# **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 718-818-6**300** – www.rumcsi.org/behavioralhealth



www.rumcsi.org/behavioralhealth

## **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:

- Cognitive behavioral therapy
- Psychodynamic psychotherapy
- Group therapy
- Parent training/support
- Child skills training
- Parent-infant dyadic therapy
- Family therapy
- Trauma treatment
- 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

# **Outpatient Services for Children, Adolescents, and Families**



#### **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	P.S. 44
100 Tompkins Avenue, SI, NY 10304	80 Maple Parkway, SI, NY 10303
P.S 57	I.S.2
140 Palma Drive, SI, NY 10304	333 Midland Avenue, SI, NY 10306
I.S.27	I.S.49
11 Clove Lake Place, SI, NY 10310	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

# **Pre-school Education Services**



## 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

# Family Support and Community Services



#### 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, out of the emergency room, and out of the hospital. Services are provided in community settings.

Ages: birth to 21-years-old 718-442-2225, ext. 140

#### 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: 6581 Hylan Boulevard, SI, NY 10309 718-984-6218

# Family Support and Community Services



#### **Clinical Services**

Diagnostic evaluation is an important first step to connecting you with the right resources and support. These assessments provide information about a person's level of cognitive, academic, social-adaptive, and emotional functioning. We work holistically with people of all ages. Our assessments are multi-disciplinary, capturing multiple areas of functioning, strengths and disability.

Evaluation and clinical services are provided to individuals with developmental disabilities and to caregivers and supporters deemed necessary to maintain the effectiveness of the treatment, enable the individual to remain in his or her current residential setting, and who enhance the individual's quality of life. We collaborate with schools, other agencies, and clinicians to make recommendations for treatment. Services provided at the main clinic or a satellite site by appropriately licensed/certified practitioners may include:

- Physical therapy
- Occupational therapy
- Psychology
- Speech and language pathology
- Social work

A full complement of services, including comprehensive diagnosis, treatment, counseling, speech/language/ occupational therapies, supportive services, preschool inclusion classes at Head Start, programs for children with autism spectrum disorders, specialized services for adults and parents.

Multi-disciplinary services are available for persons of all ages challenged with developmental, intellectual, autism, or neurological disabilities. Follow-up and advocacy services are provided and Medicaid, Medicare, and some third-party insurance accepted.

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, attentiondeficit/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 longlasting friendships.

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

## 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.

# **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, 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 718-818-1314

## 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, noninvasive 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



## **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 medicationassisted 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.).

# **Addiction Treatment Programs**



#### **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**

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 718-876-6300

#### **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

# **Emergency Services and Inpatient Psychiatric Programs**



#### **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.