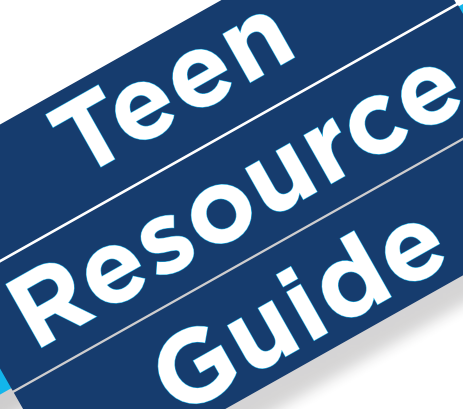


The logo for HOPE BUFFALO COLLABORATIVE is positioned at the top of the page, tilted at an angle. The word "HOPE" is rendered in a dark blue, bold, sans-serif font, with the letter "O" replaced by a circular graphic divided into four quadrants. The word "BUFFALO" is in a lighter blue, bold, sans-serif font. Below "HOPE BUFFALO", the word "COLLABORATIVE" is written in a dark blue, bold, sans-serif font. The entire logo is set against a white background with a light blue diagonal stripe running from the top left to the bottom right.

**HOPE BUFFALO**  
**COLLABORATIVE**

The title "Teen Resource Guide" is centered on a dark blue rectangular banner that is tilted at an angle, matching the overall design. The text is in a white, bold, sans-serif font. The banner is overlaid on a light blue diagonal stripe that runs from the bottom left to the top right.

**Teen  
Resource  
Guide**

[hopebuffalo.org](http://hopebuffalo.org)

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**Teens have the right to access confidential reproductive health services, including contraceptives, prenatal care, and STI services. All of the organizations listed below offer services for teens.**

**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**

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*Connected a young person to a resource? Scan the code or use the link below to share the referral. This helps us strengthen connections and improve access to resources for young people in our community.*



[www.surveymonkey.com/r/HBreferrals](http://www.surveymonkey.com/r/HBreferrals)

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# Table of Contents

<b>Sexual and Reproductive Health Care.....</b>	<b>4</b>
<b>Primary Health Care.....</b>	<b>7</b>
<b>Intimate Partner Violence Services and Prevention.....</b>	<b>9</b>
<b>Mental Health Services.....</b>	<b>10</b>
<b>Substance Use Services.....</b>	<b>12</b>
<b>Educational Services /Vocational Education</b>	
<b>Workforce Development.....</b>	<b>13</b>
<b>Unstably/Homeless/Unhoused Services.....</b>	<b>14</b>
<b>Pregnancy and Parenting Resources.....</b>	<b>15</b>

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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<sup>a.m.</sup> – 5:00<sup>p.m.</sup>

[buffalowomenservices.com](http://buffalowomenservices.com)

- Accepts most insurance (including Medicaid).

### **Community Health Center of Buffalo**

34 Benwood Ave., Buffalo, NY 14215

(716) 986-9199

Mon – Thu: 8:00<sup>a.m.</sup> – 8:00<sup>p.m.</sup>

[chcb.net](http://chcb.net)

Fri – Sat: 8:00<sup>a.m.</sup> – 5:00<sup>p.m.</sup>

- Accepts all insurance (including Medicaid).

### **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](http://www3.erie.gov/health/erie-county-family-planning-center)

Mon – Fri: 8:30<sup>a.m.</sup> – 3:30<sup>p.m.</sup>

Wed: 8:30<sup>a.m.</sup> – 6:00<sup>p.m.</sup>

- All Erie County residents are seen regardless of ability to pay.
- Walk-ins are accepted or you can make an appointment.

*(continued on following page)*

## **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](http://www3.erie.gov/health/sexual-health-center)

Mon – Fri: 8:00<sup>a.m.</sup> – 3:30<sup>p.m.</sup>

Thu: 8:00<sup>a.m.</sup> – 5:30<sup>p.m.</sup>

- 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.

## **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](http://ppcwny.org)

Mon, Thu, Fri: 9:00<sup>a.m.</sup> – 5:00<sup>p.m.</sup>

Tue: 7:30<sup>a.m.</sup> – 5:00<sup>p.m.</sup>

Wed: 11:00<sup>a.m.</sup> – 7:00<sup>p.m.</sup>

- 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:
  - ♦ 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/STI 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](http://chcb.net)

Mon – Thu: 8:00<sup>a.m.</sup> – 8:00<sup>p.m.</sup>

Fri – Sat: 8:00<sup>a.m.</sup> – 5:00<sup>p.m.</sup>

- Accepts all insurance (including Medicaid).

### **Neighborhood Health Center – Mattina Center**

300 Niagara St., Buffalo, NY 14201

(716) 242-8600

[nhcwny.org](http://nhcwny.org)

Mon, Wed, Fri: 8:00<sup>a.m.</sup> – 4:30<sup>p.m.</sup>

Tue – Thu: 8:00<sup>a.m.</sup> – 8:00<sup>p.m.</sup>

- Accepts all insurance (including Medicaid).

### **Neighborhood Health Center – Northwest Center**

155 Lawn Ave., Buffalo, NY 14207

(716) 875-2904

[nhcwny.org](http://nhcwny.org)

Mon, Wed: 8:00<sup>a.m.</sup> – 8:00<sup>p.m.</sup>

Tue, Thu, Fri: 8:00<sup>a.m.</sup> – 4:30<sup>p.m.</sup>

- 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 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**

(800) 942-6906

### **Child and Family Services - Haven House**

[cfsbny.org/our-services/hh](https://cfsbny.org/our-services/hh)

## 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



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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/](http://www.bestselfwny.org/children-and-families/)

**Catholic Charities**

Multiple Locations

[ccwny.org/services](http://ccwny.org/services)

**The Summit Center**

415 North French Rd., Amherst, NY 14228

(716) 629-3400

[thesummitcenter.org](http://thesummitcenter.org)

**Urgent Mental Health Services**

**24 Hour Crisis Hotline**

(716) 834-3131

[crisisservices.org](http://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.

### **24 Hour Addiction Hotline**

(716) 831-7007

Available every day,  
24 hours a day

Buffalo, NY 14224

(716) 827-9462

[www.ked.org](http://www.ked.org)

\*Ages 12 - 20

### **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](http://thepreventioncouncil.ec.org)

### **WNY Alateen**

(716) 856-2520

(24 hours/7 days a week)

[www.aiswny.org](http://www.aiswny.org)

### **Young Adult Recovery Clubhouse**

66 Englewood Ave.,  
Buffalo, NY 14214

(716) 832-2141

[rsiwny.org/what-we-do/  
clubhousebuffalo.html](http://rsiwny.org/what-we-do/clubhousebuffalo.html)

\*Ages 13 - 20

### **Renaissance Addiction Services - Kids Escaping Drugs**

920 Harlem Rd.,

## 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/bpsadulded](http://buffaloschools.org/o/dept-adult-ed/page/bpsadulded)

\*Ages 17 and up

### **Northland Workforce Training Center**

683 Northland Ave., Buffalo, NY 14211

(716) 436-3229

[northlandwtc.org](http://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](http://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](http://www.bppn.org)

# Learn More About HOPE Buffalo!

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Mailing List



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