

Family & Children's Service of

Ithaca is dedicated to providing

**OUR MISSION**

affordable, professional

services that support children,

families, and organizations

in finding solutions to the

challenges of life today.

# Family & Children's

SERVICE OF ITHACA

*Where to turn...*

Mental Health Services  
Children's Mental Health  
Senior Services  
Youth Services  
Employee Assistance Program (EAP)

127 W. State St., Ithaca, NY 14850

Tel (607) 273-7494

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[www.wheretoturnithaca.org](http://www.wheretoturnithaca.org)



Visit us on Facebook!

Member Agency United Way  
of Tompkins County



# Family & Children's

SERVICE OF ITHACA

*Where to turn...*

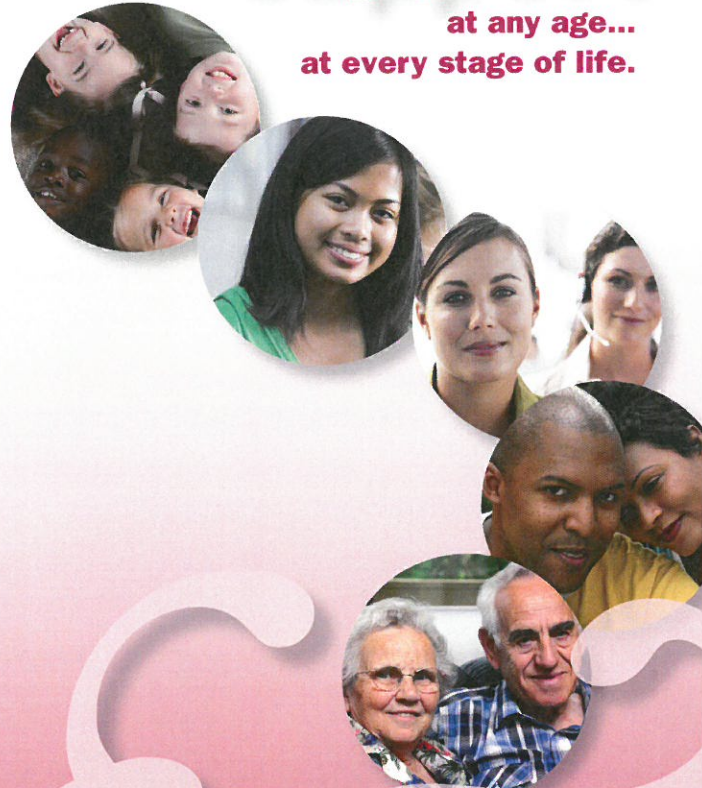
**caring healing respect**

**help hope courage**

# support

**at any age...**

**at every stage of life.**



## Children's Mental Health Program

Our clinical program offers high-quality, confidential, and affordable counseling services in a welcoming and caring atmosphere to children, preschool age through adolescence, and their families.

We are the only area agency that provides mental health services to children under the age of five and the largest provider to children age 18 and under. We have a special commitment to children and serve approximately 500 children and their families every year.

To provide the best possible care, we work in collaboration with parents, guardians, and caregivers as well as human service agencies and school personnel.

*Issues addressed include but are not limited to:*

- Stress, depression, anxiety
- Parent/child relationships
- Separation and divorce; step-parenting and blended families
- Abuse, neglect, or other traumatic life-experiences
- School or work related problems
- Attachment, separation, grief and loss
- Family conflict
- Behavioral challenges
- Social and emotional development in children
- Coping with a disability in a parent and/or child
- Childhood trauma
- Foster care and adoption
- Life transitions

*Confidential counseling services include:*

- Assessment and treatment planning
- Health screening and referral
- Individual and family therapy
- Play, creative arts and dyadic therapy
- Medication services
- Case management
- Crisis management
- Parent/child consultations

Specialty programming includes the Zero to Five Project, Children's Crisis Outreach Program, and the Grandparents Support Group.

## Employee Assistance Program

The Employee Assistance Program (EAP) is a cost effective, confidential, early intervention system for employees and eligible family members contracted by participating area employers. The EAP provides priority access to our clinical professionals for confidential assessment, short term counseling and/or referral to address issues and challenges that affect their ability to function, either at the workplace or at home.

EAP also provides management consultation on employee performance and behavior, professional training seminars, and crisis/workplace trauma services.

## Psychiatric Services for Children & Adults

Family & Children's Service offers psychiatric services to clients receiving therapy in our clinical program. Psychiatry referrals are made when the therapist believes that receiving this service at Family & Children's Service could be a beneficial addition to the client's mental health treatment.

## Adult Mental Health Program

We specialize in providing high quality, confidential, affordable counseling services to adults, couples, and families in a welcoming and caring atmosphere. Our professional, dedicated staff includes masters and doctoral level clinicians.

*Confidential counseling services include:*

- Assessment and treatment planning
- Health screening and referral
- Individual, Couples, and Family Therapy
- Medication services
- Case management
- Crisis management
- Parent/child consultations

*Issues addressed include but are not limited to:*

- Stress disorders resulting from abuse, neglect or other traumatic life-experiences
- Grief and loss
- Conflict with a spouse or partner
- Stress, depression, anxiety
- Work related issues
- Family related issues
- Separation and divorce

**FOR MORE INFORMATION** about F&CS, or to schedule an appointment, please call us at (607) 273-7494