

Annual Report

2008



Child Advocacy Center of Cayuga County
The road to healing—a community approach



Mission Statement: We seek to enable all individuals to improve the quality of their lives and to promote emotional health and well-being, with a special emphasis of providing services to children, young adults and families.

Value Statements:

“As professional employees of CCS, Inc. we value a respectful, confidential, non-judgmental, safe environment that promotes collaboration, honesty, trust, integrity, empowerment, and accountability among staff on all levels of employment.”

“We will empower our consumers to meet their goals by providing professional services in a compassionate, respectful, and confidential setting.”

“Our professional staff will work with you to ensure services are provided as declared in a timely, ethical, and confidential manner.”

2008 CCS, Inc. Board of Directors

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Letter From The Executive Director

For the last several years, Cayuga Counseling Services has been undergoing unprecedented change and growth attributed to the changing/emerging needs of the consumers we serve and the changing/emerging priorities of our funders. Regulatory and program changes in the clinic, emerging needs in the juvenile justice and child welfare systems as well as changes to services treating the intellectually/physically challenged have been met. I am extremely proud of the staff working here as they have not only demonstrated flexibility but also a willingness to embrace change as a positive, collaborative and interactive process that can improve our service delivery while preserving our core values. It is because of them that we have been as successful as we have.

Change will continue and the agency is positioned to respond quickly. As a result, we serve more consumers than ever and expect this expansion of services to continue. Exciting initiatives like the Child Advocacy Center of Cayuga County, services to the dually diagnosed and the expansion of Article 31 mental health services to the schools are direct responses to expressed community need.

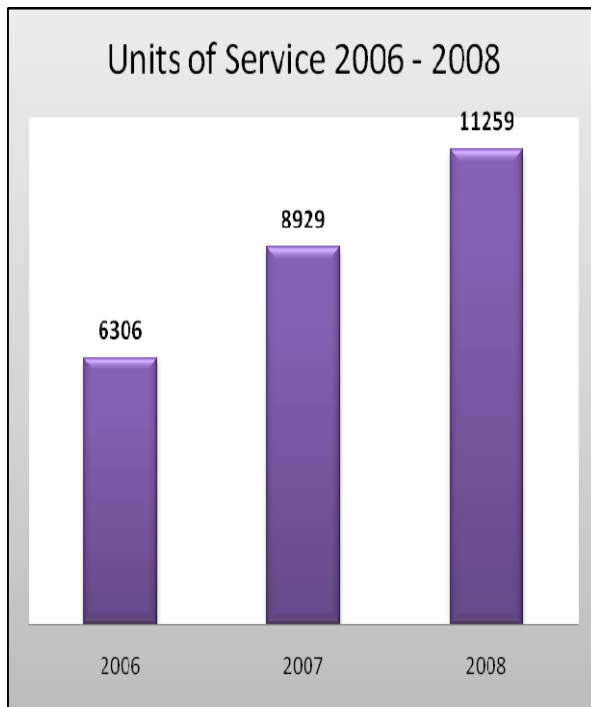
Cayuga Counseling Services, Inc. has served our communities well for 88 years and we look forward to continuing that tradition.

Ray Bizzari

MENTAL HEALTH PROGRAMS

As indicated in the 2007 report, “The majority of clients seen are children and youth within the poverty and middle-income socio-economic range. Given the current financial climate of health care reductions and rising costs in the basic necessities of daily living, these service constituents are the disenfranchised and working poor who have few resources and even less access to mental health services. Moreover, there continues to be an ever increasing percentage of low-income individuals and families with no health insurance who are treated by the Clinic.” This assessment remains acutely valid, sadly, for the 2008 calendar year.

In 2008, the Clinic continued to increase the number of provided services to meet the mental health needs of the community, in general, and children, specifically. This increase in services provided to these clients is best understood by an analysis of a full year implementation of the efforts of the Child and Family Clinic Plus program and staff clinic expansion.



As a result of staff increases and the focused efforts of the Child and Family Clinic Plus program, in 2008, the Outpatient Mental Health Clinic evidenced a substantial increase in units of service delivered. In the past three years, the sessions engaged in with clients and their families (units of service) has nearly doubled from 6,000 in 2006 to over 11,000 this year. The characteristics of the population treated in the 2008 calendar year include:

- **240 child admissions**
- **141 adult admissions**
- **357 adults were treated**
- **4653 Pre-admission screenings**
- **2695 collateral contacts**
- **Delivered a total of 11259 units of service**

Some Clinic services are problem specific and time limited. Presently, the Clinic provides for the following:

- The Head Start Mental Health Clinic satellite office located at the Corner of Clark Street and Brookfield Place (Site II) was certified in January 2009 to serve the children enrolled in the existing Head Start Program. The satellite office will allow for a greater integration of mental health services by providing on-site assessment and treatment planning, health screening and referral, assessment and discharge planning, verbal therapy, medication therapy, medication education, symptom management, and clinical support to children and families who may otherwise not access the services. Cayuga Counseling Services, Inc. has had over 20 years of service as a consultant to the Head Start Program. This satellite office is a natural evolution of this work.

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- **RESPECT** is a 26 week psycho-educational group for a mandated population of men charged with acts of domestic violence. In 2008, the program provided: 74 assessments and 60 admissions; 103 individuals participated in groups, 7 were discharged for non-compliance, 2 dropped out, and **48** completed the program. The groups are offered two evenings per week and co-facilitated by a male and female staff trained in the Duluth Model of Intervention for Batterers.
 - The **Conflict Resolution Group** is a co-ed psycho-educational program with both mandated and voluntary participants who have identified problems controlling their anger but have not been charged with acts of domestic violence; it runs for 8 sessions. In 2008, 39 clients participated, with 24 completions. Four eight-week groups were offered during the year.
 - **Women's Group** is an open enrollment Dialectical Behavior Therapy focused group for female clients over the age of 18. In 2008, the group served 18 women.
 - **Girl's Group** is a 10 week adolescent Dialectical Behavior Therapy focused group for girls. Group size is limited to 8 to 10 girls to insure that each girl receives individualized attention. There is a psycho-educational component, a discussion component and a "check-in" component each week. Five rounds of groups were held in 2008. Approximately 35 girls were served. Four groups were limited to 14 to 18 year old clients and one group was held for 12 to 14 year olds.
 - **Parenting Group** is a 3 week psycho-education group designed for those parents and adoptive parents who have children who have experienced trauma.

EMPLOYEE ASSISTANCE PROGRAM:

The Employee Assistance Program (EAP) provides assistance to employees with problems of everyday living such as marital discord, parent/child conflicts, stress management, grief, depression, financial/legal concerns and job performance. Services are provided by professional therapists skilled in helping people with the employee's specific issues. The services are completely confidential and do not become part of the employee's personnel record. There is no charge to any employee for use of EAP, provided that there is an existing contract between the employer and Cayuga Counseling Services, Inc. After several meetings with the EAP therapist, if further professional assistance is needed, insurance coverage may pay part of the fee for service. No employee whose employer has a contract with Cayuga Counseling Services, Inc. is ever denied EAP services.

COMMUNITY MENTAL HEALTH CONSULTATION:

The Community Mental Health Consultation program utilizes trained professionals who interact within the existing support structures of the community. A large percentage of the time, with some guidance from a mental health consultant, service professionals, paraprofessionals and even non-professional caretakers like family members can successfully assist troubled individuals through a crisis or stressful transition before they reach an acute phase. They may also, properly supported,

identify at-risk individuals before they reach an acute phase, support them in crisis resolution, and even increase their mental health and functionality. Cayuga Counseling Services includes a range of community-based psycho-educational interactions designed to inform, assess, educate and intervene with children, teens, and adults curious about or experiencing mental health problems. The highly trained and knowledgeable staff has provided assessment, crisis intervention, counseling, consultation, referral, case management, and education services in numerous community settings.

Recent services have included:

- Incident de-briefing following traumatic community events
- Depression screenings for local colleges and the elderly
- Mental Health screenings for area elementary school children
- In-service presentations to local agencies on selected mental health topics
- Presentations to enhance community awareness of the Child Advocacy initiative and model
- Presentations to raise awareness of the Child and Family Clinic Plus initiative and operation

CHILD/ADOLESCENT DAY TREATMENT PROGRAM

The Child/Adolescent Day Treatment Program is New York State Office of Mental Health Licensed day treatment program committed to offering an alternative educational environment for children ages 5-18 that have been identified as special education students, meet the criteria for a DSM-IV diagnosis and meet the general admission requirements. The Day Treatment Program is a cooperative venture by Cayuga Counseling Services and Cayuga-Onondaga BOCES and is located at the BOCES campus. The program is dedicated to providing comprehensive mental health and educational services, socialization opportunities, and family outreach services with the goal of maintaining children in their homes and communities. The program strives to provide children and their families with the opportunity to acquire both the academic and psychological skills that will enable them to lead satisfying and successful lives.

In 2008, the Day Treatment Program admitted 19 new children and discharged 19. The program served 47 children throughout 7 school districts with 6 of these children successfully transitioning back to a lower level of care public school setting. Ten children were placed in a higher level of care due to significant emotional and behavioral problems beyond the scope of the Day Treatment Program. One child was discharged due to a family relocation outside of the Cayuga-Onondaga BOCES district. One children were removed from the program and placed in alternative educational programs and one child was home schooled. The Day Treatment Program therapists provided 1264 individual therapy sessions and 125 family therapy sessions.

FAMILY TO FAMILY PROGRAM

Family Based Treatment, Family- to -Family program is a 20- bed treatment program that serves Cayuga and Onondaga Counties. The program is licensed through the New York State Department of Mental Health and serves children and youth between the ages of 5 and 18 years who have mental health issues. Children/youth admitted to the program are placed with families (called Host Parents) who receive a ten week specialized training course. Each child is assigned a Family Specialist who works closely with the child and Professional Parent family to assist in facilitating a therapeutic environment in the home, provide education to both child and family on mental health

issues, behavior interventions and improvement plans. To provide support to the birth families of the children enrolled in the program, there is a Family Support Specialist, who is a clinically trained, Masters level Marriage and Family therapist who provides family therapy, parenting education and information around mental health issues. The Family Support Specialist also assists parents in developing behavior management plans for their child. The goal of the Family- to -Family program is the reunification of the child with their family. However, in some cases, children may have an independent living goal. We served 30 children in 2008.

CHILD/ AND FAMILY CLINIC PLUS PROGRAM

Philosophically, the Child and Family Clinic-Plus Program represented a major change in the way children's mental health services are delivered in New York State. The stated focus of this program is to proactively offer children and families access to mental health services **in their communities**. From its implementation in April 2007, the Child and Family Clinic Plus Program staff has been working to develop and apply the three major components of the program: 1) screening 2) comprehensive mental health assessments and referral, and 3) enhanced access and service delivery.

Requests for children's services utilizing the Clinic Plus model has increased exponentially and in an attempt to meet this need Cayuga Counseling Services has applied for and received satellite status for all five Auburn Elementary Schools. This will allow the Program the flexibility of service provision in an office, at home and/or in school.

Functional Family Therapy (FFT)

Functional Family Therapy (FFT) is a well-documented family prevention and intervention program that has been applied successfully to a wide range of problem youth and their families in various contexts. While commonly employed as an intervention program, FFT has demonstrated its effectiveness as a method for the prevention of many of the problems of at-risk adolescents and their families.

FFT is an empirically grounded intervention program that targets youth between the ages of 11 and 18, although younger siblings of referred adolescents are also treated. FFT is a short-term intervention with, on average, 8 to 12 one-hour sessions for mild cases and up to 26 to 30 hours of direct service for more difficult situations. In most programs, sessions are spread over a three-month period of time. Target populations range from at-risk preadolescents to youth with very serious problems such as conduct disorder. The data from numerous outcome studies suggest that FFT is a cost-effective intervention that can, when appropriately implemented, reduce treatment costs well below that of traditional services and other family-based interventions.

CHILDREN'S AREA RESOURCES AND ENHANCED SERVICES (C.A.R.E.S)

The focus of the C.A.R.E.S. programs continues to revolve around coordination and collaboration of services to meet the needs of families with the goal of keeping children in their homes and communities.

Coordinated Children's Services Initiative

CCSI is strengths based collaborative approach to working with families with a child/youth, who are between the ages of 5-18, with emotional and/or behavioral difficulties. The goal is to assist families to obtain the supports and services they identify as needed to improve their situation. The immediate benefit is the resolution of the issue, strengthening and supporting the family so they will be able to handle future problems, and secondarily reducing the need for out of home placement.

During 2008, CCSI received 43 referrals, enrolled 38 families, and served a total of 65 families with 71 children. Children were served from 10 school districts which also included the Summit School and Cayuga Onondaga BOCES. There were 29 Tier I meetings, 293 face to face case management contacts and 279 face to face parent partner contacts.

Parents as Partners

Parents as Partners is a program that is available to CCSI families. Parent partner staff includes a part time Parent Partner Coordinator and two part time Parent Partners. Parent Partners are a support and advocacy resource for parents. Parent partners are parents who have a child or children who have experienced emotional or behavioral problems. The Parent Partner Program successfully coordinated and facilitated a parent support group for the eighth year in a row. This group met twice a month for 10 months. The group functioned as a talk/support group for parents, as well as an educational group, recruiting a range of speakers from the community to provide information to the parents on a variety of interests/needs.

Children's Crisis Case Management

The part time Children's Crisis Case Manager provides case management to families participating in CCSI and Crisis Respite. The case manager is assigned following the initial intake, or at any time during participation in CCSI, at the request of the family. The case manager provides support and guidance for children and facilitates the linkage of child/family to other services and resources. In 2008 there were 349 case management contact hours with families.

Children's Crisis Intervention/Assessment

The Children's Crisis Coordinator provides crisis intervention/assessment of any child or youth ages 5 to 18 who present as a risk to self or others, or who present with escalating behavioral and/or psychiatric symptoms. Services also include consultation to families, educators and other service providers as well as coordination of services and facilitation of referrals. Short-term case management is available to children and youth until the situation is stabilized and necessary counseling/support services are implemented.

In 2008 the agency provided crisis intervention services to 24 children/youth that experienced acute mental health problems, and worked closely with schools, community service providers, CCMHC, and Auburn Memorial Hospital to stabilize and treat these children and young adults.

Children's Crisis Respite

Crisis respite is an out of home temporary placement with trained OMH certified foster parents. Parent(s) maintain custody of the child and the child can stay in respite for up to 21 days. The goal of the program is to stabilization and reunification of the family.

Runaway Homeless Youth Services

The Runaway Homeless Youth Committee's mission is to, through coordination and collaboration, identify youth who are runaways, homeless or at risk of running away and homelessness; to provide interventions and services giving support and supervision, promote family stability and family reunification when in the best interest of the youth; to empower youth and help them toward eventual self-sufficiency.

In 2008 RHY services were provided to 18 youth. Services included crisis assessment, mediation, advocacy, supportive case management. Consultation was provided to referral sources and to youth including minors' rights, educational rights and available services. Information and referral was also provided.

Medicaid Services Coordination/Dual Diagnosed Services

In June of 2007 Cayuga Counseling Services facilitated the development of a Cayuga County Task Force to address the needs and services for people who are dually diagnosed (MR/DD with mental health/behavioral needs). This Task Force has been successful in identifying needs and barriers to services and is making progress in expanding services to this population. The Task Force continues to meet at least every other month.

In 2008 Cayuga Counseling Services was successful in receiving a grant from OMRDD's Family Support Services for Crisis Assessments of MR/DD youth with mental health needs and for Cross Systems Training. In September 2008 we sponsored a day long training, in collaboration with the DD Task Force, which 81 people attended. Attendees were from MRDD and Mental Health provider agencies and schools. The training topic was "Treating Youth with Dual Diagnoses"; the presenter was Dr. Robert Fletcher, founder of the National Association of Dually Diagnosed.

Cayuga Counseling Services proposal for a Family Based Treatment program for children and youth with a dual diagnosis of mental retardation/developmental disability and a mental health diagnosis continues to be considered as an option by OMRDD and OMH. They continue to discuss funding options as OPTS is no longer providing funds to new programs.

Home and Community Services Based Waiver

Cayuga Counseling Services has a contract with Hillside Children's Center to provide a range of services under the HCSB Waiver. Cayuga County has 12 slots for children/youth. Ten staff provided the following services to HCBS Waiver families in 2008.

- 768.25 hours of skill building services.
- 97.75 hours of Family Support Services.

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- 9.50 hours of respite services.

FAMILY COURT PROGRAMS

Aftercare / Reunification Services

The Cayuga County Aftercare Program aims at the positive reintegration of youth into their families, schools and communities after a period of out of home placement in foster or congregate care. The desired outcomes of the Aftercare Program are to reduce the youth's length of placement, to prevent further placement outside of the home, and to increase positive functioning in the home, at school, and in the community. Ten families were served in 2008.

Cayuga County Juvenile Special Supervision Program (JSS)

The Cayuga County Juvenile Special Supervision Program was designed to reduce the reliance on the use of non-secure detention in Juvenile Delinquency and PINS cases by providing intensive supervision and case management services to children and families awaiting disposition in Family Court. The program provides strength based services to families, fosters better communication between family members and provides supervision to the child / adolescent. Families receive 24 hours a day, 7 days a week supervision and case management services. Ten high risk JD/PINS were served in 2008.

Onondaga County Juvenile Special Supervision

Juvenile Special Supervision Program works together with Family Court, Probation, Hillbrook Detention Center, and the County Attorney's in attempt to reduce the reliance on secure and non-secure detention by providing supervision services to families and children awaiting a disposition in Family Court. SSP caseworkers meet with clients both at home and school as well as refer clients to other appropriate services within the community.

In 2008 Special Supervision Caseworkers supervised 174 clients throughout Onondaga County.

Juvenile Delinquency Diversion Services Program (JD)

Juvenile Delinquency Diversion Services is a 120 day mandated preventive services program serving juveniles ages seven through fifteen who have been issued an Appearance Ticket to the Cayuga County Probation Department. The goal is to reduce placements by managing crises and increasing the level of functioning at home, in school and out in the community. We served 75 youth in 2008.

PINS Adjustment Services

PINS Adjustment Services is a strength-based, family focused intervention designed to decrease negative behaviors, develop resiliency and empower and support families experiencing difficulties with children between the ages of 7 and 17. The programs goals are to provide immediate and effective services to families in distress, prevent the filing of Family Court petitions, prevent penetration of the juvenile justice system and ultimately to prevent out of home placements. PINS

Adjustment Services is a comprehensive, coordinated, assessment and treatment program which is a collaborative initiative between Cayuga County Probation Department, Cayuga County Department of Health and Human Services, Confidential Help for Alcohol and Drugs (CHAD) and Cayuga Counseling Services, Inc. We served 200 at risk youth in 2008.

CRIMINAL COURT PROGRAMS

Community Service Sentencing

The Alternatives to Incarceration program (ATI) provides the criminal courts of Cayuga County with a viable criminal punishment and sentencing alternative to jail incarceration. Eligible 16 years and up non-violent offenders convicted or pled out criminal court cases are referred to perform a community service sanction in lieu of jail, as a condition of a conditional discharge or in lieu of a fine. 316 defendants worked at 94 sites completing 5,278 hours.

Pre-Trial Release Program

The Pre-Trial Release program (PTR) is an alternative program offered by New York State. Pre-Trial Release interviews non-violent defendants in the County Jail to determine their eligibility for release consideration. Based on these interviews and recommendations the Court holds final decision on release. Defendants would be ROR'd or released under the supervision (RUS) to our program. 496 defendants were served, 141 were released.

Pre-Trial Diversion Program

The Pre-Trial Diversion program (PTD) is for first time offenders age 16-21. Participation in the program allows them to avoid the stigma of a criminal conviction. Participants are referred to the program by the criminal courts. They are in the program for a period of 3 to 6 months. They receive counseling and support for achievement at school and employment while returning volunteer service to the community. After evaluating the client's participation in the program, the staff will make a final recommendation to the court for dismissal, (ACD) Adjourn in Contemplation of Dismissal, or prosecution. 136 youth were served in 2008.

Onondaga Diversion to Community Service

Onondaga Diversion to Community Service has been operating in Onondaga County for over 20 years. The program screened and placed 2,276 individuals (age 7 years and up) a year who performed over 61,031 hours of community service to over 314 local, non-profit or tax supported agencies throughout Onondaga County. This program is an Alternative to Incarceration program. This program provides the Onondaga County Criminal Justice System and Family Court System with a viable criminal punishment alternative to incarceration consistent with public safety. This community service alternative is also used as a condition of a Conditional Discharge, as a condition of Probation, or in lieu of a fine. Referrals are received from Probation, City Court, Family Court, Town, Federal and Supreme Courts. This sentencing option allows offenders to remain employed and to preserve community ties.

PREVENTIVE PROGRAMS

Intensive Family Services Program

IFSP is a home-based preventive service committed to providing support for families with children who are at risk of removal from the home. The primary goal of the program is to help families remain intact by focusing on helping parents create the healthiest and safest environment possible for their children. This is done through skill-building, role-playing, modeling and parent education and support, while encouraging self-advocacy.

Referrals are made by Department of Health and Human Services Preventive unit and CCSI clinic. Three full-time family development workers provide services to the families.

For 2008, 36 families were carried over from 2007. There were 40 referrals and 49 discharges. The total number of families served by IFSP in 2008 was 78.

Cayuga County Youth Court

Youth Court provides another option for the community and local law enforcement to have when dealing with young people who participate in acts if committed by an adult would constitute crimes. Youth Court offers an alternative system of justice that holds youth accountable for their actions and redirects them from negative behavior.

Young offenders are given the opportunity to take responsibility for their actions through community service, restitution, and other educational opportunities afforded them by Youth Court. Youth Court is able to address minor behaviors that are sometimes overlooked by the traditional legal system. Youth Court targets first-time offenders. The purpose of this is to redirect them toward positive behavior before they make a habit of behaving negatively. These young offenders learn to take responsibility for their actions and they also learn there are consequences for their behavior.

Youth Court members consist of students between the ages of 13-18 from throughout the county who have completed the training program. Students serve as the judge, jurors, prosecution, defense, and bailiff. The defendant has already admitted guilt so it is the court's job to decide on a fair sentence. The jurors strive to make the sentence fit the crime when they are deliberating. They want the defendant to learn from their mistake. As a part of that sentence, each defendant is required to serve on at least one Youth Court jury. The reason for this is to bring the youth back to the positive side of the law.

S.A.V.A.R. (Sexual Assault Victim Advocate Resource)

The goals of the S.A.V.A.R. Client Services are to provide short-term therapy, advocacy, and accompaniment throughout all medical and legal procedures to the primary and secondary survivors of sexual assault. We seek to empower survivors as we offer them support and advocacy in their healing process.

All services, which are provided to survivors, their family members and others which may have been affected by this experience are free and confidential. This is accomplished through the work of a part-time Clinical Director, a full-time Education Coordinator, a part-time Client Services

Coordinator, and two full- time Therapists. In addition to our funded staff we have an average of 13 dedicated volunteers who serve as advocates for the hotline and the education/awareness services. The volunteers attend monthly in-service trainings and receive monthly newsletters. The volunteer advocates cover our 24- hour hotline. The program provided 1,287 therapy sessions; fielded 187 hotline calls; provided 53 accompaniments to the hospital, law enforcement agencies and court; and provided 195 education workshops reaching 1,192 adults and 3,352 youth.

The goals of the S.A.V.A.R. Education Program are to decrease the rate of sexual assault throughout Cayuga County, to decrease myths and misconceptions that keep survivors from receiving assistance, and increase community awareness of the pervasiveness of sexual assault. Awareness and prevention programs are available to schools, community groups, churches, professionals, and other groups. Program topics have included: child sexual abuse awareness and prevention for caregivers; date/acquaintance rape; sexual harassment; internet safety; and community resources. This past year S.A.V.A.R. has increased its educational services to people with intellectual disabilities and their agencies.

S.A.V.A.R. continues to be active in our community by maintaining membership on the Cayuga County Child Sexual Abuse Task Force, Cayuga County Domestic Violence Task Force, Cayuga County Elder Abuse Task Force, the Cayuga County Human Service Providers Coalition, and the New York State Coalition against Sexual Assault.

Since July of 2007 S.A.V.A.R. has been involved in the planning and development of the Cayuga County Child Advocacy Center, an initiative funded through the NYS Office of Children and Family Services.

Child Advocacy Center of Cayuga County

Child Advocacy Centers (CAC) are best practice models for interviewing children/adolescents who have been sexually/physically abused and coordinating investigation, prosecution and treatment of these cases. Reduced interviewing reduces unnecessary trauma and the benefits of coordinated investigations and prosecution results in better outcomes. The Multi-Disciplinary Team (MDT) is central to CAC operations. Cayuga County's MDT is made up of all law enforcement agencies, Child Protective Services, prosecutors and human service providers, as well as the medical community.

The CAC will operate out of 26 Seminary Avenue in Auburn. The building is undergoing necessary renovations to accommodate the specialized needs of the MDT. The site is also being outfitted with state of the art equipment. We expect to begin operations sometime late in 2009.

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*Cayuga Counseling Services is a
United Way of Cayuga County Agency*

