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 729-9100 for a complete listing of services in Broome County. [www.firstcallforhelp.info](http://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 729-9100.

Cover Artwork by Catholic Charities Art Group

Revised – 03/08
TABLE OF CONTENTS

Behavior Problems ................................................................. 4
Resources .............................................................................. 5
Education Services .................................................................. 6
    Birth to 5 Years ................................................................ 6
    Resources ...................................................................... 6
Elementary Education ...................................................... 7
Middle/High School Education ........................................ 7
    Resources ...................................................................... 7
Mental Health ........................................................................ 8
    Younger Children ........................................................... 8
    Pre-adolescents and Adolescents ...................................... 9
Mental Health Resources .......................................................... 10
Crisis/Emergency Evaluation .................................................. 10
    Counseling .................................................................... 10
    Intensive Outpatient Treatment/Education .................. 11
    Therapeutic Placement Programs ................................ 11
    Family Support ............................................................. 11
Substance Abuse ..................................................................... 12
    Resources .................................................................... 13
    Internet Resources .......................................................... 13
Victimization ............................................................................. 14
    Child Abuse .................................................................... 14
    Abuse Indicators .......................................................... 15
    Domestic Violence/Dating Violence ............................. 16
    Resources .................................................................... 17
    Gang Violence ............................................................. 18
    Bullying ........................................................................ 20
    Resources .................................................................... 21
Teenage Pregnancy ..................................................................... 22
    Where To Go If You Think You Are Pregnant ............. 23
    Talking About Adolescent Sexuality ......................... 24
    Resources .................................................................... 25
Additional Resources ................................................................. 26
Phone Numbers ........................................................................ 27
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 and Friends
- Church/Faith Community
- Family Resource Centers of Broome County, 772-8953 or 772-0517
- School guidance counselor or social worker

Parent Support Groups
- First Call for Help, 1-800-227-5353, 729-9100
- Cornell Cooperative Extension of Broome County, 772-8953
- Catholic Charities, 584-7800
- FAST/Lourdes Family Support, 584-4570

Parenting Classes
- Cornell Cooperative Extension, 772-8953
- Gateway/Catholic Charities, 584-7800
- Families First/Broome County Mental Health, 778-3080, 778-3089
- Catholic Social Services, 729-9166
- HOPE Project/Lourdes Youth Services, 584-4485
- Common Sense Parenting, 773-4192

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

Anger Management (for Parents)
- Family & Children’s Society, 729-6206
- Families First/Broome County Mental Health, 778-3080, 778-3089

Mediation
- ACCORD: A Center for Dispute Resolution, 724-5153

Broome County Probation
- PINS (Person-in-Need-of Supervision, ages 7-18) Intake Officer, 778-2121

Broome County Social Services
- Family Services Intake, 778-2620

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), 772-3123
- Runaway & Homeless Youth Coordinator/Broome County Youth Bureau, 778-2260
EDUCATION SERVICES

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**

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

---

**Resources**

- Binghamton Schools PACT: 762-8197
- Broome Developmental Disabilities Services Office: 770-0211
- Early Childhood Direction Center: 786-8524
- Early Intervention Program (Broome Co. Health Dept.): 778-2851
- Family Enrichment Network/Head Start Program: 723-8313
- Handicapped Children’s Association: 798-7117
- High Risk Birth Clinic: 729-1295
- Institute for Child Development (Binghamton University): 777-2829
- Lourdes PACT: 584-4550
- Opportunities For Broome/Head Start Program: 723-6493
- Family Resource Centers
  - Binghamton (PAL): 771-6334
  - Endicott: 785-4331
  - Johnson City: 763-1254
### Elementary Education and Middle/High School Education

**Developmental – Indicators include, but are not limited to:**
- General awkwardness
- Hyperactivity/distractibility
- Difficulty with temporal concepts
- Disorganized thinking
- Poor social skills
- Poor visual/motor coordination
- Difficulty concentrating
- Poor organizational skills
- Poor short-term memory
- Difficulty with abstract reasoning or problem-solving

**Academic – Indicators include, but are not limited to:**
- Poor performance on group tests
- Reversals in reading/writing
- Difficulty in copying accurately from a model
- Slowness in completing work
- Easily confused by instructions
- Difficulty with tasks requiring sequencing
- Difficulty with abstract reasoning/problem solving
- Disorganized thinking
- Poor short-term memory

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

### Resources

<table>
<thead>
<tr>
<th>Resource</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Binghamton Association for the Education of Young Children</td>
<td>772-0560</td>
</tr>
<tr>
<td>BOCES</td>
<td>763-3300</td>
</tr>
<tr>
<td>Broome County Urban League - Carroll St. - 723-7303 or Exchange St. -</td>
<td>772-4765</td>
</tr>
<tr>
<td>Broome Developmental Disabilities Services Office</td>
<td>770-0211</td>
</tr>
<tr>
<td>Children’s Home of Wyoming Conference</td>
<td>772-6904</td>
</tr>
<tr>
<td>Family Enrichment Network/Head Start Program</td>
<td>723-8313</td>
</tr>
<tr>
<td>FAST/Lourdes Family Support</td>
<td>584-4570</td>
</tr>
<tr>
<td>Handicapped Children’s Association</td>
<td>798-7117</td>
</tr>
<tr>
<td>High Risk Birth Clinic</td>
<td>729-1295</td>
</tr>
<tr>
<td>Institute for Child Development (Binghamton University)</td>
<td>777-2829</td>
</tr>
<tr>
<td>Learning Disabilities Assoc. of Southern Tier</td>
<td>754-3335</td>
</tr>
<tr>
<td>Opportunities for Broome/Head Start Program</td>
<td>723-6493</td>
</tr>
<tr>
<td>Parent to Parent NYS</td>
<td>(518) 381-4370</td>
</tr>
<tr>
<td>School-To-Careers Partnerships</td>
<td>786-8593</td>
</tr>
<tr>
<td>VESID (Vocational/Educational Services for Individuals with Disabilities)</td>
<td>721-8400</td>
</tr>
</tbody>
</table>
MENTAL HEALTH

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: 1-800-273-TALK (8255)

It is also important to limit the person’s access to firearms, 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

Broome County Mental Health – Children’s Clinic
1 Hawley Street – 2nd floor
Binghamton, NY 13901
(607) 778-1992

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

Lourdes Corner for Youth and Family Services
303 Main Street
Binghamton, NY 13905
(607) 584-4465

Mental Health Assoc. of the Southern Tier
153 Court Street
Binghamton, NY 13901
(607) 771-8888
  ▪ Listing of Private Therapists
  ▪ BEAR Program
  ▪ Compeer Youth Mentoring

Catholic Social Services
232 Main Street
Binghamton, NY 13905
(607) 729-9166

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

The Psychological Clinic
Department of Psychology
Binghamton University
PO Box 6000
Binghamton, NY 13902-6000
(607) 777-2103

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

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

The S.A.F.E. (School and Family Enrichment) Program
One Wall Street
Binghamton, NY 13901
(607) 778-3710
**Intensive Outpatient Treatment / Education**

**Children’s Day Treatment Program (5-12)**
Children’s Home of Wyoming Conference
1182 Chenango Street
Binghamton, NY 13901
(607) 772-6904

**Adolescent Day Treatment Program (12-17)**
Greater Binghamton Health Center
425 Robinson Street
Binghamton, NY 13904
(607) 773-4223 or 4258

**Therapeutic Placement Programs**

**The Harbour Program**
Mental Health Association of Ulster County Inc.
56 Shepard Street
Walton, NY 13856
(607) 865-4422
  - Family Based Treatment/Therapeutic Foster Care
    (must refer through SPOA, 584-7800)

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

**Adolescent Crisis Residence (13-17)**
Greater Binghamton Health Center
425 Robinson Street
Binghamton, NY 13904
(607) 773-4609 or 4625
  - Offers short term crisis and planned respite

**Family Support**

**Catholic Charities of Broome County – Children/Youth**
86-88 Walnut Street
Binghamton, NY 13905
(607) 584-7800
  - Single Point of Accountability (SPOA)
  - Supportive Case Management (SCM)
  - Intensive Case Management (ICM)
  - Flex Team (Home and Community Based Waiver Program)
  - Coordinated Children’s Services Initiative (CCSI)
  - Functional Family Therapy (FFT)

**CCSI FOCUS – Mental Health Association**
153 Court Street
Binghamton, NY 13901
(607) 771-8888
  - Coordinated Children’s Services Initiative (access through SPOA, 584-7800)

**Family Ties**
Binghamton General Hospital
Memorial 4
10-24 Mitchell Avenue
Binghamton, NY 13901
(607) 762-2887
  - Education, Information and Support Groups

**Family Support Center of Western Broome**
1100 East Main Street
Endicott, NY 13760
(607) 658-7121
  - Kinship Coalition
Each year a large number of children and teenagers begin using drugs and alcohol. A recent large-scale national survey indicated that 83% of high school seniors had tried alcohol and 48% had tried marijuana. The majority of teens will experiment and stop, or continue to use casually without major problems. Others will use regularly, with varying degrees of physical, emotional and social problems. Some will develop a dependency and be destructive to themselves and others. Some will die; some will cause others to die.

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

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

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

**Behavioral Changes**
- Truancy
- Legal problems
- Secretive behavior
- Family conflict
- Curfew violations
- School failure
- Short term memory loss
- New friends
- Defiance/defensiveness
- Lethargy/laziness
- Stories that “just don’t add up”
- Loss of interest in previously enjoyed activities
- Many pot smokers “deal” in order to “smoke for free”
- “Mysterious” phone calls
- Quitting or getting fired from job
- Spending more time away from home
Physical Evidence

- Eye drops
- Baggies
- Burn holes in clothes
- Discarded tobacco
- Scales
- Odor on clothes and hair
- Bongs/pipes
- Matches/lighters
- Cigars/wraps
- Dryer sheets
- Window fan in all weather
- Mouthwash/breath spray
- Empty aerosol cans

Items Missing From Home

- Video's/DVD's/CD's
- ATM cards
- Prescription medicine
- Money/coins
- Video games
- Jewelry
- Sports equipment
- Clothing
- Electronic equipment
- Alcohol

Resources

New Horizon's (Family focused treatment) 762-3232
Lourdes Substance Abuse Prevention 584-4490
Catholic Charities MICA 584-7800
PINS Intake 778-2121
Alcoholics Anonymous 722-5983
Narcotics Anonymous 774-4907
Families Anonymous 754-1299
Emergency Room (CPEP at General Hospital) 762-2302
Experienced private therapists

Internet Resources

www.kydscoalition.org
www.samhsa.gov
www.niaaa.nih.gov
www.aboutourkids.org
www.edc.org/hec
www.oasas.state.ny.us
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

The effects of child abuse can last a lifetime. If you or someone you know is struggling with issues of past abuse, there are people who can help.

It is also 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 several places to call. If the child is 0-18 years of age and the person suspected of causing or allowing the abuse is a parent, guardian or custodian of the child, operator of, or an employee in a home operated by an authorized agency or any type of daycare call:

- (800) 342-3720 – New York State Central Register Of Child Abuse and Maltreatment (Child Abuse Hotline)
- (607) 778-2647 – Broome County Department of Social Services
- If the situation does not fall into these categories [or child is in immediate danger] call law enforcement or 911.

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, won’t accept a separation?
- Act very bossy, give orders, make all the decisions, and does not take your opinion seriously?
- Look at you or act in ways that scare you? Threaten you, use or own weapons? Do you worry about how your partner will react to things you say or do?
- Have a history of fighting, losing temper quickly, and bragging about mistreating others?
- Pressure you for sex, act forceful or scary around sex? Attempt to manipulate or guilt-trip you by saying, “If you really loved me you would…?”
- Abuse drugs or alcohol and pressure you to take them?
- Say you provoke him, you press his buttons, you make him do it, you lead him on?
- Have a history of bad relationships and not accepting responsibility?
- Believe that he should be in control and that you should be passive?
- Hit, push, choke, restrain, kick, physically abuse you, or damage your things?
- Threaten to commit suicide?
Effects on Children:

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

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

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

Resources

Family Violence Prevention Council (607) 778-2153
Crime Victims Assistance Center Crisis Line (607) 722-4256
SOS Shelter Hotline (607) 754-4340
Broome County Family Court (607) 778-2156
Gang Violence

Learn About Gangs

Young people (as young as nine or ten) give reasons like these for joining gangs:

- To belong to a group
- For excitement
- To get protection
- To earn money
- To be with friends

Gangs leave signs of their presence. Your child may adopt some of those signs as either a gang member or an imitator:

- Wearing certain kinds or colors of clothing and emblems in very specific ways
- Special hand signals
- Gang symbols on walls as graffiti or on books or clothing
- Major and negative behavior changes, such as:
  - Worse grades
  - Staying out without good reason
  - “Hanging” with known or suspected gang members
  - Carrying weapons
- Possessing unexplained, relatively 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 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
- Like inflicting injury on others
- Have little empathy for their victims
- Deny their actions, saying they were provoked
- Often receive physical punishment at home
- Are taught to handle problems by hitting
- Lack parental involvement and warmth
- Are generally defiant toward adults
- Can be anti-social
- Tend to break school rules

Signs of bullying problems
- Headaches
- Stomachaches
- Anxiety
- Irritability

Responding to a victim
- Talk to the child
- Make a note of what the child says (who does it, how often and where it occurs, and what exactly is done to the child)
- Praise the child for telling an adult
- Have child report further incidents

Victims
- Tend to be anxious and insecure
- Tend to be cautious
- Suffer from low self-esteem
- Rarely defend themselves
- Rarely retaliate
- May lack social skills
- May lack friends
- Are often socially isolated
- 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:

Crime Victims Assistance Center Crisis line: (607) 722-4256

Other numbers that may be of assistance to you include:

- Broome County Sheriff Department: (607) 778-1911
- New York State Police: (607) 775-1241
- CPEP: (607) 762-2302
  - 1 (800) 451-0560
- Megan’s Law Hotline: 1 (900) 288-3838
- NYS Sex Offender Registry: 1 (800) 262-3257
- First Call For Help: (607) 729-9100
- Family & Children’s Society: (607) 729-6206
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**

**Lourdes Center for Family Health**  
DeMarillac Clinic  
303 Main Street, Binghamton, New York 13905  
798-8058, [www.lourdes.com](http://www.lourdes.com)

**Planned Parenthood**  
168 Water Street, Binghamton, New York 13901  
723-8306, [www.ppscny.org](http://www.ppscny.org)

**UHS Women’s Health Center**  
33-35 Harrison St., Johnson City, NY 13790  
763-6101 [www.uhs.net](http://www.uhs.net)

**Services and Supports**

**Birthright**  
435 Main St., Johnson City, NY 13790  
798-7661, 1-800-550-4900, [www.birthright.org](http://www.birthright.org)

**Catholic Social Services**  
Pregnancy, Parenting and Adoption Program  
232 Main Street, Binghamton, New York 13902  
729-9166, [www.catholiccharitiesbc.org](http://www.catholiccharitiesbc.org)

**Family & Children’s Society**  
257 Main Street, Binghamton, New York 13905  
729-6206, [www.familycs.org](http://www.familycs.org)

**Life Choices Center**  
93 Oak St., Binghamton, NY 13905  
723-3342, 1-800-395-HELP

**Mothers and Babies Perinatal Network**  
Counseling, Education, Support  
457 State Street, Binghamton, New York 13901  
772-0517, 1-800-231-0744, [www.mothersandbabies.org](http://www.mothersandbabies.org)

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

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

The following tips may help:

- Set good examples
- Respect their privacy and feelings
- Give accurate and honest answers
- Start early
- Take advantage of teachable moments
- Reassure them that they are normal
- Use correct names for sexual organs and behaviors
- Admit if you do not know the answer
- Help them learn to set their own limits
- Be available, be open, initiate conversation
- Help your child to say “NO”
Resources

Any counseling that improves parent-child communication can be helpful in opening the discussion of difficult topics. Medical professionals, nurse educators, social workers, youth counselors and other youth workers could be consulted. For more specific information, the following resources may be helpful:

Information and treatment on sexually transmitted diseases (STD’s)
  - Broome County Health Department, 778-2839

Information on reproductive health for male and female adolescents, pregnancy prevention including abstinence, education regarding adolescent sexuality, counseling to improve communication skills
  - Planned Parenthood, 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) Teen Support Group
  - STAP (Southern Tier Aids Program), 651-9175
ADDITIONAL RESOURCES

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

Websites and Hotlines

American Academy of Child and Adolescent Psychiatry
www.aacap.org

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

National Mental Health Association
www.nmha.org/

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

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

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

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

Families Together in NYS, Inc.  1-888-326-8644
www.ftnys.org
For families of children with special emotional, social and behavioral needs

Office of Children and Family Services
www.ocfs.state.ny.us
Information Line  1-800-345-KIDS
Information on Childcare, Foster Care, and adoption
Day Care Facility Search
www.ocfs.state.ny.us/ccfs_facilitysearch/Default.aspx

NYS Sex Offender Registry
www.criminaljustice.state.ny.us

Broome County Website
www.gobroomecounty.com

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

NYS Office of Alcoholism and Substance Abuse Services
www.oasas.state.ny.us
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 ......778-2620

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

Broome County Mental Health..................................................778-1992

First Call for Help .......................................................................729-9100

Parent Information Resource Center ............................ 1(800) 342-7472
                                           24 hours a day Parent Helpline

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

27
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