

Guide to Finding Helpful Resources for NYS Families of Teens and Young Adults with Behavioral Health Challenges



TIP SHEET

To-Do	Resources
Find Office of Mental Health resources	<p>Resources to get started in your community: goo.gl/i6Hn4u goo.gl/W8H87P</p> <p>OMH's searchable directory of New York State mental health programs by type, location, and service: goo.gl/WqHp1K</p>
Educate yourself about substance use disorder and the types of care available	<p>General information about substance use disorder treatment along with answers to frequently asked questions about treatment options and additional resources: goo.gl/EZVYuq</p> <p>NYS recovery resources: goo.gl/une8w3</p>
Learn about transition resources in NYS	<p>Helpful transition resources from NYS Department of Mental Health: goo.gl/MdSEQ9</p> <p>Multiple Systems Navigator has a wealth of information, tips, and guidance for transition across systems in NYS: goo.gl/Ewwkkn</p> <p>Directory of Transition and Youth Services Statewide Team at ACCES-VR: goo.gl/yxRa49</p> <p>Guide to using ACCES-VR transition services: goo.gl/4hNQrK</p> <p>NY Mental Health Association guide for Transition Age Youth: goo.gl/isbUaS</p> <p>NYS Transition Partners website with resources and tip sheets: NYStranstionpartners.org</p>
Find family support and resources	<p>Local resources directories from Regional Parent Advisors: goo.gl/NhwcQd</p> <p>Contact your NYS OMH Regional Parent Advisor to find out about family support services within your region: www.ftnys.org/parent-advisors</p> <p>The National Alliance on Mental Illness (NAMI) is a national leader in advocacy for people with mental illness. Find your local affiliate here: www.naminys.org/nys/affiliates-county</p> <p>Families Together in NYS is a family-run organization that represents families of children with social, emotional, behavioral, and cross-systems challenges: www.ftnys.org</p> <p>In New York City, the Mental Health Association's Family Resource Centers work to reduce the isolation of parenting a child with mental health challenges: goo.gl/wlWJw8</p>



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To-Do	Resources
<p>Find help for young adults with serious behavioral health issues and psychiatric disabilities</p>	<p>Intensive and coordinated mental health services are provided through New York State’s Children’s Single Point of Access (CSPOA) program for eligible children to age 21 and a Single Point of Access (SPOA) program for eligible people over 21. This document lists all the SPOA agencies and contacts in the State: goo.gl/cxkFcF</p> <p>Your clinician must be involved and help with the application process. Your young adult must have a Serious Emotional Disturbance (SED) and additional risk factors. The application can be found here: goo.gl/FXQ8AK</p> <p>Recipients can access residential, case management, and Assertive Community Treatment (AOT) services through the SPOA application, and employment supports and peer advocacy services are being added for youth. Contact your local mental health department for more information: goo.gl/eeGWyz</p>
<p>Find self-advocacy resources for teens and young adults</p>	<p>Youth Power is an organization for people ages 12-29 who live in New York State and have been labeled with a mental health or substance abuse disorder: www.youthpowerny.org</p> <p>Youth Power Toolkit: goo.gl/sCPqEd</p>

