



Overview of Chautauqua County Behavioral Health Services

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May is Mental Health Awareness Month

“Awareness is the greatest agent for change.” Eckhart Tolle

Being aware includes information or knowledge and a level of understanding.

Mental health includes our emotional, psychological, and social well-being. Our mental health affects how we think, feel, and act, and helps determine things like how we make decisions, relate to others and handle stress.

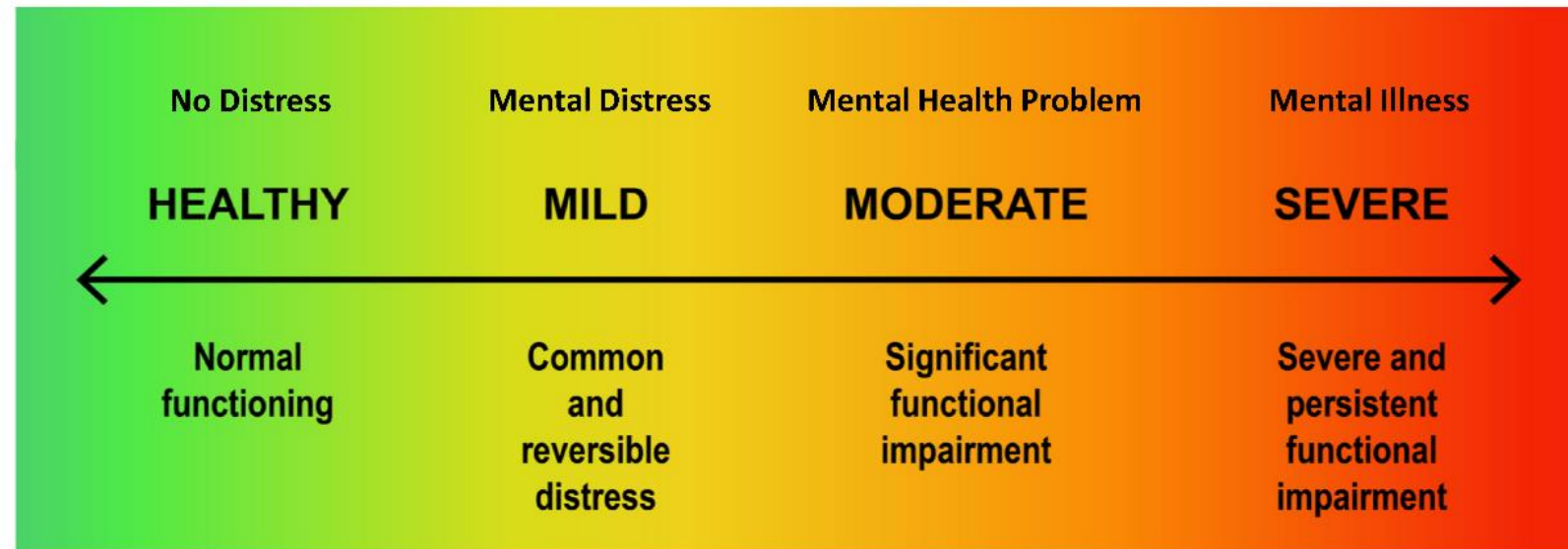
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Mental Health is part of overall health and wellness.

Mental Health includes:

- A sense of self-esteem and self-confidence
- The ability to identify, express and regulate emotions
- The ability to set and achieve goals
- Recognition of one's creative skills
- The ability to expand knowledge and skills
- The ability to feel and show empathy for others and
- The ability to create and maintain satisfying relationships

Mental Health Continuum





Impact on Cognitions: Common thoughts after adverse experiences

People will hurt me

I'm helpless - bad things will happen

I'm defective

I don't matter

I'm worthless

I can't trust anyone

You will hurt me

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Prioritization of Need

- Survival (often dysregulation) trumps cooperation
- Identify the need
- Meet the need (note – do not reinforce negative behaviors)
- Look for patterns
- Encourage problem-solving (when calm)
- Limit setting

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When to seek help

- ▶ Marked changes in behavior, sleeping and/or eating habits
- ▶ Inability to and/or lack of interest in participating in activities
- ▶ Prolonged negative mood and attitude
- ▶ Thoughts of death
- ▶ Abuse of alcohol or drugs
- ▶ Persistent nightmares
- ▶ Self-injury and/or self-destructive behavior
- ▶ Frequent outburst of anger, aggression
- ▶ Strange thoughts, beliefs, unusual behavior



If you are currently with a counselor or therapist there may be an opportunity for an emergency (same day) appointment – please connect with outpatient provider directly.

Any immediate crisis call 911

<http://crisisservices.org/>

<https://www.chautauquaopportunities.com/in-crisis/>

After hour, weekend and holiday coverage for crisis calls and referrals

Chautauqua County mobile crisis team via Chautauqua Opportunities, Inc. **800-724-0461**

National Suicide Prevention Hotline **988** or **800-273-8255**

Veterans Crisis line **988** or **800-273-8255**

Domestic Violence or Rape Crisis Hotline **800-252-8748**

Suicide Risk- What To Do

- If someone you know exhibits warning signs of suicide:
 - **Do not** leave the person alone
 - Call 911 if the person is at risk of harming themselves or others
 - Call the **988 Crisis Line** or the U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255) for help
 - Remove any firearms, alcohol, drugs, or sharp objects that could be used in a suicide attempt
 - Seek help from a medical or mental health professional--this may include taking the person to an emergency room

Who should use 988?

Anyone who is depressed, going through a hard time, needs to talk, or is thinking about suicide can use the service. Trained crisis counselors are available to listen and support through a crisis.

When is 988 available?

These phone, chat and text services are available 24/7

How do I start a text with 988?

Text any message to 988 to start a conversation

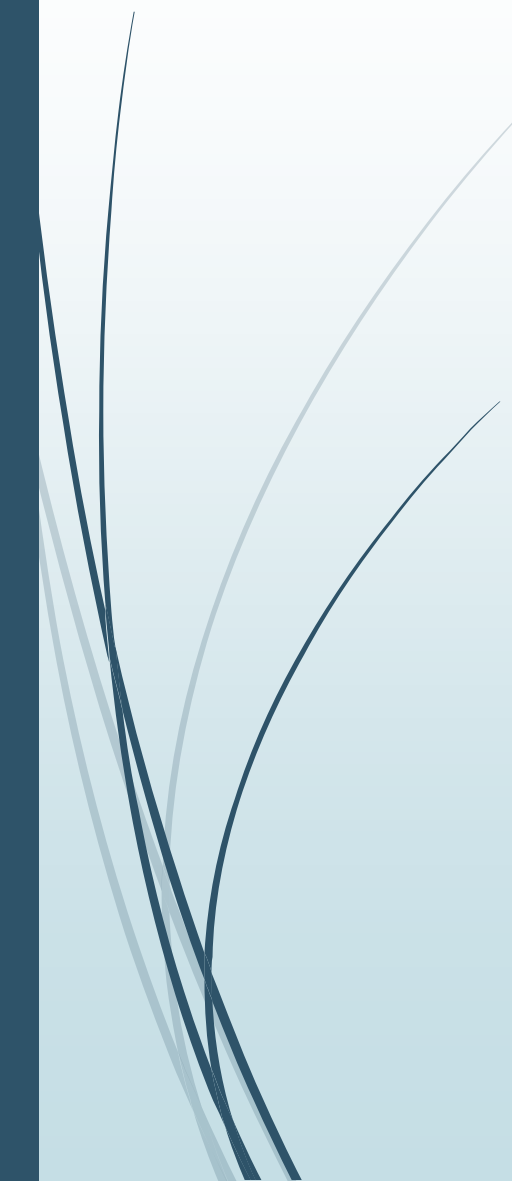
Is 988 available in any language other than English?

Chat and text services are currently in English language only
Telephone calls can connect to translation services for non-English languages

**Call the Lifeline anytime,
24/7**



Services in Chautauqua County

- ▶ Levels of care
 - ▶ Types of providers
 - ▶ School-based services – on-site (satellite), off-site
 - ▶ Resources
- 



Outpatient Clinics:

Chautauqua County Department of Mental Hygiene
(CCDMH) **716-661-8330**

UPMC Chautauqua **716-664-8625**

The Resource Center (TRC) **716-483-2344**

The Chautauqua Center (TCC) **716-484-4334**

Catholic Charities **716-484-9188**

Child Advocacy Program **716-338-9844**

Family Services of the Chautauqua Region **716-488-1971**

Single Point of Access (SPOA)

- ▶ **Children's SPOA (Single Point of Access)** A committee that shares responsibility to support children with the risk of placement in out-of-home behavioral health settings and to connect with community based strategies to support children and families.



Children's Health Homes

Children's Health Homes of Upstate NY (CHHUNY)

A community-based care management service model for all caregivers who are connected to an individual can communicate with one another so that all social, physical, and behavioral needs are addressed in a comprehensive manner.

This is done through a dedicated Care Manager who oversees and provides access to all of the services an individual needs to stay healthy, stay out of the emergency room, and stay out of the hospital.




Community referrals for Children & Families

Community-Based Through SPOA (716) 661-8857

- Refer to the Single Point of Access (SPOA)
- Tom Fadale is the Children's SPOA Coordinator for Chautauqua County

Care Coordination – Children's Health Homes (CHHUNY)

- Numerous providers for people who have Medicaid coverage. Children's services are offered based on level of need. Families have their choice of provider
- https://www.health.ny.gov/health_care/medicaid/program/medicaid_health_homes/hh_children/index.htm



Care Management can be provided in a variety of intensities and from numerous base points, for example:

- within primary care for medical, developmental and behavioral health coordination;
- by Plans for children needing lower levels of care and to manage the overall benefit package access; and,
- by Health Homes for those children meeting the eligibility criteria



Promoting Good Mental Health

- Support children and youth in the development of:
 - Positive routines and practices
 - Physical activity, exercise and play
 - Good nutrition
 - Regular sleep habits
 - Stress management skills; and
 - Caring relationships
- Relationships, consistency and reliability matter!



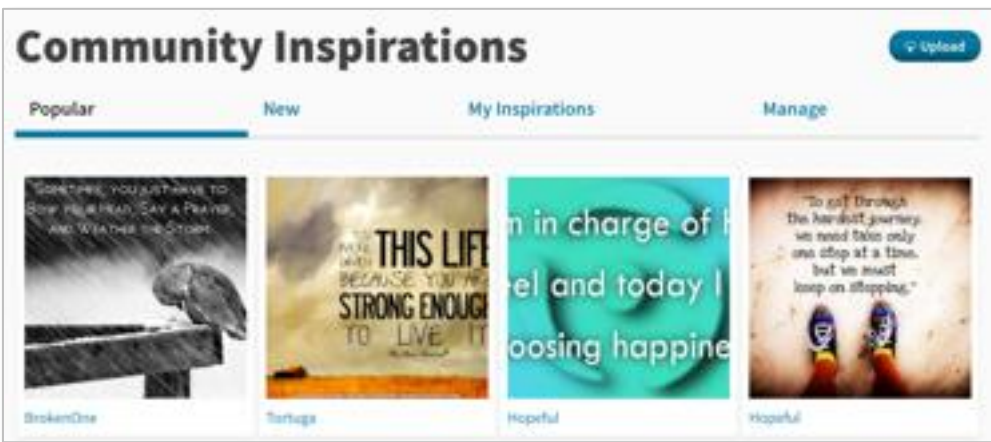
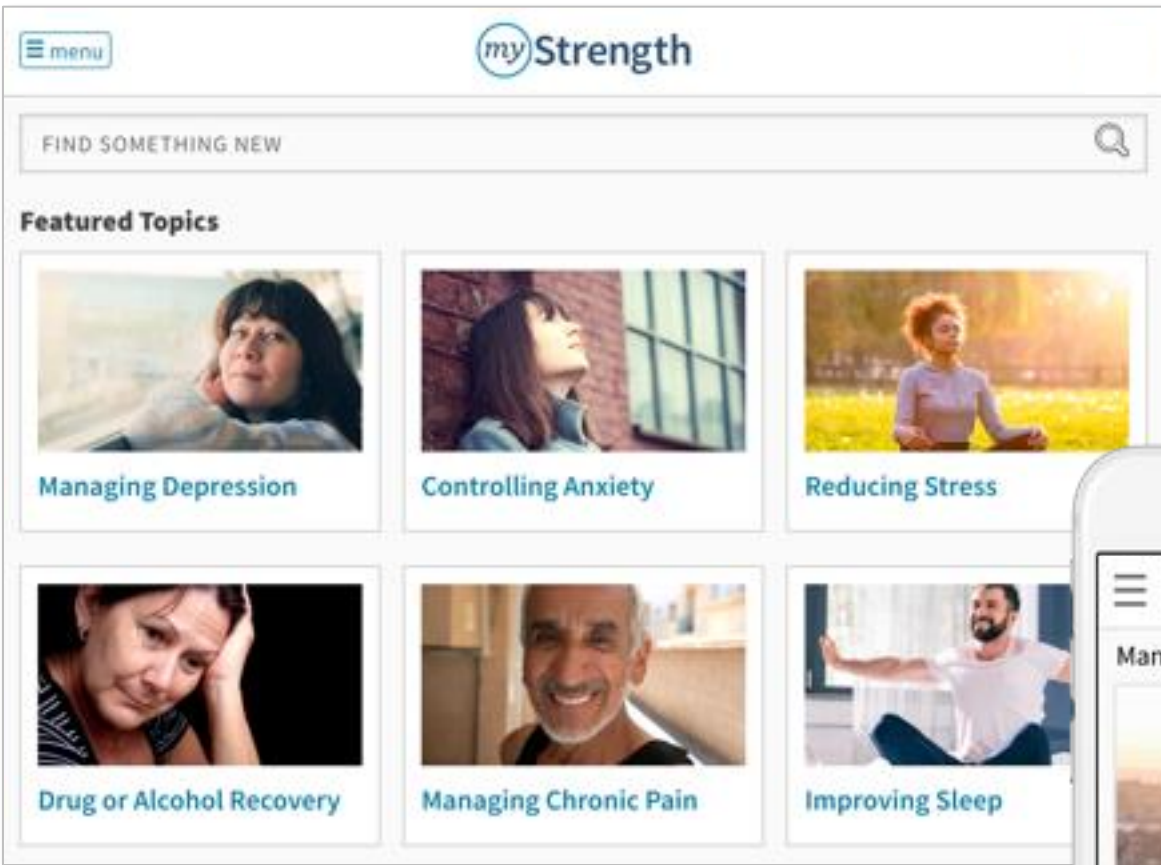
How you are *is as important as* what you do

Self Aware

Self Care

What are your roles?

Who is there for you?



myStrength

Evidence-based
self-help resources
for emotional
health and overall
well-being

Personalized Emotional Health Resources



Interactive Applications

- Stress
- Depression
- Anxiety
- SUDs
- Chronic Pain
- Insomnia



Mind + Body + Spirit

- Wellness
- Spiritual
- Social and Community



Cognitive Behavioral Therapy

Behavioral Activation

Mindfulness

Motivational Interviewing

Positive Psychology

