



**BEHAVIORAL HEALTH  
SERVICES NORTH, INC.**

*Partners in Wellbeing*

*Working together, we can ensure that people in need in our  
community are served so that their lives contain hope & promise  
previously thought unobtainable.*

[bhsn.org](http://bhsn.org)



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22 US Oval, Suite 218 • Plattsburgh, NY 12903



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# *Strengthening*

Individuals, Families and  
Communities since 1874.

*BHSN's mission is to strengthen individuals, families and community life by delivering a behavioral healthcare and human service system that provides an integrated continuum of essential, responsive, and cost-effective services.*

## About BHSN

Established in 1874, as the "Home for the Friendless," to care for orphans and abandoned children of the community, our non-profit agency was one of the first incorporated charitable organizations in the North Country. Since our founding by Margaret Platt and a group of local volunteers, we have evolved and grown over the years in response to the ever-changing needs of our community.

Our vision is to lead the North Country in the provision of behavioral healthcare through our highly effective programs serving children, adults, families and organizations. BHSN is governed by our Board of Directors comprised of local volunteers who freely contribute both their time and funds to guide, oversee and support our work.

BHSN has emerged as the leader in behavioral health services in the northernmost area of New York State. Located along the shores of Lake Champlain, BHSN has over 20 sites and 24 programs to effectively meet the ongoing needs of our community.

BHSN accepts referrals from hospitals, other human service agencies, primary and specialty physicians, clergy, the criminal justice system and self referrals. BHSN accepts payments from Medicaid, Medicare, third party private insurance, and self pay. Some programs are offered at no cost to the consumer.



**Administrative Offices:** 22 US Oval, Suite 218, Plattsburgh, NY 12903 **P** 563-8206 **F** 563-2104

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# Our Services

## Community Support & Prevention Services

**Home Visitation Programs** - Home visiting programs are offered to newly parenting families in Clinton County. Following the Healthy Families America model, this *Healthy Families Clinton* offers pregnant women and families screening and assessment services designed to provide educational information and family self sufficiency. Those families who choose to participate in the program are offered in-home appointments to defray the costs of transportation and child care. Families are offered physical, social and emotional developmental screens, parenting curriculum and information, support, advocacy and referrals for coordinated supports and services. This voluntary program responds to unique family needs and is offered at no cost to families until children enter a formal education program.



**STOP Domestic Violence** - A New York State certified program that assists victims of intimate partner violence and abuse and their children with: confidential supportive counseling, temporary safe housing, advocacy with courts and agencies, NYS Crime Victims Board Compensation claims, a hotline available 24/7 by calling 563-6904 or 1-888-563-6904, and some

transportation. Child care is available during court and office appointments. Supportive group meetings are held weekly. The offices are located in Clinton, Essex and Franklin counties. Community education, classes, and presentations about intimate partner violence and the effects of abuse are available upon request. Volunteer training is provided.

**Violence Intervention Project (VIP)** - A 33-week educational program designed to teach non-controlling, non-abusive behavior to adult men for the safety and justice of women.

### Community Support & Prevention Programs

22 US Oval, Suite 218, Plattsburgh, NY 12903  
P 563-8206 F 563-9958



**ElderCare Services** - The Caregiver Resource Center and the Respite Program provide an array of services to caregivers and their aging loved ones, including in-home respite care, support groups, information &

referral, caregiver education, an on-site lending library and a telephone support service.

### Eldercare Services

46 Flynn Ave, Suite 612A, Plattsburgh, NY 12901  
P 324-3881

## Child & Family Services

**Child & Family Clinic** - This outpatient clinic provides mental health treatment services to seriously emotionally disturbed children and their families who are residents of Clinton County. Services include comprehensive assessment, individual and family therapy, psychiatric consultation and medication management, referral to supportive services, and after-hours crisis service for enrolled families. On-site treatment services are provided to students in select area school districts. Goals of treatment include developing a plan of care designed to promote wellness and alleviate symptoms and adverse effects on individual functioning in family, school, and community settings.



**Home & Community-Based Services (HCBS) Program** - This program is designed to serve youth who are at very serious risk of having to be admitted to a long-term institutional level of care. The program provides an array of very intensive services to the youth and his/her family to continue living at home.

**Intensive Case Management (ICM)** - ICM provides intensive, flexible outreach linkage, support and coordination of service to children with serious emotional disturbances. The recipients of ICM tend to be frequent users of emergency services, at high risk of psychiatric hospitalization and/or have not engaged in traditional mental health services.

## Child & Family Residential and Development Services



**Adventure-Based Counseling (ABC)** - ABC is a therapeutic group activities program which provides after-school, evening, weekends as well as summer services to at-risk youth and their families. A wide range of activities includes problem initiatives, ropes courses, rock climbing, backpacking and community service.

**Child & Family Respite Program** - This program was developed by Clinton County C.C.S.I. (Coordinated Children's Services Initiative) and BHSN to provide respite services to children/adolescents currently experiencing significant difficulty functioning in regular daily activities due to extreme family, emotional and/or

behavioral problems or mental health issues within their family. Respite with a trained and supported respite family provides the child and the family with a much needed break from each other and can greatly reduce the need for emergency services and crisis interventions.

**Families Involved Together (FIT)** - FIT provides supportive services to families utilizing a strength-based family-centered approach to problem solving in collaboration with Clinton County Coordinated Children's Services Initiative (CCSI) and multiple community child and family providers.

**Therapeutic Foster Care: Family Corner** - This program is designed to serve children and youth who require individualized, intensive foster care services in Clinton, Essex and Franklin counties. Therapeutic Foster Care is an approach that caters to the physical, emotional and social needs of children and youth in a supportive family setting until the child's family can be reunited or a permanent placement can be arranged.

### Child & Family Services

22 US Oval, Suite 100, Plattsburgh, NY 12903  
P 561-1767 F 561-1795

## Adult Services

**Adult Clinic** - This outpatient clinic provides mental health treatment services for adults who are residents of Clinton County. Services include comprehensive assessment, psychotherapy, psychiatric consultation and medication management, referral to supportive services, and after-hours crisis service for enrolled individuals. Goals of treatment include developing a plan of care designed to promote wellness and recovery, and alleviate symptoms and adverse effects on individual functioning and the achievement of life goals.



### Personalized Recovery Oriented Services (PROS)

- The PROS Learning Center is a complete recovery program that brings rehabilitation, support and clinic services together into one plan that supports participants' ambitions and hopes. PROS services are broken down into four categories of services with the Individualized Recovery Plan keeping everyone working in the same direction – helping an individual obtain a desired life role.

**Supported Education Program** - Learning Unlimited is designed to support individuals with mental illness to further their educational background. Possible goal direction may include acquisition of a GED or pursuing an associate's, bachelor's or graduate level degree, or vocational training.

**Supported Employment Program** - Resources Unlimited is a supported employment program which assists individuals with psychiatric disabilities in securing and sustaining competitive employment in the community.

## Adult Care Management, Assisted Outpatient Treatment & Crisis Services



**Assisted Outpatient Treatment (AOT) Services/Medication Grant Program** - BHSN provides the AOT coordination for Clinton County court-ordered individuals requiring community supervision. In addition, AOT Enhanced Services are offered - a diversion from court mandated services - which requires the individual to agree with and participate in identified services. The Medication Grant Program

provides psychiatric medication, at no charge, to individuals with a mental illness being discharged from the jail or hospital while their Medicaid application is pending.

**Care Management Services** - Care Management will facilitate access to and coordination of the full array of primary and acute physical and behavioral health services. Services are designed to help people manage chronic health conditions, improve health outcomes and reduce the use of avoidable inpatient and emergency room care. In order to qualify for services an individual must be on the Health Home roster or referred for services and reviewed and accepted by the Single Point of Access Committee.

**Crisis Services** - Crisis Services provides outreach support and intervention for individuals residing in Clinton County, who are experiencing acute symptoms of mental illness, alcohol and/or drug abuse and emotional distress. Crisis strategies include telephone intervention, face to face assessment, outreach and support, in an effort to provide immediate stabilization of symptoms or possible referral to emergency medical services. In addition, there is a 24/7 crisis line available for assistance: 563-8000.

### Adult Clinical Services

2155 State Route 22B, Morrisonville, NY 12962  
P 563-8000 F 563-9001

## Center for Personal & Organizational Development



**Employee Assistance Services (EAS)** - EAS is an employee assistance program contracting with over 125 employers throughout Clinton, Essex and Franklin counties. It provides early detection and effective intervention for employees and their family members who are experiencing personal problems which affect their personal lives and/or their employment. EAS serves over 8,000 employees and their household members, via five regional offices.

**Mental Health Advocacy (MHA)** - MHA provides education, advocacy, information and referral to the community on behavioral health issues. The Anti-Stigma sub-committee endeavors to create awareness of stigma and works to lessen it. The North Country Mental Health Players are volunteer performers of all ages who present various life issues with a goal of stimulating an exchange of ideas on relevant topics. This group serves local businesses, schools, municipalities and organizations.

### Center for Personal & Organizational Development

22 US Oval, Suite 218, Plattsburgh, NY 12903  
P 563-8206 ext. 135 F 563-9958  
(EAS) P 563-8293 or 1-800-724-0747

## Adult Residential & Rehabilitation Services



**Breakthrough II** - The community residence program provides a place for persons recovering from a mental illness in need of a structured living environment. The program offers 24-hour staffed residential

settings including two levels of care and services.

**Supported Housing** - A stable living environment is provided to persons recovering from mental illness. Recipients need basic skills necessary for independent living, including the ability to self-medicate. This program provides minimal case management services.

**Twin Oaks** - A six-month community residential program for persons in chemical dependency recovery focusing on recovery, development of skills to recognize and manage symptoms, and secure employment.

### Adult Residential Services

126 Court Street, Plattsburgh, NY 12901  
P 324-4606 F 324-3451