



Teen Resource Guide

Teens have the right to access confidential reproductive health services, including contraceptives, prenatal care, and STI services.

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**We would like to thank the youth of HOPE Buffalo
for their contributions to the creation of and continued
partnership in updating the HOPE Buffalo Referral Guide**

hopebuffalo.org

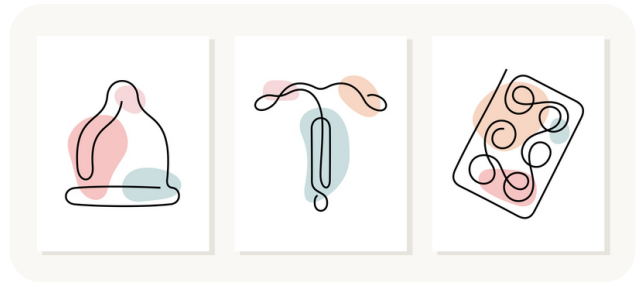
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Sexual and Reproductive Health Care

All of the following clinics offer reproductive health services for teens. Some clinics can sign patients up for the Family Planning Benefit Program (FPBP). This 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 of the health centers listed:

- Provide confidential sexual health services
- Allow teens to see a provider alone, even if parent or partner is present
- See teens for reproductive health services, even if a parent not present
- Ask about sexual history at every visit
- Allow minors 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., Buffalo, NY 14214

(716) 835-2510

Mon – Fri: 9:00^{a.m.} – 5:00^{p.m.}

buffalowomenservices.com

Accepts most insurance (including Medicaid).

Mon – Fri: 8:30^{a.m.} – 3:30^{p.m.}

Wed: 8:30^{a.m.} – 6:00^{p.m.}

All Erie County residents are seen regardless of ability to pay.

Walk-ins are accepted or you can make an appointment.

Community Health Center of Buffalo

34 Benwood Ave., Buffalo, NY 14215

(716) 986-9199

Mon – Thu: 8:00^{a.m.} – 8:00^{p.m.}

chcb.net

Fri – Sat: 8:00^{a.m.} – 5:00^{p.m.}

Accepts all insurance (including Medicaid).

Erie County Department of Health Jesse Nash Health Center – Sexual Health Clinic

608 William St., Buffalo, NY 14206

(716) 858-7687

www3.erie.gov/health/sexual-health-center

Mon – Fri: 8:00^{a.m.} – 3:30^{p.m.}

Thu: 8:00^{a.m.} – 5:30^{p.m.}

Erie County Department of Health Jesse Nash Health Center – Family Planning Clinic

608 William St., Buffalo, NY 14206

(716) 858-2779

www3.erie.gov/health/erie-county-family-planning-center

Accepts all insurance (including Medicaid).

All Erie County residents are seen regardless of ability to pay.

Walk-in center. Services are provided on a first-come, first-served basis.

Kaleida Health – Family Planning

1100 Main St., Buffalo, NY 14209

(716) 748-4988

YourBodyFirst.org

Mon – Wed and Fri: 8:30^{a.m.} – 4:30^{p.m.}

Thu: 11:00^{a.m.} – 7:00^{p.m.}

Accepts all insurance (including Medicaid).

NYS HIV/AIDS Information Line

(800) 541-2437

(800) 233-7432 (Spanish)

Planned Parenthood of Central and Western New York, Inc. – Buffalo Health Center

60 E Amherst St., Buffalo, 14214

(866) 600-6886

ppcwny.org

Mon, Thu, Fri: 9:00^{a.m.} – 5:00^{p.m.}

Tue: 7:30^{a.m.} – 5:00^{p.m.}

Wed: 11:00^{a.m.} – 7:00^{p.m.}

Accepts all insurance (including Medicaid) No-insurance-option health care available.

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:
 - o On their own and are financially independent of their parents
 - o Married minors
 - o 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., Buffalo, NY 14215

(716) 986-9199

chcb.net

Mon – Thu: 8:00^{a.m.} – 8:00^{p.m.}

Fri – Sat: 8:00^{a.m.} – 5:00^{p.m.}

Accepts all insurance (including Medicaid).

Neighborhood Health Center – Mattina Center

300 Niagara St., Buffalo, NY 14201

(716) 242-8600

nhcwny.org

Mon, Wed, Fri: 8:00^{a.m.} – 4:30^{p.m.}

Tue – Thu: 8:00^{a.m.} – 8:00^{p.m.}

Accepts all insurance (including Medicaid).

Neighborhood Health Center – Northwest Center

155 Lawn Ave., Buffalo, NY 14207

(716) 875-2904

nhcwny.org

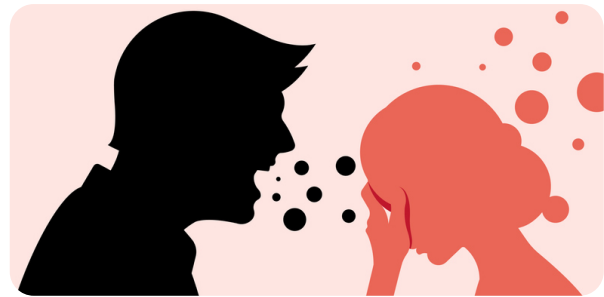
Mon, Wed: 8:00^{a.m.} – 8:00^{p.m.}

Tue, Thu, Fri: 8:00^{a.m.} – 4:30^{p.m.}

Accepts all insurance (including Medicaid).

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 effect on physical and mental health throughout life. Victims of violence often feel trapped and are at risk of 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 NYS Domestic & Sexual Violence Hotline

(800) 942-6906

24 Hour Erie County Domestic Violence Hotline

(716) 862-HELP (4357)

(716) 884-6000 (for shelter)

Available every day, 24 hours a day

Child and Family Services – Haven House

cfsbny.org/our-services/hh

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.



Gay and Lesbian Youth Services of WNY, Inc.

741 Main St., Buffalo, NY 14203
(716) 855-0221 | www.glyswny.org

The Pride Center of WNY

200 S Elmwood Ave., Buffalo, NY 14201
(716) 852-7743
www.pridecenterwny.org

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 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)
- Minors whose treatment is necessary to their well-being and a parent or guardian is not reasonably available
- Minors whose treatment would be negatively affected by requiring parental consent

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

Bestself Behavioral Health - Children and Families

Multiple locations
www.bestselfwny.org/children-and-families/

Catholic Charities

Multiple Locations
ccwny.org/services

The Summit Center

415 North French Rd., Amherst, NY 14228
(716) 629-3400
thesummitcenter.org

**Urgent Mental Health Services
24 Hour Crisis Hotline**

(716) 834-3131
crisisservices.org
Available every day, 24 hours a day

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.

Erie County Council for the Prevention of Alcohol and Substance Abuse (ECCPASA) - Project Choices & Student Assistance/Teen Intervene

1625 Hertel Ave., Buffalo, NY 14216
(716) 831-2298
thepreventioncouncil.ec.org

Renaissance Addiction Services - Kids Escaping Drugs

920 Harlem Rd., Buffalo, NY 14224
(716) 827-9462
www.ked.org
*Ages 12 - 20

WNY Alateen

(716) 856-2520
(24 hours/7 days a week)
www.aiswny.org

Young Adult Recovery Clubhouse

66 Englewood Ave., Buffalo, NY 14214
(716) 832-2141
rsiwny.org/what-we-do/clubhousebuffalo.html
*Ages 13 - 20

24 Hour Addiction Hotline

(716) 831-7007
Available every day, 24 hours a day

Educational Services / Vocational Education / Workforce Development

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.



Vocational and workforce development programs are 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., Buffalo, NY 14201
(716) 888-7088, ext. 100
buffaloschools.org/o/dept-adult-ed/page/bpsadulted
*Ages 17 and up

Northland Workforce Training Center

683 Northland Ave., Buffalo, NY 14211
(716) 436-3229
northlandwtc.org

Unstably / Homeless / Unhoused 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 unhoused (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 WNY is a centralized human services referral provider for the Western New York region
(888) 696-9211
www.211wny.org
Available every day, 24 hours a day

Pregnancy and Parenting Resources

Pregnant and parenting teens are balancing their lives and planning for or being a parent. Ensuring that pregnant and parenting teens receive adequate social, emotional, medical, and academic support is essential to the parent and the baby's future.



The following resources provide case management, assistance with medical appointments and academic needs, parenting education and support, birth planning, breastfeeding education and support, and doula services:

Buffalo Prenatal Perinatal Network

703 Washington St., Buffalo, NY 14203

(716) 884-6711

www.bppn.org