

# Child and Adolescent Mental Health and Substance Abuse Services Resource Directory

*Clinton, Essex & Franklin Counties, New York*



Produced Through a Collaborative Community  
Partnership:

National Alliance on Mental Illness of Champlain Valley (*lead agency*);  
Behavioral Health Services North, Inc.;  
Clinton County Public Health Department;  
Eastern Adirondack Health Care Network;  
United Way of Clinton and Essex Counties; and  
with contributions from members of the local public health  
systems in Clinton, Essex, and Franklin Counties.



**MAPP**

Mobilizing for Action through Planning and Partnerships  
A Road Map to Community Health

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**Eastern Adirondack Health Care Network (EAHCN)**

SUNY Plattsburgh, 101 Broad Street, Sibley Hall, Suite 227

Plattsburgh, N.Y. 12901

Main Office: (518) 564-3377

Fax: (518) 564-2328

See pages 71 and 73 to request copies from EAHCN and provide feedback to NAMI: CV.

**Thank you!**

## Preface

Mental illnesses, addictive disorders, and suicide are serious health challenges in both our country and counties that have not received the attention, funding, and degree of priority that they deserve. We need to talk about suicide and educate ourselves about the many connections among mental illnesses, addictive disorders, and suicide. Education and awareness are key components of this process. It is imperative that our citizens know the signs and symptoms of suicide and how and where to access help in an emergency. Furthermore, depression screening, beginning at a young age, is essential to getting early mental health treatment and, hopefully, averting suicide.

Suicide is a major public health problem in the North Country of New York State. In addition to the immediate loss of life, suicide causes a ripple effect that is, to a certain extent, immeasurable. Suicide obviously impacts loved ones the greatest, those who must grieve the loss of their loved one. When a teen or college student completes suicide, it has resounding effects on the entire school community. As a result, we have seen increased depression among students, friends, and family.

Many community members are surprised to learn that there are twice as many suicides as homicides in the United States. In fact, suicide is the eleventh leading cause of death for all age groups, and the third leading cause of death among young people fifteen to twenty-four years of age. The highest suicide rates occur among people ages sixty-five and older. Males are four times more likely to die from suicide than females. While no national data on *attempted* suicides is available and many suicides go unreported, research indicates that there are an estimated eight to twenty-five attempted suicides for every completed suicide. The number of completed suicides reflects only a small portion of the impact of suicidal behavior on our communities.

In 2005, a Mental Health Screening-Referral & Education Steering Committee formed in Clinton County to initiate a pilot program in the Plattsburgh City School District. The Committee selected Columbia University's *TeenScreen* Program as the screening tool. *TeenScreen* is an adolescent mental health and suicide-screening initiative active in forty-three states and supported by thirty-four national organizations, including the American Academy of Child and Adolescent Psychiatry, the American Federation of Teachers, and the President's New Freedom Commission on Mental Health.

The Steering Committee's goal is to: (1) establish a demonstration education and screening program and (2) expand the program to other school districts in Clinton County. This resource directory is a product of our work and serves as a valuable resource for parents, teens, adolescents, and professionals alike. Parents and community members are free to duplicate any parts of this resource directory.

The information contained in this Resource Directory was current as of January 1, 2008.

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## **Emergency Numbers—Clinton County**

**\*In an Emergency—Dial 911\***

**Clinton County Suicide Hotline:** 1-866-5 PREVENT (1-866-577-3836)

**National Suicide Hotlines:** 1-800-273-TALK or 1-800-273-8255 or 1-800-448-3000  
1-800-SUICIDE or 1-800-784-2433

**Veterans' National Suicide Hotline:** 1-800-273-TALK

**Emergency Room - Champlain Valley Physicians Hospital (CVPH):** (518) 562-7370

**Behavioral Health Services North, Inc. (BHSN):** Business hours, after-hours crisis management, and emergency housing: (518) 563-8000

### **Law Enforcement**

**Plattsburgh City Police:** (518) 563-3411

**Rouses Point Village Police:** (518) 297-5502

**Sheriff's Department - Clinton County:**  
(518) 565-4300

**State Police - Plattsburgh Barracks**  
(518) 563-3761

**Main Dispatcher for All Barracks Listed:**  
(518) 563-3761

- **Champlain Barracks**
- **Chazy Barracks**
- **Dannemora Barracks**
- **Ellenburg Barracks**
- **Keeseville Barracks**

### **Other Important Numbers**

**National Youth Crisis and Runaway Hotline:**  
1-800-442-HOPE (4673)

**Poison Control:** 1-800-222-1222

**Runaway Hotline:** 1-800-RUNAWAY

**STOP Domestic Violence of Clinton County:**  
(518) 563-6904

**CVPH Medical Center**  
**Child and Adolescent Mental Health Unit:**  
(518) 561-2000

**National Alliance on Mental Illness of**  
**Champlain Valley (NAMI: CV):**  
(518) 561-2685

**Plattsburgh City Police Juvenile Officer:**  
(518) 563-3425

**Plattsburgh State University of New York**  
**Public Safety:** (518) 564-2022

## **Emergency Numbers—Essex County**

**\*In an Emergency—Dial 911\***

**Essex County HopeLine:** 1-800-440-8074

**National Suicide Hotlines:** 1-800-273-TALK or 1-800-273-8255 or 1-800-448-3000  
1-800-SUICIDE or 1-800-784-2433

**Veterans' National Suicide Hotline:** 1-800-273-TALK

**Emergency Room - Adirondack Medical Center in Lake Placid:** (518) 523-8510

**Emergency Room - Elizabethtown Community Hospital:** (518) 873-6377

**Moses Ludington Hospital in Ticonderoga:** (518) 585-2831

**Essex County Mental Health Services:** Business hours, after-hours, and crisis management:  
(518) 873-3670

### **Law Enforcement**

**Lake Placid Police:**  
(518) 523-3306

**Moriah Police:** (518) 546-7286

**Sheriff's Department - Essex County:**  
(518) 873-6321

**State Police - Elizabethtown Barracks:**  
(518) 873-2111

**State Police - Keeseville Barracks:**  
(518) 834-9040

**State Police - Port Henry Barracks:**  
(518) 546-7611

**State Police - Westport Barracks:**  
(518) 585-6200

**Ticonderoga Police:** (518) 585-3456

### **Other Important Numbers**

**National Youth Crisis and Runaway Hotline:**  
1-800-442-HOPE (4673)

**Poison Control:** 1-800-222-1222

**Runaway Hotline:** 1-800-RUNAWAY

**STOP Domestic Violence of Essex County:**  
(518) 962-8949

**National Alliance on Mental Illness of  
Champlain Valley (NAMI: CV):**  
(518) 561-2685

**National Alliance on Mental Illness of the  
North Country (NAMI: NC):** (518) 543-6104

## **Emergency Numbers—Franklin County**

**\*In an Emergency—Dial 911\***

**National Suicide Hotlines:** 1-800-273-TALK or 1-800-273-8255 or 1-800-448-3000  
1-800-SUICIDE or 1-800-784-2433

**Veterans' National Suicide Hotline:** 1-800-273-TALK

**Emergency Room - Alice Hyde Medical Center in Malone:** (518) 483-3000

**Emergency Room - Adirondack Medical Center in Saranac Lake:** (518) 897-2550

**Franklin County Mental Health Services:** Business hours, after-hours, and crisis management:  
Malone (518) 483-3261; Saranac Lake (518) 891-2280

**Mental Health Association of Franklin County:** (518) 327-3145

**North Star Behavioral Health Services:** Business hours, after-hours, and crisis management:  
Malone: (518) 483-3261; Saranac Lake (518) 891-5535

### **Law Enforcement**

**Sheriff's Department - Franklin County:**  
(518) 483-3304

**Altamont Police Department:** (518) 861-5480

**Malone Village Police:** (518) 483-2424

**Malone Village Police – Juvenile Aid Bureau:**  
(518) 483-2424

**St. Regis Mohawk Tribal Police:**  
(518) 358-9200

**State Police - Malone Barracks:**  
(518) 483-5000

**State Police - Saranac Lake Barracks:**  
(518) 897-2000

**Tupper Lake Village Police:** (518) 359-3776

### **Other Important Numbers**

**National Youth Crisis and Runaway Hotline:**  
1-800-442-HOPE (4673)

**Poison Control:** 1-800-222-1222

**Runaway Hotline:** 1-800-RUNAWAY

**ComLink's Domestic Violence Family Services:** 1-800-834-9474

**National Alliance on Mental Illness of Champlain Valley (NAMI: CV):**  
(518) 561-2685

## Signs and Symptoms of Adolescent/Teen Depression

Many believe that the adolescent/teenage years are marked with mood swings and unpredictable behavior. Depression is real and identifiable when an unusual degree of the following symptoms are experienced and/or suddenly appear and last longer than two (2) weeks:

- Changes in eating habits; weight loss or weight gain
- Changes in sleeping habits; sleeping too much or too little
- School absences
- Poor school performance
- Sudden decline in grades
- Withdrawal from friends and/or family
- No longer enjoying activities that were once pleasurable
- Persistent sadness
- Anxious or empty mood
- Indecision
- Lack of concentration
- Forgetfulness
- Feelings of worthlessness, helplessness, or guilt
- Overreaction to criticism
- Low self-esteem
- Irritability
- Frequent health complaints when no physical ailment is present
- Anger or rage
- Anxiety
- Lack of enthusiasm and/or motivation
- Thoughts of death or suicide

\*\* Severe symptoms such as insomnia, panic attacks, delusions, or hallucinations can indicate extreme depression and put youth at a particular risk for suicide. In such a case, seek emergency attention immediately.

### **Other Behaviors That May Indicate Depression in Adolescents/Teens:**

- Abuse alcohol and/or other drugs
- Eating disorders – bingeing, purging, starvation
- Self-injury – cutting, burning
- Acting out – showing aggression

## Signs and Symptoms of Adolescent/Teen Suicide

### Some Warning Signs of an Adolescent/Teen who is Contemplating Suicide:

- They may talk about or seem preoccupied with death; may say things like "My family would be better off without me" or "I wish I were dead"
- Loss of interest in important or pleasurable activities
- Poor performance in school
- Show signs and symptoms of depression (listed on previous page)
- Give away important possessions, clean their rooms, throw things away
- Neglect hygiene and self-care
- Withdraw from relationships; avoid family or friends
- Behave recklessly; take high risks
- Abuse alcohol and/or other drugs

### Some Risk Factors for Adolescent/Teen Suicide:

- Previous suicidal behavior
- History of psychiatric disorder or substance abuse
- Family history of suicide, psychiatric disorder, or substance abuse
- Loss of a parent for any reason
- History of abuse, violence, or neglect
- Social isolation/alienation

### Some Events That May Precipitate an Adolescent/Teen Suicide:

- Death of a family member or close friend
- Loss of a romantic relationship or close friendship
- Loss of a pet, treasured object, or opportunity
- Fear of punishment
- Physical, sexual, or psychological abuse
- Unwanted pregnancy
- Poor grades
- Fight or argument with a loved one
- Embarrassment or humiliation
- Concerns about sexuality
- Suicide of a friend, family member, or celebrity

## What You Can Do to Help After a Suicide Attempt

- If a child or adolescent/teen has just attempted suicide, dial 911, and contact an emergency professional immediately. Do not leave him/her alone. Do not argue. Stay calm and remain in control. Provide comfort and reassurance.
- Encourage the young person to express their feelings. Validate them by genuinely listening without making harsh comments or passing judgment. Encouraging discussion of feelings and events is often useful, but do not force children to talk about a situation if they are not yet ready.
- Reassure the child/adolescent, but avoid minimizing the seriousness of their concerns. Listen carefully and offer to arrange for them to talk to a behavioral/mental health professional, school counselor, or clergy with good credentials.
- Attempt to determine the seriousness of suicidal feelings. Does your child have a plan, means (gun, knife, pills, etc.), or time?
- The most important thing you can do is simply listen to them. They need to know that someone cares and that someone will listen. Too often, when we talk with children, we find ourselves getting caught up in having to help them resolve their problems by giving advice. This is not what is needed when they are already feeling hopeless. The important long-term action you can take is to link the suicidal child with a network of professional support that will result in resolving the underlying causes.
- If you are not certain if the behavior was a suicide attempt, open the door for honest disclosure by simply asking if they have had thoughts about hurting themselves. If the child or adolescent/teen admits to having suicidal thoughts, ask them if they have a plan. Talk about the consequences of their actions.
- Suicide and attempted suicide affect the whole family. Serious threats warrant immediate action. Include the entire family in professional counseling. While suicidal youth obviously need immediate professional assistance, their long-term welfare will often depend upon the emotional health of their families.
- Remove weapons, knives, pills, and other items from the home that might be used in a suicide attempt. If the child or adolescent/teen takes medication that could be lethal, carefully monitor access to the medication. Keep all prescription(s) under lock and key until you are sure that suicide is no longer a serious threat.
- The underlying issues that lead to attempted suicide do not go away immediately after the crisis is over. Provide consistent treatment and stay involved. The loss of a child is the most profound loss a family can experience so it is important to stay committed to preventing such a loss. Educate yourself about the symptoms and treatment options.

Excerpt from: <http://www.notmykid.org/parentArticles/suicide/>

## How to Handle a Crisis

### **What should you do if your child or adolescent/teen tells you they are thinking about suicide?**

You should take your child or adolescent/teen's distress seriously, listen non-judgmentally, and ensure they get professional evaluation and treatment. **If your child or adolescent/teen is in imminent danger of harming him/herself, do not leave them alone.** You may need to take emergency steps to get help, such as calling 911. When a child or adolescent/teen is in suicidal crisis, it is important to limit access to firearms or other lethal means of inflicting self-harm.

### **What should you do if your child or adolescent/teen has another type of mental health crisis?**

First, you must learn to trust your intuitive feelings. If you also feel frightened or panicked, then the situation calls for immediate action, such as calling 911. Your primary task is to help your child or adolescent/teen stay safe and regain control. If you are alone with your child or adolescent/teen, whenever possible, contact someone to remain with you until professional help arrives. In the meantime, the following guidelines may prove helpful:

- Do not threaten. This may be interpreted as a power struggle and increase fear or prompt your child or adolescent/teen to become aggressive.
- Do not shout.
- Do not criticize. It may only make matters worse.
- Do not argue with other family members over best strategies or allocations of blame.
- Do not stand over your child or adolescent/teen if he or she is seated. Instead, take a seat yourself.
- Avoid direct, continuous eye contact or touching your child or adolescent/teen. Comply with requests that are neither endangering nor beyond reason. This provides your child or adolescent/teen with a sense of being somewhat in control.
- Do not block the exit. However, do try to keep yourself between your child or adolescent/teen and the exit.
- Speaking softly using simple sentences is always helpful.

### **What should you do when help arrives?**

- If hospitalization is necessary, try to convince your child or adolescent/teen to go voluntarily. Avoid patronizing and authoritative statements. Explain that the hospital will provide relief from symptoms and they will be safe. Do not make ultimatums.
- If police arrive, ask them not to brandish any weapon. Explain that your child or adolescent/teen is in psychiatric crisis and does not have access to weapons. Try to prepare the officers for what to expect.

## Setting Limits

Even if your child or adolescent/teen is ill or is having trouble coping, some behaviors should NEVER be tolerated. Allowing yourself or other family members to become victim of such behaviors not only poses danger, but also sets up an atmosphere of stress and unease for all involved. Such behaviors include:

- Physical abuse
- Sexual abuse
- Destruction of property, such as punching holes in walls
- Setting fires or creating fire hazards
- Stealing
- Abuse of alcohol or illegal drugs
- Severely disruptive behaviors, such as walking around nude or intolerably loud screaming

### **How to Manage Intolerable Behavior:**

- When you and your child are both calm, explain what types of behaviors the family will not tolerate, as well as specific consequences that will occur (such as the police being called).
- Give your child plenty of space physically and emotionally. Never corner an agitated child. Avoid making verbal threats or hostile remarks.
- Get help! Getting assistance from police can quickly defuse the situation.
- Do not ignore violent or disruptive behavior. Ignoring only leads your child to believe that this kind of behavior is acceptable.
- Do not give your child what he/she wants if the way he/she is trying to get it is through bullying you. Only give in if it is the only way out of a dangerous situation.
- Do not lecture or reason with your child when he/she is agitated or losing control.
- Remember to protect yourself. If you are fearful for your safety, call for help. Do not be alone with your child.

## How to Talk with Your Child or Adolescent/Teen's Teacher

You know your child's behavior at home but their teacher(s) are the best resource to discover how they are acting at school. Forming good relationships with schoolteachers is important since a child's or adolescent/teen's mental health affects all areas of life, including school. Here are some questions to discuss with your child or adolescent/teen's teacher(s):

- Does my child seem angry most of the time?
- Does my child cry a lot?
- Does my child overreact to things?
- Does my child destroy school property, or act in a dangerous way?
- Does my child harm other children?
- Does my child break rules repeatedly?
- Does my child appear sad or anxious much of the time?
- Does my child show an unusual concern about grades or tests?
- Does my child seem obsessed about how he/she looks?
- Does my child often complain about headaches, stomachaches, or other physical problems – especially when it is time to take a test or participate in classroom social activities?
- Is my child unable to sit still or focus his/her attention?
- Is my child unable to make decisions?
- Does my child respect your authority as their teacher?
- Has my child lost interest in things usually enjoyed such as sports, music, art, or other school activities?
- Has my child suddenly started withdrawing or avoiding friends?
- Has my child expressed depression or suicidal thoughts to you or others in school?

## How to Talk with Your Child or Adolescent's Primary Care Provider

Getting treatment for a child who is experiencing psychiatric difficulties can be overwhelming and confusing. Consulting your child's primary care provider is an important first step. Begin by requesting a complete health examination for your child. It is helpful to make note of and carefully describe symptoms/behaviors that you have noticed and worry you. From there, your child's primary care provider can refer you to other specialists as needed such as psychiatrists, psychologists, social workers, counselors, behavioral therapists, and educators.

Good communication with your child's primary care provider is a key to successful treatment. Being an active participant is always helpful. As previously mentioned, do not be afraid to bring written notes and/or questions concerning your child's symptoms/behaviors. Bringing a supportive person along with you such as a spouse, partner, other family member, or friend can also be helpful. If you think that your child could be doing better, speak to the primary care provider about it and, if necessary, do not hesitate seeking a second opinion.

Setting goals with your child and your child's primary care provider is also helpful. Discuss what you and your child want to accomplish. Set future goals, decide how to reach them, and check progress frequently.

### How to Talk About Medication:

When discussing medications for your child with a primary care provider, psychiatrist, or psychiatric nurse practitioner, it is important to share information concerning any of your child's medical problems, any other medications your child is taking (including over-the-counter medications and vitamins or herbal supplements), and any allergic reactions your child has experienced. Here are some questions concerning medications to ask. Be sure to take notes! (*Please see Service Provider Log form for guidance.*)

- What is the name of the medication and how will it help my child?
- How well established and accepted is the use of this medication in children/adolescents?
- Is the medication available in both brand name and generic forms, and is it OK to use the less expensive medication? What is the name of the generic version? Is it OK to switch among brands, or between brand name and generic forms?
- What is the proper dosage for my child? Is the dose likely to change as he/she grows?
- What if my child has a problem swallowing a pill or capsule? Is it available in other forms such as liquid or chewable?
- How many times per day is the medication given? Should it be taken with meals or on an empty stomach? Should the nurse at school give the medication during the day?
- How long must my child take this medication? If it is discontinued, should it be done all at once or gradually?
- Will my child be monitored while on this medication and, if so, by whom?
- Should my child have any laboratory tests before taking this medication? Will it be necessary to have blood levels checked or have other lab tests during the time my child is taking this medication?
- Should my child avoid certain foods, other medications, or activities while using this medication?
- Are there possible side effects? If I notice a side effect, should I notify a doctor immediately?
- What if my child misses a dose or spits it up?

\*\* Remember, if you think of other questions, do not hesitate to ask. Be sure you are working with a physician who will make time to answer your questions thoroughly.

## Questions to Ask Prospective Therapists/Mental Health Providers

### **1. *What are your credentials?***

In seeking treatment, be aware that a master's degree in a mental health discipline is the minimal acceptable training. Do not be overly impressed by credentials. A talented, skilled master's level therapist with significant experience treating clients with depression and suicidality can be many times more helpful than a Ph.D. with lots of education but little clinical experience working with these issues. Look for membership in professional organizations. For medication, a prescriber may be a physician, a psychiatric nurse practitioner, or a physician's assistant.

### **2. *Are you licensed by the state of New York?***

New York State credentials mental health professionals for the minimum qualifying education and experience requirements. While just having a state license to practice is no indicator of competence, it is the barest essential requirement for which you should screen. Choosing a state-licensed professional gives you legal recourse if you, in the rare circumstance, were to become a victim of grossly incompetent or improper behavior.

### **3. *What techniques or methods do you generally use to treat depression and suicidal ideation?***

Therapists utilize many different styles and types of therapeutic interventions in approaching these problems. There is no "best type" of intervention, and what works for one individual may not work for another. However, a good answer to this question would include responses such as using a combination of "cognitive-behavior therapy", improving anxiety reduction skills, evaluation for medication, improving expression of feelings (especially anger), and increasing conflict resolution skills.

### **4. *How many depressed/suicidal clients have you actually treated?***

There is no magic number, but it is important that the therapist have experience treating depression and clients who report ongoing struggles with suicidal impulses/thoughts.

### **5. *Who provides your supervision?***

Providing therapy for clients who are struggling with depression and suicidal impulses/thoughts and are potentially at varying risks of suicide is extremely stressful for therapists. It is very important that the clinician you are working with is receiving ongoing supervision and consultation with another professional in order to ensure that best practices are followed in the care of your loved one.

### **6. *Where did you learn about depression and treatment of suicidality?***

Training is important, as is experience. A single weekend professional workshop on depression is insufficient. Look for a background that includes intensive training in depressive disorders for the specific treatment of suicide and ongoing case supervision. Psychiatrists should have evidence of having received continuing education specifically about the pharmacology of depression treatment.

### **7. *What system do you have in place for after-hours coverage for emergencies?***

Because of the severity of the issues of depression and suicide, you are encouraged to look for a therapist who has a plan in place for 24-hour emergency coverage.

## Questions to Ask Prospective Therapists/Mental Health Providers (continued)

**8. Do you support the use of appropriate medication for depression/suicide?**

Be wary of any therapist who holds an overly strong, biased view against the use of medication—or holds the view that medication is the cure-all for depression and suicide.

**9. How “cured” will I and/or my child be by the end of treatment?**

Walk out if the therapist offers you a “cure” for depression/suicide or boasts a laundry list of “cured” clients. Most qualified, competent therapists will not promise a cure, but instead will offer hope for significant symptom relief and assistance with living a more satisfying life.

***Other Considerations: Do you have a good feeling about the therapist?***

It is vital you feel comfortable talking and opening up to your therapist. You must trust this person and be willing to work with this person toward achieving your goals.

## How to Talk With Mental Health Professionals

If your child is referred to a mental health professional, it is important to practice effective communication with that person as well as with your child's primary health care provider. Do not be afraid to ask questions and/or take notes. Here are some helpful topics to bring up with mental health professionals who are working with your child:

- Please explain my child's diagnosis/condition to me.
- How certain are you of this diagnosis? What other possibilities might there be?
- Are there any additional exams/tests you recommend at this point?
- What program/mode of treatment do you think will be most helpful and why?
- Will such a treatment program involve services by other professionals and if so who will be responsible for coordinating such services?
- Who will be available to answer our questions when you are not available?
- What do you expect the treatment program will accomplish? How long will it take and how often will my child be seeing you or other specialists?
- What will be the best evidence that my child is responding to the treatment?
- What do you see as our family's role in the treatment program? How much access will the family have to the professionals providing the treatment?
- Are you currently treating other children/adolescents with this disorder?
- When is the best time and what is the most dependable way for getting in touch with you?
- How do you monitor symptoms/progress?

Keeping a Service Provider Log is an excellent way to monitor your child's treatment, keep accurate and up-to-date notes, and feel proactive in your role in your child's treatment. Please see the example format on the next page for guidance. Each page is for one visit. Make copies to produce an on-going time map of your child's treatment.

**Service Provider Log – Child or Adolescent/Teen**

<b>Provider Name</b>	<b>Date and Time</b>	<b>Time Visit Ended</b>	<b>Date and Time of Next Visit</b>
<b>What happened during the visit?</b>			
<b>What was accomplished during the visit? Jot down your thoughts.</b>			
<b>What would you like to work on next visit?</b>			
<b>Other questions/concerns to bring up during your next visit:</b>			

## What to Expect in the Hospital Emergency Room (ER)

When your child or adolescent/teen is brought to the Emergency Room (ER), he/she will be evaluated by a health care provider, psychiatrist, or other mental health professional. If it is determined that your child or adolescent/teen is in need of immediate care, and/or is of danger to him/herself or others, they will likely be admitted to the child/adolescent mental health unit. You will need to have the following information on-hand about your child or adolescent/teen in the ER:

- Name, address, phone number, date of birth, school, grade, and a contact person's information
- Name of doctor, phone number, and last appointment date
- Medications and dosage (past medications taken, if possible)
- Allergies and reactions
- Immunization records (especially tetanus)
- Surgeries (dates and reasons for procedures)
- Diagnosis (what and when)
- Last physical examination (by whom; weight and height)
- Custody papers (if applicable)
- Social Security Number and Insurance information

<p><b>Champlain Valley Physicians Hospital Medical Center (CVPH)</b>  <b>Child/Adolescent Mental Health Unit Basic Information:</b></p>
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- |                                       |                 |                 |
|---------------------------------------|-----------------|-----------------|
| • Visiting Hours (subject to change): | Monday-Friday   | 5:00 pm-6:00 pm |
|                                       | Saturday-Sunday | 4:00 pm-6:00 pm |

**On Saturday and Sunday, you are invited to have dinner with your child.**

**Inform the Unit Clerk (see glossary) if you would like to do this and food will be ordered for you.**

- Only two (2) visitors are allowed on the Unit for each patient at any one time.
- Only visitors approved by the Treatment Team (see glossary) are allowed to visit.
- You will be contacted to attend a Treatment Team meeting.
- There are two (2) program schedules. Children (ages 11 and under) attend the Children's Program and young people (ages 12 and older) attend the Adolescent Program.
- Three (3) sets of clothing should be plenty for you child during his/her stay. Extra socks and underwear are a good idea. Your child will be allowed to wear his/her own pajamas. Clothing will be checked by Unit staff for safety and appropriateness.
- Mealtimes on the Unit are at 8:00 am, 12:00 pm, and 4:45 pm. Your child is able to select his/her food for each meal. Snacks are also provided three (3) times per day. You may bring food items to a visit. Please make healthy food choices. What you bring must be eaten during the visit.
- Questions, comments, or concerns can be directed to any staff member by calling (518) 561-2000.

## Treatment Choices: Medication

Many treatments are available to help children/adolescents/teens who are experiencing depression and other mental illnesses. The most common treatments include both medications and psychotherapy (behavioral therapy, treatment of impaired social skills, parental and family therapy, and group therapy). The treatment of choice is based on the child or adolescent/teen's diagnosis and individual needs.

### Medication:

When the decision is reached that a child or adolescent/teen should take medication, active monitoring by all caretakers (parents, teachers, and other who have charge/contact with the child) is essential. Youth should be watched and questioned for side effects because many of them, especially younger ones, do not volunteer information. They should also be monitored to see that they are actually taking the medication, and taking the proper dosage on the correct schedule.

**WARNING: The FDA has adopted a “black box” warning that emphasizes that children and adolescents/teens being treated with antidepressants be closely monitored for any worsening of depression, emergence of suicidal thinking or behavior, and unusual changes in behavior, such as sleeplessness, agitation, and withdrawal. This monitoring is extremely important during the first weeks of treatment with an antidepressant, or when changing dosage.**

- **Anti-Depressant and Anti-Anxiety Medications:** These medications are used to treat depression (a disorder recognized only in the last twenty years as a problem for children) and for anxiety disorders. The medications most widely prescribed for these disorders are the Selective Serotonin Reuptake Inhibitors (SSRIs). In the human brain, there are many “neurotransmitters” that affect the way we think, feel, and act. Three of these neurotransmitters that anti-depressants influence are serotonin, dopamine, and norepinephrine. SSRIs affect mainly serotonin and have been found to be effective in treating depression and anxiety without as many side effects as some older anti-depressants.

### Helping Your Child Take Medication Safely:

- Be sure the prescriber knows all medications – including over-the-counter medications and herbal and vitamin supplements – that your child takes.
- Read the label before opening the bottle. Make sure you are giving the proper dosage. If the medication is liquid, use a special measure – a cup, a teaspoon, a medicine dropper, or a syringe. Often a measure comes with the medicine. If not, ask your pharmacist which measure is the most suitable to use.
- Always use child-resistant caps and store all medications in a safe place.
- Never decide to increase or decrease the dosage or stop the medications without consulting a doctor.
- Do not give medication prescribed for one child to another, even if it appears to be the same problem.
- Keep a chart and mark it each time the child takes the medication. It is easy to forget.

## Treatment Choices: Medication (*continued*)

### Commonly Prescribed Psychoactive Medications for Children/Adolescents/Teens:

Brand Name	Generic Name	FDA Approved Age
Anafranil	clomipramine	10 and older
BuSpar	bupirone	18 and older
Concerta	methylphenidate	6 and older
Cymbalta	duloxetine hcl	18 and older
Effexor	venlafaxine	18 and older
Lexapro	escitalopram oxalate	18 and older
Luvox (SSRI)	fluvoxamine	8 and older
Paxil (SSRI)	paroxetine	18 and older
Prozac (SSRI)	fluoxetine	18 and older
Ritalin	methylphenidate	6 and older
Serzone (SSRI)	nefazodone	18 and older
Sinequan	doxepin	12 and older
Tofranil	imipramine	6 and older
Wellbutrin	bupropion	18 and older
Zoloft (SSRI)	sertraline	6 and older

### Frequently Asked Questions (FAQs):

**Q: Are there situations in which it is advisable to use psychotropic medications in young children?**

A: Psychotropic medications may be prescribed for young children with mental, behavioral, or emotional symptoms when the potential benefits of treatment outweigh the risks. Some problems are so severe and persistent that they would have serious negative consequences for the child if untreated and psychosocial interventions may not always be effective by themselves. The safety and efficacy of most psychotropic medications have not yet been studied in young children. As a parent, you will want to ask many questions and evaluate with your doctor the risks of starting and continuing your child on these medications. Learn everything you can about the medications prescribed for your child, including potential side effects. Learn which side effects are tolerable and which ones are threatening. Combining multiple psychotropic medications should be avoided in young children unless necessary.

**Q: Does medication affect young children differently from older children or adults?**

A: Yes. Young children's bodies handle medications differently than older individuals and this has implications for dosage. The brains of young children are in a state of rapid development, and animal studies have shown that the developing neurotransmitter systems can be very sensitive to medications. A great deal of research is still needed to determine the effects and benefits of medications in children of all ages.

**Q: How should medication be included in an overall treatment plan/program?**

A: When medication is used, it should not be the only strategy. Other services may be investigated and benefit your child. Family support services, educational classes, behavior management techniques, as well as family therapy and alternative approaches should be considered.

## Traditional Therapies

The following is a brief description of the methods mental health professionals most commonly use to treat mental illness. Sometimes single methods are used or treatment can involve elements of several different ones, often referred to as an “eclectic approach.” It is important to work with professionals to determine the best approach for your child or adolescent/teen.

**Behavioral Therapy:** This approach focuses on behavior – changing unwanted behaviors through rewards, reinforcements, and desensitization. Desensitization is a process of confronting something that arouses anxiety, discomfort, or fear and overcoming the unwanted responses. Behavioral therapy often involves the cooperation of others, especially family and close friends, to reinforce a desired behavior.

**Cognitive Therapy:** This method aims to identify and correct distorted thinking patterns that can lead to feelings and behaviors that may be troublesome, self-defeating, or even self-destructive. The goal is to replace such thinking with a more balanced view that, in turn, leads to more fulfilling and productive behavior.

**Cognitive/Behavioral Therapy (CBT):** A combination of cognitive and behavioral therapies, this approach helps change negative thought patterns, beliefs, and behaviors so symptoms can be managed and life is more productive and less stressful.

**Dialectical Behavioral Therapy (DBT):** Combines cognitive and behavioral therapy, incorporating methodologies from various practices including Eastern mindfulness techniques.

**Eye Movement Desensitization and Reprocessing (EMDR):** Eye Movement Desensitization and Reprocessing integrates many effective psychotherapy elements by using structured protocols that are designed to maximize treatment effects. These include psychodynamic, cognitive, behavioral, interpersonal, experiential, and body-centered therapies. EMDR is an information processing therapy.

**Family Therapy:** Involves discussions and problem-solving sessions facilitated by a therapist with an entire family group. Such therapy can help family members improve their understanding of, and the way they respond to, one another. This type of therapy may resolve patterns of behavior that might lead to more severe problems. Family therapy may be very useful with children/adolescents who are experiencing emotional problems.

**Electroconvulsive Therapy (ECT):** This highly controversial technique uses low voltage electrical stimulation of the brain to treat some forms of major depression, acute mania, and some forms of schizophrenia. This potentially life-saving technique is considered only when other therapies have not been successful, when a person is seriously medically ill and/or unable to take medication, or when a person is very likely to die by suicide. Substantial improvements in the equipment, dosing guidelines, and anesthesia have significantly reduced the possibility of side effects.

**Group Therapy:** This form of therapy involves groups of usually four to twelve (4-12) people who have similar issues and who meet regularly with a therapist. The therapist uses the emotional interactions of the group’s members to help them get relief from distress and possibly modify their respective behaviors.

## Traditional Therapies (*continued*) and Alternative Therapies

**Interpersonal Psychotherapy:** Through one-on-one conversations, this approach focuses on the individual's current life and relationships within the family, social, and work/school environments. The goal is to identify and resolve issues with insight, as well as build on strengths.

**Light Therapy:** Seasonal Affective Disorder (SAD) is a form of depression that appears related to fluctuations in the exposure to natural light. It usually occurs during autumn and often continues through the winter when natural light is reduced. Researchers have found that people who experience SAD can be helped with the symptoms if they spend blocks of time bathed in light from a special full-spectrum light source, called a "light box."

**Play Therapy:** Geared toward young children, this technique uses a variety of activities, such as painting, puppets, and other play, to establish communication with the therapist and resolve issues. Play allows the child to express emotions and issues that would be too difficult to discuss with another person.

**Psychoanalysis:** This approach focuses on past conflicts as the underpinnings to current emotional and behavioral issues. In this long-term intensive therapy, an individual meets with a psychoanalyst three to five times a week, using "free association" to explore unconscious motivations and earlier, unproductive patterns of resolving issues.

**Psychodynamic Psychotherapy:** Based on the principles of psychoanalysis, this therapy is less intense, tends to occur once or twice a week, and spans a shorter time. It is based on the premise that human behavior is determined by one's past experiences, genetic factors, and current situation. This approach recognizes the significant influence that emotions and unconscious motivation can have on human behavior.

### Alternative Therapies:

There is an abundance of non-traditional, culturally based, and faith-based treatment options for treating depression and other forms of mental distress. The following is a list of a few of these options. Your cultural and religious leaders/advisors are also great sources of information in this area.

- **Self-help**
- **Diet and Nutrition** (Herbal Remedies)
- **Pastoral Counseling**
- **Animal Assisted Therapies** (Pet Therapy)
- **Expressive Therapies** (Art Therapy, Dance/Movement Therapy, Music/Sound Therapy)
- **Culturally-Based Healing Arts** (Acupuncture, Ayurveda, Yoga/Meditation, Native American Traditional Practices, Cuentos)
- **Relaxation and Stress Reduction Techniques** (Biofeedback, Massage Therapy, Guided Imagery/Visualization)
- **Technology-Based Applications** (Telemedicine, Telephone Counseling, Electronic Communications, Radio Psychiatry)

## Alternative Therapy Resources

### **American Art Therapy Association, Inc.**

5999 Stevenson Avenue  
 Alexandria, VA 22304  
 Telephone: (888) 290-0878 or (703) 212-2238  
 Fax: (703) 461-9260  
 E-Mail: [info@arttherapy.org](mailto:info@arttherapy.org)  
 Website: [www.arttherapy.org](http://www.arttherapy.org)

### **American Association of Acupuncture and Oriental Medicine**

P.O. Box 162340  
 Sacramento, CA 95816  
 Telephone: (866) 455-7999 or (916) 443-4770  
 Fax: (916) 443-4766  
 E-Mail: [execdir@aaaomonline.org](mailto:execdir@aaaomonline.org)  
 Website: [www.aaaomonline.org](http://www.aaaomonline.org)

### **American Association of Pastoral Counselors**

9504-A Lee Highway  
 Fairfax, VA 22031-2303  
 Telephone: (703) 385-6967  
 Fax: (703) 352-7725  
 E-Mail: [info@aapc.org](mailto:info@aapc.org)  
 Website: [www.aapc.org](http://www.aapc.org)

### **American Chiropractic Association**

1701 Clarendon Boulevard  
 Arlington, VA 22209  
 Telephone: (800) 986-4636 or (703) 276-8800  
 Fax: (703) 243-2593  
 E-Mail: [memberinfo@acatoday.org](mailto:memberinfo@acatoday.org)  
 Website: [www.amerchiro.org](http://www.amerchiro.org)

### **American Dance Therapy Association**

2000 Century Plaza, Suite 108  
 10632 Little Patuxent Parkway  
 Columbia, MD 21044  
 Telephone: (410) 997-4040  
 Fax: (410) 997-4048  
 E-Mail: [info@adta.org](mailto:info@adta.org)  
 Website: [www.adta.org](http://www.adta.org)

### **American Music Therapy Association, Inc.**

8455 Colesville Road, Suite 1000  
 Silver Spring, MD 20910

Telephone: (301) 589-3300

Fax: (301) 589-5175

E-Mail: [info@musictherapy.org](mailto:info@musictherapy.org)

Website: [www.musictherapy.org](http://www.musictherapy.org)

### **Delta Society (Service Animals)**

875 124<sup>th</sup> Avenue, N.E.

Bellevue, WA 98005

Telephone: (425) 679-5500

Fax: (425) 679-5539

E-Mail: [info@deltasociety.org](mailto:info@deltasociety.org)

Website: [www.deltasociety.org](http://www.deltasociety.org)

### **National Empowerment Center**

599 Canal Street

Lawrence, MA 01840

Telephone: (800) 769-3728 or (978) 685-1494

Fax: (508) 681-6426

Website: [www.power2u.org](http://www.power2u.org)

### **National Mental Health Consumers' Self-Help Clearinghouse**

1211 Chestnut Street, Suite 1207

Philadelphia, PA 19107

Telephone: (800) 553-4539 or (215) 751-1810

Fax: (215) 636-6312

E-Mail: [info@mhselphelp.org](mailto:info@mhselphelp.org)

Website: [www.mhselphelp.org](http://www.mhselphelp.org)

## Private/Employer Insurance

Private health coverage is a mechanism for people to protect themselves from the potentially extreme financial costs of medical care if they become severely ill and to ensure that they have access to health care when they need it. Private health coverage products pool the risk of high health care costs across a large number of people, permitting them (or employers on their behalf) to pay a premium based on the average cost of medical care for the group of people. This risk-spreading function helps make the cost of health care reasonably affordable for many people. In addition, having an “insurance card” enables patients to receive care in a timely way by providing evidence to health care providers that the patient can afford treatment. Providers generally know that when they treat people with health coverage, they are likely to be paid for their services within a reasonable amount of time. Private health coverage is provided primarily through benefit plans sponsored by employers.

### **Types of Organizations that Provide Private Health Coverage:**

Private health coverage is provided primarily through state-licensed health insuring organizations and self-funded employee health benefit plans.

### **State-Licensed Health Insuring Organizations:**

State-licensed health insuring organizations are organized and regulated under state law, although federal law adds additional standards and in some cases supersedes state authority. There are three primary types of state-licensed health insuring organizations:

- **Commercial Health Insurers:** Commercial health insurers (sometimes called indemnity insurers) are generally organized as stock companies (owned by stockholders) or as mutual insurance companies (owned by their policyholders). A prominent example is Aetna, a stock company.
- **Blue Cross and Blue Shield Plans:** Historically, many of these plans were organized as not-for-profit organizations under special state laws by state hospital (Blue Cross) and state medical (Blue Shield) associations. These laws differed significantly across states, sometimes imposing special obligations or regulatory requirements on Blue Cross and Blue Shield plans and sometimes providing financial advantages such as favorable tax status. Today, some Blue Cross and Blue Shield plans continue to operate under special state laws; others are organized as commercial health insurers. Blue Cross and Blue Shield plans operate and are regulated in a similar manner to commercial insurers, although in a few states Blue Cross and Blue Shield plans continue to have special requirements to accept applicants for health insurance on a more lenient basis than is applied to other types of insurers.
- **Health Maintenance Organizations (HMOs):** HMOs usually are licensed under special state laws that recognize that they tightly integrate health insurance with the provision of health care. HMOs operate as insurers (meaning they spread health care costs across the people enrolled in the HMO) and as health care providers (meaning they directly provide or arrange for the necessary health care for their enrollees). In many states, HMO regulation is shared by agencies that oversee insurance and agencies that oversee health care providers. Prominent examples of state licensed HMOs include Kaiser Permanente and Harvard Pilgrim.

## **Private/Employer Insurance *(continued)***

### **Self-Funded Employee Health Benefit Plans:**

Self-funded employee health benefit plans operate under federal law and are health benefit arrangements sponsored by employers, employee organizations, or a combination of the two. Under a self-funded arrangement, the plan sponsor retains the responsibility to pay directly for health care services of the plan's participants. In most cases, the sponsors of self-funded health plans contract with one or more third parties to administer the plans. These contracts are sometimes with entities that specialize in administering benefit plans called third-party administrators. In other cases, sponsors contract with health insurers or HMOs for administrative services. The administering entity usually will manage the health benefits in the same way as a health insurer or HMO, but will pay for the cost of medical care with funds provided by the sponsor (no premium is paid).

### **How Does Managed Care Fit in to Your Mental Health Coverage?**

Under managed care, health coverage providers seek to influence the treatment decisions of health care providers through a variety of techniques, including financial incentives, development of treatment protocols, prior authorization of certain services, and dissemination of information on provider practice relative to norms or best practices. As managed care becomes increasingly prevalent, the distinctions between different types of health coverage providers are shrinking. Commercial health insurers now offer coverage through networks of providers and may establish financial incentives similar to those traditionally used by HMOs. At the same time, HMOs have developed products, called point-of-service products, which permit covered people to elect to receive care outside of the HMO network, typically with higher cost sharing. Although it remains true that HMOs generally are the most tightly managed arrangements and most tightly integrate insurance and the delivery of care, virtually all private health coverage now involves some aspect of managed care.

**Excerpt from: <http://www.kff.org/upload/How-Private-Insurance-Works-A-Primer-Report.pdf>**

## Public/Government Insurance

Public insurance sources include Medicare, Medicaid, federal and state employee health plans, the military, and the Veterans Administration.

### What is Medicaid?

Medicaid is an assistance program for low-income individuals who are unable to pay for needed medical services and supplies such as care in a hospital, nursing home, or intermediate care facility; services provided by physicians, services coordinators/case managers, and other enrolled medical/dental providers; day treatment; medical transportation; medication; and medical supplies. Under the Medicaid program, states are allowed to request waivers to federal requirements to cover additional services in non-traditional ways. The Medicaid program is administered by the New York State Department of Health through the local Departments of Social Services (DSS).

**Clinton County DSS**  
Medicaid Division  
13 Durkee Street  
Plattsburgh, NY 12901  
(518) 565-3330

**Essex County DSS**  
Medicaid Division  
7551 Court Street  
Elizabethtown, NY 12932  
(518) 873-3441

**Franklin County DSS**  
Medicaid Division  
355 West Main Street  
Malone, NY 12953  
(518) 481-1768

### Who is eligible for Medicaid?

Medicaid eligibility includes both financial and non-financial criteria. Medicaid is a needs-based program and, therefore, has income and asset requirements, which must be met. The specific requirements differ based on the Medicaid applicant's Medicaid category. The different categories extend potential Medicaid coverage to a wide range of people who need coverage for medical services and supplies. The following are some categories:

**Low-Income Families (LIF) and Aid for Dependent Children (ADC) Related:** While both categories apply to the same population, each allows different income disregards. The following people may qualify under these categories:

- Families with children (under age 21)
- Children (under age 21) not living with caretaker relatives
- Pregnant women

**Expanded Eligibility for Infants and Children – Child Health Plus A (CHPlusA):** Medicaid is available for infants to age one whose family income does not exceed 200% of the Federal Poverty Level (FPL). MA is also available for children (ages 1-19) whose family income does not exceed 133% of the FPL.

**Emergency Coverage for Aliens:** Medicaid is available for emergency services provided to otherwise eligible undocumented/illegal aliens from the time the person is given treatment for the emergency condition until the condition requiring emergency care is no longer an emergency. A physician must certify that the condition requires emergency care.

Health insurance coverage is also available through some federally funded health insurance programs. Following is brief information about Child Health Plus B (CHPlus B) and Family Health Plus (FHPlus).

## **Public/Government Insurance** *(continued)*

### **Child Health Plus B (CHPlus B):**

CHPlus B offers health coverage to children who do not qualify for CHPlus A. CHPlus B is New York State's health insurance program for children under the age of 19 who do not have private health insurance. CHPlus B provides comprehensive, preventative health care such as well-child care, immunizations, prescription drugs, dental care, emergency care, and inpatient hospitalization. There are no co-payments for services but, depending on gross family income, families may have to pay a contribution to enroll in the plan. Services are provided through participating managed care plans.

Families are directed to call a toll free number 1-800-698-4KIDS (1-800-698-45437) to ask about Child Health Plus and other state programs for children. To be eligible for the Child Health Plus B program, a child must meet the following criteria:

- Under the age of 19
- A New York State resident
- Not eligible for Medicaid
- Have no other equivalent health insurance coverage

The Child Health Plus B program is available to all eligible, qualified children regardless of immigration status. Eligibility for Child Health Plus B program is handled by the County Department of Social Services (DSS). The phone numbers for Clinton, Essex, and Franklin Counties are:

Clinton County (518) 565-3330  
 Essex County (518) 873-3441  
 Franklin County (518) 481-1768

### **Family Health Plus (FHPlus):**

FHPlus provides health insurance to low-income adults between the ages of 19 and 64 who have income or resources that disqualify them for Medicaid. FHPlus provides health care services through a managed care plan. The benefits package includes primary and preventative care, pharmacy, family planning, and inpatient and specialty hospital care. Services not covered are non-emergency transportation, most medical supplies and non-prescription medications, and long term care services for the chronically ill. There are no costs to participate in FHPlus.

To be eligible for the Family Health Plus program, the individual must meet the following criteria:

- Age 19-64
- A New York State resident
- Meets citizenship/alien requirements
- Not eligible for Medicaid because of income or resources
- Have no other equivalent health insurance coverage

To qualify for FHPlus, parents with children (under 21) and 19-20 year olds living with their parents must have gross incomes (no deductions) at or below 150% of the FPL. Individuals may apply for FHPlus at hospitals, clinics, community action agencies, shopping centers, and other locations designated by the local DSS as facilitated enrollment sites. Eligibility for Family Health Plus is handled by the County Department of Social Services (DSS). The phone numbers for Clinton, Essex, and Franklin Counties are listed above.

## Clinton County: Pediatric and Family Care Providers

NAME, ADDRESS, PHONE NUMBER	SPECIALTY	AGES SERVED
<b>Adirondack Health Care Associates</b> 3384 NYS Route 22 Peru, N.Y. 12972 Phone: (518) 643-8008 Fax: (518) 643-8090	Internal Medicine	>2 yrs
<b>Ambler, Kristin - MD</b> 128 Boynton Avenue Plattsburgh, N.Y. 12901 Phone: (518) 324-3399 Fax: (518) 324-3396	Internal Medicine	>17 yrs
<b>Anderson, David - MD</b> 96 Court Street Plattsburgh, N.Y. 12901 Phone: (518) 562-8171 Fax: (518) 562-3316	Family Practice	All
<b>Apple Country Family Medicine</b> 40 New York Road, P.O. Box 978 Plattsburgh, N.Y. 12903 Phone: (518) 563-2526 Fax: (518) 563-2721	Family Practice	> 2 yrs
<b>Bhasin, Jay - MD</b> 72 Margaret Street Plattsburgh, N.Y. 12901 Phone: (518) 561-4170 Fax: (518) 561-4181	Internal Medicine	> 15 yrs
<b>Bodrogi, Anita - DO</b> 130 Court Street Plattsburgh, N.Y. 12901 Phone: (518) 562-2369 Fax: (518) 562-2263	Family Practice and Osteopathic Medicine	> 5 yrs
<b>Bremer, Richard - DO</b> 20 North Main Street, P.O. Box 666 AuSable Forks, N.Y. 12912 Phone: (518) 647-8164 Fax: (518) 647-2127	Family Practice	All
<b>Castine, Victor E., Jr. - MD</b> 135 South Peru Street, P.O. Box 2209 Plattsburgh, N.Y. 12901 Phone: (518) 561-1321 Fax: (518) 561-3206	Internal Medicine	> 17 yrs
<b>Center for Student Health and Psychological Services</b> SUNY Plattsburgh, 101 Broad Street Plattsburgh, N.Y. 12901 Phone: (518) 564-2187 Fax: (518) 564-2188	Health Clinic	Enrolled college students

## Clinton County: Pediatric and Family Care Providers

NAME, ADDRESS, PHONE NUMBER	SPECIALTY	AGES SERVED
<b>Clark, Debra – MD</b> 1790 NYS Route 22, Suite 12 Keeseville, N.Y. 12944 Phone: (518) 834-7271 Fax: (518) 834-7086	Family Practice	> 15 yrs
<b>Champlain Valley Physicians Hospital (CVPH) Emergency Room</b> 100 Beekman Street Plattsburgh, N.Y. 12901 Phone: (518) 562-7370 Fax: (518) 562-7372	Emergency Services	All
<b>Champlain Valley Physicians Hospital (CVPH) Health Center</b> 206 Cornelia Street, Suite 201 Plattsburgh, N.Y. 12901 Phone: (518) 562-7700 Fax: (518) 562-7504	Family Practice	> 2 yrs.
<b>Family Connections</b> 194 U.S. Oval, P.O. Box 2640 Plattsburgh, N.Y. 12903 Phone: (518)561-4999 Fax (518) 561-6956	Referral Agency	All
<b>Great North Woods Medical</b> 23 Hammond Lane Plattsburgh, N.Y. 12901 Phone: (518) 561-1322 Fax: (518) 561-3420	Internal Medicine	> 18 yrs
<b>Hausrath, Stephen – MD</b> 210 Cornelia Street, Suite 202 Plattsburgh, N.Y. 12901 Phone: (518) 563-6348 Fax: (518) 563-6378	Internal Medicine & Infectious Disease	> 18 yrs
<b>Lake City Primary Care</b> 16 DeGrandpre Way, Suite 300 Plattsburgh, N.Y. 12901 Phone: (518) 561-8256 Fax: (518) 561-3316	Internal Medicine	> 15 yrs
<b>Lee, Kang – MD</b> 184 Bowen Road, P.O. Box 104 Saranac, N.Y. 12971 Phone: (518) 293-7931 Fax: (518) 293-7931	Family Practice	All
<b>Lutinski, Richard – DO</b> 5111 North Catherine Street Plattsburgh, N.Y. 12901 Phone: (518) 563-8181 Fax: (518) 561-1891	Family Practice	> 2 yrs

## Clinton County: Pediatric and Family Care Providers

NAME, ADDRESS, PHONE NUMBER	SPECIALTY	AGES SERVED
<b>McCullum, Kevin – MD</b> 96 Court Street Plattsburgh, N.Y. 12901 Phone: (518) 562-1080 Fax: (518) 562-3316	Family Practice	All
<b>Mountain View Pediatrics</b> 159 Margaret Street, Suite 100 Plattsburgh, N.Y. 12901 Phone: (518) 324-2040 Fax: (518) 324-2041	Pediatrics	0–23 yrs
<b>North Country Medical Group, P.C.</b> 481 NYS Route 11, P.O. Box 1219 Champlain, N.Y. 12919 Phone: (518) 298-2691 Fax: (518) 298-8241	Family Practice	All
<b>Northern Adirondack Planned Parenthood</b> 66 Brinkerhoff Street Plattsburgh, N.Y. 12901 Phone: (518) 561-4430 Fax: (518) 561-2387	Women’s Health Care Reproductive Health	All
<b>Northwestern Family Medical Center</b> 16 St. Edmunds Way, Suite 6; P.O. Box 94 Ellenburg, N.Y. 12934 Phone: (518) 594-3500 Fax (518) 594-3035	Family Practice	All
<b>Pelton, William – MD</b> 210 Cornelia Street, Suite 305 Plattsburgh, N.Y. 12901 Phone: (518) 561-1122 Fax: (518) 562-3476	Internal Medicine	0–18 yrs
<b>Plattsburgh Health Center – CHAZY</b> 9658 NYS Route 9, P.O. Box 33 Chazy, N.Y. 12921 Phone: (518) 846-6550 Fax: (518) 846-6552	Family Practice	All
<b>Plattsburgh Health Center – DANNEMORA</b> 7 Fairbanks Avenue, P.O. Box 669 Dannemora, N.Y. 12929 Phone: (518) 492-7763 Fax: (518) 492-7783	Family Practice	All
<b>Plattsburgh Health Center – PLATTSBURGH</b> 675 NYS Route 3 Plattsburgh, N.Y. 12901 Phone: (518) 566-0672 Fax: (518) 566-0641	Family Practice	All

## Clinton County: Pediatric and Family Care Providers

NAME, ADDRESS, PHONE NUMBER	SPECIALTY	AGES SERVED
<b>Plattsburgh Pediatrics</b> 151 Bridge Street Plattsburgh, N.Y. 12901 Phone: (518) 561-7337 Fax: (518) 561-1335	Pediatrics	0–23 yrs
<b>Plattsburgh Primary Health Care Partners</b> 159 Margaret Street Plattsburgh, N.Y. 12901 Phone: (518) 562-0151(Peds.) Fax: (518) 562-2718	Pediatrics	0–23 yrs
<b>Pyramids Pediatric Intervention Services</b> 2155 NYS Route 22B Morrisonville, N.Y. 12962 Phone: (518) 562-3847 Fax: (518) 563-8258	EIP Evaluations Educational Services	0–3 yrs 3–5 yrs (pre-school)
<b>Qudsi, Viqar – MD</b> 158 Boynton Avenue, Suite 3 Plattsburgh, N.Y. 12901 Phone: (518) 566-6740 Fax: (518) 566-6904	Internal Medicine	> 17 yrs
<b>Rainbow Pediatrics and Adolescent Medicine</b> 459 Margaret Street Plattsburgh, N.Y. 12901 Phone: (518) 561-5677 Fax: (518) 566-7535	Pediatrics	0–19 yrs
<b>Smith, David – MD</b> 9 Elm Street, P.O. Box 599 Peru, N.Y. 12972 Phone: (518) 643-7037 Fax: (518) 643-2125	Family Practice	> 2 wks. old
<b>Urgi-Care of North East</b> 79 Hammond Lane Plattsburgh, N.Y. 12901 Phone: (518) 563-5900 Fax: (518) 563-5903	Family Practice	All
<b>Veterans Administration - Primary Care Practice</b> 80 Sharron Avenue Plattsburgh, N.Y. 12901 Phone: (518) 561-6247 Fax: (518) 561-3239	General Practice	All Veterans
<b>Wassef, Nader – MD</b> 14 Healey Avenue, Suite C Plattsburgh, N.Y. 12901 Phone: (518) 561-2700 Fax: (518) 561-0347	Family Practice	All

## Clinton County: Mental Health and Substance Abuse Agencies

### **Behavioral Health Services North (BHSN)**

#### *Child and Family Clinic*

#### *Case Management Services*

**Location:** 22 U.S. Oval, Suite 100, Plattsburgh, N.Y. 12903

**Telephone:** (518) 561-1767

**Fax:** (518) 561-1795

**Hours:** 24-hour, 7 days/week crisis services; Variable program hours.

**Services Provided:** Child and Family Clinic; Home & Community-Based Waiver Program; Intensive Case Management.

***CHILD and FAMILY CLINIC:*** This outpatient mental health clinic serves seriously emotionally disturbed children, youth, and their families who are residents of Clinton County. Services include comprehensive mental health assessment, individual and family therapy, psychiatric consultation and medication management, referral to adjunct services, and 24-hour, 7 days/week crisis services for admitted children.

**Clinic Hours (by appointment):** Monday, Wednesday, Friday 8:30 am–4:30 pm; Tuesday and Thursday 8:30 am–7:00 pm.

***HOME and COMMUNITY-BASED SERVICES (HCBS) WAIVER PROGRAM:*** The children and adolescents, for whom the HCBS Waiver is designed to serve, are those who, if not for the Waiver, would be admitted to institutional levels of care, including long term Residential Treatment Facilities and intermediate psychiatric inpatient care. Core services provided are: Individual Care Coordination (Case Management), Skill Building, Intensive In-Home Counseling, Respite, Family Support, and Crisis Services.

***INTENSIVE CASE MANAGEMENT:*** ICM provides intensive, flexible outreach linkage, support, and coordination of service to children with serious emotional disturbances. The recipients of ICM tend to be frequent users of emergency services, at high risk of psychiatric hospitalization and/or have not engaged in traditional mental health services. Core services provided are: Individual Care Coordination (Case Management), Skill Building, Intensive In-Home Counseling, Respite, Family Support, and Crisis Services.

**Eligibility:** No one refused due to inability to pay.

**Referral Procedure:** Call to arrange an intake appointment.

**Fee Schedule:** Medicaid; Most insurance accepted; Adjustable fee for self-pay.

## Clinton Co. Mental Health and Substance Abuse Agencies *(continued)*

### **Behavioral Health Services North (BHSN)**

#### ***Employee Assistance Services (EAP)***

**Location:** 22 U.S. Oval, Suite 218, Plattsburgh, N.Y. 12903

**Telephone:** (518) 563-8293 or (800) 724-0747

**Fax:** (518) 563-9958

**Hours (by appointment):** Monday-Friday 8:30 am-4:30pm; Evening appointments available Monday-Thursday until 7:00 pm; 24-hour, 7 days/week crisis services.

**Services Provided:** EAS is an employee assistance program providing early detection and effective intervention for employees and their family members who are experiencing personal problems, which affect their personal lives and/or their employment, on-site trainings at businesses, organizations, and schools on various mental health topics are available. Depression and Anxiety Disorders screenings are also offered to the public in a 30-minute confidential session.

**Eligibility:** Anyone employed at a business or organization under current contract and their family members; any community member is eligible for confidential screenings by appointment.

**Referral Procedure:** Supervisory referral or self referral by calling to make an appointment.

**Fee Schedule:** Free.

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### **Catholic Charities of the Diocese of Ogdensburg**

**Location:** 4914 South Catherine Street, Plattsburgh, N.Y. 12901

**Telephone:** (518) 561-0470

**Fax:** (518) 561-0472

**Hours:** Monday-Thursday 9:00 am to 4:00 pm.

**Services Provided:** Counseling services include individual, couple, and family counseling. In addition, information and referral, parenting workshops, services for clients suffering from traumatic brain injuries, counseling for women experiencing post-partum depression, senior counseling, and outreach are available.

**Eligibility:** Services provided to anyone regardless of religious affiliation or ability to pay.

**Referral Procedure:** Call to arrange an intake appointment.

**Fee Schedule:** Sliding fee schedule (based on income level and number of people in family).

## Clinton Co. Mental Health and Substance Abuse Agencies *(continued)*

### **Champlain Valley Family Center (CVFC)**

**Location:** 20 Ampersand Drive, Plattsburgh, N.Y. 12901

**Telephone:** (518) 561-8480

**Fax:** (518) 566-6382

**Hours:** Monday-Thursday 8:00 am-8:00 pm; Friday 8:00 am-5:00 pm.

**Services Provided:** Outpatient substance abuse assessments and treatment for youth and adults; School-based prevention and counseling services; Education and support programs.

**Eligibility:** Ages 10 and older.

**Referral Procedure:** Call to schedule an intake appointment; Can be referred by other professionals.

**Fee Schedule:** Sliding fee schedule.

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### **Champlain Valley Physicians Hospital Medical Center** *Emergency Care Center*

**Location:** 75 Beekman Street, Plattsburgh, N.Y. 12901

**Telephone:** (518) 562-7370

**Fax:** (518) 562-7372

**Hours:** 24-hour, 7 days/week crisis services.

**Services Provided:** Emergency services, 911 emergency, and inter-facility ambulance service.

**Eligibility:** Medical/psychological need.

**Referral Procedure:** Primarily physician referral, self-referral to Emergency Department.

**Fee Schedule:** Sliding fee schedule (charges are dependent upon services provided).

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### **Champlain Valley Physicians Hospital Medical Center** *Child/Adolescent Mental Health Unit*

**Location:** 75 Beekman Street, Plattsburgh, N.Y. 12901

**Telephone:** (518) 561-2000

**Fax:** (518) 562-7556

**Hours:** 24-hour, 7 days/week. (Also, see **Visiting Hours** in this Directory under the section entitled "What to Expect in the Hospital Emergency Room (ER)" on page 15.)

**Services Provided:** Acute psychological services for children/adolescents.

**Eligibility:** Medical/psychological need.

**Referral Procedure:** Primarily physician referral; Emergency Department referral.

**Fee Schedule:** Sliding fee schedule (charges are dependent upon services provided).

## Clinton Co. Mental Health and Substance Abuse Agencies *(continued)*

### Clinton County Mental Health Clinic

**Location:** 18 Ampersand Drive, Plattsburgh, N.Y. 12901

**Telephone:** (518) 566-0100

**Fax:** (518) 566-0168

**Hours:** Monday-Thursday 8:30 am-8:00 pm; Friday 8:30 am-5:00 pm.

**Services Provided:** Outpatient psychotherapy (individual, group, and family); Medication; Consultation with community agencies.

**Eligibility:** Clinton County residents (all ages).

**Referral Procedure:** Call for procedures.

**Fee Schedule:** Accepts reimbursement from a variety of insurances, including Medicaid and Medicare. Sliding fee schedule (based on ability to pay).

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### Conifer Park Regional Office

**Location:** 80 Sharron Avenue, Plattsburgh, N.Y. 12901

**Telephone:** (518) 561-0130 or (518) 561-1447

**Fax:** (518) 562-8812

**Hours:** Monday-Thursday 9:00 am-7:00 pm; Friday 9:00 am-5:00 pm; Saturday 9:00 am-1:00 pm.

**Services Provided:** Health care; Residential chemical dependency treatment for adults and adolescents including aftercare in the local community; Outpatient services.

**Eligibility:** Potential need.

**Referral Procedure:** Call for procedures; Walk-ins are welcome.

**Fee Schedule:** Sliding fee schedule (based on income level).

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### Ward Hall Counseling Services Clinic

#### *State University of New York (SUNY) at Plattsburgh*

**Location:** Department of Counselor Education, Ward Hall 104, 101 Broad Street, Plattsburgh, N.Y. 12901

**Telephone:** (518) 564-4180

**Fax:** (518) 564-4161

**Hours:** The Clinic Office is open on a variable schedule, Monday through Friday, when the college is in session. Inquiries and appointments can be made at these times. A 24-hour recorded answering system allows you to leave messages at any time. Prospective clients should note that the services are not available during college vacation periods.

**Services Provided:** Individual and group counseling for children/adolescents/adults; General assessment and testing; Play therapy; Referral assistance; Consultation with community agencies and schools; Psycho-educational and support groups.

**Eligibility:** Open to the community.

**Referral Procedure:** Call to arrange an intake appointment.

**Fee Schedule:** Currently, these services are free but a fee may be instituted in the future.

## Clinton County: Private Mental Health Practitioners

### **Bever, Alyson** – LCSW

West Bay Plaza Associates, Suite 110, Plattsburgh, N.Y. 12901

Telephone: (518) 561-3707

Fax: (518) 825-3707

Treatment Modality: Adolescent treatment; Family counseling; Suicide intervention.

Hours: By appointment only.

Insurance: Most insurance accepted; No Medicaid.

### **Bouvier, Danielle** – LMHC

Lake City Counseling, 85 Oak Street, Plattsburgh, N.Y. 12901

Telephone: (518) 324-4498

Fax: (518) 324-4498 (Call for instructions before sending a fax.)

Treatment Modality: Child/adolescent disorders; Family counseling; Group counseling; Play therapy; Suicide intervention; Individual counseling.

Hours (Day/evening appointments available): Monday–Friday 9:00 am-4:00 pm; Wednesday evening, by appointment only.

Insurance: Sliding fee schedule (based upon income level); Private pay; Some insurance accepted.

### **Clark-Rubin, Lorna J.**, M.D. – Psychiatrist

11 Hammond Lane, Suite A, Plattsburgh, N.Y. 12901

Telephone: (518) 561-0063

Fax: (518) 561-0947

Treatment Modality: Child/adolescent disorders; Pharmacotherapy; Psychotherapy. (No crisis services.)

Hours: Monday-Friday 8:00 am-4:30 pm.

Insurance: Most insurance accepted; No Medicaid primary.

### **Dague, Karen** – LCSW-R

1790 Main Street, Keeseville, N.Y. 12944

Telephone: (518) 569-2035 (Fax: None.)

Treatment Modality: Children; Adolescents; Families.

Hours: By appointment only; Evening hours available.

Insurance: Most insurance accepted.

### **Del Signore, Michael J.** – LCSW

West Bay Plaza Associates, Suite 110, Plattsburgh, N.Y. 12901

Telephone: (518) 561-3707

Fax: (518) 825-3707

Treatment Modality: Adults; Couples; Family therapy.

Hours: By appointment only.

Insurance: Some insurance accepted; Medicare accepted.

## Clinton Co. Private Mental Health Practitioners *(continued)*

**Gitlin, Daniela V.** – M.D.

**Gitlin, Kevin N.** – M.D.

Adirondack Psychiatric Associates, 244 Margaret Street, Suite 100, Plattsburgh, N.Y. 12901

Telephone: (518) 566-6000

Fax: (518) 561-0674

Treatment Modality: Practice confined to adults only; Individual, Couples, and Family Therapy; Medication management. (No suicide intervention or crisis services provided.)

Hours: Monday-Friday 8:00 am-5:00 pm.

Insurance: Most insurance accepted; No Medicaid.

**Jones, Ursula** – LCSW-R

22 U.S. Oval, Suite 204, Plattsburgh, N.Y. 12903

Telephone: (518) 324-4344

Fax: (518) 324-4344 (Fax machine will pick-up automatically and begin transmission.)

Treatment Modality: Individual therapy for older adolescents and adults in a private practice setting addressing problems related to anxiety, depression, trauma, loss, and sexual abuse.

Hours: Monday- Friday 9:00 am-5:00 pm; Evening hours, by appointment only.

Insurance: Accepts Medicare, TriCare, Champus, Value Options, Excellus, Blue Cross/Blue Shield, Blue Shield of Northeastern New York, Mental Health Associates, Managed Health Network, United Behavioral Health.

**Lange, Maryanna** – LCSW

22 U.S. Oval, Suite 201, Plattsburgh, N.Y. 12903

Telephone: (518) 574-1360 (Fax: None.)

Treatment Modality: Practice confined to adults only; Individual and Couples therapy; Depression; Post-Traumatic Stress Disorder; Insight-Oriented Therapy; Cognitive/Behavioral Therapy; Dialectical Behavioral Therapy. (No children or adults under 21 years of age.)

Hours: By appointment only.

Insurance: Most insurance accepted; No Medicaid

**Luscombe, Sherod M.** – CSW

55 Court Street, Plattsburgh, N.Y. 12901

Telephone: (518) 562-2825 (Fax: None.)

Treatment Modality: Adolescent treatment (ages 12 and older); Family therapy; Group therapy; Suicide Intervention.

Hours: By appointment only.

Insurance: Most insurance accepted; No Medicaid.

**McDowell, Britt** – LMHC, LCAT

22 U.S. Oval, Suite 120, Plattsburgh, N.Y. 12903

Telephone: (518) 578-8164 (Fax: None.)

Treatment Modality: Creative Arts for Children, Adolescents, Adults, and Families.

Hours: By appointment only.

Insurance: Some insurance accepted; No Medicaid; Sliding fee schedule (based on income level).

## Clinton Co. Private Mental Health Practitioners *(continued)*

### **Noiseux, Judith** – CSW-R

West Bay Plaza Associates, Suite 110, Plattsburgh, N.Y. 12901

Telephone: (518) 561-3707 After-hours: (518) 563-3232

Fax: (518) 825-3707

Treatment Modality: Suicide treatment.

Hours: By appointment only.

Insurance: Most insurance accepted.

### **Oertel, Jackie** – LCSW-R

U.S. Oval, Plattsburgh, N.Y. 12903

Telephone: (518) 570-8499 (Fax: None.)

Treatment Modality: Marriage counseling; Family counseling. (No suicide intervention provided.)

Hours: Monday 12:00 pm-8:00 pm.

Insurance: \$75/hour; Most insurance accepted.

### **Sajor, Kathy S.** – LMHC

22 U.S. Oval, Suite 120, Plattsburgh, N.Y. 12903

Telephone: (518) 335-8941 (Fax: None.)

Treatment Modality: Individual counseling; Couples counseling; Eating disorders treatment; Grief and loss, depression, anxiety, trauma, and stress-reduction for adults and older adolescents.

Hours: Monday-Thursday 9:00 am-6:00 pm; Some late evenings, by appointment only.

Insurance: Private pay; Some insurance accepted.

### **Smith, Richard** – Ph.D.

202 Cornelia St., Suite C, Plattsburgh, N.Y. 12901

Telephone: (518) 563-1911

Fax: (518) 563-6640

Treatment Modality: Adolescent treatment, family therapy, psychological testing, suicide intervention.

Hours: Monday-Friday 9:00 am-6:00 pm.

Insurance: Most insurance accepted; No Medicaid.

### **Yanulavich, Terrienne** – LMHC

Adult & Youth Counseling Services of Northern NY, 7061 Route 9, Box 2446, Plattsburgh, N.Y. 12901

Telephone: (518) 561-3100

Fax: (518) 561-3003

<http://therapists.psychologytoday.com//40090>

Treatment Modality: Child, adolescent, individual, family, and group therapies; Cognitive/Behavioral therapy; Eye Movement Desensitization and Reprocessing; Treatment for returning Veterans of Foreign War(s); Post-Traumatic Stress Disorder; Anxiety and depression; Eating disorders; Grief and loss.

Hours: Call for an appointment.

Insurance: Call for insurance information.

### **Yokum, Elizabeth** – LCSW-R

22 U.S. Oval, 2<sup>nd</sup> Floor, Plattsburgh, N.Y. 12903

Telephone: (518) 561-2869 (Fax: None.)

Treatment Modality: Adolescent treatment; Family therapy; No suicide intervention.

Hours: Call for an appointment.

Insurance: Call for insurance information.

## Clinton County: Education and Support Groups

**Al-Anon/Alateen Family Groups – National website: [www.al-anon.alateen.org/](http://www.al-anon.alateen.org/)**

**Location:** Meeting places vary; Call (518) 561-0838 to request an Alateen meeting schedule.

**Telephone:** Local Hotline – District 5: (518) 561-0838; National Hotline: (888) 4AL-ANON.

**Hours:** Meeting schedule (subject to change) is listed below. All meetings last one hour.

**Meeting Types:** 12-Step, self-help program; “Open” **boldface** meetings for the public and professionals to learn about Al-Anon/Alateen. “Closed” meetings are for families and friends of alcoholics. Alateen meetings are “closed” for youth only. Call to request an Alateen meeting schedule.

Sunday: (CLOSED MEETINGS)

7:00 pm – Cadyville Recreation Center, Goddeau Road, Cadyville, N.Y. 12918

7:30 pm – Father McCarty Hall, St. Philip Neri Church, 66 Pleasant Street, Westport, N.Y. 12993  
(Call Anne first at (518) 962-8951.)

Monday: (CLOSED MEETINGS)

7:00 pm – Cadyville Recreation Center, Goddeau Road, Cadyville, N.Y. 12918

*(Only for Adult-Children of Alcoholics a/k/a ACOAs.)*

8:00 pm – Basement Hall, St. Agnes Church, 6 Hillcrest Avenue, Lake Placid, N.Y. 12946

Tuesday: (CLOSED MEETINGS)

12:00 pm – United Methodist Church, 127 Beekman Street, Plattsburgh, N.Y. 12901

Wednesday: (OPEN MEETING)

7:00 pm – Peru Community Church, Nursery School/Chapel, 12 Elm Street Peru, N.Y. 12972

Thursday: (CLOSED MEETINGS)

7:30 pm – United Methodist Church, 127 Beekman Street, Plattsburgh, N.Y. 12901

Friday: (CLOSED MEETINGS)

7:30 pm – Chazy Town Hall, 9631 NYS Route 9 North, Chazy, N.Y. 12921

8:00 pm – Basement Hall, St. Agnes Church, 6 Hillcrest Avenue, Lake Placid, N.Y. 12946

Saturday: No meetings are currently being held on this day. Call (518) 561-0838 for info.

**Eligibility:** Newcomers welcome at every meeting; “Open” **boldface** meetings are available for the general public and professionals to learn how Al-Anon works; “Closed” Al-Anon meetings are for families and friends of alcoholics; All Alateen meetings are “Closed” for youth only.

**Referral Procedure:** Call local or national hotline to be put in touch with an Al-Anon member; Go to the meeting place at the day and time listed above; No referral necessary.

**Fee Schedule:** Free.

## Clinton Co. Education and Support Groups *(continued)*

**Alcoholics Anonymous (AA) – Clinton County website:** [www.ny-aa.org/clinton/](http://www.ny-aa.org/clinton/)

**Location:** Meeting places vary.

**Telephone:** Local Hotline – District 10: (518) 561-8444; National Office: (212) 870-3400.

**Hours:** Meeting schedule (subject to change) is listed below. All meetings last one hour.

**Meeting Types:** 12-Step, self-help program; “Open” **boldface** meetings are open to the public and professionals to learn about AA. “Closed” meetings are for alcoholics only. For more information, visit <http://www.ny-aa.org/clinton> or write to: HMB, District 10, P.O. Box 1807, Plattsburgh, N.Y. 12901.

**Sunday: (CLOSED MEETINGS)**

10:00 am – CVPH Conference Room A, 75 Beekman Street, Plattsburgh, N.Y. 12901

12:00 pm – Club 12, One Durkee Street, Suite 102, Plattsburgh, N.Y. 12901

3:00 pm – Basement Hall, Methodist Church, NYS Route 374, Lyon Mountain, N.Y. 12952

7:30 pm – Next to American Legion Hall, 16 East Street, Mooers, N.Y. 12958

8:00 pm – Chapel, United Methodist Church, 127 Beekman Street, Plattsburgh, N.Y. 12901

**Sunday: (OPEN MEETINGS)**

**12:00 pm – Club 12, One Durkee Street, Suite 102, Plattsburgh, N.Y. 12901**

*(Open meetings only on last Sunday of the month.)*

**3:00 pm – Basement Hall, Methodist Church, NYS Route 374, Lyon Mountain, N.Y. 12952**

**7:30 pm – Next to American Legion Hall, 16 East Street, Mooers, N.Y. 12958**

*(Open meetings only on last Sunday of the month.)*

**Monday: (OPEN MEETINGS)**

**7:00 am – The Net (next to Seton Academy), 14 St. Charles Street, Plattsburgh, N.Y. 12901**

**12:00 pm – The Net (next to Seton Academy), 14 St. Charles Street, Plattsburgh, N.Y. 12901**

**6:30 pm – Wallace Hill Recreation Center, Wallace Hill Road, Beekmantown, N.Y. 12901**

**7:00 pm – Club 12, One Durkee Street, Suite 102, Plattsburgh, N.Y. 12901**

**7:30 pm – American Legion, 127 Elm Street, Champlain, N.Y. 12919**

**8:00 pm – Basement Hall, St. John’s Church, Oak Street/Broad Street, Plattsburgh, N.Y. 12901**

**Tuesday: (CLOSED MEETINGS)**

1:00 pm – Basement, First Presbyterian Church, 34 Brinkerhoff Street, Plattsburgh, N.Y. 12901

7:30 pm – Town of Jay Community Center, 24 School Street, Jay, N.Y. 12941

8:00 pm – Basement, First Presbyterian Church, 34 Brinkerhoff Street, Plattsburgh, N.Y. 12901

**Tuesday: (OPEN MEETINGS)**

**7:00 am – The Net (next to Seton Academy), 14 St. Charles Street, Plattsburgh, N.Y. 12901**

**7:30 pm – St. Patrick’s Church, 138 Lake Street, Rouses Point, N.Y. 12979**

**8:00 pm – School Gymnasium, Assumption of Mary, Church Street, Redford, N.Y. 12978**

**Wednesday: (OPEN MEETINGS)**

**7:00 am – The Net (next to Seton Academy), 14 St. Charles Street, Plattsburgh, N.Y. 12901**

**12:00 pm – The Net (next to Seton Academy), 14 St. Charles Street, Plattsburgh, N.Y. 12901**

**7:30 pm – Club 12, One Durkee Street, Suite 102, Plattsburgh, N.Y. 12901**

**7:30 pm – United Methodist Church, 5614 NYS Route 11, Ellenburg, N.Y. 12933**

**8:00 pm – Chapel, United Methodist Church, 127 Beekman Street, Plattsburgh, N.Y. 12901**

## Clinton Co. Education and Support Groups *(continued)*

**Alcoholics Anonymous (AA) – Clinton County website:** [www.ny-aa.org/clinton/](http://www.ny-aa.org/clinton/)  
*(continued)*

**Location:** Meeting places vary.

**Telephone:** Local Hotline – District 10: (518) 561-8444; National Office: (212) 870-3400.

**Hours:** Meeting schedule (subject to change) is listed below.

**Meeting Types:** 12-Step, self-help program; “Open” **boldface** meetings are open to the public and professionals to learn about AA. “Closed” meetings are for alcoholics only. For more information, visit <http://www.ny-aa.org/clinton>.

Thursday: (CLOSED MEETINGS)

1:00 pm – Basement, First Presbyterian Church, 34 Brinkerhoff Street, Plattsburgh, N.Y. 12901

5:00 pm – CVPH Conference Room A, 75 Beekman Street, Plattsburgh, N.Y. 12901

8:00 pm – Cadyville Recreation Center, Goddeau Road, Cadyville, N.Y. 12918

Thursday: (OPEN MEETINGS)

7:00 am – The Net (next to Seton Academy), 14 St. Charles Street, Plattsburgh, N.Y. 12901

7:00 pm – Club 12, One Durkee Street, Suite 102, Plattsburgh, N.Y. 12901

7:30 pm – Town of Jay Community Center, 24 School Street, Jay, N.Y. 12941

8:00 pm – Basement Hall, St. John’s Church, Oak Street/Broad Street, Plattsburgh, N.Y. 12901

Friday: (CLOSED MEETING)

8:00 pm – CVPH Auditorium A, 75 Beekman Street, Plattsburgh, N.Y. 12901

Friday: (OPEN MEETINGS)

7:00 am – The Net (next to Seton Academy), 14 St. Charles Street, Plattsburgh, N.Y. 12901

12:00 pm – The Net (next to Seton Academy), 14 St. Charles Street, Plattsburgh, N.Y. 12901

7:30 pm – Chazy Town Hall, 9631 NYS Route 9 North, Chazy, N.Y. 12921

10:00 pm – Club 12, One Durkee Street, Suite 102, Plattsburgh, N.Y. 12901

Saturday: (OPEN MEETINGS)

8:00 am – The Net (next to Seton Academy), 14 St. Charles Street, Plattsburgh, N.Y. 12901

11:00 am – Town of Jay Community Center, 24 School Street, Jay, N.Y. 12941

12:00 pm – The Net (next to Seton Academy), 14 St. Charles Street, Plattsburgh, N.Y. 12901

7:00 pm – Episcopal Church, 8 Butternut Street, Champlain, N.Y. 12919

8:30 pm – Basement, First Presbyterian Church, 34 Brinkerhoff Street, Plattsburgh, N.Y. 12901

**Eligibility:** Newcomers welcome at every meeting; “Open” **boldface** meetings are available for the public and professionals to learn how AA works; “Closed” meetings are only for alcoholics and those who want to stop drinking alcohol.

**Referral Procedure:** Call local or national hotline to be put in touch with an AA member; Go to the meeting place at the day and time listed above; No referral necessary.

**Fee Schedule:** Free.

## Clinton Co. Education and Support Groups *(continued)*

**Narcotics Anonymous (NA) – Champlain Valley Area website:** [www.cvana.org](http://www.cvana.org)

**Location:** The Champlain Valley Area meetings are held as far north as Newport, VT, south to Middlebury, VT, east to Morrisville, VT, and west to Plattsburgh, NY.

**Telephone:** Local 24-Hour Hotline: (802) 862-4516; National Office: (818) 773-9999.

**Hours:** Meeting schedule (subject to change) is listed below. All meetings last one and one-half hours.

**Meeting Types:** “Open” **boldface** meetings are open to the public and professionals to learn about NA. “Closed” meetings are for men and women for who drugs have become a major problem.

Visit <http://www.cvana.org> for more info.

**Sunday: (OPEN MEETING)**

**7:30 pm – Club 12, One Durkee Street, Suite 102, Plattsburgh, N.Y. 12901**

**Monday: (OPEN MEETING)**

**6:00 pm – Basement Hall, St. John’s Church, Oak Street/Broad Street, Plattsburgh, N.Y. 12901**

**Tuesday: (OPEN MEETING)**

**12:00 pm – The Net (next to Seton Academy), 14 St. Charles Street, Plattsburgh, N.Y. 12901**

**7:30 pm – Club 12, One Durkee Street, Suite 102, Plattsburgh, N.Y. 12901**

**Wednesday: (OPEN MEETING)**

**6:00 pm – Basement Hall, St. John’s Church, Oak Street/Broad Street, Plattsburgh, N.Y. 12901**

**Thursday: (CLOSED MEETING)**

**7:30 pm – CVPH Conference Room A, 75 Beekman Street, Plattsburgh, N.Y. 12901**

**Thursday: (OPEN MEETING)**

**12:00 pm – Club 12, One Durkee Street, Suite 102, Plattsburgh, N.Y. 12901**

**Friday: (OPEN MEETING)**

**7:30 pm – CVPH Conference Room A, 75 Beekman Street, Plattsburgh, N.Y. 12901**

**Saturday: (CLOSED MEETING)**

**6:30 pm – The Net (next to Seton Academy), 14 St. Charles Street, Plattsburgh, N.Y. 12901**

**Eligibility:** Newcomers welcome at every meeting; “Open” **boldface** meetings are available for the general public and professionals to learn how NA works; “Closed” meetings are only for men and women who have/are experiencing drug abuse and/or dependence.

**Referral Procedure:** Call local or national hotline to be put in touch with an NA member; Go to the meeting place at the day and time listed above; No referral necessary.

**Fee Schedule:** Free.

## Clinton Co. Education and Support Groups *(continued)*

**Nar-Anon Family Groups – National website:** [www.nar-anon.org/](http://www.nar-anon.org/)

**Location:** Meeting places vary.

**Telephone:** Local Hotline: (518) 569-3210; National Hotline: (800) 477-6291

**Hours:** Meeting schedule (subject to change) is listed below. All meetings last one hour and one-half.

**Meeting Types:** “Closed” meetings are only for relatives and friends of men and women (who have/are experiencing drug abuse and/or dependence) to share their experience, strength, and hope with one another in order to solve common problems. “Open” **boldface** meetings are open to the public and professionals to learn about Nar-Anon.

Monday: (CLOSED MEETING)

7:30 pm – CVPH Conference Room A, 75 Beekman Street, Plattsburgh, N.Y. 12901

**Eligibility:** Newcomers welcome at every meeting; “Open” **boldface** meetings are available for the general public and professionals to learn how Nar-Anon works; “Closed” meetings are only for relatives and friends of men and women who have/are experiencing drug abuse and/or dependence.

**Referral Procedure:** Call local or national hotline to be put in touch with an Nar-Anon member; Go to the meeting place at the day and time listed above; No referral necessary.

**Fee Schedule:** Free.

## Clinton Co. Education and Support Groups *(continued)*

### **National Alliance on Mental Illness of Champlain Valley (NAMI: CV)**

**Location:** 14 Healey Avenue, Suite D, Plattsburgh, N.Y. 12901

**Phone:** (518) 561-2685 **Fax:** (518) 314-6613

**Fax:** Call for faxing instructions.

**Hours:** Call for meeting times and to register for groups.

**Groups Offered** *(Call about current offerings):*

#### **Educational Programs**

- **Club Teen Scene:** A program for teens who experience psychiatric, behavioral, and emotional disorders.
- **Family-to-Family:** For those who have a loved one with a mental illness. Teaching units include lessons on the biology of the brain, a medication review, information about the major mental illnesses, as well as problem solving strategies, communication strategies, and information particular to the needs of the class.
- **Introduction to Mindfulness, Emotion Regulation, Communication, and Distress Tolerance:** 32-session course on Mindfulness, Emotion Regulation, Communication, and Distress Tolerance for people who experience mental illness.
- **Wellness Recovery Action Planning (WRAP):** A 12-session program to help individuals develop wellness plans.
- **Yoga:** No matter what shape you are in, you will benefit from learning relaxation, breathing, and focusing skills that are fundamental to good mental health.

#### **Support Groups**

- **Bipolar Support Group:** For people who experience bipolar disorder (also known as manic-depressive illness).
- **Emotional Support Group:** For individuals who are struggling with mental health issues. Door is always open; Join anytime.
- **Family Support Group:** For those with a loved one with a mental illness.
- **Suicide Support Group:** For those who need support following a loved one has attempted and/or completed suicide.

**Eligibility:** Those who experience mental health issues and their loved ones.

**Referral Procedure:** Call for an appointment or additional information; No referral necessary.

**Fee Schedule:** Free.

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## Essex County: Pediatric and Family Care Providers

NAME, ADDRESS, PHONE NUMBER	SPECIALTY	AGES SERVED
<b>Adirondack Internal Medicine and Pediatrics</b> 2249 NYS Route 86, Suite 3 Saranac Lake, N.Y. 12983 Phone: (518) 891-3845 Fax: (518) 891-1236	Internal Medicine and Pediatrics	All
<b>Bergamini, Herbert - MD</b> 26 Swiss Road Lake Placid, N.Y. 12946 Phone: (518) 523-3395 Fax: (518) 523-2115	Family Practice	> 1 yr
<b>Bremer, Richard - DO</b> P.O. Box 666 AuSable Forks, N.Y. 12912 Phone: (518) 647-8164 Fax: (518) 647-2127	Family Practice	
<b>Clark, Debra - MD</b> 1409 NYS Route 9 Keeseville, N.Y. 12944 Phone: (518) 834-7271 Fax: (518) 834-7086	Family Practice	All
<b>Elizabethtown Health Center</b> Park St., P.O. Box 277 Elizabethtown, N.Y. 12932 Phone: (518) 873-6896 Fax: (518) 873-6578	Family Practice	All
<b>Lake Placid Health Center</b> 29 Church Street Lake Placid, N.Y. 12946 Phone: (518) 523-1717 Fax: (518) 523-8343	Family Practice	All
<b>Medical Association of Saranac Lake</b> 118 Main Street Saranac Lake, N.Y. 12983 Phone: (518) 891-4000 Fax: (518) 891-2598	Family Practice and Internal Medicine	All
<b>Moisan, Charles - MD</b> P.O. Box 98 Elizabethtown, N.Y. 12932 Phone: (518) 873-6340 Fax: (518) 873-2499	Family Practice	> 19 yrs
<b>Moriah Family Health Center</b> 27 Hospital Road Mineville, N.Y. 12956 Phone: (518) 942-7123 Fax: (518) 942-7041	Family Practice	All

## Essex County: Pediatric and Family Care Providers

NAME, ADDRESS, PHONE NUMBER	SPECIALTY	AGES SERVED
<b>Mountain Family Care</b> 17 Miller Road Crown Point, N.Y. 12928 Phone: (518) 597-3029 Fax: (518) 597-3029	Family Practice	All
<b>Mountain Health Center</b> 2841 NYS Route 73, P.O. Box 205 Keene, N.Y. 12942 Phone: (518) 576-9771 Fax: (518) 576-2077	Family Practice	All
<b>Mountain Medical Services "Urgent Care"</b> 1927 Saranac Avenue Lake Placid, N.Y. 12946 Phone: (518) 523-7575 Fax: (518) 523-7577		All
<b>Newcomb Health Center</b> 4 Santanoni Drive Newcomb, N.Y. 12952 Phone: (518) 582-2991 Fax: (518) 582-2040		All
<b>North Country Family Physicians</b> 309 County Route 47, Suite 1 Saranac Lake, N.Y. 12983 Phone: (518) 891-2688 Fax: (518) 891-4120	Family Practice	All
<b>Savel, Herbert - MD</b> P.O. Box 67 Elizabethtown, N.Y. 12932 Phone: (518) 873-2221 Fax: (518) 873-2091	Internal Medicine	> 1 yr
<b>Schroon Lake Health Center</b> 24 Fairfield Avenue, P.O. Box 292 Schroon Lake, N.Y. 12870 Phone: (518) 532-7120 Fax: (518) 532-0593		All
<b>Schwartzberg, Josh - DO</b> 2885 Essex Road Essex, N.Y. 12936 Phone: (518) 963-4007 Fax: (518) 523-7300		All
<b>Smith House Health Center</b> 3 Farrell Road Willsboro, N.Y. 12996 Phone: (518) 963-4275 Fax: (518) 963-8862		All

## Essex County: Pediatric and Family Care Providers

NAME, ADDRESS, PHONE NUMBER	SPECIALTY	AGES SERVED
<b>Ticonderoga Health Center</b> 102 Race Track Road, P.O. Box 29 Ticonderoga, N.Y. 12883 Phone: (518) 585-6708 Fax: (518) 585-3260		All
<b>Westport Health Center</b> 6097 NYS Route 9N Westport, N.Y. 12993 Phone: (518) 962-2313 Fax: (518) 962-2006		All
<b>Wilmington Health Center</b> 7 Community Center Circle, P.O. Box 579 Wilmington, N.Y. 12997 Phone: (518) 946-7080 Fax: (518) 946-7390		All

## Essex County: Mental Health and Substance Abuse Agencies

### Essex County Mental Health Services

**Location:** 7513 Court Street, P.O. Box 8, Elizabethtown, N.Y. 12932

**Telephone:** (518) 873-3670 **After-Hours Emergency Telephone:** (888) 854-3773

**Fax:** (518) 873-3777

**Services Provided:** Individual, family, and group outpatient mental health treatment; Psychiatric services; Crisis services.

**Eligibility:** Resident of Essex County.

**Referral Procedure:** Call the clinic for an appointment.

**Fee Schedule:** Accepts reimbursement from a variety of insurances, including Blue Shield of Northeastern New York, Empire Plan, Medicaid and Medicare. Other third party insurances may be workable. Sliding fee schedule (based on ability to pay).

**Hours:** Monday-Friday 8:00 am-5:00 pm.

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### Families First in Essex County

**Location:** 196 Water Street, P.O. Box 565, Elizabethtown, N.Y. 12932

**Telephone:** (518) 873-9544 **Fax:** (518) 873-9570

**E-Mail:** [famfirst@westelcom.com](mailto:famfirst@westelcom.com)

**Services Provided:** Intensive Case Management Services include: strengths based service planning with Intensive Case Manager, coordination of service providers by Intensive Case Manager, crisis response, respite, flexible service dollars. Home and Community Based Waiver Services include: coordination of all service providers, crisis response, respite, flexible service dollars, mentoring with a goal of skill building and; full commitment to maintaining a child at home or in their community whenever possible using creative wraparound planning. Clothing and food shelf available.

**Eligibility:** These services are available to families who have a child or children with a mental health diagnosis who is potentially at risk of residential placement.

**Referral Procedure:** Call for an appointment.

**Fee Schedule:** Free. Medicaid is billed for Intensive Case Manager and Home and Community Based Waiver Services.

**Hours:** Monday-Friday 8:30 am-4:30 pm.

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### Mental Health Association in Essex County, Inc.

**Location:** 6096 NYS Route 9 North, Westport, N.Y. 12993

**Telephone:** (518) 962-2077 **HOPE Line (24-hour hotline):** (800) 440-8074 **Fax:** (518) 962-8233

**E-Mail:** [mha@mhainnessex.org](mailto:mha@mhainnessex.org)

**Services Provided:** Advocacy; Community case management; Intensive case management; Career counseling; Education assistance; Crisis alternative program.

**Eligibility:** 18 years and up; Primary psychiatric diagnosis required.

**Referral Procedure:** Direct contact or referral.

**Fee Schedule:** Free.

**Hours:** Monday-Friday 8:00 am-3:30 pm.

## Essex Co. Mental Health and Substance Abuse Agencies (*continued*)

### Samaritan Family Counseling Services

**Location:** 2841 NYS Route 73, P.O. Box 48, Keene, N.Y. 12942

**Telephone:** (518) 576-4557

**Fax:** (518) 576-9713

**E-Mail:** [sfcc@kvvi.net](mailto:sfcc@kvvi.net)

**Services Provided:** Provide a team-based approach to outpatient counseling and psychotherapy at offices located in Keene, Lake Placid, and Saranac Lake. Help individuals and families through times of change and mental distress.

**Eligibility:** None.

**Referral Procedure:** Call for an appointment.

**Fee Schedule:** Self-payment and mental health insurance benefits.

**Hours:** Call for days and hours of operation.

### St. Joseph's Rehabilitation Center, Inc.

**Location:** 159 Glenwood Drive, P.O. Box 470, Saranac Lake, N.Y. 12983

**Telephone:** Admissions: (518) 891-4135

Inpatient: (518) 891-3950

Outpatient: Elizabethtown: (518) 873-9144

Outpatient: Malone: (518) 483-6566

Outpatient: Saranac Lake: (518) 891-5353

Outpatient: Ticonderoga: (518) 585-7934

**Fax:** Call for specific department's fax number.

**Services Provided:**

**Inpatient:** 58 bed residential treatment program offering variable lengths of stay for men and women. Individual and group counseling, intensive relapse prevention, personal adjustment transition, individualized treatment and after care services. A residential family component for family/significant others of clients is offered during inpatient treatment.

**Outpatient:** Assessments, evaluations, individual and group counseling, relapse prevention, family support and referral services. Some clinics offer adolescent services. Vocational/Educational services and Intensive Case Management are available to outpatient clients.

**Eligibility:**

**Inpatient:** Men or women with alcohol/substance abuse problems.

**Outpatient:** Men/women/adolescents with alcohol/substance abuse problems.

**Referral Procedure:** Call first.

**Fee Schedule:** Sliding. Insurances, including Medicaid, are applicable.

**Hours:** Monday-Thursday 8:00 am-7:00 pm; Friday 8:00 am-4:30 pm.

## Essex County: Private Mental Health Practitioners

**Breckenridge, Darla** – M.Ed., Psychologist

Address: Call for directions.

P.O. Box 273, Essex, N.Y. 12936

Telephone: (518) 963-1186 (Fax: None.)

Treatment Modality: Individual, Group, and Couples Therapy.

Hours: Call for days and hours of operation.

Insurance: CHP Provider.

**Donald, Fava** – Ph.D., Psychologist

Crestview Plaza, Box 1108, Lake Placid, N.Y. 12946

Telephone: (518) 523-9222 (Fax: None.)

Treatment Modality: Psychological Assessments.

Hours: By appointment only.

Insurance: All accepted.

**Lincoln-Day, Rosamond** – CSW-R

16 Springfield Road, Upper Jay, N.Y. 12987

Telephone: (518) 946-2126 (Fax: Can send faxes; Cannot receive them.)

Treatment Modality: Psychotherapy; Family, Couples and Group Therapy. No individual therapy for children or adolescents. Will include children and/or adolescents in family therapy setting only.

Hours: Sunday 11:00 am-7:00 pm; Monday-Wednesday 8:00 am-8:00 pm.

Insurance: All accepted.

**McKinley, Annie** – CSW-R

Address: Call for directions.

P.O. Box 679, Keene Valley, N.Y. 12943

Telephone: No number available at this time. (Fax: None.)

Treatment Modality: Children, Adolescents, Adults, and Senior Citizens.

Hours: Monday and Friday. Call for hours of operation.

Insurance: Call to inquire about insurance.

**Renderer, Bobbie** – Ph.D.

12198 Route 9 North, Upper Jay, N.Y. 12987

Telephone: (518) 946-7487

Fax: (518) 946-7487 (Call for instructions before sending a fax.)

Treatment Modality: Adolescents; Psychotherapy; EMDR.

Hours: Monday-Friday 9:00 am-6:00 pm and hours by appointment.

Insurance: Most insurance accepted; Limited Medicaid; Does not accept Excellus HMO or Fidelis.

**Rising, Hearth Moon** – LCSW

The Log Office Building, 8 Morningside, Lake Placid, N.Y. 12946

Telephone: (518) 523-6724

Fax: (518) 523-6438

Treatment Modality: Cognitive Behavioral Therapy; Adolescents (ages 13-18).

Hours: Monday-Friday 5:00 pm-9:00 pm.

Insurance: Most insurance accepted; Medicare; No Medicaid.

**Essex Co. Private Mental Health Practitioners** *(continued)***Thomas –Train, Betsey** – LCSW

32 Smith Way, P.O. Box 41, Keene Valley, N.Y. 12943

Telephone: (518) 576-9219

Fax: (518) 576-9219 (Call for faxing instructions.)

Treatment Modality: Individual, Family, and Couples Counseling; Psychotherapy.

Hours: Tuesday all day; Evenings and weekends.

Insurance: In process of credentialing with Value Options and Excellus.

**Wenn, Marci** – LCSW–R

28 Coyote Way, Lake Placid, N.Y. 12946

Telephone: (518) 523-7840 (Fax: None.)

Treatment Modality: Child, Individual, Couple and Family Therapy.

Hours: Afternoons and some Saturdays.

Insurance: Currently applying to insurance panels.

## Essex County: Education and Support Groups

### **Al-Anon/Alateen Family Groups – National website: [www.al-anon.alateen.org/](http://www.al-anon.alateen.org/)**

**Location:** Meeting places vary; Call to request an Alateen meeting schedule.

**Telephone:** Local Hotline – District 5: (518) 561-0838; National Hotline: (888) 4AL-ANON.

**Hours:** Meeting schedule (subject to change) is listed below. All meetings last one hour.

**Meeting Types:** 12-Step, self-help program; “Open” **boldface** meetings for the public and professionals to learn about Al-Anon/Alateen. “Closed” meetings are for families and friends of alcoholics. Alateen meetings are “closed” for youth only. Call to request an Alateen meeting schedule.

Sunday: (CLOSED MEETINGS)

7:30 pm – Father McCarty Hall, St. Philip Neri Church, 66 Pleasant Street, Westport, N.Y. 12993  
(Call first - Anne at (518) 962-8951.)

Monday: (CLOSED MEETINGS)

8:00 pm – Basement Hall, St. Agnes Church, 6 Hillcrest Avenue, Lake Placid, N.Y. 12946

Friday: (CLOSED MEETINGS)

8:00 pm – Basement Hall, St. Agnes Church, 6 Hillcrest Avenue, Lake Placid, N.Y. 12946

**Eligibility:** Newcomers welcome at every meeting; “Open” **boldface** meetings are available for the general public and professionals to learn how Al-Anon works; “Closed” Al-Anon meetings are for families and friends of alcoholics; All Alateen meetings are “Closed” for youth only.

**Referral Procedure:** Call local or national hotline to be put in touch with an Al-Anon member; Go to the meeting place at the day and time listed above (unless attending Westport meeting – then, call first); No referral necessary.

**Fee Schedule:** Free.

### **Alcoholics Anonymous (AA) – Elizabethtown and Tri-Lakes Area**

**Location:** Meeting places vary; Call to request a meeting schedule.

**Telephone:** Local Hotline – (518) 891-9035 or (800) 281-1190; National Office: (212) 870-3400.

**Hours:** Meeting schedule (subject to change) is available by calling the Hotline.

**Meeting Types:** 12-Step, self-help program; “Open” **boldface** meetings are open to the public and professionals to learn about AA. “Closed” meetings are for alcoholics only.

**Eligibility:** Newcomers welcome at every meeting; “Open” **boldface** meetings are available for the public and professionals to learn how AA works; “Closed” meetings are only for alcoholics and those who want to stop drinking alcohol.

**Referral Procedure:** Call local or national hotline to be put in touch with an AA member; Go to the meeting place at the day and time listed above; No referral necessary.

**Fee Schedule:** Free.

## Essex Co. Education and Support Groups *(continued)*

### Families First in Essex County

**Location:** 196 Water Street, P.O. Box 565, Elizabethtown, N.Y. 12932

**Telephone:** (518) 873-9544

**Fax:** Call for faxing instructions.

**E-Mail:** [famfirst@westelcom.com](mailto:famfirst@westelcom.com)

**Services Provided:** Support services to the families of Essex County. Work with families' strengths to empower, support and educate them to care for their children with special needs at home in a family environment rather than in an institution. Family Resource Center, with support groups, social activities, preschool playgroups, educational workshops, a food shelf and a resource library.

**Eligibility:** Families with a child with special needs.

**Referral Procedure:** Call for referral procedures.

**Fee Schedule:** Free. Medicaid is billed for ICM/Waiver programs.

**Hours:** Call for days and hours of operation.

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### Mental Health Association in Essex County

**Location:** 6096 NYS Route 9 North, Westport, N.Y. 12993

**Telephone:** (518) 962-2077 or (800) 440-8074

**Fax:** (518) 962-8233

**E-Mail:** [mha@mhainessex.org](mailto:mha@mhainessex.org)

**Services Provided:** Consumer Advocacy; Drop-in center and Social Club; Respite.

**Eligibility:** 18 years and older.

**Referral Procedure:** Direct contact or referral.

**Fee Schedule:** Call for details.

**Hours:** Call for days and hours of operation.

## Essex Co. Education and Support Groups *(continued)*

### **National Alliance on Mental Illness of Champlain Valley (NAMI: CV)**

**Location:** 14 Healey Avenue, Suite D, Plattsburgh, N.Y. 12901

**Phone:** (518) 561-2685

**Fax:** (518) 314-6613

**Hours:** Call for meeting times and to register for groups.

**Groups Offered** *(Call about current offerings):*

#### **Educational Programs**

- **Club Teen Scene:** A program for teens who experience psychiatric, behavioral, and emotional disorders.
- **Family-to-Family:** For those who have a loved one with a mental illness. Teaching units include lessons on the biology of the brain, a medication review, information about the major mental illnesses, as well as problem solving strategies, communication strategies, and information particular to the needs of the class.
- **Introduction to Mindfulness, Emotion Regulation, Communication, and Distress Tolerance:** 32-session course on Mindfulness, Emotion Regulation, Communication, and Distress Tolerance for people who experience mental illness.
- **Wellness Recovery Action Planning (WRAP):** A 12-session program to help individuals develop wellness plans.
- **Yoga:** No matter what shape you are in, you will benefit from learning relaxation, breathing, and focusing skills that are fundamental to good mental health.

#### **Support Groups**

- **Bipolar Support Group:** For people who experience bipolar disorder (also known as manic-depressive illness).
- **Emotional Support Group:** For individuals who are struggling with mental health issues. Door is always open; Join anytime.
- **Family Support Group:** For those with a loved one with a mental illness.
- **Suicide Support Group:** For those who need support following a loved one has attempted and/or completed suicide.

**Eligibility:** Those who experience mental health issues and their loved ones.

**Referral Procedure:** Call for an appointment or additional information; No referral necessary.

**Fee Schedule:** Free.

**Essex Co. Education and Support Groups** *(continued)***Substance Abuse Prevention Team of Essex County, Inc.**

**Location:** 173 Lord Street, Ticonderoga, N.Y. 12883

**Telephone:** (518) 585-7424

**Fax:** (518) 857-7461 (Call for faxing instructions.)

**E-Mail:** [prevteam@capital.net](mailto:prevteam@capital.net)

**Services Provided:** School-based substance abuse prevention education; Families and Schools Together (F.A.S.T.) elementary program; parent/community education. School-based prevention/intervention counseling; faculty/staff in-service. Collaborative community organizing around alcohol and other drug-related issues/concerns, and building resilient youth and families. Communities That Care (CTC). Presentations/training for interested community groups -- schools, churches, etc., as requested. Assistance and support in planning alternative activities for youth. Coordination of "Safe Homes" networks, S.A.D.D., group support, Peer Mediation Training, in-school tobacco cessation programs. Various workshops available for prevention through high school athletics and character development.

**Eligibility:** Call for details.

**Fee Schedule:** Community-based services are free.

**Hours:** Monday-Friday 8:00 am–4:30 pm.

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## Franklin County: Pediatric and Family Care Providers

NAME, ADDRESS, PHONE NUMBER	SPECIALTY	AGES SERVED
<b>Adirondack Internal Medicine and Pediatrics, P.C.</b> 2249 NYS Route 86, Suite 3 Saranac Lake, N.Y. 12983 Phone: (518) 891-3845 Fax: (518) 891-1236	Internal Medicine Pediatrics	All
<b>Bernardot Pediatrics</b> 58 Elm Street Malone, N.Y. 12953 Phone: (518) 483-5800 Fax: (518) 483-1113	Pediatrics	0–21 yrs
<b>Bessette Health Center</b> 6087 NYS Route 11 Chateaugay, N.Y. 12920 Phone: (518)-497-6622 Fax: (518) 497-0915	Family Practice	All
<b>Cahill, Gerald W. - MD</b> 23 Fourth Street, Suite 1 Malone, N.Y. 12953 Phone: (518) 483-8990 Fax: Call for faxing instructions.	Family Practice	All
<b>Dwyer Health Center</b> 969 NYS Route 11 Moira, N.Y. 12957 Phone: (518) 529-7847 Fax: (518) 529-0226	Family Practice	All
<b>In House Clinic</b> 133 Park Street Malone, N.Y. 12953 Phone: (518) 481-2566 Fax: Call for faxing instructions.		All
<b>Main Street Medical Group</b> 5 Clay Street Malone, N.Y. 12953 Phone: (518) 483-0705 Fax: Call for faxing instructions.	Internal Medicine	
<b>Malone Internal Medicine</b> 16 Third Street, Suite # A Malone, N.Y. 12953 Phone: (518) 483-4400 Fax: (518) 483-1333	Internal Medicine	> 17 yrs
<b>Medical Associates of Saranac Lake</b> 118 Main Street Saranac Lake, N.Y. 12983 Phone: (518) 891-4000 Fax: (518) 891-2598	Family Practice Internal Medicine	All

## Franklin County: Pediatric and Family Care Providers

NAME, ADDRESS, PHONE NUMBER	SPECIALTY	AGES SERVED
<b>North Country Family Physicians</b> 309 County Route 47, Suite 1 Saranac Lake, N.Y. 12983 Phone: (518) 891-2688 Fax: (518) 891-4120	Internal Medicine Pediatrics	All
<b>Salmon River Health Center</b> 577 County Route 1 Fort Covington, N.Y. 12937 Phone: (518) 358-3008 Fax: (518) 358- 9826	Family Practice	All
<b>Tupper Lake Health Center</b> 55 Church Street Tupper Lake, N.Y. 12986 Phone: (518) 359-7000 Fax: (518) 359-8343	Family Practice	All
<b>Weissman, Ira M. - MD</b> 336 Elm Street Malone, N.Y. 12953 Phone: (518) 483-0022 Fax: (518) 483-6179	Pediatrics	0–18

## Franklin County: Mental Health and Substance Abuse Agencies

### Adirondack Counseling

**Location:** 79 Glenwood Drive, Saranac Lake, N.Y. 12983

**Telephone:** (518) 891-4140 (Fax: None.)

**Hours:** By appointment only.

**Services Provided:** Counseling and psychotherapy (individual, marriage and family, group); Hypnosis; Play therapy; Career and other psychological assessment(s). Crisis intervention, child rearing group, referral, testing, consultation. Services are open to anyone.

**Eligibility:** None.

**Referral Procedure:** Call Dr. Bernstein at (518) 891-4140.

**Fee Schedule:** Insurance; Medicaid; Medicare; Sliding fee schedule (based on income level).

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### Catholic Charities of Franklin County

**Location:** 42-44 Fort Covington Street, P.O. Box 896, Malone, N.Y. 12953

**Telephone:** (518) 483-1460

**Fax:** (518) 483-8240

**E-Mail:** cathchar-cpoirier@northnet.org

**Hours:** Monday–Friday 8:00 am–4:00 pm.

**Services Provided:** Pregnant and Parenting Teen Population: Case management, education, counseling and mentoring with the many challenges of parenthood. WIA for Youth: Preparing youth for the employment world. Counseling: For individuals and couples, families & children. Activity based support group. Foster Grandparent Program: Connecting the elderly with children in need. Healthy Choices, Healthy Lives: Helping teens make good choices and build healthy relationships. Adoption Services, Emergency Food Pantry, Baby World.

**Eligibility:** Services provided to anyone regardless of religious affiliation or ability to pay.

**Referral Procedure:** Call to arrange an intake appointment.

**Fee Schedule:** Sliding fee schedule (based on income level and number of people in family).

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### Citizen Advocates, Inc.

**Location:** 209 Park St., Malone, N.Y. 12953

**Telephone:** (518) 483-3261

**Fax:** (518) 481-5289

**Hours:** Monday–Friday 8:00 am–5:00 pm.

**Services Provided:** Mental Health Services.

**Eligibility:** Franklin County resident.

**Referral Procedure:** Call for an appointment; Self-referral.

**Fee Schedule:** Insurance; Medicaid; Medicare; Cost varies and financial assistance program is available.

## Franklin Co. Mental Health and Substance Abuse Agencies *(continued)*

### Franklin County Community Services

**Location:** 17 Main Street, Saranac Lake, N.Y. 12983

**Telephone:** (518) 891-2280

**Fax:** (518) 891-2621

**Hours:** Monday-Friday 8:00 am-5:00 pm.

**Services Provided:** Directs planning, development and monitoring of contracted services for the following: alcoholism, substance abuse, mental health, mental retardation, and developmental disabilities; Administers County contracts for special education services for children (ages 3-5).

**Eligibility:** Call for details.

**Referral Procedure:** Call for an appointment.

**Fee Schedule:** Call for details.

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### Mental Health Association of Franklin County

**Location:** 552 NYS Route 86, Paul Smiths, N.Y. 12970

**Telephone:** (518) 327-3145

**Fax:** (518) 327-3125

**Hours:** Monday-Friday 8:30 am-4:30 pm.

**Services Provided:** Advocacy, information and referral, parenting classes.

**Eligibility:** Past and present recipients of mental health services and their family members.

**Referral Procedure:** Call for an appointment; Self-referral.

**Fee Schedule:** Free.

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### North Star Behavioral Health Services – Malone Office *Outpatient Clinic Services*

**Location:** 24 Fourth Street, Suite 3, Malone, N.Y. 12953

**Telephone:** (518) 483-3261

**Fax:** (518) 483-3383

**Hours:** Monday, Tuesday, and Thursday 8:00 am–8:00 pm; Wednesday and Friday 8:00 am–5:00 pm.

**Services Provided:** Psychiatric evaluation and treatment for adults and children; Individual, Couple and Family therapy; Crisis response 7-days/week; 24-hours/day.

**Fee Schedule:** Insurance; Medicaid; Medicare; Sliding fee schedule (based on income level).

## Franklin Co. Mental Health and Substance Abuse Agencies *(continued)*

### **North Star Behavioral Health Services - Malone Office** ***Substance Abuse Services (Outpatient)***

**Location:** 24 Fourth Street, Suite 3, Malone, N.Y. 12953

**Telephone:** (518) 483-8980

**Fax:** (518) 483-4830

**Hours:** Monday and Thursday 8:00 am - 7:00 pm.; Tuesday, Wednesday, and Friday 8:00 am - 4:00 pm.

**Services Provided:** Substance abuse evaluations and treatment including individual, group, and family counseling. Also provided are MICA programming and adolescent services. Prevention program provided in six of seven Franklin County school districts focusing on the following programs: BABES, Children Are People, Life Skills, Banana Splits, Natural Helpers, Tobacco Free Teens Group.

**Fee Schedule:** Medicaid; Medicare; Sliding fee schedule (based on income level); Third-party insurance applicable.

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### **North Star Behavioral Health Services - Saranac Lake Office** ***Outpatient Services***

**Location:** 2217 NYS Route 86, Saranac Lake, N.Y. 12983

**Telephone:** (518) 891-5535

**Fax:** (518) 891-5851

**Hours:** Monday-Friday 8:30 am-5:00 pm.

**Services Provided:** Psychiatric evaluation and treatment for adults and children; Individual, Couple and Family therapy; Crisis response 7-days/week; 24-hours/day.

**Fee Schedule:** Private insurance; Medicaid; Medicare; Sliding fee schedule (based on income level) once all other types have been used.

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### **North Star Chemical Dependency Services - Saranac Lake Office** ***Substance Abuse Services (Outpatient)***

**Location:** 17 Main Street, Saranac Lake, N.Y. 12983

**Telephone:** (518) 891-2467

**Fax:** (518) 891-2621

**Hours:** Monday-Friday 9:00 am-5:00 pm.

**Services Provided:** Substance abuse evaluations and treatment including individual, group, and family counseling. Also provided are gambling addiction services, MICA programming, and adolescent services.

**Fee Schedule:** Medicaid; Medicare; Sliding fee schedule (based on income level); Third-party insurance applicable.

## Franklin Co. Mental Health and Substance Abuse Agencies *(continued)*

### **St. Joseph's Rehabilitation Center, Inc. - Administrative Office** ***Inpatient and Outpatient Programs***

**Location:** 99 Glenwood Estates, P.O. Box 470, Saranac Lake, N.Y. 12983

**Telephone:** (518) 891-3950 or (518) 891-4135

**Fax:** (518) 891-3986

**Hours:** Inpatient Admissions: Monday-Friday 8:00 am-4:30 pm.

Outpatient Clinic: Monday-Friday 8:00 am-5:00 pm.

**Services Provided:**

***Inpatient:*** 62-bed residential treatment program offering variable lengths of stay for men and women. Individual and group counseling; Intensive relapse prevention; Personal adjustment transition; Individualized treatment; After-care services. A residential family component for family and/or significant others of clients is offered during clients' inpatient treatment.

***Outpatient:*** Assessments; Evaluations; Individual and Group Counseling; Relapse prevention; Family support; Referral services. Some clinics offer adolescent services. Vocational/Educational services and Intensive Case Management are available to outpatient clients.

**Eligibility:**

***Inpatient:*** Men or women with alcohol and/or substance abuse problems.

***Outpatient:*** Men/women/adolescents with alcohol and/or substance abuse problems.

**Fee Schedule:** Insurance; Medicaid; Sliding fee schedule (based on income level).

Outpatient Clinics are located in: **Elizabethtown** (518-873-9144); **Malone** (518-483-6566); **Saranac Lake** (518-891-5353); **Ticonderoga** (518-585-7934); and **Tupper Lake** (518-359-9627).

Note: A specialized clinic for persons with developmental disabilities has been established for clients at Sunmount Developmental Center's CIT and RBITU. Support group for families of inpatient clients also available.

### **St. Regis Mohawk Health Services**

**Location:** 412 NYS Route 37, Akwesasne, N.Y. 13655

**Telephone:** (518) 358-3141

**Fax:** (518) 582-2797

**Hours:** Monday-Friday 7:30 am-5:00 pm; After-Hours and weekends: (518) 358-9200.

**Services Provided:** Primary health care center serving the Mohawk Community of Akwesasne. Includes Drug and Alcohol Rehabilitation (separate directory entry for Alcohol/Chemical Dependency Program) and Mental Health Services. Medical Clinic with full lab and pharmacy, full and part-time doctors, nurse practitioners; Dental Clinic providing primary dental services with a sealant program in schools; community health program helping the chronically ill, the elderly, and the homebound; special programs for childhood injury prevention, teen/women health, environmental health and in-home services for the elderly. Nutrition Services include WIC, nutrition counseling; active health promotion/disease prevention programs; breastfeeding promotion and counseling program. Certified by NYSDOH.

**Eligibility:** Enrolled member of the St. Regis Mohawk Tribe or eligible for enrollment; Native Americans living in Franklin and St. Lawrence Counties.

**Referral Procedure:** Call for an appointment.

**Fee Schedule:** Sliding fee schedule (based on income level and services provided).

## Franklin Co. Mental Health and Substance Abuse Agencies *(continued)*

### **St. Regis Mohawk Health Services** ***Alcoholism/Chemical Dependency Program***

**Location:** 412 NYS Route 37, Akwesasne, N.Y. 13655

**Telephone:** (518) 358-2223 or (800) 647-7839

**Fax:** (518) 358-6372

**Hours:** Outpatient Clinic: Monday-Friday 8:00 am- 6:00 pm. (See below for referral procedures.)

**Services Provided:** Provides a variety of treatment programs for chemically dependent Native American men and women; Services also provided for Native American individuals whose lives have been impacted by the alcohol and/or other drug use by a significant other; Partridge House is a 24-hour residential program for Native Americans with alcohol/chemical dependency problems. The length of the program is 8-10 weeks. Contact Wayne Castor at (518)358-2224. The Outpatient program provides information, referrals and assessments. The Clinic provides alcohol/chemical dependency treatment, as well as after-care treatment and prevention services.

**Eligibility:** Native American; Partridge House accepts only those residents who are 21 years or older.

**Referral:** Call Wayne Castor for Partridge House referral, Monday-Friday 8:00 am-4:00 pm.

**Fee Schedule:** Insurance; Medicaid; Sliding fee schedule (based on income level).

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### **St. Regis Mohawk Health Services** ***Mental Health – KANIKONRI: IOHNE***

**Location:** 412 NYS Route 37, Akwesasne, N.Y. 13655

**Telephone:** (518) 358-3141 or (800) 647-7839

**Fax:** (518) 358-6372

**E-Mail:** [cvenery@regis.nashville.ihs.gov](mailto:cvenery@regis.nashville.ihs.gov)

**Hours:** Dial the telephone number and then extension 160 to schedule an appointment; Emergencies are handled immediately.

**Services Provided:** Services include, but are not limited to: Individual, Couples, Family, and Play Therapy; Assessment, including psychiatric evaluation; Crisis intervention; Medication therapy; Case management; Parent advocacy; Respite; Home-based mental health services.

**Eligibility:** Native American children and adults.

**Referral Procedure:** Call for an appointment or in an emergency. (See Hours above for details.)

**Fee Schedule:** Client should not incur any expense; Medicare; Medicaid; Third-party insurance; Sliding fee schedule (based on income level and services provided).

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### **Samaritan Family Counseling Center**

**Location:** 20 Saint Bernard Street, Saranac Lake N.Y. 12983

**Telephone:** (518) 891-3043 (Fax: Call for faxing instructions.)

**Email:** [jhaverlick@willex.com](mailto:jhaverlick@willex.com)

**Services Provided:** Provide a team based approach to outpatient counseling and psychotherapy in offices in Keene, Lake Placid, and Saranac Lake. Help individuals and families through times of change and mental distress.

**Eligibility:** Call for details.

**Referral Procedure:** Call for details.

**Fee Schedule:** Mental health insurance; Self-payment.

## Franklin County: Private Mental Health Practitioners

**Case, Nadine** – Ph.D., Psychologist

43 Broadway, Suite 205, P.O. Box 446, Saranac Lake, N.Y. 12983

Telephone: (518) 891-3053

Fax: (518) 891-3053 (Fax machine will pick-up automatically and begin transmission.)

Treatment Modality: Individual, Couples, and Family Therapy; Cognitive-Behavior Therapy (CBT).

Hours: Monday-Friday 8:30 am-6:30 pm.

Insurances: Most insurance accepted; Medicare; No Medicaid.

**Cassin, Ruth** – M.D.

Adirondack Psychiatric Institute

27 Rickerson Pond Road, Saranac Lake, N.Y. 12983

Telephone: (518) 891-5927

Fax: Call for faxing instructions.

Treatment Modality: Any psychiatric services requested; Will observe children in classroom and mediate with schools.

Hours: By appointment only.

Insurances: Most insurance accepted (case-by-case determination will be made); No Medicaid.

**Kelly, Norman L.** – Clinical Psychologist

42 River Street, Saranac Lake, N.Y. 12983

Telephone: Not in service at this time.

Treatment Modality: Behavioral/Cognitive-Behavioral for adolescents.

Hours: Evenings 4:00 pm-9:00 pm.

Insurances: Empire, Champus, MCC.

**Krapp, John M.** – M.D.

40 Rockland Road, Malone, N.Y. 12953

Telephone: (518) 651-6490

Fax: Call for faxing instructions.

Treatment Modality: Cognitive and Supportive Therapy; Adolescents (ages 10-17).

Hours: Monday 5:30 pm-8:30 pm; Tuesday 10:00 am-8:30 pm; Friday 5:30 pm-8:30 pm;

Saturday 10:00 am-4:00 pm.

Insurance: Self-payment only.

**Lake-Liotta, Rosemary** – LCSW

88 Woodruff Street, Saranac Lake, N.Y. 12983

Telephone: (518) 891-0924

Fax: (518) 327-3092

Treatment Modality: Children; Adolescents; Family; Grief; Anxiety; Depression; ADHD.

Hours: By appointment only.

Insurance: Sliding fee schedule (based on income level); Private pay.

**Franklin Co. Private Mental Health Practitioners** *(continued)***Lange, Maryanna** – LCSW

25 Woodruff Street, Saranac Lake, N.Y. 12983

Telephone: (518) 891-9707

Fax: Call for faxing instructions.

Treatment Modality: Call for details.

Hours: Call for days and hours of operation.

Insurance: Most insurance accepted.

**Liotta, Richard** – Ph.D., Psychologist

85 Woodruff Street, Saranac Lake, N.Y. 12983

Telephone: (518) 891-0924

Fax: (518) 327-3092

Treatment Modality: Call for details.

Hours: Call for days and hours of operation.

Insurance: Many insurance plans accepted; Medicaid; Medicare; Payment options available.

**Meissner, Lisa** – CSW–R

20 Coreys Road, HCR 2, Tupper Lake, N.Y. 12986

Telephone: (518) 359-2623

Fax: Call for faxing instructions.

Treatment Modality: Individual, Couples, Family Therapy; Child Play Therapy; Experience in MR/DD and Head Trauma.

Hours: Monday-Friday 8:00 am-5:00 pm; Wednesday 8:00 am-7:00 pm.

Insurance: Most insurance accepted.

**Pierpont, Nina** – M.D., Ph.D.

19 Clay Street, Malone, N.Y. 12953

Telephone: (518) 483-6481 (Fax: None.)

Treatment Modality: Children and Adolescents.

Hours: Call for days and hours of operation.

Insurance: Call for details.

**Randolph-Clark, Patricia** – Psychiatric Clinical Nurse Specialist

25 Woodruff Street, Saranac Lake, N.Y. 12983

Telephone: (518) 891-5484

Fax: (518) 891-5484 (Fax machine will pick-up automatically and begin transmission.)

Treatment Modality: Psychopharmacology; Bariatric; General Psychiatry.

Hours: Call for days and hours of operation.

Insurance: Most insurance accepted; Medicare.

## Franklin Co. Private Mental Health Practitioners *(continued)*

### **Sauro, Virginia** – LCSW

Mailing Address: 53 Mt. Pisgah Lane, Saranac Lake, N.Y. 12983

Telephone: (518) 637-5311

Fax: Call for faxing instructions.

Treatment Modality: Cognitive/Behavioral Therapy; Psycho-Educational Therapy.

Hours: Monday–Thursday 2:00 pm–8:00 pm

Insurance: Call for details.

### **Venery, Christina** – CSW

121 East Main Street, Suite D 1, Malone, N.Y. 12953

Telephone: (518) 481-6355; After-Hours (518) 483-8838

Fax: Call for faxing instructions.

Treatment Modality: Individual, Couples and Family Therapy; Play Therapy.

Hours: By appointment only.

Insurance: MVP; VBH (thru ALCOA only); HMO Blue; Aetna; RMSCO; Champus.

### **Vitale, Connie** – LMHC

177 Park Street, Malone, N.Y. 12953

Telephone: (518) 483-0058

Fax: Call for faxing instructions.

Treatment Modality: Psychodynamic Therapy; Relational Therapy.

Hours: Tuesday–Thursday 8:00 am–5:00 pm.

Insurance: Private pay only at this time.

### **White, Karen A.** – Ph.D.

2038 Saranac Avenue, Lake Placid, N.Y. 12946

Telephone: (518) 523-9353

Fax: (518) 523-8959

Treatment Modality: Individual, Couples, Marriage Counseling.

Hours: Monday 10:00 am–5:00 pm; Tuesday 10:00 am–6:00 pm; Wednesday 9:00 am–5:00 pm;

Thursday 10:00 am–6:00 pm; Friday 9:00 am–4:00 pm.

Insurance: Most insurance accepted; Medicare; \$95/hour.

## Franklin County: Education and Support Groups

### Adult-Children of Alcoholics (ACOA) - Franklin County

**Location:** Meeting places vary; Call (518) 483-8867 to request a meeting schedule.

**Telephone:** Local Hotline – (518) 483-8867

**Hours:** Meeting schedule (subject to change) is available by calling the Hotline.

**Services Provided:** Answering service personnel will put caller in touch with persons who will provide assistance. 12-Step, self-help program designed for adult-children of alcoholics to learn to overcome dysfunctional family patterns.

**Eligibility:** Adult-children of alcoholics. Newcomers welcome at every meeting; “Open” meetings are available for the public and professionals to learn how ACOA works; “Closed” ACOA meetings are for adult-children of alcoholics only.

**Referral Procedure:** Call local hotline to be put in touch with an ACOA; Go to the meeting place at the day and time listed in the meeting schedule; No referral necessary.

**Fee Schedule:** Free.

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### Al-Anon/Alateen Family Groups – National website: [www.al-anon.alateen.org/](http://www.al-anon.alateen.org/)

**Location:** Meeting places vary; Call (518) 483-8867 to request an Al-Anon/Alateen meeting schedule.

**Telephone:** Local Hotline: (518) 483-8867; National Hotline: (888) 4AL-ANON.

**Hours:** Meeting schedule (subject to change) is available by calling the Hotline.

**Meeting Types:** “Open” meetings are open to the public and professionals to learn about Al-Anon/Alateen. “Closed” meetings are for families and friends of alcoholics. Alateen meetings are “closed” for youth only. Call (518) 483-8867 to request information about Alateen.

**Eligibility:** Newcomers welcome at every meeting; “Open” meetings are available for the general public and professionals to learn how Al-Anon works; “Closed” Al-Anon meetings are for families and friends of alcoholics; All Alateen meetings are “Closed” for youth only.

**Referral Procedure:** Call local or national hotline to be put in touch with an Al-Anon member; Go to the meeting place at the day and time listed in the meeting schedule; No referral necessary.

**Fee Schedule:** Free.

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### Alcoholics Anonymous (AA) – Tri-Lakes Area

**Location:** Meeting places vary; Call (518) 891-9035 or (800) 281-1190 to request a meeting schedule.

**Telephone:** Local Hotline – (518) 891-9035 or (800) 281-1190; National Office: (212) 870-3400.

**Hours:** Meeting schedule (subject to change) is available by calling the Hotline.

**Meeting Types:** 12-Step, self-help program; “Open” meetings are open to the public and professionals to learn about AA. “Closed” meetings are for alcoholics only.

**Eligibility:** Newcomers welcome at every meeting; “Open” meetings are available for the public and professionals to learn how AA works; “Closed” meetings are only for alcoholics and those who want to stop drinking alcohol.

**Referral Procedure:** Call local or national hotline to be put in touch with an AA member; Go to the meeting place at the day and time listed above; No referral necessary.

**Fee Schedule:** Free.

## Franklin Co. Education and Support Groups *(continued)*

### **National Alliance on Mental Illness of Champlain Valley (NAMI: CV)**

**Location:** 14 Healey Avenue, Suite D, Plattsburgh, N.Y. 12901

**Phone:** (518) 561-2685

**Fax:** (518) 314-6613

**Hours:** Call for meeting times and to register for groups.

**Groups Offered** *(Call about current offerings):*

#### **Educational Programs**

- **Club Teen Scene:** A program for teens who experience psychiatric, behavioral, and emotional disorders.
- **Family-to-Family:** For those who have a loved one with a mental illness. Teaching units include lessons on the biology of the brain, a medication review, information about the major mental illnesses, as well as problem solving strategies, communication strategies, and information particular to the needs of the class.
- **Introduction to Mindfulness, Emotion Regulation, Communication, and Distress Tolerance:** 32-session course on Mindfulness, Emotion Regulation, Communication, and Distress Tolerance for people who experience mental illness.
- **Wellness Recovery Action Planning (WRAP):** A 12-session program to help individuals develop wellness plans.
- **Yoga:** No matter what shape you are in, you will benefit from learning relaxation, breathing, and focusing skills that are fundamental to good mental health.

#### **Support Groups**

- **Bipolar Support Group:** For people who experience bipolar disorder (also known as manic-depressive illness).
- **Emotional Support Group:** For individuals who are struggling with mental health issues. Door is always open; Join anytime.
- **Family Support Group:** For those with a loved one with a mental illness.
- **Suicide Support Group:** For those who need support following a loved one has attempted and/or completed suicide.

**Eligibility:** Those who experience mental health issues and their loved ones.

**Referral Procedure:** Call for an appointment or additional information; No referral necessary.

**Fee Schedule:** Free.

## GLOSSARY: General Terminology

**ADHD** – A diagnosis of Attention-Deficit Disorder (ADD) in which Hyperactivity is present.

**Advocacy** – The act or process of supporting a cause or individual.

**Aftercare** – The care, treatment, help, or supervision given to persons discharged from an institution, such as a hospital.

**Case Management** – A service that helps people arrange for appropriate services and supports. A case manager coordinates mental health, social work, educational, health, vocational, transportation, advocacy, respite care, and recreational services, as needed. The case manager makes sure that the changing needs of the child and family are met.

**Children and Adolescents at Risk for Mental Health Problems** – Children are at greater risk for developing mental health problems when certain factors occur in their lives or environments. Factors include physical abuse, emotional abuse or neglect, harmful stress, discrimination, poverty, loss of a loved one, frequent relocation, alcohol and other drug use, trauma, and exposure to violence. Having a family history of mental illness also puts children and adolescents at risk.

**CSE** – Committee on Special Education. A group of school professionals on a treatment team who coordinate services of children/adolescents who are receiving special education services.

**D.O.** – Doctor of Osteopathic Medicine. A physician licensed to practice medicine. Osteopathic medicine is dedicated to treating and healing the entire patient as a whole, rather than focusing on one system or body part.

**DSM-IV (*Diagnostic and Statistical Manual of Mental Disorders, 4th Edition*)** – An official manual of mental health disorders developed by the American Psychiatric Association. Psychiatrists, psychologists, social workers, mental health counselors, and other health and mental health care providers use this reference book to understand and diagnose mental health disorders. Insurance companies and health care providers also use the terms and explanations in this book when discussing mental health problems.

**Emergency and Crisis Services** – Various help services that are available 24-hours a day, 7 days a week to assist callers during a mental health emergency. Examples of crisis services include, but are not limited to: telephone crisis hotlines, suicide hotlines, crisis counseling, crisis outreach teams, and hospital emergency room (ER) services.

**Family Practitioner** – Provides primary care services to all age groups.

**IEP** – Individualized Education Plan – Used in schools to tailor educational services for a child/adolescent identified as having special needs.

**Inpatient Hospitalization** – Mental health treatment provided in a hospital setting 24 hours a day. Provides: (1) short-term treatment in cases where a child is in crisis and possibly a danger to his/herself or others; and (2) diagnosis and treatment when the patient cannot be evaluated or treated appropriately in an outpatient setting.

## **GLOSSARY: General Terminology** *(continued)*

**Licensed Creative Arts Therapist (LCAT)** – A person with a master’s or doctoral degree in creative arts therapy. An LCAT is licensed to provide assessment, evaluation, and the therapeutic intervention and treatment, of mental, emotional, developmental, and behavioral disorders using the arts. In addition, using assessment instruments and mental health counseling and psychotherapy aids the LCAT to identify, evaluate, and treat dysfunctions and disorders for purposes of providing appropriate creative arts therapy services. Examples include, but are not limited to: art, music, dance, drama, psychodrama, or poetry therapies.

**Licensed Clinical Social Worker (LCSW)** – A person with a master’s degree in social work licensed to provide clinical social work services (i.e., diagnosis, psychotherapy, and assessment-based treatment planning) without supervision.

**Licensed Master Social Worker (LMSW)** – A person with a master’s degree in social work who may only provide clinical social work services (diagnosis, psychotherapy, and assessment-based treatment planning) with supervision from a psychiatrist, psychologist, or licensed clinical social worker (LCSW).

**Licensed Mental Health Counselor (LMHC)** – A mental health professional who has obtained a graduate degree in counseling and has met licensure requirements.

**Mental Health** – How a person thinks, feels, and acts when faced with life’s situations. Mental health is how people (1) look at themselves, their lives, and the other people in their lives; (2) evaluate their challenges and problems; and (3) explore choices. This includes handling stress, relating to other people, and making decisions.

**Mental Health Problems and/or Disorders** – Real problems that affect one’s thoughts, body, feelings, and behavior. Mental health problems are not just a passing phase. They can be severe, seriously interfere with a person’s life, and even cause a person to become disabled. Mental health problems include, but are not limited to: depression, bipolar disorder (manic-depressive illness), attention-deficit/hyperactivity disorder (ADHD), anxiety disorders, eating disorders, schizophrenia, and conduct disorder.

**Pediatrician** – Specializes in child health care.

**Psychiatric Nurse Practitioner** – Registered Nurses (RNs) who obtain a master’s or doctoral degree. They provide the full range of psychiatric care services to individuals, families, groups, and communities. They also function as psychotherapists and, in most of the fifty United States, they have the authority to prescribe medication.

**Psychiatrist** – A medical doctor who specializes in the diagnosis and treatment of mental disorders.

**Psychologist** – A mental health professional that has earned a doctoral degree in psychology and has undergone clinical training. In most states, psychologists cannot prescribe medication.

**Serious Emotional Disturbances** – Diagnosable disorders in children and adolescents that severely disrupt their daily functioning in the home, school, or community. Serious emotional disturbances affect one in ten young people. These disorders include, but are not limited to: depression, attention-deficit/hyperactivity disorder (ADHD), anxiety disorders, eating disorders, and conduct disorder.

## **GLOSSARY: CVPH Child/Adolescent Mental Health Unit**

**Clinical Coordinator** – A Registered Nurse (RN) who facilitates all nursing services and supervises the nursing staff.

**Clinical Educator** – Member of the management team; Job is staff training and development.

**Discharge Planner** – Sets up all Treatment Team meetings and makes sure a plan of services is set-up for patients when they leave the hospital.

**Treatment Team** – A group of professionals who responsible for making decisions and choices about a patient's treatment.

**Unit Clerk** – Works at the nurses' station and is responsible for answering the telephones, handling traffic on and off the unit, and various computer tasks, including order entry.

## ADDITIONAL RESOURCES

### **Telephone Resources**

**American Foundation for Suicide Prevention (AFSP):** 800-SUICIDE or 800-784-2433

**Child Abuse Reporting Center:** 800-342-3720

**Clinton County Public Health Department:** 518-565-4848

**Deaf Emergency Number:** 800-342-4453

**Domestic Violence Hotline:** 888-563-6904

**Families Together:** 888-326-8644

**Growing Up Healthy Hotline:** 800-522-5006

**Information on Children’s and Adolescents’ Mental Health:** 800-789-2647

**Missing Children Hotline:** 800-FIND KID or 800-316-3543

**National Child Safety Council:** 800-222-1464

**New York State Office of Mental Health:** 800-597-8481; En Espanol: 800-210-6456

**New York State Social Services Referral Hotline:** 800-342-3009

**Runaway Hotline:** 800-231-6946

**Substance Abuse Information and Referral:** 800-522-5553

### **Web Resources**

**American Psychological Association:** <http://healthyminds.org>

**Columbia University TeenScreen Program:** <http://www.teenscreen.org>

**Focus Adolescent Services:** <http://www.focusas.com/Suicide.html>

**Mental Health America:** <http://www.nmha.org>

**Mental Health Matters – Teen Suicide:** <http://www.mental-health-matters.com>

**National Institute of Mental Health:** <http://www.nimh.nih.gov>

**National Youth Violence Prevention Resource Center:** <http://www.safeyouth.org>

**Preventing Adolescent Suicide:** <http://www.ace-network.com/suiceresources.htm>

**Safe Teen Youth Suicide Prevention Program:** <http://www.oregon.gov/DHS/ph/ipe/ysp/2000plan/index.shtml>

### **Other Helpful Websites**

**American Academy of Child & Adolescent Psychiatry:** <http://www.aacap.org>

**American Association of Suicidology:** <http://www.suicidology.org>

**American Foundation for Suicide Prevention (AFSP):** <http://www.afsp.org>

**American Psychiatric Association (APA):** <http://www.psych.org>

**Eating Disorders Website:** <http://www.eatingdisorders.org>

**National Alliance on Mental Illness (NAMI):** <http://www.nami.org>

**National Eating Disorders Association:** <http://www.edap.org>

**Substance Abuse and Mental Health Services Administration (SAMHSA):** <http://www.samhsa.org>

**Transgender Forum’s Community Center:** <http://www.transgender.org>

**WebMD:** <http://www.webmd.com>

## Request Form for Additional Copies of Resource Directory

If you are unable to photocopy this Resource Directory, you are encouraged to request additional copies of the Directory by completing and mailing or faxing this form to Eastern Adirondack Health Care Network (EAHCN).

**Your Name:** \_\_\_\_\_ **Number of Copies Requested:** \_\_\_\_\_

**Group/Organization/School Name (if applicable):** \_\_\_\_\_

**Street Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Telephone Number:** (\_\_\_\_\_) \_\_\_\_\_ **Fax Number:** (\_\_\_\_\_) \_\_\_\_\_

**E-Mail Address:** \_\_\_\_\_

**Website Address:** http://\_\_\_\_\_

**Please indicate below who told you this Resource Directory was available. Check all that apply.**

- Athletic Trainer, Coach, Physical Education Teacher
- Companion, Live-In, Domestic Partner, Spouse
- Co-worker, Employer, Supervisor
- Community Outreach Program Leader or Instructor
- Dentist or Dental Hygienist
- Eye, Ear, Nose, and/or Throat Doctor
- Family Member
- Friend
- Guidance Counselor, Licensed Clinical Social Worker, Psychologist, Psychiatrist
- Health Care Provider (i.e. Physical Therapist, Physician's Assistant, Registered Nurse, etc.)
- Leader at church, mosque, synagogue, or other spiritual place of worship
- Pediatric Physician
- Primary Care Physician
- School Administrator (i.e., Principal, Vice-Principal, Superintendent, etc.)
- School Teacher
- Support Group Member
- Other: \_\_\_\_\_

***Please return this Resource Directory Request Form to:***

**Eastern Adirondack Health Care Network (EAHCN)**  
 Attn: Michelle Hills, Network Coordinator  
 SUNY Plattsburgh, 101 Broad Street, Sibley Hall, Suite 227  
 Plattsburgh, N.Y. 12901  
 Main Office: (518) 564-3377  
 Fax: (518) 564-2328

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## Resource Directory Feedback Form

We hope that you find this directory helpful. Parents and community members are free to duplicate all or parts of this resource directory. We invite you to serve on our Mental Health Education, Screening, and Referral Advisory Committee. Just contact us at the phone number or address below.

1. Did you find this resource directory helpful?

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2. Are there questions or additions for this resource directory?

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3. Other comments:

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*Please return this Feedback Form to:*

**National Alliance on Mental Illness of Champlain Valley (NAMI: CV)**

Attn: Mary Ann Cox, Columbia TeenScreen Coordinator

14 Healey Avenue, Suite D


Plattsburgh, N.Y. 12901

Call us at (518) 561-2685.

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**Clinton County  
Suicide Hotline**

**1-866-5 PREVENT  
(1-866-577-3836)**



**Essex County**

**HopeLine  
1-800-440-8074**



**Franklin County  
(Nationwide Suicide Hotline)**

**1-800-273-TALK  
(1-800-273-8255)**