

Signs that a child might need help:

There is no single cause of mental health problems, but some things that may contribute include loss, grief, discrimination, alienation at school, violence, abuse and family difficulties.

- Inability to get along with others
- Trouble with school work or homework
- Weight loss or gain
- Changes in sleeping or eating patterns
- Fearfulness
- Lack of energy or motivation
- Fidgeting, trouble concentrating
- Excessive disobedience or aggression
- Excessive crying
- Spending less time with or avoiding friends
- Not taking part in activities



Contact Information

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System of Care Partners

**Department of Mental Health,
Chemical Dependency and
Developmental Disabilities Services**
Arlene Sanchez, MS, LMSW, Commissioner

Nassau Health Care Corporation

Arthur Gianelli, CEO

Families Together in New York State, Inc.

Paige Pierce, Executive Director

Long Island Families Together, Inc.

Susan Burger, Executive Director

Hempstead Family Resource Center

135 Main Street, Hempstead, NY 11550
(516) 566-3966

Westbury/New Cassel Family Resource Center

682 Union Avenue, Westbury, NY 11590
(516) 876-6339

Elmont Family Resource Center

161 Hempstead Turnpike, Elmont, NY 11003
(516) 616-8627

Operating Hours:

Monday: 8:30am to 4:30pm
Tuesday: 12noon to 8:00pm
Wednesday: 8:30am to 4:30pm
Thursday: 8:30am to 4:30pm
Friday: 8:30am to 4:30pm



Nassau County Family Support System of Care



**A PARTNERSHIP PROMOTING
EMOTIONAL WELLNESS IN
CHILDREN AND THEIR
FAMILIES THROUGHOUT
NASSAU COUNTY**





Who we are...

- A partnership between Nassau County, Nassau University Medical Center and Families Together in NYS, Inc., promoting emotional wellness for children and their families throughout Nassau County
- The program is funded through a six year, \$8 million federal grant from the Substance Abuse and Mental Health Services Administration (SAMHSA).
- A community-based, family-driven, youth-guided, and culturally competent system of care
- Serving children and youth ages 6 to 21 and their families



What is a System of Care?

An approach that recognizes the importance of family, school and community and promotes the physical, emotional, intellectual, and social wellness of all children and their families.

What Is Family-Driven?

Family-driven means families have a primary decision making role in the care of their children, as well as the policies and procedures guiding care for all children in their community.

What Is Youth-Guided?

Youth-guided means that young people have the right to be empowered, educated, and have a decision-making role in their own care as well as the policies and procedures guiding care for all youth in their community.

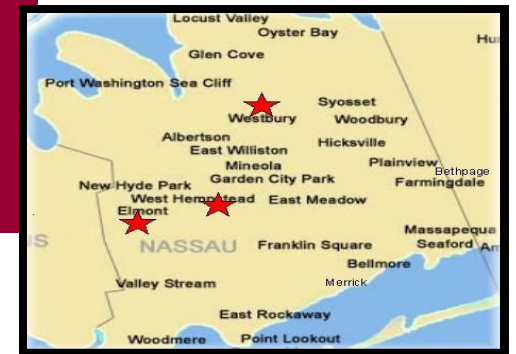


Goals

- Coordinate services for children, youth and their families
- Include families and youth in planning and decision making
- Increase knowledge of available services in the community
- Educate the community about emotional wellness

Family Resource Centers

**Hempstead, Westbury/New Casserl
and Elmontt**



The Centers provide:

- A place where families can receive information and find support
- Culturally sensitive support services
- Mental health evaluations
- Individualized wraparound service planning
- Educational advocacy, peer support and advocacy for children, youth and families
- Activities for youth including support groups