

ABCD Study: University of Rochester

Thank you for your continual involvement in the ABCD study!
 Here is some information about local resources if you should need it.
*If you or someone you know is having a problem with alcohol, drugs,
 or emotional concerns, help is available.*

National Suicide Hotlines	Hope Line: 1-800-784-2433 National Suicide Prevention Lifeline: 1-800-273-8255 suicidepreventionlifeline.org
Emergencies (thoughts about suicide)	Dial 2-1-1 211lifeline.org Monroe County Mobile Crisis Team: 585-275-5151
Bullying	stopbullying.gov LIFELINE: 1-800-273-8255
Therapist Finder Tool	therapists.psychologytoday.com
Rochester Support Group Directory	mharochester.org/directory
The Trevor Project for LGBT Youth	thetrevorproject.org 1-866-488-7386

Alcohol and Drug Services:

Delphi Drug and Alcohol Council Inc. <i>Offers prevention services through counseling, education, recovery through treatment services, and support through care services. Services for both youth and adults.</i>	- 585-467-2230 - delphirise.org - 835 West Main Street - Rochester, NY 14611
Westfall Associates <i>For those affected by substance use and mental health issues.</i>	- 585-473-1500 - westfallassociates.com - 919 Westfall Road, Building B Suite 60 - Rochester, NY 14618
Outreach Community Center <i>Primary mission is to halt the vicious cycle of abuse that is drug and alcohol addiction. Offers individual and group counselling for substance abusers and their families. In addition, they offer emergency housing, food, clothing, and referrals to agencies.</i>	- 585-328-0887 - outreachcommunitycenter.com - 447 Genesee Street - Rochester, NY 14606
Villa of Hope Behavioral Health Services <i>This outpatient clinic offers evaluation and treatment for teens, medication management, cognitive-behavioral therapy, and psychological testing.</i>	- 585-328-0834 - villaofhope.org - 1099 Jay Street Building J, Suite 202 - Rochester, NY 14611
Huther Doyle <i>Provides outpatient counseling for alcohol and substance use disorders as well as assistance with housing, employment and other coordinated care services.</i>	- 585-235-5100 - hutherdoyle.com - 360 East Avenue - Rochester, NY 14604
Alcoholics Anonymous/ Alateen Family Groups <i>Group of young people whose lives have been affected by alcoholism in a family member or close friend.</i>	- 585-288-0540 - rochester-ny-aa.org/meetings - aisrochester.org/alateen.html

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Depression, Anxiety and Mental Health Services:

<p>Strong Pediatric Behavioral Health & Wellness <i>Child and adolescent outpatient services aiding families from diverse backgrounds who may benefit from outpatient assessment and treatment.</i></p>	<ul style="list-style-type: none">- 585-279-7800- urmc.rochester.edu/childrens-hospital/behavioral-health-wellness/outpatient.aspx- 315 Science Parkway Rochester, NY 14620
<p>Genesee Mental Health Center <i>The region's largest and most comprehensive behavioral health service provider. Walk-in Clinics available.</i></p>	<ul style="list-style-type: none">- 585-922-7770- rochesterregional.org/locations/rochester/gene-see-mental-health-center- 224 Alexander Street Rochester, NY 14607
<p>Mental Health Association <i>Promotes lasting mental wellness in our community through a diverse spectrum of educational programming, service referrals, and individual assistance to those seeking to find and maintain wellness.</i></p>	<ul style="list-style-type: none">- 585-454-3145- mharochester.org- 320 North Goodman Street, Suite 202 Rochester, NY 14607
<p>Liberty Resources Behavioral Health Clinic <i>Treat adults and children with difficulties such as anxiety, depression, panic attacks, school concerns, trauma, relationship conflicts, anger, and behavioral problems.</i></p>	<ul style="list-style-type: none">- 585-410-3370- liberty-resources.org/integrated-healthcare/behavioral-health-clinic/- 175 Humboldt Street Rochester, NY 14610
<p>Adolescent Depression and Prosocial Skills Support Group <i>Groups for adolescents (13-17 years old) diagnosed with depression. Offers separate group for adolescents diagnosed with certain developmental and behavioral disorders.</i></p>	<ul style="list-style-type: none">- St. Mary's Campus: 585-368-5880- Evelyn Brandon: 585-368-6929- Greece Campus: 585-368-3705
<p>Cognitive Behavioral Therapy (CBT) at Mt. Hope Family Center <i>Provides intervention, prevention, and aid for children and families affected by trauma, abuse, neglect, and violence.</i></p>	<ul style="list-style-type: none">- 585-275-2991- psych.rochester.edu/MHFC/community-services/cognitive-behavioral-child-therapy/- Mt. Hope Family Center 187 Edinburgh Street Rochester, NY 14608
<p>Fetal Alcohol Spectrum Disorder Night <i>Monthly, no-cost, program for families of children with FASD. Runs one Friday evening per month 5:30-7:00pm at Mt. Hope Family Center.</i></p>	<ul style="list-style-type: none">- 585-275-2991 ext. 241- Email: Christie.pentranko@rochester.edu- psych.rochester.edu/MHFC/community-services/project-train-families-track- Mt. Hope Family Center 187 Edinburgh Street Rochester, NY 14608

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Counseling Services:

Moynihan Counseling Services <i>J. Ese Moynihan-Ejaife, MA, LMHC, is a licensed mental health counselor.</i>	<ul style="list-style-type: none">- 585-210-8711- moynihancounseling.com- 18 Harvard Street Rochester, NY 14607
PATHS Club Afterschool Program <i>Help children 6-11 reduce violent behavior through social and emotional learning, character development, and anger management.</i>	<ul style="list-style-type: none">- 585-275-2991- psych.rochester.edu/MHFC/community-services/therapeutic-after-school-program/- Mt. Hope Family Center 187 Edinburgh Street Rochester, NY 14608
COPE/Hope Initiative <i>For Children 4-15 with an incarcerated parent or family member.</i>	<ul style="list-style-type: none">- 585-325-5325- Email: pshaw@bethelcf.com- makinghopepossible.com- 506 West Broad Street Rochester, NY 14608
Willow Domestic Violence Center <i>Provides free 24-hour hotline, advocacy and emergency shelter for victims and their children.</i>	<ul style="list-style-type: none">- 585-222-7233- wilowcenterny.org
Male Survivors of Sexual Abuse <i>Psychotherapy group addresses issues related to sexual abuse for male survivors.</i>	<ul style="list-style-type: none">- 585-423-0284- mharochester.org/directory/abuse/sexual-abuse/- 277 Alexander Street, Suite 302 Rochester, NY 14607
Neutral Ground Support Organization, Inc. <i>Support group for children with separated, widowed, or divorced parents.</i>	<ul style="list-style-type: none">- 585-234-2212- neutralgroundsupport.org/- Henrietta UCC 1400 Lehigh Station Road Henrietta, NY
Mental Health Association's Family Support Services <i>Provides support to families of children with emotional or behavioral health challenges.</i>	<ul style="list-style-type: none">- 585-325-3145 Ext. 117- mharochester.org/services/family-support/#FSSContact- 320 North Goodman Street Rochester, NY 14607

Health, Protective and Residential Services:

Monroe County Child Protective Services	<ul style="list-style-type: none">- 585-753-6998
Monroe County Adult Protective Services	<ul style="list-style-type: none">- 585-753-6532
New York State – Child Health Plus <i>Call or visit regarding health insurance plans for kids.</i>	<ul style="list-style-type: none">- 1-800-698-4543- health.ny.gov/health_care/child_health_plus/
St. Joseph's Neighborhood Center <i>St. Joseph's Neighborhood Center provides comprehensive health care, counseling, dental, and social work to individuals and families who lack access to health insurance.</i>	<ul style="list-style-type: none">- 585-325-5260- sjncenter.org- 417 South Avenue Rochester, NY 14620

ABCD Study: University of Rochester

Housing:

Rochester Housing Authority <i>Serves more than 26,000 lower-income residents and program participants with quality and comfortable living.</i>	<ul style="list-style-type: none">- 585-235-0447- rochesterhousing.org/- 675 West Main Street Rochester, NY 14611
Women's Shelters	<ul style="list-style-type: none">- womenshelters.org/cit/ny-rochester- Open Door Mission: 585-454-6696- Sojourner House: 585-436-7100- YWCA of Rochester Domestic Violence Shelter: 585-546-5820
PathStone <i>Home rehabilitation and energy conservation program to help low and moderate-income households through promoting self-sufficiency and through safe, sustainable, and energy efficient housing.</i>	<ul style="list-style-type: none">- 585-888-6770- pathstone.org/housing-services/- Email: info@pathstone.org- 400 East Avenue Rochester, NY 14607

Food Pantries:

Outreach Community Center <i>Distributes food and other support such as Thanksgiving and Christmas meals, in addition to clothing, baby diapers and formula, and resources such as low income housing.</i>	<ul style="list-style-type: none">- 585-328-0887- outreachcommunitycenter.com- 447 Genesee Street Rochester, NY 14611
Ibero-American Action League Emergency Service Family Center <i>Learn about government assistance programs, gather information on food aid, and details on housing and rental programs.</i>	<ul style="list-style-type: none">- 585-454-1430- iaal.org- 777 Clifford Avenue Rochester, NY 14621
Brighton Food Cupboard (Twelve Corners)	<ul style="list-style-type: none">- 585-271-5355- 220 Idlewood Road Rochester, NY 14618
Irondequoit Community Cupboard	<ul style="list-style-type: none">- 585-336-9107- 4275 Culver Road Rochester, NY 14622
Village of East Rochester Community Center	<ul style="list-style-type: none">- 585-586-0525- 333 Chestnut Street East Rochester, NY 14445

ABCD Study: University of Rochester

Employment Resources:

<p>Rochester Works! Career Center <i>Help find resources and services for your job search.</i></p>	<ul style="list-style-type: none">- 585-258-3500- rochesterworks.org- 255 North Goodman Street Rochester, NY 14607
<p>Urban League of Rochester <i>Enables African-Americans, Latinos, poor and disadvantaged individuals to secure economic self-reliance, and civil rights. Programs in business development, developmental disabilities, youth education and development, and workforce development.</i></p>	<ul style="list-style-type: none">- 585-325-6530- ulr.org- 265 North Clinton Avenue Rochester, NY 14605
<p>PathStone Workforce Development <i>Provides customized, people-centered professional development services through job placement and retention services, mentoring, and case management.</i></p>	<ul style="list-style-type: none">- (800) 888-6770- pathstone.org/workforce-development/- Email: info@pathstone.org- 400 East Avenue Rochester, NY 14607

LGBTQ+ Resources:

<p>Out Alliance: Youth Programs <i>Host many events and programs aimed towards creating a community for LGBTQ+ individuals.</i></p>	<ul style="list-style-type: none">- 585-244-8640- outalliance.org- 100 College Avenue #100 Rochester, NY 14607
<p>Parents, Families, and Friends of Lesbians and Gays <i>Promotes health and well-being of lesbian, gay, bisexual, and transgender persons, their families and friends. Holds meetings the second Sunday of every month a 1pm at the Out Alliance.</i></p>	<ul style="list-style-type: none">- 585-993-3297- rochesterpflag.wixsite.com/rochester-pflag- 100 College Ave. #100 Rochester, NY 14607
<p>Trillium Health <i>Health services for Transgender and Gender non-conforming health. Offers services such as: hormone replacement therapy, binder finder program, HIV screening and treatment, and care management & supportive services, including financial assistance and temporary housing.</i></p>	<ul style="list-style-type: none">- 585-545-7200- trilliumhealth.org/en/324/transgender-gender-expansive-health- 259 Monroe Avenue Rochester, NY 14607
<p>MOCHA Center <i>Connects LGBTQ people of color with events and programs that promote healthy living.</i></p>	<ul style="list-style-type: none">- 585-420-1400- mochacenter.org- 189 North Water Street, Suite 1 Rochester, NY 14604