



Child and Adolescent Services

A part of our Certified Community Behavioral Health Clinic





How can I tell if help is needed?

Trying to determine if the changes a child is going through are part of 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 other 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:

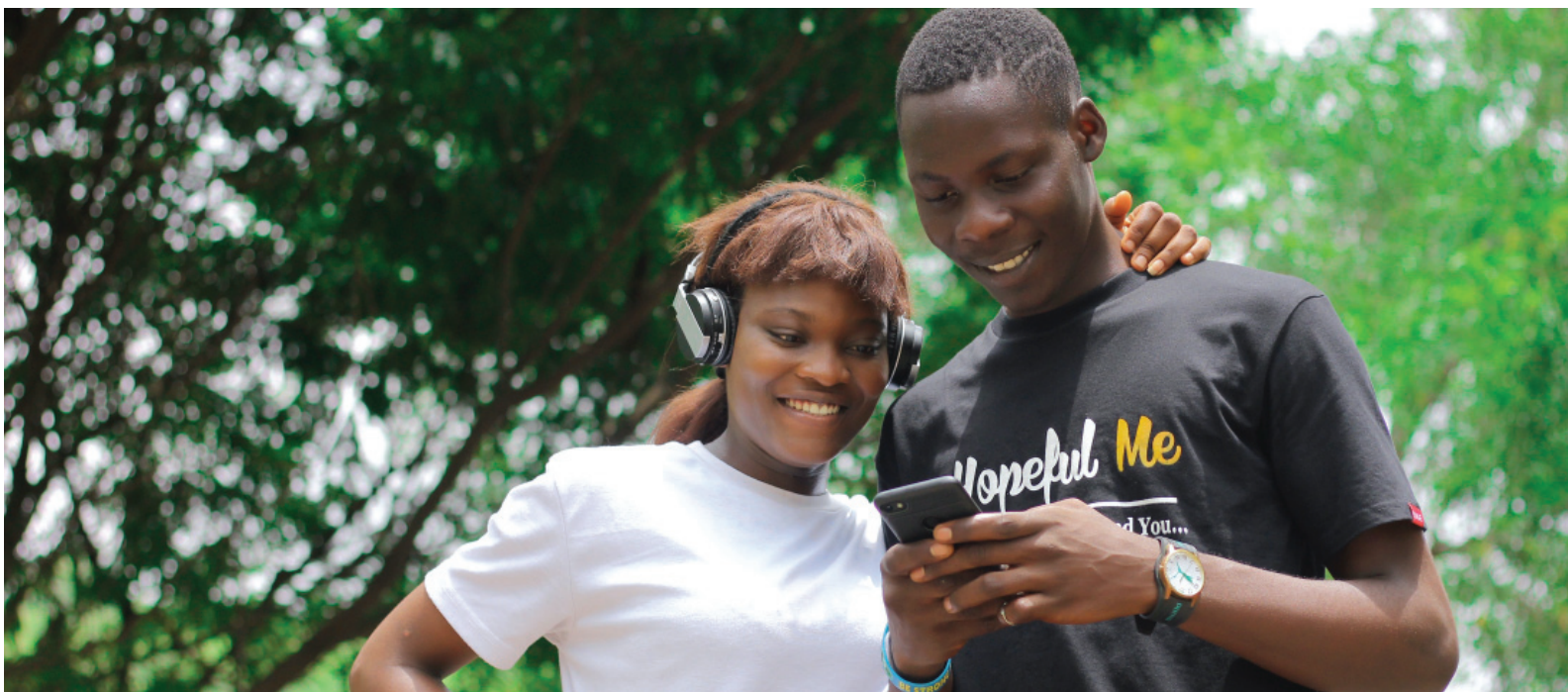
- Mood swings
- Lack of enthusiasm
- Lethargy
- Irritability, anger, hostility, outbursts
- Argumentativeness
- Feelings of guilt
- Helplessness
- Hopelessness
- Restlessness
- Difficulty concentrating
- Persistent sadness, lasting two or more weeks
- Frequent headaches or stomach aches
- Sensitivity 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

The Intake Process

After completing consent and billing forms, one of our clinicians will meet with you to discuss presenting problems and determine treatment options. You will also meet with a nurse to review your medical history.

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

Family therapy is available as an ancillary part of treatment. A 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 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 and gain more insight. This can help further understand the environment to determine possible triggers that may be affecting the client.



Child and Adolescent Outpatient Clinic

The Child and Adolescent Clinic is designed to offer a comfortable and safe space for children through young adults, 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.





Medication and Treatment

Outpatient Treatment can be comprised of a variety of treatment options. Our team will work with your family to complete a comprehensive clinical intake and treatment recommendations will be reviewed in detail. *We encourage you to reach out to us if you have any questions about the treatment process or structure at any time - this is a collaborative process and we prioritize working to meet your family's needs and goals.*

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

Group Therapy encourages the sharing and solving of problems among a group of patients under the supervision of a therapist

Family Counseling can help children, parents, siblings and other family members to develop healthy boundaries, learn positive communication techniques and reduce family conflict

Cognitive Behavioral Therapy is a short-term therapy that works to help change a patient's thought pattern. It teaches the patient to become aware of inaccurate or negative thinking so challenging situations can be viewed more clearly and responded to more effectively

Psychotropic Medications: 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.*

The decision to prescribe medication for a child should be considered carefully. In some instances, medications may have adverse effects on the child/adolescent. Side effects may include: increased risk of 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 professionals involved in the child's care.

School Based Services

Helio Health's Child and Adolescent outpatient clinic operates satellite offices at many area schools. A clinician is available on-site at the school to work with students referred through the school counseling office. The satellite clinics operate as an extension of the main outpatient clinic, students 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.

Our clinicians are able to work with a variety of mental health needs, including anxiety, depression, attention issues, problematic behaviors, trauma, substance use 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. Parents may also make a referral for the child as well.

Helio Health does bill insurance through this satellite clinic; a breakdown of insurance information is included in this booklet. 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.

Please note: The school does not cover any costs for services, the family or guardian is responsible for any financial costs incurred with treatment.

Though the clinician is on-site at the school campus, there is still firm confidentiality in place between the school staff and the clinician. Our 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.



We have Satellite Clinics in the following school districts

Jamesville-Dewitt Central School District

J-D Middle School and High School

Marcellus School District

K.C. Heffernan Elementary

C.S. Driver Middle School

Marcellus Senior High School

Skaneateles Central School District

State Street Intermediate School

Skaneateles Middle School

Skaneateles High School

Tully Central School District

Tully Elementary School

Tully Junior-Senior High School

Westhill Central School District

Walberta Park Primary School

Onondaga Hill Middle School

Cherry Road Elementary

Westhill High School

West Genesee Central School District

Camillus Middle School

West Genesee Intermediate School

East Hill Elementary

Onondaga Road Elementary

Split Rock Elementary

Stonehedge Elementary

West Genesee High School

**To get started, please check with
your school counselor**

Clinic Referral Form

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				

Billing Information

We accept to following insurances:

Anthem
BCBS
Empire
Lifetime Benefits
Meritan Health
MVP
UHC

Aetna
Excellus
Fidelis
Medicaid
Molina
Cigna
UMR

Our clinic also has New York State Marketplace Certified Application Counselors to assist those in need of insurance

**A sliding fee scale can be available for those who qualify*



Syracuse Certified Community Behavioral Health Clinic

329 North Salina Street, 2nd Floor
Syracuse, NY 13203
315-471-1564
Fax: 315-396-0114

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

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

Utica Certified Community Behavioral Health Clinic Insights of Helio Health

500 Whitesboro Street
Utica, NY 13502
315-724-5168

Walk-in Assessments
Monday - Friday 8:00am-3:30 pm



www.helio.health