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CHILDREN LEARN WHAT THEY LIVE

If a child lives with criticism...

he learns to condemn.

If a child lives with hostility...

she learns to fight.

If a child lives with ridicule...

he learns to be shy.

If a child lives with shame...

she learns to feel guilty.

If a child lives with tolerance...

he learns to be patient.

If a child lives with encouragement...

she learns confidence.

If a child lives with praise...

he learns to appreciate.

If a child lives with fairness...

she learns justice.

If a child lives with security...

he learns to have faith.

If a child lives with approval...

she learns to like herself.

If a child lives with acceptance and friendship...

he learns to find love in the world.

Dorothy Law Nolte

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For a free copy of the Ontario County Adult Guide to Youth Services, please contact the Ontario County Youth Bureau office at 585-396-4035 or write to them at 3010 County Complex Drive, Canandaigua, N.Y. 14424.

The information contained in both this manual and the Adult Guide is also available on the Internet at the following website: www.flkids.com – hosted by The Partnership for Ontario County.

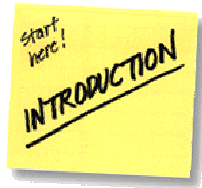
INTRODUCTION

As parents and providers of services to youth, you are faced with the challenges, joys and frustrations that come with parenting or providing services to children and youth. Throughout a child's growing years, you will be faced with various questions and decisions. Like many parents, none of us could begin to imagine what it would be like to raise a child until it happened to us. Our complex, rapidly changing world with its expanding technology, powerful electronic media influence and the greater diversity of family structures impacts our parenting and our children in ways we never dreamed.

The **ADULTS' GUIDE TO YOUTH SERVICES IN ONTARIO COUNTY** is a resource written especially for adults. Today, with the many critical issues young people face in growing up, parents and others concerned for youth are seeking support and asking questions to effectively parent or provide the most appropriate services to youth. Often, knowing where to begin seeking help is confusing.

This directory focuses on critical topics and offers information and contact numbers for services in our community. The **ADULTS' GUIDE TO YOUTH SERVICES IN ONTARIO COUNTY** will help you make choices and will give you the information you need to assist you in reaching informed decisions. This directory is available to remind you that you are not alone. There are people with resources available who care and are willing to help. The **ADULTS' GUIDE TO YOUTH SERVICES IN ONTARIO COUNTY** does not list all community services available. It is meant to be a starting place.

In the back of the book you will find a place to write down names and numbers of people who have been helpful and whom you may want to call again. We did not include names of contact people in agencies as part of The **ADULTS' GUIDE TO YOUTH SERVICES IN ONTARIO COUNTY** because they often change.



OVERVIEW OF THE YOUTH BUREAU

The Ontario County Youth Bureau is a public youth services planning, funding and coordinating agency dedicated to developing, implementing and evaluating a comprehensive countywide system of services for youth in the Ontario County community.

We believe youth and their families deserve the best services possible. To make this happen, we:

- Help plan and coordinate services for youth
- Assess youth needs to determine funding priorities
- Promote partnerships with agencies to provide comprehensive services
- Provide funding to youth service agencies
- Monitor and evaluate Youth Bureau funded programs to ensure quality services
- Study/examine different segments of the youth services system and issues that affect youth
- Advocate for legislation, systems change, funding to improve/assist the youth services system

Overview of the Youth Bureau

Youth Bureau Director	Patty D'Amico
Phone number	585-396-4035 585-396-4015 (Alt #)
Hours Can Be Reached	M-F, 8:30am – 5:00pm
Recommended Website(s)	www.flkids.com www.mcr-center.org www.co.ontario.ny.us/youth
Email Address	Patricia.D'Amico@co.ontario.ny.us

IMPORTANT NUMBERS/HOTLINES

When you don't know where to call, **LIFE LINE** is available **24 hours** a day, 7 days a week for information and referral to services in our community, as well as for short-term telephone crisis counseling about such things as medical emergencies, suicide, and poison control.

24 Hour Crisis and Emergency Numbers

Alternatives for Battered Women	585-393-6240
Child Abuse Hotline	1-877-267-1984
FLACRA – Alcohol Crisis Center (Clifton Springs)	315-462-9466
FLACRA – Alcohol Crisis Center (Geneva)	315-781-0771
Lifeline (& Poison Control)	1-800-310-1160
New York State Child Abuse Hotline	1-800-342-3720
Ontario County Department of Social Services	585-396-4060
Police/Fire Emergency	911 (also VITDD*)
Rape Crisis Service	1-800-247-7273

Information & Referral

Legal Assistance of the Finger Lakes	315-781-1465
Lifeline	1-800-310-1160
Ontario County Drug Help Line	585-396-DRUG (3784)
NYS Relay Center	1-800-662-1220 (TDD*)

Hotlines

Agency	Phone #
Domestic Violence Hotline	1-888-252-9360
Missing Children	1-800-FIND-KID
National Runaway Switchboard	1-800-621-4000
Poison Control Center	1-800-333-0532
Runaway	1-800-HIT-HOME
Smokers	1-800-323-1126
Victim Resource Center	1-800-456-1172
Vocational Rehabilitation	1-800-462-0178

* TDD is a telephone communication system for the hearing impaired.

HOW TO CALL FOR INFORMATION

When calling for information about services, use this simple call guide. Have paper and pen or pencil ready to write down names, phone numbers and information that you need to know i.e., when your appointment is, what to bring

"I would like to talk to someone about _____" (your needs: e.g. medical problems, housing, jobs, etc.)

Things to ask:

Who is the person I need to speak with?

How much does it cost?

When are you open?

What services do you provide?

Do I need an appointment?

What do I need to bring? (birth certificate, medical insurance card etc.)

Where are you located? (address, room number, etc.)

How do I get there?

If the person you need to speak with is unavailable, leave your name, telephone number and message or ask when you can call back. If you don't hear from someone or you have difficulty getting in touch with the person you were told to call, keep trying or CALL ANOTHER AGENCY.

Whatever you do, DON'T GIVE UP TRYING TO GET HELP!



ABUSE/VIOLENT BEHAVIOR

We unfortunately live in a society where violence against children and family members is an increasing problem. Violence means using force to hurt or control someone or break or damage something. Some people get very angry and lose control. They may throw things, punch a wall or hit somebody. They may even be sorry afterwards. If you, a family member or a friend has been slapped, hit or pushed, or your behavior is out of control or violent, it is time to seek help. **No one deserves to be hurt!** There are times when abuse is not physical but emotional. In these situations someone may be threatening a child or an adult verbally or treating them in a way that makes them feel unsafe or believe they will be hurt.

If you, or someone you're with, is hurt or in danger, get away and get help from a friend or neighbor. Call **911** for police assistance.

If there is no emergency, but you are afraid of being hurt physically or emotionally by a friend or family member, or are fearful someone you love may be hurt, talk about it with someone who will listen and believe you, or call one of the numbers listed, under abuse or sexual abuse.

It is common to have mixed feelings about someone who is violent towards you. It is important to tell someone and **not keep secrets** even if the person promises not to do it again. People who abuse or hurt others need to get help. By telling someone, you begin to take control of the situation and begin to help yourself.

You or someone you love may be in an abusive relationship if you or they:

- Are frightened of your/their partner's temper
- Are apologizing to others for your/their partner's behavior
- Have been hit, kicked, shoved or had things thrown at you or them by your/their partner when he or she was jealous or angry
- Make plans/decisions about activities/friends based on what your/their partner wants or how your/their partner will react
- Have been abused as a child or seen your/their parent abused
- Are treated badly or embarrassed in front of others by the person you/they are in a relationship with
- Agree to have sex, even if you/they are uncomfortable about it

Teen Dating Violence

We hear most about domestic violence (family or household violence) that occurs between married people or adults who are living together. Teens can be involved in **abusive dating relationships**. Recent studies report almost one-third of teen and college age students experience abuse in dating relationships. These relationships, just as those involving domestic violence, are very difficult to end. Talk with your teens if you have concerns that they may be involved in an abusive relationship. If they seem unwilling to discuss it with you, suggest they speak to someone they feel comfortable with or see a counselor. (See COUNSELING page 25)

Effects of Domestic Violence on Children

In homes where domestic violence occurs, children are at high risk of suffering physical abuse themselves. Regardless of whether children are physically abused, the emotional effects of witnessing domestic violence are very similar to the psychological trauma associated with being a victim of child abuse. Each year, an estimated minimum of 3.3 million children witness domestic violence.

The negative consequences for children living in violent homes often begin during the first year of life. These very young victims have been known to display such symptoms as excessive fears, poor sleeping habits, poor health and excessive screaming. As a child grows, so too does the impact of living with family violence. Preschool children, who are only just beginning to define themselves and their place in the world, often respond to family violence by displaying lags or regressions in development, excessive anxiety and excessive aggression. Feelings of guilt and responsibility for the abuse may also become evident at this time.

Older child victims may come to the attention of school authorities because of their behavior, truancy, poor self-esteem, aggression, learning problems and delinquent behaviors.

Recent research indicates that the symptoms of Post Traumatic Stress Disorder-sleep disturbances, traumatic nightmares, intrusive daytime ruminations, flashbacks and startle reactions-have been identified in children exposed to domestic violence.

Perhaps most distressing are the studies which indicate that these child victims often grow up to repeat the roles of abused and abuser that they saw so vividly demonstrated in their childhood.

How to Talk to Children About Domestic Violence

If violence is happening in the home, in most instances children know about the violence. Give kids the permission to talk about it with you or another adult who can help make them feel better. It is okay and important to talk about the violence and unlock the "family secret".

Help kids to understand that other children are also in this situation, and that they are not the cause of or responsible for the violence.

Other ways to help children in this situation:

Develop a safety plan for children in case another violent episode occurs. Tell children to stay out of the way. Encourage them to go get help or call 911 if it is safe for them to do so. Help build children's self-esteem. (See SELF-ESTEEM, page 52) Let children know it is o.k. to have mixed feelings about their family member.

Seeking Help

To officially report child abuse, call these 24-hour numbers

Alternatives for Battered Women	585-232-7353
Fatherhood Program(Through Catholic Charities of the Finger Lakes)	315-789-2686
Lifeline	1-800-310-1160

For parents seeking emotional support and programs for preventing abuse call

Ontario County Dept. of Social Services	585-396-4060
Child Abuse Hotline	1-877-267-1984
New York State Child Abuse Hotline	1-800-342-3720
Lakeview Mental Health Services	585-394-7335
Parent Hotline	1-800-637-0701
Rape & Abuse Crisis Services of the Finger Lakes	585-394-3977 X21
Finger Lakes Parent Network	1-607-776-2164

To get information about an Order of Protection or Restraining Order to prevent additional domestic violence among adult family members, call

Domestic Violence Bureau	1-800-924-6906
Legal Assistance of the Finger Lakes	315-781-1456
Ontario County District Attorney	585-396-4010
Ontario County Probation Department	585-396-4222

* TDD is a telephone communication system for the hearing impaired.

AIDS/HIV

AIDS (Acquired Immune Deficiency Syndrome) is a disease caused by a virus called HIV, which shuts down the body's immune system. This means it breaks down the body's ability to protect itself from infection and disease. A person infected with the AIDS virus (HIV) will continue to grow weaker and weaker. It is likely that once a person has developed AIDS, they will die. The AIDS virus (HIV) may live in the human body for years and can be spread to others before any symptoms appear. Anyone can get AIDS.

AIDS virus (HIV) only lives in certain body fluids: they are BLOOD, SEMEN, VAGINAL SECRETIONS AND BREAST MILK. This means a person will not get the AIDS virus (HIV) from a handshake, a hug, a cough or sneeze, sweat or tears, a toilet, eating utensils or a telephone.

The most common ways the AIDS virus (HIV) is spread are:

- unprotected sex (vaginal, anal & oral) with someone who is infected
- sharing use of infected needles (primarily IV drug use, but also possible from ear piercing, tattoos, steroids)
- from an infected pregnant mother to her baby during childbirth and possibly by breastfeeding
- through a blood transfusion from contaminated blood or blood products (testing of blood products since 1985 has significantly reduced this chance)

Remember, you can't tell if people are infected by the way they look. The more sexual partners a person has or their partner has, the greater the chance a person has of becoming infected with the AIDS virus (HIV) and other sexually transmitted diseases. There is currently no cure for AIDS. (See SEXUALLY TRANSMITTED DISEASES on page 59). New treatments are being developed which are having limited success in postponing the onset of full blown AIDS.

The best and safest way to protect against infection with the AIDS virus (HIV) is to not have sex (abstinence) and not to use drugs. A person can get the AIDS virus (HIV) from just one sexual experience. If a person chooses to have sex, there are ways to protect him or herself such as always using a latex (rubber) condom (as well as a spermicide that contains Nonoxynol-9) and not having sex with people who have sores, blisters, or open cuts around their mouth or sex organs. Keep in mind that condoms cannot be counted on 100%. It is possible that a person can become infected with the AIDS virus (HIV), even if using a condom.

Talking with a Child About AIDS

Growing up in an era with AIDS and other sexually transmitted diseases isn't easy. Parents and adults involved with youth need to communicate with them about sex in frank and accurate terms. AIDS is a topic parents cannot avoid. Children watch TV, read the paper, and hear about it at school.

Talking with children about AIDS is not easy. Explaining the basics-that AIDS can be spread by using needles to shoot drugs, and through vaginal, anal and oral sex-may make the most open person uncomfortable. Most adults are uncomfortable discussing sex in such explicit terms with children, but it is crucial we learn to do so.

ALCOHOL & OTHER DRUGS

The use of alcohol and other drugs by youth is a serious problem in our society. Current information reveals:

- Youth begin experimenting with alcohol and other drugs between the ages of 11 and 14.
- Alcohol is the number one drug problem among youth in the U.S. and more kids get into trouble with alcohol than any other drug.
- Alcohol is considered a "gateway" or entry drug for youth; kids are more likely to use other drugs including over-the-counter drugs and cigarettes, if they use alcohol first.
- The three leading causes of death among youth—accidents, homicides and suicides—are all significantly related to alcohol use.
- In New York State, about 15% of students in grades 7-12 are heavy users of both alcohol and other drugs.
- Among teens, drug use is strongly related to having friends who use drugs; if your child has friends who use drugs, then your child probably does too.

Some Thoughts

Alcohol is such an accepted part of the American culture that it carries with it a sense of innocence for teenagers who "experiment" with it. But alcohol is a drug, and this reaction reflects a dangerous attitude that has gained wide acceptance. Although alcoholic beverages are legal for adults, they are ILLEGAL for children and teenagers. Parents who consider alcohol use by young people as "innocent, every-kid-tries-it" behavior are taking an unnecessary risk for their children and friends, not to mention their own liability.

Besides alcohol, youth use other drugs. Most commonly used are cigarettes, marijuana, cocaine and crack but there are many others, including over-the-counter drugs. Youth report relative ease in obtaining illegal drugs. For your information, a reference chart of common drugs & symptoms of abuse is included. See Page 18-19.

Setting Guidelines

A first step toward avoiding problems with alcohol and drugs is establishing guidelines for responsible behavior. Talking with parents of other kids can help you determine appropriate rules for your family. Alcohol and other drug experimentation can begin early, so it is important to start talking about alcohol and other drugs from the time your child enters grade school. The following are some suggestions.

- Be clear about and share your values; you are a role model for your child/teen. Remember, children do as their parents do, not as they say.
- Have your child/teen develop with you family rules (drugs, curfew, sharing chores, acceptable hang-outs, calling in, homework, etc.).
- Involve your child/teen in coming up with the consequences of breaking family rules.
- Follow through with consequences of breaking family rules.
- Expect your child/teen to be responsible for his or her behavior.
- Share your expectations of your kids with neighbors and other family members.
- Discuss with your child/teen how to handle the situation if alcohol or other drugs are available at a party. Help your child/teen develop a comfortable way to refuse alcohol or other drugs.
- Provide opportunities for and encourage creative social activities without alcohol and drugs.
- Be aware of how your child/teen spends money.
- Do not leave teens unsupervised when you are away overnight.

When Your Teen is Giving a Party

1. Plan in advance. Discuss the party plans with your teenager. Know the guest list, so you can prevent an "open party" situation.
2. Set definite starting and ending times. Plan an activity such as swimming, skating, or renting movies. Consider a daytime party.
3. Agree to rules ahead of time:
 - No alcohol, other drugs or smoking
 - No leaving, then returning to the party
 - No gatecrashers allowed
 - Lights will be left on
 - Some rooms are off limits
4. Know your responsibilities! Be visible and aware. You are legally responsible for anything that may happen to a minor who has been served drugs or alcohol in your home.
5. Invite another parent or couple as company for you during a long evening, and to help if there are any problems. When parents deliver their teens to your house, invite them in to get acquainted, if only briefly.

When Your Teen is Going to a Party

1. Make sure there will be parental supervision and that no alcohol will be served. Checking with the parent whose home the party will be held at, may be helpful.
2. Know where your daughter/son is going and with whom. When taking your teen to a party, go to the door and introduce yourself. If you already know the family, at least wait to see that s/he is inside the house.
3. Make it easy for your teen to leave a party. Agree that s/he can call you (or another adult) to come for her/him if there is any reason why staying is uncomfortable.
4. Urge your teen NEVER to ride home with a driver who has been drinking or using drugs.
5. Be awake to greet your teen when s/he comes home or request your teen wake you.

When to Become Concerned

Some of the behaviors listed below may reflect the normal growing pains of adolescence, or, they may indicate alcohol and drug use or abuse or signs of emotional problems. The more behaviors listed below that your child displays or continues over time, the more important it becomes to seek help.

General Behaviors:

- Switching of friends and activities
- Being defensive or blaming others
- Defying rules and regulations
- Lying or being secretive
- Manipulating friends and family
- Changing eating habits
- Changing sleeping patterns
- Losing interest or initiative
- Having problems at school, including a drop in grades and cutting classes
- Verbally or physically abusing others
- Withdrawing
- Encountering legal problems
- Emotional outbursts

Specific Behaviors:

- Coming home unusually giddy, drunk or high; slurring words, stumbling, appearing spaced out or hung over, being promiscuous, showing interest in witchcraft or the occult
- Being responsible for the disappearance of money, alcohol, prescription drugs, family possessions, or his own personal belongings; watering down of family liquor
- Possessing drug paraphernalia-rolling papers, pipes, clips, bongos, pills, drug magazines, drugs, bottles, drug-related jewelry or posters, baggies
- Drawing graffiti or doodling related to drugs; talking about drugs
- Wearing sunglasses and using eye drops to cover up red or glassy eyes or pupil changes

- Using breath mints, cigarettes, gum, heavy perfume or incense to cover the smell of alcohol or other drugs
- Changing personal habits or appearance, showing less interest in appearance
- Being compliant and agreeable, but failing to follow through with promises made
- Saying they are going to a place or event parents approve of, but consistently going somewhere else
- Sustaining frequent injuries or exhibiting signs of illness such as nausea, abdominal pains, persistent cough, sniffing, runny nose
- Showing signs of emotional distress, including depression, overwhelming anxiety, paranoia, extreme highs and lows
- Talking or writing about life not being worth living or suicide
- Self-mutilation such as self drawn tattoos, cigarette burns, writing on body
- Violent bursts of anger expressed by hitting family members and friends, punching walls, reckless driving at excessive speeds, promiscuous sex

Confronting the Problem

Kids who use alcohol and other drugs come up with all kinds of excuses to deny their use or explain their use. Parents also come up with excuses to deny their kid's alcohol and/or other drug use. When you suspect drug or alcohol abuse, confront the fact and then work to solve the problem. The following guidelines may be helpful, but you may need to seek outside help in preparing to address the problem. See COUNSELING, page 25, and resources listed at the end of this section.

- Take time to recognize your own feelings so that you can attempt to discuss the subject calmly.
- Discuss and agree on a plan of action with spouse/significant other.
- Keep a written record of your observations.
- Talk to friends, family, and school personnel to see if they have noticed changes.
- When you address the problem, choose a time when your teen is not high on alcohol or other drugs.
- If denial persists, involve other concerned persons, such as relatives, clergy or school personnel.
- Focus on your concern for your teen's well being.
- Describe specific observations and concerns.
- Avoid accusations. They will only lead to denial.
- Let your teen know that you disapprove of her/his behavior, not of her/him.
- Be firm. Do not be intimidated or manipulated.
- Discuss the need for an evaluation with a chemical dependency counselor.
- Follow through! (See resources listed at the end of section)

Another Child's Use of Drugs

If you have factual information that a child other than your own is using drugs, believe it is a potential health threat to that youth or would feel guilty if that youth overdosed or was involved in a DWI, take action to help that child by telling her/his parents or teacher or counselor. If you are concerned you will break a "trust," sometimes you need to "expand" the numbers of people that are part of the trust, to save a life.

When we do nothing we support drug use and abuse among adolescents and give them a message that their behavior is OK. Everyone needs to get involved to stop drug abuse.

Effects on Youth of Family Drug Abuse

Children and teens are affected by the drug use and abuse of a parent or other family member. One out of every eight Americans is the child of a parent who has or had an alcohol problem. Children of alcoholics and other drug abusers are prone to a wide range of problems, including anxiety, depression, eating disorders and other stress related health problems. They often deal on a daily basis with fights, broken promises and inconsistent behavior by their parent(s). They also must deal with the fear, silence and shame that surrounds the "family secret". Many blame themselves for the problem.

It is extremely hard for the non-drug abusing parent to also deal with their significant other. They often feel the same embarrassment, frustration, confusion, and powerlessness as their children do.

Alcoholism and chemical dependency are diseases that affect the whole family and professional help is necessary. Talking to your child and connecting yourself and family with professional help to address the problem is important. The situation has to be brought out in the open so that family members can receive information and support to deal with the situation. Special support groups and treatment programs for the abuser and family exist in our community. Treatment can include support groups, counseling, inpatient, outpatient, and halfway houses. The following resources may be helpful.

For an alcohol or drug related emergency, call 911 or get to a hospital emergency room.

For more information about alcohol and other drugs, or about getting help with an alcohol or drug problem, call

AIDS Rochester Inc.	585-442-2220
Alanon/Alateen	585-288-0540
Alcoholics Anonymous Finger Lakes Answering Service	315-789-5955
Rochester Area Association of Central Office Groups (RAACOG)	585-232-6720
American Lung Association: Finger Lakes Region, Inc.	585-442-4260
Catholic Family Center/Hannick Hall	315-331-2300
Clifton Springs Hospital and Clinic	315-462-9561
Council on Alcoholism and Other Chemical Dependencies of the Finger Lakes, Inc.	315-789-0310
Finger Lakes Regional Poison and Drug Information Center University of Rochester Medical Center	585-275-3232
Finger Lakes Alcoholism Counseling And Referral Agency (FLACRA)	315-462-9466
Geneva Office	315-781-0771
Geneva General Hospital Detoxification Unit	315-787-4650
Narcotics Anonymous	315-781-7931

Substance Abuse & Treatment Information

Clifton Springs Hospital & Clinic	315-462-9561
Clifton Springs Outpatient Clinic	585-394-0530
Finger Lakes Health Detoxification Center	315-787-4000
FLACRA	
Clifton Springs	315-462-9466
Geneva	315-781-0771
Park Ridge Chemical Dependency	585-272-8330
Poison Control Center	1-800-333-0532
Stop DWI Program	585-393-8347
Substance Abuse Treatment Programs: VA Medical Center	585-393-7752
The Health Association	585-423-9490
The Partnership for Ontario County, Inc.	585-396-4554
Turnings	1-877-831-9791 585-396-4190
Veterans Outreach Center, Inc.	585-546-1081
Lifeline	1-800-310-1160

Also, for drug abuse information on specific areas, look up **Drug Abuse/Mental Health** in the front of the Talking Phone Book, for tape recorded information.

The following brochures/pamphlets were consulted/adapted for this section

Alcohol, Kids & Teenagers, New York State Division of Alcoholism and Alcohol Abuse

Alcohol, Some Thoughts for Parents, New York State Division of Alcoholism and Alcohol Abuse

Drugs and Alcohol, a Middle School Parent's Guide, Brighton Central Schools

A High School Parents Guide to the Use and Abuse of Drugs and Alcohol, Brighton Central Schools

Teen Parties and Alcohol; What Parents Need to Know, Fairport Central School District, Chemical Use Steering Committee



COMMON DRUGS: SYMPTOMS of ABUSE

Type of Drug	Drug Name	Street Name	Methods of Use	Symptoms of Use	Hazards of Use
Marijuana Hashish		Pot, Grass, Weed, Colombian, Hash, Hash Oil, Sinsemilla, Joint	Most often smoked, can also be swallowed in solid form	Sweet, burnt odor, neglect of appearance, loss of interest, motivation, possible weight loss.	Impaired memory perception, interference with psychological maturation; possible damage to lungs, heart, and reproduction and immune systems, psychological dependence.
Cocaine		Coke, Snow, Toot, White Lady, Blow Rock, Crack	Most often smoked or inhaled. Also injected or swallowed in powder, pill, or rock form.	Restlessness, intense anxiety, short-term high followed by depression	Intense psychological dependence, sleeplessness: anxiety, nasal passage damage, lung damage, death from overdose.
Stimulants*	Ritalin	R-Ball, The Smart Drug, Vitamin R	Orally, snorted, dissolved and injected	Increased blood pressure and heart rate, euphoria, appetite suppression, insomnia, nausea, weight loss, nervousness, dizziness, headaches, abdominal pain, drowsiness, hypertension	Hostility, paranoia
	Amphetamines Dextroamphetamine Methamphetamine	Speed, Uppers, Pep Pills, Bennies, Dexies, Moth, Crystal, Black Beauties	Swallowed in pill or capsule form, or injected into veins	Excess activity, irritability, nervousness, mood swings, needle marks	Loss of appetite, hallucinations: paranoia, convulsions: coma, brain damage, death from overdose
	Nicotine	Coffin Nail, Butt, Smoke	Found in cigarettes, cigars, pipes, and chewing tobacco	Smell of tobacco, high carbon-monoxide levels, stained teeth, yellow fingers	Cancers of the lung, throat, mouth, esophagus, heart disease: emphysema
Depressants**	Oxycotin	O.C., Oxies, Oxy, Killer, Poor Man's Heroin	Orally, snorted, dissolved and injected	Analgnesia, respiratory depression, euphoria, drowsiness, constipation, dizziness, weakness	Appetite suppression, wakefulness, respiratory depression.
	Ketamine	Black Hole, Bump, Honey Oil, Special K, Super Acid, Super C, Vitamin K	Orally, injected, snorted, smoked, mixed into alcoholic drinks	Euphoria, sedation, may be lethal when mixed with alcohol, amnesia, dreamlike state, hallucinations, muscle relaxation, nausea, headache, loss of reflexes, dizziness, confusion, slurred speech	Delirium, amnesia, impaired motor function, high blood pressure, depression, respiratory depression, loss of muscle control, loss of consciousness.
	GHB	Cherry Meth, Easy Lay, Everclear, Liquid E, Liquid G, Liquid X, Sleep 500	Orally, injected, snorted, smoked, mixed into alcoholic drinks	Euphoria, sedation, may be lethal when mixed with alcohol, amnesia, dreamlike state, hallucinations, muscle relaxation, nausea, headache, loss of reflexes, dizziness, confusion, slurred speech	Delirium, amnesia, impaired motor function, high blood pressure, depression, loss of muscle control, loss of consciousness.
	Barbiturates Pentobarbital Secobarbital Amobarbital	Barbs, Downers, Yellow Jackets, Red Devils, Blue Devils	Swallowed in pill form or injected into veins.	Drowsiness, confusion, impaired judgment, slurred speech, needle marks, constricted pupils.	Infection, addiction with severe withdrawal symptoms, loss of appetite, death from overdose, nausea
	Quaalude Sopor	Ludes Soapers	Swallowed in pill form	Impaired judgment and performance, drowsiness, slurred speech.	Death from overdose, injury or death from car accident: severe interaction with alcohol.

*Drugs that stimulate the central nervous system. Includes look-alike drugs that contain caffeine, phenylpropanolamine (PBA) and ephedrine.

** Drugs that slow down the central nervous system.

COMMON DRUGS: SYMPTOMS of ABUSE

Type of Drug	Drug Name	Street Names	Methods of Use	Symptoms of Use	Hazards of Use
Narcotics* / Opiates	Dilaudid; Percodan; Demeral; Vicodin		Swallowed in pill or liquid form, injected	Drowsiness, lethargy	Addiction with severe withdrawal symptoms, loss of appetite, death from overdose
	Codeine	School Boy	Swallowed in pill or liquid form		
	Morphine Heroin		Injected into veins, smoked	Needle marks	
Hallucinogens**	PCP (phencyclidine)	Angel Dust, Killer Hog, Weed, Supergrass, PeaClee Pill	Most often smoked, can also be inhaled (snorted), injected, or swallowed in tablets	Slurred speech, blurred vision, uncoordination, confusion, agitation, aggression	Anxiety; depression, impaired memory, perception, death from accidents, death from overdose
	LSD	Acid Cubes, Purple Haze	Usually swallowed	Dilated pupils, illusions: hallucinations, mood swings	Breaks from reality, emotional breakdown, flashback
	Mescaline Psilocybin	Mesc Cactus, Magic	Usually swallowed in their natural form		
Alcohol		Booze, Hooch, Juice, Brew	Swallowed in liquid form	Impaired muscle coordination, impaired judgment	Heart & liver damage, death from overdose and accidents, addiction
Inhalants***	Gasoline Airplane Glue Paint Thinner Dry Cleaner Fluid		Inhaled or sniffed, often with use of paper or plastic bag or rag	Poor motor coordination, impaired vision, impaired memory	High risk of sudden death, drastic weight loss, brain, liver, and bone marrow damage
	Nitrous Oxide Whippets	Laughing Gas	Inhaled or sniffed by mask or balloons	Abusive, violent behavior, lightheadedness	Death by anoxia, neuropathy, muscle weakness
	Amyl Nitrite Butyl Nitrite	Poppers, Snappers, Rush, Locker Room	Inhaled or sniffed from gauze or ampules	Slowed thought, headache	Anemia, death by anoxia

*Natural or synthetic drugs that contain or resemble opium.

** Drugs that alter perceptions.

*** Substances abused by sniffing.

Note: Taking drugs of any type during pregnancy can be hazardous to the fetus. *Common Drugs and Symptoms of Abuse* NYS Division of Substance Abuse Services

BASIC NEEDS

The following lists resources available for obtaining information about basic needs (e.g., food, shelter, clothing.) If you need additional information or are unsure of what resource or agency to contact, please call **LIFE LINE at 1-800-310-1160**.

Food

For information about obtaining food stamps, call

Ontario County Dept. of Social Services	585-394-4060
New York State Food Stamp Hotline	1-800-342-3009

Bristol United Church	585-393-1058 585-394-6983
Catholic Charities of the Finger Lakes	315-789-2686
Center of Concern	315-789-1117
Finger Lakes Women, Infants and Children Program (WIC)	585-394-9240 315-789-0185
First United Methodist Church (lunch served free 11:45 until all served)	315-789-6550
Foodlink, Inc.	585-328-3380
Geneva Coalition Food Pantry	315-789-3916
Gleaner Community Kitchen	585-394-4818
Naples Open Cupboard	585-374-8697
Ontario County Community Action Program	585-396-3040
Salvation Army	585-394-6968 315-789-1055
St. Frances Food Cupboard	315-548-3234
St. Vincent DePaul	585-394-2924 585-924-2615
Victor Farmington Food	585-924-9133 585-924-4712 585-924-5036
United Church of Christ	585-229-5911
Zion Fellowship Storehouse	585-394-7450

Housing Information, Housing Issues & Services

For runaway or homeless emergency shelter programs for youth under 21 refer to Running Away or Homeless section, p. 50.

For daily listings of available apartments, landlord/tenant rights and help, call

Geneva Housing Authority (Section 8 Housing)	315-789-8010
Ontario County Social Services	585-396-4060
Emergency Shelters for Families	1-800-808-6444

Financial Aid

For information on Income Maintenance (Public Assistance, Food Stamps, or Medicaid) call

Ontario County Social Services	585-396-4060
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Clothing

For a list of the "Used Clothing Centers in Ontario County", call

As They Grow (clothing assistance)	585-374-8050
Center of Concern	315-789-1117
Community Support Shoppe (clothing assistance)	585-657-4498
Lily's Consignment Shop	585-396-1300
Naples Open Cupboard	585-374-8697
Play It Again Consignment Shop (clothing Assistance)	585-526-5247
Rose Parlor Consignment Boutique (clothing Assistance)	585-396-9800
Salvation Army Thrift Shop	315-789-6093
Second Season (clothing assistance)	315-462-3293
St. Mary's (clothing assistance)	585-394-1220
St. Vincent	585-394-2924
The Linden Exchange	315-789-6162

Heating/Utility Assistance

Before seeking help in meeting delinquent fuel and utility payments, debtors should contact the particular company and try to arrange an alternate payment plan. Many companies, like Rochester Gas & Electric, are required by law to continue service if debtors can arrange a fair and affordable payment plan with them. Ask about arranging such a plan by calling the Customer Service number of the fuel or utility company, the number appearing on the fuel bill itself.

For help with heating (fuel) costs call

HEAP (Home Energy Assistance Program)	585-394-4060
New York State Public Service Commission (NYPSC) Hotline	1-800-342-3355
(Mon.-Fri. 7:30 A.M. -7:30 P.M.)	

CARING ABOUT THE ENVIRONMENT

You may have already heard children's views about saving our planet and our resources. Environmental concern and caring can be a community and family effort in which everyone can join.

Young people have an important part to play in conserving our resources. Every bit we do helps save natural resources and landfill space. Encourage children and teens to become involved.

Here are some ways to help:

- recycle paper, aluminum, plastic and glass
- use less hot water
- buy reusable items instead of disposables
- support recycling programs at your local school/neighborhood centers
- use your blue box to recycle cans, glass, plastic newspaper, glossy catalogues/magazines

For more information on what can be done to help, call the following:

AAA Environmental Inc.	585-458-3950
Agriculture Environmental Services	585-742-2180
Austin Master Services	585-229-4813
Canandaigua Conservation Officer	585-396-0990 or 3316
Cornell Cooperative Extension of Ontario County	585-394-3977
Cornell Migrant Program	315-483-4092
Drake Environmental Consultants	585-657-6262
Environmental Services Solid Waste & Recycling	585-760-7600
New York State Conservation Dept.	585-554-4131
New York State Dept. of Environmental Conservation	
Region Headquarters	585-226-2466
New York State Dept. of Health	315-789-3030
Ontario County Humane Society Inc.	585-396-4590
The Partnership for Ontario County:	
Environmental Mentoring Program	585-396-4554
US Government Offices Dept. of Agriculture:	
Farm Service Agency	585-473-3440



CHILD CARE

Finding appropriate and affordable childcare is one of the most difficult tasks that parents have. Parents often don't know the right questions to ask and how to assess the various childcare options available to them. The choice of childcare arrangements can only be made by parents, who know their own situation and child best. There is no one kind of childcare program that is best for all children. Some thrive in a center based program; others are happier with the smaller group size and homelike atmosphere of a family day care home; still others do best with a sitter in their own home.

Whatever the setting, the key factor in choosing childcare is the quality of the care itself. Most authorities agree that a high quality child care program should offer knowledgeable, loving care givers who understand and care about children and who work with the family to provide the best possible care for each child.

The following is a list of things to look for and ask when looking into out-of-home childcare. If you're exploring the option of day care centers/group care, plan to visit more than one program during hours of operation. Ask for a tour and spend some time in the classroom that your child might be in if s/he were to attend that program. Plan to bring your child for a visit prior to their first day. If you are looking into family day care, you should visit the home and may want to visit more than one. If possible, take your child with you on visits at a time when other children are in the home.

- Do the day care parents or staff appear warm and friendly; seem calm and gentle; accept and respect your personal and cultural values; read and talk with children; encourage children to express themselves; appreciate and praise each child's individual efforts; have previous experience working with children; have time to talk about your child with you; have training in child development or have previous experience working with children; involve parents in the ongoing activities?
- Are there opportunities for children to make friends with other children; receive individual attention; use books, games and toys; enjoy music, rhythm and dramatic play; visit places of interest like parks, library, museum or firehouse; have some free choice of activities for part of the day; play actively and quietly in-doors and out-doors; participate in meal or snack preparation and clean-up; learn problem solving skills?
- Does the day care center or day care home have space for all children; space and cot for each child to take a nap; a place for each child to store their personal possessions; a safe outdoor play area; sufficient adult caregivers for the number of children; nutritious meals and snacks; adequate heat, ventilation, and bathroom facilities; clean and comfortable looking; procedures for staff and children in case of an emergency or fire; locked cabinets for storage of medicine, cleaners and any other dangerous materials; safety caps on electrical outlets; equipment and toys are in good working order; a health program; procedures for a sick child; proof that they meet all building, health, fire and licensing regulations; groupings of children consistent with age and development stages; precautions about who can come into and move about the center and remove a child?

- Be sure to discuss fees to be paid and when they're to be paid; addresses and telephone numbers where you can be reached at home and work; a list of who is authorized to pick up the child; a plan for emergency or a child's illness; what time your child will arrive and leave; any special arrangements for transportation; arrangements and schedules for holidays and vacations; views and methods on controlling a child's behavior; participating in conferences/parent meetings and other center activities; any special characteristics of your child such as food preferences, habits, allergies and special medical needs; policy about unscheduled visits during the day to check on your child; policy on having lunch or snacks with your child; whether you can bring in food to share for your child's birthdays or special events?

If you are not happy with the childcare program you have selected, talk with the child care provider about your concerns and questions. If you are still unhappy with your choice, keep looking around and explore other options.

If you need assistance in finding childcare, contact your pediatrician/family doctor, check with family and friends who use childcare or contact the Child and Family Resource Center at 585-554-6846



COUNSELING

No one feels good all the time. Everyone, at times, has strong, uncomfortable or angry feelings about things going on in their lives. For young people, this may be experienced in their family through outbursts or isolating themselves or through "acting out" behaviors. Good listening and communication skills between parents and young people can help during these time periods. When youth have these feelings or present "troublesome" behaviors, try talking with them, encouraging them to share their feelings and concerns. When one member of a family experiences a problem or is hurting in some way, all members of the family are affected. If attempts at talking do not work out and the concerns continue, counseling can help.

Counseling can help a young person or a family change many of their uncomfortable feelings into more comfortable ones. Other times, people talk with counselors to help them with decisions they are trying to make or problems they are trying to solve. Through counseling, you, your child and your family can learn to better understand each other's feelings and improve communication.

When is Counseling Needed?

If you find the feelings or behaviors are interfering with normal everyday activities, there may be a need for counseling. The following are signs that someone may need counseling.

- sudden changes in mood or behavior
- depression-feeling unhappy for a long time
- anxiety-strong feelings of fear or nervousness
- losing one's temper over small things
- physical aches and pains that have no known physical cause
- dropping grades

Who does Counseling?

Sometimes friends, relatives, school counselors or religious leaders can help by listening to the problems and making suggestions on how to deal with the situation or help identify where to get help.

Sometimes problems seem too hard or too personal to share with someone close and/or may require someone with a special expertise. In that case, it's good to talk things through with a counselor. Many counselors who work with young people believe it is important to see the whole family for counseling. They recognize that all family members are affected and must work together for change to occur. Some young people and families are resistant to counseling or talking together as a family. Counseling can occur with individual family members or with the family together.

Where Do I Find Counseling?

There are many places to go for counseling. It may be helpful to talk with your child's guidance counselor, the school nurse, or a clergy member, or even your teen about where to go for help. Also, if you are still not sure of where to go, The Mental Health Association has a guide to finding mental health services. Call 585-256-0590 for a copy of *Finding Your Way*.

The following provide counseling services. Many are targeted specifically for youth. When you call, ask about fees, health insurance coverage, how much you're responsible to pay for, and how to make an appointment.

Here are some agencies you can call:

AIDS Rochester, Inc.	585-442-2220
Satellite Offices	585-454-5556 315-781-6303 607-776-9166
AIDS/HIV Counseling & Testing Hotline NYS Dept. of Health	585-423-8081
Boike Clinic	585-394-1442
Brain Injury Association of NYS FACTS Program	315-331-9051
Catholic Charities of the Finger Lakes	315-789-2686
Clifton Springs Hospital & Clinic	315-462-9561
Consumer Credit Counseling Service of Rochester Inc.	585-546-3440
Crestwood Children's Center	585-232-4670
East Bloomfield Migrant Education Outreach Program	585-657-7162
Family Budget Counseling Program-Cooperative Ext. Ctr.	585-394-3977 Ext.21
Family Counseling Service of the Finger Lakes Inc.	315-789-2613
FLACRA	315-536-2171 315-462-9466
F.F. Thompson Continuing Care Center	585-396-6040
Happiness House	315-789-6828
Ontario County District Attorney Crime Victim Assistance	585-396-4010
Geneva Office	315-789-6706
Parents Anonymous	315-396-0886
Rape & Abuse Crisis Service of the Finger Lakes	315-781-1093
Substance Abuse Treatment Programs: VA Med. Ctr.	585-393-7987
Turnings	585-396-4190
Victim Resource Center of the Finger Lakes Inc. Wayne County Office	315-331-1171

Mental Health Services

Mental health providers have services specifically for youth and their families. All charge fees and your health insurance may pay part or all of the fee. Appointments are necessary unless it is an emergency.

Clifton Springs Outpatient Mental Health Clinic	315-462-0471
Lakeview Mental Health Services, Inc.	585-394-2900
NYS Office of Mental Health	315-789-4614
Ontario County Mental Health	585-396-4363
New York State Office of Mental Health:	
New Directions Social Club	585-241-1271



DEATH AND LOSS

When someone close to you dies, you may be overwhelmed with feelings of anger, hurt, sadness and uncertainty. It is a painful and confusing time. The problem of what to say and how to talk about your feelings is one of the most difficult that you can face. You may be afraid of saying or doing the wrong thing. If you must tell a child about death, you may want to hide the truth from a child in an attempt to protect him/her and help the child not to miss the person so much. You may say things like "he is sleeping" or "he has gone away" instead of talking openly about someone's death.

When someone dies, you and/or your child may have a lot of different feelings, many at the same time, including surprise, disbelief, anger, guilt, loneliness, depression and sadness. Each person reacts to death in his or her own way. Some cry, some get angry, some get quiet and go off by themselves and some act like nothing happened. How you grieve is a personal thing and does not measure how much you cared about the person, only how you handle or express your feelings. Children also need an opportunity to express their feelings and fears. They learn what is acceptable by watching you. Your ability to be open and honest with them, will help them to better accept what has happened and to openly express themselves.

It is important to help your child talk about his/her feelings with someone who will listen. A child may be afraid that by talking about death, that it will happen again. S/he may be afraid that you or s/he will die, and be afraid to go to sleep; or won't let you out of sight; or lose appetite, experience headaches, mood swings, loneliness, depression or anger. Anger at God is not uncommon.

If the death is of a parent, the child may feel isolated and unsure of the future. If the person was the primary source of income, there may be concerns about how the family will survive. The child may feel the need to take over the role of the dead parent. Try not to put your child in the position of behaving like an adult. If you are grieving yourself, and can't give the attention that is needed to the child, find someone-a family member, family friend, clergy-that can help the child to grieve and be there for that child.

If the person that died is a friend, neighbor or distant family member, children often feel left out of the grieving process and feel that there is little they can do.

The following are some things that you can suggest a child could do that might assist family or friends who have lost a loved one:

- run an errand
- mow the lawn or take care of the garden
- feed a pet or walk the dog
- bring flowers
- help with household chores.. laundry, vacuuming, dusting
- baby-sit the children or take a child for a walk
- wash the car

Remember that there are people out there who can help you and your child as you struggle with the death of someone. (See COUNSELING page 25.) Schools and religious organizations may have support groups to help you deal with the death of someone. Call the following for a list of support groups.

Boike Clinic	585-394-1442
F.F Thompson Continuing Care Center	585-396-6040
Family Service of Rochester	585-232-1840
Hope for Bereaved	315-475-4673
Family Counseling Service of the Finger Lakes	315-789-2613
Ontario County Mental Health	585-396-4363

DISABILITIES/HANDICAPPING CONDITIONS

If you are the parent of a child with a disability, or you are a worker involved with a child who is identified as having a disability, you have to confront many myths about disabilities and continually advocate that the child's needs are appropriately and adequately addressed.

In the last 20 years, Federal and State laws and regulations have been passed and court decisions have provided directives that ensure disabled children and adults have rights and opportunities the same as non-disabled people. The most notable of these is the Individuals with Disabilities Education Act ("IDEA") formerly called the Education of All Handicapped Children Act, Section 504 of the Rehabilitation Act of 1973, Public Law 94-142 and the Americans With Disabilities Act of 1991.

General Classification

As a parent or advocate for children, it is important to know about classifications used to describe children with "disabilities". The following briefly and simply outline some of the more commonly used classifications and is not meant to be inclusive.

The term AUTISTIC is used when a person displays a great deal of difficulty in responding appropriately to adults and children. The person may demonstrate abnormal responses to sensations (sight, hearing, touch) and may have delayed speech and language skills. They may use toys and objects in ways they were not intended to be used.

The term EMOTIONALLY DISTURBED is used when a person displays specific behaviors over a long period of time and to such a degree that the person is unable to do well in school or a social setting, which cannot be explained by intellectual, sensory or health factors.

The term LEARNING DISABLED is used when a person of average, or even above-average intelligence, for one reason or another has difficulty learning. The problem may be perceptual handicaps, brain injury, minimum brain dysfunction, dyslexia, developmental aphasia, or attention deficit. It means the individual cannot learn the way other people learn, not that the individual cannot learn.

The term MENTALLY RETARDED is used when a person learns at a slower rate because of a significantly lower level of intelligence. Language or motor development is considerably slower than that of other people of the same age or the person seems unable to learn new skills as quickly.

The term SPEECH IMPAIRMENT is used when a person has difficulty speaking. The person may substitute one sound for another, be unable to make certain sounds, leave sounds out, make some speech sounds that cannot be understood, stutter or have difficulty understanding or using words or sentences.

The term HARD OF HEARING is used when a person has a hearing loss which ranges from mild to severe, but can use the sense of hearing either with or without a hearing aid. A person is considered DEAF when s/he has no hearing.

The term VISUALLY IMPAIRED is used when a person is blind or unable to use vision in some situations. A person is partially sighted when some functional sight exists.

The term ORTHOPEDICALLY IMPAIRED is used when a person's performance is being affected due to such conditions as cerebral palsy, amputations, fractures or burns which cause severe restriction of the muscles.

The term OTHER HEALTH IMPAIRED is used when a person is physically handicapped and has limited strength, vitality or alertness due to chronic or acute health problems, and these affect the individual's functions. These problems may include a heart condition, tuberculosis, asthma, sickle cell anemia, tourette syndrome, hemophilia, epilepsy, lead poisoning, leukemia, diabetes or AIDS.

The term MULTIPLE HANDICAPS is used when a person has two or more primary handicaps such as deafness and blindness or severe emotional disturbance and mental retardation.

Living With Disabilities

Being disabled is not a disease. It's not catching. People come in all shapes, sizes and intellectual abilities. Some people are born with their disability, others become disabled through accident or illness. No one chooses to be disabled and no one can predict if it might happen to them. If your child has a disability, help him/her to remember that s/he is not the disability. While it may affect his/her appearance on the outside, who s/he is on the inside is what really matters.

Your child may not be disabled, but you may be confronted with questions about disabilities that you are uncertain on how to handle. Children are naturally inquisitive and spend a lot of time and energy comparing themselves to others. Have you ever had a child ask "why is that person so fat" or "why is her skin darker than mine" or "gee that person looks funny", or "why does that person walk funny? "You may be uncomfortable with responding to these questions. When children ask questions, they leave you a door open to talk with them about the topic. Be open and honest with them.

If you know the information, share it with them. If not, tell them when and how you will get the information. In some instances, you may be caught off guard or there is no answer. It is OK to say "I don't know."

Children may make fun of, or pick on other people, because they look different, learn differently, or have a disability. It is important to help your child understand how "making fun" can really hurt someone and why that is something you don't want them to do.

Children may be reluctant to make friends with someone who has a disability because they are afraid that their other friends will laugh at them or not want to be their friend. Help your child to not let someone's "outside" prevent them from discovering their "inside". Encourage them to reach out, they may discover a new friend.

There are many agencies that offer services to young people with disabilities and their families. To find out what specific programs or services are available, or to get more information, call any of the following

Agri-Business Child Development	315-781-3267
Educational Advocacy – Wayne Finger Lakes BOCES	585-526-6471
Finger Lakes Parent Network	607-776-2164
Happiness House Finger Lakes Cerebral	
Palsy Association	315-789-6828
Head Start of Ontario County	585-394-1190
Ontario ARC	585-394-7500
Ontario County Children With Special Needs	585-396-4546
Ontario County Public Health	585-396-4343
Regional Early Childhood Direction Center	585-275-2263
St. Joseph's Villa of Rochester	585-865-1550
Strong Center for Developmental Disabilities	585-275-0355



DIVORCE

Separation, divorce and/or remarriage impact children as well as adults. Six out of ten marriages end in divorce today. Separation and divorce hurts ... it hurts the parents and the children. This is a difficult time for all family members. It is hard for children to accept that no matter how good they are, how great their grades are, or how bad they act, they don't have any power to make their parents relationship better or to bring them together. It is also hard for children to understand that even if their parents do not love each other or get along anymore, that doesn't change their love for their children.

Reactions and Concerns

Some children react to a divorce with some, or all, of the stages of grief: shock and confusion, denial, anger, guilt, bargaining, and depression. Others do not. Some children, especially the younger ones, believe that they are responsible for the separation; others blame one or both of the parents.

Children's initial concerns are usually about how their lives will be affected by the divorce: where and with whom they will live; whether their name will change; if they will have to take a job; if they can continue buying clothes at a favorite store; who will care for them if something happens to the custodial parent; whether they can still invite friends to their home; whether their friends will think less of them

When and How to Tell Children

When both parents tell the children at the same time, there is a greater chance that the children will hear the same story. Telling the children separately may create an atmosphere of distrust and secretiveness, may result in children's "comparing notes," and runs the risk of a child being told by a brother or sister.

Parents may not want such an open discussion because they are afraid of showing their feelings of hurt, anger, or bitterness. However, if they feel this way, the children have probably sensed it. If either parent is unwilling to speak to the children together, it is advisable that the other parents give the information. What is important is that children be told regardless of their age. Even one-year olds will notice a change and need to be told.

School Involvement

Some people question whether to tell their child's teacher about what is happening in the family. The teacher can be in a good position to provide support and identify a need for outside help.

Check with your child's school counselor to see if the school offers a support group for young people who are experiencing feelings about divorce, separation and/or remarriage.

Provide your child's school district a copy of any Order of Protection or other Court Order which restricts the non-custodial parent's contact with the child and/or his/her access to information about the child.

Children in the Middle

Using children as a source of information about the other parent, or asking children to pick sides in the parental conflict, poses a conflict for children. Children can feel caught in the middle and this is unfair to them. Out of fear or confusion they may go along with what the parent asks. Many children side with the parent they are with at the time, and then fear that their double siding will be found out.

Some children use the divorce as an opportunity to win favors, privileges, and presents. Some divorcing parents may be manipulated because they are still angry with one another or feel guilty about the situation.

Some Suggestions for Dealing with Children Whether you are living with your child or not, you have a responsibility to be involved with your child and to help him/her adjust to the changed circumstances. Children need your support and reassurance that you still love them. Expect them to be angry with you at times and to have mixed feelings.

The following suggestions may be helpful for children whose families are splitting up.

1. Talk to children about what is happening in ways they can understand and with information that is appropriate to their age level.
2. Listen to, recognize, and accept the feelings children are experiencing. Encourage them to share their feelings.
3. Allow kids to remain kids. Be careful not to put them in an adult role.
4. Don't be afraid to seek help for you and your children if you or they are having difficulty with the separation or divorce and its consequences.
5. It is important to set some time aside each day (if only 15 minutes) to be with each of your children, to share your child's day, listen to your child's feelings and give support.
6. If at all possible, try to keep other changes in your child's life, such as school, house, neighborhood, peer group, to a minimum.
7. As difficult as it may be, you need to find time for yourself and your own life, separate from the kids. Satisfaction with your personal life helps your relationship with your kids and their feelings about themselves.

Parent Dating

At some point, separated/divorced parents may start dating. Young people feel differently about this although many agree it's strange to see their mother or father with a different man or woman at first. Some youth want to see their parent(s) meet others and start dating; others may feel scared, jealous, angry or resentful of the person the parent is dating. Some youth believe that this new person may become more important to their parents than they are.

Often, it is just as difficult and strange for parents to start dating as it is for their children to see them dating. Remind children, just as they need friends their age, a parent needs someone his/her age to share and do things with. Share your feelings and thoughts with them.

Stepfamilies

Many young people live in "step" or "blended" families. For some young people their "new family" is an enjoyable one; others struggle with getting used to the situation, and others feel they cannot accept or are not accepted by their new family. This can be a difficult adjustment. Counseling can help improve relationships and communication and help everyone talk about their feelings.

For help with separation/divorce/remarriage and its impact on youth and families, see COUNSELING, page 25.



EATING DISORDERS/WEIGHT PROBLEMS

There is a lot of talk about being healthy these days. Eating light, dieting, aerobic exercise and running are popular ways to keep a body healthy. Helping your child maintain the right weight for his/her body size and build is a healthy thing to do. Eating well-balanced meals in reasonable amounts is the best way to stay healthy.

Eating, or not eating, to feel better about oneself or to avoid feelings, is not healthy. This use of food is called an *eating disorder*.

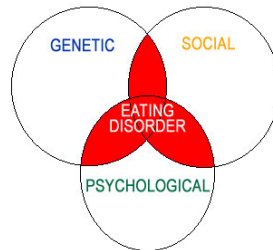
Anorexia Nervosa is an eating disorder in which people think they are too heavy but they really are quite thin and they try to starve themselves or eat very little because they do not want to gain any weight. People who do this are called "anorexic". Anorexia requires immediate medical attention.

Bulimia is an eating disorder in which people make themselves throw up their food after eating just to make sure they will not gain any weight. People who do this are called "bulimic".

Some people have a problem with Compulsive Overeating. This is a condition in which people eat more and more and become heavier and heavier. Often this kind of eating is not because of hunger, (although people may say or think they are hungry) but for many different reasons such as being upset or worried about something, needing attention or not feeling good about one's self.

Trying to handle weight problems with fad diets or miracle cures is not usually successful. A child's body needs balanced nutrition in order to function at its best. Dealing with weight problems and eating disorders can be very difficult but not impossible. It is hard sometimes to know if a child has a weight problem that requires an "eating plan" or just "something that they will grow out of".

Talk with your doctor about your or your child's concerns about her/his weight or eating behaviors, and see COUNSELING, page 25. After speaking with the doctor, you may decide to call one of the many weight loss programs in our area.



EDUCATION

Education is critical to our children's future and the future of our community. Parents, school staff, human service professionals and private business all need to support our children in order to help them realize their educational goals.

As a parent or guardian, taking an active interest and encouraging your child in school takes time and energy. Recent studies have shown that youth who have parents that are interested and involved in their learning, do better in school. Being aware of your child's classes and teachers, helping with homework, encouraging them to take part in school activities, (i.e., sports clubs, music) all help to reinforce the value you put on their education. You become a partner in your child's education, not just an observer.

The education system can be overwhelming for parents/guardians. Parents may feel uncomfortable or inadequate to question the education of their child. You have the responsibility to see that your child gets a good education. Contact your child's teachers and school administrators if your child is having problems. Also, ask questions, get involved in the PTA or other parent groups, read the school newsletter and notes that come home with your child, take advantage of opportunities to meet your child's teachers at open house or a school event, or chaperon a school activity.

If you are a professional working with school age children, one of the most important roles you can play is to help build a bridge between the parent and the school. Parents often feel intimidated, and may need assistance in negotiating the education system. Help reinforce what youth are learning in school through activities and services you provide. Did you know that football pools are a great way to learn multiplication and percentages? Cooking can teach measurements and conversions. Finding bus routes is a great way to learn map reading and geography, and much more. Be aware of when you schedule appointments with youth and where. Schools may be able to provide you with meeting space free of charge.

As you help a child negotiate the education maze, you come across terms and procedures that you may not understand. The following outlines a few of the more common ones:

Compulsory Education means that children in New York State are required to attend a certified school program from age 6 -16. At age 16, a youth can choose to drop out of school. Attending school at age 5 is optional, but a public school cannot refuse to admit a youth as long as the youth comes with the proper immunization records, identification, proof of residency, and turns 5 before the cut-off date, (December 1st). Youth can stay in school until they are 21 if they are residents of the school district and have not received a high school diploma. Keep in mind that some schools have adopted a policy of not allowing kids to drop out of school until age 17.

G.E.D. stands for a General Equivalency Diploma. This is granted to a person who has passed a written exam. The person must be at least 16 and meet one of the other eligibility criteria prior to taking this exam.

Regents Diploma is awarded once a youth has completed a specific number of courses/credit hours and has passed all regent exams with a 65 or better.

Local Diploma is awarded to youth who have completed the basic courses and passed all of the State competency exams.

Committee on Special Education (CSE) ensures that youth identified as disabled and in need of a special education program and/or related services receive free and appropriate public education. The CSE process also applies to youth residing in a residential facility. The intent of the Education of All Handicapped Children Act of 1975 and Chapter 853 of the New York Law of 1976 is to ensure the rights of children, and by establishing a process to assess the needs of youth referred to the CSE and to safeguard the rights of children to receive appropriate services in the least restrictive environment.

Suspension is the term used when a youth is prohibited from attending school due to his/her violation of the school rules. Suspension by a principal is short term (no more than 5 days).

A student may not be suspended for more than 5 days without a superintendent's hearing. If the student is under 16, the school must provide an alternative educational service to the student while s/he is suspended.

Sometimes things happen in a child's life that impact upon his/her ability to stay in school. There are many services available in the area to help a youth finish his/her education. Talk with your child's guidance counselor or teacher or call the places listed below for more information.

Bloomfield School District	585-657-7197
Bridge Program, Finger Lakes Community College	585-394-3500 Ext.7551
Canandaigua City School	585-396-3800
Career Resource Centers: Canandaigua	585-394-9300
Newark Center	315-331-2318
Geneva Center	315-781-7820
Catholic Youth Organization	585-454-2030
Child & Family Resources of Ontario & Yates Counties Inc.	585-554-6846
Geneva Center	315-781-1491
Community Reading Partnership	585-396-3945
Cornell Cooperative Extension of Ontario County	585-394-3977
DeSales High School	315-789-2295
Bloomfield GRASP Program	585-657-7070
(Bloomfield Central School)	585-657-6121 Ext.1127
East Bloomfield Migrant Education Outreach Program	585-657-7162
Finger Lakes Developmental Disabilities Service Center	585-461-0618
Finger Lakes Community College (FLCC) Canandaigua	315-394-3500
Geneva Center	315-789-6701
Newark Center	315-331-9098
Finger Lakes Even Start	315-781-7820 Ext.106
Geneva School	315-781-0400
Head Start/Ontario County	315-781-4104
Canandaigua Office Finger Lakes Business Park	585-394-1190
Hobart & William Smith Colleges	315-781-3000
Honeoye	585-229-4127
Honeoye Falls-Lima	585-624-7050
Keuka College	315-279-5000
Lewis St. Center	585-546-3230
Literacy Volunteers of America, L.V.O.A. (Ontario County)	585-396-1686
Marcus Whitman	585-554-6441
Midlakes Central School District	315-462-4600
Monroe Community College	585-292-2000
Naples	585-374-6831

National Technical Institute for the Deaf (NTID)	585-475-2411
Nazareth College	585-389-2525
New York State Loving Education at Home (L.E.A.H.)	315-597-6894
NYS Department of Labor Division of Labor Standards	585-258-4550
NYS Department of Labor Division of Employment Services (DOES)	
Canandaigua Office	585-394-9360
Geneva Office Finger Lakes Works	315-789-1771
Ontario County Department of Workforce Development	585-396-4040
Phelps Clifton Springs Central School	315-548-2376
Red Jacket	585-289-9649
Roberts Wesleyan College	585-594-6000
Rochester Colleges Colgate Rochester Divinity School	585-271-1320
Rochester Institute of Technology (RIT)	585-475-2411
St. John Fisher College	585-385-8000
St. Mary's	585-394-4300
St. Stephen's	315-789-1828
SUNY Empire State	585-224-3200
Unity House of Cayuga Co., Inc. Unity Employment Services	315-781-3261
University of Rochester	585-275-2121
VESID (Geneva)	315-789-0197
VESID (Canandaigua)	585-396-4020
Victor Central Schools	585-924-3252
Wayne-Finger Lakes BOCES	585-526-4624
	315-781-7820

This is only a partial listing of the services available to help your child continue his/her education. For individual educational needs, contact the school counselor in your school district.

IF YOU ARE UNSURE OF YOUR CHILD'S EDUCATIONAL RIGHTS OR YOU FEEL S/HE HAS BEEN UNFAIRLY TREATED OR DISCRIMINATED AGAINST BY THEIR SCHOOL, CALL THE FOLLOWING

Legal Assistance of the Finger Lakes 585-781-1465



EMPLOYMENT

Taking on the responsibility of a job is a big step. Earning money is exciting for youth and they may forget schoolwork. As a parent, you will need to help them balance school work and a job. To help a youth get work experience or earn some money before they are ready to take on the responsibility of a job, encourage them to baby-sit, do yard work or odd jobs, or volunteer. (See VOLUNTEERING, p. 71) Remember that any work they do, paying or non-paying, can help build a work record that will help them get future jobs.

Getting Ready

Before a youth applies for a job, have him/her make a list of work experience, volunteer activities, odd jobs, and of adults who can give them recommendations. S/he will need a Social Security Card and a photo I.D. To get a Social Security Card, they can call 315-789-0809 or 1-800-772-1213. A driver's license, or a picture school I.D. will be accepted as a photo I.D. If s/he doesn't have either of these, go to the nearest Motor Vehicle Office to get a non-driver picture I.D.

If a youth is under age 18, s/he will need to get working papers/work permit. S/he can get the forms at their local high school. A physical will be required. The youth should check with the school to see if the school will do this or if s/he has to go to a private doctor.

Wages and Hours

Minimum wage is \$5.15 per hour (visit www.labor.state.ny.us for more information). Some employers pay higher than minimum wage or may pay a shift differential (for example: persons working at night may get more per hour than those that work days). In some jobs like restaurants, employers can pay less than minimum wage. It is important that the youth ask about pay before taking the job. Youth are also limited as to the number of hours they can work based upon their age, day of the week, and school year vs. summer. The following chart tells what those limits are.

Age	Job	Maximum Daily Hours	Hours/Wk.	Days/Wk.	Permitted Hours
14 & 15	All except farm & newspaper	3 hrs school days 8 hrs other	18	6	7am - 7pm
16 & 17	All except farm & newspaper	4 hrs school days 8 hrs other	28	6	6am - 10pm
Vacation/Summer					
14 & 15	All except farm & newspaper	8 hours	40	6	7am - 9pm
16 & 17	All except farm & newspaper	8 hours	48	6	6am - 12am
Not in School					
16 & 17	All except farm & newspaper	8 hours	48	6	6am - 12am
Newspaper					
11 to 18	Delivers and sells newspaper	4 hrs school days 5 hrs other	NO LIMIT		5am - 7pm
Farm Work					
12 & 13	Hand harvest fruit & vegetable	4 hours	NO LIMIT		7am - 7pm 6/21 - Labor day
14+	All farm work		NO LIMIT		

Once a youth gets a job, s/he will have to fill out a form for the Federal and State governments called a W-4 form. The employer can assist in completing this form. At the end of the year, s/he will have to fill out a form for income tax. In most cases, a youth will get a refund of all or part of the money with- held. Forms can be picked up at the library. (See LIBRARIES on page 44) Also, see EDUCATION on page 33 for a listing of vocational training programs.

Getting Leads

Here are some of the best ways to learn about job openings. First, have the youth tell everyone that s/he is looking for a job. Most people get leads for jobs by word of mouth. Youth may use other resources, such as the classified section of the newspaper, bulletin boards at schools, libraries, community centers, businesses or government offices, help wanted signs, or the Red Cross Volunteer Directory. There are several industries that typically hire young people, including fast food restaurants, car washes, movie theaters and stores.

Once a teen has identified a lead, encourage him/her to contact the employment office of the company or the manager (if there's no separate employment office) to inquire about the job. Have him/her take to their job interview all the papers needed (Social Security Card, picture I.D., and work permit, if s/he is under 18).

Getting Help

As a parent or a person working with youth, you can assist by: sharing job leads, letting friends and colleagues know that a youth is looking for a job, helping complete a job application form, assisting in writing a resume, and practicing standard interview questions. It is also helpful to share with youth your experiences in seeking and maintaining employment. Youth model what they see. If a youth sees you as a responsible and conscientious worker, the youth will be more likely to be successfully employed.

The American Red Cross offers a one day certificate **Babysitting Course** for youth 11-14 years of age. The course is given in several locations. There is a cost of \$25.00 (\$30.00 after July 2004). Call (585)394-2260 or (315)789-1522 for more information.

Finger Lakes Community College	585-394-3500
New York State Workers Compensation Board	585-238-8300
Vocational and Educational Services for Individuals With Disabilities (VESID)	585-238-2900
Wayne-Finger Lakes BOCES	315-332-7400
Job Corps	585-454-5130
Finger Lakes Works Canandaigua Department of Workforce Development	585-396-4020
Geneva	315-789-1771



HEALTH CARE/WELLNESS

Wellness means taking responsibility for one's own health by learning how to stay healthy, practicing good health habits and responding to your body's warning signs before something serious happens. People can be healthier, feel better, look better and live longer if they take care of their health today. A person's health depends on many factors. Some cannot be completely controlled, like heredity, sex, environment and age, but others can be controlled, including diet, exercise, rest, stress, bad habits and attitude.

Children need to be introduced to practicing good health habits at an early age. Good nutrition habits, hygiene, exercise, and adequate rest all contribute to wellness. Young people can use encouragement, support and education to take responsibility for their own wellness.

Children may need health care services for a variety of reasons. Youth may need a physical exam for sports, a check-up for school, to maintain healthy teeth or to get working papers. Children may just need to see someone when they have a cold, sore throat or other medical problem.

Immunization Law

Immunizing children prevents them from getting certain childhood diseases. New York State Public Health Law - Section 2164 requires that every child present proof of immunization upon entering a school. The following chart identifies what immunizations are REQUIRED, and when, for school attendance:

Recommended Immunization Schedule*

	2 Mo.	4 Mo.	6 Mo.	15 Mo.	4 - 5 Yrs.	Every 10 Yrs.
Polio OPV	X	X		X	X	
Diphtheria						
Tetanus	X	X	X	X	X	
Pertussis DTP (Whooping Cough)						
Measles						
Mumps MMR				X	X	
Rubella						
Tetanus						
Diphtheria Adult						X
Booster Td						
Haemophilus	X	X	X	X		
Influenza (HIB)						
Hepatitis B	X	X	X	X	X	

There are two exemptions to the law, namely:

1. A physician's statement to the effect that immunization against one or more of the five diseases would be detrimental to the health of the child.
2. A written statement subscribed and affirmed as true by a parent or guardian that the parent or parents or guardian is a bonafide member of a specified recognized religious organization whose teachings oppose the administration of immunizing agents against the five diseases.

*New York State Department of Health and the Immunization Practices Advisory Committee.

Costs & Insurance

Most health care providers charge fees. Many health insurance plans cover part or all of the costs. Check what your plan covers. You may be able to receive some health care services free or based upon how much you can pay (often called a "sliding fee scale") from the providers listed below. Check with the clinic about cost. If you have no insurance coverage and are unemployed, you may be eligible for Medicaid.

Free or low cost health insurance is now available to young children who do not have insurance coverage. New York State has recently implemented a new insurance program that's designed to keep children healthy. The new program, called **Child Health Plus**, provides essential preventive and out-patient services for children up to the age of 13. Children who are enrolled in **Child Health Plus** will be entitled to basic out-patient care that is covered in full, including such services as well-child visits, office visits, ambulatory surgery, laboratory testing, x-rays, emergency services and insulin. Prescription drugs are also covered with a \$3 co-payment.

The cost of enrolling in **Child Health Plus** depends upon family income. For detailed enrollment information and specific costs based on your income and family size, contact the **Blue Cross and Blue Shield Customer Service Department at (716) 325-3630**, or call toll free **1-800-462-6828**. Representatives will answer questions you may have about **Child Health Plus**.

Parental Consent

Most clinics need parental consent to see a teenager for a medical problem. Parental consent is not needed for treatment of sexually transmitted diseases, (i.e. gonorrhea, syphilis or AIDS), pregnancy tests, contraceptives (birth control), abortions, or for substance abuse treatment.

Emergency

If you have an emergency at night or on the weekend, contact your doctor first (if you have one) or the hospital nearest you if you have no doctor.

In case of accidental **poisoning or medical emergency call**

Poison Control Center 1-800-333-0542

Medical Emergency 911

The following provide health care for adolescents including some counseling services.

Agri-Business Child Development ABCD Office of Program Support	585-232-1610
Geneva Center	315-781-3267
AIDS/HIV Counseling & Testing Hotline	
NYS Dept. of Health	585-423-8081
Alzheimer's Association - Rochester Chapter	585-760-5400
American Cancer Society Finger Lakes Region	1-800-227-2345
American Diabetes Association	585-458-3040
American Heart Association	585-426-4050
American Lung Association:	
Finger Lakes Region, Inc.	585-442-4260
American Red Cross/Ontario County	315-789-1552
Greater Rochester Chapter West Ontario County Office	585-394-2260
Arthritis Foundation/Upstate NY Chapter	585-264-1480
Brain Injury Association of NYS, FACT Program	315-331-9051
Care Center	315-789-2650
Caregivers	585-396-6090
Clifton Springs Hospital & Clinic	315-462-9561
Council on Alcoholism and Other Chemical Dependencies of the Finger Lakes Inc.	315-789-0310
Cystic Fibrosis Center, Strong Children's Hospital	585-546-5890
F.F. Thompson Continuing Care Center	585-396-6000
Finger Lakes Regional Poison & Drug Information Center University of Rochester Medical Center	585-275-3232
Ontario County Public Health Services	585-396-4343
Rushville Health Center	585-554-4407
Geneva General Hospital	315-787-4000

The places listed below provide **dental health services**. Call for more information

East Hill Family Medical, Inc. (Dental Services)	315-255-9294
Rushville Health Center (Dental Services)	585-554-6824



THE LAW AND YOUR CHILD

In New York State, we have two separate systems of justice, juvenile and criminal. Which system a young person becomes involved with depends upon age and in some instances, the act that s/he is alleged to have committed. The JUVENILE JUSTICE system applies to youth up to age 16. In some instances; if a youth is alleged to have committed a serious felony, i.e., murder, s/he can be charged as an adult and the case will proceed through the criminal justice system. In New York State, all criminal cases of youth age 16 or older, will proceed through the CRIMINAL JUSTICE system. If you are the parent of a young person (under the age of 21), you can be held liable for damages or injuries caused by your child.

Criminal Law

Each state has particular criminal laws to deal with acts committed by youth and adults. If a youth under the age of 16 commits an act that would be considered a crime if committed by an adult (someone 16 and older), the youth is called a JUVENILE DELINQUENT. A criminal record can affect a youth later in life. If a person has a record, s/he may not be accepted by some schools, branches of the armed forces, or employers. What you or your child might think is a harmless prank or "no big deal", could have consequences in his/her future.

If a youth is picked up by the police, s/he can either be issued an appearance ticket (notice of when and where to appear, similar to a traffic ticket) or be taken into custody. If a youth is taken into custody, s/he will be taken to either the Children's Center (Secure Detention) or Non-Secure Detention. These facilities will hold (detain) the youth until s/he appears before a judge in Family Court on the next day that the court is in session. The judge must decide whether to hold the youth in detention while the case proceeds through Family Court or to return the youth to the parent(s) or guardian. If the youth is given an appearance ticket, s/he and the parent or guardian will receive a letter from the Ontario County Office of Probation and Community Correction's Juvenile Intake Unit telling them when and where to appear. If the youth and parent or guardian do not report to Probation for the interview, a warrant for the child may be issued by Family Court.

The purpose of the interview is to determine if a youth is eligible and suitable for diversion services in lieu of court intervention. If a youth is determined eligible and suitable for diversion, the probation officer will conduct a more in-depth assessment, identify problem areas and services to address those areas and develop a plan. Diversion services can be provided for up to 4 months. If a youth is not eligible for diversion services, Probation will refer the case to the Presentment Agency for petitioning to Family Court. Cases where the youth is found guilty, may result in the youth being given a warning and/or conditions for behavior by the judge (Adjournment in Contemplation of a Dismissal [ACD], Conditional Discharge [CD] or a Suspended Judgment), placed on Probation for a period of time, community service, asked to pay restitution, or placed out of the family home. and/or conditions for behavior by the judge (Adjournment in Contemplation of a Dismissal [ACD], Conditional Discharge [CD] or a Suspended Judgment), placed on Probation for a period of time, community service, asked to pay restitution, or placed out of the family home.

If the individual is 16 or older, or in special circumstances for youth under 16, as noted above, the case will be handled in the criminal justice system. Depending upon where the alleged activity took place and the severity of the offense, the case may be heard in town or village court, City Court, County Court, Supreme Court or Federal Court. Penalties for adults include fines, community service sentencing, restitution, warnings, special conditions, probation, jail time, or a combination of these.

If a young person, or someone the young person is with, is stopped or picked up by the police, here are things s/he needs to know.

- Do not resist arrest. The most important thing to do is cooperate-attitude and cooperation will have a direct effect on how s/he is treated.
- A youth does not need to say anything to the police in answer to their questions without a parent present (if under 16) and/or advice from an attorney. A youth will be asked to give the police his/her name, address, phone number, date of birth, parent or guardian's name and how to reach them. Beyond this, a youth does not have to volunteer anything.
- A youth does not need to sign anything without advice from parents (if under 16) or an attorney.
- If a youth gives permission to any search, s/he is consenting to the police to fully search them.
- A youth has the **right to a lawyer**. If s/he cannot afford one, the court will appoint one for her/him.
- A youth should ask the police to call his/her parents or some other adult.

Status Offense

In New York State, if a youth is under the age of 18 and shows a pattern of disobedience, running away, curfew violations, drug or alcohol abuse, violent behavior or severe school truancy, s/he can be brought to the attention of the Juvenile Justice System. The term used to describe these youth are *Persons in Need of Supervision* (PINS). Most PINS complaints are made by the parents or school districts. To make a complaint you must have specific allegations, including information on when the behaviors occurred. You do not need police reports but may need school attendance records. A probation officer is available to accept telephone inquiries or return calls daily, Monday through Friday. The officer will discuss the situation, make referrals, or schedule appointments. Ask for Preliminary Intake Review (PIR) at 396-4222. All PINS cases must be reviewed by Probation Intake to ensure that they are eligible for service and to conduct assessment and planning. The process may take two to three hours and includes a complete family history. In some cases Probation will ask that your child be seen for other evaluations. Probation Intake can supervise cases for up to six months. Youth may receive the following from Probation: assessment, supervision, counseling, evaluation, advocacy, respite housing or other services-often free of charge. Most PINS cases are resolved at Probation and do not go to court. New York State law requires that every effort be made to avoid court. In those cases, which do go to court, the youth may be given a warning and conditions by the judge and returned to Probation for services, be placed on probation supervision for one year, or, placed out of his/ her home. If a case does go to court, the law requires both parents be notified, even if they do not live together.

Legal advice cannot be given over the phone. For information and referral for legal services, call **Legal Assistance of the Finger Lakes** at (315) 781-1465. You can also call the following for more information.

Canandaigua City Police	585-396-5035
Canandaigua Juvenile Aid Bureau	585-396-5045
Ontario County Youth Bureau	585-396-4035
Ontario County Probation Dept.	585-396-4222
Ontario County Sheriff's Office	585-396-4560
Youth Court	585-396-4519



Also for legal information on specific topic areas, look up **Tele-Law**, under Informer in front of the Official Rochester Yellow Pages.

LEGAL RESPONSIBILITIES OF PARENTS AND YOUTH

Parenting brings with it a number of legal responsibilities to ensure the health, safety and care of your child. As a parent, you are legally responsible to provide for food, shelter, clothing, education and adequate medical care to ensure the safety and well-being of your child. The following outlines some of the key legal responsibilities.

Education

In New York State, the law requires that a youth be in attendance in an approved/licensed educational program from age 6 to 16. Attending school at age 5 is optional. Once a youth turns 16 s/he has a right to decide whether or not to continue in school. If a child chooses to leave school, but a parent wants the child to remain in school, the child has the legal right to decide. A child is legally allowed to stay in school up to age 21 if s/he has not received a high school diploma. Keep in mind that some schools have adopted a policy of not allowing students to drop out of school until age 17.

Alcohol

It is against the law to serve or permit liquor to be served to minors (under 21) anywhere, including in the home. Anyone who is over the age of 16 and helps a minor to obtain alcohol can be charged with a felony crime punishable by imprisonment and/or a fine.

Financial Responsibility

Parents are legally responsible for the financial support of their child until the child reaches their 21st birthday. If parents are unwilling or unable to financially support their child, they or the child may apply for public assistance. (See BASIC NEEDS page 20).

If your child damages property or injures another individual, you can be held financially responsible for costs incurred by the victim and or the victim's family.

Leaving Home

Parents are legally responsible for the care of their child until his/her 21st birthday. Youth may choose to leave home once they reach age 18, with or without their parents' permission.

Contracting

If a youth under the age of 18 signs a contract (i.e., to purchase a stereo, buy a car, rent an apartment) it may not be legally enforced against the minor. It is for this reason that most people will require an adult co-signer when entering into a contract with a minor.

Draft

The law requires that all males register for the draft (Military Service) within 30 days of their 18th birthday. A young man may register for the draft at any United States Post Office, or online at www.ssa.gov. As of 2003 there is no draft. However, if there is one and a young man is drafted, he will have 10 days to appeal. If a youth thinks he has religious or moral objections to military service, he needs to understand what his rights and responsibilities are. Draft counseling is available through some churches and through **PJEC (Peace and Justice Education Center) at 585-244-7191**.

FOR INFORMATION AND REFERRAL ON THE ISSUES ABOVE, THE FOLLOWING MAYBE HELPFUL

Legal Assistance of the Finger Lakes	315-781-1465
New York State Division of Human Rights	585-714-8400
District Attorney	585-396-4010

LIBRARIES

Children can benefit creatively, emotionally and educationally by being introduced to the local public library at a very early age. Public libraries provide free services to young people. There are books on everything from rap music to romance, from working on cars to traveling in space, from raising puppies to making pizza. There are also many special programs for children and teens. *Encourage and support* your children or youth you know to use our public libraries.

Libraries also have magazines, newspapers, computers, films, videocassettes & DVD's, CD's and artwork.

Hours vary by location and time of year. Call the individual branch for specific hours and services/ programs available.

Allen's Hill Free Library	585-229-5636
Bloomfield Public Library	585-657-6264
Bristol Library	585-229-5862
Clifton Springs Public Library	315-462-7371
Geneva Free Library	315-789-5303
Gorham Free Library	585-526-6655
Honeoye Public Library	585229-5020
Middlesex Reading Center	585-554-6945
Naples Library	585-374-2757
Phelps Public Library	315-548-3120
Pioneer Library System	585-394-8260
Shortsville Manchester Library	585289-3559
Victor Free Library	585924-2637
Wood Library	585394-1381



PARENTING SKILLS

Being a parent is hard work. Though we need to take classes, earn degrees and be certified or licensed for many jobs, there are no prerequisites to being a parent. Most of us received our only "parent training" from our own childhood, whether it was positive or negative. There are many agencies that will offer services to families in Ontario County. Please refer to other sections of this GUIDE or call LIFE LINE if you are unsure of what services to call.

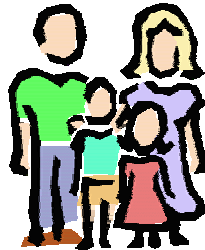
Some Helpful Discipline Hints

1. Tell children what they CAN DO instead of what they CAN'T DO. Focus on DO'S instead of DON'TS.
2. Try to restrict the use of strong, negative words to critical situations of great importance. When children hear many negative words (e.g., NO!, DON'T, STOP, SHUT UP, YOU CAN'T, etc.), the meaning of the words may become lost.
3. Only offer children choices you are willing to accept. Sometimes, either because we want children to like us or because we are so polite, we offer children too many choices or inappropriate choices.
4. Try to change children's environment or activity instead of expecting young children to change their behavior.
5. Give children safe, clear, firm limits they can understand.
6. Try to be consistent. Agree on a few basic rules and consistently enforce them.
7. If children break the rule or a limit, allow them to experience the consequence of their behavior.
8. Protect and preserve children's feelings, self-respect and self-esteem. (See SELF-ESTEEM, p. 52.)
9. Try to be an effective disciplinarian by teaching through example.

The following community resources offer a variety of parenting services. Please call for specific services offered, schedules and fees.

Cornell Cooperative Extension	585-394-3977
Family Counseling Service of the Finger Lakes	315-789-2613
Finger Lakes Parent Network	607-776-2164
Parents Anonymous	315-396-0886

In addition to the agencies listed, please contact your local school district, PTA Association, neighborhood community centers, your pediatrician and/or family doctor, and/or your local church for parenting classes and/or support groups that may be available.



PEER PRESSURE

No matter how old they are, people care what others think about them. When youth are just starting to make decisions for themselves, the influence of their friends and people their age-their peers-can be powerful. As most parents are aware, it can affect how youth feel, dress and act. Peer pressure is when friends try to influence them to say or do something, even if they don't want to. They feel they need to do it so they can stay friendly with their peers, "fit in", or belong to a particular group.

Peer pressure can be positive or negative. Positive pressure from peers might lead a youth to play sports, study hard or join clubs. But there are often negative pressures too-to make fun of someone, to tell a lie or to cheat on a test. Sometimes the pressure may be about actions that have more serious results, such as skipping school, using drugs or alcohol, shoplifting, having sex before they are ready, or joining gangs.

It is important to let youth know that you understand their need to have friends and feel like they fit in. At the same time, it is important to discuss the possible problems/consequences that going along with the crowd can cause. Encourage them to think about the possible consequences prior to joining in and reinforce their right to say to peers "that's not what I want to do". Young people who feel good about themselves are more confident about disagreeing with peers, and making up their own minds.

There are different kinds of peer pressure for youth. It can come across as friendly teasing or it can be more forceful. Help your child or youth to come up with a list of behaviors they can try to use to handle peer pressure. Some possible suggestions may include:

- Change the subject
- Avoid the situation
- Have something else to do
- Leave, or make it clear that you do not have to go along with other people to have a good time

Let youth know that when peers see them stand by their decisions, it may help their friends to better deal with peer pressure.

If you believe your child is having a problem dealing with peer pressure and you're not sure what else to try, see COUNSELING p. 25.



PREGNANCY

It is very important for a young woman to have someone to trust and offer support when she is facing the possibility of being pregnant. This may be a parent, a counselor, an adult friend or a peer. If a young woman thinks she is pregnant, it is important to find out immediately. It's important to have a pregnancy test in a medical setting. Tests done with kits at home are not always accurate. The young woman will need to speak with someone she feels she can trust and can support her to receive the medical attention she needs, and later to problem-solve with her if the pregnancy test is positive.

As a parent or adult, it is important for you to be calm and supportive. This is not a time to place blame, be judgmental, seek sympathy, or punish. Counseling and support services are available whether the pregnancy test is positive or negative. Discussion and effective problem solving can prevent an unwanted pregnancy in the future. (See SEXUALITY and BIRTH CONTROL page 56)

Pregnancy testing and counseling are available at the following clinics. Parental permission is not required. Call for hours, cost, and to find out if an appointment is needed.

Pregnancy Testing and Counseling

Planned Parenthood (Canandaigua)	585-396-9270
Planned Parenthood (Rochester)	585-546-2595
Pregnancy Care Center (Geneva)	315-789-0708
Pregnancy Care Center (Canandaigua)	585-393-4310

Hospitals

Clifton Springs Hospital	315-462-9561
Geneva General Hospital	315-787-4000
Highland Hospital	585-473-2200
Rochester General Hospital	585-922-4000
Strong Memorial Hospital	585-275-2100
F.F. Thompson Hospital	585-396-6000

Prenatal Care

Canandaigua Medical Group, P.C. Canandaigua Office	585-393-2888
Canandaigua OB/GYN	585-393-2800
Farmington OB/GYN	585-742-3050
Finger Lakes Visiting Nurse Service	315-789-9821
Planned Parenthood (Rochester)	585-546-2595
Planned Parenthood (Canandaigua)	585-396-9270
Pregnancy Care Center (Geneva)	315-789-0708
Pregnancy Care Center (Canandaigua)	585-393-4310
Ontario County Public Health	585-396-4343
Rushville Health Center (Medical Dept.)	585-554-4400
Finger Lakes Women, Infants, and Children Program (WIC)	585-394-9240

If you need additional medical insurance coverage or a referral for pre-natal care, you can contact **Medicaid Expanded Eligibility for Pregnant Women** (for health care, when pregnant) **585-396-4060**.



RAPE OR SEXUAL ASSAULT

Young people need to receive information about rape and sexual assault. There is still a great deal of misunderstanding about this. Rape, sexual assault or the attempt to do either is a violent crime against an individual. It is not an act of passion. The rapist can be anyone—a neighbor, a date, a friend, a relative or a stranger.

If someone you know forces you to have sexual intercourse or other sexual contact against your will it is called acquaintance rape. When this happens in a date situation, it is also called date rape.

No one has the right to pressure or force anyone to have sex even if

- his/her dinner or night out has been paid for
- s/he has had sex before with this person
- s/he flirts with the person
- s/he agrees to have sex and then changes his/her mind

Reinforce your teen's sense that they have the right to say no to anyone who tries to touch them in any way that makes them uncomfortable. If a person will not leave them alone, they need to try to get away as soon as possible. If someone is raped, it is not *his/her fault*. S/he is the victim, not the criminal.

If someone is raped or sexually assaulted s/he needs to

- Get to a safe place.
- Call his/her parents or a trusted friend, or call the **Rape Crisis Service**.
- Not shower, bathe, douche, wash hands, brush teeth, use the toilet, change clothes or eat or drink anything. As hard as it may be not to clean up, important evidence may be destroyed by doing any of these.
- Get medical attention as soon as possible to determine whether or not there are internal injuries. Also, there may be a need for follow-up medical care in case of sexually transmitted diseases or pregnancy. The best place to go to is the hospital emergency room since the staff has been trained to help rape victims.
- Try to remember or write down where it happened, when, what the person looked like, and what clothing was worn. This information will help in talking to the police.

The doctor can help involve the police if the victim wants to. Contacting the police may alleviate your fears and provide you with a sense of security. The decision to prosecute a criminal matter is between you, your parents or guardian, the police, and the District Attorney's office.

The victim of an assault needs to have people to talk with about feelings—people who will listen for as long as it takes. Support of family is important.

The following numbers can be called anytime, day or night for help or information about what to do. Don't be afraid to call for information or help for someone.

The **emergency rooms ER** of our local hospitals provide services to rape victims.

		Clifton Springs Hospital	315-462-9561
Rape Crisis Service	1-800-638-5163	F.F. Thompson Hospital	585-396-6000
	1-800-247-7273 (TDD*)	Genesee Hospital	585-263-5400
Lifeline	1-800-310-1160	Geneva General Hospital	585-787-4000
	275-2700 (TDD*)	Highland Hospital	585-461-6880
Police Emergency	911	Rochester General Hospital	585-338-2300
		Strong Hospital	585-275-4550

*TDD is a telephone communication system for the hearing impaired.

REFUGEE/IMMIGRANT RESOURCES

Respect for all people, no matter what their racial, ethnic or religious backgrounds must be encouraged in our community among both adults and children. People maybe frightened or uncertain with an influx of new neighbors. Many immigrants and refugees come from cultures that we may not know much about. Increasing intolerance of diversity is developing at an alarming rate in our society, in our neighborhoods. Few, if any, segments of our community do not feel the effect of prejudice and discrimination on a daily basis.

For recent immigrants and refugees, the struggle with American culture, employment, education, housing and food, is often overwhelming and frustrating. It is further complicated when there are language and culture barriers that affect their ability to successfully adjust.

Most immigrants and refugees will be involved with a program specifically targeted for them upon their arrival here. They may need to access existing community services for specific needs. In these situations, existing providers may not feel knowledgeable or comfortable enough to be able to work with this individual or family.

The following is a list of resources to either refer the child or family to or contact them directly for assistance in enabling you to work with the child or family.

Catholic Family Center's Refugee Assistance Program 585-546-7220

Program services primarily targeted to refugees. They work with Vietnamese, Cambodians, Laotians, "Soviets", Eastern Europeans, Ethiopians, Haitians, Cubans, and individuals from Uganda. They have the following language resources: Vietnamese, Cambodian, Lao, Russian, and Ukrainian.

Greater Rochester Community of Churches' Resettlement Project 585-546-1570

Project services primarily targeted to refugees. They work with Vietnamese, Ethiopians, Amer-Asians, Cambodians, Laotians, Romanians, Cubans, and "Soviet" immigrants. They have the following language resources: Spanish, Lao, Russian and Amharic.

Jewish Community Center's Resettlement Project 585-461-0490

Program serves Soviet Jews and assists with housing, jobs, and financial aid.

Westside Adult Learning Center Refugee Assistance Program 585-235-3990

Project provides pre-school services, job club, bilingual counseling, support groups and English as a second language. They work with the following language resources: Russian, Vietnamese, Cambodian, Lao, Ukrainian and Chinese (several dialects).

Ibero-American Action League, Inc. 585-454-1430

Emergency family assistance.

RUNNING AWAY OR HOMELESS

Runaway

There are approximately 3,000 young persons under the age of 21 reported as missing or as runaways each year in Ontario County. Kids run away from home for a variety of reasons, most of the time because they do not feel safe. Running away from home is rarely the result of one argument or one fight. As a parent/adult, you may be confronted with your own child running away, or you may have a young person staying in your home who has run away. Studies have shown that family problems resulting in a child running away, involve both parents and youth. The best way to work through those problems is to work together to solve them. The earlier parents and youth work together in trying to solve the problems, the better chance there is to prevent another runaway episode. If the problems are not able to be resolved, it is important to ask for help. (see SELF ESTEEM, page 52, and COUNSELING, page 25).

Runaways are at high risk for drug abuse, prostitution, crime and violence. If your child runs away, it is important for you to take action to locate him/her immediately. Check to see if s/he is at a relative's or friend's home. Speak with the parents of your child's friends to see if they know where your child is. If you cannot locate your child, immediately contact 911 and report your child missing. If you can locate him/her, attempt to listen to the reasons for leaving and ask for outside help to work through the problems.

For assistance call

Ontario County Dept. of Social Services	585-394-4060
Legal Assistance of the Finger Lakes	315-781-1465
Community Action Program	585-396-3040

Or contact a local church.

For a service that relays messages between runaways and their families without pointing the blame at any body, call

National Runaway Hotline	1-800-231-6946
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Homeless

A youth under 21 years of age who has lost family support, been thrown out of the home or who has no permanent home to go to, is considered a homeless youth. Often, youth in this situation have no one to depend on for emotional and financial support and must learn independent living skills to be successful on their own. Youth who are living from place to place with no permanent means of financial and emotional support, and no guardian to care for them, are considered homeless. There are programs to assist youth who are homeless find shelter, food, clothing and other necessary services. These programs will attempt to have youth and their parent/guardian work together on their problems. These programs can also assist youth in learning the necessary skills to live successfully on their own if the parents are unwilling or unable to care for them.

To help a homeless youth, call

Hillside Children's Center 585-256-7500

Salvation Army

Canandaigua 585-394-6968

Geneva 315-789-1055

If a youth needs assistance with school enrollment, call

Legal Assistance of the Finger Lakes 315-781-1465

Ontario County Workforce Development 585-396-4020

If a youth is in need of food, clothing or shelter (there are additional homeless services for adults and families), call

Lifeline 1-800-310-1160

585-275-2700 (TDD*)

For information on basic needs and resources, see BASIC NEEDS, p. 20.

*TDD is a telephone communication system for the hearing impaired.



SELF-ESTEEM

At any age it is important to feel good about yourself, to like yourself. This is called self-esteem. High self-esteem happens when you experience positive feelings—feeling like you belong and feeling like you are in control of your life. We all need to know it's ok to feel special.

Self-esteem is a feeling that is partly determined by what others say about us, what they say to us and how they treat us. So, we affect each other's self-esteem.

Parents are one of the most powerful influences on the development of a child's self-esteem. Building children's self-esteem begins at birth. Children hear many messages about themselves—who they are, what they are—from those in their life. Stop and think about the messages your children are hearing.

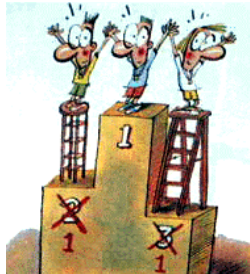
Self-esteem is a feeling that influences how your child will cope. It influences how your child will handle life's situations. It is normal for self-esteem to go up and down when changes occur in life. It is important for youth to feel that they can change their self-esteem when they are feeling low. The same holds true for you. A parent with high self-esteem feels more confident in handling the challenges of child rearing.

* Here are some suggestions to help build your children's self-esteem:

1. Reward children. Give praise, recognition, a special privilege or increased responsibility for a job well done. Emphasize the good things they do, not the bad.
2. Take their ideas, emotions, and feelings seriously. Don't belittle them saying, "You'll grow out of it" or "It's not as bad as you think".
3. Define limits and rules clearly, and enforce them. Allow leeway for your children within these limits.
4. Be a good role model. Let your children know that you feel good about yourself. Also let them see that you too can make mistakes and can learn from them.
5. Teach your children how to deal with time and money. Help them spend time wisely and budget their money carefully.
6. Have reasonable expectations for your children. Help them to set reachable goals so they can achieve success.
7. Help your children develop tolerance toward those with different values, backgrounds, and norms. Point out other people's strengths.
8. Give your children responsibility. They will feel useful, and valued.
9. Be available. Give support when children need it.
10. Show them that what they do is important to you. Talk with them about their activities and interests. Go to their games, parents' day at school, drama presentations, and award ceremonies.
11. Express your values, but go beyond "do this" or "I want you to do that". Describe the experience that determined your values, the decisions you made to accept certain beliefs, the reasons behind your feelings.
12. Spend time together. Share favorite activities.
13. Discuss problems without placing blame or commenting on a child's character. If children know that there is a problem but don't feel attacked, they are more likely to help look for a solution.
14. Use phrases that build self-esteem, such as "Thank you for helping" or "That was an excellent idea!" Avoid phrases that hurt self-esteem: "Why are you so stupid?"; "How many times have I told you?"
15. Show how much you care about them. Hug them. Tell them they are terrific and that you love them.

If your child or you are struggling with self-esteem problems, you may want to talk with a family member, a friend, school staff, clergy, or a professional counselor. (See COUNSELING, p. 25).

Advocacy Center	585-546-1700
Better Your Own Body, Cooperative Extension	585-394-3938
House of Hope/Women in Need	585-396-3040
Boy Scouts of America Finger Lakes Council	315-789-1166
Boys and Girls Club of Geneva	315-781-2345
Catholic Charities of the Finger Lakes	315-789-2686
Catholic Family Center/Hannick Hall	315-331-2300
Cornell Cooperative Extension of Ontario County	585-394-3977
East Hill Medical Inc.	315-253-6796
Family Counseling Service of the Finger Lakes	315-789-2613
Family Nurturing Center of Upstate New York	585-265-9631
Girl Scouts - Seven Lakes Council Inc.	315-539-5085
Health Association	585-423-9490
Lakeview Mental Health Series, Inc.	585-394-2900
Lifeline	1-800-310-1160
Life Span	585-244-8400
Never Alone Club	585-624-1958
Parent Support Connection	315-251-3647
Parents Without Partners (PWP)	585-251-3647
Pioneer Library System (for resources)	585-394-8260
YMCA Geneva Family	315-789-1616
YMCA - Greater Canandaigua Family	585-394-6866



SEXUAL ABUSE

Estimates are that 1 out of every 3 female children and 1 out of every 5 male children will be sexually abused before reaching 18 years of age. In an effort to protect our children, we have told them to beware of strangers, but in 70-80% of the reported sexual abuse cases, children were sexually abused by someone they knew. The offenders were friends or family members.

Offenders look for vulnerable victims. Since we teach our children to trust and obey adults, they are very vulnerable. It is as important for a child to know how to prevent sexual abuse as it is to look both ways before crossing a street. *We must talk to our children about sexual abuse.* This can begin with children as young as two years old.

Here are Some Guidelines

1. Familiarize yourself with the information and try to become comfortable with the topic. Once you do this you will notice that there are opportunities almost every day which could lead into a discussion. (Eg. children see several kinds of crime on T.V. -perhaps that could lead into the topic.)

2. Help your child become familiar with some definitions. Sexual Abuse: When another person touches private parts of a child's body or has them touch their private parts. A child may be forced to, tricked into, or unaware of what is going on. **Private Body Parts:** Identify with your child, his or her private parts; talk about the area covered by a bathing suit; using the correct terms. Speak with your child's doctor or family physician if you are uncertain about the correct terms.

3. Help your child identify good, bad, and confusing touch.

Note: The situation and those involved often determines what is good or bad touch. The following are some general examples of kinds of touching.

Good Touch	Bad Touch	Confusing Touch
holding hands	hitting	pinching
playing tag	pushing	wrestling
snuggling	trapping holds	squeezing
		kissing someone you don't want to kiss
hugging	biting	
kissing	shoving	tickling until it hurts
any touch that you like and want	any touch that you don't want	holding when you don't want to be held

4. Give your child permission to say "No" to any unwanted or confusing touch.

Help your child with some "NO" answers:

- 1.) "I don't want to do that"
- 2.) "I have to go now. I have something to do."
- 3.) "I like you, BUT I don't want to be touched like that."
- 4.) "Get away or I'll yell."

5. Encourage your child to come to you and tell you if they think they have been sexually abused.

Remember, children seldom lie about sexual abuse.

Help your child identify who they can tell if someone touches them in a bad or confusing way and you are unavailable. Tell them if that person does not believe them, tell someone else.

6. Play "What If" games with your child to help them know what to do in dangerous situations.

WHAT IF: Someone was following you after school? What could you do? Whom could you tell?

WHAT IF: Your friend's older brother was always touching you when you did not want him to? What could you do? Whom could you tell?

WHAT IF: A relative touched your private body parts when they thought you were asleep? What could you do? Whom could you tell?

What to Do if a Child is Sexually Abused.

If a parent overreacts or becomes angry, the child may feel guilty or blamed. If you ignore what the child is saying, s/he may feel that it is o.k. for the sexual abuse to continue.

- Ask questions and try to remain calm.
- Seek medical care immediately.
- Call 911.

Children seldom lie about being sexually abused. It is not a child's fault if s/he is sexually *abused*. A victim of child sexual abuse needs support, understanding and love.

An offender *needs to be* reported and stopped so that other children are not hurt *by the crime*.

You and your child may need some additional support in dealing with the effects of this crime. For more information and counseling, call one of the following

Child Abuse & Maltreatment Reporting Center	1-800-342-3720
Legal Assistance of the Finger Lakes	315-781-1465
Ontario County District Attorney Crime Victim Assistance	585-396-4010
Rape and Abuse Crisis Service of the Finger Lakes	315-781-1093
Victim Resource Center of the Finger Lakes	315-331-1171
Planned Parenthood of Canandaigua	585-396-9270

For emergency services and crisis counseling, call

Rape Crisis Service of the Finger Lakes	1-800-247-7273
	315-781-1093

To report sexual abuse by a parent or guardian, call

Ontario County Department of Social Services	585-394-4060
Child Abuse Hotline (English & Spanish)	1-800-4-A-CHILD
NYS Child Abuse Hotline	1-800-342-3720

To report sexual abuse by someone other than a parent or guardian or if the victim involved is over age 18, call 911

* This section adapted from *A Prevention Guide for Parents, Child Sexual Abuse*, Planned Parenthood of Rochester.

SEXUALITY/BIRTH CONTROL

The physical and emotional changes that happen to every young person as they grow up can be exciting and confusing. For most of us, teaching our children about all these changes-their sexuality-is not an easy task. We wonder what words to use, when to bring up the topic, how to handle touchy situations.

What is Sexuality?

"Sexuality is much more than the facts of life or the act of sexual intercourse. Sexuality is part of the personality of every human being. It lets us know which gender we belong to, and it can define our role in society and influence our feelings about relationships with others. It makes it possible for us to feel love, compassion, joy, and sorrow. Sexuality includes how we feel about our bodies and everything related to maleness and femaleness. Our sexuality determines the way we lead our everyday lives because it is central to the lives of us all.

As parents, we want our children to grow up with healthy bodies and minds, to get the best out of life in terms of lasting friendships and loving relationships; we want to teach values and attitudes that will help them become successful, healthy, and happy adults. Our sexuality is involved in all of these things."

When to Start Talking

The early childhood years are a good time to begin teaching children about sexuality. During these years, sexual issues come up often and children are open to us and willing to listen. At this time, we have perhaps the greatest chance of passing on our values. If we get in the habit of discussing sexual issues while children are young, it sets a pattern for the rest of their growing up years! If you haven't started, it's never too late to begin.

Some parents feel that too much information will stimulate curiosity and encourage sexual activity. Actually, the reverse is true. Curiosity is natural. The fact is that when children come from homes where sexuality is comfortably discussed, they usually postpone their first intercourse longer, and they are more likely to use contraception when they do become sexually active. The lesson to be learned is that children for whom sexuality is not a taboo subject are more likely to grow into adolescents and adults who make rational decisions and use mature judgment about sexuality.

Before you actually begin talking with your children about their sexuality and sex, you should prepare yourself in several ways. Be aware of the values and facts you want to teach about sex. Be clear about your own feelings. Think through the major issues and discuss them with your partner. Learn what to expect from your children at particular ages.

You may want to keep the following suggestions in mind:

- Answer questions when they come up. Don't put them off-your child may not ask again.
 - Listen carefully to all questions. Make sure you understand what your child is asking. Then respond directly to the question being asked.
 - Give only the amount of information appropriate for your child's age level. Children at different ages need different answers to the same question.
 - Answer younger children's questions with honest, simple and brief explanations-rely on the facts.
 - Use the proper names for sexual body parts. Make sure your child understands their meaning and then use them consistently.
 - Teach your children family values and beliefs, as well as facts.
 - Don't always wait for your child to ask questions. Take advantage of "teachable" moments-a pregnant friend, sex in a TV show, your child's use of sexual language. If he/she is not asking questions by age 5, bring up the topic yourself.
 - Stop other activities and look at your child when discussing this important topic. Ask for his or her ideas so that your conversation is a genuine sharing.
 - Don't be afraid of not being an expert. If you don't know the answer, admit it, and then find out.
- Or you and your child can find the answer together by sitting down with a book.
- Respect your child's privacy, as you expect respect from others.

Talking About Sexual Responsibility

Most youth are not emotionally or intellectually mature enough to handle the consequences of sexual relationships. Their need to "fit in" will make them very vulnerable to peer pressure and misinformation. If they fear being different from their friends, reassure them their feelings are normal. It's essential teens understand the various consequences of sexual activity and recognize the need for being responsible. It's important to encourage teens to not become sexually active.

Discussing with your son or daughter reasons and benefits of not being sexually active, and ways to say no are important and will help them think through their own thoughts and feelings. Relate and reinforce your values and why you believe what you do.

Even if you're uncomfortable with the possibility of your son or daughter having sexual intercourse, it's important to talk specifically about the risks of sex. Let your teen know there is no such thing as safe sex. (see STD, p. 59 and AIDS/HIV p. 11) Abstinence is the only 100% effective means of preventing pregnancy, STD and AIDS.

Giving information about contraceptives may seem like giving permission to have sex, but if you incorporate birth control information as part of ongoing sexuality education before it becomes a personal issue for your son or daughter, you can prevent getting caught in the information/permission conflict.

Teens need their parents, and guardians to help them develop responsible and ethical standards with which to make mature decisions about sexual relationships. You need to be there for them. If you are uncomfortable talking with your son or daughter about birth control, but you believe it is important knowledge for them, connect them to someone you respect and are comfortable with who is willing to and can give them accurate information. See COUNSELING on page 25 if you and your teen are having difficulty communicating about this topic area.

As a parent, you need to build up your children's self-esteem. Children who feel good about them- selves are better able to handle peer pressure and make responsible decisions (See SELF-ESTEEM, page 52).

For workshops on "How to be the Primary Educator for Your Child", check with your church/synagogue or call

Child and Family Resource Center of Ontario and Yates Counties 585-554-6846

For father/son, mother/daughter retreats on sexuality, or reference/education material and programs to talk with your son or daughter about sexuality or sexual responsibility, call

Planned Parenthood of the Rochester/Syracuse Region 585-396-9270
1-866-600-6886

For information about sexually related health issues and birth control you can call

Catholic Charities of the Finger Lakes: Choose Wisely Now 315-789-2686
Clifton Springs Hospital & Clinic 315-462-9561
Cornell Cooperative Extension 585-394-3977
F.F. Thompson Hospital 585-396-6744
Finger Lakes Regional Health 315-787-4054
Highland Hospital - Family Medicine Center 585-442-7470
Rochester General Hospital Adolescent Clinic 585-338-4050
Strong Memorial Hospital - OB/GYN 585-275-2691

The following pamphlets were used/consulted in preparing this section:

- 1."How To Talk With Your Child About Sexuality". A Parent's Guide, Planned Parenthood Federation of America, N.Y. N.Y.
- 2."Talking With Your Child About Sex". Jane Hiatt, ETR Associates/Network Publications, Santa Cruz, CA.
- 3."Talking With Your Teenager About Sexual Responsibility". Lucas Stang, ETR Associates/ Network Publications, Santa Cruz, CA..

*TDD is a telephone communication system for the hearing impaired.

SEXUALLY TRANSMITTED DISEASES

Adolescence can be a time of risk taking for many youth and the risks of sexual activity today - emotional, pregnancy, sexually transmitted diseases (STDs), including the Acquired Immune Deficiency Syndrome (AIDS) virus (HIV) cannot be taken lightly. Parents must be and need to be the primary sex educators for their children. Youth must be educated about sexuality and learn the values important to their family. It may be too late to wait till your child is in their mid-teens. Remember, we are a high tech, information rich, media-driven society where these issues are brought up daily. Youth must be educated to the facts of STDs and they must be encouraged to seek immediate medical treatment if they believe they have a STD. Talk to your children about STDs. The following will provide you with some information about STDs. For more information talk with your family doctor, clinic or professionals in the community or see the resources listed below.

Facts about STDs and AIDS

Anyone who is sexually active can get venereal diseases, also called sexually transmitted diseases (STDs). The main way to get a STD is through sexual intercourse or any other sexual contact with someone who is infected. Included in these diseases are chlamydia, gonorrhea, herpes, urethritis, syphilis, trichomonas, venereal warts and AIDS virus (HIV). (See AIDS on page 11).

Sexually transmitted diseases are not shameful or a punishment-they are simply diseases that, if not treated, can seriously damage your health. If not treated, some STDs can result in serious damage (even if the outward symptoms disappear) including: sterility (inability to have children), heart disease, damage to an unborn baby, blindness, deafness, non-healing skin sores, paralysis and even death.

You do not catch STDs or AIDS virus (HIV) from toilet seats, door knobs or through "casual" contacts like handshakes and sharing a telephone. You can get STDs or AIDS virus (HIV) at any age.

SEXUALLY TRANSMITTED DISEASES ARE CONTAGIOUS. Once you have the AIDS virus (HIV) or herpes you will always have it. Herpes can be controlled but is not curable. There is presently no cure or AIDS virus (HIV). Other STDs are curable with proper medical treatment, but you can get them again and again if you are exposed to them repeatedly.

Protecting yourself from STDs and AIDS

The best way to prevent STDs and AIDS virus (HIV) is for young people not to have sexual contact at all. If a person chooses to have sex, there are ways to begin to protect themselves: use of a latex condom with a spermicide containing Nonoxynol-9, not having sex with people who have sores or blisters around their mouth or genitals, not having anal sex, and not having sex with a lot of partners or with one partner who has other partners. Statistics show that having sex with more than one partner or one partner who has had other partners, greatly increases the risk of getting a STD.

Tests

It is very important to go to a doctor or clinic and ask to be tested for STDs or the AIDS virus (HIV). A medical exam and a lab test will be done.

It is possible to have a STD without feeling sick or noticing any changes in the body. Encourage and support a young person who thinks s/he may have a STD to not be embarrassed to go see a doctor. The longer it goes untreated, the more damage it will do. Remember that most STDs can be treated and most can be cured.

STD TESTS ARE CONFIDENTIAL. PARENTAL PERMISSION IS NOT REQUIRED. FOR MORE INFORMATION ABOUT PREVENTING OR TREATING STDs OR AIDS VIRUS (HIV) CALL

Ontario County Health Department	585-396-4343
Planned Parenthood of the Rochester/Syracuse Region	585-396-9270
	1-866-600-6886

You can also call these hotlines to get additional information and support

National VD & Herpes Hotline	1-800-227-8922
National AIDS Hotline	1-800-342-AIDS
New York State AIDS Hotline	1-800-541-2437
Teens TAP (Teaching AIDS Prevention)	1-800-234-8336

STRESS

Youth, and even very young children, experience stress in their lives. Often today's children face more adult-like stresses than their parents did as children and at a time when adults are much less available to help them. With many parents working outside the home, young people may be more on their own than ever before.

Stress is a normal part of everyone's life. If we know how to deal with it, it can actually help our creativity, productivity and healthy relationships with others. If it gets out of hand, it can become a problem.

There are a variety of stresses that children may be facing. Their bodies are changing rapidly and they are developing more maturity. Peers may be pressuring them to be like the group. They may feel parents are pushing them to achieve or make up for something they lack. Media presents a troubling picture of what the future will hold for the youth of today due to the failing economy, violence, environmental issues and world issues. All of these may cause stress.

Some signals of stress are:

- lack of appetite
- lack of concentration
- loss of sleep
- dropping grades
- physical ailments

It's important for parents and other caring adults to help children identify when they may be feeling stressed and to talk about it. Children also need support in identifying stress reducers.

Some stress reducers are:

- physical activity/exercise
- hobbies
- talking with friends and parents
- keeping a diary or writing down thoughts
- volunteering
- helping others

If you, your children or a youth you know are feeling the impact of stress in your or their life, talk with family members, a school counselor or some other trusted person, or refer to COUNSELING page 25.

Ontario County Mental Health	585-396-4363
F.F. Thompson Health Center	585-396-6679
Geneva General Hospital	585-787-4000
Clifton Springs Hospital	315-462-9561
Family Counseling of the Finger Lakes	877-789-2613
Body Mind Center	585-396-6000

SUICIDE

If a young person talks about suicide, take it seriously. Suicide is one of the three leading causes of death among young people. If a young person tells you s/he is thinking of killing her/himself and asks that you keep it a secret, This is a secret you *cannot keep*. Seek out supportive services immediately. (See COUNSELING, p. 25)

If you think your child or a youth you are working with maybe suicidal, don't be afraid to ask. Mentioning suicide will not give a young person the idea or push them over the edge. Talking about it can prevent suicide from happening. A suicidal person is not beyond help. The crisis period usually lasts a short time. With help a person can get better. If you think the situation is immediately life threatening call the police at **911** or **LIFE LINE at 1-800-310-1160 or 275-2700 (TDD*)**.

Possible contributing factors to adolescent suicide include:

- Stress from external sources
- Fear of change and their ability to handle it
- Problems dealing with physical and psychological changes
- Loss of traditional support systems
- Unrealistically high expectations
- Unclear perception of death
- Alcohol and/or other substances of abuse

These five questions are often asked to find out whether or not a person is considering suicide:

- Has this person shown any of the following warning signs: seriously depressed, giving away prized possessions, doing poorly in school, talking about wanting to die, isolating themselves from family and friends, taking unnecessary risks, abusing drugs or alcohol or suddenly happy for no reason after being depressed for a long period?
- Has this person ever threatened or attempted suicide before?
- Does this person really believe he or she has a good reason to commit suicide?
- Does this person have a plan to commit suicide?
- Does this person have a way to put that plan into action right away?

Yes answers to any of these questions means you must be concerned and should seek professional help for your child. (See COUNSELING, p. 25) Don't try to handle it alone.

The first step in stopping a suicide is to have the person promise "If I feel like I'm going to hurt myself, I will call someone or a hotline first." The next step is to connect the person to needed professional supports and resources.

Call for crisis *intervention services and information*

Lifeline	1-800-310-1160 (24 hrs.)
	275-2700 (TDD*)

Adapted from LIFE LINE'S *Adolescent Suicide-Outreach Program Card*

* TDD is a telephone communication system for the hearing impaired.

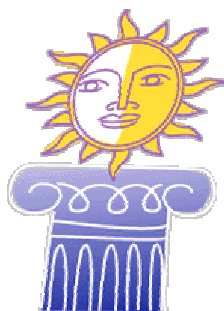
SUMMER PROGRAMS

Scheduling children's activities in the summer requires advanced planning and careful consideration. Camp and recreation programs are usually not full day (8 hour) programs. Please refer to the CHILD CARE section for information about full time care, in addition to this section. Summer programs for children change from year to year and often require signing your children up in advance. Private camp programs may require sign up as early as January or February. Many camp programs are expensive, so be sure to ask for the cost as well as any financial assistance that may be available. As with any child care situation, be sure to check child-staff ratio and staff qualifications, hours of operation, fees involved and whenever possible, personally meet the staff prior to leaving your child(ren).

Here is a list of places for you to call for information about what summer programs may be available to you and your child(ren).

Cornell Cooperative Extension	585-394-3977
Finger Lakes Works	585-396-4020
Happiness House	315-789-6828
Life Line	1-800-310-1160
Local Churches	
Local School District	
Local YMCA	
Heighborhood Community Centers	
Ontario County Sheriff's Department	585-396-4635
Ontario County Youth Bureau	585-396-4035
Parks & Recreation Departments (See THINGS TO DO, p. 67)	
Telephone Book	

For additional information, look under Camps in the Yellow Pages of the Rochester Southern Area Telephone Book.



SUPPORT GROUPS

If you find yourself or a child struggling with a difficult problem, talking with others who have experienced similar problems can often help. People in support groups can give each other lots of support and encouragement.

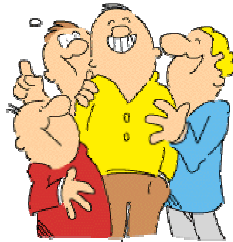
A support group can help you or someone you care about with such concerns as the death of a family member, suicide, someone's drug or alcohol problem, dealing with physical or sexual abuse or coping with a disease such as diabetes.

Our community offers many different support groups through various agencies and self-help programs. Check your library reference section for the **Ontario Wayne Services Guide developed by the Pioneer Library System.**

For further information and referral, call

Lifeline 1-800-310-1160 (24 hrs.)
 275-2700 (TDD*)

* TDD is a telephone communication system for the hearing impaired.



TEEN PARENTING

A number of agencies offer services especially for pregnant and/or parenting teens. Some of them are listed here. Education, medical care and counseling are among the services that they provide. Being a parent is hard work. There are people and programs that can help. Staying in school and receiving support in parenting skills is the key to a teen parent being a successful and effective parent and gaining the skills needed to be self-sufficient in the future. Programs differ in the services they offer. Call for more information about what each program can provide.

Catholic Charities of the Finger Lakes	315-789-2686
Catholic Family Center/ Hannick Hall	315-331-2300
Child and Family Resource Center	315-781-1491
Cornell Cooperative Extension Of Ontario County	585-394-3977
East Bloomfield Migrant Education Outreach Program	585-657-7162
Family Counseling Service of the Finger Lakes Inc.	(315)789-2613
F.F. Thompson Hospital	585-396-6744
Baby and You	585-396-6000
Finger Lakes Visiting Nurse Service	315-789-9821
Finger Lakes Women, Infants and Children Program (WIC)	585-394-9240
Head Start/Ontario County	315-789-6828
Ontario County Child Support Office	585-396-4160
Ontario County Department Of Social Services	585-396-4060
Ontario County Public Health (MOMS Program)	585-396-4343
Rushville Health Center	585-554-4400
The Health Association	585-423-9490
Western-Ontario-Wayne Mothers of Multiples (WOWMOM)	585-394-9493

If you know of a teen parent or child that has special health care needs, or for more information about different health services available to a teen parent and child, call the Ontario County Health Department at 396-4340 for information and referral. You may also want to go to your local library, and look at the *Parent Group Directory* by Wayne – Ontario Services Guide which lists resources for children with health problems and their families. Here are some other programs that offer special care.

Healthcare

Child Health Plus	1-800-698-4KIDS
Finger Lakes Regional Health System	315-787-4054
Ontario County WIC Program	585-394-9240
Rushville Health Center	585-554-4400
Thompson Health System	585-396-6660

Being a teen parent may make it hard to stay in school. If you are a teen parent or are going to be one, ask your guidance counselor for help. You may be eligible for home or hospital tutoring. If you have left school and want to return, there are many programs that can help.

Education Services

Wayne Finger Lakes BOCES	585-526-6471
Even Start	1-800-977-3731

There are many day care centers and families who care for children. You can find out what is available and what assistance is available to help pay for child care by calling

Day Care Centers

Child & Family Resource Center	1-800-881-5786
Western New York Child Care Council	585-244-3960

Teen parents may run into situations that may make it difficult for them to access services to which they have a legal right. If so, legal services are available. Call

Legal Services

Legal Assistance of the Finger Lakes	315-781-1465
Legal Aid Society Youth Advocacy Program	585-232-4090
Ontario County Dept. of Social Services	585-396-4060

THINGS TO DO

Though it may sound ordinary there are many things to do without spending money. A walk, sharing a story or favorite memory, or just sitting quietly for an unscheduled moment with another person can be a significant thing to do. Often some of our most cherished memories are those spontaneous times that we break into laughter from a shared joke or situation. All people, youth included, care about being listened to, and taking the time to listen quietly is a valuable thing to do. Take time to listen and find time to do things with your kids.

Having fun is important! Sports, social clubs, school or church activities are just a few examples of how young people can meet new friends, learn skills and have fun too. Doing new things can be scary sometimes but it gets easier once they get involved. There are places throughout the county that offer programs especially for young people. Some of them are listed here. Check the location nearest you and ask for more information. If they don't offer what you're looking for, ask if they know of someone who does.

A.W.A. Communications Museum	585-392-3088
Vintage Tracks Museum	585-657-6608
Wizard of Clay Pottery	585-229-2980
Bloomfield Academy Museum	585-657-7244
Bristol Valley Theater	585-374-6318
Canandaigua Lady	585-394-5365
Canandaigua Speedway	585-394-0961
Canandaigua Theaters	585-396-0110
Cobblestone Arts Center	585-223-6440
East View Theater	585-425-0423
Cumming Nature Center	585-374-6160
Finger Lakes Performing Arts Center	585-325-7760
Finger Lakes Race Track	585-924-3232
Ganondagan State Historic Site	585-924-5848
Geneva Movie Theater	315-789-7978
Geneva Rollerdom	315-789-6033
Granger Homestead & Carriage Museum	585-394-1472
Greater Canandaigua Civic Center	585-396-7230
Ontario County Historical Museum	585-394-4975
Phelps Community Historical Society Museum	315-548-4940
Rose Hill Mansion	315-789-3848
Rose Land Bowl	585-394-5050
Roseland Water Park	585-396-2000
Smith Opera House for the Performing Arts	315-781-5483
Sonnenberg Gardens & Mansion	585-394-4922
South Bristol Cultural Center	585-396-5950
Sunset Bowl	315-789-1622
Valentown Museum	585-924-4170
Lollypop Farm	585-223-1330
Jillian's Kanoodle Art	585-394-1070

Youth Organizations

There are many special interest clubs and organizations that provide a variety of socialization activities, cultural experiences, leadership training and much more. Encourage your child or teen to get involved. Listed here are just a few. Ask other parents, teachers, or religious youth directors about other groups that may interest young people.

Boy Scouts of America	315-781-1166
Boys & Girls Club of Geneva	315-781-2345
Teen Center	315-781-2510
Canandaigua Phoenix Program: Salvation Army	585-396-6968
Catholic Charities of the Finger Lakes	315-789-2686
4-H Club/Cooperative Extension	585-394-8455
Naples Youth Center	585-374-8190
Seven Lakes Girl Scout Council	1-800-448-6954
YMCA	
Canandaigua	585-394-6866
Clifton Springs	315-462-7674
Geneva	315-789-1616

Recreation and Parks

Parks and Recreation programs throughout the city and county offer many and varied recreational programs. Some offer swimming pools, gyms, ice rinks and organized activities such as dance, art classes, sports programs, etc. Our parks also offer open space to walk, run, hike trails and cross country skiing. Call your individual municipal recreation programs for details.

City of Canandaigua Parks & Recreations Bureau	585-396-5080
City of Geneva Recreation Center	315-789-5005
Kershaw Park	585-396-5080
Ononda Park	585-396-2752
Seneca Lake State Park	315-789-2331

(See the Telephone Book's blue pages listing of City of Rochester for a listing of phone numbers of individual city recreation sites to call for specific site program information)

Swimming Pools (City)

YMCA	
Canandaigua	585-394-6866
Geneva	315-789-1616

Ice Rinks (City)

Geneva Recreation Center	585-789-5005
Greater Canandaigua Civic Center	315-396-7230

Towns (fees vary depending upon activity)

Canandaigua Parks & Recreation Bureau	585-396-5080
Geneva Recreation Center	315-789-5005
Gannett Hill Reservation - Naples	585-374-6250
Victor Parks & Recreation	585-742-7026
Frost Ridge Recreation Center	585-594-2304
Farmington Recreation Dept.	315-986-8198

Also, for current information on Performing Arts Events and Cultural Events in Ontario County look up **Performing Arts** and/or **Museums** in the front of The Phone Book or contact your local town or village office.

For further listings, visit www.co.ontario.ny.us/youth. Click on Funded Programs.

TRANSPORTATION

Ontario County has a variety of means of transportation available to youth and adults--cars, bicycles, buses, walking. Some areas of the community have more resources than others.

If you are a parent you may know too well the hassle of transporting your child to and from their friends, the mall or after school activities. If your child works, transportation becomes even more of a time commitment. Help your child to explore alternative means of transportation or share rides with friends and neighbors. You may want to approach other parents about developing a car pool to shared activities. It is important to help your child plan ahead for getting to and from activities. Remember, car accidents are the leading cause of death among adolescents and young adults. Relying on chance for a safe ride home may not be wise.

If you are a person working with youth, be aware of their limitations around independent travel/ transportation. Try to schedule activities, location and time convenient to youth using public transportation or relying upon family members to transport them. If it is an ongoing activity, help youth to share rides. It's a great way to build a team and develop good problem solving skills.

Buses

County Area Transit System (C.A.T.S.) 585-394-2250

Catholic Charities of the Finger Lakes 315-789-2686

Greyhound Bus Lines

Local Terminal – Geneva 315-789-2582

Local Terminal – Canandaigua 585-394-1620

Trains

Amtrak Reservations 1-800-872-7245

Stations:

Rochester 716-454-2894

East Syracuse 315-477-1152

Taxicabs

Canandaigua Cab 585-394-9370

Newark-Palmyra Taxi 315-331-2200

585-597-2544

Newark Taxi 315-331-1500

Pat's Taxi Service 585-394-1620

The Other Taxi 315-789-5625

Tom's Taxi 585-396-0770

Greene's Taxi 315-539-2111

Hometown Taxi 315-789-0313



VOLUNTEERING/YOUTH EMPOWERMENT

Volunteering can help youth meet new people, find out more about themselves and become more dependable and responsible. Volunteering can make youth feel good about themselves and what they are doing. The best part is that all this happens while youth are giving something to someone in need.

Through volunteering young people gain experience that will help later in finding a paying job. Youth will be introduced to adults who can recommend them to a future employer.

Encourage your children or youth you work with to volunteer and get involved in their communities. Youth can check with schools, libraries or religious organizations about volunteer opportunities.

For more information about volunteer opportunities within the community, call

American Red Cross	
Youth Volunteer Placement Program	585-256-4032
Volunteer Connection of United Way	585-454-1100

Here are some questions you can suggest young people think about when looking for a volunteer position:

- do they meet the required minimum age?
- is it accessible from school, home or work and what transportation arrangements will be needed?
- are the volunteer opportunities interesting to them and can fit within their time schedule & other commitments?
- is training provided and is it required?
- how much time is needed to do the job?

Youth Empowerment

Youth can be actively and positively involved with others in our community in addressing community concerns. It's important for young people to stand up for what they believe, and participate in shaping and improving our community's understanding of youth. Through participation, youth can be effective at reaching their peers, bring an important perspective to program planning, and bring needed resources to programs. Active youth participation can be a valuable experience for youth as well as adults who work with them.

Programs to involve youth in youth participation activities and assist them in developing their leadership skills, include:

American Red Cross	585-394-2260
Boys & Girls Club of Geneva	315-781-2345
Cornell Cooperative Extension	585-255-2237
Community Action Program	585-396-3040
Canandaigua	585-396-3040
Geneva	315-782-4900
Ontario County Youth Bureau	585-396-4035
Ontario County Reality Check	585-393-2924

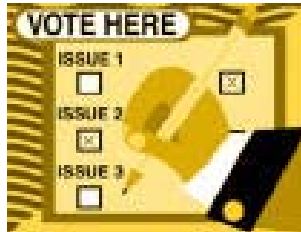
VOTING/POLITICAL ACTION

Voting is your right as a citizen of the U.S. By exercising your right to vote, you can support issues and ideas you believe in. If your child sees you vote, they may be more likely to exercise their right to vote when they become of age.

If you are 18, a U.S. citizen and have been a resident of Ontario County for 30 days before an election, you are entitled to vote, but you must be registered in advance. To register, you must fill out a registration form and send or bring the completed form to the County Election Commissioner's Office. You may designate a party, either Republican, Democrat, Independent, or Conservative.

If you or your child wants information concerning government, current legislation or how to become involved in political action, contact

Conservative Party of Ontario County	718-921-2158
Democratic Committee of Ontario County	585-394-2570
League of Women Voters	585-396-4005
Libertarian Party of Ontario County	585-377-6639
Ontario County Board of Elections	585-396-4005
Republican Committee of Ontario County	518-462-2601



Churches

The following is a list of churches in Ontario County, which may offer activities or special services for youth.

Allen's Hill United Methodist - Honeoye	585-229-4519
Aloquin Flint United Methodist - Stanley	585-526-5875
Assembly of God Church - Geneva	315-789-4930
Baptist Church – Clifton Springs	315-462-5463
Baptist Church House - Shortsville	585-289-3883
Bellona Memorial Presbyterian Church - Stanley	585-526-5580
Bethel Baptist Church - Gorham	585-526-5850
Bristol Springs Free Church – South Bristol	585-374-5763
Canandaigua Baptist Church – Canandaigua	585-394-3517
Calvary Assembly of God – Canandaigua	585-394-3635
Calvary Chapel – Farmington	585-398-3550
Calvary Chapel - Honeoye	585-229-4502
Christian & Missionary Church - Geneva	315-789-8454
Cheshire Community Church – Cheshire	585-394-6607
Church of Christ - Victor	585-924-5550
Church of the Nazarene – Clifton Springs	315-462-9321
Community of Hope Lutheran Church – Canandaigua	585-394-0236
Congregational Church – Rushville	585-554-3887
Congregational Church – Bloomfield	585-657-7755
Crosswinds Wesleyan – Canandaigua	585-394-5857
Faith Baptist Church – Farmington	585-924-9121
Faith Bible Church - Honeoye	585-367-3230
Faith Community Church - Geneva	315-789-0007
Farmington Friends Church – Farmington	315-986-5559
First Baptist Church – Geneva	315-789-3220
First Baptist Church – Naples	585-374-5713
First Baptist Church – Clifton Springs	315-462-5463
First Congregational Church / Church of Christ – Canandaigua	585-394-2184
First Presbyterian Church - Naples	585-374-2573
First United Methodist Church – Canandaigua	585-394-5335
First United Methodist Church – Rushville	585-554-6534
First United Methodist Church – Geneva	315-789-6550
Flint Creek Church of God - Stanley	585-526-5600
Geneva Hispanic Church of God	315-781-2209
Geneva Southern Baptist Church - Geneva	315-781-0217
Good Shepherd Lutheran Church – Canandaigua	585-394-2760
Grace Baptist Church – Geneva	315-789-9175
Grace Baptist Church – Geneva	315-869-9411

Churches Cont.

Hemlock United Methodist Church – Hemlock	585-367-3138
Iglesia Pentecostal Getsemani - Geneva	315-781-2162
Ingleside Christian Church – Naples	585-374-2199
Ingleside Christian Church – Naples	585-374-9141
Ionia United Methodist Church - Ionia	585-657-6984
Italy Naples Baptist Church - Naples	585-374-5430
Jehovah's Witnesses – Canandaigua	585-394-7280
Jehovah's Witnesses – Naples	585-374-5332
Jehovah's Witnesses – Fairport	585-586-5225
Middlesex Baptist Church – Middlesex	585-554-3391
Mount Cavalry Church of God - Geneva	315-789-2669
Mt. Olive Missionary Baptist - Geneva	315-781-0579
New Covenant Baptist Church – Canandaigua	585-394-9440
New Hope Bible Church - Phelps	315-548-5508
New Hope Fellowship - Bloomfield	585-657-7983
Oak Corners Presbyterian Church – Oaks Corners	315-781-1908
Orleans Baptist Church – Clifton Springs	315-462-3490
Phelps Baptist Church - Phelps	315-548-3221
Presbyterian Church – Geneva	315-789-1343
Presbyterian Church – Shortsville	585-289-9123
Presbyterian Church – Victor	585-924-2289
Presbyterian Church – Phelps	315-548-2772
Reed Corners Federated Church – Reeds Corners	585-554-6099
Roman Catholic Church - Geneva	315-789-0930
Salvation Army – Canandaigua	585-394-6968
Seneca Castle United Methodist Church – Seneca Castle	315-526-5513
Seneca Presbyterian Church -	585-526-5580
Seventh – Day Adventist Church - Canandaigua	585-526-5599
St. Bridget's Catholic Church - Bloomfield	585-657-7626
St. Dominic's Parish Church - Shortsville	585-289-9224
St. Dominic's Rectory - Shortsville	585-289-4164
St. Felix / St. Francis - Phelps	315-548-5331
St. Francis – Clifton Springs	315-462-2961
St. Januarius Church - Naples	585-374-2414
St. John Episcopal – Canandaigua	585-394-4818
St. John Episcopal Chapel - Geneva	315-781-3671
St. John Episcopal Church – Clifton Springs	315-462-6611
St. John's Lutheran Church – Victor	585-924-5162
St. Joseph's Catholic Church - Bloomfield	585-657-7626
St. Mary's Church – Canandaigua	585-394-1220
St. Mary's Catholic Church - Honeoye	585-229-5007

Churches Cont.

St. Michael's Orthodox Church - Geneva	315-789-3060
St. Patrick's Church - Victor	585-924-7111
St. Paul's Community Baptist Church - Geneva	315-789-2837
St. Peter's Episcopal Church - Geneva	315-789-4910
St. Peter's Episcopal Church - Bloomfield	585-657-6715
St. Stephen's Church - Geneva	315-789-1124
Trinity Episcopal Church - Geneva	315-789-2919
Trinity Federated Church - Naples	585-374-5017
Union Congregational Church -	585-526-6700
Unitarian Church – Canandaigua	585-396-1370
Unitarian Universalist Church - Bloomfield	585-657-7526
United Church – Canandaigua	585-394-0503
United Church of Bristol - Bloomfield	585-657-7030
United Church of Christ - Honeoye	585-229-5302
United Church of Phelps - Phelps	315-548-2772
United Methodist Church – Bloomfield	585-657-7220
United Methodist Church – Clifton Springs	315-462-2274
United Methodist Church – Manchester	585-289-9506
United Methodist Church – Seneca Castle	585-526-5513
United Methodist Church – Stanley	585-526-6737
United Methodist Church – Gorham	585-526-6818
United Methodist Church – Victor	585-924-5980
United Pentecostal Church - Geneva	315-781-0921
Vineyard Christian Fellowship - Victor	585-742-3730
Willowbrook Christian Church – Victor	585-924-5550
Zion Fellowship – Canandaigua	585-394-7450
Zion Lutheran Church - Geneva	315-789-2635

Index Of All Agencies

A

AAA Environmental Inc. 320 Lexington Ave, Rochester, NY 14613 N/A	585-458-3950
Advocacy Center 590 South Avenue, Rochester, NY 14620 www.advocacycenter.com	585-546-1700
Agriculture Environmental Services 6107 Loomis Road, Farmington, NY 14425 www.agensv.com	585-742-2180
Agri-Business Child Development Geneva Center 4156 West Lake Rd., Geneva, NY 14456 N/A	585-232-1610 315-781-3267
AIDS Rochester Inc. 1350 University Avenue, Rochester, NY 14607 http://www.aidsrochester.org	585-781-6303
AIDS/HIV Counseling & Testing Hotline www.health.state.ny.us	585-275-7655
Alanon/Alateen 805 Blossom Rd, Rochester, NY 14610 http://www.al-anon.alateen.org	585-288-0540
Alcoholics Anonymous Finger Lakes Answering Service http://www.Rochester/ny/AA.org	315-789-5955
Allen's Hill Free Library Allen's Hill Rd, Honeoye, NY 14471 http://www.pls-net.org	585-229-5636
Alzheimer's Association - Rochester Chapter 435 E Henrietta Rd, Rochester, NY 14620 http://www.alz-rochesterny.org	585-760-5400
American Cancer Society Finger Lakes Region http://www.cancer.org	1-800-227-2345
American Diabetes Association 320 Lexington Ave, Rochester, NY 14613 http://www.diabetes.org	585-458-3040
American Heart Association 2113 Chili Ave, Rochester, NY 14624 http://www.americanheart.org	585-426-4050
American Lung Association: Finger Lakes Region, Inc. 1595 Elmwood Ave, Rochester, NY 14620 http://www.Lungusa.org	585-442-4260
American Red Cross Youth Volunteer Placement Program http://www.RochesterRedCross.org	585-256-4032
American Red Cross of the Finger Lakes 34 Castle St., Geneva, NY 14456 http://www.rochesterredcross.org	315-789-1522
American Red Cross/Ontario County 120 N. Main St., Canandaigua, NY 14424 http://www.rochesterredcross.org	585-394-2260

Amtrak Reservations	1-800-872-7245
Rochester Station	585-454-2894
320 Central Ave, Rochester, NY 14605	
East Syracuse Station	315-477-1152
131 P and C Pkwy, Syracuse, NY 13208	
http://www.amtrak.com/	
Arthritis Foundation/ Upstate NY Chapter	585-264-1480
3300 Monroe Ave, Rochester, NY 14618	
http://www.arthritis.org	
As They Grow (Clothing Assistance)	585-374-8050
6464 State Route 64, Naples, NY 14512	
N/A	
Austin Master Services	585-229-4813
N/A	
A.W.A. Communications Museum	585-392-3088
187 Lighthouse Rd, Hilton, NY 14468	
http://www.antiquewireless.org/museum/museum.htm	
B	
Better Your Own Body, Cooperative Extension	585-394-3938
www.cce.cornell.edu/oneida/cce/4h/youthdevelopment.htm	
Bloomfield Academy Museum	585-657-7244
South Ave E, East Bloomfield, NY 14443	
N/A	
Bloomfield Public Library	585-657-6264
9 Church St, Bloomfield, NY 14469	
http://www.bloom.pls-net.org	
Bloomfield School District	585-657-7197
21 Oakmount Ave, Bloomfield, NY 14469	
N/A	
Body Mind Center	585-396-6000
335 Parrish St, Canandaigua, NY 14424	
www.thompsonhealth.com	
Boike Consulting	585-394-1442
3180 West St., Canandaigua, NY 14424	
N/A	
Boys and Girls Club of Geneva	315-781-2345
1 Goodman St., Geneva, NY 14456	
www.bgca.org	
Boy Scouts of America Finger Lakes Council	315-789-1166
3685 Pre Emption Rd, Geneva, NY 14456	
www.fingerlakescouncil.org	
Brain Injury Association of NYS FACTS Program	315-331-9051
208 Stansell St, Newark, NY 14513	
N/A	
Bridge Program, Finger Lakes Community College	585-394-3500 Ext.7551
4355 Lakeshore Dr., Canandaigua, NY 14424	
http://www.flcc.edu	
Bristol Library	585-229-5862
6750 County Road 32, Canandaigua, NY 14424	
www.townofbristol.org/Library.html	

Bristol United Church 7177 County Road #2, Bloomfield NY 14469 http://www.townofbristol.org	585-657-7030
C	
Canandaigua Cab 5550 Mobile Rd, Canandaigua, NY 14424 N/A	585-394-9370
Canandaigua City Police 21 Ontario Street, Canandaigua, NY 14424 http://www.canandaigua.com	585-396-5035
Canandaigua City School 435 East St., Canandaigua, NY 14424 http://www.canandaiguaschools.org	585-396-3800
Canandaigua Conservation Officer N/A	585-396-0990 585-396-3316
Canandaigua Juvenile Aid Bureau 21 Ontario St, Canandaigua, NY 14424 N/A	585-396-5045
Canandaigua Lady 205 Lakeshore Dr, Canandaigua, NY 14424 http://www.canandaigualady.com	585-394-5365
Canandaigua Lake Counseling Services N/A	585-919-0014
Canandaigua Medical Group, P.C. Canandaigua Office 335 Parrish St, Canandaigua, NY 14424	585-393-2888
Canandaigua OB/GYN 335 Parrish St, Canandaigua, NY 14424	585-393-2800
Farmington OB/GYN 1160 Corporate Dr, Farmington, NY 14425 http://www.canandaiguamedical.com	585-742-3050
Canandaigua Speedway 2820 County Road 10, Canandaigua, NY 14424 http://canandaiguaspeedway.com/	585-394-0961
Canandaigua Theaters Routes 5 & 20, Wal-Mart Plaza; Canandaigua, NY 14424 N/A	585-396-0110
Canandaigua VA Medical Center 400 Fort Hill Ave, Canandaigua, NY 14424 http://www.va.gov	585-394-2000
Caregivers 620 Castle St, Geneva, NY 14456 http://www.caregivershomecare.com	315-789-2650
Career Resource Centers	
Canandaigua Center 5253 Parkside Dr., Canandaigua, NY 14424	585-394-9300
Geneva Center 1 Franklin Sq., Geneva, NY 14456 http://www.wflboces.org	315-781-7820
Catholic Charities of the Finger Lakes One Franklin Square, Geneva, NY 14456 www.catholiccharitiesusa.org	315-789-2686

Catholic Family Center/Hannick Hall 513 W Union St, Newark, NY 14513 http://www.cfc.rochester.org	315-331-2300
Catholic Family Center's Refugee Assistance Program 87 Clinton Ave N, Rochester, NY 14604 http://www.cfcrochester.org	585-546-7220
Catholic Youth Organization 25 Franklin St, Rochester, NY 14604 N/A	585-454-2030
Center for Dispute Settlement 120 N Main St, Canandaigua, NY 14424 http://www.cdsadr.org	585-396-0840
Center of Concern 58 Avenue D, Geneva, NY 14456 N/A	315-789-1117
Child Abuse Hotline http://www.childhelpusa.org/programs_hotline.htm	1-877-267-1984
Child Abuse & Maltreatment Reporting Center http://www.ocfs.state.ny.us	1-800-342-3720
Child and Family Resources 12 Gilbert St., Box 594, Rushville, NY 14544 N/A	315-781-1491
Child Health Plus 19 Aviation Rd., Albany, New York 12205 http://www.health.state.ny.us/nysdoh/chplus/cplus-1.htm	1-800-698-4KIDS (4543)
City of Canandaigua Parks & Recreation Bureau 2 N Main St, Canandaigua, NY 14424 http://www.ci.canandaigua.ny.us/parks.htm	585-396-5080
City of Geneva Recreation Center 666 Exchange St, Geneva, NY 14456 http://www.geneva.ny.us	315-789-5005
Clifton Springs Hospital & Clinic 2 Coulter Road, Clifton Springs, NY 14432 http://www.cshosp.com	315-462-9561
Clifton Springs Outpatient Mental Health Clinic 2 Coulter Rd, Clifton Springs, NY 14432 http://www.cshosp.com/	315-462-0471
Clifton Springs Public Library 4 Railroad Ave, Clifton Springs, NY 14432 http://www.clifton.pls-net.org	315-462-7371
Cobblestone Arts Theater 630 Crowley Road, Farmington, NY 14425 N/A	585-223-6440
Community Action Program	
Canandaigua 120 N Main St, Canandaigua, NY 14424	585-396-3040
Geneva 518 Davidson St, Watertown, NY 13601 N/A	315-782-4900
Community Reading Partnership 96 West Gibson Street, Canandaigua, NY 14424 http://www.canandaiguaschools.org	585-396-3945

Community Support Shoppe (Clothing Assistance)	585-657-4498
22 Maple Ave, Bloomfield, NY 14469	
N/A	
Conservative Party of Ontario County	585-921-2158
486 78th St., Brooklyn, NY 11209	
http://www.cpocny.org	
Consumer Credit Counseling Service of Rochester Inc.	585-546-3440
50 Chestnut St, Rochester, NY 14604	
http://www.cccsroch.org	
Cornell Cooperative Extension of Ontario County	585-394-3977
480 N. Main St., Canandaigua, NY 14424	
http://www.cce.cornell.edu	
Cornell Migrant Program	315-483-4092
8461 Ridge Rd, Sodus, NY 14551	
http://www.farmworkers.cornell.edu	
Council on Alcoholism & Other Chemical Dependencies of the Finger Lakes, Inc.	315-789-0310
620 W Washington St, Geneva, NY 14456	
http://www.councilonalcoholism.net	
County Area Transport System (C.A.T.S.)	585-394-2250
2450 Brickyard Rd, Canandaigua, NY 14424	
N/A	
Crestwood Children's Center	585-232-4670
110 Mount Hope Ave., Rochester, NY 14620	
N/A	
Cumming Nature Center	585-374-6160
6472 Gulick Rd, Naples, NY 14512	
N/A	
Cystic Fibrosis Center, Strong Children's Hospital	585-546-5890
301 Exchange Blvd Ste 206, Rochester, NY 14608	
http://www.urmc.rochester.edu	
D	
Democratic Committee of Ontario County	585-394-2570
334 N Main St, Canandaigua, NY 14424	
N/A	
DePaul Huther-Doyle	585-325-5100
360 East Ave., Rochester, NY 14604	
www.hutherdoyle.com	
DeSales High School	315-789-2295
90 Pulteney St, Geneva, NY 14456	
http://www.desaleshs.org	
Domestic Violence Bureau	1-800-924-6906
N/A	
Domestic Violence Hotline	1-888-353-9360
http://www.ndvh.org	
Drake Environmental Consultants	585-657-6262
7 Michigan St, Bloomfield, NY 14469	
http://www.drakeenvironmental.com	

E

East Bloomfield GRASP Program PO Box 98, Bloomfield, NY 14443 N/A	585-657-7070
East Bloomfield Central School 21 Oakmount Ave, Bloomfield, NY 14469 http://www.emsc.nysed.gov	585-657-6121 Ext. 1127
East Bloomfield Migrant Education Outreach Program Oakmount Ave., P.O. Box 98, East Bloomfield, NY 14443 N/A	585-657-7162
East Hill Family Medical Inc. 1 Franklin Sq., Geneva, NY 14456 http://www.easthillmedical.com	315-789-4071
Eastview Theater Regal Eastview Mall 13 70 Eastview Mall Drive Victor, NY 14564 http://www.regalcinemas.com	585-425-0423
Emergency Shelters for Families N/A	1-800-808-6444
Environmental Services Solid Waste & Recycling 303 Brew Rd, Bergen, NY 14416 N/A	585-760-7600
F	
4-H Club / Cooperative Extension 420 East Main Street, Batavia, NY 14020 N/A	585-394-8455
Fatherhood (Through Catholic Charities of the Finger Lakes) 1 Franklin Sq, Geneva, NY 14456 N/A	315-789-2686
Family Budget Counseling Program - Cooperative Extension Center 208 Broadway, Montour Falls, NY 14865 N/A	585-394-3977 Ext. 21
Family Counseling Service of the Finger Lakes 671 South Exchange St., Geneva, NY 14456 http://www.fcsfl.org	315-789-2613
Family Nurturing Center of Upstate New York 944 Route 104, Ontario, NY 14519 N/A	585-265-9631
Family Service of Rochester Inc. 30 N. Clinton Ave., Rochester, NY 14604 http://www.fsr.org	585-232-1840
Farmington Recreation Dept. N/A	315-986-8198
F.F. Thompson Hospital & Continuing Care Center 350 Parrish Street, Canandaigua, NY 14424 http://www.ffth.com	585-396-6744
Finger Lakes Community College	
Canandaigua Campus 4355 Lakeshore Dr., Canandaigua, NY 14424	585-394-3500
Geneva Campus 361 S Main St, Geneva, NY 14456	315-789-6701
Newark Campus 111 Drumlin Ct, Newark, NY 14513 http://www.flcc.edu	315-331-9098

Finger Lakes Developmental Disabilities Service Center 620 Westfall Road, Rochester, NY 14620 http://www.omr.state.ny.us	585-461-0618
Finger Lakes Even Start 208 Franklin Sq., Geneva, NY 14456 N/A	315-781-7820 Ext. 106
Finger Lakes Health 196 North St., Geneva, NY 14456 N/A	315-787-4054
Finger Lakes Parent Network N/A	1-607-776-2164
Finger Lakes Performing Arts Center 100 East Ave, Rochester, NY 14604 http://www.rbti.org	585-325-7760
Finger Lakes Race Track 5857 Route 96, Farmington, NY 14425 http://www.fingerlakesracetrack.com	585-924-3232
Finger Lakes Regional Poison & Drug Information Center University of Rochester Medical Center 601 Elmwood Ave. Box 321, Rochester, NY 14642 http://www.urmc.rochester.edu/urmc/telemed/flrpc/about.htm	585-275-3232
Finger Lakes Social Ministry 1 Franklin Sq, Geneva, NY 14456 N/A	315-789-2686
Finger Lakes Visiting Nurse Service and Ontario-Yates Hospice 756 Pre-Emption Road, Geneva, NY 14456 http://www.flvns.org	315-789-9821
Finger Lakes WIC 79 S. Main St., Canandaigua, NY 14424 Geneva Office N/A	585-394-9240 315-789-0185
First United Methodist Church 340 Main St, Geneva, NY 14456 N/A	315-789-6550
FLACRA 28 East Main Street, Clifton Springs, NY 14432	315-462-9466
Geneva Office 246 Castle Street, Geneva, NY 14456 flacraad@fltq.net	315-781-0771
Foodlink, Inc. 936 Exchange St, Rochester, NY 14608 http://www.foodlinkny.org	585-328-3380
G	
Gannett Hill Reservation - Naples Gannett Hill Rd, Naples, NY 14512 N/A	585-374-6250
Genesee Community College 1 College Rd., Batavia, NY 14020 http://www.sunygenesee.cc.ny.us	585-394-0055
Genesee Health Service 220 & 222 Alexander Street Rochester, NY 14607 http://www.viahealth.org/rqh/departments/geneseehealth.htm	585-263-5230

Genesee Hospital 244 Alexander St., Rochester, NY 14607 http://www.viahealth.org/genesee/	585-263-5400
Genesee Region Home Care 70 Metro Park, Rochester, NY 14623 N/A	585-214-1000
Geneva Coalition Food Pantry N/A	315-789-3916
Geneva Free Library 244 Main Street Geneva, NY 14456 http://www.geneva.pls-net.org/	315-789-5303
Geneva General Hospital 196 North St., Geneva, NY 14456 www.hospital-data.com/hospitals/ GENEVA-GENERAL-HOSPITAL-GENEVA.html	315-787-4000
Geneva Housing Authority (Section 8 Housing) P.O. Box 153, 41 Lewis Street, Geneva, NY 14456 http://www.genevahousingauthority.com	428-6922
Geneva Movie Theater 497 Exchange St, Geneva, NY 14456 N/A	315-789-7978
Geneva Recreation Center 666 Exchange St, Geneva, NY 14456 N/A	315-789-5005
Geneva School 649 Exchange St, Geneva, NY 14456 http://www.genevacsd.org	315-781-0400
Girl Scouts - Seven Lakes Council 300 Route 318, Phelps, NY 14532 www.girlscoutssevenlakes.org	315-539-5085
Gleaner Community Kitchen 183 N Main St, Canandaigua, NY 14424 N/A	585-394-4818
Ganondagan State Historic Site 1488 State Route 444, Victor, NY 14564 http://www.ganondagan.org	585-924-5848
Gorham Free Library 2664 Main Street, PO Box 211, Gorham, NY 14461 http://www.gorham.pls-net.org	585-526-6655
Granger Homestead & Carriage Museum 295 N Main St, Canandaigua, NY 14424 http://www.grangerhomestead.org	585-394-1472
Greater Canandaigua Civic Center 250 N Bloomfield Rd, Canandaigua, NY 14424 N/A	585-396-7230
Greater Rochester Community of Churches' Resettlement Project N/A	585-546-1570
Greene's Taxi 8 Reed St, Waterloo, NY 13165 N/A	315-539-2111

Greyhound Bus Lines	
Local Terminal - Canandaigua	585-394-1620
169 S Main St Ste 4, Canandaigua, NY 14424	
Local Terminal - Geneva	315-789-2582
48 Lake St, Geneva, NY 14456	
http://www.greyhound.com	
H	
Happiness House Finger Lakes Cerebral Palsy Association	315-789-6828
731 Pre Emption Rd, Geneva, NY 14456	
http://www.happinesshouse.org	
Health Association	585-423-9490
1 Mt. Hope Ave., Rochester, NY 14620	
http://www.thehealthassociation.org	
HEAP (Home Energy Assistance Program)	585-394-4060
3010 County Complex Drive, Canandaigua NY 14424	
http://hiicap.state.ny.us/facts/heap.htm	
Head Start of Ontario County	585-394-1190
35 North St, Canandaigua, NY 14424	
www.happinesshouse.org	
Health Association	585-423-9490
1 Mount Hope Avenue Rochester, NY 14620	
http://www.thehealthassociation.org	
Highland Hospital	585-473-2200
335 Mount Vernon Avenue, Rochester, NY 14620	
http://www.highlandhosp.com	
Hillside Children's Center	585-256-7880
1183 Monroe Avenue. Rochester, NY 14620	
http://www.hillside.com	
Hobart & William Smith Colleges	315-781-3000
337 Pulteney, Geneva, NY 14456	
http://www.hws.edu	
Hometown Taxi	315-789-0313
N/A	
Honeoye Falls - Lima	585-624-7050
83 East St, Honeoye Falls, NY 14472	
http://www.hficsd.org	
Honeoye Public Library	585-229-5020
8708 Main Street. Honeoye, NY 14471	
http://www.honeoye.pls-net.org	
Honeoye School	585-229-4127
8528 Main St, Honeoye, NY 14471	
http://www.honeoye.org	
Hope for Bereaved	315-475-4673
4500 Onondaga Blvd, Syracuse, NY 13219	
www.bereavementandbeyond.com	
House of Hope / Women in Need	585-396-3040
120 N Main St, Canandaigua, NY 14424	
www.hhm.org/ministry.html	

I	
Ibero-American Action League, Inc. 777 Clifford Ave, Rochester, NY 14621 http://www.iaal.org	585-454-1430
J	
Jewish Community Center's Resettlement Project 441 East Ave, Rochester, NY 14607 N/A	585-461-0490
Jillian's Kanoodle Art 2525 Rt. 332, Suite 103, Canandaigua, NY 14424 http://www.jillianskanoodleart.com	585-394-1070
Job Corps 25 Franklin St., Rochester, NY 14614 www.jobcorpsny.com	585-454-5130
Juvenile Aid Section Ontario County Sheriffs Office 74 Ontario St., Canandaigua, NY 14424 N/A	585-396-4675
K	
Kershaw Park 2 N Main St., Canandaigua, NY 14424 N/A	585-396-5080
Keuka College 136 Central Ave., Keuka Park, NY 14478 http://www.keuka.edu	315-279-5000
L	
Lakeview Mental Health Services 280 S. Main St., Canandaigua, NY 14424 http://www.lakeviewmhs.org	585-394-2900
League of Women Voters 20 Ontario St, Canandaigua, NY 14424 http://www.lwv-rma.org/LWV-WelcomeNewCitizens.htm	585-396-4005
Legal Assistance of the Finger Lakes 1 Franklin Sq, Geneva, NY 14456 http://www.lafl.org	315-781-1465
Lewis St. Center 57 Central Park, Rochester, NY 14605 N/A	585-546-3230
Libertarian Party N/A	585-377-6639
Life Line http://www.TheHealthAssociation.org	1-800-310-1160
Life Span 1900 Clinton Ave S, Rochester, NY 14618 www.lifespan-roch.org	585-244-8400
Lily's Consignment Shop 4385 Recreation Dr, Canandaigua, NY 14424 N/A	585-396-1300

Literacy Volunteers of America 208 S. Main Street, Canandaigua, NY 14424 www.literacyvoc.org	585-396-1686
Lolly Pop Farm 99 Victor Road Fairport, NY 14450 http://www.lollypop.org	315-223-1330
M	
Marcus Whitman 4100 Baldwin Road, Rushville, NY 14544 http://www.mwcsd.k12.ny.us/newhome/	585-554-6441
Medicaid Expanded Eligibility for Pregnant Women 3010 County Complex Drive, Canandaigua NY 14424 http://www.cms.hhs.gov/hiv/maternal4.asp	585-396-4060
Midlakes Central School District 1554 State Route 488, Clifton Springs, NY 14432 http://www.midlakes.org	315-462-4800
Middlesex Reading Center 1216 Route 245, Middlesex NY 14507 http://www.stfs.org/Middlesex	585-554-6945
Missing Children N/A	1-800-FIND-KID
Monroe Community College 1000 E Henrietta Rd, Rochester, NY 14623 http://www.monroecc.edu	585-292-2000
N	
Naples Library 118 S Main St, Naples, NY 14512 www.naples.pls-net.org	585-374-2757
Naples Open Cupboard N/A	585-374-8697
Naples School 136 N. Main St., Naples, NY 14512 http://www.lbusd.k12.ca.us/naples/	585-374-7900
Naples Youth Center 9 Academy St, Naples, NY 14512 N/A	585-374-8190
Narcotics Anonymous N/A	315-781-7931
National AIDS Hotline http://www.ashastd.org/nah/	1-800-342-AIDS
National Runaway Switchboard http://www.nrscrisisline.org/	1-800-621-4000
National Technical Institute for the Deaf (NTID) 52 Lomb Memorial Drive, Rochester, NY 14623 http://www.ntidweb.rit.edu	585-457-2411
National VD & Herpes Hotline N/A	1-800-227-8922
Narareth College 4245 East Ave 14618, East Rochester, NY 14445 http://www.naz.edu	585-389-2525

Never Alone Club Town of East Bloomfield, 117 Main St., Bloomfield, NY 14469	585-624-1958
Newark - Palmyra Taxi N/A	315-331-2200
Newark Taxi 7056 Old Lyons Rd, Newark, NY 14513 N/A	315-331-1500
New York State AIDS Hotline www.health.state.ny.us/nysdoh/aids/hivtesti.htm	1-800-342-AIDS
New York State Child Abuse Hotline www.childhelpusa.org/child/report.htm	1-800-541-2437
New York State Conservation Department 778 Mertz Rd, Middlesex, NY 14507 www.dec.state.ny.us	585-554-4131
New York State Dept. of Environmental Conservation: Region Headquarters 6274 E. Avon-Lima Road Avon, NY 14414 http://www.health.state.ny.us	585-226-2466
New York State Department of Health 435 E. Henrietta Rd., Rochester, NY 14620 http://www.dec.state.ny.us	585-423-8120
New York State Department of Labor Division of Employment Services (DOES) Canandaigua 5253 Parkside Dr. Canandaigua, NY 14424	585-394-9360
Geneva PO Box 1186, Geneva, NY 14456 www.labor.state.ny.us	315-789-1771
New York State Department of Labor Standards 109 S. Union St. Rm. 318, Rochester, NY 14614 www.labor.state.ny.us	585-258-4550
New York State Division of Human Rights 1 Fordham Plaza, Bronx, NY 10458 www.nysdhr.com	585-714-8400
New York State Food Stamp Hotline www.hud.gov/local/ny/homeless/foodstamps.cfm	1-800-342-3009
New York State Loving Education at Home (L.E.A.H.) 320 State Route 21, Palmyra, NY 14522 http://www.leah.org	315-597-6894
New York State Office of Mental Retardation 620 Westfall Rd., Rochester, NY 14620 www.omr.state.ny.us	585-461-8500
New York State Office of Mental Health 44 Holland Avenue, Albany, New York 12229 www.omh.state.ny.us	315-789-4614
New York State Office of Mental Health: New Directions Social Club 1111 Elmwood Ave, Rochester, NY 14620 N/A	585-241-1271
New York State Public Service Commission (NYSPSC) Hotline http://www.dps.state.ny.us	1-800-342-3355
New York State Relay Center N/A	1-800-662-1220 (TDD)
New York State Workers Compensation Board 130 Main Street West, Rochester, NY 14614 www.wcb.state.ny.us	585-238-8300

O	
Onanda Park	585-396-2752
4965 W Lake Rd, Canandaigua, NY 14424	
N/A	
Ontario ARC	585-394-7500
1975 County Rd. 48, Canandaigua, NY 14424	
http://www.ontarioarc.org	
Ontario County Board of Elections	585-396-4005
20 Ontario St, Canandaigua, NY 14424	
www.co.ontario.ny.us/elections/	
Ontario County Children with Special Needs	585-396-4546
3907 County Rd. 46, Canandaigua, NY 14424	
www.ontariocountypublichealth.com	
Ontario County Child Support	585-396-4160
3010 County Complex Dr., Canandaigua, NY 14424	
N/A	
Ontario County Community Action Program	585-396-3040
120 N. Main St., Canandaigua, NY 14424	
www.abcinfo.org/programs/communityservices/	
Ontario County Department of Social Services	585-396-4060
3010 County Complex Dr., Canandaigua, NY 14424	
www.co.ontario.ny.us	
Ontario County Department of Workforce Development	585-396-4020
3010 County Complex Dr., Canandaigua, NY 14424	
http://www.labor.state.ny.us	
Ontario County District Attorney	585-396-4010
2 North Main Street, Canandaigua, NY 14424	
www.co.ontario.ny.us/da/	
Ontario County District Attorney Crime Victim Assistance Geneva Office	585-396-4010 315-789-6706
28 Seneca St, Geneva, NY 14456	
http://www.co.ontario.ny.us/da/index.html	
Ontario County Drug Helpline	585-396-DRUG (3784)
N/A	
Ontario County Historical Museum	585-394-4975
55 N Main St, Canandaigua, NY 14424	
N/A	
Ontario County Humane Society Inc.	585-396-4590
2976 County Road 48, Canandaigua, NY 14424	
http://www.raims.com/animals/index.html	
Ontario County Mental Health	585-396-4363
3019 County Complex Dr., Canandaigua, NY 14424	
www.co.ontario.ny.us/mental_health/	
Ontario County Office for the Aging	585-396-4040
3010 County Complex Dr., Canandaigua, NY 14424	
http://www.co.ontario.ny.us/Aging/	
Ontario County Probation Dept.	585-396-4222
3010 County Complex Dr, Canandaigua, NY 14424	
N/A	
Ontario County Public Health	585-396-4343
3019 County Complex Dr., Canandaigua, NY 14424	
http://www.ontariocountypublichealth.com	
Ontario County Sheriff's Office	585-396-4560
74 Ontario St, Canandaigua, NY 14424	
www.co.ontario.ny.us/sheriff/	

Ontario County Veterans Service Agency 3010 County Complex Dr., Canandaigua, NY 14424 www.co.ontario.ny.us	585-396-4185
Ontario County Youth Bureau 3010 County Complex Dr., Canandaigua, NY 14424 www.co.ontario.ny.us/youth	585-396-4035
Ontario & Wayne County Youth Care Facility 3093 County Complex Dr, Canandaigua, NY 14424 http://www.hillside.com	585-394-0180
P	
Parents Anonymous www.parentsanonymous.org	585-396-0886
Parent Hotline www.parent hotline.net	1-800-637-0701
Parent Support Connection 159 Montezuma St., Lyons, NY 14489 N/A	315-251-3647
Parents without Partners (PWP) P.O. Box 204, Fairport, NY 14450 www.parentswithoutpartners.org	585-251-3647
Park Ridge Chemical Dependency 2000 Winton Rd S, Rochester, NY 14618 http://www.unityhealth.org/services_chemdep.html	585-272-8330
Partnership for Ontario County, Inc. 3088 County Complex Dr., Canandaigua, NY 14424 www.charityadvantage.com/partnership/	585-396-4554
Pat's Taxi Service 169 S Main St Ste 4, Canandaigua, NY 14424 N/A	585-394-1620
Peace & Justice Education Center N/A	585-244-7191
Phelps Clifton Springs Central School District 1490 Route 488, Phelps, NY 14532 www.phelpsny.com/School/	315-548-2376
Phelps Community Historical Society Museum 66 Main St, Phelps, NY 14532 http://www.ochs.org/Preservation/phelps/phelpshistoricalsociety.html	315-548-4940
Phelps Library 15 Church St, Phelps, NY 14532 www.phelps.pls-net.org/service.htm	315-548-3120
Pioneer Library System 4595 State Route 21 S, Canandaigua, NY 14424 www.pls-net.org	585-394-8260
Planned Parenthood	
Canandaigua Center Ontario County Center, 15 Lafayette Ave., Canandaigua, NY 14424	585-396-9270
Rochester Center 114 University Ave., Rochester, NY 14605 http://www.ppmhchoices.org www.pprsr.org	585-546-2595

Play It Again Consignment Shop (Clothing Assistance) 4880 Swamp Rd E, Gorham, NY 14461 N/A	585-526-5247
Poison Control Center http://kidshealth.org/parent/firstaid_safe/home/poison_control_center.html	1-800-333-0532
Police/Fire Emergency N/A	911
Pregnancy Care Center of the Finger Lakes Canandaigua Center 184 Mill St., Canandaigua, NY 14424	585-393-4310
Geneva Center 39 Seneca St., P.O. Box 733, Geneva, NY 14456 www.pccfingerlakes.org	315-789-0708
Q	
R	
Rape and Abuse Crisis Service of the Finger Lakes 85 Roosevelt St., Geneva, NY 14456 http://www.rapeandabusecrisisfingerlakes.org	315-781-1093
Reality Check 3019 County Complex Dr., Canandaigua, NY 14424 N/A	585-393-2924
Red Jacket School 1506 Lehigh Ave, Shortsville, NY 14548 www.redjacket.org	585-289-9649
Regional Early Childhood Direction Center P.O. Box 671, 601 Elmwood Avenue, Rochester, NY 14642 http://soeweb.syr.edu/thechp/ecdc.htm	585-275-2263
Republican Committee www.voterepublican.net/NY/NY.html	315-462-2601
Roberts Wesleyan College 2301 Westside Dr, Rochester, NY 14624 http://www.roberts.edu	585-594-6000
Rochester Colleges Clogate Rochester Divinity School 1100 Goodman St S, Rochester, NY 14620 http://www.crd.edu	585-271-1320
Rochester General Hospital 1425 Portland Ave, Rochester, NY 14621 www.viahealth.org/rgh/	585-922-4000
Rochester Institute of Technology (RIT) 1 Lomb Memorial Drive, Rochester, NY 14623 http://www.rit.edu	585-475-2411
Rose Hill Mansion PO Box 464, Geneva, NY 14456 www.genevahistoricalsociety.com/Rose_Hill.htm	315-789-3848
Rose Land Bowl Po Box 508, Canandaigua, NY 14424 www.roselandbowl.com	585-394-5050
Rose Parlor Consignment Boutique (Clothing Assistance) 191 Pleasant St, Canandaigua, NY 14424 N/A	585-396-9800
Roseland Water Park Po Box 520, Canandaigua, NY 14424 http://www.roselandwaterpark.com	585-396-2000

Runaway www.1800hithome.com/home/	1-800-HIT-HOME
Rural Opportunities Inc. 20 Ontario Street, Suite 106B, Canandaigua, New York 14424 www.ruralinc.org	585-396-4460
Rushville Health Center 2 Rubin Drive, Rushville, NY 14544 N/A	585-554-4400
S	
Salvation Army	
Canandaigua Center 110 Saltonstall St., Canandaigua, NY 14424	585-394-6968
Geneva Center 41 North St, Geneva, NY 14456	315-789-1055
Canandaigua Phoenix Program 110 Saltonstall St., Canandaigua, NY 14424 www1.salvationarmy.org/	585-396-6968
Second Season (Clothing Assistance) 1/2 Coulter Rd, Clifton Springs, NY 14432 N/A	315-462-3293
Seneca Lake State Park 100 Waterloo/Geneva Rd., Rtes. 5 & 20, Geneva, NY 14456 N/A	315-789-2331
Shortsville Manchester Library 1506 Rt. 21, Shortsville, NY 14548 www.redjacket.org/	585-289-3559
Smith Opera House for the Performing Arts 82 Seneca St, Geneva, NY 14456 www.genevarts.com/Venues/Smith.htm	315-781-5483
Smokenders www.smokenders.com/	1-800-323-1126
Sonnenberg Gardens & Mansion 151 Charlotte St, Canandaigua, NY 14424 http://www.sonnenberg.org	585-394-4922
South Bristol Cultural Center 5323 Seneca Point Road Canandaigua, NY 14424 www.southbristolviews.com/links/links.html	585-396-5950
St. Felix Church	315-462-3027 315-462-3458 315-462-3961
N/A	
St. Frances Food Cupboard N/A	315-548-3234
St. John Fisher College 3690 East Ave, Rochester, NY 14618 http://www.sjfc.edu	585-385-8000
St. Joseph's Villa of Rochester 3300 Dewey Ave, Rochester, NY 14616	585-865-1550
Avalon School 300 Chesterton Rd, Rochester, NY 14626	585-227-6920
Group Home Programs: Water Tower Park 1099 Jay St, Rochester, NY 14611 http://www.stjosephsvilla.org/	585-396-4308

St. Mary's School 16 E Gibson St, Canandaigua, NY 14424 www.stmaryscanandaigua.org/body.html	585-394-4300
St. Mary's (Clothing Assistance) 95 N Main St, Canandaigua, NY 14424 www.stmaryscanandaigua.org/body.html	585-394-1220
St. Steven School 17 Elmwd Av, Geneva, NY 14456 www.stfrancisstephens.org/admisguide.html	315-789-1828
St. Vincent N/A	585-394-2924
Stop DWI Program Room 1300, 112 State Street, Albany, NY 12207 www.nysgtsc.state.ny.us/stop-bro.htm	585-396-4310
Strong Center for Development Disabilities Box 671, 601 Elmwood Avenue, Rochester, NY 14642 www.urmc.rochester.edu/gchas/div/scdd/about.HTM	585-275-0355
Strong Memorial Hospital 601 Elmwood Ave, Rochester, NY 14603 www.stronghealth.com/patientsvisitors/hospitals/guidesmhgol.cfm	585-275-2100
Substance Abuse Treatment Programs: VA Medical Center http://www.va.gov	315-325-7123
Sunset Bowl 341 E. North St., Geneva, NY 14456 N/A	315-789-1622
SUNY Empire State 1475 Winton Rd N, Rochester, NY 14609 http://www.esc.edu	585-224-3200
-	
T	
Teens TAP (Teaching AIDS Prevention) www.goodsamaritanproject.org/hotlines.htm	1-800-234-8336
The Other Taxi N/A	315-789-5625
Turnings 3019 County Complex Dr., Canandaigua, NY 14424 http://www.score.org & www.sba.gov	1-877-831-9791
U	
United Church of Christ 17 W Main St, Honeoye, NY 14471 www.ucc.org	585-229-5911
United States Department of Labor Wage and Hour Division 200 Constitution Avenue, NW, Washington, DC 20210 www.dol.gov	1-866-4-USWAGE
US Government Offices Dept. of Agriculture: Farm Service Agency 249 Highland Ave, Rochester, NY 14620 http://www.fsa.usda.gov/pas/default.asp	585-473-3440
Unity House of Cayuga County, Inc. Unity Employment Services 607 W Washington St, Geneva, NY 14456 http://www.cayuganet.org/~unityhouse/	315-781-3261
University of Rochester University of Rochester, Rochester, NY 14627 http://www.rochester.edu	585-275-2121

V	
Valentown Museum 7377 Valentown Sq, Fishers, NY 14453 http://www.valentown.org	585-924-4170
Veterans Outreach Center Inc. 459 South Avenue, Rochester, NY 14620 http://www.eflagstore.com	585-546-1081
Victim Resource Center of the Finger Lakes Inc. Wayne County Office 132 Harrison St. Newark, NY 14513 http://www.victimresourcecenter.org	315-331-1171
Victor Central Schools 953 High St, Victor, NY 14564 www.victorschools.org/index2.cfm	585-924-3252
Victor Farmington Food	585-924-2615 585-924-9133 585-924-4712 585-924-5036
N/A	
Victor Free Library 15 W Main St, Victor, NY 14564 www.victor.pls-net.org	585-924-2637
Victor Parks & Recreation 85 East Main Street, Victor, NY 14564 http://www.victory.org/parks.asp?cat=3	585-742-7026
Vocational Rehabilitation 165 E Main, Newark, NY 14513 http://www.vba.va.gov/bln/vre/	1-800-462-0178
Vocational and Educational Services for the Individuals with Disabilities (VESID) Canandaigua 3010 County Complex Dr., Canandaigua, NY 14424	585-396-4020
Geneva 70 Elizabeth Blackwell Street, Geneva, NY 14456 www.vesid.nysed.gov	315-789-0197
Volunteer Connection of United Way 75 College Avenue Rochester, NY 14607 N/A	585-454-1100
W	
Wayne Finger Lakes BOCES County Rd 20, Stanley, NY 14561 1 Franklin Sq, Geneva, NY 14456 www.fiboces.org	585-526-6471 315-781-7820
Western New York Child Care Council Suite 120, 595 Blossom Road, Rochester, NY 14610 www.childcarecouncil.com	585-244-3960
Western-Ontario-Wayne Mothers of Multiples (WOWMOM) www.nomotc.org	585-394-9493
Westside Adult Learning Center Refugee Assistance Program 420 Chili Ave, Rochester, NY 14611 N/A	585-235-3990

Wood Library 134 N Main St, Canandaigua, NY 14424 www.woodlibrary.org	585-394-1381
Woodward Health Center 480 Genesee St , Rochester, NY 14611 http://www.woodwardchildren.org/index.html	585-463-3040
X	
Y	
YMCA Clifton Springs	315-462-7674
YMCA Geneva Family 399 William St, Geneva, NY 14456 www.ymcageneva.org	315-789-1616
YMCA - Greater Canandaigua Family 32 N Main St, Canandaigua, NY 14424 www.canandaigua-ymca.org	585-394-6866
Youth Court 3088 County Complex Drive Canandaigua, NY 14424 www.youthcourt.net/national_listing/ United_states/queryNY.asp	585-396-4519
Z	
Zion Fellowship Storehouse 5188 Bristol Rd, Canandaigua, NY 14424 www.zionfellowship.net	585-394-7450