 hours/7 days a week
Hotline: 251-0600
Office/Information: 251-1400
Anonymous, confidential, and free

Hutchings Psychiatric Center

620 Madison Street
Syracuse, NY 13210
426-3600

Mental Health Association

6493 Ridings Road
Syracuse, NY 13206
445-5606
Provides Information and Referrals

NAMI-Promise, Inc.

Local Chapter of National Alliance
on Mental Health
487-2085
email: NAMI-Promise@NAMI-Promise.org

Onondaga County Helpline

Information and Referrals
24 hour phone line
435-8300
email: Helpline@ongov.net
www.ongov.net/Helpline

Onondaga County Dept. of Mental Health

10th Floor, Civic Center
421 Montgomery St., Syracuse, NY 13202
435-3355
Outpatient Services: 435-7707
Forensic Services: 435-1760
Student Assistance Program: 435-3355
Day Treatment: 435-7715
Family Support & Home Based Crisis Intervention:
472-7363

Brownell Center For Behavioral Health

324 University Avenue
Syracuse, NY 13210
472-4471

St. Joseph's Hospital & Health Ctr.

Mental Health Services/Intake
742 James Street
Syracuse, NY 13203
703-2700

Syracuse Community Health Center

(CAPS Program)
819 South Salina Street
Syracuse, NY 13202
234-5918

Upstate Medical University

Child & Adolescent Clinic
750 East Adams Street
Syracuse, NY 13210
464-3145

Vera House

6181 Thompson Road
Syracuse, NY 13206
425-0818
email: www.verahouse.org
24 hour crisis and support line
315-468-3260

Individual Support and Support Groups for Families

- NEW** Parents' Support Group for parents of youth ages 13-17 with a diagnosis of depression or bipolar disorder, on 1st and 3rd Saturdays, 9:30-11:00 a.m., Eastwood Community Center, 401 South Midler Avenue, Syracuse. Youths meet at the same time in a different room.
- NAMI Support and Sharing Meeting – 3rd Tuesday of every month at Temple Society of Concord, 910 Madison Street, Syracuse (in the University section) call 487-2085 for more information, facilitated support and information.
- Transitional Living Services – Family Support and Education Center, 478-4151. Crisis and ongoing supports and advocacy – Sheila LeGacy and Merry Leonard
- Hutchings Psychiatric Center, Syracuse – David Donaghy, 426-7680. Several services including Family Night dinners, a Commonsense Parenting series, family handbook, library, consultations.
- Support Group for spouses of persons with mental illness. Call Joe and Judy Bliss-Ridgeway at 468-9809.
- VA Medical Center, Community Care Center – Ann Canastra, 425-4445 x51009
- Support Group for families of individuals with eating disorders. 1st and 3rd Thursdays, 6:45 p.m. – 8:00 p.m. Centre Syracuse, 2nd floor, 3300 James Street. Contact Karen Fernandez-Cosgrove at 671-2202 for more information
- Family Tapestry support group for parents of children with mental and developmental disorders. Cathy Munson, 472-7363 x175 for more information
- Parent Support Group for parents of children with mental disorders. 1st and 3rd Thursdays, 520 Cedar Street. Child care and transportation available. Contact Nancy at 472-7363 x121 for more information.
- Community General Hospital offers support groups for family and patients together and for family members, 315-492-5011.

Developmental Disabilities

Education services can be defined as follows:

Developmental – Multiple and diverse processes that affect and shape a child's growth and personality.

Special Education – Specially designed individualized or group instruction or special services/programs to meet the unique needs of students with disabilities. Special education services and programs are provided at no cost to the parents.

Developmental – Indicators include, but are not limited to:

- General awkwardness
- Hyperactivity/distractibility
- Difficulty with temporal concepts (telling time)
- Disorganized thinking
- Poor social skills
- Poor visual/motor coordination
- Difficulty concentrating
- Poor organizational skills
- Poor short-term memory
- Difficulty with abstract reasoning or problem-solving

Academic – Indicators include, but are not limited to:

- Poor performance on group tests
- Reversals in reading/writing (Dyslexia)
- Difficulty in copying accurately from a model
- Slowness in completing work
- Easily confused by instructions
- Difficulty with tasks requiring sequencing (putting things in order)
- Disorganized thinking

Most children have difficulty at one time or another with spoken or written language, memory, attention, concentration, organizational skills, physical coordination, or social behavior. However, consistent problems with a group of these behaviors are a good indication that a child may have learning disabilities. Consultation with the child's pediatrician/family doctor and your local school district's Committee on Special Education is recommended.

Resources

Arc of Onondaga

600 South Wilbur Avenue
Syracuse, NY 13204
476-7441

Central New York Developmental

Services Office
800 South Wilbur Avenue
Syracuse, NY 13204
473-5050

Learning Disabilities Assoc. of CNY

722 West Manlius Street
East Syracuse, NY 13057
432-0665
<http://www.ldacny.org/>

Liberty Resources

1065 James Street
Syracuse, NY 13203
424-0577
www.liberty-resources.org

NYS Office of Mental Retardation and Developmental Disabilities

44 Holland Avenue
Albany, NY 12229
518-473-9689
www.omr.state.ny.us

NYS Education Department/ Regional Association for Special Education

333 East Washington Street, Suite 527
Syracuse, NY 13202
428-3287

**This office oversees compliance
to special education regulations.
Offers answers/guidance to parent's
questions and complaints.*

Onondaga Case Management

SPOA Services (Single Point of Access)
220 Herald Place
Syracuse, NY 13202
472-7363

Substance Abuse

Each year a large number of children and teenagers begin using drugs and alcohol. A recent large-scale national survey indicated that 92% of high school seniors had tried alcohol and 61% had tried marijuana. The majority of teens will experiment and stop, or continue to use casually without major problems. Others will use regularly, with varying degrees of physical, emotional and social problems. Some will develop a dependency and be destructive to themselves and others. Some will die; some will cause others to die.

When several of the following signs appear together, it is important to look into the possibility of drug/alcohol use. When parents are well informed and alert, they may identify problems earlier and be able to offer their children help sooner.

Personality Changes

- Less Caring and involvement at home
- Lack of Motivation
- Frequent irritability
- Periods of paranoia
- Unexplained mood swings

Physical Changes

- Unkempt appearance/poor hygiene
- Ignored clothes/hair
- Red eyes
- Vomiting/sick in the morning
- Weightloss/pale/circles under eyes
- Persistent cough/frequent colds
- Increased acne/skin rashes
- Change in sleep/eating problems

Behavioral Changes

- Truancy
- Legal problems
- Secretive behavior
- Family conflict
- Curfew violations
- School Failure
- Short-term memory loss
- New friends
- Defiance/defensiveness
- Lethargy/laziness
- Stories that “just don’t add up”
- Loss of interest in previously enjoyed activities
- Many pot smokers “deal” in order to “smoke for free”
- “Mysterious” phone calls
- Quitting or getting fired from a job
- Spending more time away from home

Physical Evidence

- Eye drops
- Baggies
- Burn holes in clothes
- Discarded tobacco
- Scales
- Odor on clothes and hair
- Bong/pipes
- Matches/lighters
- Cigars/wraps
- Dryer sheets
- Window fan in all weather
- Mouthwash/breath spray
- Empty aerosol cans

Items Missing from Home

- Video's/DVD's/CD's
- ATM cards
- Prescription medicine
- Money/coins
- Video games
- Jewelry
- Sports equipment
- Clothing
- Electronic equipment
- Alcohol

Substance Abuse Resources

Alanon/Alateen

471-0191

Alcohol Services

102 West Seneca Street
Manlius, NY 13104
682-3858

Conifer Park

526 Old Liverpool Road
Liverpool, NY
453-3911

Crouse Chemical Dependency Services

410 South Crouse Avenue
Syracuse, NY 13210
470-7314

Prevention Network (referral service)

1050 West Genesee Street
Syracuse, NY 13204
471-1359

Syracuse Community Health Center

CAPS Program
819 South Salina Street
Syracuse, NY 13202
234-5918



Victimization

Victimization means being hurt by an action that is beyond your control. Unfortunately, victimization is frequently committed by someone close, such as family member.

Types of victimization include:

- Child abuse (sexual, physical, emotional, neglect)
- Date Rape
- Bullying
- Gang activity
- Spousal, intimate partner, or teen dating violence
- Elder abuse
- Muggings and other crimes

Child Abuse

The effects of child abuse can last a lifetime. If you or someone you know is struggling with issues of past abuse, there are people that can help.

It is also important to know the signs of child abuse and report your suspicions. If you are concerned about a child and would like to report your concerns, there are several places to call. If the child is 0-18 years of age and the person suspected of causing or allowing the abuse is anyone over the age of 18 who has regular contact with the child call:

- (800) 342-3720 – New York State Central Register Of Child Abuse and Maltreatment (Child Abuse Hotline)
- 422-9701 - Onondaga County Department of Social Services
- If the situation does not fall into these categories, call law enforcement.

Without an official report, local authorities do not have the authority to intervene.

Abuse Indicators:

Physical Abuse Indicators	Sexual Abuse Indicators	Emotional Abuse Indicators
Avoids physical contact with others	Difficulty in walking or sitting	Child rocks, sucks, bites self
Apprehensive when other children cry	Bladder or urinary tract infections	Inappropriately aggressive
Refuses to undress for gym or for physical exams	Pain, swelling and redness or itching in genital area	Destructive to others
Wears clothing to conceal injury	Bruises, bite marks, or bleeding in genital or anal area	Suffers from sleep, speech disorders
Gives inconsistent versions of occurrence of injuries	Presence of suspicious stains, blood, or semen on child's body, underwear or clothing	Restricts play activities or experiences

Seems frightened by parents	Decline or change in grades	Demonstrates compulsions, obsessions, phobias, hysterical outbursts
Often late or absent from school	Painful bowel movements or retention of feces	
Comes too early to school, seems reluctant to go home after	Unexplained pregnancy in a nonsexually-active child	Negative statements about self
Little respect for others	Unwillingness to participate in physical activities	Shy, passive, compliant
Overly compliant, withdrawn, gives in readily	Engages in delinquent or runaway behaviors	Lags in physical, mental and emotional development
Plays aggressively, often hurting peers	Poor peer relationships; low self-esteem	Self-destructive behavior
Reports abuse by parents	Displays bizarre, sophisticated, or unusual sexual knowledge	Cruel to others, overly demanding
History of running away from home	Fear of the dark, sleep disturbances	Highly aggressive

Domestic Violence - Dating Violence

Sometimes it is hard to recognize the warning signs of abuse. You don't have to have broken bones or a black eye to be abused. You may be experiencing emotional abuse, which could turn into physical abuse.

Does your partner ...

- Act possessively toward you, stop you from seeing friends, check up on you, won't accept a separation?
- Act very bossy, give orders, make all the decisions, and does not take your opinion seriously?
- Look at you or act in ways that scare you? Threaten you? Use or own weapons? Do you worry about how your partner will react to things you say or do?
- Have a history of fighting, losing temper quickly, and bragging about mistreating others?
- Pressure you for sex, act forceful or scary around sex? Attempt to manipulate or guilt-trip you by saying, "If you really loved me you would...?"
- Abuse drugs or alcohol and pressure you to take them?
- Say you provoke him, you press his buttons, you make him do it, you lead him on?
- Have a history of bad relationships and not accepting responsibility?
- Believe that he should be in control and that you should be passive?
- Hit, push, choke, restrain, kick, physically abuse you, or damage your things?
- Threaten to commit suicide?

Effects on Children:

- Inability to concentrate – problems in school
- Withdrawal, depression, anxiety
- Flattening of emotions
- Stomach problems, eating and sleeping disorders
- Feeling that they are to blame
- Demonstration of manipulative, disrespectful behavior
- Aggression toward women as they get older
- Attempts to protect a parent by intervening in a dispute

Things That We Can Do to Minimize the Impact on Children:

- Help your child identify and discuss how he/she feels
- Reinforce to your child that they didn't cause the fighting and that they are not to blame
- Explain that the abuse is not normal or good behavior
- Develop a personal safety plan with/for your child
- Teach and demonstrate alternatives to violence
- Get help

Resources

Vera House Shelter/Hotline
468-3260

Gang Violence

Learn About Gangs

Young people (as young as nine or ten) give reasons like these for joining gangs:

- To belong to a group
- For excitement
- To get protection
- To earn money
- To be with friends

Gangs leave signs of their presence. Your child may adopt some of those signs as either a gang member or an imitator:

- Wearing certain kinds or colors of clothing and emblems in very specific ways
- Special hand signals
- Gang symbols on walls as graffiti or on books or clothing
- Major and negative behavior changes, such as:
 - o Worse grades
 - o Staying out without good reason
 - o "Hanging" with known or suspected gang members
 - o Carrying weapons
- Possessing unexplained, relatively large sums of money

Sharpen Your Skills as a Parent

The odds are that the better you meet your child's needs for support, caring and a sense of order and purpose, the less your child will want to be in a gang.

- Talk with and listen to your child
- Put a high value on education and help your child to do his or her best in school
- Help your kids identify positive role models and heroes.
- Do everything possible to involve your children in supervised, positive group activities.
- Praise them for doing well and encourage them to do their very best
- Know what your children are doing and who they are with

Don't forget to talk about gangs. Tell your child that:

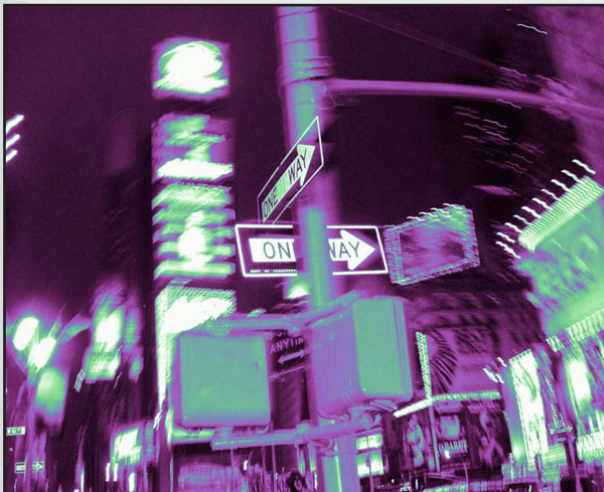
- You disapprove of gangs
- You don't want to see your child hurt or arrested
- You see your child as special and worth protecting
- You want to help your child with problems
- Family members don't keep secrets from each other
- You and other parents are working together against gangs

Help Keep (or Put) Gangs Out – Three Things You Can Do

- Develop positive alternatives
- Talk with other parents
- Work with police and other agencies to organize against the gang organization

For more information about gangs call:

Violence Intervention Prevention Program - 472-7909



Bullying

Every day in the United States 160,000 children stay home from school because of a bully.

Bullying behaviors include

- Name calling & nasty teasing
- Threats & extortion
- Physical violence
- Damage to belongings
- Spreading malicious rumors
- Leaving peers out of social activities, deliberately & frequently
- Cyberbullying (*See next page*)

Signs of bullying problems

- Headaches
- Stomachaches
- Anxiety
- Irritability

Responding to a bully

- Talk to the child
- Explain bullying is unacceptable
- Explain bullying makes others unhappy
- Discourage using force to get what one wants
- Praise children for being kind
- Praise children for cooperating immediately
- Encourage the bully to speak with a counselor
- Demonstrate play without bullying

Responding to a victim

- Talk to the child
- Make a note of what the child says (who does it, how often and where it occurs, and what exactly is done to the child)
- Praise the child for telling an adult
- Have child report further incidents

Website: US Dept. of Health & Human Services – Stop Bullying Now!
Stopbullyingnow.hrsa.gov

Cyber and Text Bullying

What is it?

- Cyber-bullying is being intentionally cruel to others by sending harmful material or engaging in other forms of social aggression by using the Internet and/or other digital technologies.
- On the Internet, cyber-bullies use email messages, Internet networking sites (e.g. MySpace), and instant messages (IMs) among other forums to send cruel content. Other than the Internet, cyber-bullies gain access to their victims through cell phones and text messages.
- Youth also make cyber-threats where they are putting information out on the internet or other digital technologies stating they are intending to harm themselves or others.

How does it happen?

Cyber-bullies utilize several different mediums to torture their victims.

They include:

Texts

Instant Messaging

Social Networking

Emails

What consequences can it have on kids?

Recent research shows the effects of cyber and text bullying are very similar to face-to-face bullying. Youth can suffer long standing psychological damage. Youth can feel helpless, angry, depressed and reluctant to disclose the bullying. Some recent cases have gained national attention due to victims being savagely beaten and committing suicide.

What can I do?

- Talk to your teens about the harmful effects of cyber and text bullying
- Make a contract with your teen not to engage in bullying online or through text
- Assist your teen in blocking numbers from those who send mean texts
- Speak to your teen's school about their cell phone and computer policy
- Know who your teens are talking to on their cell phone and online
- If the bullying becomes serious, contact the police, School Resource Officers (SRO's) are often well-informed about bullying and cyber-bullying.

Adolescent Sexuality

Talking About Adolescent Sexuality

We live in a world filled with messages about sex. Music, TV, radio and the Internet all carry confusing information and misinformation.

Early sexual behavior is especially risky for adolescents. This is a time when bodies and emotions are changing and making good decisions is more important than ever.

Parents are the most important factor in helping their children make positive decisions. Sometimes parents find this role difficult.

The following tips may help:

- Start early
- Be available, be open, and initiate conversations
- Use correct names for sexual organs and behaviors
- Take advantage of teachable moments
- Reassure them that they are normal
- Set positive examples
- Respect their privacy and feelings
- Give accurate and honest answers
- Admit if you do not know the answer
- Help them learn to set their own limits
- Help your child to say "NO"

Resources

There are many opportunities and materials to help improve parent-child communication and help families talk about difficult topics. School counselors, social workers, youth counselors and medical professionals could be consulted. The following resources may be helpful:

Contact Community Services

Programs and counseling to improve communication skills between parents and children 251-1400

Family Planning Service

Medical, educational and social services including complete physical exams and contraceptive counseling for males and females 435-3295

Planned Parenthood of the Rochester/Syracuse Region

Medical and educational services including complete physical exams, contraceptive counseling, peer education, support groups and library services 475-5540

PFLAG

Support and information for parents, families and friends of lesbian, gay, bisexual and transgender young people 635-9320

Reach CNY (dba Family Ties Network, Inc.)

Information and referrals regarding adolescent sexuality, pregnancy prevention and parenting, HIV/AIDS and sexually transmitted diseases (STDs) 424-0009

Onondaga County Health Department

Information, counseling, diagnosis and treatment of STDs; HIV counseling and testing 435-3240

Talking With Your Kids About Sex (TWYKAS)

Onondaga County Public Library

www.onlib.org/website/pathfinders/twykas.htm

A parents guide – Resources available in the Onondaga County Public Library and on the Internet

Onondaga County Department of Aging & Youth

http://www.ongov.net/Aging_and_Youth/ 435-2362

Vera House

6181 Thompson Road, Syracuse, NY 13206 email: www.verahouse.org 24 hour crisis and support line. 315-422-7273

AIDS Community Resources

627 West Genesee Street, Syracuse, NY; 315-472-0260 aidscommunityresources.com

LGBTQ Youth Center (at ACR) for Lesbian, Gay, Bisexual, Transgender, and Questioning Youth

627 West Genesee Street, Syracuse, NY; 315-472-0260 aidscommunityresources.com

Teenage Pregnancy

Your daughter may be pregnant if you notice these warning signs:

- Missing a period
- Weight gain
- Sexual acting out
- Frequent urination
- Fatigue
- Nausea or vomiting
- Feeling bloated
- Increase or decrease in appetite
- Mood change
- Wearing baggy clothing



Signs of early pregnancy can vary from woman-to-woman.

If you think you or your daughter may be pregnant, these are the next steps that you need to follow:

- See your doctor
- Start prenatal care
- No smoking
- Remember that second-hand smoke is dangerous
- No drinking or drug use
- Exercise regularly
- Eat healthy
- Take your daily vitamins
- Sign up for childbirth classes

Prenatal care is the care that you give yourself as well as the care that you receive from family and friends.

Caring for yourself means that your mothering has already begun.

Pregnant?

These places can help you find counseling, health care, and answer your questions.

Family Planning Service

421 Montgomery Street
Syracuse, NY 13202
435-3295

Planned Parenthood of the Rochester/Syracuse Region

1120 East Genesee Street
Syracuse, NY 13210
475-5540

Syracuse Community Health Center

819 South Salina Street
Syracuse, NY 13202
476-7921

Catholic Charities

1654 West Onondaga Street
Syracuse, NY 13204
424-1800

New Hope Family Services

3519 James Street
Syracuse, NY 13206
437-8300

500 Walnut Avenue
Syracuse, NY 13210
448-2300

Birthright Pregnancy Services

1945 Teall Avenue
Syracuse, NY 13206
479-5807

The Salvation Army

677 South Salina Street
Syracuse, NY 13202
479-1330

Consortium for Children's Services

2122 Erie Blvd. East
Syracuse, NY 13224
471-8331

Perinatal Center

90 Presidential Plaza, 3rd Floor
Syracuse, NY 13202
464-4458

Women's Health Services

90 Presidential Plaza, 3rd Floor
Syracuse, NY 13202
464-5210

Syracuse Healthy Start

501 E. Fayette Street
Syracuse, NY 13202
435-2000

Assistance for pregnant & parenting women

Reach CNY (dba Family Ties Network, Inc.)

1010 James Street
Syracuse, NY 13203
424-0009

Support

SUPPORT FOR THE SINGLE PARENT/FAMILY

Child Care Council of Onondaga County

3175 East Genesee Street, Suite 5

Syracuse, NY 13224

446-1220

Provides information and referrals to local child care and early education programs

www.childcaresyracuse.org

Consortium for Children's Services

2122 Erie Blvd. East

Syracuse, NY 13224

471-8331

Teen Parents and Babies Program

Focus on parenting skills, child development, and preparation for childbirth

Early Intervention Program

501 East Fayette Street, Suite B

Syracuse, NY 13202

435-3230

Healthy Start – Pregnancy Care Program

501 East Fayette Street

Syracuse, NY 13202

435-2000

Associated with Department of Health

Huntington Family Center

405 Gifford Street

Syracuse, NY 13204

476-3157

Young Parents Program

The Salvation Army - Pregnancy Care & Maternal Child Services (PCMCS)

677 South Salina Street

Syracuse, NY 13202

479-1330

Family Support Program

Huntington Family Center

476-3157

One Parent Family Council

Syracuse, NY

469-6865

Parent Support Groups

PEACE, Inc.

470-3300

Successful Single Parenting

420 South Main Street

North Syracuse, NY 13212

458-0271

12-week program/no fee for beginners

Common Sense Parenting

Onondaga Case Management,

220 Herald Place 3rd Floor,

Syracuse NY 13202

472-7363 x175

cmunson@ocmsinc.org

Contact Community Services

Current information regarding parenting resources. 251-1400

Educational-Vocational Resources

Educational Opportunity Center

100 New Street
Syracuse, NY 13202
472-0130

Head Start/Early Head Start

A program of PEACE, Inc.
808 North McBride Street
Syracuse, NY 13203
470-3370

The Native American Program

312 Gifford Street
Syracuse, NY 13202
475-6417

OCM BOCES

6820 Thompson Road
Syracuse, NY 13221-4754
433-2600

OCM BOCES

Career Training Center
4500 Crown Road
Liverpool, NY 13090
453-4455

Sidney Johnson Center

(Vocational Programs)
573 East Genesee Street
Syracuse, NY 13202
435-4170

*Also offers GED classes

Syracuse City School District

Parent Partnership Network
725 Harrison Street
Syracuse, NY 13210
435-4845

Twilight School @ Johnson Vocational Center

573 E. Genesee Street
Syracuse, NY 13202
435-4135

(Aimed at students who have left school)



Other Numbers

OTHER "NEED TO KNOW" NUMBERS

Onondaga County Children's Division Services (CPS)

421 Montgomery Street, 7th Floor
Syracuse, NY 13202
435-2884
Hotline: 1-800-342-3720 or 422-9701

Onondaga County Probation Department

421 Montgomery Street, 6th Floor
Syracuse, NY 13202
435-2321

Spanish Action League*

700 Oswego Street
Syracuse, NY 13204
475-6153

**Offers a variety of services including: parenting classes/training, pregnancy care, language/ESL services, after-school programming, etc.*

Additional Resources

The Internet can be an excellent source of information about various child and adolescent issues. However, it can also be a source of misinformation if the sites that you visit are not developed by reliable people or organizations. The following are some examples of websites and hotlines that you may find helpful.

Websites and Hotlines:

About Our Kids

<http://www.aboutourkids.org/>

American Academy of Child and Adolescent Psychiatry

<http://www.aacap.org/>

Children & Youth Services Council (CYSC)

www.youthnewsny.com (click on "CYSC")

Families Together in NYS, Inc.

1-888-326-8644

For families of children with special emotional, social and behavioral needs

Mental Help Net –

Child and Adolescent Development

<http://www.mentalhelp.net>

Mental Health Risk Factors for Adolescents

<http://education.indiana.edu/cas/adol/mental.html>

National Association of School Psychologists

www.nasponline.org

www.nami.org

www.connectforkids.org

National Institute of Mental Health

www.nimh.gov

National Mental Health Association

<http://www.nmha.org>

National Mental Health Services

<http://www.mentalhealth.org>

<http://www.metal-health-matter.com/>

[disorders/childhood.php](http://www.metal-health-matter.com/disorders/childhood.php)

NYS Mental Health Department

Children's Plan - Benchmarks for you Adolescent.

<http://www.omh.state.ny.us/omhweb/engage/snapshot/grade7.html>

New York State Parent

Information Line 1-800-345-KIDS

Onondaga County Website

www.ongov.net

Substance Abuse and Mental Health Services Administration

www.samhsa.org

Mission Statement

The mission of the Onondaga County Probation Department is to create a safer community by helping offenders to become productive members of society.

We strive to accomplish our mission through supervision, investigation, counseling and referral for treatment for adults, juveniles and their families. Our goals are the promotion of long-term public safety, the rehabilitation of offenders and the reduction of victimization in our community.

Working together with you, the citizens of our community, we can make Onondaga County a safe, nurturing environment in which individuals and families can grow and prosper.

Onondaga County Probation Department

John H. Mulroy Civic Center
421 Montgomery Street, 6th Floor
Syracuse, NY 13202
Phone (315) 435-2321/2312
Fax (315) 435-3329

This brochure is available for download at www.ongov.net/Probation.

ongov.net