Building Strong and Vibrant Communities with

Family Resource Directory

Updated 2018

Everyday Actions That Help Build Protective Factors

- Help parents foster healthy cognitive, social, emotional, and physical development
- Model effective parenting behaviors
- Include children in decision-making and leadership skills activities in programming
- Help children develop a positive cultural identity and interact in a diverse society
- Respond proactively when social or emotional development seems to need support

Concrete Support in Times of Need

- Respond immediately when families are in need
- Provide information and services to other families in the community
- Help families develop skills and access resources they need to identify their needs and connect to support

Reduced Likelihood of Child Abuse and Neglect

- Optimal Child Development
- Knowledge of Parenting and Child Development
- Social Connections
- Strengthened Families

Everyday Actions Protect and Foster Results

- Demonstrate in multiple ways that parents are valued and respected
- Honor each family’s race, language, culture, history, and approach to parenting
- Support parents as they manage stress effectively
- Encourage parents to make children’s decisions and help them reflect on the impact of their decisions
- Help parents understand how to buffer their children during stressful times

Building Strong and Vibrant Communities with
Cornell Cooperative Extension
Tompkins County

Tompkins’ Families!
Family & Community Development (F&CD)
Where to turn when your family needs help

This directory includes information about services in Tompkins County, New York State and national organizations that you may find helpful.

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Tompkins County Information & Referral
www.211tompkins.org
Dial 2-1-1; Toll-free: 877-211-TOMP (8667)
Need help finding help? Dialing 2-1-1 connects you with free confidential referrals to agencies and groups that can help you find answers to questions about Housing, Transportation, Health Care, and other local services. This service of the Human Services Coalition of Tompkins County operates 24 hours/7 days a week. Interpreter services are available.

Protective Factors Framework

Parental Resilience
The ability to recover from difficult life, and often to be strengthened by and even transformed by those experiences.

Social Connections
Positive relationships that provide emotional, informational, instrumental and spiritual support.

Concrete Support in Times of Need
Access to concrete support and services that address a family's needs and help minimize stress caused by challenges.

Knowledge of Parenting and Child Development
Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development.

Social and Emotional Competencies of Children
Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.

Autism Speaks
https://www.autismspeaks.org/family-services/resource-library/asperger-syndrome
This website has papers, articles, education, support groups, schools, camps, and research all related to Autism and Asperger Syndrome.

Parenting 24/7
http://www.parenting247.org/about_parenting247.shtml
(217) 333-2912 (IL)
This website offers a selection of news, information, video clips, advice and research-based information for parents and grandparents of children from birth through the teens.
Adoption and Guardianship Assistance Program for Everyone (AGAPE)
Adoptive and Foster Family Coalition of New York
https://aaffcn.org/programs/adoption-and-guardianship-assistance-program-for-everyone/
(888) 354-1342
A free support, information and educational program open to all adoptive families and relative caregivers who have custody or guardianship of children.

National Resources

SAMHSA’s Recovery Community Services Programs (RCSP) https://www.samhsa.gov/recovery/peer-support-social-inclusion
1-877-726-4727
RCSP advances recovery by providing peer recovery support services across the nation. These services help prevent relapse and promote sustained recovery from mental and/or substance use disorders.

All Kinds of Minds
http://www.allkindsofminds.org/
info@allkindsofminds.org
The institute’s mission is to help students who struggle with learning measurably improve their success in school and life by providing programs that integrate educational, scientific, and clinical expertise. Website resources include case studies, activities, and articles that deal with learning issues, to help parents better understand and support their children’s learning.

CDC/Centers for Disease Control and Prevention
www.cdc.gov/ncbddd/autism/actearly/
(800) 232-4636
CDC website offers fact sheets on developmental milestones, screening, autism spectral disorders, cerebral palsy, vision or hearing loss, ADHD, and interactive tools for parents to assist with observing and recording development.

Dream Factory
http://dreamfactoryinc.org/
(607) 272-1264
A volunteer based nonprofit that grants dreams to critically and chronically ill children, ages 3-18, who have not previously received a dream grant.

Cornell Cooperative Extension of Tompkins County (CCETC)
www.ccetompkins.org
(607)272-2292
CCETC brings educational programs in Agriculture, Environment, and Family and Community Well-being; and 4H youth activities to Tompkins County. Family and Community Well-being parenting education programs offer several skill-building workshops for all families including Parent Education Network/Stone Soup programs for families with a socially/emotionally challenged child. Each month Coalition for Families brings guest speakers for information sharing and dialogue.

Child Development Council of Tompkins County
https://www.childdevelopmentcouncil.org/
(607) 273-0259
The Child Development Council provides information on local child care centers, home day cares, Head Start/ Pre-K programs, nursery schools, school child care programs, and summer camps. Their Child & Family Development program is strength based home visiting program offering parenting guidance, child development assessments and support for meeting personal and family goals. “The Warm Line” is a free, confidential service addressing questions about children. Call M-F 9:00 a.m. to 4:30 p.m.

Family Resource Connection Tompkins
www.frct.org
The Family Resource Connection-Tompkins is a collaboration of organizations that provide services for families with young children in the home. This website offers parents, grandparents and other caregivers better access to the many resources our community provides.

Catholic Charities of Tompkins/Tioga
http://www.catholiccharitiesstt.org/
(607) 272-5062
Catholic Charities’ Family Empower-ment Department (Community Connections & Parent Partnership Mentoring Programs) advocates for and forges partnerships with families involved with Child Protective Services, Family Team Meetings, and Single Point Of Accountability (SPOA) Meetings.

The Advocacy Center
www.theadvocacycenter.org/
(607)277-5000
The Advocacy Center in Ithaca, NY offers a 24-hour hotline service for concerns, questions, or reports concerning domestic violence and sexual abuse. Services include crisis intervention, emotional support, safe house shelter, sexual assault nurse examiner program at Cayuga Medical Center, support groups, legal advocacy, therapy and referral, prevention education and lending library.
Families Together in NY State
www.ftnys.org
(518) 432-0333
Families Together is a non-profit, family-run organization that strives to establish a unified voice for children and youth with emotional, behavioral, and social challenges. Our mission is to ensure that every family has access to needed information, support, and services. Families Together in NYS, Inc. is the state chapter of the Federation of Families for Children’s Mental Health. Services offered include advocacy, support and referrals, training and education, and information.

Double H Ranch
www.doublehranch.org
(518) 696-5676
The mission of the Double H Ranch, located in the Adirondacks, is to provide specialized camping and year-round support for children and their families dealing with chronic and/or life-threatening illnesses, to enrich their lives and provide camp experiences that are memorable, exciting, fun, empowering, physically safe and medically sound. All programs are FREE of charge and capture the magic of the Adirondacks. The Ranch also provides the venue for weekends sponsored by a number of Family-based Programs. These weekends serve families coping with HIV/AIDS, breast cancer, the loss of a child, Von Willebrand’s Disease, families where a parent has cancer and many more.

KidsPeace National Centers of New York/Residential Programs
www.kidspeace.org
(800) 854-3123/(800) 257-3223
KidsPeace is dedicated to serving the behavioral and mental health needs of children, preadolescents and teens. Founded in 1882, KidsPeace provides a unique children’s psychiatric hospital, a comprehensive range of specialized and intensive and therapeutic residential treatment programs, accredited educational services and a variety of community-based treatment programs and foster care.

Parent to Parent of NY State
www.parenttoparentnys.org
(800) 305-8817 or (607) 535-2802
The mission of this statewide non-profit organization is to support and connect families of individuals with special needs. They can match parents, based on their request, with a trained Support Parent who also has a child with a similar disability, chronic illness, health care concern, or to help with parenting issues. Parent to Parent also can provide information and training to families of children with special health care needs about a specific illness or disability, or answer questions about special education.
Franziska Racker Centers
www.rackercenters.org/
(607) 272-5891
The Franziska Racker Centers offer a wide range of services for individuals with disabilities and their families, from early childhood through adulthood. See “Our Services” on the website for a complete list of programs. Preschool, childcare, respite, residential homes and community service coordination are just some of the services available.

Greek Peak Adaptive Snowsports
http://www.gpadaptive.org/
(607) 835-6111
This program provides a snow experience for people with disabilities, which prohibits them from utilizing the traditional snow sports teaching process available from Greek Peak Snow Sports School. Our adaptive teaching program is suited for those from 6 to 65+ years of age with hearing impairments, visual impairments, amputations, developmental disabilities, cp, ms, and partial paralysis.

NY State Resources
nysfamilyresources.org
518-473-3652
Sponsored by the Council on Children and Families (www.ccf.state.ny.us), this website contains a collection of resources focusing on contemporary family issues.

Early Childhood Direction Center (ECDC)
www.ecdc-stic.com
(607)724-2111
Southern Tier Independence Center (STIC) is home to the ECDC which offers a regional clearinghouse of comprehensive information, makes referrals to other resources, and offers training and support to families, professionals, and community agencies concerned with young children with disabilities from birth through age 5.

Parent Helpline
www.preventchildabuseny.org/parenthepline.shtml
1-800-CHILDREN
This is a 24 hour confidential helpline, available anywhere in New York State, in English and Spanish.

Opportunities, Alternatives & Resources
https://www.oartompkins.org/
(607)272-7885
OAR advocates for and assist people who are or have been incarcerated in the Tompkins County Jail and their families and friends. OAR also provides programs which help to constructively restore and maintain our clients’ inclusion in the community as a whole.

Mental Health Services

Family & Children’s Service of Ithaca
www.fcsith.org/
Main office (607) 273-7494
This non-profit agency offers counseling, family therapy, and psychiatry for children, individuals, families, and couples to help families cope with a wide range of issues, including disabilities. The Zero to Five Project is a comprehensive, intensive program offered to children, ages birth to five, at risk for social, emotional, and psychological issues.

Tompkins County Mental Health
www.tompkinscountyny.gov/mh
(607) 274-6200
Helps children and families with assessments, counseling, and treatment. May provide other supports through contacts with other agencies around Tompkins County.

National Alliance on Mental Illness (NAMI - Finger Lakes)
http://www.namifingerlakes.org/
(607) 273-2462
The Finger Lakes chapter of NAMI is a nonprofit organization run by volunteers who have mentally ill family members. Most services are free of charge; they include support, advocacy, and education programs.

The Mental Health Association in Tompkins County
www.mhaedu.org/
(607) 273-9250
The MHA offers a wide variety of programs for Tompkins County residents including a parent support group, community education, advocacy services, summer camp, and a recreation program. Call for information and schedules.
Single Point of Accountability (SPOA)
http://www.collaborativesolutionsnetwork.org/referral-forms/spoa-information-forms/
The SPOA team works in equal partnership with families to assess a youth’s strengths and needs and provide support by sharing responsibility, information, resources and expertise among those working with families. The team meets with families and youth (if appropriate) to develop and coordinate a local community based care plan as an alternative to placement or to help select a placement at the least restrictive level to meet a youth’s needs. SPOA acts to overcome barriers to community-based care and assist youth and families to get the services they want and need.

Suicide Prevention & Crisis Services (SPCS)
http://ithacacrisis.org/
24 Hour Crisisline: (607) 272-1616
Other Services: (607) 272-1505
SPCS provides 3 core programs: The Crisisline, offering free and confidential crisis counseling, staffed 365 days a year by trained volunteers who respond to calls from Tompkins County and across the 607 area code. The Education Program, providing a variety of suicide prevention and mental health programs to youth and adults. After-Trauma Services, providing free short-term counseling and support groups to those who have lost a loved one to suicide or unexpected death; providing post-trauma services for major community-based crisis response and intervention.

Employment Services

Tompkins Workforce NY
www.tompkinsworkforceny.org/
(607) 272-7570 ext 129
Tompkins Workforce offers employment related services. Youth are encouraged to develop skills through education, training, and work experiences. The trained staff offers free services for job seekers.

Challenge Industries, Inc
http://aboutchallenge.org/
(607) 272-8990
Challenge is a nonprofit, vocational services organization offering employment and placement opportunities for people with a range of disabilities including developmental disabilities, cognitive impairment and physical disabilities.

Tompkins County Health Dept., Children with Special Care Needs a.k.a. CSCN
http://tompkinscountyny.gov/health/cscn
(607) 274-6644
This Early Intervention program offers evaluation and therapeutic services for children (birth to three years old) who have a developmental delay and/or disability. The Children with Special Health Care needs program helps families find appropriate community services.

T-S-T BOCES, Special Education Training & Resource Center (SETRC)
http://tstboces.org/exceptional-education/special-education/
(607) 257-1551
Provides information, resources (including an extensive lending library), training, technical assistance, and education related to children with disabilities. SETRC serves all schools in Tompkins, Seneca and Tioga Counties.

Pathways, Inc.
www.pathways4you.org/
(607) 937-3200
Pathways, Inc. provides many services for children with developmental disabilities. The services include residential, day, family support, waiver, and service coordination. They encourage independence, inclusion, individuality, and productivity.

Broome Developmental Disabilities Services Office
https://opwdd.ny.gov/
(607) 273-0811
The Tompkins Regional Center is a subunit of Broome Developmental Disabilities Services that provides services in this area for children with developmental disabilities. The Center refers children to residential and day services.

ACCESS-VR (Vocational Rehabilitation)
http://www.acces.nysed.gov/vr
(607) 721-8397
ACCESS-VR assists individuals with disabilities to achieve and maintain employment and to support independent living through training, education, rehabilitation, and career development.

Wrightslaw
www.wrightslaw.com
This informative website explains special education and education laws for children with disabilities, provides an explanation of the rights guaranteed to the children, and addresses special education advocacy.
Planned Parenthood of the Southern Finger Lakes LGBTQ Youth Group

https://www.plannedparenthood.org/planned parenthood southern finger lakes
(607)273-1513

Lesbian, gay, bisexual, trans, queer, questioning, not sure, trying to figure things out? Want to hang in a safe and supportive space or need someone to talk to about sexuality, sexual orientation and gender identity? Stop by, hang out, play games, do some arts & crafts, talk, have snacks, check out our library - all in a safe space. The Ithaca meeting is every Wednesday from 4-5:30pm at Planned Parenthood in Ithaca.

PFLAG: Parents, Families and Friends of Lesbians and Gays
www.pflagithacacortland.com
(607)423-1078 or 756-7070
contact@pflagithacacortland.com

PFLAG is a national organization providing support for parents and families of lesbian, gay, bisexual and transgendered individuals; and education and advocacy on LGBT issues. Locally, PFLAG provides a support group, speakers for schools and other groups, and local/statewide advocacy for LGBT rights. Meetings are held the first Sunday of each month, Sept.-June at the Interfaith Center at SUNY Cortland.

Pride and Joy Families
https://www.binghamton.edu/prideandjoyfamilies/
(607)777-3717

Resources for lesbian, gay, bisexual and transgendered (LGBT) parents and prospective parents.

Finger Lakes Independence Center (FLIC)
www.fliconline.org/
(607) 272-2433

This organization assists all people with disabilities and their families and friends. Services are offered free of charge. Some of the services include support, advocacy, counseling, and information/referral. FLIC also has an extensive loan closet of equipment such as wheel chairs, walkers, etc.

Personalized Recovery Oriented Services (PROS)
http://www.tompkinscountyny.gov/mh/pros
(607) 274-6200

PROS operates with four main components. Participants may be involved in the Community Rehabilitation and Support (CRS), Intensive Rehabilitation (IR), Ongoing Rehabilitation and Support (ORS) and/or Clinical Treatment. The goal of Tompkins County PROS is to assist every person in treatment to move toward their own individual recovery.

REACH Medical
http://reachprojectinc.org/
(607) 273-7000

Reach Medical provides Low Threshold Harm Reduction for people who use drugs. Reach Medical believes that all individuals deserve equal access to healthcare in a stigma free setting where they will be treated with compassion and their healthcare plan meets their needs and goals.

Ithaca Youth Bureau
www.ithacayouthbureau.org
(607) 273-8364

Recreation Support Services, a division of the Ithaca Youth Bureau, offers recreational opportunities for youth and adults with disabilities. Activities include after school programming, fitness, aquatics, nature, outdoor adventures, camps, Big Sister/Big Brother program and more.

Finger Lakes Toy Library
www.fingerlakestoystolibrary.org

Finger Lakes Toy Library has a collection of toys for members to borrow from just as you would borrow a book from a book library. Members can choose a maximum of three toys per family/caregiver, or one per child, whichever is greater, and borrow them for up to three weeks. After the loan period, they can come back and exchange them for new toys, or renew them for one additional loan period. They are located at disabilities, cognitive impairment and physical disabilities. 609 West Clinton Street, Suite 106 Ithaca, NY.
Are you worried about your child’s behavior or development?  
Does your child’s behavior seem different from others their age?  

Your child's teacher or doctor could help with referrals to an appropriate agency*.

*Keeping notes of your observations to share with professionals can be very helpful.

**CPSE—your local school district Committee on Preschool Special Education

***CSE—your local school district Committee on Special Education

****NAMI-Finger Lakes—National Alliance on Mental Illness—Finger Lakes  

Phone number area code is 607 unless noted otherwise.