What Do I Do Now?

A Parent’s Guide to Services in Broome County
ABOUT THIS GUIDE

The Coordinating Committee of the Children and Youth Services Council designed this book as a resource guide for parents who are experiencing problems with their children and need to know how and where to begin to look for help.

This guide is meant as a starting point and should not be taken as a complete guide to all services offered in Broome County. Not all services listed will meet the needs and values of all families using the guide. The Children and Youth Services Council does not support or endorse any one program. Be sure to ask about the services offered by each program to find one that meets your needs.

We have included agencies that should be able to direct you in your search for help. Many of these agencies have numerous programs; not all programs are listed. The agencies listed can make a determination of eligibility and appropriateness for a given service and can help you with referrals.

Sometimes it is difficult to fit a child’s problem into a particular category. Your child may have several issues occurring at the same time. We have divided the guide into several different sections, but it may be helpful to read through the descriptions under all the headings to see which services might best help your child.

If you can’t find a service you need in this book, you may call First Call for Help at 211 for a complete listing of services in Broome County or look on line at: www.firstcallforhelp.info For help finding positive recreational outlets for your youth call the Broome County Youth Bureau at 778-2415 or First Call for Help at 211.

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BEHAVIOR PROBLEMS

All youth exhibit behavior problems at times but when it reaches a stage where it disrupts the child’s education, the well-being of the family and the child’s safety, families often need help to bring the situation under control. Examples of severe behavior problems include chronic truancy, curfew problems, severe, disruptive, or aggressive behavior at school or at home, and runaway behavior.

There may be many underlying reasons for behavior problems:

- Gradual loss of parental control
- Peer influences
- Learning disabilities (see Education Services)
- Mental health or emotional problems (see Mental Health)
- Drug or alcohol use (see Substance Abuse)
- Victimization (see Victimization)
- Sudden change, crisis, or trauma

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

Many resources exist in our community to help parents regain control of their children. If you suspect that a substance abuse, mental health, or educational problem may be at the root of your child’s behavior problems, please refer to the appropriate section in this booklet.

If your child has not had a physical within the past year, consider beginning with a visit to the doctor to rule out underlying problems.

A child is part of a family and his behavior affects every member of the family. Similarly, every family member affects the child’s behavior. Change can only occur if every family member is willing to examine his role in the family system, and is willing to commit to change and to participate in services.
RESOURCES

Family Physician

Community Supports
  Family, Friends, and Church/Faith
  Family Resource Centers of Broome County  771-6334 or 785-4331
  School guidance counselor or social worker

Parent Support Groups
  First Call for Help  211 or 1-800-227-5353
  Cornell Cooperative Extension of Broome County  772-8953
  Catholic Charities  584-7800

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

Anger Management (for Youth)
  Gateway/Catholic Charities  584-7800
  Lourdes Youth Services  584-4465
  Family & Children’s Society  729-6206

Anger Management (for Parents)
  Families First/Broome County DSS  778-3080

Mediation
  ACCORD: A Center for Dispute Resolution  724-5153

Broome County Probation  778-2121

Broome County Social Services
  Family Services Intake:  778-2635
  PINS (Persons-in-Need –of Supervision, ages 7-18)
    Intake line  778-2745

Runaway, Homeless & At Risk Youth
  Local Police Agency
  LIFE House Program/Berkshire Farm Center & Services for Youth
    1-800-HELP-130 = (1-800-435-7130) or 772-3123
  Runaway & Homeless Youth Coordinator/Broome County Youth Bureau  778-3950
Over 6 million individuals in the United States have developmental disabilities. A developmental disability, according to the Developmental Disabilities Assistance and Bill of Rights Act, is defined as a chronic mental or physical impairment which:

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

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

<table>
<thead>
<tr>
<th>RESOURCES</th>
<th>www address</th>
<th>phone number</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACHIEVE</td>
<td><a href="http://www.achieveny.org">www.achieveny.org</a></td>
<td>723-8361</td>
</tr>
<tr>
<td>Autism Society of Broome Tioga Chapter</td>
<td></td>
<td>754-7222</td>
</tr>
<tr>
<td>Broome County Urban League</td>
<td><a href="http://www.bcul.org">www.bcul.org</a></td>
<td>723-7303</td>
</tr>
<tr>
<td>Broome DDSO</td>
<td></td>
<td>770-0211</td>
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<tr>
<td>Catholic Charities of Broome County</td>
<td><a href="http://www.catholiccharitiesbc.org">www.catholiccharitiesbc.org</a></td>
<td>723-9991</td>
</tr>
<tr>
<td>Down Syndrome Info Network</td>
<td></td>
<td>761-0655</td>
</tr>
<tr>
<td>HCA - Helping Celebrate Abilities</td>
<td><a href="http://www.hcaserves.com">www.hcaserves.com</a></td>
<td>798-7117</td>
</tr>
<tr>
<td>High Risk Birth Clinic</td>
<td></td>
<td>729-1295</td>
</tr>
<tr>
<td>Institute for Child Development @ BU</td>
<td><a href="http://icd.binghamton.edu">http://icd.binghamton.edu</a></td>
<td>777-2829</td>
</tr>
<tr>
<td>Magic Paintbrush Project</td>
<td><a href="http://www.magicpaintbrushproject.org">www.magicpaintbrushproject.org</a></td>
<td>729-5059</td>
</tr>
<tr>
<td>Southern Tier Alternative Therapies</td>
<td><a href="http://www.statinc.org">www.statinc.org</a></td>
<td>223-4176</td>
</tr>
<tr>
<td>Southern Tier Independence Center</td>
<td><a href="http://www.stic-cil.org">www.stic-cil.org</a></td>
<td>724-2111</td>
</tr>
</tbody>
</table>
Education services can be defined as follows:

**Developmental:** Multiple and diverse processes that affect and shape a child’s growth and personality.

**Special Education:** Specially designed individualized or group instruction or special services/programs to meet the unique needs of students with disabilities. Special education services and programs are provided at no cost to the parents.

**Birth to 5 Years**
Children should reach milestones at a reasonable time as determined by a pediatrician including sitting up, crawling, standing, and walking. Fine and gross motor skills, physical/emotional abilities, and language development should be considered as well. The local school district Committee on Preschool Special Education should also be consulted to ensure the child’s educational needs are being met.

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### RESOURCES

<table>
<thead>
<tr>
<th>Resource</th>
<th>Website</th>
<th>Phone</th>
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</thead>
<tbody>
<tr>
<td>Binghamton Schools PACT</td>
<td><a href="http://www.binghamtonschools.org/PACT1.aspx">www.binghamtonschools.org/PACT1.aspx</a></td>
<td>762-8197</td>
</tr>
<tr>
<td>BOCES</td>
<td><a href="http://www.btboces.org">www.btboces.org</a></td>
<td>763-3300</td>
</tr>
<tr>
<td>Early Childhood Direction Center</td>
<td><a href="http://www.stic-cil.org">www.stic-cil.org</a></td>
<td>724-2111</td>
</tr>
<tr>
<td>Maternal Child Health and Development</td>
<td><a href="http://www.gobroomecounty.com/mch">www.gobroomecounty.com/mch</a></td>
<td>778-2851</td>
</tr>
<tr>
<td>Family Enrichment Network</td>
<td><a href="http://www.familyenrichment.cc">www.familyenrichment.cc</a></td>
<td>723-8313</td>
</tr>
<tr>
<td>HCA</td>
<td><a href="http://www.hcaserves.com">www.hcaserves.com</a></td>
<td>798-7117</td>
</tr>
<tr>
<td>Lourdes PACT</td>
<td><a href="http://www.lourdes.com/centers-and-services/youth-services/pact">www.lourdes.com/centers-and-services/youth-services/pact</a></td>
<td>584-4550</td>
</tr>
<tr>
<td>Opportunities for Broome</td>
<td><a href="http://www.ofbonline.org">www.ofbonline.org</a></td>
<td>723-6493</td>
</tr>
<tr>
<td>Family Resource Center Binghamton</td>
<td><a href="http://www.mothersandbabies.org">www.mothersandbabies.org</a></td>
<td>771-6334</td>
</tr>
<tr>
<td>Family Education Center Endicott</td>
<td><a href="http://www.ccebroomecounty.com">www.ccebroomecounty.com</a></td>
<td>760-5755</td>
</tr>
</tbody>
</table>
Elementary Education and Middle/High School Education

Developmental – Indicators include, but are not limited to:

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

Academic – Indicators include, but are not limited to:

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

Most children have difficulty at one time or another with spoken or written language, memory, attention, concentration, organizational skills, physical coordination, or social behavior. However, consistent problems with a group of these behaviors are a good indication that a child may have learning difficulties. Consultation with the child's pediatrician/family doctor and the local school district Committee on Special Education is recommended.

RESOURCES

<table>
<thead>
<tr>
<th>BOCES</th>
<th><a href="http://www.btboces.org">www.btboces.org</a></th>
<th>763-3300</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Children’s Home</td>
<td><a href="http://www.chowc.org">www.chowc.org</a></td>
<td>772-6904</td>
</tr>
<tr>
<td>Family Enrichment Network</td>
<td><a href="http://www.familyenrichment.cc">www.familyenrichment.cc</a></td>
<td>723-8313</td>
</tr>
<tr>
<td>HCA-Helping Celebrate Abilities</td>
<td><a href="http://www.hcaserves.com">www.hcaserves.com</a></td>
<td>798-7117</td>
</tr>
<tr>
<td>Opportunities for Broome</td>
<td><a href="http://www.ofbonline.org">www.ofbonline.org</a></td>
<td>723-6493</td>
</tr>
<tr>
<td>Learning Disabilities Association of ST</td>
<td></td>
<td>754-3335</td>
</tr>
<tr>
<td>Southern Tier Independence Center</td>
<td><a href="http://www.stic-cil.org">www.stic-cil.org</a></td>
<td>724-2111</td>
</tr>
</tbody>
</table>
After School Programs

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

<table>
<thead>
<tr>
<th>LOCAL AFTERSCHOOL RESOURCES</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Boys &amp; Girls Club</td>
<td><a href="http://www.bgcbinghamton.org">www.bgcbinghamton.org</a></td>
</tr>
<tr>
<td>Binghamton</td>
<td></td>
</tr>
<tr>
<td>Boys &amp; Girls Club Oasis</td>
<td><a href="http://www.oasisue.com">www.oasisue.com</a></td>
</tr>
<tr>
<td>Program Endicott</td>
<td></td>
</tr>
<tr>
<td>Broome County Urban League</td>
<td><a href="http://www.bcul.org">www.bcul.org</a></td>
</tr>
<tr>
<td>Jewish Community Center</td>
<td><a href="http://www.binghamtonjcc.org">www.binghamtonjcc.org</a></td>
</tr>
<tr>
<td>St. Anthony’s Learning Center</td>
<td></td>
</tr>
<tr>
<td>The Discovery Center</td>
<td><a href="http://www.thediscoverycenter.org">www.thediscoverycenter.org</a></td>
</tr>
<tr>
<td>YMCA Binghamton</td>
<td><a href="http://www.ymcabroome.org">www.ymcabroome.org</a></td>
</tr>
<tr>
<td>YMCA Johnson City</td>
<td><a href="http://www.ymcabroome.org">www.ymcabroome.org</a></td>
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</tbody>
</table>
Parents are usually the first to recognize that their child has a problem with emotions or behavior. The decision to seek professional help can be difficult and painful for a parent. The first step is to gently try to talk to your child. Parents may choose to consult with the child’s physicians, teachers, clergy members or other adults who know the child well. These steps may resolve the problem for the child and family.

A child or adolescent may need a mental health evaluation if you see some of the following signs:

Younger Children

Marked decline in school performance
Poor grades in school even when trying very hard
Worrying or anxiety, as shown by problems with sleep, refusing to go to school, or not wanting to do activities that are normal for the child’s age
Hyperactivity; fidgeting, constant moving beyond regular playing
Frequent nightmares
Frequent disobedience or aggressive behavior (longer than six months); oppositional behavior to authority figures
Frequent, unexplainable temper tantrums
Pre-adolescents and Adolescents

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

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

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

GO… get help immediately

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

Comprehensive Psychiatric Emergency Program (CPEP) at Binghamton General Hospital:

(607) 762-2302

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

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

Crisis/Emergency Evaluation

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

Counseling

Binghamton Anxiety Clinic (BAC)
http://anxiety.binghamton.edu/services.htm
Binghamton University Campus
(607) 777-5006

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

Lourdes Center for Mental Health
www.lourdes.com
184 Court Street
Binghamton, NY 13905
(607) 584-4465

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

Samaritan Counseling Center
www.samaritanendicott.com
202 East Main Street
Endicott, NY 13760
(607) 754-2660

The Binghamton Mood Disorders Inst.
http://mood.binghamton.edu
Binghamton University Campus
(607) 777-3304

The Psychological Clinic
Department of Psychology
http://psychclinic.binghamton.edu
Binghamton University Campus
(607) 777-2103

Family and Children’s Society
www.familycs.org
257 Main Street
Binghamton, NY 13905
(607) 729-6206

Gateway Center for Youth
www.catholiccharitiesbc.org
Catholic Charities
86-88 Walnut Street
Binghampton, NY 13905
(607) 584-7800
Intensive Outpatient Treatment / Education

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

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

Therapeutic Placement Programs

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

Adolescent Crisis Respite Program (13-17)
www.omh.ny.gov
Greater Binghamton Health Cntr
425 Robinson Street
Binghamton, NY 13904
(607) 773-4625
- Offers short term crisis and planned respite

Family Support Services

Catholic Charities of BC – Children/Youth
www.catholiccharitiesbc.org
86-88 Walnut Street
Binghamton, NY 13905
(607) 584-7800

Mental Health Assoc. of Southern Tier
www.yourmha.com
153 Court Street Binghamton, NY 13901
(607) 771-8888
CCSI Focus - Coordinated Children’s Services
(access through SPOA, 584-7800)
Wellness Center
Rural BEAR Program
Compeer Youth Mentoring

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

School Based Family Support Centers
www.familycs.org
Union-Endicott - (607) 658-7121
Maine Memorial Ele. – (607) 862-3263
Whitney Point – (607) 692-8275

Mother & Babies Perinatal Network of SCNY
www.mothersandbabies.org
457 State Street
Binghamton, NY 13901
(607) 772-0517 or 1-800-231-0744

Family Enrichment Network
www.familyenrichment.cc
24 Cherry Street (PO Box 997)
Johnson City, NY 13790
723-8313

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

Each year a large number of children and teenagers begin using drugs and alcohol. A recent large-scale national survey indicated that 83% of high school seniors had tried alcohol and 48% had tried marijuana. The majority of teens will experiment and stop, or continue to use casually without major problems. Others will use regularly, with varying degrees of physical, emotional and social problems. Some will develop a dependency and be destructive to themselves and others. Some will die; some will cause others to die.

When several of the following signs appear together, it is important to look into the possibility of drug/alcohol use. When parents are well informed and alert, they may identify problems earlier and be able to offer their children help sooner.

**Personality Changes**
- Less caring and involved at home
- Lack of motivation
- Frequent irritability
- Periods of paranoia
- Unexplained mood swings

**Physical Changes**
- Unkempt appearance/poor hygiene
- Clothes/hair
- Red eyes
- Vomiting/sick in the morning
- Weight loss/pale/circles under eyes
- Persistent cough/frequent colds
- Increased acne/skin rashes
- Change in sleep/eating problems

**Behavioral Changes**

<table>
<thead>
<tr>
<th>Personality Changes</th>
<th>Physical Changes</th>
<th>Behavioral Changes</th>
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<tbody>
<tr>
<td>Truancy</td>
<td>Unkempt appearance/poor hygiene</td>
<td>School failure</td>
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<tr>
<td>Legal problems</td>
<td>Clothes/hair</td>
<td>Short term memory loss</td>
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<td>Secretive behavior</td>
<td>Red eyes</td>
<td>New friends</td>
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<tr>
<td>Family conflict</td>
<td>Vomiting/sick in the morning</td>
<td>Defiance/defensiveness</td>
</tr>
<tr>
<td>Curfew violations</td>
<td>Weight loss/pale/circles under eyes</td>
<td>Lethargy/laziness</td>
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</tbody>
</table>

Stories that “just don’t add up”
Loss of interest in previously enjoyed activities
Many pot smokers “deal” in order to “smoke for free”
“Mysterious” phone calls
Quitting or getting fired from job
Spending more time away from home
Physical Evidence
* Eye drops
* Matches/lighters
* Baggies
* Cigars/wraps
* Burn holes in clothes
* Dryer sheets
* Discarded tobacco
* Weighing Scales
* Window fan in all-weather
* Mouthwash/breath spray
* Odor on clothes and hair
* Empty aerosol cans
* Bongs/pipes

Items Missing From Home
* Video's/DVD's/CD's
* Clothing
* ATM cards
* Electronic equipment
* Prescription medicine
* Alcohol
* Money/coins
* Video games
* Jewelry
* Sports equipment

Resources
Addictions Center of Broome County (ACBC) 723-7308
Alcoholics Anonymous 722-5983
Alanon/Alateen 722-5983
Catholic Charities MICA 584-7800
Emergency Room (CPEP at General Hospital) 762-2302
Experienced Private Therapists
Families Anonymous 341-2747 or 237-8768
Lourdes Substance Abuse Prevention 584-3110
Narcotics Anonymous 774-4907
New Horizon’s (Family focused treatment) 762-3232

Internet Resources
www.samhsa.gov
www.niaaa.nih.gov
www.aboutourkids.org
www.oasas.ny.gov
VICTIMIZATION

Victimization means being hurt by an action that is beyond your control. Unfortunately, victimization is frequently committed by someone close, such as family member.

Types of victimization include:

- Child abuse (sexual, physical, emotional, neglect)
- Date Rape
- Bullying
- Gang activity
- Spousal, intimate partner, or teen dating violence
- Elder abuse
- Muggings, stalking, harassment, and other crimes

Child Abuse

It is important to know the signs of child abuse and report your suspicions. If you are concerned about a child and would like to report your concerns, there are certain places to call.

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

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

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

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

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

<table>
<thead>
<tr>
<th>Physical Abuse Indicators</th>
<th>Sexual Abuse Indicators</th>
<th>Emotional Abuse Indicators</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avoids physical contact with others</td>
<td>Difficulty in walking or sitting</td>
<td>Child rocks, sucks, bites self</td>
</tr>
<tr>
<td>Apprehensive when other children cry</td>
<td>Bladder or urinary tract infections</td>
<td>Inappropriately aggressive</td>
</tr>
<tr>
<td>Refuses to undress for gym or for physical exams</td>
<td>Pain, swelling and redness or itching in genital area</td>
<td>Destructive to others</td>
</tr>
<tr>
<td>Wears clothing to conceal injury</td>
<td>Bruises, bite marks, or bleeding in genital or anal area</td>
<td>Suffers from sleep, speech disorders</td>
</tr>
<tr>
<td>Gives inconsistent versions of occurrence of injuries</td>
<td>Presence of suspicious stains, blood, or semen on child’s body, underwear or clothing</td>
<td>Restricts play activities or experiences</td>
</tr>
<tr>
<td>Seems frightened by parents</td>
<td>Decline or change in grades</td>
<td>Demonstrates compulsions, obsessions, phobias, hysterical outbursts</td>
</tr>
<tr>
<td>Often late or absent from school</td>
<td>Painful bowel movements or retention of feces</td>
<td></td>
</tr>
<tr>
<td>Comes too early to school, seems reluctant to go home after</td>
<td>Unexplained pregnancy in a non sexually-active child</td>
<td>Negative statements about self</td>
</tr>
<tr>
<td>Little respect for others</td>
<td>Unwillingness to participate in physical activities</td>
<td>Shy, passive, compliant</td>
</tr>
<tr>
<td>Overly compliant, withdrawn, gives in readily</td>
<td>Engages in delinquent or runaway behaviors</td>
<td>Lags in physical, mental and emotional development</td>
</tr>
<tr>
<td>Plays aggressively, often hurting peers</td>
<td>Poor peer relationships; low self esteem</td>
<td>Self-destructive behavior</td>
</tr>
<tr>
<td>Reports abuse by parents</td>
<td>Displays bizarre, sophisticated, or unusual sexual knowledge</td>
<td>Cruel to others, overly demanding</td>
</tr>
<tr>
<td>History of running away from home</td>
<td>Fear of the dark, sleep disturbances</td>
<td>Highly aggressive</td>
</tr>
</tbody>
</table>
DOMESTIC VIOLENCE/DATING VIOLENCE

Sometimes it is hard to recognize the warning signs of abuse. You don’t have to have broken bones or a black eye to be abused. You may be experiencing emotional abuse, which could turn into physical abuse.

Does your partner …

Act possessively toward you, stop you from seeing friends, check up on you, texts or calls you constantly, won’t accept a separation?

Act very bossy, give orders, make all the decisions, and does not take your opinion seriously?

Look at you or act in ways that scare you?

Threaten you, use or own weapons?

Do you worry about how your partner will react to things you say or do?

Have a history of fighting, losing temper quickly, and bragging about mistreating others?

Pressure you for sex, act forceful or scary around sex?

Attempt to manipulate or guilt-trip you by saying, “If you really loved me you would…?”

Abuse drugs or alcohol and pressure you to take them?

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

Have a history of bad relationships and not accepting responsibility?

Believe that he should be in control and that you should be passive?

Hit, push, choke, restrain, kick, physically abuse you, or damage your things?

Threaten to commit suicide?
**Effects on Children:**

- Inability to concentrate – problems in school
- Withdrawal, depression, anxiety
- Flattening of emotions
- Stomach problems, eating and sleeping disorders
- Feeling that they are to blame
- Demonstration of manipulative, disrespectful behavior
- Aggression toward women as they age
- Attempts to protect a parent by intervening in a dispute
- Self-injury

**Things That We Can Do to Minimize the Impact on Children:**

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

---

**Resources**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Violence Prevention Council</td>
<td>(607) 778-2153</td>
</tr>
<tr>
<td>Crime Victims Assistance Center Crisis Line</td>
<td>(607) 722-4256</td>
</tr>
<tr>
<td>Rise Hotline</td>
<td>(607) 754-4340</td>
</tr>
<tr>
<td>Broome County Family Court</td>
<td>(607) 240-5799</td>
</tr>
</tbody>
</table>
GANG VIOLENCE

Learn About Gangs

Young people (as young as nine or ten) give reasons like these for joining gangs:
- To belong to a group for excitement
- To get protection
- To earn money
- To be with friends

Gangs leave signs of their presence. Your child may adopt some of those signs as either a gang member or an imitator:
- Wearing certain kinds or colors of clothing and emblems in very specific ways
- Special hand signals
- Gang symbols on walls as graffiti or on books or clothing
- Major and negative behavior changes, such as:
  - Declining grades
  - Staying out without good reason
  - “Hanging” with known or suspected gang members
  - Carrying weapons
  - Possessing unexplained, large sums of money

Sharpen Your Skills as a Parent

The odds are that the better you meet your child’s needs for support, caring and a sense of order and purpose, the less need your child will see a need for gangs.
- Talk with and listen to your child
- Put a high value on education and help your child to do his or her best in school
- Help your kids identify positive role models and heroes
- Do everything possible to involve your children in supervised, positive group activities
- Praise them for doing well and encourage them to do their very best
- Know what your children are doing and whom they are with
Don’t forget to talk about gangs. Tell your child that:
   You disapprove of gangs
   You don’t want to see your child hurt or arrested
   You see your child as special and worth protecting
   You want to help your child with problems
   Family members don’t keep secrets from each other
   You and other parents are working together against gangs

**Help Keep (or Put) Gangs Out – Three Things You Can Do**

- Develop positive alternatives
- Talk with other parents
- Work with police and other agencies to organize against the gang organization

For more information about gangs call:

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

ganginfo@binghamtonha.org
BULLYING
Every day in the United States 160,000 children stay home from school because of a bully.

Bullying behaviors include
Name calling, nasty teasing, threats & extortion
Physical violence
Damage to belongings
Spreading malicious rumors
Leaving peers out of social activities, deliberately & frequently

Responding to a bully
Talk to the child
Explain bullying is unacceptable
Explain bullying makes others unhappy
Discourage using force to get what one wants
Praise children for being kind
Praise children for cooperating immediately
Encourage the bully to speak with a counselor
Demonstrate play without bullying

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

Signs of bullying problems
Headaches    Stomach Aches    Anxiety    Irritability

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

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

If you have been a victim of a crime call:

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

Other numbers that may be of assistance to you include:

Broome County Sheriff’s Department (607) 778-1911
New York State Police (607) 775-1241
CPEP (607) 762-2302
1 (800) 451-0560
NYS Sex Offender Registry www.criminaljustice.ny.gov/nsor/ 1 (800) 262-3257
First Call For Help 211
Family & Children’s Society, Inc. (607) 729-6206
Binghamton Crime Stoppers Anonymous Tip Line 1 (866) 304-TIPS (8477)
Department of Corrections Inmate Look Up www.doccs.ny.gov/inmateinfo.html
TEENAGE PREGNANCY

Your daughter may be pregnant if you notice these warning signs:

- Missing a period
- Weight gain
- Sexual acting out
- Frequent urination
  - Fatigue
- Nausea or vomiting
- Feeling bloated
- Increase or decrease in appetite
  - Mood change
- Wearing baggie clothing

Signs of early pregnancy can vary from woman to woman.

If you think you or your daughter may be pregnant these are the next steps that you need to follow:

- See your doctor
- Start prenatal care
- No smoking
- Remember that second-hand smoke is dangerous
- No drinking or drug use
- Exercise regularly
- Eat healthy
- Take your daily vitamin
- Sign up for childbirth classes

Prenatal care is the care that you give yourself as well as the care that you receive from family and friends.

Caring for yourself means that your mothering has already begun.
Where to go if you think you are pregnant

Medical and Pre-natal Services

Family Planning of South Central New York, Inc
www.fpscny.org
formerly Planned Parenthood
117 Hawley Street
Binghamton, NY 13901
(607) 723-8306

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

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

Services and Supports

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

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

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

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

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

Remember to Keep You and Your Family Safe and Healthy
Talking About Adolescent Sexuality

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

The risks of sexual behavior can be very high for adolescents struggling to understand their changing bodies and changing feelings. Making good decisions may be hard, but the result of a poor choice can last a lifetime.

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

The following tips may help:

   Be available, be open, and initiate conversation

   Set good examples

   Respect their privacy and feelings

   Give accurate information and honest answers

   Start early

   Take advantage of teachable moments

   Use correct names for all body parts and behaviors

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

   Help them learn to set their own limits

   Help your child to say “NO”
Any counseling that improves parent-child communication can be helpful in opening the discussion of difficult topics. Medical professionals, nurse educators, social workers, youth counselors and other youth workers could be consulted. For more specific information, the following resources may be helpful:

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

Broome County Health Department, 778-2839

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

Family Planning of SCNY, 723-8306

Information and referrals regarding adolescent pregnancy prevention

Mothers and Babies Perinatal Network, 772-0517

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

PFLAG, 748-3984

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

STAP (Southern Tier Aids Program), 798-1706

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

STAP (Southern Tier Aids Program), 651-9120
ADDITIONAL RESOURCES

The Internet can be an excellent source of information about various child and adolescent issues. However, it can also be a source of misinformation if the sites that you visit are not developed by reliable people or organizations. The following are some examples of websites and hotlines that you may find helpful.

**Websites and Hotlines**

American Academy of Child and Adolescent Psychiatry  
[www.aacap.org](http://www.aacap.org)

National Institute of Mental Health  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

National Mental Health Association  
[www.nmha.org](http://www.nmha.org)

Mental Help Net – Child and Adolescent Development  
[www.mentalhelp.net/](http://www.mentalhelp.net/)

National Mental Health Services  
[www.mentalhealth.org/](http://www.mentalhealth.org/)  

National Association of School Psychologists  
[www.nasponline.org](http://www.nasponline.org)  
[www.nami.org](http://www.nami.org)

Families Together in NYS, Inc  
1-888-326-8644  
[www.ftnys.org](http://www.ftnys.org)  
For families of children with special emotional, social and behavioral needs

Office of Children and Family Services  
[www.ocfs.state.ny.us](http://www.ocfs.state.ny.us)  
Information Line 1-800-345-KIDS

NYS Sex Offender Registry  
[www.criminaljustice.ny.gov](http://www.criminaljustice.ny.gov)

Broome County Website  
[www.gobroomecounty.com](http://www.gobroomecounty.com)

Children & Youth Services Council (CYSC)  
[www.cyscbroome.org](http://www.cyscbroome.org)

NYS Office of Alcoholism and Substance Abuse Services  
[www.oasas.ny.gov](http://www.oasas.ny.gov)
PHONE NUMBERS

Broome County Sheriff.................................................................778-1911

Local Police......................................................................................911

Children & Youth Crisis Team (CPEP)...........................................762-2302

1 (800) 451-0560

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

PINS Intake.................................................................778-2745

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

First Call for Help ...........................................................................211

Parent Helpline..............................................................................1(800) 342-7472

Everyday 9am-10pm anywhere in NYS- free/confidential/multilingual

National Suicide Prevention Lifeline...........................................1(800)273-8255

www.suicidepreventionlifeline.org
Mission Statement

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

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

Please feel free to reproduce this brochure.

Available online: www.cyscbroome.org