

Tompkins County SPOA

(Single Point of Access)

The SPOA team is a group of caring people working together with families who are raising children with social, emotional or behavioral challenges to identify new opportunities for success. We build on your family's strengths, identify your child's needs and make suggestions about supports that may help!

SPOA referrals can be found here: <http://collaborativesolutionsnetwork.org/referral-forms/spoa-information-forms/>

SPOA Team Members (may include):

Tompkins County Mental Health Clinic, Family & Children's Service of Ithaca, Area School Representatives, Children's Health Home Care Managers (Elmira Psychiatric Center and Franziska Racker Centers), Pathways Waiver Program, Tompkins County Mental Health Association, Tompkins County Department of Social Services, Parent Partner Program, Family Navigator, Franziska Racker Centers, YOU and your support people, youth when appropriate.

Important details of the SPOA meeting:

- The meeting will be strength-based and focused on solutions
- You will have the opportunity to share and ask any questions you might have
- The meeting will focus on the current strengths and challenges of your child
- Your input is crucial....the meeting will not happen without you!
- SPOA meetings take place every Thursday morning at the Tompkins County Mental Health Clinic in the 6th floor conference room.
- At your scheduled meeting time, a Family Navigator from the Franziska Racker Centers will meet you by the 6th floor elevator, bring you in and introduce you to the team.
- How can we help make you comfortable? Let us know!
- During the meeting, you will work with the SPOA team to develop a unique plan to help support your child and family in ways that work for you.
- At the end of the meeting, you will be provided with a copy of the notes and contact information for any service or supports that were identified.
- You will be invited to provide feedback either immediately or the following week so we can learn how to support families in the best way possible.
- Congratulations, you did it! Celebrate by doing something just for you today.

Questions? Need more information?

Contact Sally Manning at (607) 592-0992 or sallymcoss@rackercenters.org

Services That Can Be Accessed Through SPOA:

Children's Health Home Care Management

The Health Home Care Management program provides services to youth when they are being challenged by serious emotional difficulties. HHCM services include an assessment of a person's strengths and needs, coordination and development of a care plan, a safety plan, connections to community resources, monitoring the overall services being delivered, and obtaining any services necessary for meeting basic human needs, including physical health. This program uses an individual approach in that there is one person working with your family. The care manager works to ensure that families have everything necessary to stay healthy, out of the emergency room and out of the hospital. Participation in this program is always voluntary and there are no fees involved. There are currently two care managers available to families; one from Elmira Psychiatric Center and one from Franziska Racker Centers. The SPOA committee will work with you to make an effective match for your family.

Home and Community-Based Services Waiver Program

Home and Community-Based Services (HCBS) Waiver is a strength-based program that serves youth ages 5-18 years with serious emotional difficulties. The program is certified through the New York State Office of Mental Health and provides services and supports to families to prevent out of home placement for their child. Enrollment in the program is voluntary and no fees are charged to the family. Waiver services use a team approach with multiple people working with your family. Staff meet with the family/youth in their home or other locations chosen by the family. Families choose supports and services that meet their unique needs which may include: Individualized Care Coordination, Crisis Response Services, Intensive In-Home Services, a Parent Advocate, Family Support Services, Respite Care, and Skill Building Services. Waiver services are provided by Pathways, Inc. (www.pathwaysforyou.org)

Community Residential Programs

Community Residential Programs (CR) serve youth who are experiencing emotional difficulties and have reached a level of stability and recovery in other inpatient and residential settings or are in need of a higher level of care than can currently be provided in their home. The Community Residence enables them to live with others in a community-based setting, attend local schools, and participate in community, cultural, and social opportunities. In addition, youth return home on weekends. This level of care works with families to empower and

engage them in treatment so that youth may return home permanently upon discharge. Youth accepted into the program have serious problems in family relationships, peer and social interactions, and school performance. Additionally, these young people need a level of service that requires multi-agency intervention and coordination. They must be able to function independently in a community-based, supervised living environment and participate in community, school, social, and recreational activities.

Residential Treatment Facility (RTF)

Residential Treatment Facilities are programs that provide a therapeutic living environment in a community-based facility for youth who, because of the severity of their problems, are unable to adjust to other placements but do not require inpatient psychiatric hospitalization. Services include crisis stabilization, initial and continuing bio-psychosocial assessment, care management, medication management, therapy and mobilization of family support and community resources in the context of a comprehensive multidisciplinary treatment plan. Residents often attend on-grounds schools or public special education classes and receive services that are geared to their individual needs and the goal of returning to their own or their foster families.

Helpful Community Resources

The following resources are available to families and do not require a SPOA referral to access. Please refer to individual programs for specific qualifications.

Tompkins County CARE Team Meetings

When young people face social and emotional challenges that get in the way of their success over time, it can be stressful for everyone involved. Sometimes parents/caregivers, schools and community providers need a little help to uncover new strategies to inspire positive change. A solution focused CARE team meeting can support a family and their providers in discovering some new ways of working together.

A CARE team meeting lasts an hour and fifteen minutes. The culture of the meeting is very strength based and all voices at the table are considered to be equally important. Our goal is to create a calm and positive place for everyone to reflect upon the current strengths and

challenges, to envision a brighter future and to identify some steps for reaching some common goals.

Anyone can request a meeting, including parents and caregivers, educators and community providers. Meeting request forms can be found here: <http://collaborativesolutionsnetwork.org/referral-forms/solution-focused-care-team/> The parent/caregiver chooses exactly who they would like to attend the meeting and where the meeting will be held. Youth are encouraged to attend their own meetings, but this decision is always made by the family.

If you have questions or need more information, contact Sally Manning at (607) 592-0992 or sallymcss@rackercenters.org

Mental Health/Counseling

Tompkins County Mental Health Clinic

The *Children and Youth Program* is a NYS licensed outpatient treatment program for children with mental health problems. Services include psychiatric evaluation / assessment, psychological evaluation, social / family / home evaluation, behavior evaluation, medical assessments and alcohol and substance abuse screening. Also provided are services to Tompkins County Family Court in the form of mandated evaluations and treatment of children and their families referred by the Court.

201 E. Green St. Ithaca, NY 14850 (607) 274-6200
www.tompkinscountyny.gov/mh

Family & Children's Service of Ithaca

Our *clinical program* offers high-quality, confidential, and affordable counseling services in a welcoming and caring atmosphere for children, preschool age through adolescence, and their families.

Family and Children's Service of Ithaca offers *psychiatric services* to clients receiving therapy in our clinical program. Psychiatry referrals are made when the therapist believes that receiving this service at Family & Children's Service could be a beneficial addition to the client's mental health treatment.

Children's Crisis Outreach Services offer crisis intervention and short-term, intensive counseling for children and youth (K-12) and their families.

Crisis clinicians work intensively over a 4-6 week period to stabilize mental health functioning in order to prevent hospitalization or removal of the child from home or school. Our crisis clinicians have the flexibility to see clients at home, school, or other mutually beneficial locations, when necessary.

Open Doors is a Runaway and Homeless Youth program for Tompkins County. We provide services to youth up to age 21 (and their families) who have run away or are at-risk of running away and are interested in reunifying with family.

Dispositional Alternatives Program (DAP) & Rural Outreach Program (ROP) provide case management, mentoring and skill-building in recreational groups for youth ages 8 to 17 struggling with mental or behavioral issues.

Kinect – Kinship Caregiver Education, Counseling and Training
KINECT provides support and services for kinship caregivers in Tompkins County. Kinship caregivers are family members, or close family friends, who have stepped up to become foster parents to children in need. Currently, relatives who take care of foster children are provided very little support by DSS. Services include education to caregivers, home-based clinical case-management, direct counseling to caregivers, and advocacy and support in Family Court, with DSS, in schools, etc.

127 W. State St. Ithaca, NY 14850 (607) 273-7494 www.fcsith.org

Find Private Therapists in Tompkins County

<https://therapists.psychologytoday.com/rms/>

<http://mhaedu.org/find-help/find-a-local-mental-health-specialist/>

<http://collaborativesolutionsnetwork.org/solutions/private-therapists/>

Respite and Other Family Supports

Mental Health Association of Tompkins County

Saturday Group Respite: Family Support Services provides 4 hours of group respite at the YMCA on scheduled Saturdays throughout the year. This is supervised by trained respite providers, with a one to three ratio. Staff focuses on socialization and skill building activities. Group recreational events occur after the planned agenda is completed. Saturdays 1-4pm.

KIDS FIRST: The Family Support Services summer program offers children and youth group socialization, skill-building and community involvement. This is full time therapeutic recreation day program which does have a cost to the participants. The fee must be paid in full before a child can be put on the roster for participation. More information on KIDS FIRST will be in the annual Ithaca's Summer Camp Review put out each April – May.

Parents of Unique Children (POUCH): POUCH is a parent–driven support group consisting of parents/guardians and a FSS peer advocate who share similar experiences. POUCH provides a forum where parents can exchange information, share past experiences and create positive techniques and skills to enhance their family unity. FSS schedules a variety of educational workshops which have included such topics as: Mental health assessments, transition services, special education laws, nutrition and a medication presentation by an area pharmacist.

Family Peer Support Services: A Family Peer Advocate works across a variety of systems to provide peer support, education, advocacy and information and referral. A Family Peer Advocate will work closely with parents/guardians in a strength-based relationship to enhance family skills to promote positive youth functioning and their child's ability to be successful. A Family Peer Advocate will be available to collaboratively work with and on behalf of families to assist them to obtain needed services and supports to promote positive outcomes. The most important advocacy concept of FSS is that of being "Effective Parent-Professional-System partnerships".

Teen Group: This group is a safe space for teens to network, make new friends and share life experiences. Thursdays 5-6:30pm, Henry St. John Building.

301 South Geneva St. Ithaca, NY 14850 (607) 273-9250
www.mhaedu.org

Elmira Psychiatric Center

The *Child & Adolescent Crisis Residence* provides a short term (1-21 day), trauma sensitive, safe and therapeutic living environment and crisis support, to children and adolescents (who receive mental health services), their families and service providers. The goal of this 8 bed program is to stabilize the crisis situation and to support the family or service provider's efforts to maintain youth in his or her current residence.

Cara Hope, Program Manager, MBS, HCM
(607) 737-4863 or cara.hope@omh.ny.gov

Catholic Charities of Tompkins/Tioga

Community Connections is a mentoring program that advocates for families / individuals to create roadmaps as they travel through Child Protective Services and other child welfare systems. We are here to help if you have been recently hot-lined to Child Protection Services and you would like to know your choices. It is a program of parents helping parents find their way through this crisis. It is a voluntary, strengths-based program providing advocacy and monitoring of service delivery for families and/or individuals involved specifically with Child Protective Services and other child welfare Services.

The *Fatherhood Initiative* is a case management program that provides individualized services to males who are involved in divorce, shared parenting, custody and child support.

Tommy Miller, (607) 272-5062

324 W. Buffalo St. Ithaca, NY 14850

www.catholiccharitiesst.org

Franziska Racker Centers

A *Family Navigator* is a warm, caring person who has raised a child with social, emotional and/or behavioral challenges. They are ready to "pay it forward" and help other parents who may need support and a listening ear. They listen, make connections, collaborate, inform, help bridge communication and understanding, and build hope together. You may find yourself overwhelmed and want to speak with another parent who will listen and be present. A Family Navigator can support you. Help from a Family Navigator is free, confidential, and available to ALL families.

Serena Ward, Program Coordinator (607) 592-0486

serenaw@rackercenters.org

National Alliance on Mental Illness (NAMI)

NAMI-Finger Lakes is the Ithaca, NY affiliate of the National Alliance on Mental Illness (NAMI). They seek to support families and friends of people diagnosed with major mental illnesses, educate families and the public

about mental illness, and advocate for families and their ill relatives. Programs include confidential support groups, support for family members with patients in Cayuga Med's Behavioral Services Unit, *Family-to-Family Education Course* for adults and a lending library of resource materials about mental illness.

(607) 273-2462 or namifl@hotmail.com
www.namifingerlakes.org

Play 'n Talk

A support group for caretakers of children on the autism spectrum, meeting monthly at the Tompkins County Public Library. Free play care for children on the spectrum and their siblings during the meeting. This monthly meeting is co-sponsored by Tompkins County Public Library. For meeting dates, please check TCPL's monthly calendar. For more information contact playntalkithaca@gmail.com.