

# **Community Resources**

## **Emergency-DIAL 911**

### **Mental Health LIFELINE 1.800.310.1160**

Child Abuse Hotline	1.800.635.1522
Poison Control Center	1.800.333.0542
Sheriff's Department	1.315.539.9241
Waterloo Police Department	1.315.539.2022 or 1.315.539.2501
NYS Police	1.315.539.3976

Suicide Crisis	1.800.273.8255
Suicide Crisis Text Line	741-741

2-1-1 (1.877.356.9211) is a Resource and Referral number, with connections to a local center where specialists provide information and referrals to human services that best suit the caller's needs. 2-1-1 is NOT for police, fire or medical emergency calls

Children's Mental Health Information: [www.mentalhealthconnect.org](http://www.mentalhealthconnect.org)

NYS Office of Mental Health- [www.omh.ny.gov](http://www.omh.ny.gov)

### **Domestic Violence**

Family Counseling Service of the Finger Lakes <a href="http://www.fcsfl.org">www.fcsfl.org</a>	1.315.789.2613
NYS Domestic Violence Hotline <a href="http://www.opdv.ny.gov">www.opdv.ny.gov</a>	1.800.942.6906
Safe Harbors of the Finger Lakes (Ontario, Seneca and Yates counties)	1.800.247.7273
12 Park Place Seneca Falls, NY Seneca Co.	1.315.568.4200
Email: <a href="mailto:jcuson@safeharborsfl.org">jcuson@safeharborsfl.org</a> <a href="http://www.safeharborsfl.org">www.safeharborsfl.org</a>	

### **Inpatient Mental Health Assessment**

Comprehensive Psychiatric Emergency Program (CPEP) at Clifton Springs Hospital <a href="http://www.cliftonspringshospital.org">www.cliftonspringshospital.org</a>	1.315.462.0425 FAX 1.315.462.7168
Strong Memorial Hospital Psychiatric Emergency Dept. <a href="http://www.urmc.rochester.edu">www.urmc.rochester.edu</a>	1.585.275.4501
Strong Memorial Hospital Children's Psychiatric Inpatient Unit <a href="http://www.urmc.rochester.edu">www.urmc.rochester.edu</a>	1.585.275.5300

### **Outpatient Mental Health**

#### **Seneca County**

Family Counseling Services of the Finger Lakes, Inc. 115 Fall Street Seneca Falls, NY 13148 <a href="http://www.fcsfl.org">www.fcsfl.org</a>	1.315.789.2613
Seneca County Community Counseling Services Bob Dinan, Clinic Program Director <a href="http://www.co.seneca.ny.us">www.co.seneca.ny.us</a>	1.315.539.1980 FAX 1.315.539.1054
Domestic Violence Local Hotline - Elizabeth McConnell	1.315.539.1607

[www.loveisrespect.org/](http://www.loveisrespect.org/)

Substance Abuse Prevention and Treatment 1.315.539.1985  
 Children and Youth Single Point of Access (SPOA) 1.315.539.1980  
 Services include: Pathways/Hillside Waiver, Mental Health residential packets, Intensive Case Management, Supportive Case Management  
 31 Thurbur Drive (located in Mental Health) Waterloo, NY 13165 FAX 1.315.539.1054  
 Intensive Case Management-Elmira Psychiatric Center 1.315.569.5989  
 Lisa Galle; [lisa.galle@omh.ny.gov](mailto:lisa.galle@omh.ny.gov) FAX 1.315.568.2241  
 FLACRA Care Management Services 1.315.787.0070  
 Tiffani Mantegna; [tiffani.mantegna@flacra.org](mailto:tiffani.mantegna@flacra.org)  
 28 East Main Street Clifton Springs, NY 14432

Adult Single Point of Access (SPOA)-Betsy Fuller 1.315.789.0550  
 (community service access for adults)

***Private Practitioners***

Peg Haust-Arliss, LCSW-R (anxiety & anxiety groups) 1.315.398.1989  
 76 Ovid St. Commons Seneca Falls, NY 13148  
[www.peghaust.com](http://www.peghaust.com)

Jamie Lamanna, MS Ed, LMHC 1.315.254.4691  
 12 North Park St. Seneca Falls, NY 13148  
[www.shineyourlightcounseling.com](http://www.shineyourlightcounseling.com)

Jamee Sealy, LCSW-R (teenagers, depression/anxiety, does not accept Medicaid)  
 115 Fall St. Partridge Bldg. Seneca Falls, NY 13148 1.315.568.8894

Maria Gigliotti-Alessio, LCSW-R (accepts Medicaid with PCP referral) 1.315.257.0036  
 12 North Park Street Seneca Falls, NY 13148 (ages 8 and older)

**Ontario County**

**Clifton Springs Hospital & Clinic** (18 yrs. and older) 1.315.462.0471  
**Outpatient Behavioral Health** 2 Coulter Rd. Clifton Springs  
[www.rochesterregional.org](http://www.rochesterregional.org)

Family Counseling Service of the Finger Lakes 1.315.789.2613  
 (M-F, 9am-5pm and some evening appts. available) <http://fcsfl.org/>  
 671 Exchange St. Geneva, NY 14456  
 Main office in Geneva, satellite office in Seneca Falls on Tues. 1.315.568.8628

**Finger Lakes Psychiatry (accepts most insurances)** 1.585.924.3070  
**1160 Corporate Drive Suite 400 Farmington, NY 14425** FAX 1.585.924.3230  
 Therapy and medication management options; children ages 3-18 and adults  
[www.penfieldpsych.com](http://www.penfieldpsych.com) [info@penfieldpsych.com](mailto:info@penfieldpsych.com)

GATE (Gaining Awareness Through Education)  
 Anger Management & Counseling 1.315.789.1709  
 365 South Main St. Geneva, NY 14456

Mental Health Association Ontario County 1.585.629.0386  
 120 North Main St. Canandaigua, NY 14424  
<https://www.mharochester.org/ontario-county>

**Ontario County Mental Health** (adult, children, adolescent-sliding scale)  
 3907 County Rd. 46 Canandaigua, NY 14424 1.585.396.4363  
 FAX 1.585.396.4993  
 28 Seneca Street Geneva, NY 14456(Th, F office hours) 1.315.789.6706  
<http://www.co.ontario.ny.us/99/Mental-Health>

**Private Practitioners**

Sheila Albers, LCSW-R, CAC 315.781.2537  
 58 Milton St. Geneva, NY 14456

Boike Counseling (adult, children, adolescents, families) 1.585.394.1442  
 3180 West St. Canandaigua, NY 14424 FAX 1.585.394.1257

Brennan Counseling Services; Karen Brennan, LCSW-R 1.315.719.3508  
 Genesee Street Geneva, NY 14456  
 (Teenagers and older; accepts most major insurances- except straight Medicaid)

**Canandaigua Lake Counseling Services (next to YMCA)** 1.585.919.0014  
**42 North Main Street Canandaigua, NY 14424** FAX 1.585.393.0014  
[www.canandaigualakecounselingservices.com](http://www.canandaigualakecounselingservices.com)  
[info@canandaigualakecounselingservices.com](mailto:info@canandaigualakecounselingservices.com)

Paige Blazak, NCC, CASAC, LMHC

John Ryan, LCSW-R

Jaman Welch, Ph.D (specializes in learning disorders, ADHD and behavioral health psychology)

Carolyn Payne PsyD. (psychologist specializing in trauma, developmental disabilities & grief)

John Estabrook, LCSW-R (a variety of mental health issues across the life span & specializes in work with young males & veterans)

Karen Bronzini, LCSW-R

Tina Hubbard, LCSW-R (trauma focused CBT, children, adolescents & adults)

Jason Briggs, LMHC, CASAC, NCC (licensed mental health counselor & substance abuse, specializing in mindfulness meditation & relaxation)

Dr. Michael Susco, Psychiatrist

Maryann Miles, NPP, Ph.D

Shirley Parnell, LCSW (treatment of individuals with a variety of mental health disorders)

*Canandaigua Psychotherapy Associates* 1.585.394.1294  
 Theresa Beach, LCSW and Robert Kaminski, LCSW-R FAX 1.585.394.1294  
 527 N. Main St. Canandaigua, NY 14424

Dr. David Coron, Phd (Clinical Psychologist) 1.585.924.3120  
 6137 County Road 41 Farmington, NY 14425

Janice Cramer, LCSW-R 1.315.745.9958  
 79 Church St. Waterloo, NY 13165

John Eichenberger, LMHS, CASAC 1.585.425.2840 x 4  
 324 West North Street Geneva, NY 14456; Wednesdays 12-5  
 (Also at 625 Cross Keys Office Park Fairport, NY; Mon, Tues 11-6)

Dr. Emily Gilbertson, Licensed Psychologist 1.315.789.4817  
 747 Pre-Emption Rd., Geneva, NY 14456 CELL 1.315.521.4692  
 FAX 1.315.781.7383

Susan Givelber, LCSW-R (children, adolescents and adults) 1.315.789.1290  
 35 Mason St. Suite 214 Geneva, NY 14456

Dale Goldstein, LCSW-R 1.315.289.2888  
 1779 Route 21 Shortsville, N.Y. 14548 (2 days per week)  
 Main office: 882 Titus Ave. Rochester, N.Y. 14617 1.585.544.8124

Mark Hedgepath, LCSW-R 1.315.789.8291  
 58 B Milton St. Geneva, NY 14456

Margaret Kennedy, PsyD- Licensed Psychologist (M, W, TH) 1.315.781.6617  
 324 West North Street, Suite 4 Geneva, NY 14456  
<http://www.kennedyfamilytherapy.com/>

Susan McGowan, LCSW-R 1.315.945.2499  
 324 West North Street, Suite 4 Geneva, NY 14456

Sheila Newcomb, LCSW-R 1.315.781.2537  
 58 Milton St. Geneva, NY 14456

Kirk Palmer, LCSW-R, ACSW (Specialty- Traumatic Brain Injury) 1.585.924.2100  
 1331 East Victor Rd. Victor, NY 14564 FAX 1.585.924.5920  
 PAGER 1.585.214.2528

Katie Pullano, LCSW-R (Children 14 and older, DBT groups) 1.315.759.0655  
 324 West North Street, Suite 4 Geneva, NY 14456

William Riley, LCSW 1.315.789.1442  
 17 Seneca Street 4<sup>th</sup> floor, Suite 5 Geneva, NY 14456  
<http://www.williamrileylcsw.com/>

Darlene Trytech, LCSW-R (families, children, adolescents and adults) 1.315.781.7800  
 59 Slosson Lane Geneva, NY 14456

Rev. Richard Rauscher, M DIV (adults, marriage, family, spiritual direction)  
 243 Center St. Canandaigua, NY 14424 1.585.394.2610

**Dr. Ronald Spurling, MD; Psychiatrist (age 16 and older) 1.315.787.5322**  
**Accepts Blue Choice Option/Medicaid-Needs referral from Insurance Co.**  
**200 North St. Geneva, NY 14456 (Geneva General Hospital campus)**

### Wayne County

Family Counseling Service of the Finger Lakes, Inc. 1.315.331.8494  
 165 E. Union Street, Suite 210 Newark, NY 14513

Lisa Brochuizen, Psychologist (children, family, adults) 1.315.331.2527  
 211 West Ave. Newark, NY 14513

Eileen Erstniuk, LCSW-R (Dr. Hannan's office) 1.315.331.2030  
 1202 Driving Park Avenue Newark, NY 14513

Kyle D. Houser, M.Ed., MA, CBIS-CE (Behavior Consultant/TBI) 1.315.331.9666  
 402 Grace Avenue Newark, NY 14513 FAX 1.315.331.1663

Dr. Tracy Larson (Psychological assessments) 1.315.331.2527  
 211 West Ave. Newark, NY 14513  
[drtlarson@juno.com](mailto:drtlarson@juno.com)

Richard Switzer, Marriage and Family Therapist 1.315.331.6306  
 (Decreased cost if insurance is not compatible)

Wayne County Behavioral Health 1.315.946.5722  
 1519 Nye Rd. Lyons, NY 14489 FAX 1.315.946.7108  
<http://web.co.wayne.ny.us/wbhn/>

### Yates County

Crestwood Children's Center 1.315.536.6913  
 1 Keuka Business Park Penn Yan, NY 14527

Family Counseling Service of the Finger Lakes, Inc. 1.315.789.2613  
 263 Lake Street Penn Yan, NY 14527

John Kelly Behavioral Health Center 1.315.531.2400

465 N. Main St. Penn Yan, NY 14527

[http://www.flhealth.org/body.cfm?id=350&iirf\\_redirect=1](http://www.flhealth.org/body.cfm?id=350&iirf_redirect=1)

### **Cayuga County**

Jaclyn Bex, LMFT 1.315.849.5887  
33 William St. Suite 3 Auburn, NY 13021

Cayuga Counseling Services 1.315.253.9795  
17 East Genesee Street Auburn, NY 13021  
[www.cayugacounseling.org](http://www.cayugacounseling.org)

Beth Turner, LCSW (specialty is gerontology) 1.315.416.1275  
2 South St. Suite 314 Auburn, NY 13021

Integrative Family Counseling (all ages) 1.315.253.4630  
6734 Pine Ridge Rd. Auburn, NY 13021 FAX 1.866.323.6619  
<http://www.integrativecounseling.us/>

### **Monroe County**

Bivona Child Advocacy Center (victims of abuse) 1.585.935.7808  
The Skalny Building, 1 Mount Hope Ave Rochester NY, 14620  
<http://www.bivonacac.org/>

**Dr. Joseph Chruscicki and Dr. Christine Chruscicki 1.585.643.1415**  
**(Child & Adolescent Psychiatrists)**  
**141 Sully's Trail, Suite #5B Pittsford, NY 14534**

Kara Juszak, LCSW (specialty: anxiety and trauma) 1.585.500.9420  
95 Allens Creek Road Executive Square, Bldg.1, Suite 110  
Rochester, NY 14618 <http://www.kmjcounseling.com/>

**Dr. Bernard Kumetat (Child and Adolescent Psychiatrist) 1.585.248.0900**  
**1000 Pittsford Victor Rd. Pittsford, NY 15534 FAX 1.585.248.3566**

**Dr. Stephen Munson (Psychiatrist-Adults only) 1.585.586.1600**  
**100 Linden Oaks Suite 200 Rochester, NY 14625 FAX 1.585.586.7951**

**Dr. Leon Schofield (Clinical Psychologist) 1.585.425.2480**  
**645 Cross Keys Office Park Fairport, NY 14450**  
[www.addexpert.net](http://www.addexpert.net)

**Dr. Virginia Wohltman (Child and Adolescent Psychiatrist) 1.585.425.1160**  
**490 Cross Keys Office Park Fairport, NY 14450 FAX 1.585.425.1552**

**University of Rochester Med. Ctr. Behavioral Health Partners**

**315 Science Parkway Entrance "C" Rochester, NY 14620 1.585.279.7800**  
[https://www.urmc.rochester.edu/behavioral-health-partners/visits\\_appointments/locations.aspx](https://www.urmc.rochester.edu/behavioral-health-partners/visits_appointments/locations.aspx)

### **Transportation Assistance**

Family Support on the Go 1.315.651.3280  
 Todd Munson (application process that must include developmental disability certificate from NYS)

### **Grief Counseling**

Camp Heart Strings/Camp Dreams Michelle Almond x8241 1.585.787.2233  
 3 day Day Camp ages 7-15 includes art therapy, yoga, music & pet therapy  
<https://www.vnsnet.com/hospice-care/bereavement>

Child & Family Resources, Inc. 1.315.568.0945  
 115 Fall Street Seneca Falls, NY 13148  
 Families in Transition group-re: divorce/separation

Community Family Support Center (Ontario Co. residents) 1.585.481.7277  
 Renee Campbell; Canandaigua, NY [rcampbellcommunity@gmail.com](mailto:rcampbellcommunity@gmail.com)  
 Individual and Support Group options available

HUGS from Cara <http://hugsfromcara.org/site/> 1.315.224.0218  
 Email: [info@hugsfromcara.org](mailto:info@hugsfromcara.org)

Lifetime Care-Adrienne Daniels- bereavement coordinator 1.585.214.1414  
 3111 Winton Road South Rochester, NY 14623  
[Adrienne.Daniels@lifetimecare.org](mailto:Adrienne.Daniels@lifetimecare.org) -Could come to Finger Lakes area schools to assist children and youth individually or groups as needed

Support group held each Fall for children ages 7-15 called;  
 A Caring Place 1.585.475.8825

1:1 adult counseling (donation to Hospice requested) 1.585.475.8800

Lifetime Care- Stepping Stones Bereavement Group 1.315.573.4360  
 Contact: Rosemary Guchone – 133 East Miller, Newark, NY 14513  
 Program currently runs March 2017 to May 2017 (Ages 5-17yrs.)

Drop-in bereavement group: Waterloo, meets the 2<sup>nd</sup> and 4<sup>th</sup> Mondays each Month 7-8:30pm St. Mary's School 35 Center St. (enter from the parking lot behind the school) Rick Coe: facilitator  
<https://www.lifetimecare.org/hospice/bereavement-services>

### **Autism Support Groups**

Happiness House in Geneva 1.315.789.6828  
<http://www.happinesshouse.org/programsandservices/autismservices.aspx>  
 Harlene Gilbert, Facilitator; Jill Mundy –Autism Coordinator  
 2<sup>nd</sup> Saturday of each month, 10-12pm

CHANCES at Seneca/Cayuga ARC 1.315.568.2753  
 Trisha Marmontello, Director of Community Services 1.315.612.0152

### **Substance Use Treatment Programs**

#### **DETOX OPTIONS:**

**Seneca County Addictions Program:** 539.1985, Tammy Orlopp-Director  
[torlopp@co.seneca.ny.us](mailto:torlopp@co.seneca.ny.us)  
<http://www.co.seneca.ny.us/departments/community-services/mental-health-hotline/seneca-county-addictions-program/>

**SERVICES include:** Alcohol and other drug evaluations, adolescent services, medication assisted recovery, impaired driver services, individual counseling, group counseling – specific to identified needs, integration of services between Addictions and Mental Health Clinics, forensic services, vocational/educational counseling, family therapy, and referrals.

**The Finger Lakes Addictions Counseling & Referral Agency, Inc. (FLACRA)**  
 246 Castle St. Geneva, NY 14456 315.781.0771 <http://www.flacra.org/>

FLACRA Medically Monitored DETOX unit	1.315.462.7070
Syracuse Behavioral Health	1.315.492.1184
Unity Chemical Dependency	1.315.368.6900

**Dick VanDyke Treatment Center: 1330 County Road 132 Ovid, NY 14521  
 1.607.869.9500**

<https://oasas.ny.gov/atc/vandyke/mission.cfm>

**Inpatient Addictions Rehabilitation Program at Clifton Springs Hospital:**  
 1.315.462.0405

#### General Substance Abuse Resources

**Seneca County Drug Tip Hotline: 1.800 GO TO JAIL;** 1.800.468.6245-You will need to leave a voicemail on this line. To reach a live person, please call 911. You can request to speak with either the Waterloo Police Department, Seneca Falls Police Department, Seneca County Sheriff's Department or NYS State Police.

**Sgt. Rod Kraft, WCSD Resource Officer 315.952.7769, WPD 315.539.2022**

[rod.kraft@waterloocsd.org](mailto:rod.kraft@waterloocsd.org)

**Reporting Underage Drinking: 1.866 UNDER 21; 1.866.863.3721**

**Social Host Law-Call in a Tip at 315.539.9241 (North Seneca County)  
607.869.3721 (South Seneca County)**

**Seneca County Substance Abuse Coalition:** 1.315.539.1135  
Connie Richardson; <http://www.oasas.ny.gov/prevention/CC/SPF-SIG/Seneca.cfm> Meetings are held the 3<sup>rd</sup> Tuesday of every month at the Main Street Shop Center's 3<sup>rd</sup> floor conference room. All are welcome.

**Council on Alcoholism & Addictions of the Finger Lakes:**  
Seneca Falls office (Liz Wiatrowski) 1.315.568.9869, Geneva office  
1.315.789.0310 <http://www.councilonalcoholism.net/>

**Al-Anon Meetings (only one Al-Ateen meeting available) 1.315.759.5955**

**Meetings local to Waterloo include:**

**Sunday** \*8:30am at the Council on Alcoholism and Addictions of the Finger Lakes; 620 West Washington St.  
Geneva, NY 315.789.0310

\*10am at Clifton Springs Hospital & Clinic-Cafeteria; 2 Coulter Street  
Clifton Springs 315.462.9561

**Tuesday** \*7:30pm Huntington Living Center; 369 East Main Street Waterloo  
315.787.4025

**Thursday/AL-ATEEN**

\*7pm Lutheran Church; 320 South Pearl Street Canandaigua  
585.394.2760

\*7pm Presbyterian Church; Washington Street; 24 Park Place Geneva  
315.789.1343

**Saturday** \*10am Presbyterian Church; Washington Street; 24 Park Place  
Geneva 315.789.1343

**Narcotics Anonymous (N.A.) meetings-** Saturdays 7-8:30p.m. at Living Hope Church 10 Chapel Street Waterloo, NY

**Nar-Anon Family Group-** Wednesdays 7pm 111 Fall St. Seneca Falls, NY  
13148 For more info, contact Ann 315.729.8168

**Substance Use Intervention**

1. Do they want help?

- **Intervention**- Communicating the impact of his/her drug use to him. Offering to get him help. Call New York State HOPEline 1-877-8-HOPENY
- **Lock up your prescription medications.** See list of drug drop off locations.
- **Narcan is available at local pharmacies.** Use if he is found unresponsive. Pharmacy will train you.

2. Call FLACRA and call their doctor

- May need Hepatitis A & B vaccinations, Hepatitis C and HIV testing

3. Insurance:

- Current health insurance?
  - Children can be on your health insurance until 26 years old.
  - Unemployed? Apply for Medicaid.

4. Inpatient Detox: Are they willing to go to an inpatient detox unit?

- **Loyola Recovery Foundation, Inc.** 1.877.519.7705

**Inpatient: Detox- Bath Detox Facility at VA** (Programs is not limited to veterans) - 1.607.282.5199

- **Hornell Inpatient Rehab Facility 1.607.282-5200**
- **FLACRA: Inpatient: Addictions Crisis Center** 1.315.462.9466
- **Crouse Chemical Dependency Treatment Service**  
S. Crouse Ave. Syracuse 1.315.470.8340

5. Outpatient

- **FLACRA Outpatient Services:** Springs Clinic  
28 East Main Street Clifton Springs, NY 14432 1.315.462.9161
- **FLACRA Farmington Clinic** 1386 Hathaway Drive, Suite A  
Farmington, NY 14425 1.585.396.4190

6. Support Groups

- Addict Support
  - **Lakeview's RSS Outreach** (Dual Diagnosis)  
(315) 789-0550
  - **Support Together for the Emotional & Mental Sobriety & Serenity (STEMS)** Lakeview Mental Health 1.315.789.0550

7. Family Support Group

- **Journey Through Loss, Renee Campbell facilitator** 1.585.481.7277

8. Educate Yourself

**Three Medications Used for Heroin Addiction**

### 1. Methadone

- Dispensed in a clinic. Methadone reduces withdrawal symptoms in people addicted to heroin or other narcotic drugs without causing the "high" associated with the drug addiction.

### 2. Buprenorphine (Suboxone, Subutex, Zubsolv)

- Buprenorphine is used in medication-assisted treatment (MAT) to help people reduce or quit their use of heroin or other opiates, such as pain relievers like morphine. \*May be difficult to find doctor to prescribe this medication.\*

### 3. Vivitrol monthly injectable naltrexone, oral naltrexone

- Opioid: <https://www.vivitrol.com/About/HowVIVWorksOPD>

## Reliable Websites

### 1. New York State Department of Health

- General heroin information:  
<https://www.oasas.ny.gov/combataddiction/index.cfm>
- Getting help:  
<https://www.oasas.ny.gov/CombatAddiction/GetHelp.cfm>

### 2. Centers for Disease Control and Prevention

- General information  
<https://www.cdc.gov/drugoverdose/pubs/>
- Opioid information  
<https://www.cdc.gov/drugoverdose/opioids/index.html>

### 3. Mental Health (Often there is an underlying mental health diagnosis)

- Substance Abuse & Mental Health Services Administration (SAMHSA)  
<https://findtreatment.samhsa.gov/locator/link-focSelfGP>
- National Alliance on Mental Illness (NAMI)  
<https://www.nami.org/Find-Support>

### 4. Partnership of Ontario County

- <http://partnershipforontariocounty.org/>

### 5. Ontario County Public Health

- <http://www.co.ontario.ny.us/101/Public-Health>

## **Teen Mental Health Support**

Finger Lakes Parent Network, Inc. TEEN PROGRAM  
cmorse@flpn.com

1.607.776.2164  
Mobile 1.607.654.9074

## **Food and Nutrition**

Healthy eating initiative: [www.choosemyplate.gov](http://www.choosemyplate.gov)

Child and Adolescent Eating Disorders Program

1.585.275.2964

Golisano Children's Hospital

(24 hrs/day)

<http://www.urmc.rochester.edu/childrens-hospital/adolescent/eating-disorders.cfm> 601 Elmwood Ave. Box 690 Rochester, NY 14642

Eat Smart New York (Cornell Coop. Ext.)- 1.315.539.9254  
[http://senecacountyce.org/fcs\\_esny.php](http://senecacountyce.org/fcs_esny.php) Free Cooking Lessons for Parents  
 Legal Assistance of the Finger Lakes-Nutrition Outreach 1.315.781.1465  
 And Education Program (food stamps) FAX 1.315.781.2565  
 1 Franklin Square Geneva, NY 14456 [www.lafl.org](http://www.lafl.org)  
 W.I.C. 1.315.651.4304  
 Medical Office Bldg. 367 E. Main St. Waterloo, NY 13165 FAX 1.315.651.4388  
 Margaret Betette x309 [mbetette@spcc-roch.org](mailto:mbetette@spcc-roch.org)  
 Upstate New York Chapter of Food Addicts (FA) 1.781.932.6300

### **Nutrition Counseling**

Maureen Sullivan-Colletta-Dietician, Geneva General Hospital 1.315.787.4555  
 Deb Hoffman at Geneva General Hospital [www.flheath.org](http://www.flheath.org) 1.315.787.4000  
 Diabetes-specific education, counseling and support groups 1.315.787.4555  
 Rhonda Solomon-Dietician at Dr. Ryan's office 1.315.539.9229  
 1991 Ballsey Rd. Seneca Falls, NY 13148

### Seneca County

#### **Food Pantries**

Harmony Food Pantry [harmonyfoodpantry@yahoo.com](mailto:harmonyfoodpantry@yahoo.com) 1.315.515.7964  
 42 East Main St. Waterloo, NY Email: [harmonyfoodpantry@yahoo.com](mailto:harmonyfoodpantry@yahoo.com)  
 House of Concern (35 State Street Seneca Falls) 1.315.568.2433  
 Cayuga/Seneca Community Action Agency (23 Center St. Waterloo) 1.315.539.5647  
<http://www.cscaa.com/documents/SenecaPrograms12.2011.pdf>  
 Food Sense at Office for the Aging (Open to All) 1.315.539.1765  
 Interlaken Food Pantry 1.607.532.4321  
 Ovid Food Pantry 1.607.869.2794  
 Tyre Reformed Church 645 State Rte. 414 Waterloo, NY 1.315.539.9471  
 2<sup>nd</sup> and 4<sup>th</sup> Fridays of the month, 3-5pm; contact-Helen VanArsdale  
 Waterloo Baptist Church (**The Clothing Closet**)-Judy Deter 1.315.568.2645  
 2701 Route 96 South Waterloo, NY 13165 1.315.539.2029

### Ontario County

St. Vincent Food Cupboard 12 Hibbard Ave. Clifton Springs 1.315.462.7192  
 St. Felix Clothes Clifton Springs 1.315.462.2961  
 The Salvation Army Canandaigua 1.585.394.6968

### **Child Care**

Child & Family Resources, Inc. <http://www.cfresources.org/> 1.315.568.0945  
 115 Fall Street Seneca Falls, NY 13148  
 Creative Choices Child Care 1.315.568.9542  
 ECS Children's Center 1.607.869.5533

Happiness House <http://www.happinesshouse.org/> 1.315.789.6850

### **Teen Pregnancy**

East Hill Family Medical Center (sexual/reproductive svcs.) 1.315.539.0580  
369 E. Main St. Waterloo, NY 13165 Hours Wed. 9-5pm

Lifetime Care-MOMS program -Valerie Vangee 1.315.331.7990  
-Includes 3 prenatal and 1 postnatal visit from nurse (WIC, Medicaid set up) Seneca & Wayne Co.  
Maternity and Parents with Young Children 1.315.789.2686  
at Catholic Charities: Rebecca Carson x108

Healthy Families @ Cayuga/Seneca Comm. Action Agency 1.315.539.5647  
-Christine Bajdas x138 (for every pregnant, first time mom)  
Car Seat Checks 1.315.539.2022

Planned Parenthood-Abortions performed in the Canandaigua office  
15 Lafayette Avenue M 8-4:30, Tu 9:30-7, F 8:30-4:30; 1.800.230.PLAN (7526)  
(Accepts Medicaid) 1.585.546.2777

CareNet Pregnancy Care Center of the Finger Lakes 1.315.789.0708  
<http://www.imightbepregnant.com/> 551 Exchange St. Geneva, NY 14456  
W.I.C. 1.315.651.4304

### **Special Needs, Early Intervention and Diagnostic Evaluation**

Brain Injury Association of NY FACTS Coordinator 1.315.538.8018  
[info@bianys.org](mailto:info@bianys.org) [www.bianys.org](http://www.bianys.org)

Bridges for Brain Injury, Inc. 1.585.396.0070  
5760 Duke of Gloucester Way Farmington, NY 14425  
E-mail: [ldonaldson@bridgesforbraininjury.org](mailto:ldonaldson@bridgesforbraininjury.org)  
<http://www.bridgesforbraininjury.org/welcome.html>

Cayuga/Seneca ARC Early Steps 1.315.856.8227  
Center for Disability Rights 1.585.546.7510  
412 State Street Rochester, NY 14608 FAX 1.585.546.5643

Commission for the Blind and Visually Handicapped 1.866.871.3000  
<http://www.ocfs.state.ny.us/main/cbvh/>

Early Intervention Program 1.315.539.1920  
Epilepsy Foundation 1.585.442.4430  
1650 South Ave. Rochester, NY 14620 FAX 1.585.442.6305

Finger Lakes Development Disorder 1.800.452.4256  
Services Office; Parkside Office-Canandaigua, NY 14424

Happiness House 1.315.789.6850  
731 Pre-Emption Rd. Geneva, NY 14456 FAX 1.315.789.7750

Hickok Center for Brain Injury-Village Gate Square 1.585.271.8640  
<http://www.hickokcenter.org/>

274 N. Goodman St., Suite C-264 Rochester, NY 14607  
 FAX 1.585.271.8688  
 Ontario ARC 1.585.394.7500  
 County Complex Drive Canandaigua, NY 14424  
 UR Medicine, Golisano Children's Hospital 1.585.275.2986  
 Developmental & Behavioral Pediatrics  
<https://www.urmc.rochester.edu/childrens-hospital/developmental-disabilities/services.aspx>  
 Physically Handicapped Children's Program 1.315.539.1938  
 (Children with special health care needs)  
 Red Creek Agri-Business Child Development Ctr. 1.315.754.8759  
 Migrant Head Start (Ages 8 wks to 12 yrs) FAX 1.315.754.8772  
 Regional Early Childhood Direction Center [www.monroe.edu/recdc](http://www.monroe.edu/recdc)  
 Rochester Regional Center for Autism Spectrum Disorder

Roosevelt Children's Center (for emotionally disturbed and developmentally delayed children; including speech and occupational therapy, behavior modification and parenting)  
<http://www.waynearc.org/roosevelt.html>  
 848 Peirson Ave. Newark, NY 14513 1.315.331.2086  
 The Warner Clinic at ARC 1.315.856.8227  
 Seneca County Public Health 1.315.539.1920

### **Educational**

**The Advocacy Center** (for parents of children with disabilities) 1.585.546.1700  
[www.advocacycenter.com](http://www.advocacycenter.com)(service coordination, education with educational laws)

**ESL classes at FLCC/FREE** Literacy Office at Geneva Campus x6023 1.315.789.6701  
**Internet Essentials Partner Program** [www.internetessentialspartner.com](http://www.internetessentialspartner.com)  
 Pay \$9.95/month for internet if enrolled in FREE school lunch program

### **Kindergarten Readiness**

Head Start 1.315.568.8774  
 Universal Pre-K(UPK)-Waterloo 1.315.539.1586

### **Wayne Finger Lakes BOCES**

Finger Lakes Elementary (Gorham) 1.585.526.6155  
 PO Box 252, 2705 West Main St. Gorham, NY 14461 FAX 1.585.526.4446

Finger Lakes Secondary School 1.585.554.6492  
 4120 Baldwin Rd. Rushville, NY 14544 FAX 1.585.554.4219

Red Jacket School 1.585.289.9649  
 1506 Route 21 Shortsville, NY 14548 FAX 1.585.289.3497

Wayne Education Center 1.315.589.7900  
 PO Box 63, 4440 Ridge Rd. Williamson, NY 14589 FAX 1.315.589.2670

Wayne Education Center at Newark 1.315.332.3328  
 Perkins Elementary School 1.315.332.3346  
 439 West Maple Ave. Newark, NY 14513 FAX 1.315.332.3329

### **Medical**

Health Insurance Navigator through United Healthcare:  
 Nikki Sember; Nikki\_sember@uhc.com 1.315.651.9805

AIDS Care <http://acrochester.org/> 1.800.422.0282 or 1.315.781.6303  
 30 Elm St. Geneva, NY 14456 FAX 1.315.781.5319

Finger Lakes Community Health [www.localcommunityhealth.org](http://www.localcommunityhealth.org)  
 Services: medical, dental, family planning, behavioral health counseling,  
 chiropractic services (for pts that are seen for medical or dental)

#### **~Health insurance navigators are present at each location~**

~Geneva Community Health (Ontario County) 1.315.781.8448  
 601-B Washington St. Geneva, NY 14456 FAX 1.315.781.8444  
 ~Ovid Community Health (Seneca County) 1.607.403.0065  
 7150 Main Street, Ovid NY 14521 FAX 1.607.403.0093  
 (we offer in-house health education visits here)  
 ~Port Byron Community Health (Cayuga County) 1.315.776.9700  
 60 Main Street; P.O. Box 359 Port Byron, NY 13140 FAX 1.315.776.9701  
 ~Penn Yan Community Health (Yates County) 1.315.536.2752  
 Medical 112 Kimball Avenue Penn Yan, NY 14527 FAX 1.315.536.4005  
 Dental 160 Main Street Penn Yan, NY 14527 315.536.2024 FAX 1.315.536.4005

#### LICE ASSISTANCE:

Naughty Nits-non toxic treatments, accurate head checks 1.585.310.7131  
 135 Sully's Trail, Suite 7 Pittsford, NY 14534  
[www.naughtynits.com](http://www.naughtynits.com)

The Hair Fairy-in home lice removal 1.585.472.3139

Planned Parenthood Newark 1.315.331.4393  
 Canandaigua 1.585.396.9270  
 Personal Questions/Confidential Answers 1.866.600.6886  
 CareNet Pregnancy Care Center of the Finger Lakes 1.315.395.HELP  
<http://www.imightbepregnant.com/>  
 551 S. Exchange St. Geneva, NY 14456  
 Seneca County Public Health (dental and immunizations) 1.315.539.1920  
<http://www.co.seneca.ny.us/dpt-comserv-public-health.php>  
 FAX 1.315.539.9493

#### **Health Insurance Companies**

Ways to access Child Health Plus/Adult Health Plus/Child and Adult Medicaid  
 Facilitated Enroller 1.800.346.2211(for appt. only) or 1.315.539.1848  
 BC/BS Excellus-Blue Choice Option /Univera 1.800.282.0068

United Health Care	1.800.339.5380
SCHC Total Care	1.800.223.7242
Wellcare of New York	1.800.288.5441
Renee Strazzere-Cayuga/Seneca Community Action Agency	315.539.5647 x133

### **Safety**

Bicycle helmets	1.315.539.1920
Fire Safety Education/Smoke Alarms	1.315.539.1920
Lead Screening-Pat Jensen	1.315.539.1920

### **Recreation**

<b>Waterloo Community Center</b>	1.315.539.5309
<a href="http://waterloony.com/village-government/community-center/">http://waterloony.com/village-government/community-center/</a>	
<b>Seneca Falls Community Center</b>	1.315.568.6933
<a href="http://www.senecafalls.com/community-center-adults.php">http://www.senecafalls.com/community-center-adults.php</a>	
<b>Geneva Recreation Center</b>	1.315.789.5005
<b>Youth Bureau-Summer Recreation</b>	1.315.539.1790
	or 1.800.688.7188
<b>Geneva Boys and Girls Club</b>	1.315.781.2345
<a href="http://www.genevabgc.org/">http://www.genevabgc.org/</a>	

### **Local Community Agencies**

<b>American Cancer Society</b>	<a href="http://www.cancer.org">www.cancer.org</a>	1.315.331.8731
1200 Driving Park Ave Newark, NY 14513		
364 Park Canandaigua, NY 14424		
<b>American Heart Association</b>	<a href="http://www.heart.org/HEARTORG/">http://www.heart.org/HEARTORG/</a>	
25 Circle St #102, Rochester, NY 14607		1.585.426.4050
100 Northern Concourse Syracuse, NY 13212		1.315.641.1000
<b>American Lung Association</b>	<a href="http://www.lung.org">www.lung.org</a>	1.315.422.6142
506 E. Washington St. Syracuse, NY 13202		
1595 Elmwood Ave. Rochester, NY 14620		1.585.442.4260
<b>American Red Cross, Seneca County</b>		1.315.568.9436
<a href="http://www.arcross.org/">http://www.arcross.org/</a>		
<b>Catholic Charities of the Finger Lakes</b>		315.789.2235
(Emergency Assistance (ex. food/transportation), Supervised Visitation)		
94 Exchange St. Geneva, NY 14456		
<b>Cayuga/Seneca Community Action Agency</b>	23 Center St. Waterloo	1.315.539.5647
<a href="http://www.cscaa.com/documents/SenecaPrograms12.2011.pdf">http://www.cscaa.com/documents/SenecaPrograms12.2011.pdf</a>		
<i>Health insurance navigator-Renee Strazzere x133</i>		

<b>Center for Dispute Settlement</b>	1.315.539.4570
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**Embrace Your Sisters** (Breast cancer info and assistance) 1.585.624.9690  
PO Box 322 Canandaigua, NY 14424 <http://embraceyoursisters.org/>

**Family Enrichment Specialist (@SCCCC)**- Margaret Morse. 1.315.539.1752  
31 Thurber Drive Waterloo, NY 13165

**Finger Lakes Area Narcotics Anonymous**  
**24 HR Hotline** 1.877.266.3660  
PO Box 921 Geneva, NY 14456 [flana.net](http://flana.net)  
Public Relations Chair-Ryan O. Email: [pr@flana.com](mailto:pr@flana.com) 1.585.705.9394

**Finger Lakes Parent Network, Inc.** 1.800.934.4244 or 1.607.776.2164  
25 West Steuben St. Bath, NY 14810 FAX 1.607.776.4327  
Serving Wayne, Ontario, Seneca, Yates, Schuyler, Steuben, Chemung, Tioga and Allegany Counties with Support Groups, Education, Respite care, Intensive Support Services and Peer Advocacy  
Betty Lou DeLong 1.607.869.2861  
Seneca County Parent Support Groups-6-7:30pm; 2<sup>nd</sup> and 4<sup>th</sup> Monday each month at St. Paul Episcopal Church; 101 East Williams Street in Waterloo, NY 13165

**Happiness House** <http://www.happinesshouse.org/> General 1.315.789.6828  
731 PreEmption Rd. Geneva, NY 14456 School 1.315.789.6850  
Autism Coordinator-Jill Mundy 1.315.789.6828

**Hillside Family of Agencies** Service Integration 1.585.256.7500  
Residential/Day Treatment/Outpatient Svcs./Adoption [www.hillside.com](http://www.hillside.com)

**National Alliance on Mental Illness (NAMI)** 1.315.878.6540  
Patricia Plyter (Ontario/Seneca/Yates) [www.namirochester.org](http://www.namirochester.org)  
[patriciaplyter@yahoo.com](mailto:patriciaplyter@yahoo.com)  
Charlotte Gillespie (Seneca County) 1.315.536.7185  
*Family & Friends Support Group* Char/Bob 315.536.7185 or Pat 1.315.878.6540  
2<sup>nd</sup> Wed of month at 611 West Washington Street Geneva, NY 14456

**Seneca/Cayuga ARC** <http://www.sencayarc.org/> 1.315.539.5067  
1083 Waterloo-Geneva Rd. Waterloo, NY 13165

**Seneca County Cornell Cooperative Extension**  
<http://senecacountycce.org/>  
Seneca County 4H 1.315.539.9251  
Family Resource Educator 1.315.539.9254

**Seneca County United Way** <http://www.uwseneca.org/> 1.315.539.1135  
2<sup>nd</sup> floor Main Street Shops Waterloo, NY 13165 FAX 1.315.539.3335

**Workforce Development & Youth Bureau** 1.315.539.1905  
<http://www.co.seneca.ny.us/departments/dhs-administration/workforce-department/>

**SPOA referral needed to access:**

**Seneca County Community Counseling Center** 1.315.539.1980  
 -Pathways/Hillside Waiver FAX 1.315.539.1054  
 -Mental Health Residential packet

**National Resources**

Alcohol and Drug Helpline 1.800.662.HELP  
 OR 1.800.662.4357

Al-Anon/Al-Ateen Family Group 1.888.425.2666  
<http://al-anon.org/>

Child Find 1.800.426.5678, Press #3

Childhelp USA <https://www.childhelp.org/> 1.800.422.4453

Crisis Intervention and linkage to local resources 1.800.999.9999  
[www.nineline.org](http://www.nineline.org)

Families Anonymous-12 step program 1.800.736.9805  
[www.familiesanonymous.org](http://www.familiesanonymous.org)

National AIDS Center/Center for Disease Control 1.800.CDC.INFO, Press #1  
<http://www.cdc.gov/hiv/default.htm> OR 1.800.232.4636

NYS Dept. of Health HIV/AIDS Hotline 1.800.962.5063

National Center for Victims of Crime 1.855.484.2846  
<http://victimconnect.org>

National Domestic Violence Hotline 1.800.799.7233

National Runaway Switchboard 1.800.RUNAWAY  
 or 1.800.786.2929

RAINN (Rape, Incest, Abuse Network) 1.800.656.4673, Press #1  
<http://www.rainn.org/>

Trevor Helpline (gay/lesbian/transgender youth) 866.488.7386  
 TrevorText line Text "Trevor" to 1.202.304.1200  
 Standard text messaging rates apply. Available on Wednesdays-Fridays  
 between 3:00pm - 9:00pm EST

Created by:

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Website: [www.waterloocsd.org](http://www.waterloocsd.org) OR

<http://www.waterloocsd.org/parents.cfm?subpage=52894>

Waterloo Central School District

Updated: 12/1/17

