



WE ARE Y
**YMCA's
COUNSELING
SERVICE**

PROGRAM GUIDE

NORTH SHORE CENTER
285 Vanderbilt Avenue
Staten Island, NY 10304
718-981-4382

ymcanyc.org/counseling

SOUTH SHORE CENTER
3911 Richmond Avenue
Staten Island, NY 10312
718-948-3232



**YMCA OF GREATER
NEW YORK**

COUNSELING SERVICE

WELCOME TO THE YMCA'S COUNSELING SERVICE

WE'RE HERE TO HELP

The YMCA of Greater New York's Counseling Service offers hope to individuals and families whose lives have been impacted by substance use. Since 1980, we have provided the Staten Island community with comprehensive prevention and treatment services that promote the development of spirit, mind and body. Our state-licensed outpatient programs includes addiction treatment services for adults and teens, prevention services for at-risk youth and counseling services for children whose lives have been affected by a family member's addiction.

If you, a family member or someone close to you is struggling, don't wait to call. If we don't have a program that's right for you, we'll guide you to one that is.

EVERYONE IS WELCOME

We're proud to ensure that the YMCA's Counseling Service is accessible to everyone. We will never turn anyone away because of an inability to pay. Don't hesitate to ask about financial assistance for our services.

We're able to open our doors to all thanks to our government and community partners and the generous supporters of our Annual Campaign.

Deciding to seek help is difficult enough; we will work with each participant on a case-by-case basis to ensure that the costs associated with treatment do not cause undue financial hardship.

Contributions to our fundraising efforts and the support we receive from our funders, assist in enabling us to offer a number of our programs and services at low or no cost. Contributions and funding also assist in making financial assistance available and participation affordable for all.

No one will be denied care due to an inability to pay.

YMCA’s COUNSELING SERVICE INFORMATION

**SOUTH SHORE CENTER &
ADMINISTRATIVE OFFICE**

3911 Richmond Avenue
Staten Island, NY 10312
718-948-3232

HOURS OF OPERATION

Mon. – Thurs.: 8:30AM – 9:00PM
Friday: 8:30AM – 5:00PM
Saturday: 9:00AM – 2:00PM
Sunday: CLOSED

**NORTH SHORE
CENTER**

285 Vanderbilt Avenue
Staten Island, NY 10304
718-981-4382

HOURS OF OPERATION

Mon., Wed. & Fri.: 8:30AM – 5:00PM
Tues. & Thurs.: 8:30AM – 8:30PM
Sat. & Sun.: CLOSED

WALK IN HOURS FOR NEW CLIENTS IS AVAILABLE.
PLEASE CALL OR SEE OUR WEBSITE FOR MORE INFORMATION:
ymcanyc.org/counseling

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PROGRAM OVERVIEW

OUR PHILOSOPHY

The programs of the YMCA of Greater New York's Counseling Service are based around several key beliefs, developed from our extensive history of service delivery. While specific goals and plans for treatment will vary from participant to participant, there are guiding principles that drive our services.

WE ARE HERE FOR YOU

Regardless of where you are on your journey, we are here to help. Recovery is an individual process characterized by the goals each person sets. Our clinical team will work to help clients identify the goals and objectives important to them and will provide support as they work toward achievement of those short and long-term goals. Each person and family's process is unique and our team is available to walk alongside you on your path.

WE TREAT FAMILIES, NOT INDIVIDUALS

With permission from our clients, we maintain open communication with every involved person who is willing and able to offer support to our participants. We aim to serve not only the participant themselves, but also the people around them - their parents, siblings, children and loved ones.

Addiction is a family disease and recovery can be a family process. We provide support and counseling to individuals whose lives have been impacted by a loved one's substance use. Counseling can help individuals learn that they too can recover regardless of where their loved one is on their journey.

Family Association, a key component of our service, is open to the community, whether or not you have a loved one in our program. It is a network of parents, spouses, guardians and other adults who have a loved one living with addiction. This group meets weekly, providing a venue where participants gain support surrounding the impact that their loved one's addiction has played in their lives while also learning new skills for dealing with the complex issues associated with addiction. It is an especially critical component of our youth services, and for participants in these programs, parental participation is strongly recommended.



WE DRAW ON WHAT WORKS

Because we are committed to providing customized care based on each person's unique needs, our services are not based around a single treatment philosophy. Instead, we draw on over 40 years of experience with a wide range of clinical methodologies to develop plans that meet the specific needs and motivations of each participant. Our diverse staff includes licensed social workers, licensed mental health counselors, credentialed alcohol and substance abuse counselors, certified recovery peer advocates, psychiatrists, medical staff and other trained professionals, some of whom have overcome their own struggles with addiction.

We offer a variety of services, including:

- Assessment and referral services
- Individual and group counseling
- Treatment for co-occurring disorders
- Medication for addiction treatment
- Family involvement and counseling
- Crisis intervention services
- Toxicology screenings
- Psychiatric services
- Referrals to alternative levels of care
- Coordination of care with all involved parties
- Positive alternative activities
- Coordination with mandating agencies
- Health assessment and referral services
- Virtual and in person services
- Interpretation services

Ages 5-17
**YOUTH
SERVICES**



LITTLE STEPSSM

In 1989, the YMCA's Counseling Service pioneered a treatment model utilizing expressive art and play therapy, role playing and other therapeutic techniques to address the special needs of children (ages 5-17) whose lives have been affected by a loved one's use of drugs or alcohol.

Little StepsSM offers a structured series of expressive services through which children learn to identify and change the patterns of thinking, feeling and behavior they have learned in response to their loved one's substance use. We work with children to help them develop an understanding that they are not the cause of their family member's addiction and that while they cannot control or cure it, they can learn to cope with it. Our program provides education and focuses on the development of healthy coping and life skills.

REASONS FOR REFERRAL

There are a variety of emotional, behavioral, school or family problems that may be cause for concern. **You may want to consider referring a child to us if you are aware of a family history of addiction and one or more of the following:**

- Aggressive behavior
- Anger
- Anxiety
- Academic failure
- Changes in usual behavior and mood
- Depressed mood
- Low self-esteem
- Oppositionalism
- Perfectionism
- Unexplainable physical complaints
- Separation anxiety
- Social and/or family withdrawal

PROGRAM PHILOSOPHY

Children experience their world on a feeling level and express themselves through action. Words are necessary, but certainly not enough for recovery to take place. Their therapy must be supportive, experiential, active and expressive.

Because dependency is a central and defining feature of childhood, children thrive in treatment with love, boundaries and the understanding commitment of at least one primary and supportive caregiver.

It is our hope that through this program, children will discover the courage to feel, the wisdom to find purpose in their experiences, and the creative vision to build a life they define.

PROGRAM STRUCTURE

The Little StepsSM program is structured into three groups, each designed to meet the developmental needs of specific age ranges:

LITTLE STEPSSM (AGES 5-9), utilizes expressive art and play therapy techniques to allow children to identify and express thoughts and feelings in a constructive and healthy manner.

STEPPING STONES (AGES 10-13), utilizes a mix of therapeutic games, art activities and discussion to assist children in managing their thoughts, feelings and increased awareness of addiction and its impact.

STEPPIN' OUT (AGES 14-17), employs the discussion of expressive activities to help children understand addiction and its impact on the lives of families and loved ones. It also helps develop the coping, judgment and decision-making skills crucial to a healthy lifestyle, resiliency and self-reliance.

PROGRAM GOALS

Little StepsSM helps youth to:

- Understand that addiction is a disease and recovery is possible
- Understand that they didn't cause their loved one's drug or alcohol use, and that they can't control it, but that they can cope with it
- Decrease risk factors and increase protective factors
- Learn how to:
 - trust
 - accept appropriate limits
 - speak honestly
 - make decisions
 - be assertive
 - laugh and play
 - make friends
 - identify and express their feelings
 - believe in their own specialness
 - cope with feelings and difficult times in a healthy manner



ADOLESCENT SUBSTANCE USE TREATMENT SERVICES

The aim of our Adolescent Services is to provide an environment that empowers young people to achieve a positive, productive and goal-oriented lifestyle. Our program focuses on adolescents and young adults (ages 12-18) who are “at-risk” for developing a substance use disorder, as well as those using drugs and/or alcohol.

REASONS FOR REFERRAL

The stresses of the teen and young adult years can be difficult, and therefore make youth especially susceptible to substance use. There are a variety of emotional, behavioral, school or family struggles that may be cause for concern. You may want to consider referring a young person to us if you observe any of the following high risk signs:

- Experimental or active drug or alcohol use
- Changes in attitude toward school, home or family
- Legal problems
- Changes in usual behavior and/or mood
- Changes in social relationships
- Behavioral changes including: depression; anger; sensitivity; defensiveness; secrecy; aggression; spending time alone
- Physical changes including: hyperactivity; sleepiness; weight loss/gain

A Note to Parents/Guardians:

You know your child best, trust your instincts. Take action and seek help at the first sign that there may be a need to.

PROGRAM PHILOSOPHY

Our program focuses on building individual strengths and minimizing risk factors to help adolescents grow up to be healthy. Research shows the more assets a young person has, the less likely they are to engage in unhealthy behaviors. We strive to help young people develop as many of these building blocks as possible - which will ultimately help them succeed in school, avoid risky behaviors, maintain good health, overcome difficulties and grow to their full potential.



PROGRAM GOALS

- To develop skills to cope with feelings/experiences in a healthy manner
- To decrease an individual's risk factors and increase their protective factors
- To develop skills for surviving adversity, both today and down the road
- To learn to have fun without the use of alcohol and drugs
- To build the confidence to resist temptation and peer pressure
- To develop one's own inner strengths
- To help establish the sense of empowerment that comes with self-reliance
- To reassure that it's alright to get help when you need it, at any age
- To foster achievement of individually identified goals
- To build a network of positive relationships, and engage in positive attitudes and healthy behaviors

ON-SITE PREVENTION PROGRAMS

CHILDREN OF DIVORCE

Children of Divorce is a 12-week prevention program designed to help children cope with challenging family changes. Children in the program will explore their feelings through a supportive environment and learn coping skills to help them navigate this difficult time.

COPING WITH DEPRESSION

Coping with Depression is a 16-week psychoeducational cognitive-behavioral intervention program. Sessions are aimed at teaching social skills, relaxation techniques, communication, constructive thinking and problem solving.

INCREDIBLE YEARS

Incredible Years is series of evidenced-based programs for parents and children. The program goal is to prevent and treat problem behaviors and promote social, emotional and academic competence.

PARENTING WISELY

Parenting Wisely is a three-segment evidence-based parenting skills training program. This program aims to improve family relationships while reducing problem behavior.

PREVENTION COUNSELING

Prevention Counseling offers one-on-one services starting at age five to individuals who are displaying high-risk behaviors. The goal is to explore ways to positively cope with stress and feelings, manage anger and peer pressure, and reverse unhealthy behaviors.

STRENGTHENING FAMILIES

Strengthening Families is a family skill building program found to enhance relationships and reduce problem behaviors. It helps decrease delinquency and alcohol/drug use in children, and to improve social skills and school performance.

YOUTH ANGER MANAGEMENT

Youth Anger Management is open to children and teens ages 5-17. The program seeks to reduce anger, aggression and tantrums while improving coping skills. It is designed to combat unhealthy core beliefs, promote responsible behavior and enhance the quality of life for youth and their caregivers.



COMMUNITY PREVENTION & EARLY INTERVENTION PROGRAMS

Our community-based prevention model is built upon evidence-based curriculums, which are delivered in classrooms, after school programs and other community settings throughout Staten Island. They are designed to help youth develop the coping and life skills necessary to lead a healthy lifestyle.

Each of our evidence-based programs are delivered utilizing Office of Addiction Services and Supports (OASAS) approved programs, which include age-appropriate lessons to develop social and emotional skills as well as the ability to make healthy decisions. These services are shown to increase positive healthy behaviors and decrease the likelihood of future substance use.

ALL STARS

All Stars is designed for middle school students to learn to identify goals, develop positive standards for themselves and start thinking about their future. Through interactive discussions and games, students develop healthy prosocial norms, recognize peer pressure that leads to risky behaviors and discuss positive habits and positive habits and outcomes.

ANGER MANAGEMENT

Anger Management is a 10-week program that teaches adolescents how to reduce anger, aggression, and tantrums while improving coping skills. It is designed to combat unhealthy core beliefs, promote responsible behavior and enhance the quality of life for youth and their caregivers.

TEEN INTERVENE

Teen Intervene is a brief two to three session early intervention program for 12-19 year-olds who display the early stages of alcohol or drug involvement. It is designed to provide education, support and guidance to teens and their families through this brief intervention model of care, in which youth work toward identifying and changing behaviors. Focusing on individual goals and personalized feedback, Teen Intervene addresses each young person's specific needs.

TOO GOOD FOR DRUGS

Too Good for Drugs is a school-based prevention program for students in elementary and middle school that aims to increase students' resiliency by teaching them how to be proficient problem solvers. Too Good for Drugs is delivered in a 10-week cycle that focuses on developing personal and interpersonal skills for goal setting, decision-making, social interaction, and peer pressure resistance. The program also provides information and gives students knowledge about the negative consequences of drug use and the benefits of a drug-free lifestyle.

TOO GOOD FOR DRUGS AND VIOLENCE

Too Good for Drugs and Violence is an evidenced-based practice designed for students in high school who are in a new environment and navigating brand new situations and challenges. Based on a 15-week cycle, students discuss the negative effects of alcohol on the developing brain and how to distinguish between healthy and unhealthy relationships, as well as learn to recognize the misconceptions about tobacco, prescription, over-the-counter and other drug use.

TOO GOOD FOR VIOLENCE

Too Good for Violence is an evidence-based practice delivered in a 10-week cycle. Its goal is to help children develop appropriate coping skills and learn tools to manage anger effectively. The program seeks to develop character with a focus on: caring, cooperation, courage, fairness, honesty, respect, responsibility, and self-discipline. This program is designed for students in kindergarten through 12th grade.

PATHS

PATHS (Promoting Alternative Thinking Strategies) is an elementary school program that has been shown to improve children's social and emotional skills. PATHS has a developmentally appropriate curriculum for pre-k and kindergarten youth with interactive lessons.

POSITIVE ACTION PROGRAM

The Positive Action philosophy is Thoughts-Actions-Feelings. This philosophy provides the foundation for the program which teaches about positive and negative actions and their meaning and application to life.

Ages 18+
**ADULT
SERVICES**



REASONS FOR REFERRAL

Addiction is a disease and recovery is a process with goals unique to each person. Treatment can and does help people achieve the goals that they identify for themselves and their recovery.

When someone is living with substance use disorder here are some things to look for:

- Behavioral changes including: isolation; depression; anger; sensitivity; defensiveness; aggression; spending time alone
- Changes in attitude toward work or social situations
- Changes in relationships with friends and family members
- Financial difficulties
- Physical changes such as: hyperactivity; sleepiness; weight loss/gain; loss of appetite
- Serious consequences resulting from drug or alcohol use (i.e., medical issues, blackouts, DWI)
- Loss of a job
- Criminal justice problems
- Child welfare system involvement

PROGRAM PHILOSOPHY

Recovery from drug or alcohol use is ongoing and occurs over various phases, some of which are circular. Services are available to support individuals throughout their process.

Treatment at the YMCA's Counseling Service is most often a short-term process designed to help those living with addiction develop the necessary skills to successfully achieve their goals. We offer a range of treatment options and can individualize a person's treatment plan and schedule to meet their needs.

PROGRAM GOALS

- To support the development and achievement of goals
- To develop a goal directed lifestyle
- To develop tools to reduce harm and prevent relapse
- To develop and enhance life skills, coping skills and decision making
- To provide substance use and addiction education
- To develop skills for coping with adversity and trauma
- To build self-confidence, self-esteem and self-awareness
- To stabilize mental health and develop healthy coping mechanisms
- To create a strong support network
- To prepare individuals to develop and manage sustainable employment and/or educational opportunities

Within our Adult Services, the YMCA's Counseling Service also offers specialized services designed to fulfill each person's needs.

Many positive changes often come out of the treatment process – goal setting and achievement, recovery skill building, coping and life skill development and the discovery of new abilities and interests. We also refer clients in need to other treatment facilities for specialized care, connect clients with needed services and supports and educate about twelve-step programs which can provide continuing support for our participants over the long term. Our program aims to focus on all of our participants' needs in an effort to enhance the effectiveness of their treatment and recovery.

CO-OCCURRING DISORDERS TREATMENT

Addressing both mental health and substance use at the same time is proven to increase an individual's likelihood of success. The YMCA's Counseling Service offers specialized services geared toward the needs of those who are living with both addiction and mental health disorder.

MEDICATION FOR ADDICTION TREATMENT

Many individuals utilize medication to support their recovery. Medication for addiction treatment is a proven best practice in the treatment of alcohol and opioid use disorder, including when coupled with counseling and support.

PEER SERVICES

Our Peer Engagement Specialists are able to provide guidance, connections and support through first-hand experience. They meet each person where they are at on their recovery journey supporting them in achieving their goals and helping to make connections to needed services, supports and resources. They also facilitate honest and open discussion during our Peer Support Groups, allowing group members to act as role models to each other and meet those who have experienced similar issues or struggles.

TRAUMA SERVICES

Trauma can have a widespread impact on the lives of individuals and families. We understand the signs, symptoms, and impact of trauma and aim to integrate this knowledge into our programs and services in order to support recovery. We take an educational and therapeutic approach to addressing the multifaceted issues related to trauma and work to empower individuals to identify and manage symptoms, develop practical coping skills and restore healthy functioning and relationships.

WOMEN'S GROUP

This weekly group will assist women in making connections in a safe and welcoming environment. Participants are welcome to discuss sensitive topics or issues that they would otherwise be uncomfortable sharing in a universal group setting.

RECOVERY SERVICES

Recovery is a process which is characterized by continual growth but at times also involves setbacks. Because setbacks are a natural part of life and recovery, we aim to help build a person's resiliency, their ability to cope with adversity and adapt to challenges or change. Our recovery support services are open to individuals in recovery who are seeking continuing care in order to sustain and continue to achieve their recovery goals.

PARENTING SKILLS

Parenting Skills is aimed at enhancing knowledge and understanding of the multi-faceted issues involved in parenting. These classes take an in-depth look at child development, communication, discipline, child/family health, learning/play, stress, nutrition, budget, substance use, family violence and teen behavior.

OPIOID OVERDOSE PREVENTION PROGRAM

Our Opioid Overdose Prevention Program offers individuals training on how to use naloxone to reverse the effects of opioid-related overdoses. Naloxone (sometimes known as Narcan) is an inhaled spray that reverses an overdose from opioids.

Upon completion of a short training you will be certified to administer naloxone and will receive a free naloxone kit. Trainings are available in a variety of settings within the community, as well as at both locations of the Y's Counseling Service and are available to community members and program participants.

DRUG CHECKING KITS

Drug checking is a harm reduction strategy used to identify if unintended substances are contained within illicitly obtained drugs to assist in overdose prevention. Fentanyl and xylazine drug checking kits are available at both sites of the Y's Counseling Service for clients and community members. Training on how to utilize the kits as well as all supplies needed to conduct the drug checking will be provided.

OUR MISSION

We're Here for All New Yorkers—
to Empower Youth, Improve Health,
and Strengthen Community.

OUR VISION

Active, Engaged New
Yorkers Building
Stronger Communities.

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