



MENTAL HEALTH SERVICES

Safe Space's mission is to protect kids, keep them safe, and help them grow, serving at-risk children, youth, and families in high-needs areas of Southeast Queens, primarily Jamaica, Far Rockaway, and Richmond Hill. Our staff works with more than 10,000 children and families each year, with our programs spanning across five integrated areas: Community Health; Mental Health; School Partnerships; Family Support; and Young Adult Services. The agency was founded as the Queensboro Society for the Protection of Children in 1919.

Safe Space operates two licensed Mental Health clinics -- one in Jamaica; the other in Far Rockaway -- which work hand-in-hand with our preventive family support programs and serve children and adults. In FY2010, our clinics collectively served 959 clients, representing more than 10,000 appointments. Our domestic violence focus also extends into our Mental Health area with our Seen & Heard program, a unique therapeutic intervention for very young children (ages five and under) who have experienced family violence and are experiencing traumatic symptoms. Seen & Heard's specially trained clinicians have expertise working with very young children and are certified to conduct child therapy based on a training model developed by leading child psychologists. Parents and caregivers are integrated into the therapy and also receive counseling in order to rebuild trust and foster positive parent-child interactions. Our Domestic Violence Specialists provide additional support to these young children and their families. With our School Partnerships division, we operate a school-based mental health clinic, called KidWise, out of a middle school in South Jamaica. In late 2010, we launched Redirections, a treatment program for juvenile offenders (ages 12-17).

Seen & Heard

Seen & Heard is at the forefront of addressing issues of childhood trauma and violence by providing mental health services to children (ages five and under) and families that have experienced domestic violence, community violence or the loss of a loved one. To help participants understand and heal from the trauma they have experienced, we provide developmentally appropriate counseling for the children. Seen & Heard programming reflects the importance of including the family in the healing process by providing support to all family members so they can help the youngsters.

KidWise

The KidWise Program Clinic, located in M.S. 72, is a school-based, year-round mental health clinic licensed by the NYS Office of Mental Health. The program is staffed by M.S.W. clinicians, who provide individual and group counseling to students and families. The goal is to empower, educate and enable

children and families to cope with the stresses of life so they are able to lead healthy lives and overcome difficulties. KidWise also works jointly with the school staff to ensure necessary health and mental health services are in place in order to meet the needs of the school and surrounding community. An M.S.W. associate provides itinerant services to students in all OST sites as well as to the Queens High School for Information, Research and Technology in Far Rockaway.

Through the Community Health program, KidWise services include individual and family counseling, as well as the services listed below:

Girl-to-Girl Group

- *An adaptation of a Centers for Disease Control curricula which features a five-session group to enhance awareness of HIV and STDs for pre-teen and teenage girls.*

Girl Talk Group

- *Offers the opportunity for girls to share their feelings and concerns on issues concerning womanhood, school, family, sexuality, etc.*

Boys-to-Men

- *An adaptation of a Centers for Disease Control curricula which features a five-session group to enhance awareness of HIV and STDs for pre-teen and teenage boys.*

Parent Workshop Groups

- *Includes a relaxation component for teachers who experience stress and anxiety.*

Redirections

Redirections is a unique treatment program that helps juvenile offenders (ages 12-17) make better life choices and achieve better futures. Using the evidence-based Multisystemic Therapy model, Redirections works with youth referred from the NYC Administration for Children's Services to engage, support and work collaboratively with parents, caregivers, and other significant adults in the young people's lives and help them develop natural support systems (i.e. extended families, churches, neighbors). Specially trained clinicians provide everything from family therapy to behavior management to community psychology.

For more information, check out our website, www.safespacenyc.org.