

HELPFUL TIPS

Be prepared. Keep a record of your child's doctors or mental health provider's names and telephone numbers, as well as any reports written about your child.

Educate yourself and your child about the warning signs of mental illness, your child's condition, and the various treatment and service options available to your child, you and your family. Use books, pamphlets, the Internet, and/or ask your child's doctor or mental health provider for additional information.

If you are feeling overly concerned, have questions, or think that your child needs help or support, reach out to your child's doctor or mental health provider to gain a better understanding of your child's needs and treatment options.

If your child is in crisis and is at risk for hurting himself or others, get help right away by calling 911.

IF YOU HAVE A COMPLAINT ABOUT THE SERVICES YOUR CHILD IS RECEIVING...

Contact the ACS Parents' and Children's Rights Helpline at **(212) 676-9421**.



RESOURCES

1-800-LIFENET

A free, confidential, multi-lingual, mental health and substance abuse information, referral, and crisis prevention hotline available to anyone at any time.

Online resources are also available by visiting www.800lifenet.org

NYC Youthline

A free, confidential, 24-hour phone service offering callers information and referrals to youth programs, social services and other community resources in local neighborhoods.

(800) 246-4646

The Samaritans

A free, confidential, 24-Hour emotional support and crisis response hotline service is available on an immediate and ongoing basis to help people who are in distress or suicidal:

www.samaritansnyc.org

The Partnership at Drugfree.org

A drug abuse prevention, intervention, treatment and recovery resource, existing to help parents and caregivers effectively address alcohol and drug abuse with their teens and young adults:

www.drugfree.org

Children and Adults with Attention-Deficit/Hyperactivity-Disorder (CHADD)

A national organization providing education, advocacy and support for individuals with ADHD: www.chadd.org

Juvenile Justice and Mental Health

A Guide for Families of Juvenile Justice-Involved Youth with Behavioral and Mental Health Concerns



NYC
Administration for
Children's Services

Division of Youth and Family Justice
Gladys Carrión, Esq., Commissioner

WELCOME

The Division of Youth and Family Justice (DYFJ) oversees an array of services and programs that involve youth at every stage of the juvenile justice process. DYFJ works to promote public safety and improve the lives of youth, families, and communities by providing services that are child-centered and family-focused, including therapeutic treatment, safe and secure custodial care, responsive health care, effective re-entry services, and promotion of educational achievement. We, and our contracted partners, provide these services to youth in secure and non-secure detention facilities, non-secure placement residences, and community-based alternative programs.

DYFJ focuses on linking young people and their families with evidence-based, evidence-informed, and trauma-informed interventions throughout our juvenile justice continuum. We collaborate with state and city agencies and public/private health institutions to improve assessment practices, better identify the needs of the young people involved in our system, create more informed treatment and placement options for young people with complex emotional and behavioral issues, and ensure a consistent quality of service over time.



COMMONLY USED TERMS

Diagnosis – refers to the process of identifying and labeling an illness (or disorder) based on its signs and symptoms. One of the main purposes of diagnosis is to guide treatment planning.

Treatment – refers to a set of activities (otherwise known as interventions) designed to improve or prevent worsening of a youth’s physical and mental abilities and social functioning.

Treatment Plan – refers to a process that involves the treating staff, the youth, and caregivers in an exchange of ideas about the best ways to provide treatment for the individual youth. At key points during treatment, a treatment plan is documented to communicate the strategies and goals developed for the youth to all those involved.

Psychotropic Medication – refers to medications prescribed for the treatment of behavioral and mental health concerns to improve a youth’s overall functioning and well-being.

Continuum of Care – refers to an integrated system of care that guides and tracks a youth over time through a comprehensive array of services across all levels of care.

Confidentiality – any information shared between two or more persons that are designated as confidential by federal and state laws and regulations, which may not be disclosed without written consent of the parent/caregiver or the youth.



QUESTIONS YOU MIGHT WANT TO ASK WHEN SPEAKING WITH YOUR CHILD’S DOCTOR OR MENTAL HEALTH PROVIDER

1. Will my child have a “formal” diagnosis, and how will I have knowledge of that diagnosis?
2. How will I know if my child needs help right away?
3. What treatment approach or philosophy will be used to address my child’s issues?
4. How involved will I be in my child’s treatment plan, and how will you keep me informed of my child’s progress?
5. How should I talk to my child about what happens during treatment?
6. What should I do if my child or I have a crisis between treatment sessions or need immediate help?
7. How will I know if my child needs psychotropic medication, and why do you recommend a particular medication?
8. What should I be doing at home to help support my child’s treatment?
9. How will I know if my child is getting better, and when my child has completed treatment?
10. What information is kept in my child’s records and can others see those records?

