Outpatient Behavioral Health

• UR Medicine: Pediatric Behavioral Health & Wellness (PBH&W) Outpatient Services

- New requests for services are being triaged, call 585-279-7800; new patients are being accepted;
 ages birth to 18; youth and families are being seen via Telehealth and in person
- o https://www.Golisano.urmc.edu/behavioralhealth

UR Medicine: Adolescent Partial Hospital Program (PHP)

- o Accepting new patients; ages 12-18. Telehealth model.
- o Call 585-273-1776 or 585-275-8575
- https://www.urmc.rochester.edu/childrens-hospital/behavioral-health-wellness/partial-hospitalization.aspx

UR Medicine: Mental Health & Wellness Outpatient Services

- Accepting new adult patients 18+ @ 585-273-5050
- New downtown location open at 150 Chestnut Street
- o https://www.urmc.rochester.edu/mental-health-wellness/adult-services.aspx

Rochester Regional Health: Genesee Mental Health Center (GMHC)

- Accepting new patients; age 5 through adult; call 585-922-7770.
- o Providing walk in hours for children only (Ages 5-19) M, W, F 8:30-10:30 am
- o Virtual Walk in via Zoom for ages 5-19 M, W, F 8:30-10:30 am (call 922-7270) to schedule
- No walk-in hours for Adults until further notice
- https://www.rochesterregional.org/locations/rochester/genesee-mental-health-center

• Liberty Resource Behavioral Health

- o 585-410-3370
- o Accepting new patients and conducting counseling by phone and zoom.
- https://www.liberty-resources.org

• Catholic Family Center (CFC)

- Accepting new patients age 5 through adult; call 585-546-7220
- Scheduling intake appointments over the phone at 585-262-7000
- Currently maintaining walk-in hours for all ages (youth and adults).
 - Monday 1-3; and Tuesday, Wednesday, Thursday 9-11.
- https://www.cfcrochester.org/

• Villa of Hope Behavioral Health Clinic

- 0 585-328-0834
- o Accepting new patients and currently conducting appointments via telehealth.
- Limited in person appointments
- https://villaofhope.org/

Mt. Hope Family Center

- o 585-275-2991 (All appointments are via telehealth)
- https://www.psych.rochester.edu/MHFC/
- Most services require DHS referral

OnTrackNY

- Accepting new referrals for patients with psychosis @ 585-241-1364. Clinical information needs to be faxed over; then, if child meets requirements, an evaluation will be conducted via Telehealth.
- https://www.ontrackny.org/

- Monroe County Office of Mental Health
 - o https://www2.monroecounty.gov/mh-index.php#MentalHealth
 - Children's SPOA (Single Point of Access)
 - **•** 585-753-2881
 - https://www2.monroecounty.gov/mh-CYSPOANew
 - Child and Family Treatment and Support Services (CFTSS)
 - https://www2.monroecounty.gov/mh-CFTSS
 - Waitlist is approximately 1 ½ month (CPST, PSR, and OLP)
 - Pathways (CPST, PSR, and OLP with 1 month wait) (HCBS no waitlist)
 - Villa of Hope Telehealth for (OLP, CPST, and FPSS with 2-month waitlist, PSR with 1-month waitlist and YPST waitlist fluctuating)

Behavioral Health Resources – Only for Primary Care Providers to Access

- NYS Project Teach
 - Child Psychiatric Consultation, Referrals, Training for Primary Care Providers, video consultations
 - https://projectteachny.org/
 - Face to face consultations occur within 2 weeks of request
 - 0 855-227-7272

Crisis Services—For Families, PCPs, and Schools to Access

- UR Medicine: Mobile Crisis Team @ 529-3721 or if no answer, call 211
 - Accepting new referrals, using Telehealth options to minimize direct staff/patient contact.
- UR Medicine: Pediatric Behavioral Health & Wellness Outpatient Services Crisis Intervention Service
 - Accepting urgent cases that are not already in mental health care; patients are being seen via Telehealth, although retaining ability to see acute patients in person; call the UR Med Behavioral Health Crisis Call Line at 585-275-8686.

Crisis Services—Telephone or Online Support

- UR Medicine: Behavioral Health Crisis Call Line
 - o 585-275-8686
 - Hours: Monday-Friday: 7 am 8 pm; and Saturday, Sunday and Holidays: 10 am 6:30 pm
 - Licensed clinicians can help to determine level of care needed and connect families with appropriate services; for youth and adults.
- Trevor Project
 - TrevorLifeline 1-866-488-7386
 - TrevorText text Start to 678678 confidential text messaging with a counselor, available 24/7.
 - https://www.thetrevorproject.org/
 - Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.
- COVID-19 Emotional Support Hotline
 - For youth and adults @ 844-863-9314
 - Monday thru Sunday, 8:00 am 10:00 pm

National Suicide Prevention Hotline (24 Hours)

- o Free and confidential prevention and crisis resources for people in distress.
- o 800-273-8255 or online chat platform @ https://suicidepreventionlifeline.org/chat/

National Parent Helpline

- o Emotional support and problem-solving help for parents.
- o Available Monday through Friday, 1-10 pm @ 855-427-2736

• Disaster Distress Helpline

Call 1-800-985-5990 or text TalkWithUs to 66746. The Disaster Distress Helpline (DDH) provides
crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health
concerns related to any natural or human-caused disaster, including public health emergencies.

Crisis Text Line

• Text MHA to 741741, and you will be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.

Crisis Services—For Behavioral Health providers to access

Home Based Crisis Intervention (HBCI)

- 0 585-922-8040
- Accepting new referrals, Telehealth (audio and video) visits and in-home visits are now offered
- HBCI can offer the same frequency (3 visits per week) and 24/7 crisis phone support. Please reach
 out with clinical info if there is a specific youth/family in mind.
- Heather.Elston@rochesterregional.org

Hillside Family Crisis Services & Supports (FCSS)

- o Can call Service Integration 585-256-7500.
- o Accepting referrals, Telehealth visits and home visits being offered.
- Email Ann Crean at acrean@hillside.com for referrals.

Children and Youth Evaluation Services (CYES)

- o Call 1-833-333-2937 for questions and to request referral
- Short wait list and doing in home visits

Family Access and Connection Team (FACT)

- o Taking referrals, a parent/guardian can call 753-2639 for assistance
- Limiting face to face communication

Hillside Emergency Respite

- o Parent would need to call, service integration, 256-7500 to start the process of respite.
- They would gather info as well as a clinical and health risk screen. Respite services have at least a
 2-month waiting list

Emergency Respite via Smith Rd.

- Jason West is the new program Counselor/Specialist
- o Phone:(585) 241-1778
- o Fax: (585) 787-1683
- Jason.West@omh.ny.gov
- We are reviewing referrals and we have an opening now for a respite

Substance Use Services

- UR Medicine: Strong Recovery Adolescent and Young Adult program
 - o 585-275-3161
 - o Adolescent 14-18 and Young Adult 18-24
 - https://www.urmc.rochester.edu/mental-health-wellness/addiction-services.aspx
- Villa of Hope Behavioral Health Clinic
 - o 585-328-0834
 - Adolescents and Young adults ages 12-26
 - https://villaofhope.org/
- Rochester Regional Health/Evelyn Brandon Chemical Dependency Clinic
 - o 585-922-9900
 - o Ages 12-18; 18 and older; older adults
 - 81 Lake Avenue, Rochester, NY

Major Local Telephone and Web Resource Lines

- 211/LIFE LINE:
 - o https://www.211lifeline.org/
 - 211/LIFE LINE is here for everyone, every day, anytime. Community members get connected with experienced tele counselors by simply dialing 211 for free and confidential assistance connecting to vital services within the community. When you need help locating basic resources (like food, clothing, shelter) or need crisis stabilization for yourself or someone you know, we are here to listen and here to help.
- Kids Thrive 585:
 - https://kidsthrive585.org/
 - Child-focused Rochester, NY area non-profit (501c3) organization that highlights good work occurring throughout the community and improves access to resources for children, caregivers and child advocates.
- National Suicide Prevention Hotline (24 Hours)
 - o Free and confidential prevention and crisis resources for people in distress.
 - 800-273-8255 or online chat platform @ https://suicidepreventionlifeline.org/chat/
- National Parent Helpline
 - Emotional support and problem-solving help for parents.
 - Available Monday through Friday, 1-10 pm @ 855-427-2736
- Rochester Parent Network Nurse Line/ 292-BABY
 - o 585-292-Baby (585-292-2229)

Health Home Referrals

*Must be enrolled in Medicaid and have two underlying conditions (e.g., obesity, asthma, mental health disorder)

- Golisano Children's Hospital Health Home Program
 - 0 585-275-4242
 - https://www.urmc.rochester.edu/childrens-hospital/health-home.aspx

Pathways

- 0 607-937-3200
- Website: https://www.pathwaysforyou.org/
- o Email: info@pathwaysforyou.org
- o 33 Denison Parkway West, Corning, New York 14830
- No waitlist for care management

• CHHUNY (Children's Health Home of Upstate New York)

- 0 855-209-1142
- https://www.childrenshealthhome.com/
- HHUNY (Adults Health Homes of Upstate New York)
 - o 855-613-7659
 - o https://www.hhuny.org/
- Greater Rochester Health Home Network (Primarily Adults)
 - o 585-350-1400
 - o https://www.grhhn.org/home

Referrals and Services for Youth with Possible Sexual Abuse Issues

• Bivona Child Advocacy Center

- o 585-935-7800
- https://www.bivonacac.org/
- Self-referrals, PCP-referrals, and accepting referrals from internal advocates and CPS workers who
 are continuing to see children/families (back to full capacity).

Mt. Hope Family Center

- 0 585-275-2991
- https://www.psych.rochester.edu/MHFC/
- Most services require DHS referral

Linden Oaks Sexual Abuse Treatment Services (LOSATS)

- 0 585-586-6840
- https://www.losats.com/
- Not currently taking new patients

RESTORE Sexual Assault Services

- o 585-546-2777
- o Hotline 1-800-527-1757
- https://restoresas.org/
- o Telehealth visits

REACH Program

- o 585-935-7802
- https://www.urmc.rochester.edu/childrens-hospital/community-outreach-programs/reachprogram.aspx
- o REACH is a Referral and Evaluation service for Abused Children (PCP referral needed)
- Fax intake form and a social worker will call to set up an evaluation

NYS Child Abuse Hotline

- o 1-800-342-3720
- https://ocfs.ny.gov/main/cps/default.asp

Community Based Support

Compeer Rochester

- o 585-546-8280
- o 259 Monroe Avenue, Rochester, New York
- https://www.compeerrochester.org/home
- Big Brother/Big Sister-type mentor program for youth with mental health challenges
 Accepting referrals via email. Parent orientation will not be setup until their office re-opens.
 Telehealth and virtual contact through phone calls, e-mails, and video conferencing
 remain the safest and preferred methods of service delivery.
 - Services will not take place in homes or in the Compeer office until further notice.
- Currently accepting youth referrals for the mentoring program is from 5-21 and the waitlist has no set time frame. However, girls are matched faster than boys, accepting all referrals for PSR, Habilitation, Peer, and FST.

Center for Teen Empowerment

- o 585-697-3464
- https://teenempowerment.org/
- Employs Rochester youth who engage their peers, adults, and community leaders in youth-led initiatives.

Pathways to Peace

- o 585-428-6339
- https://www.cityofrochester.gov/pathwaystopeace/
- o Peace Manager of Youth Outreach & Violence Prevention

Monroe County Office of Mental Health

- Children's SPOA (Single Point of Access)
 - **585-753-2881**
 - No wait for care coordination, skill builders (female) and peer mentors (female).
 - Health Home CM typically takes 2 weeks to connect after a referral is submitted.
 - For youth interested in males, there is an undermined wait at this time due to a shortage of male workers
 - Care coordination, skill building, and youth peer mentor services available through SPOA.
 - Current wait lists for care coordination and youth peer mentor (for males it is a longer wait).
 - Right now our waitlist for Non-Medicaid Care Coordination is about 2 months.
 - For youth open to female Skill Builders there is no wait. For youth looking for male Skill Builders there is a wait of approximately a month or two.
 - For youth open to female Youth Peer Mentors there a month or so wait and for youth seeking a male Youth Peer Mentor the wait is longer- still dealing with a shortage of male youth peer mentors
 - https://www2.monroecounty.gov/mh-CYSPOANew
- Child and Family Treatment and Support Services
 - https://www2.monroecounty.gov/mh-CFTSS
- https://www2.monroecounty.gov/mh-index.php#MentalHealth

Hillside CFTSS Services

- o PSR services: Taking referrals with a 2-month waiting list.
- o Respite: 2 month waiting list.
- o OLP, CPST, FPSS, YPST services: No waitlist
- HBCS (waiver) referrals accepted and no waitlist for Community Self-Advocacy Services, no waitlist for Care Giver Family Support Services.
- o Email referrals to: referrals@hillside.com

Villa of Hope

- Currently offering Zoom and Phone appointments
- o OLP, CPST, FPSS have waitlists longer than 2 months
- o PSR waitlist is less than a month
- YPST fluctuates, depending on the provider

Pathways Inc.

- o There is no waitlist for CPST or PSR with medical necessity.
- There is no waitlist for HCBS
- o There is waitlist for OLP and OLP evaluation at this time
- Agency also offers Skill building through Monroe County SPOA for non-Medicaid youth. There is also no waitlist at this time for youth especially If they have no provider preference or don't mind a female provider.

Financial and Basic Needs Assistance

• 211/LIFE LINE:

o https://www.211lifeline.org/

Monroe County Temporary Financial Assistance Program

- o 585-753-6477
- Utility bills, rent, and food stamps.
- o Applications available at 691 Paul Street and 111 Westfall Road.
- o Emergency assistance applications for food or rent must be applied for in person at St. Paul Street.

• The Community Place of Greater Rochester - Family Services

- o 585-288-0021, 585-327-7200, 585-336-4697
- o Offers family and emergency services including: Utility gas and electric bill payment assistance
- o Family support and case management
- o 14605, 14607, 14609, 14610, 14621

Catholic Family Center

- o 585-232-2050
- https://www.cfcrochester.org/
- Financial Assistance back rent assistance, utility assistance, emergency security deposit, must have "pay or quit" or eviction notice

Jewish Family Service

- o 585-461-0114 or send an email to helpline@jfsrochester.org 9 a.m. to 5 p.m. daily and weekends
- https://www.jfsrochester.org/
- Services include counseling, emergency family assistance, food, friendly callers, and general support & resources.

Health Well Foundation

- o (800) 675-8416
- https://www.healthwellfoundation.org/fund/covid-19fund/?utm_medium=social&utm_source=MHA&utm_campaign=COVID-19_story
- Assistance with costs associated with delivered food, medication, diagnostics, transportation and telehealth as a result of COVID-19 risk or incidence

Food

- Local school districts
- o Foodlink 585-328-3380
 - https://foodlinkny.org/need-food-map/
- o 211/LIFE LINE:
 - https://www.211lifeline.org/

Clothing

- o 211/LIFE LINE:
 - https://www.211lifeline.org/

Housing

- Center for Youth
 - **585-271-7670**
 - https://www.centerforyouth.net/
 - Emergency housing for youth up to 21; currently open with limit of 5 youths.
 - Youth in need of housing can call Center for Youth directly at 585-271-7670.
 - For emergency shelter placement through DHS, youth can call the county at 585-753-2750 during the hours of 8:00 am − 2:00 pm and after hours (after 5pm) at 585-442-1742.
- Genesis House
 - **585-235-2660**
 - Emergency housing for youth 18-21; currently open.
- The Housing Council at PathStone
 - **585-546-3700**
 - https://www.thehousingcouncil.org/
- LawNY
 - 585-325-2520, ext. 5652 (Leave a voice mail and someone will respond within 24 hours.)
 - https://www.lawny.org/node/354
 - Legal Assistance of Western New York provides free legal aid to people with problems such as eviction, foreclosure, denial of unemployment benefits, denial of public assistance.
- o 211/LIFE LINE:
 - https://www.211lifeline.org/
- o RAIHN
- Currently accepting families into its shelter program, however they are using hotel for shelter space until we are able to return to our normal model of using congregational space for shelter. Families can call directly to check on shelter space

Transportation

- Regional Transit Service (RTS)
 - **585-288-1700**
 - Regular fares now
 - https://www.myrts.com/

- Medical Answering Service (MAS)
 - **866-932-7740**
 - Still in operation with limited group rides.
 - Drivers and patients over the age of 2 have to wear a mask.
 - Cars are being sanitized after each trip
 - http://www.medanswering.com/

Education

Education

- RCSD Support Hotline 585-262-8700 or 262-8100. The District has established a hotline for families regarding resources and supports, Monday to Friday, 8:00 am 5:00 pm. Education May be provided in person for summer term.
- Rochester City School District Special Education Parent Hotline 585-262-8220, extended school year will be from July 6th to August 14th 2020 through tele-practice and distance learning.
- O Universal Pre-K Information 585-262-8140
- o ABC Head Start 585-325-5116, x2
- o IBERO American Action League, Inc. 585-256-8900
- Operation Transformation Rochester (Job Training) 585-428-6342
- o Regional Early Childhood Direction Center 585-249-7817
- New York State Education Department http://www.nysed.gov/
- PBS Learning Media https://www.pbslearningmedia.org/resource/coronavirus-student-guide-explainer-updates-video/pbs-newshour/#.XmvUa6hKiUm

Developmental Concerns

- Early Intervention 585-753-KIDS (585-753-5437) Option-1 (birth to 3)
- o **CP Rochester** 585-334-6000
- Golisano Autism Center Helpline 1-866-AUTISM-4 (1-866-288-4764) or HelpLine@GolisanoAutismCenter.org
- UR Medicine: Developmental and Behavioral Pediatrics' Levine Autism Center (formerly Kirsch)
 (585) 275-2986
- Person Centered Services-

(585) 689-7459

aalbanese@personcenteredservices.com

Professionals or families can get assistance with applying for OPWDD. The intake department is a non-billable service to support families through the entire OPWDD eligibility and Medicaid process. Contact: Amy Albanese with questions or concerns about the OPWDD process and services for children with intellectual and developmental disabilities.

COVID-19 Resources for Parents of Children with Intellectual or Other Developmental Disabilities
 https://myemail.constantcontact.com/COVID-19-Resources-for-Parents-of-Children-with-Intellectual-or-Other-Developmental-Disabilities.html?soid=1114625386453&aid=7uHDuQO0UDE

Child Care

NYS Childcare Council

- o 585-654-4720
- o https://childcarecouncil.com/

Monroe County DHS/Medicaid

- o 585-753-6960
- https://www2.monroecounty.gov/hs-daycare

YMCA

https://rochesterymca.org/

Daystar

- o 585-385-6287
- 700 Lac de Ville Blvd, Rochester, NY
- https://www.daystarkids.org/
- o For medically fragile children

Crisis Nursery of Greater Rochester

- o 585-235-5750 and 24-hour Crisis Line: 585-271-7670
- www.cngr.org
- 905 Monroe Avenue, Rochester, NY and 201 Genesee Park Blvd, Rochester, NY
- When parents find themselves in crisis they may be temporarily unable to care for their children. The Crisis Nursery can provide the short-term childcare they need while resolving their problems.
- Children from birth up to age twelve
- Open 24 hours per day, most days of the year

• NYS Childcare Resource

https://ocfs.ny.gov/programs/childcare/resources-for-families.php

• IBERO-American Action League

- o 585-256-9800
- https://iaal.org/

LGBTQ

Trevor Project

- Trevor Lifeline 1-866-488-7386
- Trevor Text text Start to 678678 confidential text messaging with a counselor, available 24/7.
- https://www.thetrevorproject.org/
- Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

Trillium Health

- o 585-545-7200
- Primary Care and other health services
- https://www.trilliumhealth.org/en/news/146/trillium-health-earns-2019-lgbtq-health-careequality-leader-designation

Golisano Children's Hospital Gender Health Services

- o 585-275-2964
- Provides services to aid families, youth, and young adults who identify as transgender, gender fluid, or have other questions or concerns about their gender.
- o https://www.urmc.rochester.edu/childrens-hospital/adolescent/gender-health-services.aspx

Domestic Violence/Intimate Partner Violence

Willow Domestic Violence

- o 585-232-5200
- o 24-Hour Hotline 585-222-SAFE (585-222-7233)
- 24-Hour Text Line 585-348-SAFE (585-348-7233)
- o TTY Line: 232-1741
- https://willowcenterny.org/

RESOLVE of Greater Rochester

- o 585-425-1580
- o https://www.resolve-roc.org/

HEAL

- o 585-275-HEAL (585-275-4325)
- o Program Offers Holistic Care For Victims of Interpersonal Violence.
- https://www.urmc.rochester.edu/news/story/4721/heal-program-offers-holistic-care-for-victimsof-interpersonal-violence.aspx

RESTORE Sexual Assault Services

- o 585-546-2777
- Hotline 1-800-527-1757
- https://restoresas.org/

Saathi of Rochester

- o 585-234-1050
- https://www.facebook.com/saathiofrochester/

Parent Groups

Parenting Village

- o 585-270-1832
- 255 East Ave #201, Rochester, NY, 14604
- https://www.facebook.com/ParentingVillageRochester/; https://www.ourparentingvillage.org/

Parents as Teachers at Hillside Children's Center

- One Mustard Street, Suite 2-4050, Rochester, NY
- Parent Education
- o 585-436-0370, ext. 308

Compeer Rochester

- o 585-546-8280
- o 259 Monroe Avenue, Rochester, New York
- https://www.compeerrochester.org/home

- Mental Health Association
 - 0 585-325-3145
 - o 320 N. Goodman St., Rochester, NY
 - https://www.mharochester.org/
- Peter Castle Family Resource Center
 - o 585-436-0370
 - o 555 Avenue D, Rochester, NY
 - o https://www.rcsdk12.org/domain/7158

Information about COVID-19 for Children

- Talking To Children about COVID-19
 - https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climatesafety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parentresource
 - https://www.urmc.rochester.edu/childrens-hospital/coronavirus-information-forfamilies/resources-for-families.aspx
 - COVID-19 Resources for Parents of Children with Intellectual or Other Developmental Disabilities
 - https://www.mghclaycenter.org/hot-topics/7-ways-to-support-kids-and-teens-through-thecoronavirus-pandemic/
 - https://www.zerotothree.org/resources/3265-answering-your-young-child-s-questions-aboutcoronavirus

Starting the Discussion with Children on Racism:

- https://childmind.org/article/racism-and-violence-how-to-help-kids-handle-the-news/
- https://www.apa.org/topics/kidsdiscrimination?utm source=twitter&utm medium=social&utm campaign=apaparenting&utm content=kids-discrimination

Monroe County Department of Public Health Information

MCDPH Frequently Asked Questions

MCDPH: If someone in a classroom tests positive for COVID-19

MCDPH: 3 Ways to Get a COVID-19 Test in Monroe County

COVID-19 Vaccine Info https://am-i-eligible.covid19vaccine.health.ny.gov/