

Child and Adolescent Services



Helio Health[®]

Where hope meets healing

I've Joined the
*TransformNation*TM



*Addiction and mental illness can affect anyone. **Recovery takes everyone.***

Our Mission

To promote recovery
from the effects
of substance use
and mental health
disorders and other
health issues.

The Child and Adolescent Outpatient Clinic at Helio Health

The Child and Adolescent Clinic is designed to offer a comfortable and safe space for children through young adults, aging from birth to 21, seeking help with behavioral health issues such as: substance use disorders, mental health disorders, and developmental disabilities.

All children, adolescents, and young adults will complete an initial medical assessment with a registered nurse and a comprehensive evaluation will be completed by a clinician through gathering mental health, substance use, family, and medical histories. Once found to be appropriate for this level of care they will be assigned to a primary counselor and be treated by the care team.

Services offered include: Individual Counseling, Group Therapy, Play Therapy, Art Therapy, Cognitive Behavioral Therapy, Person-Centered Therapy, Family Therapy, Psychiatric Evaluations, Medication Monitoring, and Ongoing Health Monitoring.



Child and Adolescent Clinic
329 North Salina Street
2nd Floor
Syracuse, NY 13203

Monday - Thursday 8:00am-8:00pm
Friday 8:00am-4:30pm

Walk-in Hours
Monday through Friday 8:30am-2:30pm

315-471-1564
www.helio.health

School Based Services

Helio Health's Child and Adolescent outpatient clinic operates a satellite office within West Genesee High School. A clinician is available on-site at the school to work with high school students referred through the school counseling office. The satellite clinic operates as an extension of the main outpatient clinic—students at West Genesee High School are eligible to receive all of the services affiliated with the clinic when enrolled in treatment via the satellite. These services include individual counseling, group counseling, family counseling, psychiatric evaluations, ongoing medication management, case management and psychiatric rehabilitation services, and health monitoring appointments with a nurse.

Helio's clinician is able to work with a variety of mental health needs, including anxiety, depression, attention issues, problematic behaviors, trauma, substance use issues, issues with family and interpersonal functioning, and more. The school counseling office, in conjunction with the school staff, identify students who may benefit from counseling support additional to what the school is able to put in place. The school staff then discuss the potential referral with the student and/or family before a referral is submitted.

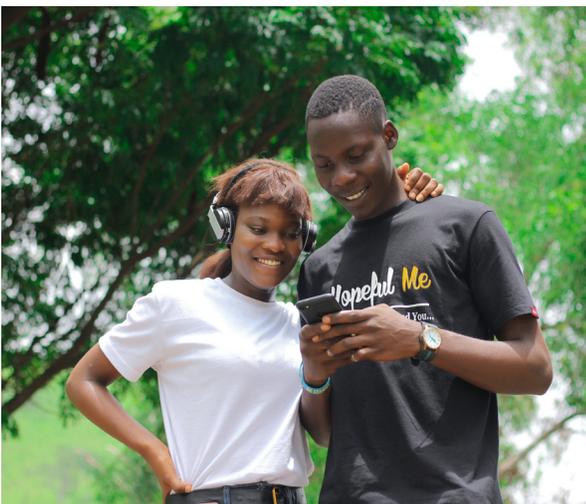
Helio Health does bill insurance through this satellite clinic; a breakdown of insurance information is detailed below. For any student or family not currently enrolled in health insurance, Helio Health has staff who are able to complete applications for medical assistance. Additionally, there is a sliding-scale fee structure available.

Though the clinician is on-site at the high school campus, there is still firm confidentiality in place between the school staff and the clinician. Helio's clinician is not involved in any school counseling department work or crisis intervention; the clinician is only able to work with students who have been actively enrolled in services and who have consented to receive treatment. Confidentiality is discussed in great detail at the onset of counseling services, so that the student and family gain a thorough understanding of how information will or will not be shared with family members and/or school staff.

The intake process consists of a two part assessment. Helio's clinician reviews consent forms and billing information and completes a more formal clinical interview, to determine treatment needs and presenting problem(s). The student also meets with a nurse to review medical history.

After the intake process is complete, the clinician makes a recommendation about treatment. Typically, the student is recommended to attend 45-minute weekly or biweekly individual sessions. Additionally, the student may be recommended to meet with a psychiatric provider, if the student and/or family is interested in further evaluation or psychotropic medication.

Family therapy is available as an ancillary part of treatment. The family therapist works with each client through a systemic approach- looking at the whole family as a system. Through individual work, it may be discovered that the impact of generational patterns have played a significant role in behaviors, emotions, relationships, beliefs, perspectives, daily functionality, etc.. These factors are implemented into both the individual sessions and the family work; this provides the opportunity for family members and/or those who play a significant role in the individual's life to attend therapy to gain more insight. The hope is to gain further understanding of the environment to unveil possible triggers that may be affecting the client.



Clinic Referral Sheet

Helio Health Outpatient Services
 329 N Salina St, Syracuse NY 13203
 315-471-1564



Student Name and Address		Gender	Race	Grade
		DOB		Age
Referral Date	Referral Source			
Guardian(s) Name and Address(please list any applicable)				
Contact Information			School Services currently in place	
Home:				
Cell:				
Work:				
Email address:				
Best way to reach:				
Reason for Referral/ Services Being Sought				

Sliding Fee Scale

6.0 Sliding Fee Structure:											
Family Size	Income Levels										
1	12,760	15,950	16,558	16,971	17,226	17,609	19,140	22,330	23,606	25,520	28,710
2	17,240	21,550	22,142	22,929	23,274	23,791	25,860	30,170	31,894	34,480	38,790
3	21,720	27,150	28,236	28,888	29,322	29,974	32,580	38,010	40,182	43,440	48,870
4	26,200	32,750	34,060	34,846	35,370	36,156	39,300	45,850	48,470	52,400	58,950
5	30,680	38,350	39,884	40,804	41,418	42,388	46,020	53,690	56,758	61,360	69,030
6	35,160	43,950	45,708	46,763	47,466	48,521	52,740	61,350	65,046	70,320	79,110
7	39,640	49,550	51,532	52,721	53,514	54,703	59,460	69,370	73,334	79,280	89,190
8	44,120	55,150	57,356	58,680	59,562	60,886	66,180	77,210	81,622	88,240	99,270
For each additional person, add:	4,480	5,600	5,824	5,958	6,048	6,182	6,720	7,840	8,288	8,960	10,080
Flat Fee	0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%

We accept to following insurances

Anthem	Aetna
BCBS	Excellus
Empire	Fidelis
Lifetime Benefits	Medicaid
Meritan Health	Molina
MVP	Signa
UHC	UMR

We do not accept

Medicare	Humana
Tri-Care	Some Univerity Insurances

Only accepted insurance qualify for sliding fee scale

How Can I Tell If Help Is Needed?

Trying to determine if the changes a child is going through is normal development or cause for concern can be difficult to do. There are three factors that can be used to help determine if there is more going on than the natural changes teenagers face.

1. Intensity - how strongly are the behaviors and/or emotions displayed.
2. Frequency - how often are the behaviors/feelings occurring?
3. Duration - when there are strong feelings occurring, how long do they last?

People will have strong feelings - anger, frustration, joy etc. These are normal behaviors and feelings to experience. Causes for concern occur when those feelings are exceptionally strong, happen frequently, and last for a longer time than expected based on previous behaviors. Some of the behaviors/feelings we should be looking out for are:

- Mood swings
- Lack of enthusiasm
- Lethargy
- Irritability, anger, hostility, outbursts
- Argumentativeness
- Feelings of guilt
- Helplessness
- Hoplessness
- Restlessness
- Difficulty concentrating
- Persistent sadness, lasting two or more weeks.
- Frequent headaches or stomach aches
- Sensitivity to criticism
- Heightened anxiety
- Insomnia
- Changes in eating habits, weight loss
- Avoiding social situations like school or time with friends, withdrawal and isolation
- Changes in school performance
- Self-harm or talk of suicide

Medication and Treatment

The decision to put a child on medication and/or into treatment is always one that should be considered carefully. Please remember that in some instances, medications may have an adverse effect on the child/adolescent. Side effects may include: an increased risk for suicidal thoughts or behaviors, increased anxiety, irritability, insomnia, isolation and aggression. Treatment should always be a coordinated effort between a child's parents or guardians, pediatrician, and any other medical professional that is involved in the child's care.

Psychotropic Medications: a psychotropic medication is a broad term describing a variety of drugs that affect behavior, mood, thoughts, and perceptions. The five major classes of psychotropic medications are: anti-anxiety medications, antidepressants, stimulants, antipsychotics and mood stabilizers.

Types of Therapy:

Talk Therapy is another term for different types of psychotherapy that focuses on the patient speaking with the therapist as the main way of conveying and solving the problem(s)

Art Therapy encourages the patient to express themselves through different forms of art such as: painting, drawing, coloring, and modeling (clay).

Play Therapy uses play as a means for helping children to share their feelings and experiences.





Helio Health[®]

Where hope meets healing

www.helio.health