

Richmond University Medical Center Behavioral Health Services



**Staten Island's Leading
Provider for Children,
Adolescents, and Adults**

Outpatient Services for Children, Adolescents, and Families

Pre-school Education Services

Family Support and Community Services

Developmental Disability and Early Childhood Services



A Division of Richmond University Medical Center

Joining the Richmond University Medical Center Family

On January 1, 2019, Staten Island Mental Health Society's services and programs fully integrated as a division of Richmond University Medical Center. Its robust programs for children and families are now part of a larger behavioral health network of advanced, effective services for children, adolescents, and adults. The society's dedicated, licensed physicians, therapists, counselors, and board certified psychiatrists are now part of the most experienced behavioral health team on Staten Island.

To Learn More

Staten Island Mental Health Society provides assistance through:

- ▶ Outpatient services for children, adolescents, and families
- ▶ Developmental disability and early childhood services
- ▶ Family support and community services
- ▶ Pre-school education services, including the country's first hospital-based Head Start program

More information about these available services and programs is provided on the inserts above.

**To contact the Staten Island Mental Health Society
718-442-2225 – www.rumcsi.org/behavioralhealth**

Adult Outpatient Mental Health Services

Neuromodulation Treatment

Addiction Treatment Programs

Emergency Services and Inpatient Psychiatric Programs



Staten Island's Leader in Behavioral Health Services

Richmond University Medical Center is Staten Island's leading provider of behavioral health services for children, adolescents, and adults. Offering both inpatient and outpatient behavioral health services, a team of board certified physicians, therapists, and health care professionals is available to provide comprehensive evaluation and referral services, substance-treatment, and other specialized programs.

To Learn More

Our Department of Psychiatry provides assistance through:

- ▶ Adult outpatient mental health services
- ▶ Neuromodulation treatment
- ▶ Addiction treatment programs
- ▶ Emergency services
- ▶ Inpatient psychiatric programs

More information about these available services and programs is provided on the inserts above.

To Contact the Center for Integrative Behavioral Medicine
718-818-6132 - www.rumcsi.org/behavioralhealth

Richmond University
 **Medical Center**
Behavioral Health Services

www.rumcsi.org/behavioralhealth

Adult Outpatient Mental Health Services

Where to Begin: Evaluation and Referral

Individuals 18 years of age or older seeking treatment are first seen in our Evaluation and Referral Unit, located at the Center for Integrated Behavioral Medicine. Clinicians at this division perform psychiatric assessments for all patients who are seeking outpatient treatment, including those with behavioral health or substance use disorders.

Location: 1130 South Avenue, Staten Island, NY 10314 | 718-818-6132

After the initial assessment is completed, patients are referred to the most appropriate behavioral health or substance use disorder program that best meets their needs:

Partial Hospitalization Program – Bridges to Wellness

Bridges to Wellness is a short-term intensive NYS Office of Mental Health program. The program provides a supportive therapeutic environment for individuals 18 and older, discharged from psychiatric hospitalization, and in need of assistance in the transitioning to home, community, and outpatient care. Bridges to Wellness is also available to individuals who need day treatment following a crisis or to prevent hospitalization. Services are provided by a multidisciplinary team, including medication evaluation, group, and individual therapy.

Location: 1130 South Avenue, Staten Island, NY 10314 | 718-818-6814

St. George Outpatient Programs

Provides comprehensive psychiatric and substance use services including individual and group therapy, marital and couples therapy, diagnostic services and medication management (including injectable medication), and crisis intervention. Individuals are assigned to one of three specialized tracks provided by licensed social workers, mental health counselors, and psychiatrists. All tracks have access to primary care to assess individual medical needs:

- ▶ **MICA track:** Recovery-oriented services provided to assist individuals who are interested in addressing both their mental health and substance use. Services may include individual therapy, groups, medication assisted treatment, and urine drug testing. Services are tailored to an individual's plan in improving their overall well-being.
- ▶ **St. George track:** Assists individuals in addressing their mental health concerns, symptoms, and stressors via therapy and/or medication management.
- ▶ **Community Treatment Clinic:** Works with individuals who are diagnosed with a developmental disability and also carry a psychiatric diagnosis. Treatment plans and frequency of treatment are developed based on clinical needs at the time of intake.

Lab work, nutritional and health counseling, referrals, and additional services are available on site.

Location: 1130 South Avenue, Staten Island, NY 10314
718-818-5276 or 718-818-5219

Adult Outpatient Mental Health Services



West Brighton Clinic

Services include individual and group psychotherapy, psychiatric evaluations and medication management, administration of injectable medications, and medical services such as physical exams, PPD tests, and vaccinations. Our staff includes licensed social workers, mental health counselors, psychiatrists, and a primary care nurse practitioner.

Location: 690 Castleton Avenue, Staten Island NY 10310 | 718-876-4040

Anna Erika Clinic

Anna Erika provides on-site services to residents of Harbor Terrace Adult Home with recovery-oriented and client-centered treatment. We provide individual therapy, group therapy, medication management, and preparation for independent living in the community and/or optimal functioning in the adult home community.

Location: 110 Henderson Avenue, Staten Island, NY 10301 | 718-876-1314

Neuromodulation Treatment

What is Neuromodulation Treatment?

Neuromodulation treatment utilizes advanced medical technologies to enhance or suppress the nervous system. These treatments deliver painless, direct, and effective stimulation to sections of the brain.

Electroconvulsive Therapy (ECT)

ECT is a proven, effective treatment for patients diagnosed with severe mental illnesses such as depression and bipolar disorder who are suicidal, have not responded well to medications, or cannot tolerate side effects of medications. Our ECT program includes an initial evaluation by board certified psychiatrists with specialized training in ECT. We take a multidisciplinary approach and have an anesthesiologist evaluating all patients and monitoring all treatments and interventions, as well as nursing assessments and interventions. ECT treatments are provided in a safe, secured, and monitored environment. All patients are monitored in a post-procedure recovery room.

There are both inpatient and outpatient treatment options. The frequency and duration of treatment is determined collaboratively between the ECT team and treating psychiatrists based on the patient's symptoms and input.

Location: 355 Bard Avenue, Staten Island, NY 10310
Inpatient ECT: 718-818-2189 | Outpatient ECT: 718-876-4040

Transcranial Magnetic Stimulation (TMS)

Transcranial Magnetic Stimulation is a proven effective, non-invasive treatment for patients with major depressive disorder (MDD) and obsessive-compulsive disorder (OCD) who have not responded to one or more medications using the BrainsWay D system. Initial evaluation is conducted by attending psychiatrists with specialized training in TMS. The treatment is provided on an outpatient basis in a safe, secured, monitored, and comfortable environment. The initial evaluation is approximately 60 minutes. Treatment sessions are approximately 20 to 30 minutes.

Location: 1130 South Avenue, Staten Island, NY 10314 | 718-818-5777

Addiction Treatment Programs

Treating Addiction

Addiction affects not just the addict, but the family as well. We provide a variety of comprehensive addiction treatment programs and services administered by a highly trained, caring, and compassionate team of medical professionals.

Silberstein Clinic

The Silberstein Clinic serves individuals 18 and older who are seeking treatment for substance use and mental health concerns. It is a New York State Office of Addiction Services and Supports (OASAS) licensed outpatient clinic and is fully staffed with licensed clinicians, medical and psychiatric personnel.

Services include: psychiatric assessment, individual, family and group psychotherapy, as well medication management services. Medication assisted treatment and withdrawal management services are also available via Buprenorphine and Vivitrol.

In addition, specialized services are provided to mandated populations. This includes individuals on parole, probation, treatment court, ACS, or those needing to complete a DWI assessment following a DUI incident.

The clinic aims to meet clients' wellness goals and establish a structured path toward recovery.

Location: 1130 South Avenue, Staten Island, NY 10314 | 718-818-6970

Center for Young Adults

The Center for Young Adults is an OASAS-licensed addiction program exclusively focusing on the treatment of adolescents and young adults ages 16 to 24. Therapeutic services include drug, alcohol, and mental health screening and assessment, individual and group psychotherapy/counseling, family therapy/counseling, and referral for additional community supports. Therapeutic services are tailored according to the needs and wishes of each individual.

Psychiatric and medical services include psychiatric medication management, comprehensive medical care, and medication-assisted treatment (Suboxone, Vivitrol). Treatment plans take a whole-person approach, maximizing the strengths of each individual through an array of therapeutic modalities.

The combination of small program size, calming environment, and extensive therapeutic, psychiatric, and medical resources gives individuals the tools to develop optimally according to choice and potential. The Center for Young Adults is highly equipped to manage mandated treatment cases (probation, parole, school, employment, etc.).

Location: 1130 South Avenue, Staten Island, NY 10314 | 718-818-7030



Gamblers Treatment Program

The Gamblers Treatment Program is an outpatient clinic providing treatment and educational services to pathological gamblers 16 years of age and older, their families, and significant others. The program offers clients a comprehensive evaluation including psychiatric assessment, individual, marital, family and group therapy, medication management, and crisis intervention.

Location: 1130 South Avenue, Staten Island, NY 10314 | 718-876-1285

Emergency Services and Inpatient Psychiatric Programs

Emergency Services

In the event of a psychiatric emergency, we provide immediate, professionally trained care 24 hours a day, 7 days a week.

Comprehensive Psychiatric Emergency Program (CPEP)

The only program of its kind on Staten Island, the Comprehensive Psychiatric Evaluation Program (CPEP) is a multifaceted treatment program offering a full range of psychiatric emergency services including:

- ▶ Crisis intervention in an emergency room setting
- ▶ Comprehensive evaluation by a psychiatrist, nurse and social worker
- ▶ Referral and linkage to the appropriate community clinics within 5 days after the CPEP visit
- ▶ An extended observation unit (up to 72 hours), if needed
- ▶ Alcohol and substance use counseling
- ▶ Mobile outreach team
- ▶ 24 hour crisis hotline

Location: 355 Bard Avenue, Staten Island, NY 10310 | 718-818-6300

Mobile Crisis Outreach Service

Available 24 hours a day, 7 days a week, the Mobile Crisis team is a component of the Comprehensive Psychiatric Emergency Program (CPEP) that responds to non-emergent crisis in the community. The mobile team is a multidisciplinary team that can also offer interim counseling to patients recently discharged from CPEP or the inpatient unit, or any time an individual in the community believes crisis outreach is necessary. Referrals will be seen within 24 to 48 hours. Family members, as well as professionals, may call the mobile crisis outreach service to make a referral.

Contact: 718-818-6900



Inpatient Psychiatric Programs

Our inpatient psychiatric services include 30 adult beds and a separate 10 bed unit for children and adolescents. Services include:

- ▶ Individual and group therapy
- ▶ Medication management
- ▶ Patient and family education
- ▶ Rehabilitative activities
- ▶ Electroconvulsive Treatment Program (ECT), which provides state-of-the-art evaluation and treatment for individuals with severe or treatment-resistant psychiatric conditions in a safe and secure environment.

Children and Adolescents

The child and adolescent program offers comprehensive assessment and treatment for those ages 3 to 18. Disorders such as behavioral disturbances, psychosis, and depression are treated in a structured environment with an emphasis on family participation. A school program is also provided, staffed by state certified teachers working closely with the patient's home school district.

Adults

In our adult inpatient unit, we treat patients 18 and older. The adult inpatient programs are designed to evaluate and stabilize adult patients in the acute phase of psychiatric illness through intensive short-term inpatient treatment. This treatment includes individual therapy, group therapy, crisis-oriented family therapy, medication management, and patient and family education.

Outpatient Mental Health Services

Committed to providing comprehensive evaluation and treatment for the children, adolescents, and families in our community, services are provided by a board certified psychiatrist and licensed clinical professionals. Services are available to assist with life challenges, relationship issues, behavioral issues with a child or teen, depression, anxiety, trauma, and persistent mental illness. Treatment is delivered using a multidisciplinary, team-based approach with clinicians who emphasize family involvement for both diagnostic and therapeutic services. Treatment options include:

- ▶ Individual therapy
- ▶ Group therapy
- ▶ Parent support
- ▶ Child skills training
- ▶ Family therapy
- ▶ Trauma informed care
- ▶ Psychiatric evaluation
- ▶ Medication management

Fees are determined on a sliding scale. Medicaid and third-party insurance is accepted. Evening and Saturday hours available.

Locations: Chait Children's
Mental Health Center
669 Castleton Avenue
SI, NY 10301

Dr. Kenneth Popler
Children's Center
444 St. Mark's Place
SI, NY 10301

For an appointment: 718-442-2225

Children's Day Treatment

Children's Day Treatment is a site-based, structured mental health treatment program. It consists of psychotherapy and skills training services in a therapeutic educational setting for children and adolescents ages 6 to 18 with severe emotional or behavioral challenges. Individual and family therapies are combined with small classes for a comprehensive treatment process. The high school division also offers work-study and other off-site educational opportunities. Services are available throughout the year and are provided using a multidisciplinary team approach under the clinical supervision of a mental health professional. Services are not part of inpatient or residential treatment services. The goals of Day Treatment include:

- ▶ Stabilizing the child's mental health status.
- ▶ Developing and improving the child's independent living and socialization skills.
- ▶ Providing training to enable the child to live in the community.

Locations: PS 25/IS 25 Annex
669 Castleton Avenue
SI, NY 10301
718-442-2225

South Richmond High School
6581 Hylan Boulevard
SI, NY 10309
718-984-4589



On-Site School Mental Health Programs

School-based mental health services are available for children enrolled in partner schools. Day and evening counseling and other services are also available for parents and families. Children must be enrolled in one of the schools to receive services.

Locations: P.S. 78
100 Tompkins Avenue, SI, NY 10304
P.S. 57
140 Palma Drive, SI, NY 10304
I.S.27
11 Clove Lake Place, SI, NY 10310

P.S. 44
80 Maple Parkway, SI, NY 10303
I.S.2
333 Midland Avenue, SI, NY 10306
I.S.49
101 Warren Street, SI, NY 10304

For an appointment: 718-442-2225

ASAP: Adolescent & Adult Substance Abuse Program

ASAP provides treatment and support for adolescents and their families struggling with substance abuse and dependency. Children affected by a caregiver's substance use may receive services as well. ASAP is licensed through the NYS Office of Addiction and Support Services to provide assistance to children ages 11 or older. ASAP is directed and operated by master's level therapists and certified addictions counselors.

ASAP Treatment Services:

- ▶ Drug and Alcohol Assessments
- ▶ Multi-Family Group
- ▶ Peer Group
- ▶ Family Therapy
- ▶ Individual Therapy
- ▶ Urine Drug Screens
- ▶ Psychiatric Consultation

Collaboration with Other Professionals:

- ▶ Hospitals
- ▶ Judicial Systems
- ▶ Human Services
- ▶ Educational Systems

ASAP utilizes a family-focused approach to treatment. While adolescents are held accountable for sobriety, parents get help and support in building parenting skills by setting clear limits, expectations, and personal boundaries.

Location: 444 St. Mark's Place, SI, NY 10301 | 718-442-2225



Early Learning Services / UPK

Preschool programs are available for children ages 3 to 4 from families that meet mandated income guidelines. Children will develop intellectual and social skills guided by a nationally recognized curriculum, further enriched by cultural and technological resources. Children also receive mental health, medical, and social services, while parents are offered a wide range of support services. All sites listed offer Universal Pre-Kindergarten.

Locations: Dongan Hills Center
44 Dongan Hills Avenue
SI, NY 10306
718-987-7755

Osgood Center
16 Osgood Avenue
SI, NY 10304
718-420-6138

Kingsley Center
10 Kingsley Place
SI, NY 10301
718-442-6680

Port Richmond DayNursery Center
166 Lockman Avenue
SI, NY 10303
718-420-6138

Hours: All sites are Monday through Friday, 8:30 AM to 4:00 PM

Head Start

The First Head Start Program on Staten Island

Staten Island's first Head Start program is also the first Head Start program in the country provided through the support and administration of a full service hospital. Head Start promotes school readiness for children ages birth to five from low-income families.

About the Curriculum

Head Start begins preparing children for kindergarten from the time they enter the program until graduation day. Head Start uses a research-based curriculum called High Scope. High Scope's active learning model provides inclusive experiences for children with and without disabilities, allowing children at all levels to succeed.

Along with the High Scope curriculum, Head Start utilizes an ongoing assessment tool called the Child Observation Record or COR. This COR data is analyzed three times per year by our School Readiness Team to assess the trends in our schools. This approach allows the team to review the data to ensure the Common Core standards and key developmental indicators, along with the Head Start framework, are met in the classrooms.

Family Engagement

Our program takes great pride in its ability to connect with parents by engaging them with their child's education as well as empowering them to be the best advocates possible for themselves and their children. It is done through the unique way of forming a partnership with the entire family, including:

- ▶ Group work with a focus on parenting skills, stress management and crisis intervention.
- ▶ A dedicated women's empowerment group, and a men's group.
- ▶ Workshops with speakers on mental health, special educational needs, nutrition, housing, immigration, legal issues, and child abuse prevention.
- ▶ The opportunity to enroll in ESL and/or GED classes.

We know that parents are a child's first and most important teachers. School Readiness Teams are also formed comprising parents and program staff who review educational outcomes and implement strategies to assure that the highest quality of services are provided.

Locations: Dongan Hills Center
44 Dongan Hills Avenue
SI, NY 10306
718-987-7755

Osgood Center
16 Osgood Avenue
SI, NY 10304
718-420-6138

Kingsley Center
10 Kingsley Place
SI, NY 10301
718-442-6680

Port Richmond DayNursery Center
166 Lockman Avenue
SI, NY 10303
718-420-6138

Hours: All sites are Monday through Friday, 8:30 AM to 4:00 PM



Health Homes Serving Children

Long-term care coordination program for children with active Medicaid, two or more chronic health conditions OR one qualifying Serious Emotional Disturbance (SED) diagnosis. Care managers oversee and provide access to all services an individual needs to assure they stay healthy, thriving, and improve overall wellness. Services are provided in community settings and in our facility.

Ages: birth to 21-years-old | 718-442-2225, ext. 157

SafeTY.net

A program for youth and young adults (16-24 years old) with emotional behavioral difficulties to assist them in their transition into adulthood. Successful transition milestones include achievement of their potential, and progressing on their personal goals including employment/career, education, living situation, personal wellbeing, and community-life functioning.

Location: 1130 South Avenue, SI, NY 10314 | 718-818-5707 or 718-818-5058

Family Support and Community Services



Clinical Services

Services provided through the Elizabeth W. Pouch Center for Special People aim to help individuals and their families achieve and maintain the best possible quality of life. This occurs through evaluations, which enable clinicians to make appropriate diagnoses and subsequent recommendations for follow-up care and services. Such services may be provided through referral to OPWDD for ongoing comprehensive care coordination. Individuals in need of ongoing medication management and/or mental health counseling services may receive these services at the Elizabeth W. Pouch Center with the goal of stabilization, and prevention of hospitalization. In addition, staff at the Pouch Center provide supportive services to families and primary caregivers in order to help them best support their loved ones.

Location: Elizabeth W. Pouch Center for Special People | 718-448-9775
657 Castleton Avenue, SI, NY 10301

Early Childhood Mental Health Services and Programs

Significant mental health problems can occur in young children from birth to 5 years of age. In some cases, these problems can have serious consequences for early learning, social competence, and lifelong physical health. Children can show clear characteristics of anxiety disorders, attention-deficit/hyperactivity disorder, conduct disorder, depression, posttraumatic stress disorder, and neurodevelopmental disabilities, such as autism, at a very early age. Young children respond to and process emotional experiences and traumatic events in ways that are very different from older children and adults. Consequently, diagnosis in early childhood can be even more difficult than it is in adults.

The Early Childhood Mental Health Program provides treatment for infants to children 5 years of age and their families. Our expert clinical staff uses evidence-based and trauma-focused therapies to develop personalized treatments to optimize positive outcomes.

Services include:

- ▶ Comprehensive preschool evaluations and related services
- ▶ Early childhood mental health services
- ▶ Parent-infant dyadic therapy
- ▶ Full-day integrated preschool classrooms in a head start setting for children 3 to 4 years old

TIPS: Training In Parenting Skills

Families in which one or both parents are developmentally challenged meet weekly for group education and discussion, counseling, and social activities to help them develop better family and parenting skills, with the added benefit of long-lasting friendships.

Locations: Elizabeth W. Pouch Center for Special People | 718-448-9775
657 Castleton Avenue, SI, NY 10301