

Directory of Programs and Initiatives that People Say Are Making a Difference

August 2010

Martin Luther King, Jr., reminds us that everyone can be great, because everybody can serve. It doesn't take a college degree to serve. Nor, do we need to know Einstein's theory of relativity. As King poignantly says, service to others "takes a heart full of grace and a soul generated by love."

It is King's message and other similar thoughts that have helped to shape this year's Statewide Comprehensive Plan for Mental Health Services. As the New York State (NYS) mental health authority, the Office of Mental Health (OMH) is responsible for the planning and delivery of high-quality care, treatment, and rehabilitative services to adults with severe mental illness and children with serious emotional and behavioral challenges and their families. Services promote recovery and provide hope for the future. Moreover, they are designed to be focused on people engaged in services and their families, responsive to individual needs, and respectful of culture and language. OMH also promotes overall public mental health through education and advocacy for all New Yorkers.

An important goal of this year's Plan was to build on the individual journeys of recovery featured in last year's Plan by providing glimpses of services and supports people say are making a difference in their lives and the lives of their families. (Last year's Plan is available online at http://www.omh.state.ny.us/omhweb/planning/statewide_plan/2009_to_2013/.)

The following programs and initiatives are those that stakeholders identified this year as ones making a difference in the lives of New Yorkers. This directory is being provided as a way to acknowledge and give voice to stakeholders who identified programs they value, rather than to serve as a compilation of every program statewide that may be making a difference in people's lives. The directory is organized by OMH regions and contains a brief summary and contact information for each program. Included are programs highlighted in the body of the Plan as well as the many others identified through stakeholder feedback. Inclusion in the directory does not constitute endorsement by OMH, nor does the absence of any program infer lack of endorsement.

Central New York Counties

Broome, Cayuga, Chenango, Clinton, Cortland, Delaware, Essex, Fulton, Franklin, Hamilton, Herkimer, Jefferson, Madison, Montgomery, Lewis, Oneida, Onondaga, Oswego, Otsego and St. Lawrence

Hudson River Counties

Albany, Columbia, Dutchess, Greene, Orange, Putnam, Rensselaer, Rockland, Saratoga, Schenectady, Schoharie, Sullivan, Ulster, Warren, Washington and Westchester

Long Island Counties

Counties: Nassau and Suffolk

New York City (NYC) Counties

Bronx, Kings, New York, Queens and Richmond

Western New York Counties

Allegany, Cattaraugus, Chautauqua, Chemung, Erie, Genesee, Livingston, Monroe, Niagara, Ontario, Orleans, Schuyler, Seneca, Steuben, Tioga, Tompkins, Wayne, Wyoming, and Yates

Central Region

Cayuga Medical Center at Ithaca

Behavioral Services Adolescent Unit

101 Dates Drive

Ithaca, NY 14850

<http://www.cayugamed.org/>

The Cayuga Medical Center Behavioral Services Adolescent Unit was one of three recipients in March of 2010 to receive the OMH Positive Alternatives to Restraint and Seclusion (PARS) Award. The award, which recognizes exemplary work and success in reducing the use of restraint and seclusion, included \$5,000 to be used to further the program's restraint and seclusion reduction efforts. (The award money was made possible through a State Incentive Grant to Build Capacity for Alternatives to Restraint and Seclusion from the Substance Abuse and Mental Health Services Administration [SAMHSA]).

Hutchings Psychiatric Center

620 Madison Street

Syracuse, NY 13210

<http://www.omh.state.ny.us/omhweb/facilities/hupc/facility.htm>

Hutchings Psychiatric Center was one of eight recipients in March of 2010 to receive recognition from OMH for its work to create a therapeutic environment through positive, coercion-free, recovery-focused treatment. It received an award of \$1,000 to further its restraint and seclusion reduction efforts. (The award money was made possible through a State Incentive Grant to Build Capacity for Alternatives to Restraint and Seclusion from SAMHSA).

HealthFriends

125 Eagle Street

Utica, NY 13501-3906

<http://www.healthfriendscny.com/>

HealthFriends is a community partnership founded by the Mohawk Valley Network, St. Francis de Sales Parish in Utica and Catholic Charities of Herkimer County in Ilion. The mission of HealthFriends is to develop programs to improve the health of underserved residents in Herkimer and Oneida counties. Its principal focus is to assure that uninsured income eligible individuals have the prescription medication necessary to achieve and maintain good health. HealthFriends also assists seniors with enrolling in the Elderly Pharmaceutical Insurance Program and in making referrals and connections for people whose needs are beyond the scope of the agency's ability to meet.

Mental Health Association in Jefferson County**Invisible Children's Services**

724 State Street

Watertown, NY 13601

<http://www.mhajc.org/>

This family-centered case management program serves parents with mental illness and their children. The program gives parents the tools for providing a nurturing and safe environment for their children and helps to reduce out-of-home placements for children. Read more about this program in Chapter 4 of the Plan.

Onondaga County Department of Mental Health**Clinic Access Project**

421 Montgomery Street

Syracuse, NY 13202-2911

<http://www.ocdmh.net/>

The County Clinic Access Project involved training clinic directors and managers in the Network for Improvement in Addiction Treatment (NIATx) method of rapid-cycle process improvements. These process improvement involves short, limited "trials" of specific changes (e.g., reduce wait times, reduce no show visits) in clinic processes, followed by a careful evaluation of the impact of each change. Changes that demonstrate strong positive results can then be implemented system-wide for longer periods. The County Clinic experimented with changes to reduce the number of clients who missed regularly scheduled office visits only to later call for emergency prescription refills; increase the percentage of sessions attended using reminder calls prior to appointments; and increase the number of sessions attended through the use of a centralized intake process. Using the method, changes were made successfully, enabling more people to be served better using the same or fewer resources. Read more about the Clinic Access Project in Chapter 3 of the Plan.

Hudson River Region

Astor Services for Children and Families

6339 Mill Street

Rhinebeck, NY 12572

<http://www.astorservices.org/>

Astor Services for Children and Families was one of eight recipients in March of 2010 to receive recognition from OMH for its work to create a therapeutic environment through positive, coercion-free, recovery-focused treatment. It received an award of \$1,000 to further its restraint and seclusion reduction efforts. (The award money was made possible through a State Incentive Grant to Build Capacity for Alternatives to Restraint and Seclusion from SAMHSA).

Dutchess County Department of Mental Hygiene

Partial Hospitalization Program

230 North Road

Poughkeepsie, NY 12601

<http://www.co.dutchess.ny.us/CountyGov/Departments/Mentalhygiene/MHIndex.htm>

The County Department of Mental Health Hygiene partial hospitalization program provides a short-term day program alternative to inpatient care for individuals who need intensive care but can live at home or in a crisis residence in the evenings and on the weekends. The goal is to prevent or reduce hospitalization by stabilizing each individual's condition, helping to avoid hospitalization or to enable transition from a hospital setting into the community. Medication management, individual and group treatment, and case management services are core to the program.

Family Ties of Westchester

112 East Post Road, 3rd Floor

White Plains, NY 10601

<http://familytieswestchester-biz.doodlekit.com/home>

Family Ties of Westchester is a grassroots organization and chapter of Families Together in NYS that provides advocacy and support services to families of children with emotional and behavioral difficulties. At its seven Resource Centers in Mount Kisco, Mount Vernon, New Rochelle, Ossining, Peekskill, White Plains and Yonkers, Family Ties offers support groups, training in parenting skills, advocacy efforts, and respite opportunities. Family Ties recognizes parents as full partners in planning for their children's treatment and services and helps empower them to take part in the decision-making process. A new Center is being developed for introduction in Port Chester.

Green Chimneys

400 Doansburg Road

Box 719

Brewster, NY 10509-0719

<http://www.greenchimneys.org/>

Considered a leader in animal-assisted therapy and activities, Green Chimneys operates residential treatment for children and a special education school. Green Chimneys provides innovative and caring services for children, families and animals and targets its services at restoring and strengthening the emotional health and well-being of children and families, and fostering optimal functioning and independence. Read more about Green Chimneys in Chapter 6 of the Plan.

Mental Health Association in Orange County

Invisible Children's Program

73 County Highway 108

Middletown, NY 10940

<http://www.mhaorangeny.com/>

The Invisible Children's Project, which was developed in 1993 by the Mental Health Association in Orange County, brings awareness to the needs of families in which a parent has a mental illness. It strives to integrate services that enable parents to be more effective in their parenting roles and assists them to provide safe, nurturing environments for their children. The program, which shows positive outcomes for parents and families, is recognized nationally. Its replication is being supporting replication of the program to other communities in the United States (U.S.).

Mental Health Association in Ulster County

Enhancing Cultural Competence: Welcoming Lesbian, Gay, Bisexual, Transgender, Queer People in Mental Health Services Toolkit

221 Tuytenbridge Road

PO Box 2304

Kingston, NY 12402

<http://www.mhainulster.com/>

The Mental Health Association in Ulster County endeavors to engage all people in optimal mental health by providing innovative programs and services that heal, prevent, educate and advocate. To achieve its mission, the Mental Health Association sponsors a variety of educational, advocacy and service programs, including the Enhancing Cultural Competence Toolkit. Read more about the Toolkit in Chapter 1 of the Plan.

Mental Health Association in Westchester County

Partners in Parenting

2269 Saw Mill River Road, Building 1A

Elmsford, NY 10523

<http://www.mhawestchester.org/mhatreatment/pip.asp>

The Partners in Parenting program (PIP) provides home-based psychotherapy and parenting skills training to parents or other adults who are coping with mental illness and are raising children. As well as mothers and fathers, this includes grandparents and others who have responsibility for bringing up children and adolescents. PIP provides clinic, shelter and home-based mental health treatment services to children, adolescents, and adults. It also provides family therapy and parenting, as well as other support services as needed.

Mental Health Empowerment Project, Inc.

116 Everett Road, Suite 7

Albany, NY 12205-1483

mhepinc@aol.com

The Mental Health Empowerment Project promotes and strengthens self-help and mutual support/recovery activities and advocacy throughout New York and other states. It introduces persons previously or currently engaged in mental health services and supports to the skills and the knowledge they need to ensure that their voices are heard. It provides training and mentoring to promote participation in policy development, planning and implementation of new initiatives within the mental health system; and community organizing efforts to cultivate and support meaningful and substantial forms of personal growth and community connectedness

Parsons Child and Family Center

Child and Adolescent Mobile Crisis Team

60 Academy Road

Albany, NY 12208

http://www.parsonscenter.org/site/PageServer?pagename=programs_mobile_team

Operated by the Parsons Child and Family Center on behalf of Albany, Rensselaer and Schenectady, the Mobile Crisis Team is an innovative cross-systems county children's service. Emotional, psychiatric and behavioral crisis interventions with children/youth and their families are provided in a range of community settings. The team facilitates psychiatric evaluation at a hospital if indicated; or, if hospitalization is not required, the team develops a safety plan with the youth and his/her family to ensure safety and to connect the child and family to community services for support and ongoing service delivery. The goal is to accomplish crisis resolution expeditiously and with the least disruption to the family as is possible. Read more about the Team in Chapter 4 of the Plan.

Youth Council of Parsons

http://www.parsonscenter.org/site/PageServer?pagename=home_index

Youth Council of Parson's is a forum that encourages youth to express and raise matters of concern to them, organize social activities, and contribute the greater community. Involvement in Youth Council strengthens self-advocacy skills and helps youth to know they are not alone in their struggles.

PEOPLE, Inc.

378 Violet Avenue

Poughkeepsie, NY 12601

<http://www.projectstoempower.org/Home.asp>

As a nonprofit agency, PEOPLE (Projects to Empower and Organize the Psychiatrically Labeled), Inc., advocates for and helps to empower individuals living with mental illness, and strives to reduce the stigma and discrimination associated with mental health challenges through public education. PEOPLE, Inc., provides a broad range of services designed to meet the comprehensive needs of consumers including employment services, supported housing, peer advocacy, multi-cultural outreach, suicide prevention, socialization, and companionships. It is active in providing advocacy services in emergency departments, offers a warm line, and operates a hospital diversion program in a house model diversion program, which is being replicated around the State and country. PEOPLE serves individuals living in Dutchess, Orange, Putnam, Ulster, St. Lawrence and Hamilton counties and has worked with mental health providers in Kings County.

Richard D. Tenenini Foundation

11 Talbot Court

Rexford, NY 12148

<http://www.teneninifoundation.org/>

The Richard D. Tenenini Foundation provides grants to support young people recovering behavioral and emotional challenges. It does this primarily through flexible grant funding intended to support the vocational, educational or rehabilitation recovery goals of youth. The Foundation was established lovingly by the family, friends, and admirers of Rick Tenenini, who worked for NYS OMH, overseeing the financing of community-based mental health programs and advocating strongly for the needs of persons with psychiatric disabilities. The Foundation celebrates his values and hope that all people with psychiatric disabilities receive the supports they need to recover. Foundation support assists people served within the Albany County community with psychiatric disabilities families whose children have psychiatric disabilities.

Rockland Psychiatric Center

The Recovery Center

Building 57, Room S750
140 Old Orangeburg Road
Orangeburg, NY 10962

<http://www.omh.state.ny.us/omhweb/facilities/rppc/facility.htm>

YouTube Recovery Center PSA at <http://www.youtube.com/watch?v=zPH3Qt2uSqs>

The Rockland Psychiatric Center Recovery Center is designed to assist members to recover the skills and confidence they need for successful reintegration into their communities and full, independent lives. The program focuses on employment and volunteerism, skills development, health and wellness management, and accessing resources in the community. The program is voluntary and members shape the activities and skills that are important for their own recovery. Read more about the Recovery Center in Chapter 2 of the Plan.

Westchester County Department of Community Mental Health

Building Bridges Initiative

112 East Post Road
White Plains, NY 10601

<http://mentalhealth.westchestergov.com/>

As a federal Systems-of-Care site, Westchester County participates in the national Building Bridges Initiative. The County is working to identify and promote practices and policies that will create strong and closely coordinated partnerships and collaborations between families, youth, community and residential treatment and service providers, and advocates and policymakers to ensure that comprehensive mental health services and supports are available to improve the lives of young people and their families.

Westchester County Department of Community Mental Health

Westchester Care Coordination Program

112 East Post Road
White Plains, NY 10601

http://mentalhealth.westchestergov.com/index.php?option=com_content&task=view&id=808&Itemid=1450

Westchester County's Care Coordination Program is for adults with serious mental illness who have had limited participation in community services. Limited participation plus inadequate support networks often result in repeated hospitalizations or incarcerations, homelessness, frequent crises, and injury to self or others. Evidence shows that care coordination improves outcomes for individuals and benefits communities. The voluntary program serves people 18 years of age or older who frequently use emergency and acute psychiatric inpatient care or other acute or crisis services that do not link to community-based services. They may also have been discharged from jail or prison with no active link to services, have frequent arrests and incarcerations and be homeless. Enrollees work with

Care Coordinators, developing individualized recovery-oriented service plans, gaining access to desired services and supports, and obtaining supportive services such as housing and public benefits assistance.

Westchester Jewish Community Services Treatment Center for Trauma and Abuse
Partner Abuse Intervention Program

845 North Broadway
White Plains, NY 10603

<http://www.wjcs.com/index.php?src=gendocs&ref=TreatmentCenterforTraumaAbuse&category=What%20We%20Offer>

A program of the Treatment Center for Trauma and Abuse, the Partner Abuse Intervention Program provides treatment for adults and child witnesses to domestic violence. Services include individual and group counseling, therapy, family therapy for survivors and their children, and advocacy for battered women. Community education and training for professionals are offered countywide. Resources and referrals are available to legal services, court advocacy and emergency shelters. The program also provides assistance to Jewish individuals and participates on the UJA-Federation Task Force on Family Violence. More about the program can be found in Chapter 3 of the Plan.

Long Island Region

Catholic Charities, Diocese of Rockville Center

Teaching Family Homes (Freeport)

333 North Main Street
Freeport, NY 11520

<http://www.catholiccharities.cc/ourservices/mentalhealthin.html>

Teaching family homes provide community-based residential treatment for children and adolescents age 5 through 17 who are dealing with serious emotional difficulties. Married couples offer support and skills building to enable the youth to live successfully in the community. Each child's family is extensively involved in treatment, with the goals of stabilizing the family and returning the children to their homes. The teaching homes help to reduce trauma associated with repeat hospital stays and disruptions in educational services.

Clubhouse of Suffolk

Synergy Center

1380 Roanoke Avenue
Riverhead, NY 11901

Clubhouse of Suffolk offers individual and classroom experiences to help people in recovery to choose, get and keep personal goals for work, education, health, housing and/or social lifestyles at their own pace. Participants benefit from current practices that are well supported by professional rehabilitation and treatment research. Creative and expressive

arts, symptom management techniques, adventure-based activities, and lots of peer support are all part of helping people to challenge personal barriers and rebuild their lives in recovery. Its Personalized Recovery-Oriented Services (PROS) are making a difference in supporting people in achieving a number of goals, particularly those related to employment. Read about some of the work under way at the Synergy Center in Chapter 5 of the Plan.

Family Service League

Children and Parents Together (CAPT) Program

Iovono South Shore Family Center

1444 Fifth Avenue

Bay Shore, NY 11706

http://www.fsl-li.org/programs/goldberg_Children_and_Parents_Together.php

Children who live in the home of parents diagnosed with mental health challenges may experience emotional, cognitive and social challenges. CAPT helps to educate and support these parents and promote optimal growth and development. The program also equips and encourages parents to discuss mental health challenges with their children. CAPT accomplishes these goals in a classroom environment which is safe, structured, nurturing and educational, and enables parents to learn, develop, and adapt their parenting skills. Isolation is reduced by offering opportunities for education, socialization and support. In the CAPT classroom children are assessed and referred in a timely manner for supportive services enabling the child to be mainstreamed quickly.

Hands across Long Island (HALI)

Community Orientation and Re-Entry Program (CORP)

159 Brightside Avenue

Central Islip, NY 11722

<http://www.hali88.org/>

CORP delivers group programming focused on recovery, communication and criminal thinking, all from the consumer perspective. In addition, HALI provides bridger services for the program. Bridgers work individually with persons who are incarcerated for six months, two months before release and four months after. They provide peer social support during the transition back to the community. Because of the limited resource, persons who are maxing out and who won't have a Parole Officer, and those of higher risk are targeted. Read more about CORP in Chapter 3 of the Plan.

MercyFirst

525 Convent Rd

Syosset, NY 11791-3868

<http://www.mercyfirst.org/>

MercyFirst was one of eight recipients in March of 2010 to receive recognition from OMH for its work to create a therapeutic environment through positive, coercion-free, recovery-focused treatment. It received an award of \$1,000 to further its restraint and seclusion

reduction efforts. (The award money was made possible through a State Incentive Grant to Build Capacity for Alternatives to Restraint and Seclusion from SAMHSA).

Northshore Child and Family Guidance Center

Wilderness Respite Program

480 Old Westbury Road

Roslyn Heights, NY 11577

<http://www.northshorechildguidance.org/index2.html>

The Guidance Center offers intensive programs to support some of the most at-risk and high-need children of Nassau County. It operates the Wilderness Program, which provides Saturday day respite for parents while providing youth with challenging, attainable outward bound experiences that build mastery and self-empowerment skills. The program helps to lessen stresses and crises that often occur on weekends, a time of high-risk for hospitalizations and crisis interventions. Read more about the program in Chapter 4 of the Plan. (Other notable programs of the Center include the Diane Goldberg Maternal Depression Program; Good Beginnings for Babies; Pervasive Developmental Disabilities Team; Triage, Emergency, Diagnostic and High-Risk Mental Health Services; Intensive Support Program; and Caregiver–Grandparent Respite and Support Program.)

Pederson-Krag

Work, Achievement, Values, Education (WAVE) Program

3600 Route 112

Coram, NY 11727

<http://www.pederson-krag.org/index.php>

Pederson-Krag offers a continuum of outpatient, community and school-based mental health and addiction recovery services to children, adults and families, fosters dignity and respect and empowers individuals to become full participants in their own recovery and independent community members. WAVE is a youth-run leadership organization initiated by the Pederson-Krag Center's Children's Community Programs. The WAVE Program offers young people facing hardships places where they can contribute to their communities and their peers.

Mental Health Association of Nassau County

Veterans Health Alliance of Long Island

6 Main Street

Hempstead, NY 11550

<http://www.mhanc.org/?PageID=789>

The Veterans Health Alliance of Long Island, a project of the Mental Health Association of Nassau County, is composed of more than 80 mental health and substance abuse providers, representatives from county, state and federal government, the Veterans Administration, VET Centers, veterans organizations, elected officials and other stakeholders. The mission of the Veterans Health Alliance of Long Island is to promote the health and well-being of Long Island

veterans and their families through advocacy, and a broad array of services. It provides training and education, outreach, and advocacy services. Read more about the Alliance in Chapter 5 of the Plan.

National Alliance on Mental Illness Queens/Nassau

Friendship Network

1981 Marcus Avenue, C-117

Lake Success, NY 11042

<http://www.friendshipnetwork.org/html/aboutus.htm>

The Friendship Network was founded by parents who recognized the importance of social opportunities to recovery. Sponsored by NAMI Queens/Nassau, the Network is run by a few devoted volunteers. Its goal is to help alleviate the isolation and loneliness experienced by its members, adults living in the community with mental illness. The network serves the five boroughs of NYC, Long Island, Westchester County and Northern New Jersey, introducing men and women recovering from mental illness to one another for the purpose of friendship. In addition to individual introductions between members, FN provides a weekly cultural discussion or socialization activity group. The Network enables its members to strengthen social skills, develop friendships and gain the confidence necessary to expand their social horizons beyond the network. FN identifies that establishing a social life is a crucial part of a member's recovery and the ability to be independent and successful. Read about the Friendship Network in Chapter 2 of the Plan.

SCO Family of Services

Madonna Heights Family Service Clinic

51 Burrs Lane

Dix Hills, NY 11746

<http://www.sco.org/member-groups/madonna-heights/>

The Family Service Clinic is based on the philosophy that stronger families make stronger communities. The outpatient mental health clinic supports families of all types as they overcome obstacles and strengthen existing bonds. It provides individual, marital, family and play therapies to all members of families living in Nassau and Suffolk counties. As a "learning organization," the Clinic has participated in every OMH Evidence-Based Treatment Dissemination Center program offerings since its inception in 2006. The Clinic is committed resources to furthering the education and training of therapists and supervisors.

New York City Region

Astor Services for Children and Families

Astor Child Guidance Center Outpatient Clinic

750 Tilden Street
Bronx, NY 10467

<http://www.astorservices.org/community.php#one>

A part of Astor Services for Children and Families, the Astor Child Guidance Center Outpatient Clinic is strongly committed to providing the best possible treatment to the children and families they service. To accomplish this, it has invested heavily in staff development and training on evidence-based services (e.g., trauma-focused cognitive behavioral therapy), collaborative work with children and families; a focus on therapeutic relationships, and respect and regard for cultural diversity.

Baltic Street AEH (Advocacy, Employment, Housing)

250 Baltic Street, 1st Floor
Brooklyn, NY 11201

<http://www.balticstreet.org/index.htm>

Baltic Street, AEH, Inc., believes that individuals can and do recover from mental illness. The organization works to support individual recovery efforts and to reduce the stigma and alienation related to mental health diagnoses. Underlying its work are the values of respect, compassion, and the right to personal transformation. It provides collaborative between individuals diagnosed with mental illness and peers that have dedicated themselves to empowering and helping individuals accomplish their particular recovery goals. It does this by through comprehensive self-help and advocacy, bridger, housing, and employment services. Read more about Baltic Street AEH in Chapter 5 of the Plan.

Community Care Behavioral Health, University of Pittsburgh Medical Center

Care Monitoring Initiative Care

Kingsboro Psychiatric Center
681 Clarkson Avenue
Brooklyn, NY 11203-2199

http://www.omh.state.ny.us/omhweb/cmi/nyc_ltr.html

In partnership with the City Department of Health and Mental Hygiene, the Community Care is facilitating support to individuals with serious mental illness through its Care Monitoring project. The initiative is in response to the NYS/NYC Mental Health-Criminal Justice Panel Report, which noted a common theme for individuals experiencing gaps in services prior to adverse events (see http://www.omh.state.ny.us/omhweb/justice_panel_report/). The Community Care Behavioral Health Organization (known as Community Care), a not-for-profit managed care organization, operates the Care Monitoring Initiative. Care monitors are responsible for interventions with providers who treat persons with serious mental illness identified at risk for readmission, discontinuous care, or those with priority or special needs.

Elmhurst Hospital Center

79-01 Broadway
Elmhurst, NY 11373

<http://www.nyc.gov/html/hhc/ehc/html/services/behavioral.shtml>

Elmhurst Hospital Center was one of eight recipients in March of 2010 to receive recognition from OMH for its work to create a therapeutic environment through positive, coercion-free, recovery-focused treatment. It received an award of \$1,000 to further its restraint and seclusion reduction efforts. (The award money was made possible through a State Incentive Grant to Build Capacity for Alternatives to Restraint and Seclusion from SAMHSA).

Harlem Health Promotion Center

Mailman School of Public Health
Columbia University
215 West 125th Street, Ground Floor
New York, NY 10027

<http://www.healthyharlem.org/>

The Harlem Health Promotion Center's mission is to serve as a collaboration of community, academic and public health stakeholders that uses research, education, advocacy and service delivery to improve the health and well-being of the Harlem community. As an innovative and inclusive not-for-profit public health organization serving Harlem, the Center makes use of community partnerships, communication and dissemination, training, evaluation, information technology, and infrastructure to improve the health and well-being of Harlem residents across a broad spectrum of health issues.

Holliswood Hospital

87-37 Palermo Street
Holliswood, NY 11423

<http://www.holliswoodhospital.com/>

Holliswood Hospital was one of eight recipients in March of 2010 to receive recognition from OMH for its work to create a therapeutic environment through positive, coercion-free, recovery-focused treatment. It received an award of \$1,000 to further its restraint and seclusion reduction efforts. (The award money was made possible through a State Incentive Grant to Build Capacity for Alternatives to Restraint and Seclusion from SAMHSA).

Families on the Move of NYC, Inc.

Just the Basics Advocate Training

358 St. Mark Place Suite 203
Staten Island, NY 10301

<http://fotmnyc.org/>

Families on the Move of NYC is a citywide organization that advocates for the rights and full participation of all children and families who are challenged with emotional, behavioral or

mental health issues. Together with our network of members and service provider partners, it strives to improve supports and services by strengthening families, enhancing community resilience, and influencing public policy. The organization's Just the Basics Advocate Training provides participants with essential information and promotes skills necessary when advocating for themselves, their children and their families. The training addresses areas of the child-serving systems (mental health, juvenile justice, child welfare, education) and cross-systems advocacy.

Fortune Society

29-76 Northern Boulevard
Long Island City, NY 11101

<http://fortunesociety.org/learn-more/what-is-fortune/>

Fortune works to create a world where all who are incarcerated or formerly incarcerated can become positive, contributing members of society. It does so using a holistic, one-stop model of service provision that includes alternatives to incarceration; drop-in, employment, education, family, health, housing and substance abuse treatment services; and transitional services such as the Rikers Island Discharge Enhancement program, recreation, and lifetime aftercare. The model provides a culturally sensitive and solid foundation in core skill areas that enable individuals to abandon self-destructive choices that result in crime and incarceration.

Fountain House

425 West 47th Street
New York, NY 10036

<http://www.fountainhouse.org/>

Fountain House is dedicated to the recovery of men and women with mental illness by providing opportunities for members to live, work, and learn, while contributing their talents through a community of mutual support. Since 1948, the organization has been helping to better the lives of people with mental illness through innovation, knowledge sharing, and research. Its members are integral and active partners in their own recovery. They work side by side with staff to organize and administer every program. The House is a professional self-help program that encourages a partnership between members and expert staff, including employed staff members who have experienced major mental illness.

Howie the Harp (HTH) Peer Advocacy and Training Center

2 Washington Street, 9th Floor
New York, NY 10004

<http://www.communityaccess.org/what-we-do/employment-a-recovery/hth-peer-advocacy-ctr>

A program of Community Access, the Howie the Harp Peer Advocacy and Training Center is premised on a model of job training and placement for individuals with combined histories of mental illness, homelessness, substance abuse and incarceration. Located in Harlem, the Center provides classroom-based training, internships, job placement assistance and alumni

programs that help people develop the skills and knowledge they need to find jobs for the first time or to re-enter the workforce. Its model serves as an ideal for other mental health service providers nationally and internationally. The curriculum encompasses didactic exercises, group activities, role-playing, and counseling across career planning and goal-setting, resume writing and interview skills development, conflict resolution and crisis management, computer literacy, mentoring and counseling techniques, teamwork skills development, financial literacy and budget planning, workplace etiquette, and mental health and wellness planning. Read more about Howie the Harp in Chapter 6 of the Plan.

Interborough Developmental and Consultation Center

School Based Program, Clinic-Plus Program

887 East New York Avenue

Brooklyn, NY 11203

<http://www.interborough.org/>

Interborough Developmental and Consultation Center has clinics in Canarsie, Crown Heights, Flatbush and Williamsburg, where it serves the multifaceted mental health needs of families. It also runs clinic programs in eight public schools including middle, high and alternative schools. This Clinic-Plus program provided an immediate response to the needs of the Haitian community living in Brooklyn following the earthquake disaster in January 2010. In particular, it has been a vital resource to Haitian youth relocated to Brooklyn, helping the youth to adapt to their new schools and a new culture. A profile of the program can be found in Chapter 4 of the Plan.

Jewish Board of Family and Children's Services

Center for Trauma Program Innovation

120 West 57th Street

New York, NY 10019

<http://www.jbfcs.org/programs.php?id=36>

The Center for Trauma Program Innovation strengthens the agency's clinical practice and service programs for victims of traumatic stress by providing a systematic approach to trauma-focused program development that promotes effective clinical and community intervention. The Center also develops clinical innovation work groups, collaborative networks, new learning approaches, community interventions, advocacy and prevention forums, and evaluation and research opportunities. It develops models for use by other mental health/social service agencies interested in creating a trauma focus within their organizations. The Center provides training, consultation, including crisis consultation, and coaching locally and nationally to programs and communities. Read more in Chapter 4 about the Center's contributions to trauma-informed care.

Mental Health Association of NYC

Adolescent Skills Centers

369 East 148th Street 2488 Grand Concourse
Bronx, NY 10455 Suite 401, Bronx, NY 10458

<http://www.mhaofnyc.org/programs--services/child--adolescent-services.aspx#SkillsCenters>

The two Centers aid adolescents and young adults with serious emotional and mental health issues who are no longer in school to improve their academic standing through remedial instruction and general educational development (GED) preparation. They also help students acquire job skills with vocational training and internships so they may lead productive, healthy lives in their communities. The programs offer vocational skills assessment, GED and literacy classes, computer instruction, exposure to internship placements in competitive businesses paid through stipend, job coaching, peer support, case management, and psychological assessment services with appropriate linkages to mental health services. Parents are engaged as partners throughout the adolescents' participation in the program.

Veterans Mental Health Coalition of NYC

50 Broadway, 19th Floor
New York, NY 10004

<http://www.mhaofnyc.org/advocacy/veterans-mental-health-coalition.aspx>

A collaboration of NAMI and the Mental Health Association of NYC, the Coalition is modeled after the Veterans Health Alliance of Long Island. It is and designed to promote the mental health and well-being of NYC service members, veterans, and their families through education, information, collaboration, and promotion of a comprehensive array of services.

Geriatric Mental Health Alliance of New York

50 Broadway, 19th Floor
New York, NY 10004

<http://www.mhaofnyc.org/advocacy/geriatric-mental-health-alliance-of-new-york.aspx>

A part of the Center for Policy, Advocacy and Education of the Mental Health Association of NYC, the Geriatric Mental Health Alliance is a coalition of more than 3,000 individuals and organizations. It seeks to improve services for older adults with mental health conditions and prepare for growth of mental health needs that will emerge during the elder boom. It advocates for changes in mental health practice and policy that are needed to improve current mental health services for older adults and to develop an adequate response to the mental health needs of the elder boom generation. It also provides public education, works to build a constituency for geriatric mental health, fosters the development and dissemination of innovative service models, and offers analytic information regarding geriatric mental health policy.

Mount Sinai Medical Center

One Gustave L. Levy Place
New York, NY 10029-6574

<http://www.mountsinai.org/patient-care/service-areas/psychiatry/areas-of-care>

Mount Sinai Medical Center was one of eight recipients in March of 2010 to receive recognition from OMH for its work to create a therapeutic environment through positive, coercion-free, recovery-focused treatment. It received an award of \$1,000 to further its restraint and seclusion reduction efforts. (The award money was made possible through a State Incentive Grant to Build Capacity for Alternatives to Restraint and Seclusion from SAMHSA).

New York Association of Psychiatric Rehabilitation Services/Optom Health Peer Wellness Coaching for Integrated Physical and Behavioral Healthcare

1 Columbia Place, 2nd Floor
Albany, NY 12207

<http://www.nyaprs.org/peer-services/optum-peer-bridger/>

The New York Association of Psychiatric Rehabilitation Services has partnered with Optum Health to provide peer bridger services to individuals identified by Optum Health who are currently receiving inpatient or outpatient mental health or substance abuse services. The Optum Peer Bridger Program is designed to match a peer bridger who is successfully managing his or her own recovery, and has completed the requisite peer bridger training program offered by NYAPRS, with peers who have been identified by Optum Health. Through peer mentoring, support, advocacy, and skill building, peers are being supported in maintaining their health and well-being and avoiding hospitalization. More about the peer wellness coaching program appears in Chapter 3 of the Plan.

NYC Department of Health and Mental Hygiene

Federation for Mental Health, Mental Retardation and Alcoholism Services

93 Worth Street
New York, NY 10013

<http://home.nyc.gov/html/doh/html/fed/fed.shtml>

The Federation serves an advisory role to the City Department of Health and Mental Hygiene, partnering with consumers, families and providers to improve the lives of New Yorkers with mental illnesses, chemical dependency, or mental retardation and developmental disabilities. The Federation works to influence policy, address systemic and consumer issues, identify unmet needs as part of the annual planning process, and participate in special projects or initiatives requested by Department. The Federation comprise committees at three levels, including 15 Borough Councils representing each of three disability areas in each borough; three Citywide Committees, one for each disability area; Special Populations Committees; and the Citywide Interdisciplinary Committee.

Palladia, Inc.

360 West 125th Street
New York, NY 10027-4801

<http://www.palladiainc.org/Public/>

Since its founding in 1970, Palladia has grown to one of the largest not-for-profit, multi-service agencies in NYC. Palladia serves largely urban, poor individuals and families of color and is nationally recognized for its innovative service delivery in the fields of substance abuse, homelessness, HIV, mental illness and trauma, domestic violence, criminal justice services, and family services. It provides residential substance abuse treatment programs; outpatient and transitional treatment programs; homeless and domestic violence shelters; alternative to incarceration programs; permanent supportive housing programs; and numerous special initiatives and collaborations. Palladia's expertise in working with clients across multiple modalities promotes independence, social competence and responsible living, even among populations that are often considered difficult to engage in services.

Rainbow Heights Club

25 Flatbush Avenue, Fourth Floor
Brooklyn, NY 11217

<http://www.rainbowheights.org/>

Rainbow Heights Club provides a supportive and encouraging environment, offering support, respect, friendship, social interaction, career counseling, benefits and entitlements counseling, and recovery groups. Not a mental health clinic, the Club instead picks up where psychiatrists or therapists leave off and provides acceptance, respect and safety for lesbian, gay, bisexual or transgender persons who have experienced serious psychiatric challenges.

Richmond University Medical Center

355 Bard Avenue
Staten Island, NY 10310

<http://www.rumcsi.org/>

Richmond University Medical Center was one of eight recipients in March of 2010 to receive recognition from OMH for its work to create a therapeutic environment through positive, coercion-free, recovery-focused treatment. It received an award of \$1,000 to further its restraint and seclusion reduction efforts. (The award money was made possible through a State Incentive Grant to Build Capacity for Alternatives to Restraint and Seclusion from SAMHSA).

Services for the Underserved (SUS)

305 Seventh Avenue, 10th Floor
New York, NY 10001

<http://www.susinc.org/>

SUS is a non-profit organization that provides housing and supportive services to New Yorkers with special needs to live with dignity in the community, direct their own lives and attain personal fulfillment. Founded in 1978, today SUS serves more than 4,000 of the most vulnerable individuals with special needs due to developmental, mental or physical disabilities often compounded by poverty, homelessness, inadequate education, substance abuse or a history of institutionalization. SUS' commitment to housing and services for people with mental illness is grounded in the belief that given the right supports and tools, people with mental illness can live meaningful lives by pursuing goals that are important to them.

South Beach Psychiatric Center

Adolescent Unit

777 Seaview Avenue
Staten Island, NY10305

<http://www.omh.ny.gov/omhweb/facilities/sbpc/facility.htm>

The Adolescent Unit of South Beach Psychiatric Center on Staten Island was one of three recipients in March of 2010 to receive the OMH PARS Award. The award, which recognizes exemplary work and success in reducing the use of restraint and seclusion, included \$5,000 to be used to further the program's restraint and seclusion reduction efforts. (The award money was made possible through a State Incentive Grant to Build Capacity for Alternatives to Restraint and Seclusion from SAMHSA).

Wellness and Recovery Services

<http://www.omh.state.ny.us/omhweb/facilities/sbpc/facility.htm>

Wellness and Recovery Services at South Beach Psychiatric Center seek to assist individuals to learn and understand about his or her illness and challenges so that he or she is able to move from a life defined by the effects of illness to one defined by activities for rediscovering and/or creating a valued life role. Through strong emphasis on rights, recovery, and rehabilitation, individuals come to view their disabilities as manageable, permitting them to become engaged in those activities that give lead to productive community living. Read about Wellness and Recovery Services at the South Beach Psychiatric Center in Chapter 6 of the Plan.

South Bronx Mental Health Council, Inc.

Children and Adolescent Services Program Community Parent Education Program

Bronx Mental Health Council

781 East 142

Bronx, NY 10454

<http://www.sbmhc.org/>

The Community Parent Education Program (COPE) is a school-based family-systems program designed to help parents of children who come to the attention of school officials because of disruptive behavior disorders and attention-deficit hyperactivity disorder. It has been adapted to better serve the community, which is economically disadvantaged with high needs and a high proportion of African American and Latino residents. In recognition of successfully implementing and adapting the evidence-based COPE treatment to be culturally and linguistically sensitive, the American Psychiatric Association awarded the Council a Bronze Achievement Award in 2009.

St. Luke’s and Roosevelt Hospitals

Child and Family Institute Children’s Single Point of Access (CSPOA) Program

West 114th Street

New York, NY 10025

<http://www.slrchildpsych.org/slservices/cmhs/cspoa.aspx>

The St. Luke’s Hospital Child and Family Institute’s Citywide CSPOA is designed to streamline the application process for the intensive mental health services for children, ages 5 to 17.9, throughout the City. These children and adolescents are at risk for hospitalization and/or placement in residential care. Through CSPOA, high-end mental health services are coordinated for the entire City. The CSPOA increases timely access to services, provides family advocacy, and encourages the family voice in service choice.

Western New York Region

Camp Get- A-Way

Camp Wyomoco in Varysburg/Camp DeWolfe in Wading River

<http://www.cgaw.org/>

Camp Get-A-Way is a not-for-profit organization dedicated to strengthening and supporting families. Located in Wyoming County and Peconic Dunes on Long Island, Camp Get-A-Way offers families of children diagnosed with a social, emotional or behavioral disorder the opportunity to participate in recreational and skill-building activities in a summer camp atmosphere. Children and families learn new skills, gain self-confidence and have fun. It is a supportive learning environment in a traditional camp, using the “Learn, Use, Teach” model. Families can hike, swim, canoe, kayak, and participate in other traditional camp activities. At the same time, parents have the opportunity to receive support, strengthen parenting skills,

and connect with others facing similar challenges. Learn more about Camp-Get-Away by reading the profile in Chapter 4 of the Plan.

Chemung County Children’s Integrated Services

Single Point of Access (SPOA) Youth Advocate Program

For more information, contact Ms. Ryanna Soule, Associate Director of Youth Power!, Families Together NYS, 737 Madison Avenue, Albany, NY 12208

<http://www.ftnys.org/staff.cfm>

Originally from Elmira, Ms. Soule used her personal experience navigating care systems to become an advocate for youth for their service planning meetings and through SPOA. She helped develop key components of the Youth Advocate Program and helped facilitate a Youth Advisory Council. Read more about this effort to strengthen the youth voice in mental health decision making, “SPOA Youth Advocates Break New Ground,” at <http://ftnys.intelliclient.com/downloads/Summer%202009%20Newsletter.pdf>.

Erie County Medical Center

462 Grider Street
Buffalo, NY 14215

<http://www.ecmc.edu/medicalservices/behavioral/>

Erie County Medical Center was one of eight recipients in March of 2010 to receive recognition from OMH for its work to create a therapeutic environment through positive, coercion-free, recovery-focused treatment. It received an award of \$1,000 to further its restraint and seclusion reduction efforts. (The award money was made possible through a State Incentive Grant to Build Capacity for Alternatives to Restraint and Seclusion from SAMHSA).

Finger Lakes Parent Network, Inc.

25 West Steuben Street
Bath, NY 14810

<http://www.flpn.org/>

A chapter of Families Together in NYS, the Finger Lakes Parent Network is a parent-governed organization focused on the needs of children and youth with emotional, behavioral, developmental, and/or mental health challenges and their families. It offers family support services in Allegany, Chemung, Ontario, Schuyler, Seneca, Steuben, Tioga, Wayne, and Yates counties. In supporting and empowering families to help their children reach their full potential, the Network offers education, group and individual peer support, advocacy, respite, referral and child and family recreation services.

Healthy Alternatives through Healing Arts (HA-HA), Inc.

135 Delaware Avenue, Suite 210
Buffalo, NY 14202

sarah@compeerbuffalo.org

Founded in 2001, HA-HA is dedicated to promoting awareness of holistic alternatives individuals who are economically disadvantaged and disabled. It offers seminars, monthly workshops and an annual conference to empower and promote choice among individuals desiring to maintain wellness and work toward recovery. The focus of its work is to further holistic healing and alternative therapies shown or informed by science for improving health and well-being (e.g., chiropractic, drumming, humor) as a complement to traditional health and wellness services.

Hillside Children's Center

Cross Systems Solutions

1183 Monroe Avenue
Rochester, NY 14620

<http://www.hillside.com/ServicesDetail.aspx?id=596&terms=cross+systems+solutions>

Cross Systems Solutions is a program designed to screen, evaluate, and reconcile divergent diagnostic histories and develop a service package that will allow a youth to remain at home or in the least restrictive environment close to home. Hillside Children's Center has partnered with Kinship Family and Youth Services to provide this unique program. The program aims to serve youth in the context of their families (in the most familial setting) and link enrollees to recommended treatment and support strengthen children's overall functioning, lessen unhealthy risk taking, improve parental/family functioning and reduce the need for out-of-home placement. Children and youth served live in Chemung, Livingston, Ontario, Monroe, Schulyer, Seneca, Steuben, Wayne and Yates counties.

Housing Options Made Easy, Inc. (HOMES)

75 Jamestown Street
Gowanda, NY 14075

<http://www.housingoptions.org/>

HOMES is a nonprofit agency aimed at providing supported housing, jobs, individual support, and education to individuals challenged with both physical and mental illnesses. With its main office located in Gowanda, Cattaraugus, HOMES also serves Erie, Monroe, Chautauqua, Niagara and Allegany counties. Its supported housing and community support programs provide rental assistance and peer advocacy services to maintain success in community living; peer advocacy services for locating and securing safe, affordable housing and providing support to enhance daily living (e.g., skills building in budgeting, shopping); self-help and recovery support groups (e.g., support to parents with mental illness, Double Trouble); and warm line friendship and peer support. In 2010, HOMES doubled the number of jobs in the community and is providing housing to more than 350 individuals and

families. Approximately 30% of the people served by HOMES were classified as homeless before entering the program. It is recognized as one of the top peer-staffed and managed agencies in America.

Mental Health Association

Better Days Ahead Family Roundtables

320 Goodman Street North

Rochester, NY 14607

<http://www.betterdaysahead.org/>

Better Days Ahead is a family-run organization that brings families together to support one another. It is an integral part of the County System of Care, offering group and individual support, education, information and respite for families who have children with emotional or behavioral challenges. The Family Roundtable is a group of family members and caregivers who meet monthly to address a variety of topics (e.g., child behavior, Medicaid, normal growth and development). The Roundtable also provides parents with a vehicle for influencing change the system. Overall, the Roundtable employs culturally and linguistically competent approaches to educating, equipping, and empowering families to be effective advocates for children, youth and families. Read more about the Family Roundtables in Chapter 1 of the Plan.

Mental Health Association in Cattaraugus County

Camp New Horizons

PO Box 833

502 N Union St.

Olean, NY 14760

<http://www.mhacatt.org/index.php?Camp%20New%20Horizons>

Since 1976, Camp New Horizons has been meeting the needs of children with mental health needs in Cattaraugus County. The therapeutic residential summer camp program serves children and adolescents, ages 8 to 15, who have social, emotional and/or behavioral needs. At camp, they are offered respite from the stresses of daily life, opportunities to make new friends and experiences that promote success and positive growth. While therapeutic in nature, nonetheless, the main of campers is to participate in a variety of traditional camp activities and have fun.

Monroe County Office of Mental Health

Building Bridges Initiative

1099 Jay Street, Bldg. J, Suite 201A

Rochester, NY 14611

<http://www.monroecounty.gov/mh-index.php>

As a federal Systems-of-Care site, Monroe County participates in the national Building Bridges Initiative. The County is working to identify and promote practices and policies that will create strong and closely coordinated partnerships and collaborations between families,

youth, community and residential treatment and service providers, advocates and policy makers to ensure that comprehensive mental health services and supports are available to improve the lives of young people and their families.

Coordinated Care Services, Inc., PASS Program

<http://www.ccsi.org/cultural-linguistic-competence.aspx>

The Prevention, Access, Self-Empowerment, and Support Program (PASS) is an innovative, statewide prevention program that works with teens who experience challenges in their daily lives, or whose parents have serious and persistent mental illness. It is a multicultural initiative sponsored by Monroe County Office of Mental Health and managed by Coordinated Care Services, Inc. (CCSI) of Rochester. PASS focuses on adolescents and their parents to improve youth interpersonal skills, youth and parent self-esteem, and community living skills. PASS utilizes a transformative, strength-based, self-efficacy approach to help its participants develop the resources and skills needed to achieve and maintain healthy lifestyles. Read about PASS in Chapter 4 of the Plan.

Ready, Set, Parent

EPIC (Every Person Influences Children) Center for Parenting & Character Education

1000 Main Street
Buffalo, NY 14202

<http://www.epicforchildren.org/content/pages/about-epic>

Ready, Set, Parent is an evidence-based parent education program developed to make parenting a positive experience and to promote parenting skills, health and wellness, and literacy/language development. This program supports a universal, public health approach to for infants and their parents. It begins in the hospital room immediately after birth and extends to a community workshop series about parenting infants and toddlers. The workshops are led by trained facilitators and connect in-depth parenting information with support from other parents. The program is a collaboration of Every Person Influences Children (EPIC), a leader in parenting education, and Baker Victory Services, one of Western New York's largest human services agencies.

Southern Tier Environments for Living (STEL), Inc.

715 Central Avenue
Dunkirk, NY 14048

<http://www.stel.org/>

STEL provides rehabilitative and support services to persons with mental illness and other disabilities in Allegany, Cattaraugus, Chautauqua, and southern Erie counties. Its service spectrum includes residential treatment group homes and apartments, supported housing, single-room occupancy housing, vocational rehabilitation, case management, social supports and housing development services. STEL is committed to promoting mental health wellness and creating environments where individuals can develop the essential abilities to live and function productively and independently. It is also equally committed to assisting

people in time of need to prevent psychiatric hospitalizations, homelessness, and unsafe living arrangements. Read more about STEL in Chapter 5 of the Plan.

St. Joseph's Villa

3300 Dewey Avenue
Rochester, NY 14616

<https://www.stjosephsvilla.org/>

St. Joseph's Villa was one of three recipients in March of 2010 to receive the OMH PARS Award. The award, which recognizes exemplary work and success in reducing the use of restraint and seclusion, included \$5,000 to be used to further the program's restraint and seclusion reduction efforts. (The award money was made possible through a State Incentive Grant to Build Capacity for Alternatives to Restraint and Seclusion from SAMHSA).

Western New York Independent Living

Mental Health PEER Connection

3108 Main Street
Buffalo, NY 14214

<http://www.wnyil.org/mhpc/>

Mental Health PEER Connection is a peer-run agency that empowers, educates, and strives for equality for persons with mental illness so they are able to live to their full potential. The Connection strives to meet individuals with emotional and behavioral challenges in their own environments and provide assistance in meeting self-defined goals. Support is organized by three domains: inpatient, where individuals are assisted in defining goals for community living upon discharge; community support, where "hard to serve" persons, in particular, are helped to overcome obstacles to community living; and vocational services, where persons are helped to gain rapid employment consistent with their goals. A recent study utilizing peers from the PEER Connection concluded that consumer peer support (<http://www.primarypsychiatry.com/asp/articleDetail.aspx?articleid=2676>). Read about the PEER connection in Chapter 3 of the Plan.

Native American Independent Living Services

<http://www.wnyil.org/nails/>

Native American Independent Living Services (NAILS) is a federally recognized program that has successfully assisted hundreds of Native Americans with disabilities in the Western New York region. The provision of culturally sensitive, professional and ethical services aids the organization's ability to work effectively with health agencies and leaders within the Six Nations Confederation (Onondaga, Oneida, Cayuga, Mohawk, Seneca and Tuscarora Nations). By utilizing a "walls free" mobile approach to services, Native Americans in Western New York with mental health or other challenges are helped to improve their quality of life and strengthen their abilities to live independently. Services include peer support, benefits counseling, housing consultation and more.

Other Programs

Based in NYS

Center to Study Recovery in Social Contexts

Nathan Kline Institute for Psychiatric Research
140 Old Orangeburg Road, Building 35
Orangeburg, NY 10962

<http://recovery.rfmh.org/>

The Center to Study Recovery in Social Contexts is a participatory research program dedicated to exploring the meaning and determinants of social recovery for persons diagnosed with severe mental illness. It is funded by a grant from the National Institute of Mental Health and supported in part by OMH and NKI. The Center's program of research focuses on "quality of life" issues for people who have been diagnosed with severe mental illnesses, especially those who use public mental health services in NYS. In support of its work, the Center has imported Amartya Sen's "capability approach" and is adapting it to take stock of the public mental health enterprise, making use of the distinctive tools of assessment it offers. In practice, this translates into "trying to get a grip on the real opportunities that people have to fashion lives in Sen's terms that "they have reason to value." Research projects examine measures of social integration for persons with psychiatric disabilities; economic determinants and consequences of mental illness; values related to Sen's concepts of freedoms and un-freedoms for people given psychiatric diagnoses; alternatives for early intervention and recovery; of culturally competent capabilities, and much more. The Center also sponsors regular seminars to learn about and discuss aspects of the Capabilities Framework.

Mental Health Association in NYS

Mental Health Worker Healthcare Benefit Project

194 Washington Avenue, Suite 415
Albany, NY 12210

<http://www.mhanys.org/hbp/index.php>

Through funding from OMH, the Mental Health Association in NYS is developing a statewide mental health worker's assistance program. This project has three objectives: to survey the field regarding the level, costs and existence of health insurance coverage provided for direct care workers in mental health agencies statewide; to provide an analysis of the survey results and recommendations for implementing health care enhancements for direct care staff to the Governor, Legislature and OMH; and to establish and maintain a mental health workers consumer assistance program and resource center, for educating and counseling employers and works about health insurance and employment. This benefits assistance program will be available to mental health workers and employers on a statewide basis to assist workers in accessing healthcare benefits. The program will operate through the Mental Health Association in addition to a number of its local worker assistance programs.

Services will include information about healthcare benefit options in NYS, assistance with evaluating the best choices, and counseling on various strategies for making the most of available healthcare benefits and or enhancements.

NAMI-NYS

Breaking the Silence: Teaching the Next Generation about Mental Illness

NAMI-Queens/Nassau
1981 Marcus Avenue, Suite C-117
Lake Success, NY 11042
btslessonplans@aol.com

"Breaking the Silence: Teaching the Next Generation About Mental Illness" is an educational package designed to teach students in upper elementary, middle school, and high school about serious mental illness. It was created in 1999 by the NAMI-Queens/Nassau Education Committee with funding from NAMI's Campaign to End Discrimination and the support of NAMI-NYS. This package is attractive and easy to use for each grade level. It uses stories to humanize serious mental illness and teach that these illnesses are no-fault brain disorders. Students also examine the role the media plays in perpetuating stigma. Teachers who use the materials consistently rate them very effective or effective in dispelling myths and stereotypes about mental illness. NAMI chapters around the country have enthusiastically promoted Breaking the Silence as have other mental health organizations, agencies, and hospitals. Read more about this educational program in Chapter 1 of the Plan.

Based outside NYS

National Family Development Credential (FDC) Center

University of Connecticut
Unit 2058
348 Mansfield Road
Storrs, CT 06269-2058
<http://www.familydevelopmentcredential.org/>

Developed by Cornell University in collaboration with the State Council on Children and Families, Department of State, and NYC Department of Youth and Community Development, the Family Development Credential Program provides frontline workers with the skills and competencies they need to empower families to capitalize on their strengths and attain their goals for healthy self-reliance. To earn the credential, participants must complete the Empowerment Skills for Family Workers curriculum, create a portfolio documenting their ability to apply these concepts and skills, and pass a standardized examination. Since the program's inception, more than 6,000 frontline workers in NYS have earned the credential as well as thousands through affiliated systems in about 20 other states. Research has documented positive outcomes for workers who receive the credential and for the organizations in which they work. In August 2010, the home of the National

Family Development Credential moved to the University of Connecticut, where it is based in a partnership among the Connecticut Children's Medical Center, the Department of Pediatrics at the University of Connecticut School of Medicine, and the Center for the Study of Culture, Health and Human Development.

People's Institute for Survival & Beyond

Undoing Racism™ Curriculum

1444 N. Johnson

New Orleans, LA 70116

<http://www.pisab.org/>

Formed in 1980, the People's Institute sponsors the "Un-Doing Racism" curriculum. The curriculum provides a systemic approach that emphasizes learning from history, developing leadership, maintaining accountability to communities, creating networks, undoing internalized racial oppression and understanding the role of organizational gate-keeping in perpetuating racism. In addition to the "Undoing Racism" workshop, the Institute also offers technical assistance to communities and organizations.

Personal Medicine/Shared Decision Making

<http://www.innovations.ahrq.gov/content.aspx?id=2870>

A term coined by Dr. Patricia Deegan, "personal medicine" is considered to be an individualized, nonpharmacologic strategy to promote wellness. Personal medicine is used within the context of *CommonGround*, a program developed by Deegan and Associates that uses *decision* support tools and peer specialists to help mental health clients identify treatment preferences and effectively communicate them to clinicians. The program has proven easy for people diagnosed with mental illness to use; has led to frequent use of shared decision-making between clinician and patients; and has increased the effectiveness and efficiency of consultations, leading to high levels of satisfaction among clients. Listed on the Agency for Healthcare Research and Quality Innovations website, the program continues to be studied for its impact on clinical outcomes.

Soteria House

While evidence about the effectiveness of the Soteria paradigm for treatment of persons diagnosed with schizophrenia is limited, the program continues to attract interest in the U.S. and in Europe. "Soteria" is of Greek origin and belongs to the word group that means salvation, preservation, health and well-being. It was the name given by Mosher and his colleagues in 1971 to a project aimed at supporting people diagnosed with schizophrenia in a small, community-based environment without or with limited drugs and peer supports. The aims of the original project, which ran for about 30 years, were to empower individuals, promote social and community functioning, and support a person's own experience with psychosis. Nationally, the Soteria model has been reintroduced most recently in Alaska (see http://gov.state.ak.us/omb/11_omb/budget/CapBackup/proj54622.pdf to learn more about the project and be sure to scroll down the page past the capital request). In Rockville, Maryland, the eight-bed community-based residence for people in acute psychiatric crisis,

the Fenton-McAuliffe House, is based in part on the Soteria model (see <http://www.ciompi.com/en/soteria.html> for more information).

SAMHSA 10 x 10 Wellness Campaign

<http://www.promoteacceptance.samhsa.gov/10by10/default.aspx>

Launched in 2010, the SAMHSA 10 x 10 Wellness Campaign is designed to increase life expectancy for persons with mental health problems by 10 years over the next 10 years. More than 2,000 organizations and individuals have expressed their commitment to promoting wellness and reducing the disproportionate impact of preventable morbidity and mortality on people with mental health problems by signing the Pledge for Wellness, and the Campaign is guided by a multidisciplinary Steering Committee representing consumers, providers, and researchers. The campaign recognizes that health relates broadly to how we function in life, the quality of our relationships, and how we adapt to change and cope with challenges. The focus on wellness highlights the importance of recovering from mental health problems and reducing the disparity in early mortality for people with mental health problems.

Think Beyond the Label Campaign

<http://www.thinkbeyondthelabel.com/Default.aspx>

<http://www.thinkbeyondthelabel.com/StatesPages/statespage.aspx?stateid=32> (NYS page)

A national effort sponsored by Health and Disability Advocates, this campaign seeks to make the business case for employing people with disabilities. The campaign represents a partnership of grant-funded health and human service and employment agencies coming together to build a uniform national infrastructure and approach that connect businesses to qualified candidates with disabilities. The goal is to raise awareness that hiring people with disabilities makes good business sense. The campaign highlights that employees with disabilities have unique, competitively relevant knowledge and perspectives about work processes and area able to bring this knowledge to meeting work requirements and goals successfully. Health and Disability Advocates is a national nonprofit organization that promotes income security and improved health care access for children, people with disabilities, and low-income older adults. It is spearheading the campaign on behalf of more than 40 states and various national and regional organizations.

United Nations Convention on the Rights of People with Disabilities

<http://www.un.org/disabilities/default.asp?id=109>

The purpose of the convention is to promote, protect and ensure the full and equal enjoyment of all human rights by persons with disabilities. It covers a number of key areas such as accessibility, personal mobility, health, education, employment, habilitation and rehabilitation, participation in political life, and equality and non-discrimination. The convention marks a shift in thinking about disability from a social welfare concern, to a human rights issue, which acknowledges that societal barriers and prejudices are themselves disabling. As an international agreement among governments around the world,

The Convention strives to uphold the rights of children and adults with disabilities. The U.S. became a signatory to the Convention on July 30, 2009. A two-thirds majority of the Senate approval is needed for the U.S. to ratify the Convention.

Wellness Recovery Action Plan (WRAP)

<http://www.mentalhealthrecovery.com/aboutus.php>

Considered by the Homeless Resource Center as a promising intervention and noted by many states as an approach that holds promise, the WRAP developed by Dr. Mary Ellen Copeland is aimed at teaching individuals recovery and self-management skills and strategies and promoting higher levels of wellness, stability and quality of life. Wellness plans specify what needs to be done to maintain wellness, identify external events that could make trigger difficulty and ways to respond; indicate actions to stabilize difficult situations; and detail a personal crisis plan to be used when others need to intervene on a person's behalf. A study published in 2009 (<http://ps.psychiatryonline.org/cgi/reprint/60/2/246>) shows positive outcomes (e.g., symptom improvement in areas associated with recovery) for individuals who participated in WRAP sessions.

Yale University Program for Recovery and Community Health

Recovery Self-Assessment Instrument

319 Peck Street, Building One

New Haven, CT 06513

<http://www.yale.edu/PRCH/>

The Recovery Self-Assessment (RSA) is a 36-item measure designed to gauge the degree to which programs implement recovery-oriented practices. It is a self-reflective tool that aids in identifying strengths and targeting areas of improvement for recovery-oriented care. The RSA contains concrete, operational items to help program staff, persons in recovery, and significant others to identify practices in their mental health and addictions agencies that facilitate or impede recovery. The RSA contributes significantly to the emerging field of recovery-oriented practice standards and guidelines. The Program for Recovery and Community Health is under the direction of Dr. Larry Davidson, a national leader in promoting recovery from mental illness.