

Family **Supports & Resources Guide**



Medical Services

- In-School Services
 - Dental
 - Medical Clinic/Nurse Practitioner
- Outside Services
 - Community Healthcare Network

Mental Health Services

- In-School Services
 - School Based At-Risk Counseling
 - Students Exposed to Trauma (SET) Group
 - Teen Talk Support Group
- Outside Services/Referrals
 - Immediate Assistance (Support Hotline, Mobile Crisis Unit)
 - Family/Caregiver Counseling & Support Services
 - Expectant Parent Support
 - Outpatient Substance Use Service

Basic Needs Services (In School)

- Personal Hygiene Products
- Food Assistance and Grocery Store Financial Support
- Laundry Assistance
- Newborn Supplies Assistance
- School Supplies & Backpack Assistance
- Uniform Assistance & Winter Coat Drive

Cypress Hills Local Development Corporation (www.cypresshills.org)

- In-House Comprehensive After School program
- Emergency Services
- SNAP Application Assistance
- Career and Education services
- Housing Support/Rent Relief Guidance
- Weekly neighborhood updates

Other Services

- Working Papers/Summer Youth Employment

MEDICAL SERVICES

Vision Services 	SERVICES OUTSIDE OF SCHOOL: Parents can also make an appointment directly with provider: Eyes on Education Dr. Ezra Cohen 341 Kings Highway Brooklyn 12223 718 946-5060 Website
Dental Services 	AT THE SCHOOL: Liberty participates in the Smile New York Outreach program which offers critically needed pediatric oral health care in the school setting at no cost to schools or families. To participate, parents need to fill out a permission slip once the service dates are determined by the school. For details on dates and services, reach out to our parent coordinator, Ms. Vasquez, at svasquez@libertyavems.com SERVICES OUTSIDE OF SCHOOL: Parents can find dentists that participate in the Smile New York program by going directly to their website and searching by zip code. They will receive the same dental services free of charge while the dentist cannot come to school and beyond.
Medical Clinic @ LAMS 	Liberty Ave MS has an in-house clinic with a nurse who provides a wide-range of services to students who attend Liberty.

Outside Medical Services 	Community Healthcare Network - East New York Our network is made up of 14 federally qualified health centers throughout Brooklyn, the Bronx, Queens, and Manhattan, along with a fleet of mobile vans that bring health services to underserved people in need throughout New York City. We provide judgment-free, high-quality healthcare, without regard to race, religion, orientation, gender identity, immigration status or ability to pay. We turn no one away. 999 Blake Ave Brooklyn, NY 11208 www.chnnyc.org/locations/eastnewyork-dbs/
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MENTAL HEALTH SERVICES

For more details about any of the in-school programs and referrals to outside services, please contact:

- Ms. Cameron (School Social Worker) at acameron@libertyavems.com or
- Ms. Rosa-Rosario (Bilingual Guidance Counselor) at arosa@libertyavems.com

SCHOOL- BASED COUNSELING SERVICES

All school-based counseling services are provided by members of the SEL team, which includes a guidance counselor and social worker. Referrals can be made by any member of the school staff, or by request from students/parents.

At-Risk Counseling

Individual counseling for students in distress are available on an as-needed basis.

Students Exposed to Trauma (SET) Group

OUTSIDE SERVICES & REFERRALS

Free Online Therapy for Teens

School stress, relationships, friend drama - teen life can be a lot. So, your city is stepping up to give you mental health support. Now anyone 13-17 living in New York City has access to a Talkspace therapist at no cost.

Get started here: <https://www.nycteenspace.com/>

For Immediate Assistance	NYC Well - Support Hotline and Referral Services Free, confidential mental health support. Speak to a counselor via phone, text, or chat and get access to mental health and substance use services, in more than 200 languages, 24/7/365. 888-NYC-WELL or text: "WELL" to 65173 https://nycwell.cityofnewyork.us/en/ Mobile Crisis Unit A mobile crisis team is a group of health professionals, such as nurses, social workers, and psychiatrists, who can provide mental health services, primarily in people's homes. You can request help from a mobile crisis team if you are concerned about a family member, friend, or acquaintance who is experiencing (or at risk of) a behavioral health crisis. https://nycwell.cityofnewyork.us/en/crisis-services/mobile-crisis-teams/
Ongoing Support for Family/Caregivers	Family/Caregiver Support Services and Referrals For questions and information about referrals to available programs, please email the Angela Cameron (School Social Worker) at acameron@libertyavems.com; or Aleria Rosa-Rosario, (Bilingual Guidance Counselor) at aros@libertyavems.com New York Psychotherapy and Counseling Center A non-profit, community-oriented mental health organization that provides services to adolescents and adults, with wide-ranging services from crisis intervention to creative arts therapy. East New York Child and Family Mental Health Center 2857 Linden Blvd Brooklyn, NY 11208 http://www.nypcc.org

**Support for
Expectant
and New
Parents**

Healthy Families New York - Brookdale Hospital

Healthy Families New York (HFNY) is a home visiting program that seeks to improve the health and well-being of infants and children through home-based services delivered by non-profit organizations.

1 Brookdale Plz Schachne Building LL-13
Brooklyn, NY 11212

<https://www.healthyfamiliesnewyork.org/default.htm>

**Healthy Start Brooklyn - NYC Department of Health
& Mental Hygiene (DOHMH)**

Provides a variety of support programs and classes for expectant and new parents who live in Brooklyn. You can get education and support about pregnancy, childbirth, parenting, breastfeeding, fatherhood and healthy living.

www1.nyc.gov/site/doh/health/neighborhood-health/healthy-start-brooklyn.page

**Substance
Use Services**

**Sun River Health - Outpatient Substance
Abuse Program for Adults and Adolescents**

Sun River Health offers medication-assisted treatment, therapy groups, and individual counseling, to empower people who use drugs and alcohol to make life changes that last. Sun River Health welcomes everyone in need of health care, regardless of your insurance status or ability to pay. They also provide a wide-ranging list of health services across multiple locations in NYC.

Sun River Health The Alpha School
2400 Linden Blvd 1st Floor Brooklyn, NY 11208
www.sunriver.org/services/substance-use-services/

BASIC NEEDS SERVICES

For more information on how to access any of the following services, please reach out to our parent coordinator **Mr.Sanchez** at esanchez@libertyavems.com

Food Assistance	Families in need of food assistance can visit the in-house pantry or request a grocery store gift card.
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Laundry Assistance	Families can make appointments to use the in-house laundry and dryer machine or request financial assistance for accessing the local laundromat.
Uniform Assistance & Winter Coat Drive	Any student who is in need of the uniform will be given a shirt, sweater and/or pants. Every winter, Liberty Ave MS runs a winter coat drive and orders coats for any students who are in need of a coat and other winter supplies.
Personal Hygiene Products	Available products include: • Toothbrushes • Deodorant • Feminine hygiene products • Socks • Underwear
School Supplies	Students will be provided with a backpacks and basic school supplies needed for the school year: • Notebooks • Folders • Pens/Pencils Additional supplies can be requested, as needed.

Newborn/Baby Needs

Our school accepts donations of new and gently used clothes from the community and makes them available to families.

Gently Used or New Donations:

- Clothing & Shoes
- Stroller
- Car Seat (non-expired)
- Playpen
- Toys

New Product Donations:

- Diapers & Wipes

CYPRESS HILLS LDC

Comprehensive After School Program @ Liberty Ave MS

After school program at no cost to our families. After School hours are Monday, Tuesday, Thursday and Friday. from 3:15pm - 5:30pm. Wednesdays 1:00pm-5:00pm.

Connect to other kids and staff from Liberty and Cypress Hills LDC. Make friends and/or learn new skills!



Contact : dwaynew@cypresshills.org

<u>Emergency Services Resource Guide</u> <u>Guía de Recursos de Servicios de Emergencia</u>	In response to the recent Coronavirus pandemic (COVID-19), Cypress Hills Local Development Corporation has created this guide to help Cypress Hills and East New York residents during this difficult time. Our organization plans to update this guide in real time to ensure our tenants, homeowners and small businesses have the most helpful and accurate information possible. If you would prefer to speak to someone on the phone, we have set up a hotline number: 1-833-4-CYPRES or 1-833-429-7737
SNAP Enrollment & Emergency Food Resources	We can help you apply for SNAP (food stamps) to purchase food for your family and receive information to be connected to emergency food. Call (732) 860-8589 or email healthy@cypresshills.org.

Career and Education Services	<u>CHAMPION Network</u> - Job training, placement and retention services <u>HSE/GED Program</u> - (High School Equivalency preparation) <u>SYEP</u> - (Summer work experience for young people) <u>Building Works</u> (Carpentry pre-apprenticeship) <u>Cypress Hills Business Partners</u> (Merchants' Association for local businesses) <u>Work Learn Grow</u> (Paid employment opportunities)
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Housing Support/Rent Relief Guidance	Tenant Counseling Services The Tenant Counseling & Organizing program of CHLDC assists renters who face poor housing conditions and/or irresponsible property management/ownership. The program's staff will help individuals and/or tenant groups to address housing violations, lax management, as well as form tenant associations to foster collective action, leadership and power. In addition, the counselors will make referrals to nonprofit Legal services agencies for tenants struggling with non-payment of rent and/or eviction cases. Given the stresses of the pandemic, CHLDC's experienced staffers will help tenants to apply for subsidies to pay for rent arrears, utilities, and other necessities, as needed. Call/email CHLDC's Housing Counseling Department for more information: <u>Homeowners contact:</u> Rene Arlain at 631-530-2676; renea@cypresshills.org -OR Rosalinda Gutierrez at (929) 224-2937; rosalindag@cypresshills.org <u>Tenants contact:</u> Juanairis Revis at 914-365-8112 juanairisr@cypresshills.org
Weekly Neighborhood updates	To get updates in the neighborhood from Cypress Hills LDC, click here to sign up for our newsletter or go to our website