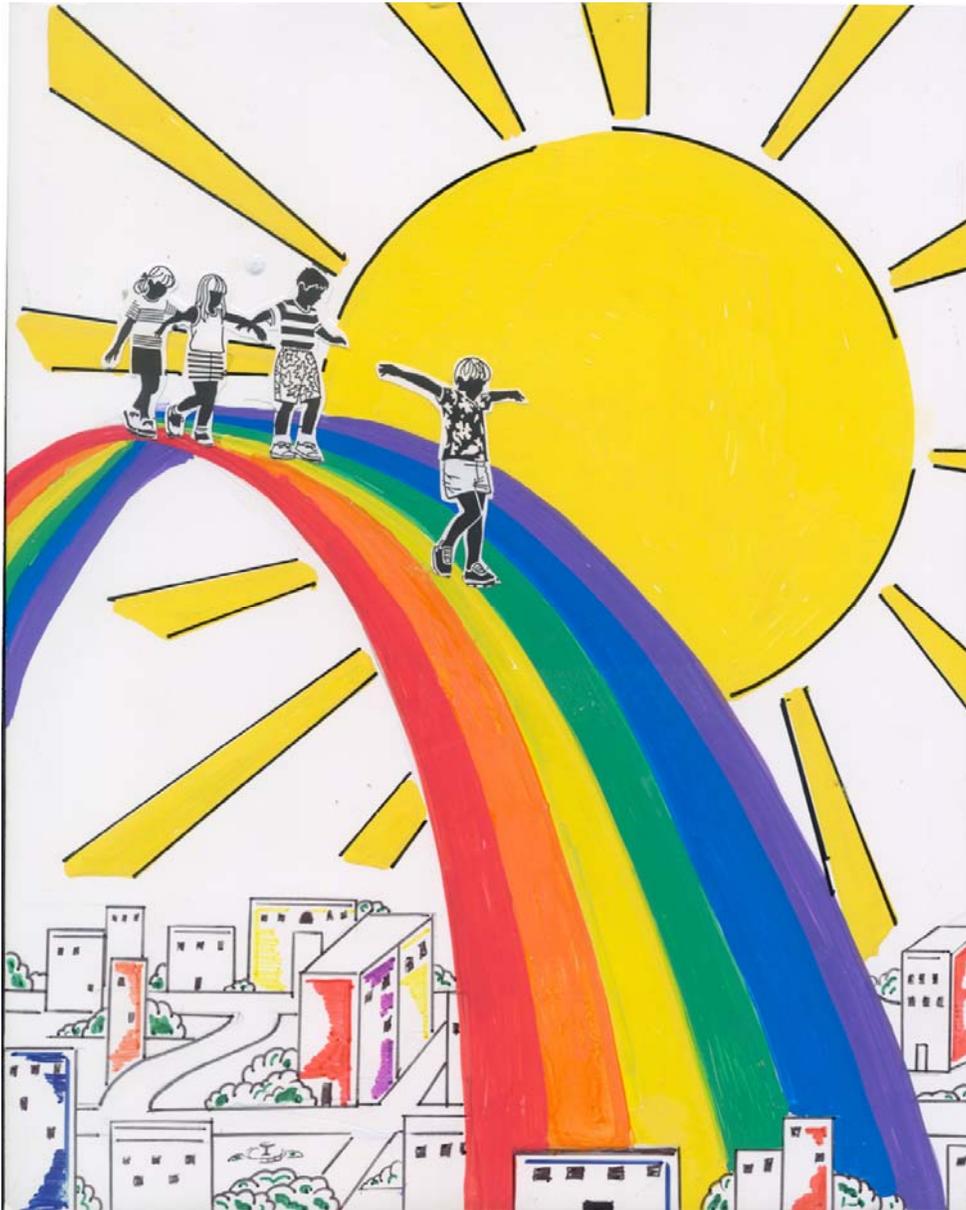


# What Do I Do Now?

**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 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.



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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 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

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

## **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 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

**Broome County Mental Health – Children’s Clinic**  
1 Hawley Street – 2<sup>nd</sup> 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  
(access through SPOA, 584-7800)

### **Family Ties**

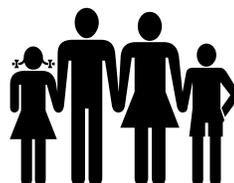
Binghamton General Hospital  
Memorial 4  
10-24 Mitchell Avenue  
Binghamton, NY 13901  
(607) 762-2887

- Education, Information and Support Groups

### **Family Support Center of Western Broome**

1100 East Main Street  
Endicott, NY 13760  
(607) 658-7121

- Kinship Coalition



# **SUBSTANCE ABUSE**

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

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

## **Personality Changes**

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

## **Physical Changes**

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

## **Behavioral Changes**

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

## Physical Evidence

- Eye drops
- 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](http://www.kydscoalition.org)  
[www.samhsa.gov](http://www.samhsa.gov)  
[www.niaaa.nih.gov](http://www.niaaa.nih.gov)  
[www.aboutourkids.org](http://www.aboutourkids.org)  
[www.edc.org/hec](http://www.edc.org/hec)  
[www.oasas.state.ny.us](http://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

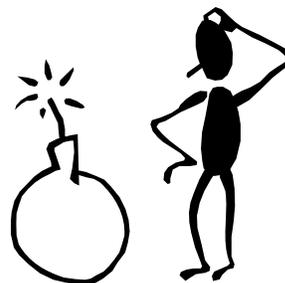
<b>Physical Abuse Indicators</b>	<b>Sexual Abuse Indicators</b>	<b>Emotional Abuse Indicators</b>
Avoids physical contact with others	Difficulty in walking or sitting	Child rocks, sucks, bites self
Apprehensive when other children cry	Bladder or urinary tract infections	Inappropriately aggressive
Refuses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

## Domestic Violence/Dating Violence

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

Does your partner ...

- Act possessively toward you, stop you from seeing friends, check up on you, 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](mailto: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**

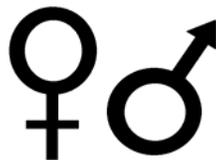
We live in a very sexual world. There are confusing messages about sex everywhere - on the radio, TV, in magazines, movies and music. Sex is used to sell everything from soap to cars.

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](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/)

Mental Health Risk Factors for Adolescents

[www.education.indiana.edu/cas/adol/mental.html](http://www.education.indiana.edu/cas/adol/mental.html)

National Mental Health Services

[www.mentalhealth.org/](http://www.mentalhealth.org/)

[www.mental-health-matter.com/disorders/childhood.php](http://www.mental-health-matter.com/disorders/childhood.php)

National Association of School Psychologists

[www.nasponline.org](http://www.nasponline.org) [www.nami.org](http://www.nami.org)

[www.connectforkids.org](http://www.connectforkids.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

Information on Childcare, Foster Care, and adoption  
Day Care Facility Search

[www.ocfs.state.ny.us/ccfs\\_facilitysearch/Default.aspx](http://www.ocfs.state.ny.us/ccfs_facilitysearch/Default.aspx)

NYS Sex Offender Registry

[www.criminaljustice.state.ny.us](http://www.criminaljustice.state.ny.us)

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.state.ny.us](http://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

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S E R V I N G  
Y O U T H  
T O G E T H E R

## **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](http://www.cyscbroome.org)