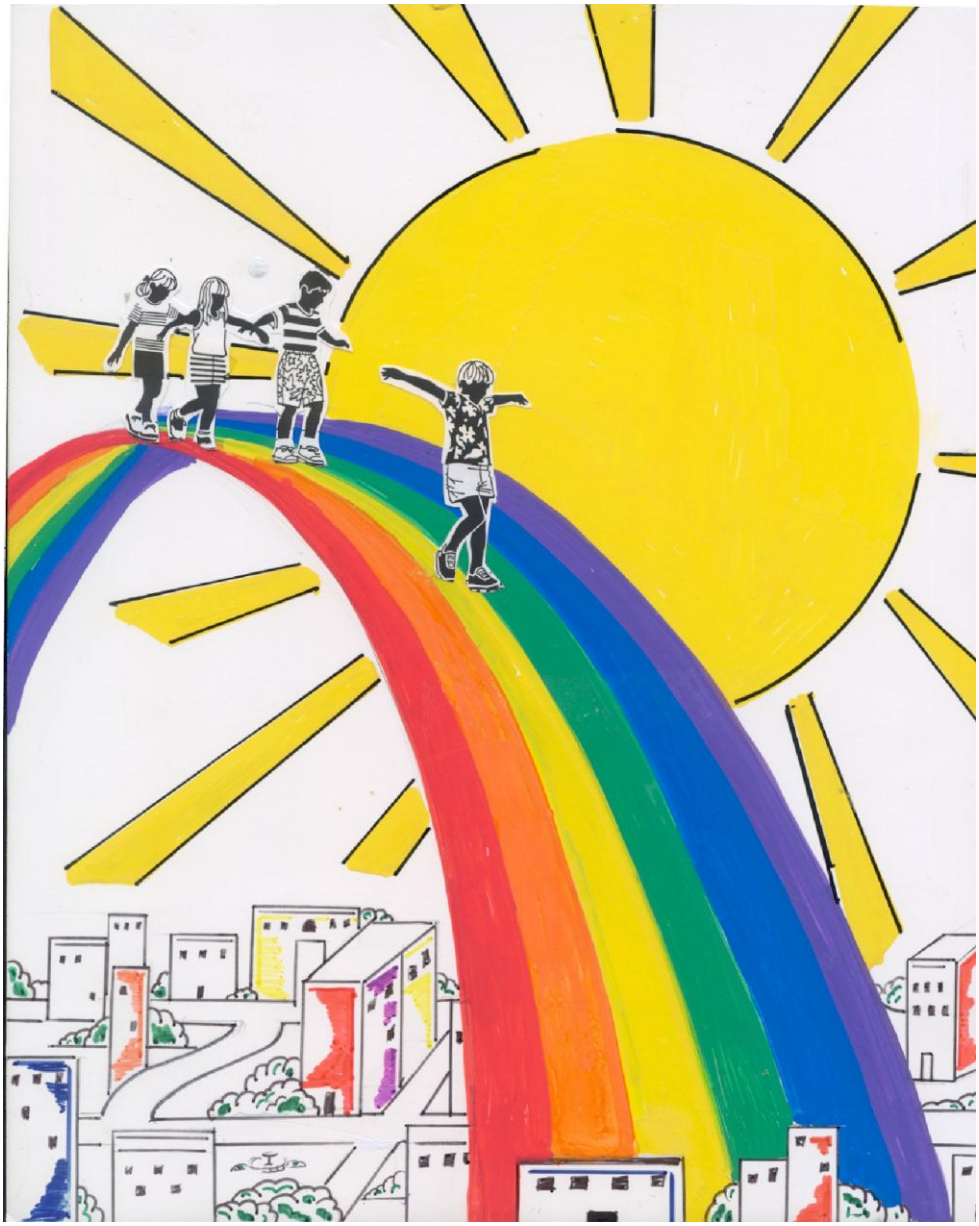
What Do I Do Now?

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.firstcallforhelp.info For help finding positive recreational outlets for your youth call the Broome County Youth Bureau at 778-2415 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**
Lourdes *FAST* or *SFP* Programs	**584-4570**

Parenting Classes

Cornell Cooperative Extension:	**772-8953**
Gateway/Catholic Charities:	**584-7800**
Families First/Broome County DSS	**778-3080**
Catholic Social Services:	**729-9166**
Lourdes Youth Services:	**584-4500**

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	
LIFE House Program/Berkshire Farm Center & Services for Youth	**1-800-HELP-130 = (1-800-435-7130) or 772-3123**
Runaway & Homeless Youth Coordinator/Broome County Youth Bureau	**778-3950**

DEVELOPMENTAL DISABILITIES

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	www.achieveny.org	723-8361
Autism Society of Broome Tioga Chapter		754-7222
Broome County Urban League	www.bcul.org	723-7303
Broome DDSO		770-0211
Catholic Charities of Broome County	www.catholiccharitiesbc.org	723-9991
Down Syndrome Info Network		761-0655
Handicapped Children's Association	www.hcaserves.com	798-7117
High Risk Birth Clinic		729-1295
Institute for Child Development @ BU	http://icd.binghamton.edu	777-2829
Magic Paintbrush Project	www.magicpaintbrushproject.org	729-5059
Southern Tier Alternative Therapies	www.statinc.org	223-4176
Southern Tier Independence Center	www.stic-cil.org	724-2111

EDUCATION SERVICES

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 be considered as well. The local school district Committee on Preschool Special Education should also be consulted to ensure the child's educational needs are being met.

RESOURCES		
Binghamton Schools PACT		762-8197
BOCES	www.btboces.org	763-3300
Early Childhood Direction Center	www.stic-cil.org	724-2111
Maternal Child Health and Development	www.gobroomecounty.com/mch	778-2851
Family Enrichment Network	www.familyenrichment.cc	723-8313
Handicapped Children's Association	www.hcaserves.com	798-7117
Lourdes PACT	www.lourdes.com/centers-and-services/youth-services/pact	584-4550
Opportunities for Broome	www.ofbonline.org	723-6493
Family Resource Center Binghamton	www.mothersandbabies.org	771-6334
Family Education Center Endicott	www.ccebroomecounty.com	760-5755
ACCESS – VR	www.acces.nysed.gov/vr/	721-8400

Elementary Education and Middle/High School Education

Developmental – Indicators include, but are not limited to:

- General awkwardness
- Hyperactivity/distractibility
- Difficulty with temporal concepts
- 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
- Difficulty in copying accurately from a model
- Slowness in completing work
- Easily confused by instructions
- Difficulty with tasks requiring sequencing
- Difficulty with abstract reasoning/problem solving
- Disorganized thinking
- Poor short-term memory

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.

RESOURCES		
BOCES	www.btboces.org	763-3300
The Children's Home	www.chowc.org	772-6904
Family Enrichment Network	www.familyenrichment.cc	723-8313
Handicapped Children's Association	www.hcaserves.com	798-7117
Lourdes FAST/SFP		584-4570
Opportunities for Broome	www.ofbonline.org	723-6493
Learning Disabilities Association of ST		754-3335
Southern Tier Independence Center	www.stic-cil.org	724-2111

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.

LOCAL AFTERSCHOOL RESOURCES		
Boys & Girls Club Binghamton	www.bgcbinghamton.org	723-7404
Boys & Girls Club Oasis Program Endicott	www.oasisue.com	239-5311
Broome County Urban League	www.bcul.org	723-7303
Jewish Community Center	www.binghamtonjcc.org	724-2417
St. Anthony's Learning Center		748-5184
The Discovery Center	www.thediscoverycenter.org	773-8661 ext: 208
YMCA Binghamton	www.ymcabroome.org	772-0563
YMCA Johnson City	www.ymcabroome.org	729-4977

MENTAL HEALTH

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 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

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 favorite 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

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

Mental Health Assoc. of Southern Tier
www.yourmha.com
153 Court Street
Binghamton, NY 13901
(607) 771-8888
CCSI
Rural BEAR Program
Compeer Youth Mentoring

Family Counseling Program
www.catholiccharitiesbc.org
86-88 Walnut Street
Binghamton, NY 13905
(607) 584-7800

Samaritan Counseling Center
www.samaritanendicott.com
202 East Main Street
Endicott, 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
257 Main Street
Binghamton, NY
13905
(607) 729-6206

Gateway Center for Youth
www.catholiccharitiesbc.org
Catholic Charities
86-88 Walnut Street
Binghamton, NY 13905
(607) 584-7800

Child Clinic Plus
www.familyenrichment.cc
229-231 State Street
Binghamton, NY 13901
(607) 778-1111

Intensive Outpatient Treatment / Education

Children's Day Treatment Program (5-12)
www.chowc.org
The Children's Home
1182 Chenango Street
Binghamton, NY 13901
(607) 772-6904

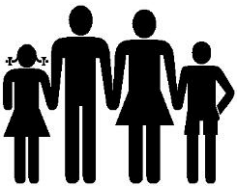
Adolescent Day Treatment Program (12-17)
www.omh.ny.gov
Greater Binghamton Health
Center 425 Robinson Street
Binghamton, NY 13904
(607) 773-4258

Therapeutic Placement Programs

Boys of Courage Community Residence
www.catholiccharitiesbc.org
Catholic Charities
32 Oak Street
Binghamton, NY 13905
(607) 724-2001
(must refer through SPOA, 584-7800)

Adolescent Crisis Residence (13-17)
www.omh.ny.gov
Greater Binghamton Health Cntr
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
86-88 Walnut Street
Binghamton, NY 13905
(607) 584-7800

CCSI FOCUS – Mental Health Association
www.yourmha.com
153 Court Street
Binghamton, NY
13901 (607) 771-8888

- Coordinated Children's Services (access through SPOA, 584-7800)

Community Connections Center (Endicott)
www.uek12.org
1100 East Main Street
Endicott, NY 13760
(607) 757-2637

School Based Family Support Centers
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
457 State Street
Binghamton, NY 13901
(607) 772-0517 or 1-800-231-0744

Family Enrichment Network
www.familyenrichment.cc
24 Cherry Street
Johnson City, NY 13790
(607) 723-8313

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 * Bongs/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
	772-8932 Judy/773-8947 Ruth Ann
Alanon/Alateen	723-0897 Debbie/321-4452 Amanda
Catholic Charities MICA	584-7800
Emergency Room (CPEP at General Hospital)	762-2302
Experienced Private Therapists	
Families Anonymous	341-2747 Cindy/765-6862 Patty
Lourdes Substance Abuse Prevention	584-3110
Narcotics Anonymous	774-4907
New Horizon's (Family focused treatment)	762-3232

Internet Resources

www.kydscoalition.org
www.samhsa.gov
www.niaaa.nih.gov
www.aboutourkids.org
www.edc.org/hec
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.

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 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?

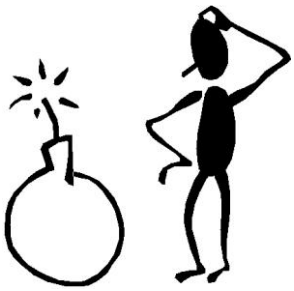
Say you provoke him, you press his buttons, you make him do it, you lead him on?

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
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:
  - Worse 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
ganginfo@binghamtonha.org

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	(607) 762-2302
	1 (800) 451-0560
NYS Sex Offender Registry www.criminaljustice.ny.gov/nsor/	1 (800) 262-3257
First Call For Help	211
Family & Children's Society, Inc.	(607) 729-6206
Binghamton Crime Stoppers Anonymous Tip Line	1 (866) 304-TIPS (8477)

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
formerly Planned Parenthood
117 Hawley Street
Binghamton, NY 13901
(607) 723-8306

Lourdes Center for Family Health
www.lourdes.com
DeMarillac Maternity Clinic
303 Main Street
Binghamton, New York 13905
(607) 798-8058

UHS Women's Health Center
www.uhs.net/womens-health/maternity-childbirth
Perinatal Center 4th Floor
33-35 Harrison St.
Johnson City, NY 13790
(607) 763-6101

Services and Supports

Birthright of Binghamton, Inc.
www.birthright.org
435 Main St.
Johnson City, NY 13790
(607) 798-7661 or 1-800-550-4900

Catholic Social Services
www.catholiccharitiesbc.org
Pregnancy, Parenting, and Adoption Program
57 Chestnut Street
Binghamton, NY 13905

Family & Children's Society
www.familycs.org
257 Main Street
Binghamton, New York 13905
(607) 729-6206

Life Choices Center
www.lifechoicescenter.org
93 Oak St.
Binghamton, NY 13905
(607) or 1-800-395-HELP (4357)

Mothers and Babies Perinatal Network
www.mothersandbabies.org
457 State Street
Binghamton, New York 13901
(607) 772-0517 or 1-800-231-0744

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 to 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.

The following tips may help:

Set good examples

Respect their privacy and feelings

Give accurate and honest answers

Start early

Take advantage of teachable moments

Reassure them that they are normal

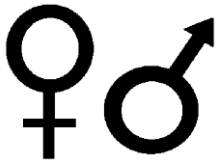
Use correct names for sexual organs and behaviors

Admit if you do not know the answer

Help them learn to set their own limits

Be available, be open, initiate conversation

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, 748-3984

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

LGBT (Lesbian, Gay, Bi-sexual, Transgender) Identity Youth Program

STAP (Southern Tier Aids Program), 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

National Institute of Mental Health
www.nimh.nih.gov

National Mental Health Association
www.nmha.org

Mental Help Net – Child and Adolescent Development
www.mentalhelp.net/

Mental Health Risk Factors for Adolescents
www.education.indiana.edu/cas/adol/mental.html

National Mental Health Services
www.mentalhealth.org/
www.mental-health-matter.com/disorders/childhood.php

National Association of School Psychologists
www.nasponline.org
www.nami.org
www.connectforkids.org

Families Together in NYS, Inc
1-888-326-8644
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
Information Line 1-800-345-KIDS
Information on Childcare, Foster Care, and adoption Day Care Facility Search
www.ocfs.state.ny.us/ccfs_facilitysearch/Default.aspx

NYS Sex Offender Registry
www.criminaljustice.ny.gov

Broome County Website
www.gobroomecounty.com

Children & Youth Services Council (CYSC)
www.cyscbroome.org

NYS Office of Alcoholism and Substance Abuse Services
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

Broome County Probation..... ……778-2121

First Call for Help ..... …….211

Parent Helpline .....……..1(800) 342-7472
Everyday 9am-10pm anywhere in NYS- free/confidential/multilingual

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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