

YOUTH YELLOW PAGES



**Services for youth and families
in the Town of Huntington**

**Huntington Sanctuary Project
(631) 271-2183**

INTRODUCTION

This directory has been prepared by the Advisory Board and staff of the Town of Huntington Youth Bureau's Sanctuary Project. Sanctuary is a program funded by the Town of Huntington; the Suffolk County Youth Bureau; the New York State Office of Children and Family Services; the United States Department of Health & Human Services Administration for Children, Youth and Families; private grants; and donations.

Our purpose in compiling this directory is to provide you with a handy guide to some services, programs and resources in the Town of Huntington which might be of use and importance to you. The agencies are listed with their addresses, phone numbers, and range of services. We hope this will help you find answers to many of your emergency and long term needs. You'll also find detailed information on the Sanctuary Project, as well as on other programs and services of the Huntington Youth Bureau system.

EMERGENCY NUMBERS

(Call 24 hours, except where indicated.)

Police/Ambulance Emergency/Fire.....	911
Huntington Hotline.....	549-8700
National Runaway Switchboard (ages 12-18).....	(800) 621-4000
HIV/AIDS Hotline.....	385-AIDS
Emergency Housing (DSS) After 4:30 pm.....	854-9100
Poison Control.....	(800) 222-1222

CHILD ABUSE & NEGLECT

Child abuse (which includes physical abuse, emotional abuse, sexual abuse, and neglect) is everyone's concern. You can help prevent it! Suspected child abuse or maltreatment may be reported anonymously.

NY State Child Abuse

Reporting Service.....(800) 342-3720

Coalition on Child Abuse

and Neglect..... (516) 747-2966

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SANCTUARY is a part of the Town of Huntington Youth Bureau's comprehensive system of youth services. As a specialized project, Sanctuary assists youth between the ages of 12 and 21 who run away, are homeless, or are at risk of running away from home or becoming homeless. Sanctuary's professional staff members provide individual/family/group counseling, crisis intervention, and referrals to short-term emergency housing.

Sanctuary's services are confidential and free of charge. The project has four primary components:

- ◆ **RUNAWAY CRISIS INTERVENTION AND FAMILY MEDIATION** for youth between the ages of 12 and 17;
- ◆ **FAMILY SOCIAL WORK PROGRAM** for youth between the ages of 12 and 21 and their families;
- ◆ **INDEPENDENT LIVING SKILLS PROGRAM** for youth between the ages of 16 and 21;
- ◆ **COUNSELING GROUPS** for youth between the ages of 12 and 21.

The **RUNAWAY CRISIS INTERVENTION AND FAMILY MEDIATION PROGRAM** is funded through a federal grant sponsored by the Runaway and Homeless Youth Act. This program provides services to youth who have run away or are thinking about it. While all youth have the potential to run away, the youth at greatest risk are those who are having problems in their family, social, or academic lives.

A youth may be dealing with any one of a number of problems, ranging from the pain of a family member's death or a parent's substance abuse to an inability to function in school or to get along with teachers and other teens. Being a teen is not easy, and while running away isn't either, sometimes teens feel it's the only way. Sanctuary is always there to help, responding immediately to a problem, before it becomes a crisis.

SANCTUARY PROJECT
271-2183

The **FAMILY SOCIAL WORK PROGRAM** is designed to provide counseling to all members of the family together. Youth who run away from home often have difficulty talking to their parents. Family counseling is a way to improve communication among family members. The goal of the program is to help the family through difficult times so that the family can later help itself.

The **INDEPENDENT LIVING SKILLS PROGRAM** provides training and supportive services to youth, ages 16 to 21, who are trying to find and/or maintain permanent housing. The program helps youth look at the housing choices available to them. Ongoing, supportive counseling helps youth learn to live independently. When necessary, the worker will advocate for the youth with various community systems (e.g., DSS, Family Court, Probation, etc.). Youth are also helped to reconnect with their parents once they have adjusted to living independently.

Sanctuary's **COUNSELING GROUPS** are provided to adolescents between the ages of 12 and 21 in the Town of Huntington. Such groups are subject to change, and may include:

- Anger Management Groups
- Family Transitions Groups
- "Let's Talk" Groups
- Runaway Prevention Groups
- "Why Try" Groups
- GLBTQ Groups

Groups may be facilitated at our office in the Village Green Center, at schools, and at various community locations, including the Community and Youth Agencies (CYAs).

For more information on Sanctuary's current counseling groups, please visit our website at **www.hybydri.org** or call our office.

SANCTUARY's office hours are 9:00 am to 5:00 pm, Monday through Friday; evening hours are available by appointment.

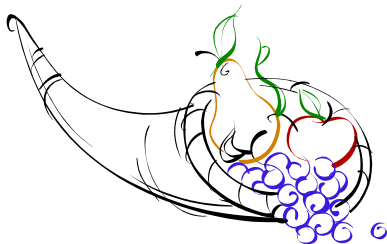
Since problems often occur after 5:00 pm, the **HUNTINGTON HOTLINE (549-8700)** makes help available 24 hours a day, 7 days a week.

SANCTUARY PROJECT.....271-2183

ASSISTANCE WITH DAILY LIVING

FOOD - *The following agencies can assist you if you are in need of food:*

COMMUNITY FOOD COUNCIL	351-1060
(Obtain referral from a community service agency.)	
ECUMENICAL LAY COUNCIL FOOD PANTRY	261-4357
GLORIA DEI LUTHERAN CHURCH	271-2466
HELPING HAND RESCUE MISSION	
HUNTINGTON STATION	351-6996
(Obtain referral from a community service agency.)	
MANOR FIELD FAMILY CENTER	425-9694
THE MINISTRIES	
ROUTE 112, CORAM	736-4800
(Mon. - Thur., 1:00 - 4:30pm.)	
ST. ANTHONY'S OUTREACH	261-1695
ST. FRANCIS OF ASSISI	757-7435
(Mon. - Fri., 9am - 4pm)	
ST. HUGH'S OUTREACH	271-8986
(Mon. - Fri., 10am - Noon and 1-3pm)	
TROCAIRE HOUSE - ST. PATRICK'S	
OUTREACH	385-3311 ext. 216



CLOTHING - *The following agencies can help you if you are in need of clothing:*

AMERICAN RED CROSS	423-0307
COMMUNITY THRIFT SHOP	271-4883
MANOR FIELD FAMILY CENTER	425-9694
(Gives vouchers for Community Thrift Shop)	
HELPING HAND RESCUE MISSION	
HUNTINGTON STATION	351-6996
LI BIRTHRIGHT	
NASSAU AND SUFFOLK	(516) 785-4070
(For baby and maternity clothes)	
ST. VINCENT DePAUL	858-0380
SALVATION ARMY	754-4449
SENIOR CITIZEN CENTER	
HUNTINGTON	351-3253
TRI CYA	673-0614

Also, your local church or temple may be able to offer you assistance.

SHELTER

Any Suffolk County resident who needs help in obtaining temporary or emergency housing may contact:

SUFFOLK COUNTY DEPARTMENT OF SOCIAL SERVICES EMERGENCY HOUSING

(Call after 4:30pm and on weekends)...854-9100

RUNAWAY & HOMELESS TEENS IN THE TOWN OF HUNTINGTON:

SANCTUARY PROJECT

M-F, 9 am to 5pm.271-2183

24-HOUR HOTLINE.....549-8700

DOMESTIC VIOLENCE:

NASSAU COUNTY COALITION AGAINST

DOMESTIC VIOLENCE.....(516) 542-0404

SUFFOLK COUNTY COALITION AGAINST

DOMESTIC VIOLENCE.....666-8833

VICTIMS INFORMATION BUREAU OF SUFFOLK

HOTLINE.....360-3606

For information on available rentals, you may call:

HOUSING HELP.....754-0373

Youth between the ages of 16 and 21 who are planning to live on their own can receive independent living skills preparation from:

SANCTUARY PROJECT.....271-2183

TRANSPORTATION

Remember: you will need exact change for bus

fare and

for a transfer.



LONG ISLAND RAIL ROAD.....(718) 217-5477

SUFFOLK COUNTY TRANSIT:.....852-5200

Regular One Way Fare: \$2.00

Under 5: Free

Seniors and Handicap: \$.75

Transfers: \$.25

Students ages 14 to 22: \$1.25 (with school ID)

HART Bus.....427-8287

(Town of Huntington)

Adult One Way Fare: \$1.25

Students ages 5-18: \$.75

Children through age 4: Free

Seniors and Handicap: \$.50

Transfers: \$.10

Monthly Passes: \$28.00 adult, \$15.00 youth
through age 18



FINANCIAL ASSISTANCE

If you need financial help and would like information about public assistance, call:

SUFFOLK COUNTY DEPARTMENT OF

SOCIAL SERVICES.....853-6600

2 SOUTH 2ND STREET, DEER PARK

DSS can help with rent, food, or medical needs.

Sometimes small emergency cash grants are provided through the following agencies:

FAMILY SERVICE LEAGUE.....427-3700

SALVATION ARMY

EAST NORTHPORT.....368-1170

SOCIETY OF ST. VINCENT DePAUL

HUNTINGTON.....858-0380

CHILD CARE

*For referral to Day Care Homes and Centers,
contact:*

SUFFOLK COUNTY DEPARTMENT OF SOCIAL SERVICES (DSS)

If receiving public assistance.....853-3632

If NOT receiving public assistance.....853-3666

DSS provides funding and referrals for child care programs to Social Service grant recipients and low income families.

CHILD CARE COUNCIL OF SUFFOLK

60 CALVERT AVENUE, COMMACK.....462-0303

Provides free referrals to daycare centers, nursery schools and in-home child care providers.

Many schools offer school child care programs.

Contact your school district (see page 12) for further information.

For information about pre-schools call:

HUNTINGTON FREEDOM CENTER.....421-5058

For families receiving DSS assistance or with low income.

RAINBOW CHIMES.....427-6300

YMCA.....421-4242

SUFFOLK JCC.....462-9800

CALLING ALL KIDS.....385-0944

FAMILY SERVICE LEAGUE/

MANOR FIELD CENTER.....425-9694

EDUCATION

EDUCATIONAL PARTNERSHIPS

Parents are partners in their children's education.

Be a strong partner by making it your business

to:

- 1- Attend school meetings and conferences;
- 2- Participate in school activities;
- 3- Read and respond to all notices children bring home from school;
- 4- Supervise schoolwork (homework before T.V., long-term assignments, etc.)
- 5- Stress the importance of regular and on-time school attendance;
- 6- Show a positive and caring attitude toward school and studies.

GED (HIGH SCHOOL EQUIVALENCY)

For information about the High School Equivalency

(GED) contact:

PROJECT EXCEL.....271-5499
BOCES.....667-6000 ext.303

VOCATIONAL EDUCATION & TRAINING

BOCES667-6000 ext.303
FEGS.....234-7807
SUFFOLK COUNTY DEPT. OF LABOR.....853-6600

To reach your local school district, call:

Cold Spring Harbor..... 692-8036
Commack.....912-2000
Elwood.....266-5402
Half Hollow Hills.....592-3000
Harborfields.....754-5320
Huntington.....673-2038
Northport/East Northport.....262-6600
South Huntington.....425-5300

For advocacy or information, call:

LONG ISLAND ADVOCACY CENTER.....234-0467
VESID.....952-6357

EMPLOYMENT

JOBS

The following is a partial list of agencies that can assist you in finding a job:

PROJECT EXCEL.....271-5499

(For all aspects of youth employment)

ECONOMIC OPPORTUNITY COUNCIL.....289-2124

**YOUTH & ADULT CAREER CENTER, SUFFOLK COUNTY
DEPT. OF LABOR, HAUPPAUGE**.....853-6600

Also, check the Pennysaver and other local newspapers for job leads and speak to your guidance counselor, job placement teacher, or youth agency counselor.

SUMMER YOUTH EMPLOYMENT TRAINING PROGRAM

PROJECT EXCEL.....271-5499

A limited number of summer jobs are also available for youth over the age of 16 through the **TOWN OF HUNTINGTON PERSONNEL**

OFFICE.....351-3026

JOB CORPS

For information about education and vocational training through Job Corps, call:.....853-6542

ARMED FORCES

*For information on enlistment and college programs,
call:*

ARMY	427-0643
MARINES	912-2384
AIR FORCE	547-8409
NAVY	842-2260



SOCIAL SECURITY CARD

A Social Security card is necessary to get a job or to open a bank account.

SOCIAL SECURITY OFFICE.....(800) 772-1213

1121 WALT WHITMAN ROAD # 201 MELVILLE

Monday - Friday 9am-4pm

You must apply in person for the card. When you go to the office, bring your birth certificate and one other piece of identification. It usually takes 6 weeks to receive a card after you have applied.

WORKING PAPERS

If you are not yet 18, you will need working papers. The working permit you receive at age 14/15 is different from the one you must have at age 16/17. See your school nurse for information. You will need proof of age and a physical exam, which can be arranged through the school.

INS ELIGIBILITY FOR EMPLOYMENT

To obtain employment, you must furnish proof that you were born in the United States, that you are a citizen, or that you are a documented alien with a work permit. This means you will need such documents as a birth or baptismal certificate OR a U.S. passport, OR your citizenship papers, OR your green card, **AND** another means of identification with a photo.

For further information about the social security card, working papers or INS employment requirements, call:

PROJECT EXCEL.....271-5499

LEGAL ASSISTANCE

If you have a legal problem, contact:

LEGAL AID (FOR CRIMINAL MATTERS).....852-1650

NASSAU SUFFOLK LAW SERVICES.....(631) 232-2400

*If you are ineligible for Legal Aid, SUFFOLK COUNTY
BAR ASSOCIATION has a referral service which will
provide you the name of a lawyer*.....234-5511

To complain about bias or discrimination in
housing, call:

LONG ISLAND HOUSING SERVICES.....567-5111

CONSUMER FRAUD

*If you have a complaint against a store or a
place of business, contact:*

SUFFOLK COUNTY OFFICE OF

CONSUMER AFFAIRS.....853-4600



CHILD SUPPORT

CUSTOMER SERVICE HELPLINE.....(888) 208-4485

DIVORCE AND SEPARATION

For counseling, information, and referral, contact:

FOCUS.....(516) 433-6633

NATIONAL ORGANIZATION FOR WOMEN

(NOW).....234-4747

WOMEN'S CENTER OF HUNTINGTON.....549-0485

EVICTION

If you have been evicted or are threatened with eviction, contact:

NASSAU SUFFOLK LAW SERVICES.....(631) 232-2400



POLICE

SUFFOLK COUNTY POLICE - 2ND PRECINCT

1071 PARK AVENUE, HUNTINGTON.....854-8200

LLOYD HARBOR POLICE.....549-8220

NORTHPORT VILLAGE POLICE

224 MAIN STREET, NORTHPORT.....261-7500

RAPE

Rape is a crime of violence, not passion. It is a sexual act that takes place without your consent.

If you are a victim of rape, "date rape," or any other sex crime, you should report it immediately to the Police so that you can receive the proper attention and care. You should not shower, bathe, or change your clothes. Report the crime right away so that you can be cared for and the offender can be caught and prevented from hurting someone else.

Call 911 to report the crime.

For counseling and on-going support, which you will very likely need as a victim of a sex crime, call:

VICTIMS INFORMATION BUREAU OF SUFFOLK
(VIBS).....360-3606
PEDERSON-KRAG CENTER.....920-8000

TO REPORT ANY CRIME: DIAL 911

STATUTORY RAPE

Just because she said yes doesn't mean it's OK. In New York State, the law says a person under 17 cannot legally consent to any sexual activity.

Important for Parents:

If you are the parent or guardian of a child under the age of 17 and are aware that they are having sexual or inappropriate contact with any adult, Child Protective Services may be called and you may be taken to court and may lose custody of your child.

Important for Adults:

If you are 18 or over and engaging in sexual activities with a youth, the parents of that child or any responsible adult should call the police. You may face:

- criminal charges and jail time
- registration as a sex offender
- job loss
- deportation, or loss of eligibility for a green card
- an Order of Protection against you

Important for Youth:

If you are younger than 17 years of age and you enter a sexual relationship with an older person, you may be at an increased risk for:

- pregnancy
- sexually transmitted infections
- probation through PINS
- removal from home
- dropping out of school

GENERAL HEALTH

Maintaining good health is important. Good health includes proper nutrition, daily exercise, a good night's sleep, and an annual physical examination by a physician.

If you do not have a family doctor or cannot afford one, please call one of the agencies listed below for information on low cost health care.

SUFFOLK COUNTY DEPARTMENT OF

HEALTH SERVICES	853-3055
RED CROSS	423-0307
CHILD HEALTH PLUS	(800) 698-4543

HOSPITALS

HUNTINGTON HOSPITAL	351-2000
STONY BROOK HOSPITAL	689-8333

HEALTH CENTERS

DOLAN FAMILY HEALTH CENTER	425-5250
TRI-COMMUNITY HEALTH CENTER	854-1000

VACCINATIONS (SHOTS)

Schools require vaccinations prior to enrollment. Information is available through your local school district

(see page 12).

HEALTH AND MEDICAL CARE

HUNTINGTON HOSPITAL.....351-2000

270 PARK AVENUE, HUNTINGTON

If you have a medical emergency, go to your local hospital emergency room, or dial 911 to contact an ambulance.

Remember to speak clearly, stating your name, address and problem.

If you are on your own and under 18, it is difficult to get health care without a guardian to sign for you. However, there are situations where you can get health care without parental consent:

- If you are the parent of a child;
- If you are married, divorced or widowed;
- If there is a medical emergency;
- If you are pregnant;
- If you are considering using birth control.

MEDICAID

MEDICAID APPLICATIONS

200 WIRELESS BOULEVARD, HAUPPAUGE

For new applications.....853-8730

For open cases.....854-0555

MEDICAID PROVIDER REFERRALS.....(800) 541-2831



SERVICES FOR THE HANDICAPPED

HUNTINGTON RESOURCE CENTER FOR

PERSONS WITH DISABILITIES.....351-3233/

TTY-TDD 351-3237

HANDICAP BUS.....427-8287

HANDICAP PARKING PERMITS.....351-3206

DENTAL CARE

Periodontal (gum) disease and dental decay (cavities) are serious problems and can be prevented through daily brushing, flossing and yearly dental checkups.

Please call your dentist for an appointment or call the numbers below for low cost dental care:

SUNY FARMINGDALE.....420-2128

For dental emergencies call:

STONY BROOK UNIVERSITY DENTAL CENTER...632-8989

ASSISTANCE FOR PARENTS OF ADOLESCENTS

LONG ISLAND PARENTING INSTITUTE.....737-1454

To enhance outcomes for children and families by helping parents learn and practice effective parenting skills.

ALTERNATIVES FOR YOUTH.....648-2700

To improve family functioning and prevent out-of-home placement for adolescents and their families.

MENTAL HEALTH

COUNSELING

Sometimes we need help in coping with everyday problems. It is often useful to talk to someone about these problems. You might try a parent, a trusted teacher, your school guidance counselor or social worker, or a clergy person. If your school has a **NATURAL HELPERS** program, you might contact a Natural Helper. The following agencies can also help you:

SANCTUARY.....271-2183

No fees and no waiting list.

CATHOLIC CHARTIES.....543-6200

Fees are on a sliding scale.

FAMILY SERVICE LEAGUE.....427-1768

Fees are on a sliding scale, and there is a waiting list.

FEGS COUNSELING SERVICES.....(516) 496-7550

Fees are on a sliding scale.

HOLTZ PSYCHOLOGICAL SERVICES.....427-6669

Most insurance accepted.

LI COUNCIL OF CHURCHES COUNSELING SERVICES.....

.....727-2210

Fees are on a sliding scale.

PEDERSON-KRAG CENTER.....920-8000

Fees are on a sliding scale, and there is a waiting list.

For free, confidential, online counseling, go to:

www.longislandcrisiscenter.org

SUICIDE

Sometimes we have problems that overwhelm us and cause us to consider suicide as a solution.

The truth is that these problems are almost always temporary, and suicide is a permanent solution to a temporary problem.

Help is always available!

There are good places to call and good people to help you sort things out and find the best solutions:

HUNTINGTON HOTLINE.....(631) 549-8700

NATIONAL SUICIDE PREVENTION LIFELINE...

.....(800) 273-TALK

In the event of an emergency, please call 911 or go to your local hospital emergency room.

DETOX

If someone you know needs detoxification from alcohol or drug abuse, contact your local hospital emergency room or call:

NATIONAL ALCOHOL & SUBSTANCE ABUSE

INFORMATION CALL CENTER.....(800) 784-6776

EASTERN LI HOSPITAL.....477-1000

TALBOT HOUSE (18+).....589-4144

DRUG AND ALCOHOL COUNSELING

If you are a teen and are concerned about your own or your family member's alcohol or other drug use, you can contact **HUNTINGTON DRUG AND ALCOHOL PROJECT** at **271-3591** and schedule an appointment to speak with a drug counselor about your concerns. You can trust that your confidentiality will be protected.

Additionally, the following agencies are available to help you deal with alcohol or drug-related problems:

HUNTINGTON DRUG & ALCOHOL PROJECT.....	271-3591
AL-ANON/ALATEEN INFORMATION.....	(800) 356-9996
ALCOHOLICS ANONYMOUS.....	669-1124
CATHOLIC CHARITIES.....	543-6200
DAYTOP.....	351-7112
PEDERSON-KRAG CENTER.....	920-8002
YMCA THE PLACE.....	261-2670
SEAFIELD.....	424-2900

SEXUAL HEALTH AND SEXUALITY

BIRTH CONTROL

Birth control is essential if you are sexually active and do not want to become pregnant. You can get information about various birth control methods by speaking with your family doctor or by contacting the following:

SUFFOLK COUNTY DEPT. OF HEALTH	853-3000
SUFFOLK COUNTY HEALTH CENTER	852-1810
PLANNED PARENTHOOD	427-7154
DOLAN FAMILY HEALTH CENTER	425-5250

PREGNANCY

Some early signs of pregnancy are a missed period, breast tenderness, nausea, vomiting, and tiredness. If you think you might be pregnant, you should see a doctor as soon as possible. If you cannot afford a doctor, call:

SUFFOLK COUNTY HEALTH CENTER	852-1810
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If your pregnancy test is positive, you may want to discuss your choices and feelings with your family, your doctor, or a clergy member.

You may also contact:

PLANNED PARENTHOOD	427-7154
DOLAN FAMILY HEALTH CENTER	425-5250
LI BIRTHRIGHT 24 HOUR HOTLINE	(800) 550-4900

GLBT RESOURCES

LIGALY (LI GAY AND LESBIAN YOUTH).....665-2300

PRIDE FOR YOUTH.....(516) 679-9000

LI GAY/LESBIAN SWITCHBOARD.....665-3700

ONLINE AT: WWW.GLSBLI.COM

LI GLBT SERVICES NETWORK

ONLINE AT: WWW.LIGLBTNETWORK.ORG

AIDS AND HIV

AIDS on Long Island is growing faster than in any other suburban community in the United States. Since the virus that causes AIDS is transmitted through body fluids, especially blood and semen, you can reduce your risk of AIDS by abstaining from sex or, at least, by taking these steps toward practicing "safer" sex:

- *Always* use a new latex condom
- Know your sex partner and limit your number of sex partners
- Ask your partner about his or her health and about previous sex partners
- Avoid alcohol and other drug use

Remember:

Sharing needles shares HIV/AIDS.

For further information on HIV/AIDS, call:

LIAAC.....385-AIDS

PLANNED PARENTHOOD.....427-7154

RED CROSS.....423-0307

SEXUALLY TRANSMITTED INFECTION (STI)

On Long Island, STI is on the uprise among young people. The best way to avoid STI is to abstain from sex. **IF YOU ARE SEXUALLY ACTIVE, USE A NEW LATEX CONDOM EVERY TIME YOU HAVE SEX, AND AVOID SEX WITH MULTIPLE PARTNERS.**

MAJOR STIs AND THEIR SYMPTOMS:

HERPES - Clusters of red, itchy sores and blisters.

GONORRHEA - Puss discharge, painful urination.

SYPHILIS - Painless sores, called chancres, and a rash on some part of the body, particularly the palms of the hands.

Other STIs include Chlamydia, Vaginitis, Venereal Warts, Hepatitis B and HIV. Left untreated, these STIs can lead to sterility, blindness, insanity, heart disease, and even death.

REMEMBER:

- An STI never heals itself.
- Some forms of STI have no cure.
- Any STI can be contracted more than once.
- If you are sexually active, it is important to be periodically examined by a doctor, whether or not you notice symptoms.
- If you *suspect* you may have an STI, find out! See your doctor or call:

STI HOTLINE..... 853-3147

PLANNED PARENTHOOD.....427-7154

DOLAN FAMILY HEALTH CENTER.....425-5250

RECREATION

The Town of Huntington has many free and low-cost recreational programs for youth and young adults. To find out about programs in your local area, you can call or visit your local Community & Youth Agency (listed on page 34).

For information about the many programs offered by the Town, including summer camps, baseball/softball teams, soccer programs, dance and tennis instruction, as well as swimming and ice skating, call:

**HUNTINGTON DEPARTMENT OF
PARKS & RECREATION.....351-3089**

You can also talk to the Parks and Recreation Department about developing a new program, if there is something you are really interested in.

In addition, check with your local school district (page 12). The districts offer recreational programs through their adult education programs for adults and for youth who are age 16 and above.

THE HUNTINGTON YOUTH BUREAU SYSTEM

YOUTH BUREAU

The Huntington Youth Bureau, established in 1968, is an agency of Town government and is responsible for representing and serving the needs, interests and welfare of youth under the age of 21.

The Youth Bureau's professional staff assesses the needs of young people and their families in the Town and develops appropriate strategies, either through better coordination and use of existing resources or through the development of new program initiatives.

The Youth Bureau contracts with regional Community and Youth Agencies (CYAs), as well as with several town-wide projects it has established, to meet the special needs of youth. Fully compliant with the goals of the ADA, the Youth Bureau is constantly striving to ensure that no one is ever denied because of a disability, accessibility and opportunity for full participation in programs and services.

YOUTH BOARD

The Huntington Youth Board is a culturally diverse citizen board whose members represent all areas of the Town and reflect varied perspectives on community life in Huntington. The Youth Board is appointed by, and accountable to, the Huntington Town Supervisor. For information, call 351-3061.

FUNDING

The Huntington Youth Bureau system is currently funded by: the Town of Huntington, the New York State Office of Children and Family Services, Suffolk County Youth Bureau, Suffolk County Department of Health Services, New York State Office of Alcohol and Substance Abuse Services, U.S. Department of Health and Human Services, local villages, and school districts.

FUNDING (cont.)

In addition, funding has come from private sources such as: the Long Island Community Foundation, Newsday Foundation, The Townwide Fund, Women's Fund of Long Island, the Home Depot, Target Foundation, Best Buy Children's Foundation, the Huntington Arts Council, the New York Bar Foundation, Harmon Foundation, Kiwanis Club, fundraisers, and private donations.

VOLUNTEERS

Youth and adult volunteers, essential players in our system, are actively involved in identifying local and town-wide needs and in planning, implementing and assessing programs. They serve on the governing boards of the CYAs, on task forces, and on the Advisory Boards of the town-wide projects. If you would like to join the hundreds of volunteers who serve the youth and families of Huntington each year, please call the CYA in your area, or contact:

**The Huntington Youth Bureau
423 Park Avenue, Huntington, NY 11743
(631) 351-3061**

COMMUNITY & YOUTH AGENCIES

The CYAs are nonprofit organizations governed by a volunteer Board of Directors (youth and adults) and staffed by professional youth workers who set up recreational, educational, cultural, and social programs and provide free and confidential counseling and support services. Although the CYAs are not part of the school system, they often have offices, run programs, and conduct outreach in school buildings.

TRI CYA, serving the school districts of:

Cold Spring Harbor.....	367-8891
Huntington.....	673-0614
South Huntington.....	673-3303

YOUTH DIRECTIONS AND ALTERNATIVES CYA,

serving the school districts of:

Northport/E. Northport.....	261-7901
Harborfields and Elwood.....	261-6218

REGIONAL ENRICHMENT AGENCY OF COMMACK-HALF HOLLOW HILLS CYA, serving the school districts of:

Commack and Half Hollow Hills

SPECIAL TOWNWIDE PROJECTS

SANCTUARY PROJECT.....271-2183

Services for runaway and homeless youth. Counseling for youth and families. Family mediation and preservation. Independent living skills development, and specialized groups for teens.

HUNTINGTON DRUG AND ALCOHOL.....271-3591

Substance abuse treatment and prevention services. Also provides education programs in schools and community settings.

PROJECT EXCEL.....271-5499

Enrichment workshops in the areas of the arts, cultural awareness, life skills, education, and employment. Also provides volunteerism, community service, vocational counseling, GED classes, Summer Youth Employment Training program, college and career exploration.

YOUTH COURT.....271-5547

Youth are trained to serve as judges, jurors and attorneys in order to conduct peer-mediated court cases.

HUNTINGTON HOTLINE.....549-8700

TDD/TTY equipped. You don't need to deal with your crisis by yourself. Call us anytime, 24-hours-a-day, everyday.

MANOR FIELD FAMILY CENTER.....425-9694

FACILE can help strengthen family life, especially in the face of the challenges families face these days.

PROJECT N.E.W......673-0614

Provides nutrition and health education for families in Huntington and Huntington Station. Bi-lingual staff available.

PROJECT C.A.S.T......673-0614

Education and empowerment for at risk youth and families in Huntington and Huntington Station.



DRUG AND ALCOHOL INFORMATION

(from the files of USHHS, Substance Abuse and Mental Health Services Administration)

Cigarette smoking is perhaps the most devastating preventable cause of disease and premature death. Nearly 50 million Americans smoke - including one in five teenagers - resulting in nearly 450,000 deaths each year. Smoking is particularly dangerous for teens because their bodies are still developing and changing and the 4,000 chemicals (including 200 known poisons) in cigarette smoke can adversely affect this process.

Cigarettes are highly addictive, both mentally and physically, and can serve as a major gateway to other forms of drug addiction.

Risks associated with smoking include: diminished or extinguished sense of smell and taste, frequent colds, smoker's cough, gastric ulcers, chronic bronchitis, increase in heart rate and blood pressure, emphysema, heart disease, stroke and cancer.

Alcohol is a central nervous system depressant. It affects virtually every organ in the body and chronic use can lead to numerous preventable diseases, including alcoholism. According to the 1994 "Monitoring the Future" survey, alcohol remains the number one substance used

by 8th, 10th, and 12th graders. Alcohol lowers inhibition and impairs judgement, which can lead to risky behaviors, including practicing unprotected sex. Alcohol also hinders coordination, slows reaction time, dulls senses, and blocks memory functions. In addition, the relationship between alcohol and motor vehicle crashes is widely acknowledged.

Risks associated with alcohol include: serious injuries and deaths, loss of appetite, vitamin deficiencies, stomach ailments, sexual impotence, heart and central nervous system damage, memory loss, cirrhosis and cancer of the liver.

Marijuana is the most widely used illicit drug in the United States and tends to be the first illegal drug youth use. Marijuana has several negative physical and mental effects. Short term effects of using marijuana are: sleeplessness and increased hunger, reduced short term memory, reduced ability to perform tasks requiring concentration and coordination, increased heart rate, potential cardiac dangers for those with pre-existing heart conditions, bloodshot eyes, and risk of paranoia, hallucinations and intense anxiety.

Long term effects of using marijuana are: increased risk of chronic pulmonary disorders, including cancer, decrease in testosterone levels for men, increase in testosterone levels for women, lower sperm counts and difficulty having children in men, increased risk of fertility in women, and psychological dependence requiring more of the drug to get the same effect.

Hallucinogenic drugs are substances that distort the perception of objective reality. The most well-known **hallucinogens** include PCP, angel dust, LSD or acid, mescaline and peyote, and psilocybin, or “magic” mushrooms. Under the influence of hallucinogens, the sense of direction, distance, and time become disoriented. These drugs can produce unpredictable, erratic, and violent behavior in users sometimes leads to serious injuries and death. Drownings, burns, falls, and automobile crashes have also been reported.

Risks associated with hallucinogens include: increased heart rate and blood pressure, sleeplessness and tremors, lack of muscular coordination, incoherent speech, decreased awareness of touch and pain that can result in self-inflicted injuries, convulsions, coma, and heart and lung failure.

Cocaine is a white powder that comes from the leaves of the South American coca plant. It is either “snorted” through the nasal passages or injected intravenously. Cocaine belongs to a class of drugs known as stimulants, which tend to give a temporary illusion of limitless power and energy that leaves the user feeling depressed, edgy, and craving more. **Crack** is a form of cocaine that has been chemically altered so that it can be smoked. They are both highly addictive. This addiction can erode physical and mental health and can become so strong that these drugs dominate all aspects of an addict’s life.

Risks associated with using any amount of cocaine and crack are: increases in blood pressure, heart rate, breathing rate and body temperature, heart attacks, strokes and respiratory failure, hepatitis or HIV/AIDS through shared needles, brain seizures, and reduction of the body’s ability to resist and combat infection.

Inhalants refer to substances that are sniffed or huffed to give the user an immediate head rush or high. They include a diverse group of chemicals that are found in consumer products such as aerosols and cleaning solvents. Inhalant use among all grades has risen steadily since 1991.

Nearly 20% of all adolescents report using inhalants at least once in their lives. Risks associated with inhalant use are: sudden death, suffocation, visual hallucinations and severe mood swings and numbness and tingling of the hands and feet.

Steroids are used for treatment of certain diseases such as specific types of anemia, some breast cancers, and testosterone deficiencies. Non-medical use of steroids is strictly illegal. However, because of their performance-enhancing and body-building properties, steroids have been illegally used by both athletes and non-athletes since the late 1950s to improve their athletic ability and to look better. Risks associated with steroid use include psychiatric effects such as severe mood swings that may lead to violent behavior, paranoid jealousy, extreme irritability, delusions, and impaired judgment stemming from feelings of invincibility. Major physical side effects include: liver tumors, jaundice, fluid retention, high blood pressure, severe acne, yellowing of skin and eyes, trembling, and weakening of tendons.

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