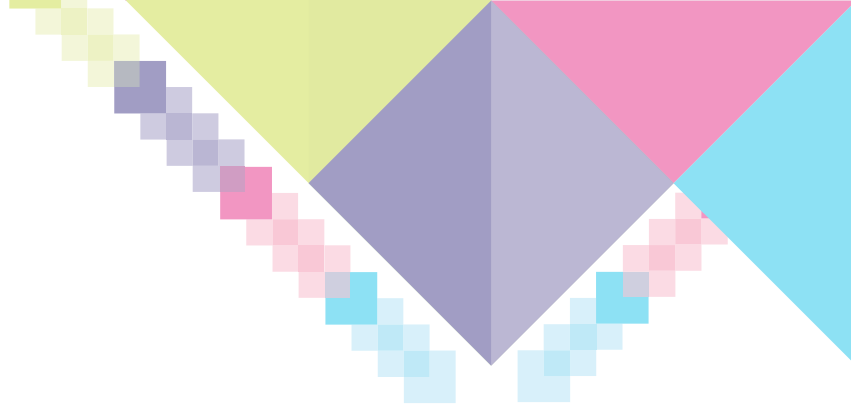




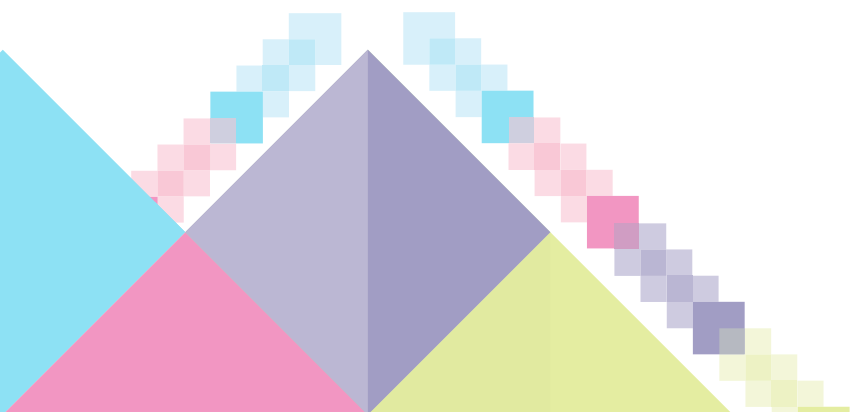
THE PLEDGE FOR HEALTHY TEENS

Referral Guide

THIS GUIDE IS NOT A COMPLETE LIST OF THE
RESOURCES AVAILABLE IN THE CITY OF BUFFALO.



**HOPE Buffalo would like to thank
the youth of Buffalo for their
contributions to this guide.**



This publication was made possible by Grant number 5 TP1AH000106-03-00 from the HHS Office of Adolescent Health. Contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department of Health and Human Services or the Office of Adolescent Health.

USE THIS GUIDE TO
HELP YOU FIND SERVICES
THAT FIT YOUR NEEDS.

All of the organizations listed in
this guide offer services for teens



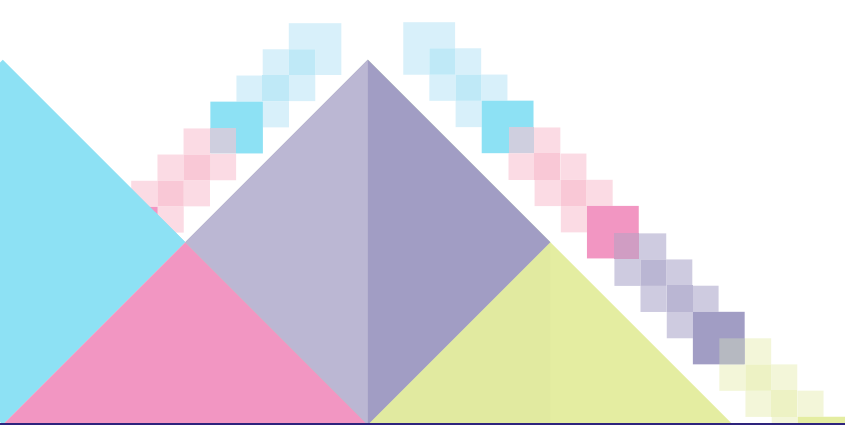
THE PLEDGE FOR HEALTHY TEENS

hopebuffalo.org



TEEN'S RIGHTS

Teens in New York State have the right to get private medical care for reproductive health without permission from their parents or anyone else.



To choose the reproductive and/or primary health care organization that works best for you, look for these symbols to see which services are provided.



Walk-in Appointments



Low or No Cost Options Available



Pregnancy Testing



HIV Testing



STD Testing and Treatment



Prescribes Birth Control



IUDs



Implant



Shot



Patch



Ring



Pill



Emergency
Contraception



Condoms



Birth Control May Be Started Same Day



Abortion



Males Welcome



LGBTQ Services

LGBTQ

Lesbian, Gay, Bisexual, Transgender,
Queer/Questioning

STD

Sexually Transmitted Disease

IUD

Intrauterine Device

HIV

Human Immunodeficiency Virus

ABORTION

Termination of Pregnancy

TABLE OF CONTENTS

Reproductive Health Care.....04

Primary Health Care.....09

Educational Services.....12

Healthy Relationships Training.....13

HIV/AIDS Resources.....14

Intimate Partner Violence Services and Prevention.....16

LGBTQ Resources.....19

Mental Health Services.....20

Substance Use Services.....25

Vocational Education/Workforce Development.....29

Homeless/Unstably Housed Services.....30

REPRODUCTIVE HEALTH CARE

All of the following clinics offer reproductive health services for teens. Some clinics can sign patients up for the Family Planning Benefit Program (FPBP). FPBP is a public health insurance program for females and males who need family planning services, but may not be able to afford them.

Many health centers on this list offer long acting contraceptives such as the implant and IUD (intrauterine device). All health centers on list:

- Provide confidential sexual health services
- Teens will see provider alone, even if parent or partner is present
- Teens will be seen for reproductive health services, even if parent not present
- Ask about sexual history at every visit
- Minors able to give confidential contact information
- Do not require a pelvic exam before starting birth control
- Provide information and referrals to adoption and prenatal services

BUFFALO WOMEN SERVICES

2500 Main St (at Rodney Ave)

Buffalo, NY 14214

(716) 835-2510

buffalowomenservices.com

M – F 9:00am – 5:00pm

Sat 9:00am – 3:00pm

Accepts most insurance (including Medicaid)



COMMUNITY HEALTH CENTER OF BUFFALO

34 Benwood Ave (at Main St)

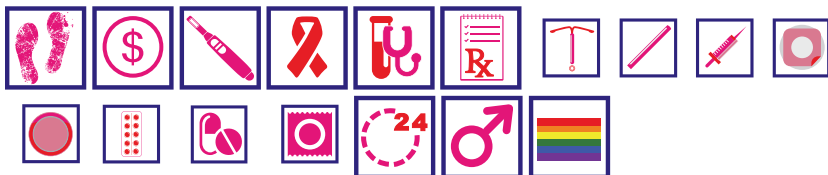
Buffalo, NY 14215

(716) 986-9199

chcb.net

M – F 8:30am – 5:00pm

Accepts all insurance (including Medicaid)



ERIE COUNTY DEPARTMENT OF HEALTH

608 William St (at Krettner St)

Buffalo, NY 14206

(716) 858-2779

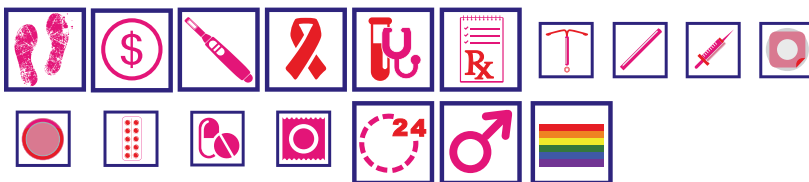
erie.gov/health

M, F 8:30am – 4:30pm

W 10:00am – 6:00pm

Accepts all insurance (including Medicaid)

Family Planning Benefit Program sign up available



KALEIDA HEALTH – FAMILY PLANNING CENTER

1313 Main St (at Riley St)

Buffalo, NY 14209

(716) 748-4988

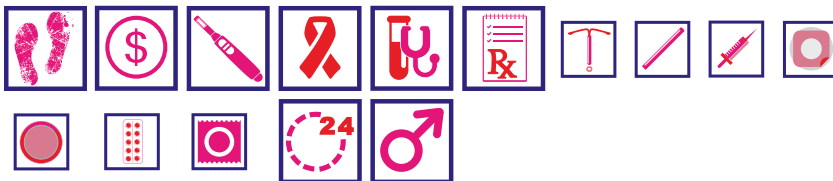
M – W, F 8:00am – 4:00pm

Th 11:00am – 7:00pm

YourBodyFirst.org

Accepts all insurance (including Medicaid)

Family Planning Benefit Program sign up available



PLANNED PARENTHOOD OF CENTRAL AND WESTERN NEW YORK, INC. – BUFFALO HEALTH CENTER

2697 Main St (at Amherst St)

Buffalo, NY 14214

(716) 831-2200

ppcwny.org

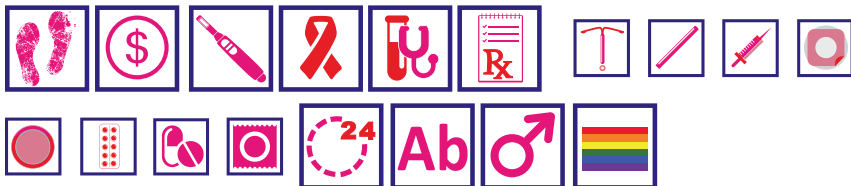
M, W 10:00am – 7:00pm

T, Th 9:00am – 5:00pm

F 9:00am – 1:00pm

Accepts all insurance (including Medicaid)

Family Planning Benefit Program sign up available



WOMEN & CHILDREN'S HOSPITAL – KENSINGTON OB/GYN

462 Grider St (at Sussex St)

Buffalo, NY 14215

(716) 859-2229

buffalobaby.org

M – F 8:30am – 5:00pm

Closed for lunch: 12:00 – 1:00pm

Accepts all insurance (including Medicaid)



CHILDREN'S HOSPITAL – NIAGARA STREET OBGYN

564 Niagara St (near Jersey St)

Buffalo, NY 14201

(716) 768-7700

buffalobaby.org

M – F 8:00am – 4:00pm

Closed for lunch: 12:00 – 1:00pm

Accepts all insurance (including Medicaid)



PRIMARY HEALTH CARE

Adolescence is a good time for children and youth to begin taking responsibility for their physical health—from what they eat to keeping fit to getting preventive check-ups. During this phase, adolescents with chronic conditions can begin to learn how to manage those conditions.

Most minors in New York are unable to consent for their own primary care. Certain minors can consent to any type of health care on their own. Minors in the below categories can consent to any and all medical treatment confidentially, without involving a parent:

- Emancipated minors: minors who are living on their own and are financially independent of their parents
- Married minors
- Minors who have children
- Mature minors: minors who can give informed consent and are mature enough to make their own health care decisions. This determination is made by the health care provider

All primary health care centers below provide general health care, including routine checkups and non-emergency medical care. All health centers on list:

- See all patients regardless of sex, gender, or sexual orientation
- Offer STD testing (urine) and treatment
- Offer pregnancy test (urine)
- Offer contraceptive counseling

COMMUNITY HEALTH CENTER OF BUFFALO

34 Benwood Ave (at Main St)

Buffalo, NY 14215

(716) 986-9199

chcb.net

M – F 8:30am- 5:00pm

Accepts all insurance (including Medicaid)

Family Planning Benefit Program sign up available



NEIGHBORHOOD HEALTH CENTER – MATTINA CENTER

300 Niagara St (at Carolina St)

Buffalo, NY 14201

(716) 242-8600

neighborhoodhealthcenter.org

M, W, F 8:00am- 4:30pm

T, Th 8:00am- 8:00pm

Accepts all insurance (including Medicaid)



NEIGHBORHOOD HEALTH CENTER – NORTHWEST CENTER

155 Lawn Ave (near Military Rd)

Buffalo, NY 14207

(716) 875-2904

neighborhoodhealthcenter.org

M, W 8:00am- 8:00pm

T, Th 8:00am- 4:30pm

F 7:00am- 4:30pm

Accepts all insurance (including Medicaid)



EDUCATIONAL SERVICES

Educational resources include tutoring for those in high school, high school equivalency services for those not in school, and internship opportunities and college preparation assistance to help teens reach their goals.

BUFFALO PUBLIC SCHOOL DISTRICT – ADULT EDUCATION DIVISION

389 Virginia St (at S Elmwood Ave)
Buffalo, NY 14201
(716) 888-7088 ext. 100
upskill.org

- High school equivalency program
- College preparation assistance
- English as a Second Language (ESL) programs
- Computer skills

*Ages 17 and up

HEALTHY RELATIONSHIPS TRAINING

Learning how to form safe and healthy relationships is an important aspect of adolescent development. A circle of caring and supportive adults and peers can help adolescents transition to adulthood.

The following resource provides one-on-one sessions around healthy relationships.

PLANNED PARENTHOOD OF CENTRAL AND WESTERN NEW YORK, INC. – HEALTH EDUCATION

2697 Main St (at Amherst St)

Buffalo, NY 14214

(716) 200-5925

ppcwny.org

- One-on-one sessions
- Talk to educators about healthy relationships and sexual health
- LGBTQ inclusive

HIV/AIDS RESOURCES

HIV (human immunodeficiency virus) weakens a person's immune system by destroying important cells that fight disease and infection. Most commonly, people get or transmit HIV through sexual behaviors and needle or syringe use. No cure exists for HIV, but with treatment HIV can be controlled. Everyone ages 13 to 64 should get tested for HIV at least once.

There is medication for people who are HIV-negative but at risk for HIV that can prevent HIV infection if they are exposed. PrEP, or pre-exposure prophylaxis, is daily medicine that can stop HIV from taking hold and spreading throughout your body. PrEP may be available from your primary care provider even if they are not on this list.

The following resource provides testing, partner services, and PrEP services.

NYS HIV/AIDS INFORMATION LINE

(800) 541-2437

(800) 233-7432 (Spanish)

ERIE COUNTY DEPARTMENT OF HEALTH – SEXUAL HEALTH CLINIC

608 William St (at Krettner St)

Buffalo, NY 14206

(716) 858-7687

erie.gov

M – F 8:30am – 3:30pm

- Testing
- HIV partner services
- Pre-exposure prophylaxis (PrEP)
- PrEP phone line – (716) 858-7942
- Walk in appointments only

*Ages 12 and over

INTIMATE PARTNER VIOLENCE SERVICES AND PREVENTION

During adolescence, young people learn how to form safe and healthy relationships. Adolescents sometimes develop unhealthy relationships, and experience or exhibit intimate partner violence. Controlling and demanding behaviors often happen before violence occurs.

Over time, controlling and demanding behavior may become increasingly violent. Violence can have a negative effects on physical and mental health throughout life. Victims of violence often feel trapped and are at risk for harm.

Adults can help by paying attention, talking to adolescents about how to build healthy, respectful relationships, and urging young people to get help.

The following services include hotlines for crisis situations, safety planning, counseling, emergency shelter, and legal assistance.

24 HOUR CRISIS HOTLINE

(716) 834-3131

Available every day, 24 hours a day

24 HOUR ERIE COUNTY DOMESTIC VIOLENCE HOTLINE

(716) 862-HELP (4357)

(716) 884-6000 (for shelter)

Available every day, 24 hours a day

24 HOUR NYS DOMESTIC & SEXUAL VIOLENCE HOTLINE

1-800-942-6906

CHILD AND FAMILY SERVICES – HAVEN HOUSE

330 Delaware Ave (at Tracy St)

Buffalo, NY 14202

(716) 842-2750 (716) 884-6000 (for shelter)

M – Th 8:00am – 8:00pm

F 8:00am – 5:00pm

cfsbny.org

- Emergency shelter
- Long-term transitional housing
- Emergency services
- Counseling, advocacy, and support groups

CATHOLIC CHARITIES – AMHERST OFFICE

Catholic Charities- Amherst Office

3982 Main St (near Eggert Rd)

Amherst, NY 14226

(716) 839-4066

ccwny.org

- Counseling

CATHOLIC CHARITIES – CHEEKTOWAGA OFFICE

3719 Union Rd, Ste 214 (near Galleria Dr)

Cheektowaga, NY 14225

(716) 681-7394

ccwny.org

- Counseling

CATHOLIC CHARITIES – KENMORE OFFICE

3370 Delaware Ave (at Westchester Blvd)

Kenmore, NY 14217

(716) 877-8822

ccwny.org

- Counseling

LGBTQ RESOURCES

Many lesbian, gay, bisexual, transgender, and queer/questioning (LGBTQ) adolescents are happy and thrive during their teenage years.

However, as a group they are more likely than their heterosexual peers to experience difficulties: LGBTQ adolescents are at increased risk for suicide attempts, being homeless, alcohol use, and risky sex.

THE PRIDE CENTER OF WNY

200 S Elmwood Ave (near W Chippewa St)

Buffalo, NY 14201

(716) 852-7743

pridecenterwny.org

M, W, F 9:30am – 11:30am

T 12:30pm – 7:00pm

Th 12:30pm – 4:00pm

- Testing
- Support services
- Linkage to care

MENTAL HEALTH SERVICES

Important mental health habits—including coping, resilience, and good judgment—help adolescents to achieve overall wellbeing and set the stage for positive mental health in adulthood. Friends and family can watch for warning signs of mental disorders, such as depression or anxiety disorders, and urge young people to get help. Effective treatments exist and may involve a combination of counseling and medication.

Most minors in New York State are unable to consent for their own mental health care. Certain minors can consent to any type of health care on their own. Minors in the below categories can consent to any and all medical treatment confidentially, without involving a parent:

- Emancipated minors: minors who are living on their own and are financially independent of their parents
- Married minors
- Minors who have children
- Mature minors: minors who can give informed consent and are mature enough to make their own health care decisions. This determination is made by the health care provider.
- Treatment is necessary to the minor's well-being and a parent or guardian is not reasonably available
- Requiring parental consent would have a negative effect on the minor's treatment.

The following resources include urgent mental health services for crisis situations, counseling, and psychiatry services.

URGENT MENTAL HEALTH SERVICES

24 HOUR CRISIS HOTLINE

(716) 834-3131

crisisservices.org

Available every day, 24 hours a day

MENTAL HEALTH SERVICES

BESTSELF BEHAVIORAL HEALTH – EAST BRANCH

1000 Main St (near North St)

Buffalo, NY 14202

(716) 884-0888

lake-shore.org

M 9:00am – 8:00pm

T 9:00am – 7:00pm

W 9:00am – 6:00pm

Th 10:00am – 8:00pm

- Counseling
- Psychiatry

*Ages 13 – 21

BESTSELF BEHAVIORAL HEALTH –UNIVERSITY BRANCH

3350 Main St (at Niagara Falls Blvd)

Buffalo, NY 14214

(716) 884-0800

lake-shore.org

M 9:00am – 8:00pm

T 9:00am – 7:00pm

W 9:00am – 6:00pm

Th 10:00am – 8:00pm

- Counseling

- Psychiatry

*Ages 13 – 21

BESTSELF BEHAVIORAL HEALTH – WESTSIDE BRANCH

430 Niagara St

Buffalo, NY 14201

(716) 884-0800

lake-shore.org

M – F 8:00am – 5:00pm

- Counseling

- Psychiatry

*Ages 13 – 21

CATHOLIC CHARITIES – MONSIGNOR CARR CLINIC

20 Rich St (near Genesee St)

Buffalo, NY 14211

(716) 895-1033

M, T, Th, F 9:00am – 8:00pm

ccwny.org

- Counseling
- Psychiatry
- Will be seen whether or not patient is able to pay

*Ages 5 and over

CATHOLIC CHARITIES – AMHERST OFFICE

3982 Main St (near Eggert Rd)

Amherst, NY 14226

(716) 839-4066

ccwny.org

- Counseling

CATHOLIC CHARITIES – CHEEKTOWAGA OFFICE

3719 Union Rd, Ste 214 (near Galleria Dr)
Cheektowaga, NY 14225
(716) 681-7394
ccwny.org

- Counseling

CATHOLIC CHARITIES – KENMORE OFFICE

3370 Delaware Ave (at Westchester Blvd)
Kenmore, NY 14217
(716) 877-8822
ccwny.org

- Counseling

THE SUMMIT CENTER

415 North French (near John Glenn Dr)
Amherst, NY 14228
(716) 629-3400
thesummitcenter.org

- Counseling
- Psychotherapy

SUBSTANCE USE SERVICES

Some adolescents use drugs that are not prescribed for them or are illegal to help their mood. Many factors and strategies can help adolescents stay drug free: strong positive connections with parents, other family members, school, and religion; having parents present clear limits and consistent enforcement of discipline; and reduced access in the home to addictive substances.

Substance abuse, also known as drug abuse, is the use of one or more substances that leads to a clinically significant harm or distress.

The following resources include support groups, counseling, and treatment services.

24 HOUR ADDICTION HOTLINE

(716) 831-7007

Available every day, 24 hours a day

ERIE COUNTY COUNCIL FOR THE PREVENTION OF ALCOHOL AND SUBSTANCE ABUSE (ECCPASA) – PROJECT CHOICES

1625 Hertel Ave (near Parkside Ave)

Buffalo, NY 14216

(716) 831-2298

eccpasa.org

- One on one counseling for alcohol use for women

*Ages 14 and older

ERIE COUNTY COUNCIL FOR THE PREVENTION OF ALCOHOL AND SUBSTANCE ABUSE (ECCPASA) – STUDENT ASSISTANCE/TEEN INTERVENE

1625 Hertel Ave (near Parkside Ave)

Buffalo, NY 14216

(716) 831-2298

eccpasa.org

- Prevention for youth beginning or at risk of substance use

* Ages 14-19

HORIZON HEALTH SERVICES – BOULEVARD RECOVERY CENTER

1370 Niagara Falls Blvd (at Brighton Rd)

Tonawanda, NY 14150

(716) 833-3708

horizon-health.org

- Outpatient services

*Ages 12 and over

HORIZON HEALTH SERVICES – BROADWAY RECOVERY CENTER

77 Broadway (at Elm St)
Buffalo, NY 14205
(716) 834-6401
horizon-health.org

- Substance Use Disorder counseling

HORIZON HEALTH SERVICES – HORIZON FAMILY RECOVERY CENTER

6495 Transit Rd (near Miles Rd)
Amherst, NY 14051
(716) 418-8531
horizon-health.org

- Substance Use Disorder and mental health services

*Ages 13 and up

RENAISSANCE ADDICTION SERVICES – KIDS ESCAPING DRUGS

920 Harlem Rd (near Clinton St)

Buffalo, NY 14224

(716) 827-9462

ked.org

- Residential treatment

*Ages 12 – 20

YOUNG ADULT RECOVERY CLUBHOUSE

66 Englewood Ave (at Cornell St)

Buffalo, NY 14214

(716) 832-2141 ext. 217

restoration-societyinc.org

M – F 5:00pm – 9:00pm

Sat & Sun 10:00am – 6:00pm

- Peer support
- Linkage support for harm reduction, treatment, and recovery

* Ages 16 – 23

WNY ALATEEN

(716) 856-2520

aiswny.org

- Support for teens affected by alcoholism in family or friend

VOCATIONAL EDUCATION/ WORKFORCE DEVELOPMENT

Education programs focused on preparing students for employment in current or emerging occupations. These programs train students for entry into the workforce, career advancement, and entry into further education and training.

BUFFALO PUBLIC SCHOOL DISTRICT – ADULT EDUCATION DIVISION

389 Virginia St (at S Elmwood Ave)

Buffalo, NY 14201

(716) 888-7088 ext. 100

upskill.org

- Job training
- Computer training

*Ages 17 and up

HOMELESS/UNSTABLY HOUSED SERVICES

Adolescents leave home for a variety of reasons, such as family problems, economic problems, and transitions from foster care and other public systems.

Adolescents who are homeless or have unstable housing have increased likelihood of high-risk behaviors, greater risk of severe anxiety and depression, and difficulty attending school.

211 WESTERN NEW YORK HOTLINE

211

211wny.org

Available every day, 24 hours a day

ACKNOWLEDGMENTS:

We appreciate the support of the following partners in the development of this guide:

- Erie County Department of Health
- CAI (Cicatelli Associates Inc)
- HOPE Buffalo Health Care Provider Action Group
- HOPE Buffalo Community Action Team

A SPECIAL THANK YOU TO THE YOUTH WHO MAKE HOPE BUFFALO POSSIBLE:

- HOPE Buffalo Youth Leadership Team
- PATCH for HOPE Buffalo Teen Educators

Every Time You Talk with a Health Care Provider

ASK THESE QUESTIONS

1.
**What is
my main
problem?**

2.
**What do
I need
to do?**

3.
**Why is it
important
for me to
do this?**



THE PLEDGE FOR HEALTHY TEENS

hopebuffalo.org



This version is current as of January 2018.
Some information may have changed since printing.
Please visit hopebuffalo.org for the most updated version.