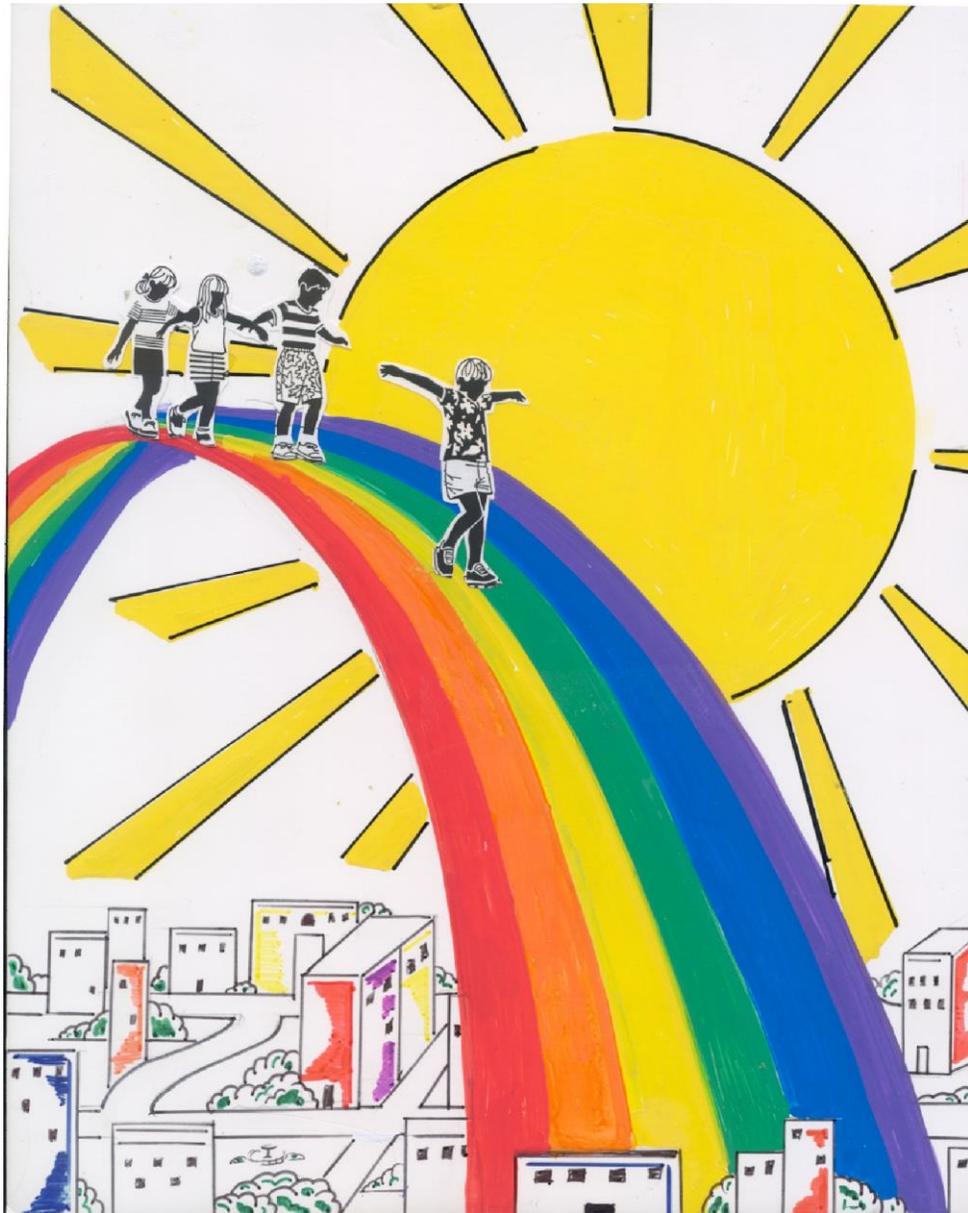


# What Do I Do Now?

**A Parent's Guide to Services in Broome County**



## ABOUT THIS GUIDE

The Coordinating Committee of the Children and Youth Services Council designed this book as a resource guide 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 complete guide to all services offered in Broome County. Not all services listed will meet the needs and values of all families using the guide. The Children and Youth Services Council does not support or endorse any one program. Be sure to ask about the services offered by each program to find one that meets your needs.

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.

If you can't find a service you need in this book, you may call First Call for Help at **211** for a complete listing of services in Broome County or look on line at: [www.helpme211.org](http://www.helpme211.org) For help finding positive recreational outlets for your youth call the Broome County Parks, Recreation and Youth Services at 778-2193 or First Call for Help at **211**.



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## **BEHAVIOR PROBLEMS**

**All youth exhibit behavior problems at times but 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, 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**

**Running away is a scary experience for children and families. A youth is immediately at risk of falling victim to drugs, alcohol, crime, sexual exploitation, pornography, and/or prostitution. Families may feel guilty, depressed, or paralyzed by fear. Remain calm, don't panic. Tell police about what may have led up to your child leaving. The most important thing is to locate your child and ensure that he or she is in a safe place.**

**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

### **Family Physician**

### **Community Supports**

Family, Friends, and Church/Faith

Family Resource Centers of Broome County

**771-6334 or 785-4331**

School guidance counselor or social worker

### **Parent Support Groups**

First Call for Help

**211 or 1-800-227-5353**

Cornell Cooperative Extension of Broome County

**772-8953**

Catholic Charities

**584-7800**

Pathways for Fathers Program (Family Enrichment Network)

**723-8313 Ext.838**

### **Parenting Classes**

Cornell Cooperative Extension

**772-8953**

Gateway/Catholic Charities

**584-7800**

Families First/Broome County DSS

**778-3080**

Catholic Social Services

**729-9166**

### **Anger Management (for Youth)**

Gateway/Catholic Charities

**584-7800**

Lourdes Youth Services

**584-4465**

Family & Children's Society

**729-6206**

### **Anger Management (for Parents)**

Families First/Broome County DSS

**778-3080**

### **Mediation**

ACCORD: A Center for Dispute Resolution

**724-5153**

### **Broome County Probation**

**778-2121**

### **Broome County Social Services**

Family Services Intake

**778-2635**

PINS (Persons-in-Need –of Supervision, ages 7-18)

Intake line

**778-2745**

### **Runaway, Homeless & At Risk Youth**

Local Police Agency

Safe Harbour (Crime Victims Assistance Center)

**24hr crisis line (607)722-4256**

**or text line (607) 725-8196**

Runaway & Homeless Youth Coordinator/Broome County

**778-3950**

# DEVELOPMENTAL DISABILITIES

[www.opwdd.ny.gov](http://www.opwdd.ny.gov)

Over 6 million individuals in the United States have developmental disabilities. A developmental disability, according to the Developmental Disabilities Assistance and Bill of Rights Act, is defined as a chronic mental or physical impairment which:

- originated at birth or during childhood, but prior to age 22
- is expected to continue indefinitely, and
- substantially restricts the individuals functioning in several major life activities.

If you feel your child is in need of services due to impairment, speak with the child's pediatrician.

RESOURCES		
ACHIEVE	<a href="http://www.achieveny.org">www.achieveny.org</a>	723-8361
Autism Society of Broome Tioga Chapter		754-7222
Broome County Urban League	<a href="http://www.bcul.org">www.bcul.org</a>	723-7303
Broome OPWDD		771-7784
Catholic Charities of Broome County	<a href="http://www.catholiccharitiesbc.org">www.catholiccharitiesbc.org</a>	723-9991
Down Syndrome Info Network		761-0655
HCA	<a href="http://www.hcaserves.com">www.hcaserves.com</a>	798-7117
High Risk Birth Clinic		729-1295
Institute for Child Development @ BU	<a href="http://icd.binghamton.edu">http://icd.binghamton.edu</a>	777-2829
Magic Paintbrush Project	<a href="http://www.magicpaintbrushproject.org">www.magicpaintbrushproject.org</a>	729-5059
Southern Tier Alternative Therapies	<a href="http://www.statinc.org">www.statinc.org</a>	223-4176
Southern Tier Independence Center	<a href="http://www.stic-cil.org">www.stic-cil.org</a>	724-2111

## EDUCATION SERVICES

[www.nysed.gov](http://www.nysed.gov)

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.

### Birth to 5 Years

Children should reach milestones at a reasonable time as determined by a pediatrician including sitting up, crawling, standing, and walking. Fine and gross motor skills, physical/emotional abilities, and language development should also be considered. The local school district Committee on Preschool Special Education should also be consulted to ensure the child's educational needs are being met.

<b>RESOURCES</b>		
Binghamton Schools PACT	<a href="http://www.binghamtonschools.org/PACT1.aspx">www.binghamtonschools.org/PACT1.aspx</a>	762-8197
Broome Tioga BOCES	<a href="http://www.btboces.org">www.btboces.org</a>	763-3300
Early Childhood Direction Center	<a href="http://www.stic-cil.org">www.stic-cil.org</a>	724-2111
Maternal Child Health and Development	<a href="http://www.gobroomecounty.com/mch">www.gobroomecounty.com/mch</a>	778-2851
Family Enrichment Network	<a href="http://www.familyenrichment.cc">www.familyenrichment.cc</a>	723-8313
HCA	<a href="http://www.hcaserves.com">www.hcaserves.com</a>	798-7117
Lourdes PACT	<a href="http://www.lourdes.com/centers-and-services/youth-services/pact">www.lourdes.com/centers-and-services/youth-services/pact</a>	584-4550
Opportunities for Broome	<a href="http://www.ofbonline.org">www.ofbonline.org</a>	723-6493
Family Resource Center Binghamton	<a href="http://www.mothersandbabies.org">www.mothersandbabies.org</a>	771-6334
Family Education Center Endicott	<a href="http://www.ccebroomecounty.com">www.ccebroomecounty.com</a>	760-5755
ACCESS – VR	<a href="http://www.acces.nysed.gov/vr/">www.acces.nysed.gov/vr/</a>	721-8400

**Elementary Education and  
Middle/High School Education**

**Developmental – Indicators include, but are not limited to:**

- |                                   |  |
|-----------------------------------|--|
| General awkwardness               | Difficulty concentrating                                 |
| Hyperactivity/distractibility     | Poor organizational skills                               |
| Difficulty with temporal concepts | Poor short-term memory                                   |
| Disorganized thinking             | Difficulty with abstract reasoning or<br>problem-solving |
| Poor social skills                |  |
| Poor visual/motor coordination    |  |

**Academic – Indicators include, but are not limited to:**

- |  |   |
|--|---|
| Poor performance on group tests                  | Difficulty with tasks requiring<br>sequencing         |
| Reversals in reading/writing                     | Difficulty with abstract<br>reasoning/problem solving |
| Difficulty in copying accurately from<br>a model | Disorganized thinking                                 |
| Slowness in completing work                      | Poor short-term memory                                |
| Easily confused by instructions                  |   |

**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 difficulties. Consultation with the child’s pediatrician/family doctor and the local school district Committee on Special Education is recommended.**

<b>RESOURCES</b>		
Broome Tioga BOCES	<a href="http://www.btboces.org">www.btboces.org</a>	763-3300
The Children’s Home	<a href="http://www.chowc.org">www.chowc.org</a>	772-6904
Family Enrichment Network	<a href="http://www.familyenrichment.cc">www.familyenrichment.cc</a>	723-8313
HCA	<a href="http://www.hcaserves.com">www.hcaserves.com</a>	798-7117
Liberty Partnerships	<a href="http://www.libertypartnerships.com">www.libertypartnerships.com</a>	777-4187
Opportunities for Broome	<a href="http://www.ofbonline.org">www.ofbonline.org</a>	723-6493
Learning Disabilities Association of ST		754-3335
Southern Tier Independence Center	<a href="http://www.stic-cil.org">www.stic-cil.org</a>	724-2111
Promise Zone		777-9207

## After School Programs

There are approximately 20 to 25 hours per week that children are out of school while most parents are at work, creating an “after-school gap.” Children who do not participate in afterschool programs are nearly three times more likely to skip classes at school than children who do participate. Teens are three times more likely to use marijuana or other drugs, and also more likely to drink alcohol, smoke cigarettes and engage in sexual activity than teens not in afterschool programs. After-school programs also can help to improve academic performance of children. For many children, their reading and math scores improve because after-school programs allow them to focus attention on areas in which they are having difficulties.

<b>LOCAL AFTERSCHOOL RESOURCES</b>		
Boys & Girls Club of Binghamton	<a href="http://www.bgcbinghamton.org">www.bgcbinghamton.org</a>	723-7404
OASIS After School Program Endicott		231-8364 ext.38
Broome County Urban League	<a href="http://www.bcul.org">www.bcul.org</a>	723-7303
Jewish Community Center	<a href="http://www.binghamtonjcc.org">www.binghamtonjcc.org</a>	724-2417
St. Anthony’s Learning Center		748-5184
The Discovery Center	<a href="http://www.thediscoverycenter.org">www.thediscoverycenter.org</a>	773-8661 ext.208
YMCA Binghamton	<a href="http://www.ymcabroome.org">www.ymcabroome.org</a>	772-0560 ext.140
YMCA Johnson City	<a href="http://www.ymcabroome.org">www.ymcabroome.org</a>	772-0560 ext.140

# MENTAL HEALTH

[www.omh.ny.gov](http://www.omh.ny.gov)

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 to your 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 play

Frequent nightmares

Frequent disobedience or aggressive behavior (longer than six months); oppositional behavior to authority figures

Frequent, unexplainable temper tantrums



## Pre-adolescents and Adolescents

STOP... an adolescent may be in trouble if they experience one of the following:

- Withdrawal from friends, family, and regular activities
- Unusual neglect of personal appearance
- Persistent boredom, difficulty concentrating, or decline in school work
- Frequent physical complaints
- Talking about feeling hopeless, helpless or excessive guilt
- Depression – sad or negative mood, poor appetite, sleep problems
- Radical personality change
- Violent or rebellious behavior or running away
- Drug and alcohol abuse
- Death or suicidal themes that may appear in drawings, journals or class work
- Giving away possessions
- Threats of suicide – either direct or indirect

### **Common risk factors:**

- Depression
- Substance abuse
- Aggressive or disruptive behaviors
- History of suicide attempt (s)
- Triggers / stressful life events (e.g. school failure, losses)
- Broken or turbulent family life
- Personality traits (e.g. impulsivity)
- Social isolation
- Access to firearms
- Barriers or unwillingness to seek mental health treatment

### **GO... get help immediately**

It is important to remember that warning signs should be taken seriously. If someone is suicidal, he or she should not be left alone. Get help immediately:

Comprehensive Psychiatric Emergency Program (CPEP) at Binghamton General Hospital:  
(607) 762-2302

National Lifeline: <http://www.suicidepreventionlifeline.org/> 1-800-273-TALK (8255)

It is also important to limit the person's access to fire arms, medications, or other lethal methods of suicide.

## MENTAL HEALTH RESOURCES

### **Crisis/Emergency Evaluation**

Child and Youth Crisis Team at CPEP  
Binghamton General Hospital Emergency Department  
Park Avenue, Binghamton, NY  
(607) 762-2302 or 1-800-451-0560

### **Non-Crisis/Clinical Intervention & Support**

Greater Binghamton Health Center  
Mobile Integration Team  
1-844-435-7648

## **Counseling**

### **Binghamton Anxiety Clinic (BAC)**

<http://anxiety.binghamton.edu/services.htm>

Binghamton University Campus  
(607) 777-5006

### **Child & Adolescent Behavioral Health**

Greater Binghamton Health Center  
425 Robinson Street  
Binghamton, NY 13904  
(607) 773-4520

### **Lourdes Center for Mental Health**

[www.lourdes.com](http://www.lourdes.com)

184 Court Street  
Binghamton, NY 13905  
(607) 584-4465

### **Family Counseling Program**

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

86-88 Walnut Street  
Binghamton, NY 13905  
(607) 584-7800

### **Samaritan Counseling Center**

[www.samaritanendicott.com](http://www.samaritanendicott.com)

3001 East Main Street  
Endwell, NY 13760  
(607) 754-2660

### **The Binghamton Mood Disorders Inst.**

<http://mood.binghamton.edu>

Binghamton University Campus  
(607) 777-3304

### **The Psychological Clinic**

#### **Department of Psychology**

<http://psychclinic.binghamton.edu>

Binghamton University Campus  
(607) 777-2103

### **Family and Children's Society, Inc**

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

257 Main Street  
Binghamton, NY 13905  
(607) 729-6206

### **Gateway Center for Youth**

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

Catholic Charities  
86-88 Walnut Street  
Binghamton, NY 13905  
(607) 584-7800

## Intensive Outpatient Treatment / Education

### **Children's Day Treatment Program (5-12)**

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

The Children's Home  
1182 Chenango Street  
Binghamton, NY 13901  
(607) 772-6904

### **Adolescent Day Treatment Program (12-17)**

[www.omh.ny.gov](http://www.omh.ny.gov)

Greater Binghamton Health Ctr.  
425 Robinson Street  
Binghamton, NY 13904  
(607) 773-4258

## Therapeutic Placement Programs

### **Boys of Courage Community Residence**

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

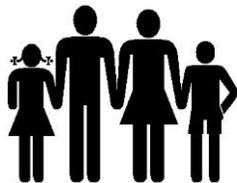
Catholic Charities  
32 Oak Street  
Binghamton, NY 13905  
(607) 724-2001  
(must refer through SPOA, 584-7800)

### **Adolescent Crisis Respite Program (13-17)**

[www.omh.ny.gov](http://www.omh.ny.gov)

Greater Binghamton Health Ctr.  
425 Robinson Street  
Binghamton, NY 13904  
(607) 773-4625

- Offers short term crisis and planned respite



## Family Support Services

### **Catholic Charities of BC – Children/Youth**

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

86-88 Walnut Street  
Binghamton, NY 13905  
(607) 584-7800

### **Mental Health Assoc. of Southern Tier**

[www.yourmha.com](http://www.yourmha.com)

153 Court Street Binghamton, NY 13901  
(607) 771-8888  
CCSI Focus- Coordinated Children's Services  
(access through SPOA, 584-7800)  
Wellness Center  
Rural BEAR Program  
Compeer Youth Mentoring

### **Community Connections Ctr. (Endicott)**

[www.uek12.org](http://www.uek12.org)

1100 East Main Street  
Endicott, NY 13760  
(607) 757-2637

### **School Based Family Support Centers**

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

Union-Endicott - (607) 658-7121  
Maine Memorial Ele. – (607) 862-3263  
Whitney Point – (607) 692-8275

### **Mother & Babies Perinatal Network of SCNY**

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

457 State Street  
Binghamton, NY 13901  
(607) 772-0517 or 1-800-231-0744

### **Family Enrichment Network**

[www.familyenrichment.cc](http://www.familyenrichment.cc)

24 Cherry Street (PO Box 997)  
Johnson City, NY 13790  
723-8313

### **Child Clinic Plus**

[www.familyenrichment.cc](http://www.familyenrichment.cc)

Thomas P.Hoke Human Service Bldg.  
36-42 Main Street  
Binghamton, NY 13905  
(607) 778-1111

## **SUBSTANCE ABUSE**

Each year a large number of children and teenagers begin using drugs and alcohol. A recent large-scale national survey indicated that 83% of high school seniors had tried alcohol and 48% 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 involved at home
- Lack of motivation
- Frequent irritability
- Periods of paranoia
- Unexplained mood swings

### **Physical Changes**

- Unkempt appearance/poor hygiene
- Clothes/hair
- Red eyes
- Vomiting/sick in the morning
- Weight loss/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 job
- Spending more time away from home

## Physical Evidence

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

## Items Missing From Home

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

## Resources

Addictions Center of Broome County (ACBC)	723-7308
Alcoholics Anonymous	722-5983
Alanon/Alateen	722-0889
Catholic Charities MICA	584-7800
Emergency Room (CPEP at General Hospital)	762-2302
Experienced Private Therapists	
Families Anonymous	341-2747 or 765-6862
Lourdes Substance Abuse Prevention	584-3110
Narcotics Anonymous	774-4907
New Horizon's (Family focused treatment)	762-3232

## Internet Resources

[www.samhsa.gov](http://www.samhsa.gov)

[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

[www.oasas.ny.gov](http://www.oasas.ny.gov)

## **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, stalking, harassment, and other crimes

## **Child Abuse**

It is 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 certain places to call.

Call 1-800-342-3720 the New York State Central Register of Child Abuse and Maltreatment (Child Abuse Hotline) if you suspect that a child is being abused or neglect and is:

- 0-18 years of age
- If the person that is suspected of causing the abuse or neglect or is allowing the abuse, is a parent, guardian or custodian of the child
- If the person that is suspected of causing the abuse or neglect or is allowing the abuse is the operator of, or an employee in a home operated by an authorized agency or any type of daycare.

Call (607) 778-2647 – Broome County Department of Social Services, if the situation is not accepted by the Child Abuse Hotline and you are still concerned about a child

Call 911 or local law enforcement if a child is in immediate danger or if the alleged perpetrator of the abuse does not meet the guidelines for the report to be taken by the NYS Child Abuse and Maltreatment Register

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



## ABUSE INDICATORS

<b>Physical Abuse Indicators</b>	<b>Sexual Abuse Indicators</b>	<b>Emotional Abuse Indicators</b>
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 non sexually-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, texts or calls you constantly, 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 age  
Attempts to protect a parent by intervening in a dispute  
Self-injury

## **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 he/she didn't cause the fighting and he/she is not to blame  
Explain that the abuse is not normal or good behavior  
Teach and demonstrate alternatives to violence  
Give your child love and attention  
Help your child feel positive about himself/herself  
Develop a personal safety plan with/for your child  
Get help!



### **Resources**

Family Violence Prevention Council	(607) 778-2153
Crime Victims Assistance Center Crisis Line	(607) 722-4256
Or text (607) 725-8196	
Rise Hotline	(607) 754-4340
Broome County Family Court	(607) 240-5799

## **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:

- Declining grades
- Staying out without good reason
- “Hanging” with known or suspected gang members
- Carrying weapons
- Possessing unexplained, 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 need your child will see a need for gangs.

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 whom 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:

Broome County Gang Prevention  
35 Exchange Street / PO Box 1906  
Binghamton, NY 13902  
(607) 723-9491, ext. 141



## **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

### **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

### **Bullies**

- Likes inflicting injury on others and have little empathy for their victims
- Deny their actions, saying they were provoked
- Often receive physical punishment at home
- Can be anti-social and handles problems by hitting
- Lack parental involvement and warmth
- Are generally defiant toward adults
- Tend to break school rules

### **Signs of bullying problems**

Headaches      Stomach Aches      Anxiety      Irritability

### **Responding to a victim**

- Talk to the child
- Make a note of what the child says (who, what, where, how)
- Praise the child for telling an adult
- Have child report any further incidents

### **Victims**

- Tend to be anxious and insecure
- Tend to be cautious and suffer from low self-esteem
- Rarely defend themselves or retaliate
- May lack social skills
- Are often socially isolated or have few friends
- Are often close to overprotective parents
- Are often physically weaker than peers

## Additional Victim Resources

### **If you have been a victim of a crime call:**

24 Hour Crisis Line - Crime Victims Assistance Center Crisis line: (607) 722-4256  
Text line: (607) 725-8196

Other numbers that may be of assistance to you include:

Broome County Sheriff's Department	(607) 778-1911
New York State Police	(607) 775-1241
CPEP (Crisis Center at Binghamton General Hospital)	(607) 762-2302
	1 (800) 451-0560
NYS Sex Offender Registry <a href="http://www.criminaljustice.ny.gov/nsor/">www.criminaljustice.ny.gov/nsor/</a>	1 (800) 262-3257
First Call For Help <a href="http://www.helpme211.org">www.helpme211.org</a>	211
Family & Children's Society, Inc.	(607) 729-6206
Binghamton Crime Stoppers Anonymous Tip Line	1 (866) 304-TIPS (8477)
Department of Corrections Inmate Look Up <a href="http://www.doccc.ny.gov/inmateinfo.html">www.doccc.ny.gov/inmateinfo.html</a>	

## 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 baggie 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 vitamin  
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.



## **Where to go if you think you are pregnant**

### **Medical and Pre-natal Services**

#### **Family Planning of South Central New York, Inc.**

[www.fpscny.org](http://www.fpscny.org)  
117 Hawley Street  
Binghamton, NY 13901  
(607) 723-8306

#### **Lourdes Center for Family Health**

[www.lourdes.com](http://www.lourdes.com)  
DeMarillac Maternity Clinic  
303 Main Street  
Binghamton, New York 13905  
(607)584-4549

#### **UHS Women's Health Center**

[www.uhs.net/care-treatment/womens/](http://www.uhs.net/care-treatment/womens/)  
Perinatal Center 4<sup>th</sup> Floor  
33-57 Harrison St.  
Johnson City, NY 13790  
(607) 763-6101

### **Services and Supports**

#### **Birthright of Binghamton, Inc.**

[www.birthright.org](http://www.birthright.org)  
435 Main St.  
Johnson City, NY 13790  
(607) 798-7661 or 1-800-550-4900

#### **Catholic Social Services**

[www.catholiccharitiesbc.org](http://www.catholiccharitiesbc.org)  
Pregnancy, Parenting, and Adoption Services  
232 Main Street  
Binghamton, NY 13905  
(607) 729-9166

#### **Family & Children's Society**

[www.familycs.org](http://www.familycs.org)  
257 Main Street  
Binghamton, New York 13905  
(607) 729-6206

#### **Life Choices Center**

[www.lifechoicescenter.org](http://www.lifechoicescenter.org)  
93 Oak St.  
Binghamton, NY 13905  
Text or call (607) 205-8506

#### **Mothers and Babies Perinatal Network**

[www.mothersandbabies.org](http://www.mothersandbabies.org)  
457 State Street  
Binghamton, New York 13901  
(607) 772-0517 or 1-800-231-0744

***Remember to Keep You and Your Family Safe and Healthy***

## Talking About Adolescent Sexuality

We live in a very sexual world. There are confusing messages about sex everywhere - on the radio, TV, in magazines, movies and music. Sex is used to sell everything from soap to cars.

The risks of sexual behavior can be very high for adolescents struggling to understand their changing bodies and changing feelings.

Making good decisions may be hard, but the result of a poor choice can last a lifetime.

Parents play a very important role in helping their children make important personal decisions. However, parents often find it difficult to have a conversation.

The following tips may help:

- Be available, be open, and initiate conversation

- Set good examples

- Respect their privacy and feelings

- Give accurate information and honest answers

- Start early

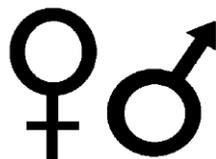
- Take advantage of teachable moments

- Use correct names for all body parts and behaviors

- Admit if you do not know the answer but try to find accurate information

- Help them learn to set their own limits

- Help your child to say "NO"



## **Resources**

Any counseling that improves parent-child communication can be helpful in opening the discussion of difficult topics. Medical professionals, nurse educators, social workers, youth counselors and other youth workers could be consulted. For more specific information, the following resources may be helpful:

Information and treatment on sexually transmitted diseases (STD's)

Broome County Health Department, 778-2839

Information on reproductive health for male and female adolescents, pregnancy prevention including abstinence, education regarding adolescent sexuality, counseling to improve communication skills

Family Planning of SCNY, 723-8306

Information and referrals regarding adolescent pregnancy prevention

Mothers and Babies Perinatal Network, 772-0517

Support and information for parents of gay, bi-sexual, transgendered young people and support group for gay, bi-sexual and transgendered high school students

PFLAG Binghamton, 727-6935

Presentations to adolescent groups or to individual adolescents about AIDS, sexually transmitted infections and reducing the risks of sexual behaviors

STAP (Southern Tier Aids Program), 798-1706

Identity LGBTQ and Youth Center

(607) 651-9120

## 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

American Academy of Child and Adolescent Psychiatry

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

National Institute of Mental Health

[www.nimh.nih.gov](http://www.nimh.nih.gov)

National Mental Health Association

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

Mental Help Net – Child and Adolescent Development

[www.mentalhelp.net/](http://www.mentalhelp.net/)

National Association of School Psychologists

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

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

Families Together in NYS, Inc

1-888-326-8644

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

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

Office of Children and Family Services

[www.ocfs.state.ny.us](http://www.ocfs.state.ny.us)

Information Line 1-800-345-KIDS

NYS Sex Offender Registry

[www.criminaljustice.ny.gov](http://www.criminaljustice.ny.gov)

Broome County Website

[www.gobroomecounty.com](http://www.gobroomecounty.com)

Children & Youth Services Council (CYSC)

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

NYS Office of Alcoholism and Substance Abuse Services

[www.oasas.ny.gov](http://www.oasas.ny.gov)

## PHONE NUMBERS

Broome County Sheriff.....778-1911

Local Police.....911

Children & Youth Crisis Team (CPEP).....762-2302  
1 (800) 451-0560

Broome County Social Services- Family Services Intake .....778-2635  
PINS Intake.....778-2745

Broome County Probation.....778-2121

First Call for Help .....211

Parent Helpline .....1(800) 244-5373  
Everyday 9am-10pm anywhere in NYS- free/confidential/multilingual

National Suicide Prevention Lifeline.....1(800) 273-8255  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

New York State Child Abuse and Maltreatment Hotline..... 1(800) 342-3720

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# Mission Statement

Provide a forum for interagency collaboration, communication and connection among professionals serving youth and families of Broome County.

This brochure was developed by the Coordinating Committee of the Children and Youth Services Council. The Coordinating Committee provides a forum for working out interagency concerns and issues.

————— *Please feel free to reproduce this brochure.* —————

Available online: [www.cyscbroome.org](http://www.cyscbroome.org)