**BROOME COUNTY MENTAL HEALTH WELLNESS RESOURCES**

**CONSUMER ADVOCACY & SUPPORT** phone **315-426-3950** <https://www.omh.ny.gov/omhweb/consumer_affairs/resources/advocacy.html>or Elizabeth Patience, Regional Advocacy Specialist 545 Cedar Street, Syracuse NY 13210 **-315-426-3942** Elizabeth.Patience@omh.ny.gov or [www.omh.ny.gov](http://www.omh.ny.gov)

**Southern Tier Independence Center (STIC)** provides advocacy for individuals with disabilities phone **607-724-2111**

**CRISIS SERVICES**

**Crime Victims (CVAC) 24 Hour Crisis Line: (607) 722-4256**

**Mobile Integration Team (MIT) through GBHC\*** for children, adults & geriatric -basic needs assessment community linkage **phone 1-844-HELPMIT (1-844-435-7648) fax (607) 763-2792 Broome County .................................. (607) 762-2302 (24-7 crisis services)** <https://www.omh.ny.gov/omhweb/transformation/docs/st-flyer.pdf>

**RISE** 24 Hour Crisis Line for issues related to domestic violence **phone 607-754-4340** <http://rise-ny.org/>

**UHS Comprehensive Psychiatric Emergency Program (CPEP)** servicesinclude In-person emergency assessment/consultation**,** 24-hour crisis hotline**,** Mobile Crisis Outreach service (MCO)**,** Referrals and linkages to community, hospitaland Services that provide a variety of services includingCounseling and therapy **and** Educational presentations. Call CPEP any time of the day or night for professional and confidential psychiatric advice. The 24-hour crisis service is staffed by highly-trained psychiatric nurses, social workers and paraprofessionals under the direction of a medical director/psychiatrist. All calls are free and confidential.Located at UHS Binghamton General Hospital-Emergency Room 27 Park Avenue Binghamton, NY 13903 **CPEP hotline** **(607) 762-2302 or 1-800-451-0567**

**OUTPATIENT CLINICS & COUNSELING**

**Binghamton VA Clinic** offers Behavioral Health care: a behavioral health care team consisting of Social Workers, and Psychiatrists provides individual psychotherapy, group psychotherapy, and medication therapy, for Veterans experiencing personal and emotional problems, including drug and alcohol problems. 203 Court Street Binghamton NY 13901 **Phone 607-772-9100**

**Binghamton Vet Center** provides counseling services, parenting classes, job counseling and more 53 Chenango Street Binghamton, NY 13901 **Phone 607-722-2393 For assistance after hours, weekends, and holidays call 1-877-WAR-VETS (1-877-927-8387)**

**Crime Victims Assistance Center**, Inc. is a safe, welcoming environment for people who have been a victim of, or affected by, a crime, located at 377 Robinson Street in Binghamton. Providing free counseling to survivors as well as a 24-hour crisis line and advocacy program. Educating our community and providing care with compassion. Services include: 24-hour crisis line, 24-hour advocacy to victims, free and confidential counseling for all victims of crime, case management services, education & prevention services, Office of Victim Services Compensation assistance, Broome County Child Advocacy Center, Sexual Assault Response Team (MDT), Human Trafficking Task Force, Sexual Violence Prevention Coalition. For more information on services or the work we do in the community please visit [www.cvac.us](http://www.cvac.us) **phone: (607) 723-3200**

**Greater Binghamton Health Center (GBHC) Child and Adolescent Behavioral Health Center** Located at 425 Robinson Street Binghamton, NY 13904-1735 **phone (607) 773-4520** **Community Treatment & Recovery Center** (**CTRC)** an OMH licensed outpatient community mental health treatment agency for adults under the umbrella of GBHC includes a recovery center (peer focused drop in open Mon, Tues, Thurs, Fri 9am-3pm offering groups, peer support, vocational services) Located at 114 Clinton Street Binghamton **phone (607) 797-0680** **open access M-F 10-11 am & 2-3 pm**

**Family & Children’s** -an OMH licensed agency treating adults and children with an array of services “for support when it’s needed, words to heal, hands to help, and professional guidance for individuals and families” including counseling, a family mental health clinic, health homes, in home mental health management, sexual abuse programs, vocational incentives programs, school based family support centers, and after school programs. Accepts Medicaid and other insurance and works with individuals and/or families to ensure access [www.familycs.org](http://www.familycs.org) Located at 257 Main Street Binghamton **phone 607-729-6206 same day access Mon-Thurs 9 am-2 pm**

**Lourdes Center for Mental Health** **(LCMH)** a New York State Office of Mental Health (OMH) licensed outpatient mental health clinic. The clinic provides: psycho-social and psychiatric assessment and treatment, individual, family and group psychotherapy and psychopharmacologic medication management. Accepts Medicaid and other insurance and works with individuals and/or families to ensure access. Located at 184 Court Street, Binghamton **phone 607-584-4465**

**Samaritan Counseling Center** clinically trained, licensed professionals specifically trained to respect the client’s spiritual and religious values and practices.  **phone 607-754-2660** 3001 E. Main St. Endwell, NY 13760

**UHS Outpatient Mental Health** is an OMH licensed clinic that is specially designed to meet the emotional and psychological needs of adults (18 and older) with mental health/substance abuse concerns or issues. In a confidential, supportive environment, the clinic strives to make individuals as comfortable as possible and ensure individuals receive quality care. Their dedicated team of professionals provide a caring, supportive environment that will help achieve optimal well-being. Services offered at UHS OPMH include: complete mental health assessment, psychiatric evaluation and diagnosis, medication management for psychiatric disorders, group therapy, individual psychotherapy, and coordination of care with other community providers. **phone 607-762-2340** 33 Mitchell Avenue (lower level) Binghamton, NY 13903

**UHS HOME Program -** short term counseling (anxiety, depression, grief, ect) for ages 60 and above-- free of charge to Broome County residents that are living independently—counseling takes place in the home **phone 607-762-2809**

**University Counseling Center** provides comprehensive clinical and referral services to Binghamton University’s undergraduate students, graduate students and affiliated entities. Their goal is to enhance the psychological well-being of students so they can take full advantage of the educational opportunities at the University. **phone 607-777-2772** [www.binghamton.edu/counseling/](http://www.binghamton.edu/counseling/)

**Upstate NY Eating Disorder Service**-The Nutrition Clinic & Sol Stone Center -intensive outpatient (IOP) centers are in Elmira, Syracuse (Liverpool), Ithaca, Binghamton (Vestal) NY. The treatment program is group based and provides a full range of multidisciplinary services including psychotherapy, art therapy, yoga, Dialectical Behavioral Therapy (DBT) skill-focused groups, as well as supervised eating. The program is three days a week from 4:30-7:30PM. **phone 607-732-5646** <http://unyed.com/intensive-outpatient/348268>

**PEER SUPPORT**

**The Beacon at MHAST** a weekend drop in center for adults-serves snacks & coffee

Hours: Saturday 12-8pm & Sunday 12-8pm Located at: 153 Court Street, Binghamton NY phone: **607-771-8888 x 313**

**Dual Recovery Anonymous (DRA) meetings** on Saturday 2:00 pm & Sunday 2:00 pm at the Beacon

**MHAST Men’s Group** (Mon 11am), **Women’s Group** (Tues 10am), **General Peer Support** (Mon 1:30-3 pm) **Endicott Support Group** 1st United Methodist Church 53 McKinley Ave Endicott 4-5 pm

**Stepping Stone** 277 Front Street, Binghamton (at the corner of Front and Gaines) phone (607) 773-3204 **MICA Peer Support Group** Tuesday 11:00 am **MICA Peer Support Group** Thursday 11:00 am

**PROGRAMS**

**ACT (Assertive Community Treatment)** **Team** (Catholic Charities Broome) is an evidenced based practice that is a hybrid of mental health clinical services and case management. More than 80% of services take place in the community to assess needs in the recipients living environment and provide services to those who find getting to Mental Health appointments a barrier. The team is comprised of a Psychiatrist, Nurses, Social Workers and Mental Health Counselors. Services include but are not limited to psychiatric assessment, medication education and support, vocational assessment and linkages, drug and alcohol assessment groups and referrals, wellness and family education, and community living skills support. Located at **290 Front St Binghamton, NY 13905-2463 phone 607-729-9166, 607-729-4909 fax 607-729-2062** Email catholiccharitiesbc@ccbc.net Website: [www.catholiccharitiesbc.org](http://www.catholiccharitiesbc.org) Intake Process: SPOE Referral [file:///C:/Users/CAK072955/Downloads/Broome%20SPOE%20referral2014%20(4).pdf](file:///C%3A/Users/CAK072955/Downloads/Broome%20SPOE%20referral2014%20%284%29.pdf) Languages Offered: English/Language Interpreters available upon request. 24 hr. crisis on-call

**Encompass Health Home Care Management** assists individuals in their recovery journey, utilizing person centered practices and best practice health promotion services. Care Managers oversee and coordinate access to needed services, assuring that all needs are addressed in a comprehensive manner. Consumer Care Managers provide additional peer support to complement the continuum of care. Available to: Medicaid eligible adults and children with a chronic medical and/or behavioral health condition: Two or more chronic medical conditions OR One single qualifying condition of: HIV/AIDS, AND/OR Serious Mental Illness (SMI) (Adults) Serious Emotional Disturbance (SED) OR Complex Trauma (Children) In addition, must be appropriate for the intensive level of Care Management services provided by Health Home phone: **607-729-9166** Email: Encompasshealthhome@ccbc.net

**Family & Children’s Vocational Incentive Program** provides vocational case management services designed to assist BC residents (18 & older) of mental health/substance use services to obtain and maintain competitive employment phone **607-237-1981**

**Four Seasons Club** (Catholic Charities)a program that operates a clubhouse with work units that are designed to help members achieve or regain the confidence and skills necessary to lead vocationally productive and satisfying lives. The work units include kitchen, snack bar, maintenance, clerical, thrift store, and develop employment skills. **Recreational Program** takes place Thurs/Fri 2:30-5:30 pm (transportation provided for rec program only) Eligibility: Adults 18 and older with a psychiatric disability phone **607-773-1184**

**OnTrack NY** (GBHC) is an innovative treatment program for adolescents and young adults who have had unusual thoughts and behaviors, or who have started hearing or seeing things that others don’t (an initial schizophrenia episode). OnTrackNY helps people achieve their goals for school, work, and relationships. 114 Clinton St phone **607-797-0680** <http://www.ontrackny.org/>Eligibility Criteria • Age: 16-30 • Non affective psychosis (schizophrenia, schizoaffective disorder, schizophreniform, or other specified/unspecified schizophrenia spectrum and other psychotic disorder (DSM5) • Onset of psychosis must be > 1 week and < 2 years • New York State resident Eligibility Rule Outs • Any history indicating developmental delays (IQ< 70) • Primary diagnosis of substance induced psychosis, psychotic mood disorder, or psychosis secondary to a general medical condition • Serious or chronic medical illness significantly impairing functioning independent of psychosis Services provided for an average of 2 years; focus will be based on individual needs and preferences

**Protective Services for Adults** (Catholic Charities) is a system of services aimed at maintaining individuals in the community, and prevention of neglect, exploitation and abuse. Available to: Adults 18 and older with a disability, requiring protection from harm. Referrals are made through the Department of Social Services, 778-2635. Contact: 584-5305

**Single-Point of Entry is a program for** adults with a mental health diagnosis to assist with acquiring case management or residential services in Broome County. The Single-Point Entry is eligible to adults with a serious mental illness.Phone **607-723-9991** Location:Catholic Charities of Broome CountyMental Health Division290 Front St.Binghamton, NY **Single Entry Referral**: <http://www.catholiccharitiesbc.org/programs/mental_health/single-point_entry.html>

**UHS HOME Program** provides mental health assessments for elders. Grant funded for age 60 & over phone **607-762-2809**

**SUPPORTS**

**Family Ties (mental health of a loved one)** each Wednesday @ 6:30pm BGH 10 Mitchell Ave upstairs R (607) 762-2887

**Mental Health Association of the Southern Tier (MHAST)** a private non-profit organization founded in 1927 and is the oldest continuously operating Mental Health Association in New York State. MHAST is a United Way agency. The organization is devoted to enhancing the lives of ALL community residents by improving their mental health and wellness. Their goals are achieved through advocacy services, educational presentations, prevention programs, information, and resource referrals. The Mental Health Association of the Southern Tier, Inc. helps unite recipients of mental health services and their families with mental health professionals, service providers and advocates to create collaborations, generate action, and combat the devastating stigma of mental illness <http://yourmha.com/> Located at 153 Court Street, Binghamton phone (607) 771-8888 **Sunrise Wellness Center @ MHAST** Peer Support Hours: Monday-Thursday 9-4:30, Friday 9-4pm **Peer support phone line (warmline)** 607-240-7291 available: Monday-Thursday 9-4:30/Friday 9-4pm/Saturday & Sunday 12-8pm Located at: 153 Court Street, Binghamton NY Phone**: 607-771-8888** Wellness Coaching Educational Presentations on topics such as: Nutrition/Exercise Self-care techniques such as: Wellness Recovery Action Plans (WRAP), Smoking Cessation, Healthy Relationships, Employment Readiness, and Financial Management Reading Lounge & Lending Library Computer Lab Creative Expression Groups Social Programming <http://www.yourmha.com/sunrise.html> MHAST offers support groups for parents and caregivers who are raising youth with emotional, behavioral and mental health concerns. Meetings are held monthly at 153 Court Street, Binghamton. It is an opportunity to meet other parents and caregivers that share similar challenges. Mom’s Lunch Group (monthly) and special groups for teens. Phone 607-771-8888 x 394

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**Solstone Eating Disorder support group** for women every Tuesday from 11:30-12:30 at 503 Plaza Drive Vestal Nutrition Clinic Vestal, NY

**Bereavement Resources in Broome and Surrounding Counties**

**Lourdes Hospice Bereavement Program** offers free adult support groups and individual sessions for men and women throughout the year at the Vestal office. Groups and individual sessions are available to anyone who has lost a loved one, not just a loss through Lourdes Hospice. Once a support group has begun, no new members may join, but you may sign up to start the next group. Please fill out enrollment form and mail to: Lourdes Hospice, 4102 Old Vestal Rd. Vestal, N.Y. 13850. Attn: Bereavement Team. For the benefit of each group participant, family members may not attend the group together. All groups and individual sessions are held at the Vestal office at 4102 Old Vestal Road, Vestal, N.Y. 13850. We offer one to four individual bereavement sessions per individual or family, by appointment only. Please contact The Bereavement Team with any questions at (607)798-5692 ACBC Grief Recovery Group (community) Thursdays from 6- 8 pm at the Addiction Center of Broome County 30 W State Street 2nd floor Binghamton NY 13901-contact Jill Lloyd (607)422-4242 **Adult Bereavement Support Group** Open to all. This group is a drop-in format and meets each Tuesday from 6-8 p.m. Location: 300 Main St. Vestal NY contact Rev Ernest Steffensen at (607)770-7670. Donation appreciated. **Bereaved Parent Group**-support for parents whose child has died, as well as for other family members and friends. Groups meet the 1st Monday of each month at 7 pm and the 3rd Saturday at 10 am. at the Nimmonsburg Methodist Church, 918 Upper Front St, Binghamton contact Pam Kroft, Chapter Leader at (607) 239-4222 for more information. **Chenango County Spousal Grief Support Group**-This group is for someone who has lost a spouse. Meetings are the 1st Wednesday of the month. Contact Brionna at **607-334-3556** for more information. **DORS (Death from an Overdose Recovery Support) Group**- closed group for 6 weeks from 5:00 PM to 6:30 PM at Lourdes At Home/Lourdes Hospice on 4102 Old Vestal Road. Also piloting a children’s group **(JDORS)** for the children that have lost a parent to an opioid overdose. These groups run simultaneously. JDORS will be held in the children’s playroom, while the adult DORS group will be held in the conference room. Both groups will have facilitators and co-facilitators and will follow a curriculum format. Contact Marie Halecki at **584-9160 HALos** (Help After Loss)-This resource is for those who have experienced a loss of any kind. HALos volunteers specialize in grief work with children and families. Group and individual support is offered. Call (607) 639-HALO (4256) for more information or visit [www.helpafterloss.com](http://www.helpafterloss.com) **Widows & Widowers of the Southern Tier**-Meetings are a social breakfast format. Everyone welcome. Group meets on Wednesdays at 9 a.m. at Denny’s Restaurant, Vestal. Call (607) 798-9660 for more information or on Tuesdays at 8:30 a.m. at the Blue Dolphin Restaurant, 434 NY-17, Apalachin, NY contact Helen at 748-0937 for more information. **Guthrie Community Bereavement Support Groups** Contact Rev Jeff Wilkinson at (570)265-8615 for

**SUICIDE SUPPORT RESOURCES**

**B.C. SAFE** (Broome County Suicide Awareness for Families and Educators)-the coalition’s mission is to reduce the number of suicides and suicide attempts by increasing public awareness and providing educational and training resources to teens, adults, and educators of Broome County. BC Safe provides suicide prevention trainings to the community. For more information contact Heidi Mikeska, Community Project Director, BC Promise Zone phone 607-778-1146 hmikeska@co.broome.ny.us

**ONLINE RESOURCES**

Mental Health and Addiction Insurance Help <https://www.hhs.gov/mental-health-and-addiction-insurance-help>

10 Steps to The Art of Wellness (Kevin Hines) <https://www.youtube.com/watch?v=kVYv6ggWUUY&list=PLaAelpJCpnYOo-1sIU9fu9O8OZbXN3sDO>

Suicide Prevention-Didi Hersch <http://www.didihirsch.org/suicide-prevention-resources>

NYS Office of Mental Health Continuing Education <https://www.omh.ny.gov/omhweb/bps/>

Zero Suicide Tool Kit <http://zerosuicide.sprc.org/toolkit>

Preventing Suicide: A Toolkit for High Schools <http://store.samhsa.gov/shin/content/SMA12-4669/SMA12-4669.pdf>

Co-Occurring Disorder Toolkit <http://ireta.org/improve-practice/addiction-professionals/toolkits-for-practice/cooccurringdisordertoolkit/>