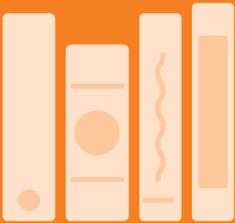




# Resource Guide

For Mental Health & Wellness in the Rockaways

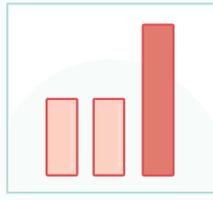




1 in 5

Currently, 1 in every 5 adults in the USA suffers from mental health issues.

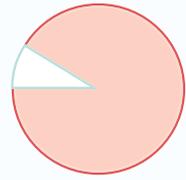
The 2015 National Survey on Drug Use and Health, in Center for Behavioral Health Statistics and Quality (2016)



600 vs. 1200

The Rockaway rate of adult psychiatric hospitalization is almost twice that of New York City.

Statewide Planning and Research Cooperative System, on health.ny.gov (2017)



85%

In the Rockaways, 85% of psychiatric ER patients leave the hospital against medical advice.

The 2015 National Survey on Drug Use and Health; Queens Community District 14 (2016)

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# Mental Health in the Rockaways

Mental illnesses are common. So common that in fact, 20% of the population lives with a mental illness. While they are common, the majority of people with mental illness do not get treatment. This is especially true in the Rockaways. Whether it is from lack of awareness about treatment options or the stigma still attached to mental illness, residents are not receiving help.

This guide was created to make the process of getting help and receiving treatment in the community a bit easier. Many people feel frustrated and do not know where to begin or how to get help. This guide can be used as the first step to getting help. Please use the resources as you see fit or when you are ready, but always remember that help is closer than you think.

## How to Use this Guide

This guide was developed so that those in need of mental health services can better access the nearest and most appropriate resources available in Rockaway. Each social service listed in the resource directory contains a short description about the organization, contact information and some easy-to-follow steps of what to expect when you reach out. Throughout the guide you will find tip sheets and educational resources. The map on the last pages highlights some noteworthy resources. We divided mental health therapy and types of resources in three color coded categories. You can find the color of each category at the bottom of the page for reference.

-  Recreational Care
-  Immediate Assistance
-  Outpatient Services

## RISE and RWA

Rockaway Institute for Sustainable Environment (RISE) opened in 2016 within a renovated firehouse on B. 59th St. and Rockaway Beach Blvd. RISE is the headquarters for the Rockaway Waterfront Alliance (RWA). RWA is a community-based organization dedicated to empowering residents of underserved communities in the Rockaways to play a role in the determination of their neighborhoods. RISE is a hub for community-based programs and is a space for collaboration on the Peninsula's most pressing environmental, economic and public health concerns. Since 2016, RWA has led the Take Care Rockaway initiative at RISE.

## FRANC

The Far Rockaway Arverne Nonprofit Coalition (FRANC) is an alliance of over a dozen nonprofits. The goal of the coalition is to improve the lives of young people by strengthening Rockaway's nonprofit network and by supporting member organizations' initiatives. In support of Take Care Rockaway, FRANC formed the mental health subcommittee. The subcommittee meets monthly as the Rockaway Mental Wellness Advisory Board and advises on Take Care Rockaway's design and implementation.

## Take Care Rockaway

This guide was developed as part of the Take Care New York 2020 initiative. Acknowledging that there is a high rate of unmet mental health needs in Rockaway, a community stakeholder group convened and determined that information about existing mental health resources would be useful for building awareness. The Rockaway Mental Wellness Advisory Board developed objectives for the guide to make it user friendly and practical.

# Choosing the Right Therapy

There are many different types of therapy. Each style comes with its own approach. The type and length of your therapy will depend on your personal situation and insurance. Your therapy may be part of an overall treatment plan and may include exercise, socialization, meditation, diet changes and medication.



**Talk Therapy**, also known as psychotherapy, is a common treatment in which a client talks face-to-face with a mental health professional. It helps clients understand their illness.



**Cognitive Behavioral Therapy (CBT)** is a type of talk therapy focused on goal setting and problem solving.



**Group Therapy** is a small group of people who discuss individual issues and help each other with problems, with the guidance of a trained therapist.



**Family Therapy** involves other family members in order to improve communication and resolve conflicts.



**Peer Services** provide an opportunity for regular people to use their experience to connect with others in recovery.



**Creative Arts Therapy** uses drawing, painting, music, dance and other creative techniques to express and examine emotions, trauma and psychological undertones.

# Recreational Care



Non-medical resources such as exercise, yoga, group sessions and the arts that are proven to reduce stress and promote holistic wellbeing. These resources can help you manage your mental wellness on a daily basis.

## Gardening

### Edgemere Farm

A: 385 B. 45th St., Far Rockaway, **Volunteer: May- October, S 9am - 2pm, Yoga: W morning 9:30 am.**

Volunteer and learn new skills. Wear comfortable clothes, hydrate and join the team! Volunteers will be provided with farm stand produce after working for at least two hours. All ages welcome, but children under 12 must be supervised at all times. Email [info@edgemerefarm.com](mailto:info@edgemerefarm.com) or walk in.

### Seagirt Community Garden

NYRP info P: 212-333-2552 A: 30-03 Seagirt Blvd., Far Rockaway.

Part of the New York Restoration Project. Open a minimum of 20 hrs/ week April - October. Sign up for your own gardening space, or to volunteer. They host barbecues and weekly events.

## Exercise

### Sorrentino Recreation Center

P: 718-471-4818 A: 18-48 Cornaga Ave., Far Rockaway, W: [nycgovparks.org/facilities/recreationcenters/Q446](http://nycgovparks.org/facilities/recreationcenters/Q446), **seasonal schedule.**

Provides access to recreational and fitness opportunities. A membership is required to access the center. Multiple team sports.

### Ocean Bay Community

### Development Corporation (OBCDC)

P: 718-945-8640 A: 57-10 B. Channel Dr., Arverne, W: [oceanbaycdc.com](http://oceanbaycdc.com) Walking group: 718-945-8640 ext. 215, **free.**

Women's group meets weekly every Wednesday at 11:30 am. They have weekly guest speakers on varied topics that cover anything from diabetes to living alone. Walking group meets 2nd and 4th Tuesday of the month from 12:30-1pm under the instruction of a YMCA instructor.

### NYC Parks Recreation Center

### Membership

W: [nycgovparks.org/programs/recreation-centers/membership](http://nycgovparks.org/programs/recreation-centers/membership). Memberships: Youth: free, Seniors, Veterans and Disabled: \$25 annually, Adults: \$100-150 annually, **seasonal schedule.**

NYC Parks Recreation Center memberships give access to NYC's most affordable and extensive network of recreational facilities across the 5 boroughs. Amenities include access to gyms, group fitness classes, basketball courts and team sports. including Step Team for Youth.

## YMCA

P: 718- 215-6950 A: 207 B. 73rd St., Arverne,  
**M-F 5:30am-10pm, S-Su 7am-8pm.**

Membership is required but may be used in all YMCAs across NYC. Offers discounted rates for low-income members and residents of Arverne. There is pool access, a fitness center, group classes, basketball courts and teams to join. Sign up for a free pass and try a group class, or gym. Sign up for membership requires a photo ID.

## Support Groups

### Faith - Fathers Alive in the Hood

P: 347-620-3248 A: 1544 Hassock St., Far Rockaway, **free M,F 7pm-9pm.**

A men and fathers group that nurtures relationships between individuals and the community. The group talks about building family relationships and other topics.

## Yoga & Meditation

### RockawayLove - Yoga

P: 718-634-7777 A: 90-16 Rockaway B. Blvd., Rockaway Beach, W: [rockawaylove.com](http://rockawaylove.com), **seasonal schedule.**

Studio offering yoga and meditation classes for all levels. Additionally, the studio offers massage, acupuncture and wellness workshops.

### Rockaway Summer House

A: 504 B. 68th St., Arverne. Entrance on Thursby Ave. W: [rockawaysummerhouse.com](http://rockawaysummerhouse.com), **seasonal schedule.**

Free residential retreats focusing on meditation and other contemplative practices that lead to peace of mind like yoga, Reiki and Chi-Gung. Member and volunteer supported endeavor. Provides free art programs, urban farming workshops and ecological sustainability classes to the community. Run by Buddhist Insights.

## A Guide to Dealing with Stress



### Gardening

Gardening is a great way to relax. Research has shown that learning how to garden reduces stress. Volunteering at a garden can be a great way to meet people, or a way to hang out in nature.



### Yoga & Meditation

Yoga is a mind-body practice that combines physical poses, controlled breathing and meditation or relaxation. Yoga may help reduce stress, lower blood pressure and lower your heart rate.



### Exercise

Exercise is a proven effective way to reduce stress. Moving 15 minutes a day can have a positive effect on your health. You can do it alone in your house or you can join a local group or class.

# When You Are Feeling Alone



## Websites & Chats

Online chats & websites are great way to talk with people. There are a lot of applications and websites to meet people and connect with daily. See pg. 19 for websites.



## Community Centers

Community centers offer a great location to meet up with people and participate in an activity that interests you.



## Libraries & Events

Your local library is a great place to go to find out about community events and most host daily activities.

# Youth

## Rockaway Youth Task Force

*P: 718-868-0386 A: 1920 Mott Ave. 2nd Fl., Far Rockaway, Farm: 310 B. 58th St. Arverne.*

This is one of the most fantastic urban farms in NYC and is one of the largest youth run growing spaces. The farm is used for community events and as a seasonal farm stand from summer to fall. Farm includes composting, rain-water harvesting and solar technology. They also run an all teen newspaper. Multiple volunteer and learning opportunities available.

### SIGN-UP

1. Visit [www.RYTF.org](http://www.RYTF.org).
2. Click the "How to Join" link.
3. Fill out online application.
4. Attend a new members orientation.

## Healing Garden: Bed-Stuy Campaign Against Hunger

*P: 718-773-3351 A : 385 B. 45th St., Far Rockaway. Entrance on B. Channel Dr. and B. 46th St., **open May-December.***

Employs local youth to participate in managing the farm. Provides produce to food pantries and patients with diabetes. There are plenty of opportunities to volunteer or work at the garden.

## Children Center of NY - Beacon Center

*P: 718-651-7770, Multiple locations: Beach 41st Cornerstone Community Center, P: 347-246-9759, A: 426 B. 40th St., Far Rockaway, **M-F 2pm-10pm, summer hours 10am-5pm.***

*Redfern Cornerstone Community Center: P: 718-471-2061 A: 1544 Haddock St., Far Rockaway, **M-F 2:30-10 pm, summer hours 8am-11pm.***

A community hub for children, teens and adults. They offer several youth and mentoring programs. Mental health support is provided for youth dealing with an incarcerated parent and a young men's initiative pairing youth and mentors to play basketball.

## Senior Centers

### JASA

Main P: 212-273-5272 Multiple locations: P: 718-634-3044 A: 106-20 Shorefront Pkwy., Rockaway Park, P: 718-471-3110 A: 711 Seagirt Ave. Far Rockaway.

JASA is a senior center offering a One Stop Center, which coordinates delivery of services such as case assistance, care management, advocacy training and home care. Social workers assess each senior's individual needs, identify available services and resources and conduct referrals to help with daily living. Senior centers offer meals, daily activities and events.

### Bayswater Senior Center

P: 718-327-0297 A: 2716 Healy Ave., Far Rockaway, **free, M-Th 9:30am-4:30pm, F 9:30am-1:30pm.**

Catered lunch and various recreational activities offered throughout the day.

### Seagirt Adult Day Care

P: 718-757-1640 A: 2028 Seagirt Blvd., Far Rockaway, **M-F 9am-6pm.**

Full service adult day care for functionally or cognitively impaired adults. Provides hot meals, mental health services and case management in a safe setting. There are a variety of daily activities including arts and crafts and relaxation groups. Medicaid only.

### INTAKE PROCESS

1. Call for open house schedule.
2. Spend the day for free utilizing services.
3. Check insurance eligibility.

## Community Centers

### RISE

A: 58-03 Rockaway B. Blvd., Arverne, W: [rwalliance.org](http://rwalliance.org).

A community center and the Rockaway Waterfront Alliance headquarters with weekly events and various volunteer opportunities including beach cleanups, workshops and youth after-school and summer programs. Programs focus on environmental conservation, community service, food justice and cooking/growing food. Hosts weekly farm share during the summer. Check the website for programs and events.

“ There was a time where I felt so alone. I didn't know how to get help. I didn't have much support at home when it came to discussing mental illness. My mother died and family counseling was never an option for us. ”



# A Guide to Getting Help

## Mental Health & Stigma

We all play a role in creating a supportive community that encourages people to seek the help that they need. 1 in 4 people will be affected by a mental disorder at some point in their lives yet of those only one third seek help. By helping to eliminate the social stigma surrounding mental health we can change this. When you ask for help, not only are you helping yourself, you empower someone around you to seek treatment or help they need themselves.

## Getting Immediate Help

Studies show that most people with mental health problems get better with treatment and may recover completely. People don't get the mental health help they need because they don't know where to start. Use these resources to find the help, you, your friends, or family need.

## NYC-WELL

### Your 24/7 connection to free, confidential mental health support

When you contact NYC-WELL a trained mental health counselor or peer support specialist will listen to your concerns or help you through a crisis and give you the support, resources and referrals you need to move forward and be well.



**Text:**  
WELL to  
65173



**Visit:**  
NYCWELL  
.org



**Call:**  
1-800-  
NYC WELL

# Asking for Help in Three Steps

## Step 1

### Consider You Might Need Help

While we all think we are superheroes, we all need a little help sometimes. For many of us accepting that we need help is difficult, but remember everybody needs help at some time in their lives. And the person you are asking may need help from you in the future.

---

## Step 2

### Find the Right Person to Help You

Don't choose a person because you think that they will say yes to offering help. Choose a person with whom you feel comfortable sharing your problems with or alternatively, a person that you might not know, but who has resources to help you find the right treatment. People to consider are faith-based leaders, teachers and librarians.

---

## Step 3

### Identify Available Resources

If you are going through a painful time, are in crisis or just need someone to talk to, figuring out what type of help you want makes it easier to ask for help. Speak with someone about the different types of therapy and the options available to you using the resources in this guide.

# Immediate Assistance

These are numbers to call for immediate help. Use these resources if you are in crisis or need to speak with someone immediately. All are available 24/7.



## Resource Key

 No insurance required	 Medicaid / Medicare	 Multi languages
 Insurance required	 Walk-in	 Immigrant friendly
 Insurance guidance	 Referral needed	 Youth friendly

## NYC-WELL



P: 888-NYC-WELL/888-692-9355, TEXT: "Well" to 65173, W: [nycwell.cityofnewyork.us](http://nycwell.cityofnewyork.us), 24/7.

A trained mental health counselor or peer support specialist will listen to your concerns and help you through a crisis. They will give you the support, resources and referrals you need to move forward and be well.

### INTAKE PROCESS

1. Call & choose a language.
2. Speak immediately with a counselor who will listen to your needs or direct you to the appropriate care.
3. If needed, a counselor will send a mobile crisis unit to your home. The wait time for the Rockaways is 24-48 hours.

## Administration for Child Services



Parent Helpline: 212-676-7667, Report Abuse: 800-342-3720, Report abuse of a mentally ill adult or senior: 844-697-3505.

The line can be used to find help for yourself or someone you know. Call the

center to find parenting support groups in your area or to report the abuse of a mentally ill adult. The service is completely confidential and anonymous.

## St. John's Episcopal Hospital



P: 718-869-869-7000, A: 327 B. 19th St., Far Rockaway, 24/7.

When you or someone you know feels there is no other option, are in crisis, or in need of immediate care, please go to the emergency room. The hospital is equipped with a crisis intervention team that can help you get immediate support, care and attention.

### INTAKE PROCESS

1. Call 911 or go to the Emergency Room.
2. Let someone know you or the patient is in immediate crisis.
3. The patient will be admitted for in-patient care for at least 24 hours with round-the-clock supervision.

## The Crisis Text Line



Text "start" to 741741, **free, 24/7.**

If you are in crisis, but you do not wish to speak with anyone in person, this is a text service with mental health counselors available to chat. Standard text messaging rates apply for cell phone users.

### INTAKE PROCESS

1. Text "start" to 741-741.
2. Text the crisis or problem and counselor will be available to answer questions within 1 min.
3. Text "stop" when finished.

## National Suicide Prevention Line



P: 800-273-TALK/800-273-8255, Online Chat: [chat.suicidepreventionlifeline.org](http://chat.suicidepreventionlifeline.org), **24/7.**

If you're in crisis, this is confidential support. The line can help find local resources, therapists and support groups. Authorities will not be called unless suspected of imminent threat.

### INTAKE PROCESS

1. Call & choose a language.
2. Speak with a support specialist confidentially who can help you find local services, especially if they are needed immediately.

## NY State Coalition Against Domestic Violence



P: 800-621-HOPE/800-621-4673 W: [nyscadv.org](http://nyscadv.org), **24/7.**

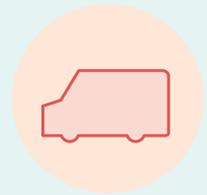
Confidential hot line for help during a crisis, safety planning, emotional support and for help finding resources in your area including a safe shelter, advocacy counseling and legal assistance.

### INTAKE PROCESS

1. Call & choose a language.
2. Speak with counselor for support.
3. If needed, services are provided over the phone, the intake process is completely confidential.

## Finding Transportation

Free metro cards are provided at some outpatient locations. Please call or ask in person if you are eligible



### Ocean Bay Community Development Corp.

Van service for seniors age 60+ or disabled. Reservations must be made 72 hours in advance. Priority pickup for medical appointments. P:718-945-8640 ext. 222.

### Medical Answering Services

For people who are disabled and on Medicaid. Provides reimbursements for taxis and other forms of transportation. P: 844-666-6270.

### Brightpoint Health Services

If you are located in a homeless shelter, or are home insecure, Brightpoint will pick you up and take you to one of their clinics. Medicaid or Medicare required. P: 855-681-8700.

# Outpatient Services

These are services provided in person for people seeking treatment but who do not require 24 hour care or hospitalization.



## Resource Key

No insurance required	Medicaid / Medicare	Multi languages
Insurance required	Walk-in	Immigrant friendly
Insurance guidance	Referral needed	Youth friendly

## Multiple Service Clinics

### New Horizons Counseling Center



P: 718-845-2610 for referral & information,  
Multiple locations:

P: 718-327-9001, A: 1622 Central Ave., Far Rockaway, P: 718-327-7002, A: 720 B. 20th St., Far Rockaway P: 718-634-3461, A: 88-02 Rockaway B. Blvd., Far Rockaway, P: 718-471-8671, A: 66-03 B. Channel Dr., Arverne, **Office M-F 9am-5pm.**

Outpatient and day treatment available. Individual psychotherapy for clients ages 5+. Services include: medication therapy, family therapy, art therapy, psychiatric evaluations, CBT, linkages with Community Services Crisis Intervention at school and home, substance use treatment and Suboxone.

### INTAKE PROCESS

1. Call for phone screening.
2. Complete insurance screening and assessment.
3. Set up appointment with a therapist who will try to address issues.

### Catholic Charities Neighborhood Services



Main P: 718-722-6001, P: 718-337-6800, A: 18-47 Mott Ave., Far Rockaway, W: [ccbq.org](http://ccbq.org), **M,T,Th 9am-8pm, W,F 9am-5pm, S,Su Closed.**

A full treatment center with a variety of services including: individual and group therapy, family therapy crisis intervention and case management. Additionally, services include substance use treatment and a variety of support groups. Walk-ins are accepted. No one is refused and no referral is needed. They can provide referrals to other agencies including parole.

### INTAKE PROCESS

In crisis? Call or walk in and you will be seen.

For non-emergencies:

1. Intake is Mondays 12:30 pm and Wednesdays 9:30 am.
2. At center, complete initial intake assessment and mental status exam.
3. Treatment plan created in conjunction with therapist.

## Sheltering Arms



P: 718-471-6818 A: 1600 Central Ave. 1st Fl., Far Rockaway, **M-Th 9am-9pm, F 9am-5pm.**

Individual and family counseling with a focus on domestic violence prevention and treatment. Mental health services with case management available.

### INTAKE PROCESS

1. Walk in or call to complete screening. There may be a waiting list to be seen as a walk-in.
2. Make an appointment
3. If walk-in, can wait to be seen by a Licensed Master Social Worker and can begin a treatment plan.

“ I can't talk to my guidance counselor or teachers. I definitely can't talk to my parents— they are the ones putting all the pressure on me. I have to keep everything bottled up inside. ”



## How to Get Health Insurance

Getting insurance is a complicated process, but there are several locations throughout Far Rockaway where there are trained professionals waiting to guide you through the process. These professionals will help you fill out the application, assemble necessary documents and choose between plans.

### JCCRP

NY State of Health representative on location Mondays and Tuesdays from 9am-3pm, call for additional times, P: 646-632-5986, P: 718-327-7755 A: 1525 Central Ave., Far Rockaway

### ST. JOHN'S EPISCOPAL HOSPITAL

Medical enrollment specialists available as well as Health First representatives. Office hours 8am-4pm. P: 718-869-7197 A: 327 B. 19th St., Far Rockaway. English & Spanish. Health First at St. John's. Medicaid: P: 917-375-6762, English & Creole. Medicare: P: 917-592-9782, English & Spanish.



# Substance Use

## Far Rockaway Treatment Center

Part of NorthWell Health Family Consultation Clinic



P: 718-868-1400 A: 1600 Central Ave., Far Rockaway, **Intake on T,Th only. M,T,Th 8am-8pm, W,F 8am-5pm, S,SU Closed.**

Part of the NorthWell Hospital System. Treatment is available for patients with substance use and mental health issues. Treatment includes one-on-one counseling and group classes. Suboxone/Naloxone prescriptions for people who qualify are available for those in treatment.

### INTAKE PROCESS

Walk-ins not recommended.

1. Call and set up prescreening and schedule appointment for intake.
2. Intake is on Tuesdays and Thursdays only, come in to start assessment plan.
3. Talk with therapist to create a treatment plan.

## Community Support Services

### St. John's Episcopal Hospital's Community Mental Health Center



P: 718-869-8822, A: 521 B. 20th St., Far Rockaway, **M,W 8:30am-5:30pm, T,Th 8:30-7pm, F 8:30am-5pm, S,Su Closed.**

Family clinic that provides a full range of mental health services including: case management, service coordination, psychotherapy, individual, group and family counseling, psychological assessments and medication adherence. Ask about weekly support groups.

### INTAKE PROCESS

1. Walk-in
2. Wait between 15 min to 1 hour to be seen by an assessment specialist.
3. Schedule intake appointment. Intakes are 1 hour. You will be referred to different organizations if needs cannot be met during assessment.

### St John's Episcopal Hospital's Wellness and Recovery Center



P: 718-869-8400 A: 1908 Brookhaven Ave., Far Rockaway, **M-F 8:30am-5pm.**

This clinic is for adults who struggle with severe behavioral health disorders and who may also be dually diagnosed. This center provides a higher frequency and intensity of individual, group and family treatment. They are focused on reducing the risk of psychiatric hospitalization. Walk-ins are accepted during business hours, there is no wait list and intake appointment are available within 72 hours.

### INTAKE PROCESS

1. Walk-ins accepted but not recommended. Best to call for an appointment.
2. Perform intake at initial appointment and schedule an appointment for a psychiatric evaluation.
3. Complete evaluation and then you will be introduced to your future therapy team.

## How to Get a Referral



Referrals are documents given by a medical professional or agency to receive a specific type of treatment from another agency or professional. You need a referral at some locations to start treatment.



To get a referral for an adult call the NYC-WELL hotline (P: 888-NYC-WELL) or any of the other immediate assistance lines listed on pg.10 and 11 of this resource guide.



To get a referral for children call the Children's Single Point of Access (CSPOA).  
P: 888-277-6258

## Primary Care & Behavioral Health Integration

### Delmont Medical Care Far Rockaway



P: 718-868-1100 A: 1624 Central Ave. 2nd Fl., Far Rockaway, **M-F 8am-6pm, S 8am-4pm.**

Primary care facility designed to give clients an ongoing relationship with personal clinician trained to provide continuous medical care. The clinician is responsible for fulfilling all of your health care needs and arranging care with other specialists including in-house mental health providers.

#### INTAKE PROCESS

1. Call for an intake appointment.
2. See primary care physician for check up and intake assessment.
3. Get screened for mental health by Licensed Master Social Worker and can begin a treatment plan.

### St. John's Medical Group Pediatrics and Adult Medicine



P: 347-619-5950 A: 495 B. 20th St., Far Rockaway, **M-Th 8:30am-5pm, F 6:30am-4:30pm, S-Su Closed.**

This program is embedded within the primary care practice and offers adolescents and adults the option of having mild to moderate behavioral health concerns treated within their primary care setting by a team working with their family doctor. All patients are screened yearly for depression, substance use and other concerns and, if appropriate, are offered therapy and medication management. Must be a patient at St. John's Primary / Pediatric Care.

#### INTAKE PROCESS

1. Call to make an appointment.
2. At initial appointment, see primary care physician for check up and intake screening assessment.
3. If needed, get mental health treatment with a social worker or psychiatrist.

# Choosing the Right Therapist

It is important that you find the right type of therapy with the right therapist.

A therapist is someone with whom you should feel comfortable sharing your most intimate details. If there is a level of discomfort with the professional after the initial visit or assessment, discuss those feelings at your next appointment.

Do not be afraid to switch therapists or the organization where you are seeking treatment. Feeling comfortable is important to the success of treatment. Remember it is your wellness and you should feel empowered to find the therapist that is right for you.



## Youth & Family

### The Kleinman Family OHEL Regional Family Center



P: 800-603-OHEL/ 800-603-6435 A: 156 B.  
9th St., Far Rockaway, **M-T 8:30am-10pm, F  
8:30am-2pm, S closed Su 9am-7pm.**

This clinic offers a range of family social services. For mental health treatment, psychological testing, psychotherapy, medication management, stress management and child and adolescent psychotherapy. Clinic is mostly at capacity, expect wait times.

#### INTAKE PROCESS

1. Walk-ins accepted. Perform a 15 min intake.
2. If there is a therapist available you will be seen for a detailed intake for 1 hr.
3. Schedule appointment for another intake, there are three intakes all together.

### Care Coordination at St. John's Episcopal Hospital: Blended Case Management



P:718-474-2070 A: 230 B. 102nd St., Rockaway  
Beach, **M-F 9am-5pm.**

Group and family counseling with a focus on youth. A child's needs are assessed based on their mental health history and given a treatment plan. All services are provided at the facility. Parents encouraged to be involved.

#### INTAKE PROCESS

1. Child asks for help from parent, teacher or primary care physician.
2. Fill out application either with Medicaid or Child Single Point of Access through NY State. You can contact center for assistance with the application.
3. Needs are determined and a treatment plan is made.

## Care Coordination at St. John's Episcopal Hospital:

### Home Based Crisis Intervention



P: 718-474-2169 A: 230 B. 102nd St., Rockaway Beach, **M-F 9am-5pm.**

A 4-6 week program where a child in crisis and seeking help can have treatment at their home. Anyone can make a referral for a child in need (service provider, teacher, parent). The staff will do a phone screening with the parent and complete all paperwork.

#### INTAKE PROCESS

1. Child asks for help, anyone can make the referral.
2. Contact center and complete a phone screening.
3. Child can start receiving home based treatment immediately. Needs are determined and treatment plan made.

## St John's Episcopal Hospital:

### Family Resource Center



P: 347 644-5711 A:148-45 Hillside Ave., Ste. 203, Jamaica, **M-F 9am-5:30pm, S,SU closed but open for classes.**

Family based center for non-clinic based social services. Anger management and parenting classes. One-on-one advocacy with clients to meet client needs, such as referrals to therapy, help with court/probation and family help. Peer advocates and multiple support groups available.

#### INTAKE PROCESS

1. Best to call for an appointment, but can also walk in.
2. Perform a short intake.
3. Sign up for an advocate and support groups.

“ I wish this guide and services like NYC WELL were available when I was desperate to find services for my son. Watching him suffer and be turned away from services stills angers me years later. ”



# Careers in Mental Health

There are two free training programs in New York City that will support hundreds of peers— people who have used mental health/ substance use services— to leverage their lived experience into a career in helping others.

## Community Access Peer Specialist Training

*P: 212-780-1400 ext 7700 W: [thriveatwork.nyc.org](http://thriveatwork.nyc.org), [communityaccess.org](http://communityaccess.org). @: [thrive@communityaccess.org](mailto:thrive@communityaccess.org)*

ThriveAtWork is a new training program designed to assist people who have experience using mental health services to develop careers as “peer specialists” helping others who are seeking support and treatment. There are open house info sessions throughout the year. Graduates of the training program will be assisted in pursuing their New York State Peer Specialist Certification.

## CUNY Queensborough Community College Certified Peer Advocate Training Program

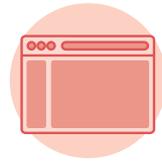
*P: 718-281-5305 @: [gtroia@qcc.cuny.edu](mailto:gtroia@qcc.cuny.edu)*

Queensborough Community College (QCC) is recruiting participants for the Certified Recovery Peer Advocate (CRPA) training program. CRPAs are individuals who have been certified to provide coaching, support, information and guidance to those seeking recovery from a substance use disorder. Those interested in participating should attend one of the information sessions.

## To Apply

To apply to either program, applicants must have: direct experience using mental health or substance abuse services, earned a High School Diploma/G.E.D and be a resident of New York City.

# Websites & Apps



## Websites

- **ThriveNYC** - [thrivenyc.cityofnewyork.us](http://thrivenyc.cityofnewyork.us) Includes resources, mental health resource finder and information about jobs.
- **SAMHSA** - *Substance Abuse and Mental Health Service Administration*, [samhsa.gov](http://samhsa.gov) Includes local and nationwide social services, maps and educational information.
- **HITE** - *Health Information Tool for Empowerment* [hitesite.org](http://hitesite.org) Useful to search for a variety of health services nationwide.
- **NAMI** - *National Alliance on Mental Illness* [nami.org](http://nami.org) National organization with educational resources, local support groups and community resources.
- **Postpartum Resource Center of New York** - [postpartumny.org](http://postpartumny.org) Website dedicated to giving mothers information about postpartum depression and local support group.
- **Wellness Proposals** - [wellnessproposals.com](http://wellnessproposals.com) Educational handouts, for both parents and youth, on a variety of health topics.
- **7Cups** - [7cups.com](http://7cups.com) Website where you can connect with mental health volunteers and chat online with listeners for free.

## Applications

- **Virtual Hope Box** - App designed to help patients decrease their experience of distress by encouraging and facilitating healthy coping and emotion regulation skills.
- **SaM** - App that monitors your anxious thoughts and behaviors and includes self-help exercises.
- **Mood** - This app helps you combat depression and alleviate your negative moods, aiding you on your road to recovery.



## Locating Mental Health & Wellness Resources

### Recreational Therapy

- 1** YMCA, 207 B. 73rd St., Arverne Pg. 7
- 2** RISE, 58-03 Rockaway B. Blvd., Far Rockaway Pg. 9
- 3** Ocean Bay Community Development Corporation,  
57-10 B. Channel Dr., Arverne Pg. 6
- 4** Edgmere Farm, 385 B. 45th St., Far Rockaway Pg. 7  
Healing Garden, 385 B. 45th St., Far Rockaway Pg. 7
- 5** Sorrentine Recreation Center, 18-48 Cornaga Ave., Far Rockaway Pg. 6



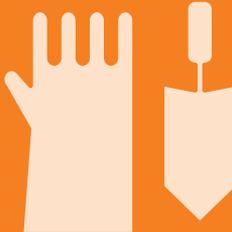
### Immediate Assistance

- 6** St. John's Episcopal Hospital, 327 B. 19th St., Far Rockaway Pg.12

### Outpatient Care

- 7** Delmont Medical Care, 1624 Central Ave. 2nd Fl., Far Rockaway Pg. 17
- Sheltering Arms, 1600 Central Ave. 1st Fl., Far Rockaway Pg. 15
- Far Rockaway Treatment Center, 1600 Central Ave., Far Rockaway Pg. 16
- New Horizons Counseling Center, 1622 Central Ave., Far Rockaway Pg. 14
  - a. 88-02 Rockaway B. Blvd.
  - b. 66-03 B. Channel Drive
  - c. 720 B. 20th St.

- 8** Catholic Charities Neighborhood Services, 18-47 Mott Ave., Far Rockaway Pg. 10



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