

## Rochester Area Child & Adolescent Therapist's - contact list

revised March 2022 -Catina Richardsen

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### **Amy Gaesser, PhD, NCC, CAS, MHC-LP Board Certified Counselor**

Unified Counseling Services

\*Spencerport\* 12 Amity Street

In person & Telehealth

[www.drtaisullivan.com](http://www.drtaisullivan.com)

[unifiedcounselingservices@gmail.com](mailto:unifiedcounselingservices@gmail.com)

**Specializing in:** children through young adults, EFT Emotionally Focused Therapy, Cognitive Behavioral Therapy for stress and anxiety management, school-related consultation, needs of high-ability youth, and mindfulness.

**Insurance accepted:** Sliding scale, HSA, & Superbill

### **Amy Thomas, LCAT (Licensed Creative Art Therapy), MT-BC (Music Therapy - Board Certified), C-DBT (Certified - Dialectical Behavior Therapy)**

\*Penfield\* 401 Penbrooke Drive

(585) 750-1156

[amythomasterapy@gmail.com](mailto:amythomasterapy@gmail.com)

In person & Telehealth

**Specializing in:** ages 3-18 years old, Trauma, Anxiety, OCD, ASD, Selective Mutism, Tics - Tourette Syndrome, ADHD, EMDR Therapy for children,

**Private pay**

### **Andrea Marron, LCSW**

\*Brighton\* 95 Allens Creek Road

(585) 410-7486

[Andrea.M.Marron@gmail.com](mailto:Andrea.M.Marron@gmail.com)

<https://andreamarroncounseling.com/>

In person & Telehealth

**Specializing in:** individuals, couples, children, adolescents, adults, & families

**Private pay**

### **Andrea Rockefeller LMHC, Casandra Musumeci LMHC, Caitln Halloran, LMHC**

Peace Project Mental Health Counseling PLLC

\*Rochester\*

(585) 206-8060

[Peaceproject.life@gmail.com](mailto:Peaceproject.life@gmail.com)

<https://www.peaceproject.life/>

Telehealth

**Specializing in:** Autistic Spectrum Disorder, anxiety, executive functioning skills, behavioral concerns.

**Private pay, Out of network**

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### **Andrea Witter, LMSW, EMDR Certified**

\*Rochester\* 2510 Chili Avenue, Suite 6

(585) 406-3151

[andreamwitter@gmail.com](mailto:andreamwitter@gmail.com)

[www.awcounselingservices.com](http://www.awcounselingservices.com)

In person & Telehealth

**Specializing in:** children, adolescents, and young adults; anxiety, depression, suicidal ideation, self-harm, and childhood trauma.

**Private pay, Sliding scale**

### **Barbara Higgins MEd, LMHC, NCC, CCPT (Certified Child Centered Play Therapist)**

\*Rochester\* 2300 East Avenue

(585) 503-6805

[www.bhigginstherapy.com](http://www.bhigginstherapy.com)

<http://www.treeofhopecounselingrochester.com/>

**Private pay**

### **Brittany Chenenko, M. Ed., LMHC-P**

Summit Together Counseling

\*Rochester\* 120 Allens Creek Road Suite 206

(585) 340-7477

In person & telehealth

[summittogethercounseling@gmail.com](mailto:summittogethercounseling@gmail.com)

[www.summittogethercounseling.com](http://www.summittogethercounseling.com)

**Specializing in:** ages 3+, ADHD, anxiety, depression, school-related issues, parenting, self-esteem, life transitions perinatal/postpartum anxiety and depression, and trauma.

**Insurance accepted:** Out of network, HSA/FSA, super bill

### **Catina Richardsen, LMHC, CCPT (Certified Child Centered Play Therapist)**

\*Rochester\* 25 Canterbury Road

(585) 622-5063 text/call

In person & Telehealth

[Catina.LMHC@gmail.com](mailto:Catina.LMHC@gmail.com)

<http://www.treeofhopecounselingrochester.com/>

**Specializing in:** ages 5 & under, play therapy, trauma, anxiety, depression, child development, co-parenting, parenting support, parent-child relationship, trauma, grief/loss, behavioral concerns

**Insurance accepted:** Excellus, (MVP, Cigna, United Healthcare = pending)

**Carol Carlson, LMHC**

Carol B. Carlson, Mental Health Counseling, PC

\*Fairport\* 490 Cross Keys Office Park

(585) 466-0545

[cbscarlsoncounseling@gmail.com](mailto:cbscarlsoncounseling@gmail.com)

In person & Telehealth

**Specializing in:** older children, adolescents, adults, families, anxiety, adoption, attachment, depression, learning differences, ADHD, parenting. co-parenting and divorce.

**Insurance accepted:** Excellus BCBS, United, and Out of network

**Cheryl A. Bianchi-Bigelow LCSW-R**

Eastside Psychotherapy Associates

\*Rochester\* 1441 East Avenue

(585) 232-3120

**Specializing in:** adolescents, young adults, family, transgender, ADHD, Mood Disorders, and Addiction

**Insurance accepted:** Excellus, Aetna, Anthem, & Out of network

**Christina Mannion, Licensed Psychologist, EMDR Certified**

**Julia Talaric, LMSW; Michele Martin, LMHC**

**Jenny Green, LCSW, TCTSY-F (Trauma Center Trauma-Sensitive Yoga-Facilitator)**

Mindful Psychology PLLC

\*East Irondequoit\* 500 Helendale Road

\*Brighton/Henrietta\* 3200 Brighton Henrietta Townline Road

(585) 510-0015

[www.mindfulpsychology.us](http://www.mindfulpsychology.us)

[admin@mindfulpsychology.us](mailto:admin@mindfulpsychology.us)

**Specializing in:** several practitioners work with children & adolescents with anxiety, depression, trauma, assessments for ADHD & Autism Spectrum Disorder.

**Insurance accepted:** superbills provided, Private pay, limited options for Excellus & Aetna

**Daniel DeClerck, LMHC**

\*East Rochester\* 349 West Commercial Street, Suite 2195

(315) 521-4033 (text/call)

In person and Telehealth

[ddeclerck07@hotmail.com](mailto:ddeclerck07@hotmail.com)

[www.mindfitmentalhealth.com](http://www.mindfitmentalhealth.com)

**Specializing in:** Ages 3 and above, Autism, Anxiety, ADHD, Depression, Behavioral Concerns, Parent-Child relationship, Trauma, parenting supports.

**Insurance accepted:** Excellus, MVP, Cigna, Beacon

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### **Danielle Ingrassio, LMHC; Dr. Robert Rice, Ph.D, LMHC**

Mindfit Mental health

\*East Rochester\* 349 West Commercial St

(585) 721-7179

<https://www.mindfitmentalhealth.com/>

In person or telehealth

**Specializing in:** Autism Spectrum Disorder, Anxiety, Depression, Obsessive-Compulsive Disorder

**Insurance accepted:** Excellus and MVP

### **Danielle Klapper, LCAT, ATR-BC (Art Therapist Registered - Board Certified)**

(585) 310-2609

[Danielle.klapper@wellnesssourcecounseling.com](mailto:Danielle.klapper@wellnesssourcecounseling.com)

Telehealth

**Specializing in:** ages 14 & older, depression, anxiety, life changes.

**Private pay, Sliding scale, Super bill**

### **Erica Lannon, LMHC, CCPT (Certified Child Centered Play Therapist)**

\*Fairport\* 625 Ayrault Road

(315) 573-9246

Telehealth & in person. Weekend & weeknight availability

**Specializing in:** children, adolescents, families, anxiety, depression, ADHD, behavioral issues, CBT

**Insurance accepted:** Aetna, United Healthcare, Cigna, sliding scale & can provide a superbill

### **Erin Cusanno LMHC**

\*Pittsford\* 613 Pittsford Victor Road

(585) 340-7321

[cusannosolutions@cusannosolutions.com](mailto:cusannosolutions@cusannosolutions.com)

<https://www.erincusanno.com>

In person & telehealth

**Specializing in:** ages 11 & older, Autism Spectrum Disorder, Anxiety, Depression, Eating Disorders, Obsessive-Compulsive Disorder,, Bipolar Disorder, ADHD, LGBTQ, Solution Focused Brief Therapy.

**Private pay, Out of network**

### **Gabrielle Hazan, LMHC**

(980) 553-0061

[eryndalementalhealth@gmail.com](mailto:eryndalementalhealth@gmail.com)

[www.eryndalementalhealth.com](http://www.eryndalementalhealth.com)

Telehealth

**Specializing in:** Adolescents and young adults, Anxiety, Depression, Trauma, and Self-esteem.

**Insurance accepted:** Optum, United Healthcare, and Aetna.

**Isaac Jacobs, LCSW**

Enlighten Counseling

\*Rochester\* 36 Winthrop Street

(585) 672-6678

[ijacobs.enlightencounseling@gmail.com](mailto:ijacobs.enlightencounseling@gmail.com)

<https://www.enlightencounselingroc.com/>

Telehealth & In person

**Specializing in:** ages 12 & older, interventions for anxiety, depression, relationships and other adolescent stressors; and parent support

**Private pay, Out of network**

**Jessica Kurzdorfer, PMHNP-BC**

\*Brighton\* 95 Allens Creek Road

(585) 360-7554

[www.radhealing.com](http://www.radhealing.com)

In person & Telehealth

**Specializing in:** Psychiatric Evaluations, Medication management, children and adolescents, LGBTQ, ADHD, Mood Disorders.

**Insurance accepted:** Excellus, United Healthcare

**Jessica Wagner, LMHC**

\*Livonia\* Livingston County

(585) 512-8837 text/call

In person & Telehealth

[jwagner12@yahoo.com](mailto:jwagner12@yahoo.com)

<https://www.psychologytoday.com/profile/352339>

**Specializing in:** ages 16+ with a specific focus on young adults transitioning to college experiencing heightened anxiety, ADHD symptoms, depression, social anxiety, and social-emotional-behavioral concerns.

**Insurance accepted:** Excellus, MVP/Beacon

**Jamie Williams, LMHC, NCC**

\*Rochester\* 25 Canterbury Road

(585) 204-2234

In person & Telehealth

[Jamiewilliamslmhc@gmail.com](mailto:Jamiewilliamslmhc@gmail.com)

**Specialize in:** Children (4+), teens and parents; LGTBQ, anxiety, collaborative problem solving, adjustments, externalized behaviors, parent and family support, fertility challenges,

**Insurance accepted:** Excellus, Aetna, United Healthcare

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### **Jamie Hearn, LCSW**

\*Rochester\* 2300 East Ave

(585) 364-1332

[jamiehearnwellness@gmail.com](mailto:jamiehearnwellness@gmail.com)

<http://www.treeofhopecounselingrochester.com/>

In person or telehealth

**Specializing in:** Special Education, Anxiety, ADHD, Autism Spectrum Disorder (ASD) level 1 & 2, Parent Support

**Insurance accepted:** Excellus, Aetna, Medicaid or Private pay

### **Jenny Mural LCSW-R, PMH-C (Perinatal Mental Health - Certified)**

#### **IMH-E® (Infant Mental Health Endorsement)**

\*Rochester\* 95 Allens Creek

(585) 512-8626 call/text

[Jennifermural@gmail.com](mailto:Jennifermural@gmail.com)

In person & telehealth

**Specializing in:** infant & early childhood mental health, parent-child relationship, reflective parenting, emotional/behavioral concerns, perinatal mental health

**Private pay**

### **Jodi Walker, LCSW**

Walker Counseling, LCSW, PLLC

\*Fairport\* 490 Cross Keys Office Park

(585) 236-4420

In person & Telehealth

**Specializing in:** children & adolescents with anxiety / depression.

**Insurance accepted:** Excellus

### **Julie Cenzi, LMHC, LBA (Licensed Behavior Analyst), BCBA (Board Certified Behavior Analyst)**

Mindfit Mental health

\*East Rochester\* 349 West Commercial Street

(585) 752-2095

[juliecenzilba@gmail.com](mailto:juliecenzilba@gmail.com)

<https://www.mindfitmentalhealth.com/>

In person & telehealth

**Specializing in:** Autism Spectrum Disorder (ASD), Anxiety, Depression, ADHD, challenging behavior

**Insurance accepted:** Excellus, and MVP

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### **Kait Towner, LMHC, RPT (Registered Play Therapist), CCPT (Certified Child Centered Play Therapist), IMH-E (Infant Mental Health Endorsement)**

\*Irondequoit\*

(585) 206-1506 call/text

[Kaittownerlmhc@gmail.com](mailto:Kaittownerlmhc@gmail.com)

**Specializing in:** Ages 10 and under, trauma and abuse, custody/divorce, anxiety, infant mental health

**Insurance accepted:** United, Cigna, Oxford, and Oscar (soon to be accepted, Aetna, and MVP)

### **Kate Klatt, MEd, CCLS (Certified Child Life Specialist)**

Smiling Through Tears

\*Victor\* 7353 Victor-Pittsford Road

(585) 245-2115

[Smilingthroughtears@yahoo.com](mailto:Smilingthroughtears@yahoo.com)

<https://smilingthroughtears.godaddysites.com/>

**Specializing in:** Adverse Healthcare experiences, Procedural/Surgical Preparation, diagnostic education, grief/bereavement

**Private pay**

### **Kayla Jackson ATR-BC (Art Therapist Registered - Board Certified), LCAT (Licensed Creative Arts Therapy), NCC (National Certified Counselor)**

\*Rochester\* 46 Prince Street

[kaylamjackson@yahoo.com](mailto:kaylamjackson@yahoo.com)

**Private pay**

### **Kirsten Bonnell, LMHC**

\*Penfield\*

(315) 420-0165

**Specializing in:** ages 3 & older, Child Centered Play Therapy (certification pending), DBT, Family Therapy, Cognitive Behavioral Therapy, IFS, Body Focused therapy.

**Private pay, super bills**

### **Matty McKibben, LCAT, CASAC**

Serenity Life Counseling Services LLC

\*Webster\* 98 North Avenue and \*Rochester\* 215 Alexander Street

(585) 210-0150 call / text

[matty@serenitylifecounselingservices.com](mailto:matty@serenitylifecounselingservices.com)

[www.serenitylifecounselingservices.com](http://www.serenitylifecounselingservices.com)

**Specializing in:** creative arts therapy, substance use counseling, mental health counseling

**Insurance accepted:** Out of network reimbursement, sliding scale rates available

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### **Rachel McGriff, CAS, MHC-LP**

Unified Counseling Services

\*Spencerport\* 12 Amity Street

In person & Telehealth

[www.drtamisullivan.com](http://www.drtamisullivan.com)

[unifiedcounselingservices@gmail.com](mailto:unifiedcounselingservices@gmail.com)

**Specializing in:** "tween" through young adult, DBT Dialectical Behavioral Therapy, emotional and behavioral challenges, depression, anxiety, school-related concerns, anger management, and trauma.

**Insurance accepted:** Sliding scale, HSA, and Superbill

### **Rob Riechel, LMHC** Novelties and Narratives Therapy

\*Rochester (Greece)\*

(585) 312-6759

<https://www.psychologytoday.com/us/therapists/rob-riechel-rochester-ny/824442?fbclid=IwAR30luDnO8EU14phozasCEjoJ5t677YIkN2Fk5zbKXbwd5P-IMHcwnJhpPE>

Telehealth

**Specializing in:** ages 10 & older, anxiety, depression, coping skills, trauma-informed approach, mindfulness, play therapy

**Private pay, Sliding scale**

### **Ryan Sforza LMHC, Caelan Holcombe MHC-LP, Brianna Seamen (pending) MHC-LP**

Thriving Mental Health Counseling NY PLLC

\*Rochester\*

(585) 209-3405

[referral@thivingcounselingny.com](mailto:referral@thivingcounselingny.com)

[www.therapyden.com/therapist/ryan-sforza-rochester-ny](http://www.therapyden.com/therapist/ryan-sforza-rochester-ny)

[www.thivingcounselingny.com/contact](http://www.thivingcounselingny.com/contact)

Telehealth

**Specializing in:** Adolescents 13+ LGBIA - TGNC, comprehensive medical needs, chronic illness, offering gender affirmation letters under two sessions, pro bono rate, and trauma.

**Private pay, Out of network**

### **Sarah Johnson, BA Psychology, MS Counseling**

**Certified in Hypnosis, Regression Hypnosis, Somatic, Healing and Emotional Energy Clearing**

\*Rochester\* 2024-2A West Henrietta Road

(585) 259-3126

[eehypnosis@yahoo.com](mailto:eehypnosis@yahoo.com)

[www.enlightenedearthhypnosis.com](http://www.enlightenedearthhypnosis.com)

**Specializing in:** Regression to cause work and Emotional Energy Clearing for Anxiety



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### **Sara Tucker, LMHC**

\*Rochester\* 130 Allens Creek

(585) 632-9510

In person or Telehealth

[Counseling@sktucker.org](mailto:Counseling@sktucker.org)

**Specializing in:** adolescents, young adults, parenting, anxiety, depression, Cognitive Behavioral Therapy, DBT Dialectical Behavioral Therapy, suicidality, self-harm behaviors.

**Private pay**

### **Siera Weiss, LCAT**

\*Brighton\* 45 Allens Creek Road

(585) 259-4842

**Specializing in:** ages 6 & older, anxiety, depression, and trauma.

**Insurance accepted:** Cigna, Private pay

### **Sisi Chen**

\*Brighton\* 160 Allens Creek Road

(585) 598-4237

[https://www.psychologytoday.com/us/therapists/sisi-chen-rochester-ny/337784?fbclid=IwAR0jQUUqv\\_huhc6XvjtDJMUcyBsNiChv9v\\_7ToP8Hzu7PO\\_A3VRvTGZ5PKi0](https://www.psychologytoday.com/us/therapists/sisi-chen-rochester-ny/337784?fbclid=IwAR0jQUUqv_huhc6XvjtDJMUcyBsNiChv9v_7ToP8Hzu7PO_A3VRvTGZ5PKi0)

**Specializing in:** children, adolescents, young adults, family conflict, school/college issues, anxiety, and depression, (can speak Mandarin)

**Private pay**

### **Stacey Kulik, LCSW, Child Centered Play Therapist**

\*Rochester\* 2300 East Ave

(585) 613-1736

<http://www.treeofhopecounselingrochester.com/>

In person or Telehealth

**Specializing in:** Child-Parent Psychotherapy, infant/toddler mental health, grief, trauma, child-centered play therapy, and certified in Trauma Focused - Cognitive Behavioral Therapy (TF-CBT)

**Private pay**

### **Stephen Demanchic PhD, LMHC, RPT-S (Registered Play Therapist - Supervisor)**

\*Rochester\* 4245 East Avenue

Nazareth College Play Therapy Center

York Wellness and Rehabilitation Center

(585) 389-2477

[sdemanc8@naz.edu](mailto:sdemanc8@naz.edu)

**Sue O'Gara LCSW, School Social Worker**

\*Brighton\* 95 Allens Creek Road

(585) 502-0228

[Sueogaracounseling@gmail.com](mailto:Sueogaracounseling@gmail.com)

**Insurance accepted:** United Healthcare, Aetna, Cigna, Oxford, Oscar

**Tami Sullivan, PhD, LMHC, NCC, RPT-S Board Certified, Credentialed Play Therapist**

Unified Counseling Services

\*Spencerport\* 12 Amity Street

\*Albion\* 27 S. Platt Street

In person & Telehealth

[www.drtamisullivan.com](http://www.drtamisullivan.com)

[unifiedcounselingservices@gmail.com](mailto:unifiedcounselingservices@gmail.com)

**Specializing in:** early childhood through adolescence, play therapy, Autism Spectrum, trauma, school-related concerns, EFT Emotionally Focused Therapy, Polyvagal Therapy, anxiety, parent consultation, assessments.

**Insurance accepted:** Aetna & Optum. HSA & Superbill

**Dr. Zendi Moldenhauer, PhD, NPP, PNP, RN-BC, Certified Functional Medicine**

Arbor Health

\*Pittsford\* 613 Pittsford Victor Road

(585) 924-3300

In person and Telehealth

[www.arbor-health.com](http://www.arbor-health.com)

**Specializing in:** toddlers through young adults, anxiety, depression, OCD, Tourettes/tics, ADHD, Autism Spectrum Disorder, IBS, restrictive eating patterns, gut-related conditions, stomach aches, chronic fatigue, chronic pain, Lyme Disease, hormone issues (PMS pain/mood), thyroid issues, auto-immune conditions.

**Sub-specialization in:** PANS/PANDAS

**Private pay**

## RESOURCES & REFERRALS

- Request a referral for a **"SENSORY PROCESSING EVALUATION"** from your child's pediatrician. You can provide them with the following information if they ask:  
[www.urmc.rochester.edu/MediaLibraries/URMCMedia/physical-medicine-rehabilitation/patients-families/documents/PMR-OT-PEDS-BROCHURE.pdf](http://www.urmc.rochester.edu/MediaLibraries/URMCMedia/physical-medicine-rehabilitation/patients-families/documents/PMR-OT-PEDS-BROCHURE.pdf)  
Pediatric Occupational Therapy  
4901 Lac De Ville Boulevard Building D, Suite 250 Rochester, NY 14618  
**PHONE (585) 341-9000      FAX (585) 340-5955**  
visit [PMR.urmc.edu](http://PMR.urmc.edu)
  
- **PEDIATRIC SLEEP Medicine Services of the Strong Sleep Disorders Center**  
2180 South Clinton Ave. Rochester, NY 14618  
Phone: (585) 340-8949 Fax: (585) 785-9901  
<https://www.urmc.rochester.edu/childrens-hospital/sleep-center.aspx>
  
- **Levine AUTISM CLINIC FOR EVALUATION**  
<https://www.urmc.rochester.edu/childrens-hospital/developmental-disabilities/services/levine.aspx>  
<https://www.urmc.rochester.edu/MediaLibraries/URMCMedia/childrens-hospital/developmental-disabilities/ndbp-site/documents/Levine-Autism-Clinic-Bochure.pdf>
  
- **School evaluation - Requesting an evaluation from your child's school district**  
Sample Letter: Today's Date, Parent first and last name, Parent address, Parent phone number  
Dear School Counselor, My name is PARENT, and my child, CHILD's NAME, is in GRADE in TEACHER's class at SCHOOL NAME. I am writing to you to request a comprehensive evaluation for CHILD's NAME. I know CHILD's NAME is struggling at home, and school in areas including (CHOOSE: reading, writing, focussing, comprehension, communication, learning, social-emotional-behavioral, completing homework, seeming unable to sit still for short periods of time, avoiding groups of children, etc). Please send me any forms to complete so that we can start this evaluation process soon.  
Thank you and please feel free to reach me at PHONE NUMBER.  
I look forward to hearing from you.  
Sincerely, YOUR NAME  
Copy sent to: TEACHER

## ★ Home Based Crisis Intervention

<https://www.rochesterregional.org/services/child-family-behavioral-health/crisis-care>

**Contact Us:** [Heather Elston](#), or call (585) 922-8040

**Intervening in Times of Crisis:** Is your child or teen experiencing a mental health crisis? For emergent help when health and safety are an immediate concern, contact 911 or 211 Lifeline. Community providers initiating a Mental Health Transport should call 911/211, and then contact Rochester Regional Health's Crisis Intervention Unit (CIU) at (585) 922-7333 to initiate emergency care. Additional questions regarding RGH's CIU can be directed to (585) 922-0870.

**Home Based Crisis Intervention:** Rochester Regional Health's Home Based Crisis Intervention (HBCI) Program provides 24-hour crisis intervention for families with a child or youth at imminent risk of psychiatric hospitalization. Our services are free, but you must reside within Monroe or Ontario County to be enrolled. It is our goal to provide short-term (4-8 weeks) of intensive, in-home crisis intervention services to families in crisis.

**Program Goals:** During your 4 – 8 weeks of enrollment, we will provide an alternative to hospitalization through intense interventions and the teaching of new coping and parenting skills. Our target population is families with a child or youth ages 5 to 17 who are experiencing a psychiatric crisis so severe that unless effective, immediate intervention is provided, the child will be admitted to a psychiatric hospital for stabilization. To prevent psychiatric hospitalization of children and youths between the ages of 5 and 17. Transition-aged youth (ages 18-20) will be considered on an individual, case-by-case basis. To assist the family in stabilizing the crisis situation. To improve child and parent interactions through the teachings of various skills. To collaborate with the youth's outpatient therapist in order to supplement ongoing treatment. To assist the family in exploring and utilizing community resources in order to decrease the likelihood of a similar crisis occurring. If a psychiatric hospitalization cannot be averted, to assist in the development of a plan that will meet the health and safety needs of the youth. Please note that HBCI does not maintain a waitlist for our services due to the quickly changing needs of families in crisis.

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**Program Cost:** Services are provided through funds from the New York State Office of Mental Health and are free to all eligible families who live in Monroe or Ontario County.