



## Suffolk County Executive Steven Bellone

### Mental Health Resources offered by Family Service League

**FREE 24-hour, 7 days a week**

**Support for All Affected by COVID -19~**

**Family Service League-FREE Crisis Response Services**  
**for those working in long-term care facilities!**

Family Service League's Community Crisis Action Team (C-CAT) has helped staff from schools, businesses, and agencies cope after traumatizing events. The Coronavirus has exposed long-term healthcare workers, as well as support and management staff to multiple traumas. Our team of mental health professionals, trained by the International Critical Incident Stress Foundation (ICISF), have seen that debriefing and counseling helps individuals and groups recognize the effects of trauma and identify coping strategies. This model builds on strengthening bonds through group and peer support.

#### **What participants can expect:**

A *voluntary, confidential* opportunity for those working in long-term care facilities to share stress reactions and learn new coping skills via telehealth audio/video conferencing.

Education, support, and linkages to additional services.

Mitigation of post-traumatic stress reactions.

An efficient way to identify individuals who may need assistance that is more intensive such as one-on-one counseling.

An opportunity for staff to recognize stress in others, provide mutual support, and build cohesion.

Individuals working in any long-term healthcare environment are welcome to join a C-CAT support session. This is also a unique opportunity for employers and department managers to offer their staff the vital resource of direct counseling during this time of crisis.

Call TODAY for information - Robyn Berger-Gaston, LCSW-R, FSL Division Director  
631-591-7580 or [rberger-gaston@fsl-li.org](mailto:rberger-gaston@fsl-li.org)

# FREE COUNSELING

## Need Information or Resources?

Schedule a Free & Confidential meeting  
with a Family Center counselor

### Referrals to:

Health & Social Services  
Child Development Specialists  
Child Care Services  
Financial Assistance  
Food, Clothing, Equipment Resources  
Housing & Utility Assistance  
Immigration & Residency Information  
English as a Second Language Programs

To schedule an appointment with  
Veronica please call 631.585.9393  
ext. 559 or leave a confidential  
voicemail at ext. 290 or email  
[familycenter@mcplibrary.org](mailto:familycenter@mcplibrary.org)



Middle Country Public Library  
101 Eastwood Blvd. Centereach, NY 11720  
[www.mcplibrary.org](http://www.mcplibrary.org)

Please let us know if you need any accommodations due to disability.

# CONSEJERÍA GRATUITA

## ¿Necesita Información o Recursos?

Haga una Cita Confidencial y  
Gratuita con una  
Consejera del Centro de Familia

### Referidos a:

Servicios de Salud y Familia  
Especialistas del Desarrollo Infantil  
Servicios de Cuidado de Niños  
Asistencia para Acceder a Vestimenta,  
Alimentos,  
Utilidades y Vivienda de Emergencia  
Asistencia para Alojamiento y Servicios Públicos  
Información sobre Inmigración y Residencia  
Programas de Inglés como Segunda Lengua

Para hacer una cita, por favor llame a  
Veronica 631.585.9393 ext. 559 o deje  
un recado confidencial a ext. 290  
O envíe un correo electrónico  
a: [familycenter@mcplibrary.org](mailto:familycenter@mcplibrary.org)



Middle Country Public Library  
101 Eastwood Blvd. Centereach, NY 11720  
[www.mcplibrary.org](http://www.mcplibrary.org)

Por favor déjenos saber si necesita acomodación especial debido a una discapacidad.



## FREE Caregiver Support from the Convenience of Your Own Home

Family Service League's free individual and group caregiver support counseling is now available by phone and Zoom. For many, COVID has created new challenges for caregivers. Speaking confidentially with a social worker or in a group setting can be so helpful.

**New to Zoom? Do not worry. We can help you!**

Family Service League's caregiver support services are designed to help those caring for a frail or elderly person cope with the inherent stress of their situation. Attendees will learn new coping skills for stress, gain a better understanding of their role and options, and receive help securing any assistance to resources that may be available. As needed, educational presentations can be scheduled on specific topics such as elder law, Medicare and others.

**For information contact**

**631-724-6300 or [beth.signore@fsl-li.org](mailto:beth.signore@fsl-li.org)**

We're social, follow FSL...     
[www.fsl-li.org](http://www.fsl-li.org)  
631-427-3700  
[restorehope@fsl-li.org](mailto:restorehope@fsl-li.org)



**ALL SERVICES ARE FREE OF CHARGE**

Funded by the Department of Health and Human Services through the New York State Office for the Aging and the Suffolk County Office for the Aging



## Family Service League's Caregiver Support & Education Program

Family Service League offers a support and education program that can help people caring for a frail or elderly relative to cope with the inherent stress of their situation.

The program, open to residents throughout Suffolk County, provides group and individual counseling. Lending support to help caregivers better handle the complex emotions they experience such as fear, guilt, anger, and anxiety. Caregivers learn new coping skills for stress, gain a better understand of their role and help securing any resources that may be available.

Additionally, educational sessions are provided to community groups and businesses in a "lunch and learn" format. Topics covered are dementia, elder law, nutrition, reducing caregiver stress and long term care planning.

### **ALL SERVICES ARE FREE OF CHARGE**

Funding provided by the Suffolk County Office for Aging and the  
US Department of Health & Human Services through the NYS Office for Aging

---

## **FOR INFORMATION CALL:**

**Eastern Suffolk 631- 369-0104 (east of Route 112)**

**Western Suffolk 631-724-6300**

We're social, follow FSL on...



[www.fsl-li.org](http://www.fsl-li.org)





# DASH

## CRISIS CARE FOR CHILDREN, ADULTS, AND FAMILIES

FSL's Diagnostic, Assessment, and Stabilization Hub (DASH) offers 24 hour, 7 day a week, year round crisis care at a community based site. The program is available to Suffolk residents who struggle with mental health and substance use disorders. Assessments, counseling, and care management intervention is available for children 5 years or older, adolescents, and adults.

The goal of crisis intervention is to provide quality care while reducing unnecessary use of emergency departments, inpatient care, and criminal justice services.

- **631-952-3333 HOTLINE** available 24/7/365
- DASH Team includes nurse practitioners in psychiatry, registered nurses, social workers, credentialed alcoholism and substance abuse counselors, and peer specialists
- Mobile Crisis Team (MCT) delivers crisis care to schools, businesses, homes, and other locations throughout the community
- Length of stay can be up to 24 hours
- Supportive and comfortable environment

### **631-952-3333 HOTLINE**

90-110 Adams Avenue, Hauppauge, New York 11788

**Let FSL help you on your journey to a better life!**



The Family Service League DASH program works in coordination with NYS Office of Mental Health, Division of Mental Hygiene, and NYS OASAS.

[www.fsl-li.org](http://www.fsl-li.org)





# DASH

## CUIDADO DE CRISIS PARA NIÑOS, ADULTOS Y FAMILIAS

DASH es el Centro de Diagnóstico, Evaluación y Estabilización de FSL ofreciendo atención de crisis las 24 horas, 7 días a la semana, durante todo el año en un sitio comunitario. El programa está disponible para los residentes del condado de Suffolk que luchan con la salud mental y los trastornos por uso de sustancias. Evaluaciones, asesoramiento y la intervención con administración de cuidados están disponibles para niños de 5 años o más, adolescentes y adultos.

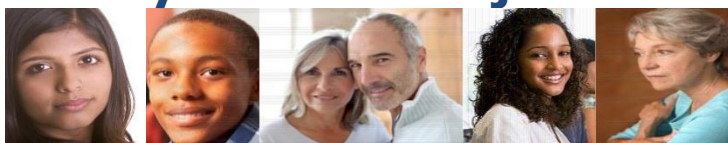
El objetivo de intervención de crisis es brindar atención de calidad, al tiempo que se reduce el uso innecesario de los servicios de emergencia, cuidado de pacientes hospitalizados y servicios de justicia penal.

- **631-952-3333 LINIA DIRECTA** disponible 24/7/365
- El equipo de DASH incluye enfermeras practicantes en psiquiatría, enfermeras registradas, trabajadores sociales, consejeros acreditados en el tratamiento de alcoholismo y abuso de sustancias, y especialistas de pares
- MRT, el Equipo de Respuesta Móvil brinda atención de crisis a las escuelas, empresas, hogares y otros lugares en toda la comunidad
- La duración de la estancia será de hasta 24 horas
- Un ambiente de apoyo y cómodo

# 631-952-3333

90 Adams Avenue, Hauppauge, New York 11788

**Deja que FSL le ayude en su viaje a una vida mejor!**



El programa DASH de Family Service League trabaja en coordinación con la Oficina de Salud Mental de NYS, División de Higiene Mental y NYS OASAS.

[www.fsl-li.org](http://www.fsl-li.org)

