



Teen Services and Activities
in Tompkins County

Hotlines, Help Lines, Emergencies

Alcohol & Substance Abuse Info	1-800-522-5353
Ambulance (voice and TDD)—emergency	911
Cayuga Medical Center—emergency	274-4411
Cayuga Medical Center—general info	274-4011
Child Abuse/Neglect Hotline	1-800-342-3720
Child Sexual Abuse Emergencies (Advocacy Center)	277-5000
Crime Victims’ Services	391-7038
Fire—emergency	911
Homeless shelter hotline (American Red Cross)	273-9177
Information & Referral (M-F 8:30-5:00)	272-9331
Mental Health Clinic—emergency	274-6230
Poison Control Center	1-800-252-5655
Police & Sheriff Depts.—emergency	911
Rape, domestic violence (Advocacy Center)	277-5000
Runaway assistance (Hillside Bridges)	275-0067
Suicide Prevention	272-1616 or 1-800-SUICIDE
Warm Line (Day Care Council, M-F 9-4:30)	273-0259

Tompkins County Youth Services Department

PRESENTS

2006 O.J. Guide

to Teen Services and Activities in Tompkins County

Why the title?? A great group of teens named the guide and gave substantial input on its format. “O.J.” of course refers to healthy orange juice. The Tompkins County Youth Services Department invites youth, parents, school staff and other adults who care about youth to explore and use the awesome, healthy activities and services available in our community. Here’s to your health; enjoy!

The *O.J. Guide* describes services that are available to youth, primarily 13–19, in Tompkins County. Many services may be available to youth residing in adjacent counties. Readers should also know that many of the agencies listed also serve adults and have other services for other age groups. For information about adult services contact the **Human Services Coalition Information and Referral at 272–9331**. All listings were updated in the fall of 2005. To submit up-to-date information or revisions, or for help finding the right services, please contact the **Tompkins County Youth Services Department, 274–5310** or youthservices@tompkins-co.org. The *O.J. Guide* is also available at our website: www.tompkins-co.org/youth

Table of Contents

How To Make A Call for Information	3
Activities Around the County	4
Community Service/Leadership Opportunities	4
Computers	6
Exchange Programs	7
First Aid and Safety	8
Outdoor Nature Activities	8
Theatre/Music/Dance	8
Youth Development, Sports and Recreation Programs	10
Available Services for Youth	19
Abuse and Rape	19
AIDS/HIV	21
Alcohol or Other Drug Abuse	22
Armed Services	24
Counseling, Family Problems	25
Disabilities	29
Discrimination	32
Health and Medical Care	33
Jobs and Job Training	35
Legal Assistance/Juvenile Justice	39
Libraries	43
Mentoring	44
Motor Vehicles	45
Parenting	47
Runaway and Out of Home Living	49
Schools	52
Sexuality, Pregnancy and Family Planning	54
Suicide Prevention	57
Toll Free Information Numbers	58
Transportation	59
Tutoring/Academic Support	60
Voting	62
Index	63
Coupons	69

How to Make a Call for Information

Be ready. Have a pencil and paper in hand, and start with this simple phrase: “I would like to speak to someone about _____” (for example, finding a job or playing soccer or seeing a counselor...)

Things that you may want to ask:

- When could someone call me back?
- Am I eligible for these services?
- How much does it cost?
- Will you tell anyone, such as my parents? teachers?
- Can I make an appointment now?
- How do I get there?
- Can I bring a friend with me?

Things that may be asked of you:

- Is this an emergency?
- Can someone call you back later?
- What’s your phone number?
- How old are you?

You may feel discouraged when you get a secretary or answering machine or are put on hold for a long time. Relax. Anything important is worth the hassles. If you don’t reach anyone who can answer your questions, leave your name and number or find out when you can call again. Call back if the people do not return your call. Call another agency if you do not find what you want. Parents, teachers, guidance counselors and youth workers may also have ideas about how to get services you need. The searches for help can be frustrating, but don’t give up trying to get what you need!

How Much Does It Cost?

Some programs listed in this booklet are free, and some charge for their services. Many offer scholarships. “Sliding fees” means there is a cost, but it varies depending on how much you or your family can afford to pay.



activities

Community Service / Leadership Opportunities

4-H Youth Development Leadership Programs, Cornell Cooperative Extension

615 Willow Ave., Ithaca 272–2292

- Countywide teen activities, community service projects, opportunities for personal growth and development

www.cce.cornell.edu/tompkins

tompkins@cornell.edu

Big Friend, Little Friend, Trumansburg School

100 Whig St., Trumansburg 387–4910

(for Trumansburg middle and high school students)

- Volunteer as a Big Friend to mentor a student in the lower school; includes homework help, being a friend and having fun

Cayuga Nature Center, Inc.

1420 Taughannock Blvd., Ithaca 273–6260

- Middle and high school students volunteer for animal care, trail and grounds work, exhibit construction, camp, office, website and gift shop work, help with events; internships also possible

www.cayuganaturecenter.org

info@cayuganaturecenter.org

Dollars for Dreams Youth Credit Union, Alternatives Federal Credit Union

125 N. Fulton St., Ithaca 273–3582 x829 or x861

- Invest in your dreams and goals by saving for the future, the credit union where YOU make the difference. Available for teens under age 19.

www.alternatives.org

dfd@alternatives.org

Family Mediation Program, Community Dispute Resolution Center

120 W. State St., Ithaca 273–9347

- High school students can be trained as teen mediators. Must commit to 1 year after training; call for training schedule or information; free

www.cdrc.org

cdrc@cdrc.org

Hospital Volunteers, Cayuga Medical Center at Ithaca

101 Dates Dr., Ithaca 274-4011

- Volunteer in hospital departments, ages 14 and up

www.cayugamed.org

cwood@cayugamed.org

Johnson Museum of Art

Cornell University, Ithaca 255-6464

- Volunteer for weekend programs helping with art activities
- Hands-on, minds-on group activities, lessons and workshops

www.museum.cornell.edu

museum@cornell.edu

Multicultural Resource Center

615 Willow Ave., Ithaca 273-8724 or 272-2292

- Library of books and tapes about different cultures, events; diversity and leadership skills training for youth; free

www.multicultural-resource.org/home.htm

tompkins@cornell.edu

Museum of the Earth at the Paleontological Research Institute

1259 Trumansburg Rd., Ithaca 273-6623 x13

- Many volunteer opportunities: lead tours, maintain exhibits, run interactive labs, work in the gift shop, assist with special events

www.museumoftheearth.org

volunteer@museumoftheearth.org

One to One Big Brothers Big Sisters of Ithaca and Tompkins County, Ithaca Youth Bureau

1 James L. Gibbs Dr., Ithaca 273-8364

- Newfield school-based program matches high school volunteers one-on-one with elementary students for friendship and support

www.cityofithaca.org

onetooone@cityofithaca.org

Peer Education Program, Alcohol & Drug Council of Tompkins County

201 E. Green St., Suite 500, Ithaca 274-6288

- Make a difference in the lives of young people; talk to them about drugs, alcohol and life

www.alcoholdrugcouncil.org

scangelosi@alcoholdrugcouncil.org

Reality Check, 4-H Youth Development, Cornell Cooperative Extension

615 Willow Ave., Ithaca 272-2292

- New York's teen-led anti-tobacco movement; get involved exposing the truth about tobacco and the tobacco industry's media manipulation

www.RealityCheckNY.com

tompkinsrc@yahoo.edu

The Sciencenter

601 First St., Ithaca 272-0600

- Work on museum floor, help visitors, maintain exhibits, many volunteer opportunities, community outreach; work opportunities for teens
- Babbage's Basement, Einstein's Attic—sources of low-cost computer and scientific equipment; open part-time at off-site address; visit website for schedule and location

www.sciencenter.org

www.lightlink.com/babbages

info@sciencenter.org

babbages@lightlink.com

See Spot Community Art Space

108 Ithaca Commons 277-7560

- Youth volunteer as gallery monitors, assist in an artist's studio, promotions and set-up monthly art show

Student Credit Union, Alternatives Federal Credit Union

125 N. Fulton St., Ithaca 273-4611 x829 or x861

- Trained student volunteers run youth credit union and learn financial responsibility while providing money management assistance to other teens

www.alternatives.org

scu@alternatives.org

Teen Assistants/Mentors, Cornell Cooperative Extension

615 Willow Ave., Ithaca 272-2292

- Open to teens 14 or older who would like to experience working with youth 5-12 providing assistance with homework, projects and activities in the after school program, and summer camp; West Village or Parkside Garden Housing Complexes

www.cce.cornell.edu/tompkins

slh29@cornell.edu

Teen Peer Education Volunteer Opportunities, Advocacy Center: Domestic Violence and Youth Sexual Abuse Services

P.O. Box 164, Ithaca, 14851 277-3203

- Internships and volunteer opportunities for teens; educate teens about sexual abuse, domestic violence, sexual harassment, rape, stalking, dating violence, and related issues; training provided

Computers

Are you interested in computers? Want to learn more about computers or how to rebuild and recycle them? Ever thought about a career in computers? Here is some information for you.

Computer All Stars, Ithaca Youth Bureau

- 1 James L. Gibbs Dr., Ithaca 273-8364 x157
- Training in computer use, repair and upgrades, reuse, rebuilding and recycling old computers
 - Volunteer and apprenticeship positions available, apply for a good computer at home

www.cityofithaca.org

martys@cityofithaca.org

Exchange Programs

See the world! Expand your horizons. Youth exchange programs provide a chance to live with a family in another country, or within the United States. The length of stay varies, and the focus might be educational, work related, visits or travel. Four exchange programs are listed below. Many more are listed in the book *The Teenagers Guide to Study, Travel and Adventure Abroad*, which can be found in high schools, libraries or bookstores. You can also contact the Council on International Education Exchange, 7 Custom House St., 3rd floor, Portland, ME 04101 207-553-7600 or 1-800-40-STUDT

www.ciee.org

AFS (American Field Service) Intercultural Programs

198 Madison Ave., 8th Fl., New York, NY 10016

..... 1-800-AFS-INFO (1-800-237-4636)
..... or 1-800-876-2376 (for NY)

www.afs.org

info@afs.org

Experiment in International Living, World Learning Inc.

Box 676, Kipling Rd., Brattleboro, VT 05302 1-800-345-2929

- Summer abroad programs for high school level students; fees, check website

www.usexperiment.org

eil@worldlearning.org

Rotary Exchange Program

Local contacts: Ithaca City School District, Bill Heffner 274-2157

All other school districts: contact your school guidance counselor or a local Rotarian

- 11 month home-stay program in one of 20+ foreign countries; students attend high school full time; info. meeting in May, application process starts in early September

www.rotary.org/programs/youth_ex/index.html

youthexchange@rotaryintl.org

Youth for Understanding International Exchange

2380 Massachusetts Avenue Suite 101 Cambridge, MA 02140

.....1-800-833-6243 (1-800-TEENAGE)

www.yfu.org

admissions@yfu.org

First Aid and Safety

Department of Environmental Conservation

Sportsman Education Program 753-3095 x241 or x242

- Safety courses for Hunting, Trapping, Archery, and Waterfowl; must be at least 11 years old

www.dec.state.ny.us

First Aid and CPR, American Red Cross

201 W. Clinton St., Ithaca 273-1900 x16

- Learn basic first aid and emergency skills, seventh grade reading level required; fee

www.tompkins-redcross.org

info@tompkins-redcross.org

Outdoor Nature Activities

Cayuga Nature Center, Inc.

1420 Taughannock Blvd., Ithaca 273-6260

- Nature programs, outdoor and environmental education, hiking trails; volunteer and internship opportunities for middle and high school students

www.cayuganaturecenter.org

info@cayuganaturecenter.org

Finger Lakes State Park Region

2221 Taughannock Park Rd., Trumansburg 14886 387-7041

- Volunteer in state parks in the Ithaca area, prefer people ages 15+
- Summer jobs in state parks, ages 15+ (lifeguarding requires certification plus passing state lifeguard test)
- Summer recreational programs, all ages

www.nysparks.com

Theatre/Music/Dance

There are many dance studios located throughout Tompkins County not listed here; check your local phone book yellow pages for assistance.

Cayuga Community Role Players, part of Suicide Prevention and Crisis Service Education Program

SPCS Training/Resource Ctr., 124 E. Court St. Ithaca, 14851 **272-1505**

- Perform improvised role-plays on difficult life issues for varied audiences; community service credit available; ages 14-80

www.suicidepreventionandcrisiservice.org/

info@suicidepreventionandcrisiservice.org

Community School of Music and Arts

330 E. State St., Ithaca **272-1474**

- 4 terms/year, offerings in voice, music, dance, art, theater classes, ensembles; classes tailored to student's ability; fees, scholarships

www.csma-ithaca.org

info@csma-ithaca.org

Hangar Theatre

P.O. Box 205, Ithaca 14851 **273-8588**

- Next Generation Theatre—summer acting and musical theatre class taught by professionals, perform in summer theatre productions, meet with directors and actors; 10-18 year olds
- Internships available designed to give youth interested in theatre the opportunity to work directly with theatre artists
- Next Stage Showcase for Young Playwrights—submit a one act play and get professional feedback, selected scripts will be performed, play writing workshops; K-12th graders

www.hangartheatre.org

info@hangartheatre.org

Orange Tree Theatre Company

P.O. Box 159, Ithaca 14850 (Sonya Suter, Ed. Dir.) **277-3694**

- Theatre for youth, by youth, of youth; ages 13-18; free

ottc@hotmail.com

Trumansburg Conservatory of Fine Arts

Congress St. at McLallen St., Trumansburg 14886 **387-5939**

- Art and dance lessons (classes); music lessons (individual); fees

www.trumansburg.ny.us/tcfa

calistasmith@att.net

Video Training/Television Show Production, PEGASYS

519 W. State St., Ithaca 272-7272

- Free video training classes for ages 14 and up, create your own show (ages 18 and up) or work as crew on existing programs

www.twcny.com/peg

lauren.stefanello@twcable.com

Youth Development, Sports, and Recreation Programs

There are many recreational, social and cultural activities to choose from in Tompkins County. Some organizations listed here have one central office with programs in several towns and villages, so call for more information about programs in your area.

4-H Youth Development, Cornell Cooperative Extension

615 Willow Ave., Ithaca 272-2292

- 4-H clubs throughout Tompkins County for youth ages 5-19: focus on life skill development in areas of plant and environmental science, mechanical science, consumer skills, clothing and textiles, food and nutrition, communication and expressive arts, animal science, inter-state exchange program; some fees
- Rural Youth Services: after school and summer activities offered throughout the county (see local listings below); opportunities for personal growth and development through job readiness skills, community service, life skills, mentoring
- Urban Outreach; summer and after school programs for youth 5-13 in the City of Ithaca; tutoring, mentoring, job skills, literacy, clubs, team building and enrichment activities; free

www.cce.cornell.edu/tompkins

tompkins@cornell.edu

American Legion Baseball League

Dryden, Groton, Ithaca, Lansing, Trumansburg

Contact the number in your area for information

Dryden American Legion, Rte. 13, Dryden 844-9900

Groton American Legion, 307 Main St., Groton 898-3837

Ithaca American Legion, 1231 Danby Rd., Ithaca 272-1129

Lansing Parks & Recreation, P.O. Box 186, Lansing 533-7388

Trumansburg American Legion, 4431 Seneca St., Tburg 387-4212

- Summer program/league for ages 16-19; small fees

www.baseball.legion.org

Boynton After School Program, Tompkins Community Action

1601 N. Cayuga St., Ithaca 274-2270

- Daily after school program, open to all Boynton students; fun, interesting activities and academic support; 3 hours daily; dinner provided

www.tcaction.org

denise.brown@tcaction.org

Boy Scouts of America, Baden Powell Council

P.O. Box 66, Binghamton, NY 13903 648-7888 or 1-877-674-8876

- Cub Scouts: ages 7-11, arts, crafts, games, family involvement, summer camp
- Boy Scouts: ages 12-18, hiking, camping, high adventure, summer camp
- Venturing Program: ages 14-21, coeducational, hiking, camping, high adventure, scuba
- Exploring: ages 14-21, career exploration opportunities, small registration fee

www.tier.net/users/badenpowell

badenp@bsaemail.org

Caroline Youth Services

A program of Cornell Cooperative Extension Rural Youth Services

..... 272-2292 or 266-3554

- After school and summer activities for local middle and high school youth

www.cce.cornell.edu/tompkins/rys/local.htm

Cass Park

701 Taughanock Blvd., Ithaca 273-1090

- Seasonal swimming pool, ice skating rink, playing fields, tennis courts, water-front fitness trail, picnic areas and pavilion

www.cityofithaca.org

CNY Lady Lakers

Contact Russ Kowalski for program info 844-3241

- Travel basketball league for girls ages 12-16, season runs March -June; also hosts local tournament annually; fees

rkpolish@aol.com

Danby Youth Services

A program of Cornell Cooperative Extension Rural Youth Services

..... 272-2292 x222

- After school and summer activities for local middle and high school youth

www.cce.cornell.edu/tompkins/rys/local.htm

tga4@cornell.edu

DeWitt After School Program, Tompkins Community Action

DeWitt Middle School, 560 Warren Rd., Ithaca 257-3406

- Daily after school program, open to all DeWitt students; fun, interesting activities and academic support; 3 hrs daily; dinner provided

www.tcaction.org

lisa.derado@tcaction.org

Dryden Recreation Department

65 E. Main St., Dryden 13053 844-3303

- Providing a variety of recreational opportunities to all residents of the Town of Dryden, including but not limited to: youth sports leagues, adult recreational sports leagues, etc.

www.dryden.ny.us/recreation.html

recreation@frontiernet.net

Dryden Soccer

Peggy Westerling, Registrar 347-4952

P.O. Box 277, Dryden 13053

- Recreational and competitive travel soccer leagues for area youth to age 20; winter, spring; fees

www.drydensoccer.org

DSCRegistrar@aol.com

Dryden Youth Services

A program of Cornell Cooperative Extension Rural Youth Services

. 272-2292 x223 or x222

- After school and summer activities for local middle and high school youth

www.cce.cornell.edu/tompkins/rys/local.htm

dh67@cornell.edu

or tga4@cornell.edu

Enfield Youth Services

A program of Cornell Cooperative Extension Rural Youth Services

. 272-2292 x229

- After school and summer activities for local middle and high school youth

www.cce.cornell.edu/tompkins/rys/local.htm

bab47@cornell.edu

Faith based Youth Groups and Activities

Ask your friends and family about activities and groups that meet in churches, synagogues and houses of worship or check the yellow pages in the phone book

GIAC (Greater Ithaca Activities Center)

318 N. Albany St., Ithaca 272-3622

- Recreation and sports programs; youth and teen activities and programs; educational programs, mentoring and tutoring; pool, summer camp and CIT program; multicultural center, summer basketball league; small fees or free
- **The Spot:** Friday evening teen gatherings and programs; free

www.cityofithaca.org

giacmain@cityofithaca.org

Girl Scouts, Seven Lakes Council (troops in many locations)

226 Colonial Dr., Horseheads 14845 796-6202

- Leadership, decision making, career exploration, outings, camping, summer opportunities; some programs have fees

www.girlscoutssevenlakes.org/

Groton Freestyle Sports Facility, South Sports Complex

400 block of Peru Rd. (across from high school) 898-3966

- Skate park for skateboards, in-line skates and BMX bikes; helmets, parental permission and waiver required; open daylight hours from April–November; all ages; no fee for Town or Village residents; small fee for others

Groton Recreation Department

400 Peru Rd., Groton 898-5802 x224

- Providing a variety of recreational activities for all residents of the Village and Town of Groton including youth, adult, and summer recreation

www.grotonny.org/village/park.html

Groton Soccer Club

Rebecca Pollack 898-5774

or Maria Cotterill 898-5742

- Fall soccer league and travel soccer for area youth ages 5–12; fees

www.tompkinsoccer.org/tcsayouthofferings.html

Groton Youth Services

A program of Cornell Cooperative Extension Rural Youth Services

..... 272-2292 x225 or 898-5803 x430

- After school and summer activities for local elementary, middle and high school youth

www.cce.cornell.edu/tompkins/rys/local.htm

mmd1027@aol.com or violafitz13@yahoo.com

Ithaca Babe Ruth Baseball League

Gary Wilhelm, President, P.O. Box 112, Ithaca, 14851-0112 **273-0956**

- Summer league for ages 13-15, players must reside in the Ithaca City School District but not necessarily attend ICSD schools; fees

www.ithacababeruth.org

gnw@twcny.rr.com

Ithaca Children's Garden, Cornell Cooperative Extension

615 Willow Ave., Ithaca **272-2292 x122**

- Gardening activities for all ages focused on teaching about plants, science and art.
- Ithaca Children's Garden site development and projects at Cass Park
- School based and community outreach activities.
- Summer youth horticulture apprentice program, ages 15-18

www.cce.cornell.edu/tompkins/ithacachildrengarden

lam26@cornell.edu

Ithaca Invaders

1431 Mecklenberg Rd., Ithaca **273-0779**

- Summer track camp, skilled coaching in individual setting for all levels of talent, promotes running as a lifelong fitness program

dfravil@aol.com

Ithaca Skateboard Park

700 block of S. Meadow St., Ithaca (across from the Tops Plaza)

- Park is open until 10 p.m., usage of helmets while on skateboards, bicycles, and rollerblades is strongly encouraged; free

Ithaca Youth Bureau (programs in many locations)

1 James L. Gibbs Dr., Ithaca **273-8364**

- Sports programs (football, baseball, soccer, lacrosse, basketball); fees
- Summer camps, pool, swimming lessons, ice skating; fees
- Lessons: golf, swimming, tennis; fees

www.cityofithaca.org

iyb@cityofithaca.org

Ithaca Youth Hockey

P.O. Box 391, Ithaca 14851

Contact- Louise Watson **277-8835**

- Ice hockey league for boys and girls ages 4-17; learn to skate, house league & travel team programs; in line hockey program during summer months; fees

www.ithacayouthhockey.com

lwatson3@twcny.rr.com

Ithaca Youth Soccer Club

Dan Clement, Club Registrar **387-5723**
P.O. Box 6872, Ithaca 14851-6872

- Soccer for Ithaca area youth ages 7-18; fall, winter, spring; instruction, leagues, travel teams; fees, some scholarships available

www.ithacayouthsoccer.org

ithregistrar@cs.com

Joint Youth Commission

Call County Youth Services Department for program info **274-5310**

- Fun, non-competitive activities and services for teens from the Town of Ithaca and the Villages of Lansing and Cayuga Heights

www.town.ithaca.ny.us

Lansing Recreation Department

P.O. Box 186, 29 Auburn Rd., Lansing 14882 **533-7388**

- Sports programs for youth
- Parks, ball fields, swimming, picnic areas and pavilion

recreation.lansing.ny.us/

lanparrec@juno.com

Lansing Soccer Club

Karen LaCelle, Registrar **533-4359**

- League soccer play for area youth ages 7-18; fall, winter, spring; instruction, travel teams; fees

www.tompkinsoccer.org/lsc/lscwelcome.html

nedder@aol.com

Lansing Youth Services

A program of Cornell Cooperative Extension Rural Youth Services

. **272-2292 x250** or **533-4271 x2118**

- After school and summer activities for local middle and high school youth

www.cce.cornell.edu/tompkins/rys/local.htm

mc139@cornell.edu or dawnk@twcny.rr.com

Learn-to-Swim, The American Red Cross

201 W. Clinton St., Ithaca **273-1900 x14**

- Certified water safety instructors provide progressive swimming instruction, including a variety of strokes at eight course levels, all ages and abilities; fees

www.tompkins-redcross.org/

thilliard@tompkins-redcross.org

Newfield Youth Program

Richard Berggren, Recreation Director

Town Office, 166 Main St., Newfield 14886 **564-7561**

- Sports leagues, summer camps, ice skating, summer sports programs

Newfield Youth Services

A program of Cornell Cooperative Extension Rural Youth Services

. **272-2292 x226**

- Fun after school and summer programs and activities for Newfield youth in grades 6-8; free

www.cce.cornell.edu/tompkins/rys/local.htm

jdu3@cornell.edu

New York National Guard Youth Program

. **914-788-7405**

- Programs for children of N.Y. National Guard members living in this region; pen pals, regional youth council & summer camps; ages 1-18; free

www.proudnymilitarykids.org

shelly.m.aiken@ny.ngb.army.mil

Recreation Mainstreaming Services, Ithaca Youth Bureau

1 James L. Gibbs Dr., Ithaca **273-8364**

- Young adult group meets bimonthly primarily on weekends; summer full day program; special events; dances
- Afterschool teen programming, call for info

www.cityofithaca.org

Recreation Partnership, Ithaca Youth Bureau

1 James L. Gibbs Dr., Ithaca **273-8364**

- Sport leagues, lessons, expressive arts and camps for youth and teens

www.cityofithaca.org

Recycle Ithaca Bicycles (RIBS)

309 S. Corn St., Ithaca **256-5355**

- Repair bicycles for reuse, bike courses, Wed. 6-9pm, Sat. 9-4; free

people.clarityconnect.com/webpages2/RIBS/

ribs@clarityconnect.com

The Rink, The Field

1767 E. Shore Dr., Ithaca **277-7465**

- Indoor multipurpose athletic facility, offering sports programming, recreational and competitive, introductory programs for youth; fees
- Ice rink open year round, lessons, skating; fees for ice time

www.therink.org

therinkandfieldithacany@yahoo.com

Southside Community Center

305 S. Plain St., Ithaca 273-4190

- School age program, RIBS, evening teen programs, open gym, basketball, Tae Kwan Do, well pet clinic, Hip Hop Beats, computer lab, Saturday School, Community Unity Music; free

southside@sscc-ithaca.org

Student Historian Initiative, The History Center in Tompkins County

(formerly the DeWitt Historical Society)

401 E. State St., Ithaca 273-8284 x3

- High schoolers go behind the scenes into the archives and collections to research an artifact and write an article for publication in the Ithaca Journal; training in research and writing provided. Summer internships also available for ages 14-18; free

www.thehistorycenter.net

education@thehistorycenter.net

Summer Camps and Programs

Tompkins County Youth Services Department call for directory

..... 274-5310

or available on-line at

www.tompkins-co.org/youth

For Ithaca Youth Bureau camps, part of Recreation Partnership

..... 273-8364

Taughannock Soccer Club

Larry Glanton, Registrar 387-3489

- Fall soccer for Trumansburg area youth to age 18; instruction, leagues, travel teams; fees

www.tscsoccer.org

lglanton@tburg.k12.ny.us

Tompkins Girls Hockey Association

Contact Mary Grainger for program info 257-3268

- Hockey for girls 5-19, Oct.-March; introduction to the game, teams, leagues and special events; fees, scholarships available

www.ithacagirlshockey.com

mmgithaca@aol.com

Town of Ithaca Recreation

215 N. Tioga St., Ithaca 273-1721 x136

Contact Marnie Kirchgessner Recreation and Youth Coordinator

- Planning, organizing, implementing and administering all aspects of a recreation program for all ages and development programs for youth in the Town

www.town.ithaca.ny.us/

recreation@town.ithaca.ny.us

Trumansburg/Ulysses Youth Services

A program of Cornell Cooperative Extension Rural Youth Services

615 Willow Ave., Ithaca 272-2292 x225 or 387-4910

- After school and summer activities for local middle and high school youth

www.cce.cornell.edu/tompkins/rys/local.htm

clm48@cornell.edu or nls32@cornell.edu

Upstate Ladies AAU Girls Basketball Club

Contact Gale Smith for program details 277-4136

- Basketball club for girls on teams, ages 10-16; weekly practices and weekend tournaments; season runs from March to early June

msmith16@twcny.rr.com

YMCA

Graham Road West, Ithaca 257-0101

- Youth sports, pool, fitness training area, racquetball, basketball, camp, swim lessons, swim team, aerobics, after school programs, child care, youth events, volunteer program, sports leagues, yoga, Irish dance; fees

www.ithacaymca.com

ymca_ithaca@hotmail.com

Youth Works, The Learning Web

515 W. Seneca St., Ithaca 275-0122

- For teens in the Town of Ithaca, Villages of Cayuga Hts. and Lansing; apprenticeships, community service projects

www.learning-web.org



Abuse and Rape

Abuse and Rape are not right. Ever.

Abuse or harassment might be physical, emotional or sexual. Whether the person who hurt you is a friend, a relative, or a stranger, being abused can make you feel scared, angry, helpless, betrayed, guilty and confused. You can get help if you or someone you know is being abused or harassed in any way or if you are afraid of hurting or abusing someone else. It's definitely okay to call for information if a friend confides in you and you don't know what to do. You are not alone. Talking with someone can help you sort out your feelings, and help you figure out what you want to do next.

For help and support you can call the local **RAPE AND ABUSE HOTLINE at 277-5000**. A counselor trained to provide support to young people will return your call within minutes. If you or a friend have been raped, sexually abused or physically hurt in other ways, it may also be important for your or their protection to receive medical treatment, since there could be a risk of pregnancy, sexually transmitted disease or physical injury. You have the right to talk to the police about the possibility of bringing charges against whoever has hurt you. Counselors from the Domestic Violence and Sexual Abuse Services at the Advocacy Center (their numbers are listed below) can talk with you about your choices, and are also available to go with you or your friend to the hospital or to the police. If you or a friend are over 18 years old and need help dealing with rape or sexual assault, counselors from the Advocacy Center (number listed below) are there to help.

To report abuse confidentially to Child Protective Services, call the Child Abuse Hotline at 1-800-342-3720. The local "Warm Line," 273-0259 (9-4:30 M F), helps those who are afraid of hurting a child.

There is no safety in silence.

The Advocacy Center

P. O. Box 164, Ithaca 14851 277-3203

24-hour hotline 277-5000

- Emotional support, crisis intervention, support groups, accompaniment to hospital/law enforcement/court, information, referrals, advocacy, lending library for teens and adults coping with issues of sexual abuse, rape or sexual harassment; free

Child Abuse and Neglect Hotline 1-800-342-3720

Children's Intake/Protective Services, Dept. of Social Services

320 W. State St., Ithaca 274-5296, 274-5321

- Assistance to families and youth

rdssinfo@tompkins-co.org

Crime Victims' Services, Family & Children's Service

522 W. State St., Ithaca 391-7038

- Services to victims of crimes: information, counseling, advocacy; free

www.fcsith.org

fcs@fcsith.org

Incest/Sexual Abuse Program, Family and Children's Service

204 N. Cayuga St., Ithaca 273-7494

- Counseling for youth (male and female) victims of sexual abuse; insurance or sliding fees

www.fcsith.org

fcs@fcsith.org

Mental Health Clinic, Tompkins County

201 E. Green St., Ithaca 274-6200

24-Hour emergency service 272-1616

- Counseling for ages 5 & up: individual, couples, families, groups, medication services provided as needed; sliding fee scale, insurance, Medicaid.

rdeluca@tompkins-co.org

Police and Sheriff's Departments, see Legal Assistance/Juvenile Justice section

Youth and Family Services, Dept. of Social Services

320 W. State St., Ithaca 274-5250, 274-5270

- Assistance to families and youth to prevent foster care placements, provide community care for children at risk of institutional placement, manage foster care placements of youth who are juvenile delinquents (JD) or persons in need of supervision (PINS)

rdssinfo@tompkins-co.org

Youth Sexual Abuse Services, a program of the Advocacy Center

P. O. Box 164, Ithaca 14851 277-3203
24-Hour hotline 277-5000

- Emotional support, crisis intervention, support groups, accompaniment to hospital/law enforcement/court, information, referrals, advocacy, lending library for teens and adults coping with issues of sexual abuse, rape or sexual harassment; free

See also **Legal Assistance/Juvenile Justice** section

Adoption see **Pregnancy and Family Planning** section

AIDS/HIV

AIDS kills. You can make a difference in stopping the spread of HIV and AIDS by learning accurate information, educating others, and avoiding risky activities. You don't necessarily need your parent's permission to be tested for HIV infection. Call 274-6683 (9:00-4:00, Mon-Fri.) for an appointment for free and anonymous testing and counseling in this area.

AIDS Work, Southern Tier AIDS Program, Inc.

Lama Plaza, 501 S. Meadow St., Ithaca 272-4098, 1-888-206-2870

- HIV/AIDS support, information and prevention services; Hepatitis C information, all ages; all services free
- On-site HIV testing by appointment

www.stapinc.org

info@stapinc.org

HIV Counseling and Testing

217 S. Salina St., 3rd flr, Syracuse, NY 13202 1-800-562-9423

After Hours (4pm-8pm M-F Sat, Sun. 10am-6pm) 1-800-872-2777

- Anonymous testing at several local sites; free

www.health.state.ny.us

hel01@health.state.ny.us

NYS HIV/AIDS Information Service 1-800-541-AIDS

Planned Parenthood of the Southern Finger Lakes

314 W. State St., Ithaca 273-1513

- Sexually transmitted infection prevention, detection and treatment, HIV testing and counseling; insurance, Medicaid, or sliding fees

www.sextalk.org or www.pppa.org/ppsfl

SexEd@sextalk.org

Southern Tier AIDS Program, Inc. (STAP)

122 Baldwin St., Johnson City, NY 798-1706 or 1-800-333-0892

- HIV/AIDS case management, the Gay/Straight Youth Alliance, risk reduction and prevention education; free

www.stapinc.org

info@stapinc.org

Tompkins County Health Department

401 Harris B. Dates Drive, Ithaca 274-6674

- Sexually transmitted disease/infection prevention, detection and treatment

www.tompkins-co.org/health

bob@tompkins-co.org

Alcohol or Other Drug Abuse

It is illegal to drink or buy alcohol before the age of 21. It is also illegal, at any age, to take recreational drugs such as marijuana, cocaine or speed. There are many places you can go for advice and counseling on drug and alcohol abuse. You may need parental permission for certain services. You should check the program about their rules of confidentiality. If you, a friend, or someone in your family shows signs of having a problem, talk with someone you trust and encourage your friend (or yourself) to get help.

Alateen/Al Anon

. 387-5701 or 1-800-344-2666

- Groups in communities, churches, schools
- Self help groups for adults and teens affected by someone else's drinking; free

www.nynafg.org or www.al-anon-alateen.org

ithaca_alanon@yahoo.com

Alcohol and Drug Council of Tompkins County

201 E. Green St., Suite 500, Ithaca 274-6288

- Information, counseling, and treatment, help for children of alcoholics; sliding fees, Medicaid, insurance

www.alcoholdrugcouncil.org

Alcoholics Anonymous

P.O. Box 43, Ithaca, 14851 273-1541

- Self help groups for alcoholics and their families; free

www.ny-aa.org/tompkins

BOCES Day Treatment Program, offered by Franziska Racker Centers

555 Warren Rd., Ithaca 257-1551

- Day treatment program located at BOCES
- Lighthouse Program: short term, 30-day program for students in crisis or returning from other facilities in need of assistance

www.tstboces.org or www.rackercenters.org

BOCES Youth Development Program

555 Warren Rd., Ithaca 257-1551 x217

- A student assistance service in which counselors help with personal issues, especially in substance abuse, individually and in groups, in school settings; free

www.tstboces.org averba@mail.tstboces.org

Cayuga Addiction Recovery Services (CARS)—Residential

6621 Route 227, P.O. Box 724 Trumansburg 14886 387-6118

- Long term (6 to 12 months) residential, counseling, rehabilitation for drug and alcohol abuse, ages 18 and up; insurance, DSS, or sliding fees

www.CARSNY.org residential@carsny.org

Cayuga Addiction Recovery Services (CARS)—Out-patient

334 West State St., P.O. Box 789, Ithaca 273-5500

101 Cayuga St., P.O. Box 35, Groton 13073 898-3508

- Outpatient counseling and rehabilitation for alcohol and substance abuse, ages 12 and up; insurance, Medicaid, or sliding fees

www.carsny.org Outpatient@CARSNY.org

Cayuga Medical Center at Ithaca

101 Dates Drive, Ithaca 274-4011

- Alcohol, substance abuse, acute detoxification services; insurance, Medicaid, or fee

www.cayugamed.org

Circle of Recovery

Contact Gino Bush 277-3439

P.O. Box 811, Ithaca 14851

- Support, sponsorship, information and referral for alcohol and drug services for young men
- Support group at Ithaca High School for young men

ginobush@clarityconnect.com

Community Coalition for Healthy Youth, c/o Tompkins County Youth Services Dept.

320 W. State St., Ithaca **274-5310**

- Alliance between schools, government and communities; coordinates prevention education and other initiatives to reduce the use of alcohol and other drugs among youth in Ithaca and Tompkins County

www.ithacaparents.org

info@ithacaparents.org or youthservices@tompkins-co.org

Drug Help Information and Referral . . . 1-800-COCAINE (1-800-262-2463)

www.drughelp.org

ldumont@phoenixhouse.org

Ithaca Drug Treatment Court and Tompkins County Felony Drug Court Satellite Office

Community Justice Center, 312 N. Cayuga St., Ithaca **277-1455**

aagnew@courts.state.ny.us

NY State Drug Abuse Information Line

. **1-800-522-5353**

- 24-Hours/7 Days a week, information and referral concerning substance and alcohol abuse, treatment programs and related referrals; free

www.oasas.state.ny.us

Tompkins County Prevention Point, a program of AIDS Work

Lama Plaza, 501 S. Meadow St., Ithaca **272-4098** or **1-888-206-2870**

- Free and anonymous harm reduction and syringe exchange program
- Free safer sex supplies and information
- Referrals to community services

www.stapinc.org

info@stapinc.org

Armed Services

Call these numbers if you want information about enlisting. All males must register for the draft when they turn 18. You will receive a notice in the mail, or can get information at your local post office or board of elections. In addition, school districts are required to provide students' names and addresses to Armed Services recruiters when requested unless parents have informed the school that they do not want their child's name released. Call your school for details and exceptions.

Air Force, 101 Main St., Cortland 13045 **756-6122, 1-800-423-8723**
www.airforce.com

Army, 2309 N. Triphammer Rd., Ithaca **257-4983 or 1-800-USA-ARMY**
www.goarmy.com

Army National Guard **1-800-GO-GUARD (1-800-464-8273)**
www.1800goguard.com

Marines, 2303 N. Triphammer Rd., Ithaca **257-9739**
www.usmc.mil

Navy, 99 Main St., Cortland 13045 **753-0112**
www.navy.mil

U.S. Coast Guard

Shop City Shopping Ctr, 386 Grand Blvd., Syracuse 13206
. **315-437-6135 or 1-877-NOW-USCG (1-877-669-8724)**
Contact YN1 Roger Conrad
www.uscg.mil

Birth Control see **Sexuality, Pregnancy and Family Planning** section

Counseling, Help with Family Problems

“...And they all lived happily ever after.” Right. There are people you can talk to if you or a friend feel confused or upset about a personal, family, or relationship problem, who won’t be angry or judgmental about what you have to say. Counselors are required to keep information told to them confidential (meaning they won’t tell anyone else), except if the information is about causing danger to yourself or another person. However, you should always ask about the rules of confidentiality. Most schools and some agencies will inform others about certain problems. If you want help selecting a counselor, the Mental Health Association can help you find the right service.

In addition to counseling programs, a lot of schools offer support groups on teen issues. Ask your guidance counselor or call BOCES Youth Development Program (formerly Student Assistance Services), 257-1551, x332, to see what is available at your school. Another place to find help is from your pastor, priest, rabbi, or religious leader.

The Advocacy Center of Tompkins County

P. O. Box 164, Ithaca 14851 277-3203

24-Hour hotline 277-5000

- Emotional support, crisis intervention, support groups, accompaniment to hospital/law enforcement/court, information, referrals, advocacy, lending library for teens coping with issues of sexual abuse, rape or sexual harassment; free

Behavioral Services, Cayuga Medical Center at Ithaca

101 Dates Drive, Ithaca 274-4011

- Inpatient voluntary psychiatric treatment, ages 18 and up; insurance, Medicaid, or fee
- Inpatient Adolescent Psychiatric Unit for adolescents under age 18; insurance, Medicaid, or fee

www.cayugamed.org

Children and Youth Mental Health Services, Tompkins County Mental Health Department

201 E. Green St., Ithaca 274-6200

- Counseling and evaluations, ages 5-17, access through Tompkins County Mental Health Clinic

rdeluca@tompkins-co.org

Community Dispute Resolution Center (CDRC)

120 W. State St., Ithaca 273-9347

- Mediation: Mediators assist in having difficult conversations about all kinds of issues: housing, family disputes, etc. Confidential and voluntary; donation requested
- Family Mediation: Teens and their parents sit down with an adult and youth mediator to discuss issues that are getting between them or are difficult to talk about; donation requested
- Teen Talk Series: conflict education workshop series for teens to help young people respond effectively to conflict in their lives; donation requested

www.cdrc.org

cdrc@cdrc.org

Dispositional Alternatives Program (DAP), Family and Children's Service

530 W. State St., Ithaca 272-0900

- Community based case management service for youth 7-18 at risk of placement outside their homes and their families; informal counseling, recreation, family meetings, referrals, transportation; by referral; free

www.fcsith.org

fcs@fcsith.org

Family and Children's Service

204 N. Cayuga St., Ithaca 273-7494

- Individual (all ages), family and group counseling
- Problem pregnancy, adoption, incest/sexual abuse counseling; insurance or sliding fees for all services
- Emergency assessment program, school and home on-site visits conducted
- Services to victims of crimes: information, counseling, advocacy; free

www.fcsith.org

fcs@fcsith.org

Franziska Racker Centers

3226 Wilkins Road, Ithaca 272-5891

- Preschool integrated classrooms for children with special needs identified through the school district; committee on preschool special education
- Day care; 18 months to 12 years

www.rackercenters.org

info@rackercenters.org

Mental Health Association in Tompkins County

518 W. State St., Ithaca 273-9250

- Information, referral, advocacy, education, support for parents of children with behavioral, emotional or developmental problems
- Free lending library - pamphlets, brochures, videos, audio tapes
- Respite services for children and youth with diagnosis or presumptive diagnosis of severe emotional disturbance or other childhood disorders including developmental; also for families where primary caregiver has a mental health related diagnosis

www.mhaedu.org

info@mhaedu.org

Mental Health Clinic, Tompkins County

201 E. Green St., Ithaca 274-6200

24-Hour Emergency service 272-1616

- Counseling for ages 5 & up: individual, couples, families, groups, medication services provided as needed
- Programs include: Children and Youth, Case Management, and Emergency Outreach Services; sliding fee scale, insurance, Medicaid

rdeluca@tompkins-co.org

New York National Guard Youth Program

. 914-788-7405

- Programs and resources for children of N.Y. National Guard members living in this region; counseling, pen pals, regional youth council & summer camps; ages 1-18; free

www.proudnymilitarykids.org

shelly.m.aiken@ny.ngb.army.mil

One to One Big Brothers and Sisters of Ithaca and Tompkins County, Ithaca Youth Bureau

1 James L. Gibbs Dr., Ithaca 273-8364

- Personal and family support, matches youth 6-16 years old with caring adult volunteers; free

www.cityofithaca.org

oneoone@cityofithaca.org

Over Eaters Anonymous

12-step program, call for times and places of meetings 387-8253

- Self help support for people with eating disorders including anorexia and bulimia; free

www overeatersanonymous.org/ or www.OARegion6.org

webmaster@oaregion6.org

Pastoral Counseling Service

First Baptist Church, DeWitt Park, Ithaca 272-6474

- Individual (ages 6-adult) or family counseling by experienced, trained counselors; sliding fees (may be covered by insurance). Youth 16+ do not need parental permission for counseling

stuandjoan@bluefrognet.net

Planned Parenthood of the Southern Finger Lakes

314 W. State St., Ithaca

Medical Office 273-1513

Administration 273-1526

Education 216-0021

- Sexuality, relationships, sexual orientation, birth control, HIV counseling, pregnancy options; sliding fees

www.sextalk.org or www.ppfa.org/ppsf

SexEd@sextalk.org

Suicide Prevention and Crisis Service

Training/Resource Ctr., 124 E. Court St., Ithaca 14850 272-1505

24-hour crisis line 272-1616 or 1-800-SUICIDE

- 24-hour phone counseling, confidential and anonymous (no names asked)
- Help after suicide, homicide, accident, assault, fire, other traumatic death and events
- Training in prevention of suicide and other violence, crisis intervention, and effective communication

www.suicidepreventionandcrisisservice.org/

info@suicidepreventionandcrisisservice.org

Tompkins Community Action

701 Spencer Road, Ithaca **273-8816**

- Family Resources Dept.—central intake, emergency services (H.E.A.P., food pantry), food co-op, information and referral, community outreach, Youth Build, and summer jobs program
- Early Childhood—Head Start, Primary School Family Support Program
- Energy Services—weatherization, resource packaging, utility partnership with NYSEG, energy audits and contracting
- Housing—Section 8 rental assistance, supportive housing, family self-sufficiency program

www.tcaction.org

info@tcaction.org

Warm Line, Day Care Council

609 W. Clinton Street, Ithaca **273-0259**

- 9-4:30, M-F; free, confidential help by phone to parents and child care providers with questions about children's behavior and development. Ask about tantrums, sleeping problems, biting, school and childcare adjustment, or any issues of survival as a caregiver.

www.daycarecouncil.org

daycare@daycarecouncil.org

Youth Sexual Abuse Services, a program of the Advocacy Center

P. O. Box 164, Ithaca 14851 **277-3203**

24-hour hotline **277-5000**

- Emotional support, crisis intervention, support groups, accompaniment to hospital/law enforcement/court, information, referrals, advocacy, lending library for teens coping with issues of sexual abuse, rape or sexual harassment; free

Day Care see Parenting section

Disabilities

We can all use information about our ableness and disabilities so no one is excluded from living life fully. Every person with a disability is entitled to free training and education in their school district until age 21 or until they earn a regents/local diploma. You cannot be denied a job simply because you are disabled.

BOCES (Board of Cooperative Educational Services) Smith School

555 Warren Road, Ithaca **257-1551**

- In-school developmentally appropriate educational programs, vocational training; contact guidance office of your home school district for referral

www.tstboces.org

Challenge Industries

402 E. State St., Ithaca **272-8990**

- Job readiness, job placement, on the job support for individuals 16 and older with disabilities; free

www.aboutchallenge.org

info@aboutchallenge.org

Children with Special Care Needs (CSCN), Tompkins County Health Dept.

401 Harris B. Dates Drive, Ithaca **274-6644**

- Offers resources regarding disabilities, chronic medical conditions, developmental delays
- Options for developmental screenings, evaluations, services including speech, occupational, and physical therapy, counseling, service coordination to eligible children; financial assistance is available to eligible families

www.tompkins-co.org/health/divisions/cscn.htm

bob@tompkins-co.org

Commission for the Blind & Visually Handicapped, NYS OCFS

2 Clinton Sq. Suite 105, Syracuse, 13202 **315-423-5417**

Binghamton Outstation **607-721-8292**

Toll free in Central NY **866-871-3000**

- Multitude of services for children and adults with severe vision problems; consultation, advocacy, referral services, Vocational Rehabilitation Counseling and goal planning

www.ocfs.state.ny.us/main/cbvh/

Developmental Disabilities Service Office

1257 Trumansburg Rd., Ithaca **273-0811**

- Day habilitation and day services for people with developmental disabilities; residential services, service coordination

Finger Lakes Independence Center (FLIC)

215 Fifth St., Ithaca voice/TTY **272-2433**

- Peer counseling, peer support groups, independent living skills training, assistance with transition from high school to college/work, public education events, advocacy assistance, equipment loan, information and referral; free for all ages

www.fliconline.org

flic@clarityconnect.com

Finger Lakes Library System

119 E. Green St., Ithaca voice **273-4074**

- Books by mail, replacements of machines for talking book service; free

www.flls.org

Franziska Racker Centers

3226 Wilkins Road, Ithaca **272-5891**

- Early intervention and preschool special education for children with developmental delays and disabilities, ages 0-5. Evaluations, education and therapy in Center or out in community settings
- Residential services (located in Dryden, Covert, Ithaca and Cortland) and family support services (respite care, summer camp, counseling, etc.)

www.rackercenters.org

info@rackercenters.org

Human Rights Commission

120 W. State St., Ithaca **277-4080**

- Files and investigates discrimination complaints, presentations on discrimination and diversity issues, student internships; free

smoore@tompkins-co.org

Mental Health Association in Tompkins County

518 W. State St., Ithaca **273-9250**

- Information, referral, advocacy, education, support for parents of children with behavioral, emotional or developmental problems
- Respite services for children and youth with diagnosis or presumptive diagnosis of severe emotional disturbance or other childhood disorders including developmental; also for families where primary caregiver has a mental health related diagnosis

www.mhaedu.org

info@mhaedu.org

Physically Handicapped Children's Program, Tompkins County Health Dept.

401 Harris B. Dates Dr., Ithaca 274-6644

- Financial assistance, information about services; free

www.tompkins-co.org/health/

bob@tompkins-co.org

Recreation Mainstreaming Services, Ithaca Youth Bureau

1 James L. Gibbs Dr., Ithaca 273-8364

- Young adult group meets bimonthly primarily on weekends; summer full day program; special events; dances

www.cityofithaca.org

Skylight Club Day Treatment Program

201 E. Green St., Ithaca 274-6262

- Treatment and rehabilitation for persons 18 and over with psychiatric problems

Vocational Educational Services for Individuals with Disabilities (VESID)

Suite 206, 171 E. State St. Ithaca 734-5294 or 1-800-888-5020

- Job counseling, training and placement for persons with disabilities; free

www.vesid.nysed.gov/southerntier

Discrimination

"Just by being born, every boy and girl automatically gets some rights in this world." (Vitamin L Chorus) There are many laws in our country, state and community that prohibit discrimination, while at the same time other labor laws restrict hiring and job activities in some situations for health and safety reasons. The bottom line is, you cannot be treated differently or be fired from a job based solely on your race, color, creed, age, sex, sexual orientation, marital status, disability, national origin, and in employment and licensing with regard to prior arrest and conviction. It is also illegal for an employer to refuse to hire you for one of these reasons.

Human Rights Commission

120 W. State St., Ithaca 277-4080

- Information about people's rights in housing, employment, credit, public accommodation and education; free

smoore@tompkins-co.org

Drug Abuse see Alcohol or Other Drug Abuse section

Education see Schools or Tutoring sections

Emergency Assistance see Hotlines/Help lines in Legal Assistance/Juvenile Justice section

Family Problems see Counseling section

Health and Medical Care

A healthy lifestyle is up to you, but helping hands are available. If you are under 18, unless you are married or a parent, one of your parents must arrange for your medical care. However, medical emergencies never require a parent's signature and pregnancy, STI (sexually transmitted infections) or HIV testing usually does not require a parent's signature. School nurses will also provide information and advice on health concerns.

AIDS Work, Southern Tier AIDS Program, Inc.

Lama Plaza, 501 S. Meadow St., Ithaca 272-4098

Hotline 1-888-206-2870

- HIV/AIDS support and information, Hepatitis C information, all ages; all services free
- On-site HIV testing and prevention services

www.stapinc.org

info@stapinc.org

Cayuga Medical Center at Ithaca

101 Harris B. Dates Drive, Ithaca 274-4011

- Medical care and emergency services
- Inpatient voluntary psychiatric treatment, ages 18 and up; insurance, Medicaid, or fee
- Inpatient Adolescent Psychiatric Unit for adolescents under age 18; insurance, Medicaid, or fee

www.cayugamed.org

Children with Special Care Needs (CSCN), Tompkins County Health Dept.

401 Harris B. Dates Drive, Ithaca 274-6644

- Offers resources regarding disabilities, chronic medical conditions, developmental delays
- Options for developmental screenings, evaluations, services including speech, occupational, and physical therapy, counseling, service coordination to eligible children; financial assistance is available to eligible families

www.tompkins-co.org/health/divisions/cscn.htm

bob@tompkins-co.org

Convenient Care Center

10 Arrowood Dr., Ithaca 274-4150

- Walk-in medical care without an appointment; insurance, Medicaid

www.cayugamed.org

Dental Case Management Program, Department of Social Services

320 W. State St., Ithaca 274-5344

- Medicaid recipients can enroll to find and receive dental services

dssinfo@tompkins-co.org

Franziska Racker Centers

3226 Wilkins Road, Ithaca 272-5891

- Health clinics and therapeutic programs for people of all ages with disabilities at Centers and in community, specialty clinics, audiological services

www.rackercenters.org

info@rackercenters.org

HIV Counseling and Testing

217 S. Salina St., 3rd flr, Syracuse, NY 13202 1-800-562-9423

After Hours (4pm-8pm M-F Sat, Sun. 10am-6pm) 1-800-872-2777

- Anonymous testing at several local sites; free

www.health.state.ny.us

hel01@health.state.ny.us

Ithaca Breast Cancer Alliance

100 W. Seneca St., Ithaca 277-0960

Helpline 277-9410

- Financial assistance for health services

www.ibca.net

info@ibca.net

Medicaid, Department of Social Services

320 W. State St., Ithaca 274-5359

- Financial assistance for health services

dssinfo@tompkins-co.org

Medical Society of Tompkins County

Medical Societies of Broome, Delaware, Otsego and Tompkins
65 Pennsylvania Ave. Suite 201, Binghamton, 13903

For info. on health policy matters & member physicians 772-8493

For a list of local physicians accepting new patients 274-4225

www.medsocieties.org

medsociety@medsocieties.org

Planned Parenthood of the Southern Finger Lakes

314 W. State St., Ithaca

Medical Office 273-1513

Administration 273-1526

Education 216-0021

• Birth control, pregnancy testing; sexually transmitted infection prevention, detection and treatment; HIV testing and counseling; abortion; emergency contraception; cancer screening; insurance, Medicaid, or sliding fees

www.sextalk.org or www.ppfa.org/ppsfl

SexEd@sextalk.org

Tompkins County Health Department

401 Harris B. Dates Drive, Ithaca 274-6600

• Variety of youth health services: Health Promotion Program, information on smoking cessation, and tobacco control, childbirth education classes, disease prevention services (Lead Screening, sexually transmitted diseases/infections, Tuberculosis, HIV testing), detection and treatment, prenatal care (MOMS), WIC nutrition program, immunization clinics; free to eligible participants; some fees apply

www.tompkins-co.org/health

bob@tompkins-co.org

Housing see Runaway and Living Out of Home section

Jobs and Job Training

Usually, if you are under 18 you must have working papers to get a job. High schools (either the medical or guidance office) have forms and will help you fill them out, whether you are in or out of school. If you are not attending school, contact the high school of the school district where you live. You will need your parent's written permission, proof of age and a certification of physical fitness. Minimum wage is \$6.75 per hour (effective 1/1/06) and will rise to \$7.15 per hour in 2007. Minimum wage is less for some jobs, including work in restaurant and hotels where workers receive tips. Some employers are allowed by law to pay a

“Training wage” of \$4.25 per hour to youth for the first 90 days of employment. To get a job, you will also need a Social Security number. Call 256-3651 or 1-800-772-1213 or go to the Social Security office in Center Ithaca, to apply for one. Visit their website at www.ssa.gov to get forms electronically.

Babysitter's Training, American Red Cross

201 W. Clinton St., Ithaca **273-1900 x16**

- Address safety issues, preventing injuries and illnesses, basic child care, first aid, decision making skills and age-appropriate behavior and play, ages 11-15

www.tompkins-redcross.org

thilliard@tompkins-redcross.org

BOCES, (Board of Cooperative Educational Services)

555 Warren Road, Ithaca **257-1551**

- Job information, educational training, job development, career counseling

www.tstboces.org

Carpenters Local 281

181 Industrial Park Rd. Horseheads, 14844 **732-9049**

- Journeyman carpenters, apprenticeship program; must be 18+ years of age and have H.S. diploma or GED

Challenge Industries

Main office, 402 E. State St., Ithaca **272-8990**

- Vocational training and placement for people 16 and older with disabilities; free

www.aboutchallenge.org

info@aboutchallenge.org

Job LINK, Tompkins Workforce New York

171 E. State St., Suite #115A, Ithaca **272-7570 x129**

- Educational, employment and training services for youth 16-21 who are still in school, those who have dropped out or those who have graduated and need help finding work; services include employment preparation, workshops, job search assistance, paid and unpaid work experiences, tutoring, study skills training and mentoring; must meet eligibility guidelines
- Customer service and sales training center: classes and workshops on customer service and other workplace topics, all ages, contact for schedule and details
- National certification on customer service offered

www.tompkinsworkforcenyc.org

youthservices@tompkins-co.org

firststop@tompkins-co.org

JOBS Program, Employment Unit, Department of Social Services

320 W. State St., Ithaca 274-5294

- Training and employment for youth on public assistance

dssinfo@tompkins-co.org

The Learning Web

515 W. Seneca St., Ithaca 275-0122

- Career exploration tours, job shadowing, community service projects
- Job training
- Volunteer and paid apprenticeships for eligible youth; free

www.learning-web.org

Lifeguard Training, American Red Cross

201 W. Clinton St., Ithaca 273-1900 x16

- Lifeguard skills and knowledge needed to prevent and respond to aquatic emergencies, minimum age of 15, must pass aquatic pretest

www.tompkins-redcross.org

thilliard@tompkins-redcross.org

Local Employment Opportunities

- Job training and employment for teens

Caroline, Danby, Dryden, Enfield, Groton, Lansing 272-2292

Trumansburg/Ulysses 387-4910

Coordinated by local commissions/community councils through Cornell Cooperative Extension, 615 Willow Ave., Ithaca

www.cce.cornell.edu/tompkins

City of Ithaca 273-8364

Coordinated by Ithaca Youth Bureau, 1 James L. Gibbs Dr., Ithaca

www.cityofithaca.org

Newfield 564-9981

Town of Ithaca 273-1721

Money Works, Cornell Cooperative Extension

615 Willow Ave., Ithaca 272-2292

- Learn how to manage money wisely in these free classes; includes managing checking/savings accounts, setting financial goals, choosing the right bank or credit union

www.cce.cornell.edu/tompkins

tompkins@cornell.edu

Plumbers-Steamfitters Local 267

701 W. State St., Ithaca 272-8586 or 800-635-0336 x203

- Journeyman plumbers or pipe fitters, apprenticeship program, must have H.S. diploma or GED and be 18+ years of age

www.ualocal267.org

pfingland@ualocal267.org

Student Credit Union, Alternatives Federal Credit Union

125 N. Fulton St., Ithaca 273-4611 x829 or x861

- Money management assistance, serves teenagers under age 19 with savings or checking accounts, loans for personal, small business or college use, and VISA cards

www.alternatives.org

scu@alternatives.org

Summer Jobs

For a list of summer job programs call the Tompkins County Youth Services

Dept. 274-5310

www.tompkins-co.org/youth

youthservices@tompkins-co.org

Tech Prep Program, TC3

170 North St., Dryden 13053 844-8222 x4328

- Paid work placements for college COOP credit as part of high school career & technical programs
- High school students in Tech Prep programs may take three TC3 courses tuition-free

www.TC3.edu/techprep

zeppelev@tc3.edu

Tompkins Workforce New York Career Center—First Stop

171 E. State St. #241 (Center Ithaca, 2nd floor), Ithaca 272-7570 x119

- Job search assistance, career resource library, résumé and cover letter assistance, computerized job matching, on-site employer recruiting, workshops, training and linkages to apprenticeships, appropriate referrals, information and employment options available to all ages seeking employment
- On-site computer, faxing, copying for employment search available

www.tompkinsworkforceny.org

firststop@tompkins-co.org

Vocational Educational Services for Individuals with Disabilities (VESID)

Suite 206, 171 E. State St. Ithaca 734-5294 or 1-800-888-5020

- Job counseling, training and placement for persons with disabilities; free

www.vesid.nysed.gov/southerntier

Working Youth Network

592-6874

- WYN Jobs serves as a referral link between youth who want work and area residents who from time to time need occasional labor to help with chores and maintenance around their homes

wericclay@aol.com

Youth Employment Service (Y.E.S.), Ithaca Youth Bureau

1 James L. Gibbs Drive, Ithaca 273-8364

- Free, friendly job referral network for Tompkins County teens, ages 14 and up; helps find part-time and full-time jobs or short term jobs; helps to increase your chances of getting the job you want; other supported employment opportunities may be available from time to time, special paid summer job program for City of Ithaca residents

www.cityofithaca.org

yes@cityofithaca.org

Youth Horticulture Apprentice Program, Cornell Cooperative Extension

615 Willow Ave., Ithaca 272-2292

- Training and employment for youth ages 14-18 in gardening, landscaping and basic sciences and involves youth in community beautification

www.cce.cornell.edu/tompkins

tompkins@cornell.edu

See also **Computers and Disabilities** sections

Legal Assistance/Juvenile Justice

If you are the victim of a crime or feel you are being harassed, touched in ways that make you feel bad, or pressured to do illegal things, there are adults who can help. Parents, religious leaders, school staff, police and youth workers can help you sort out your issues and feelings. Some agencies can also provide confidential information and support.

Shoplifting? Underage Drinking? At age 16 you can be arrested by the police and prosecuted as an adult in the courts. If you need free legal help or advice for a problem with Family Court, a landlord, education, harassment, discrimination, or other matters, there are people you can call.

Youth ages 7-15 who commit crimes are considered Juvenile Delinquents (JDs). Youth receive a Juvenile Appearance Ticket and are given a date to appear at the Probation Department. A probation officer will then determine whether the case

can be handled through diversion services or whether it will be forwarded to the County Attorney's Office for further prosecution and court intervention. If the matter goes to court, the Family Court judge will decide the kind of punishment and/or help that is most appropriate. Juvenile delinquents cannot be placed in jails with adults but can be placed in detention with other youth, if needed, to be sure they show up in court and to prevent them from committing more crimes.

If you are arrested:

1. Do not resist arrest.
2. Call your parents or legal guardian. By law, if you are under 16 years old, they must be notified of your arrest and be present when you are questioned.
3. You have the right to remain silent beyond identifying yourself (name, address, family, birth date).
4. You have the right to have an attorney present during questioning. If you cannot afford one, the court will provide one for you.

To make a complaint about behavior of City of Ithaca police that you have experienced or witnessed, contact the City Clerk, 108 E. Green St. (274-6570), or an Ithaca community police board member (275-0799) for a complaint form. For complaints about the Sheriff's Department, forms are available at the Sheriff's office, 779 Warren Road, Ithaca.

Youth under age 18 who show a pattern of disobedience, running away, curfew violations, drug or alcohol abuse, violent behavior or school truancy can be referred to Family Court as a Person in Need of Supervision (PINS). Probation officers usually try to help resolve the problems before asking a Family Court judge to make decisions about the services and consequences most appropriate for each situation. When a young person goes before a Family Court judge, a Law Guardian is assigned to protect his or her rights.

The Advocacy Center of Tompkins County

P. O. Box 164, Ithaca 14851 277-3203

24-hour hotline 277-5000

- Emotional support, crisis intervention, support groups, accompaniment to hospital/law enforcement/court, information, referrals, advocacy, lending library for teens coping with issues of sexual abuse, rape or sexual harassment; free

Community Dispute Resolution Center (CDRC)

120 W. State St., Ithaca 273-9347

- Mediation with trained mediator to assist in having difficult conversations about all kinds of issues: housing, family disputes, etc.; confidential and voluntary; donation requested

www.cdrc.org

cdrc@cdrc.org

Cornell Legal Aid Clinic

G40 Myron Taylor Hall, Cornell, Ithaca 14853 255-4196

- Legal assistance for low income individuals of Tompkins County; may be court costs

Crime Victims' Services, Family & Children's Service

522 W. State St., Ithaca 391-7038

- Services to victims of crimes: information, counseling, advocacy; free

www.fcsith.org

fcs@fcsith.org

Dispositional Alternatives Program (DAP), Family and Children's Service

530 W. State St., Ithaca 272-0900

- Community based case management service for youth 7-18 at risk of placement outside their homes and their families; informal counseling, recreation, family meetings, referrals, transportation; by referral; free

www.fcsith.org

fcs@fcsith.org

Family Court, Tompkins County

P.O. Box 70, Courthouse, 320 N. Tioga St., Ithaca 277-1517

- Court services to protect children

www.nycourts.gov

Human Rights Commission

120 W. State St., Ithaca 277-4080

- Files and investigates discrimination complaints, presentations on discrimination and diversity issues, student internships; free

smoore@tompkins-co.org

Law Guardian Office

- 121 East Buffalo St., Ithaca 277-3198
- Legal services for youth involved in Family Court; all cases are assigned by the Court; free

Offender Aid and Restoration (OAR)

- 518 W. Seneca St. 2nd floor, rear entrance, Ithaca 272-7885
- Provides support for inmates (and families) in Tompkins County jail, bail loans, assistance during transition from jail, drop-in center for ex-inmates, volunteers for one on one support; free

oartc@cornell.edu

Police, Sheriff's Departments, Emergencies 911

NON-EMERGENCIES:

- Cayuga Heights 257-1011
- Dryden 844-8118
- Groton 898-3131
- Ithaca 272-3245
- Tompkins County Sheriff 257-1345
- Trumansburg 387-6505
- State Police 273-4671

Probation Department, Tompkins County

- 320 W. State St., Ithaca 274-5380
- PINS (Persons in Need of Supervision), diversion services, information for juveniles and parents, assistance with juvenile delinquency matters; free
- www.tompkins-co.org/probation tomprob@tompkins-co.org

Tompkins County Youth Advocate Program (YAP)

- 910 West State St., Ithaca 277-5254
- Alternative to institutional placement, one to one advocacy for youth and their families; must be in DSS custody or supervision

Tompkins-Tioga Neighborhood Legal Services

- Dewitt Office Complex, 215 N. Cayuga St., Ithaca 273-3667
- toll free: 1-800-724-4170
- Legal assistance and referrals for income eligible residents of Tompkins and Tioga Counties having problems with: housing or public benefits including utility shut off, eviction; difficulty with Public Assistance, Food Stamps,

Medicaid, Social Security Disability or SSI; cannot help with criminal matters or traffic violations; office hours 8:30–12:30, 1:30–4:30

www.lawny.org/lawny/index

ccnls-ithaca@clarityconnect.com

Libraries contact your area library for hours and special events and activities for all ages

Caroline Community Library

Caroline Town Hall, 2670 Slaterville Rd., Slaterville Springs273-7187

www.tcpl.org/tcpllibraries/caroline.html

Danby Community Library

Danby Town Hall, 1830 Danby Road, Ithaca277-4788

www.tcpl.org/tcpllibraries/danby.html

Finger Lakes Library System (FLLS)

119 E. Green St., Ithaca273-4074

• Books by mail; services to agencies serving youth, call for info

www.flls.org

Groton Public Library

112 E. Cortland St., Groton898-5055

www.flls.org/memberpages/groton.htm

groton@twcny.rr.com

Lansing Community Library Center

Old Town Hall, 27 Auburn Road, Lansing533-4939

www.lansinglibrary.org

info@lansinglibrary.org

Newfield Public Library

P.O. Box 154 (Main Street), Newfield564-3594

www.flls.org/memberpages/newfield.htm

newfieldpubliclibrary@yahoo.com

Southworth Library Association

24 West Main St., P.O. Box 45, Dryden844-4782

www.southworthlibrary.org/

southworth@twcny.rr.com

Tompkins County Public Library

101 E. Green St., Ithaca 272-4557
www.tcpl.org circulation@tcpl.org

Ulysses Philomathic Library

74 E. Main Street, P.O. Box 705, Trumansburg 387-5623
www.tburg-info.com/UPL/ uphiloma@twcny.rr.com

Medical Care see Health and Medical Care section

Mental Health see Counseling, Family Problems section

Mentoring

When youth are matched up in one to one relationships with adult volunteers, the pair can become friends, teachers, or “coaches” about life for each other. Adults know things they can teach youth, and youth know things they can teach adults. There are several programs that help link young people and adults for friendship, life skills and careers.

Apprenticeship Programs, The Learning Web

515 W. Seneca St., Ithaca 275-0122
♦ One to one matches with adults for career and interest exploration and employment readiness
www.learning-web.org

BOCES Youth Development Program

TST BOCES, 555 Warren Rd., Ithaca 257-1551
♦ Staff work one on one or in small groups in a school setting with youth around personal issues
www.tstboces.org averba@mail.tstboces.org

Career Mentoring Program, TST BOCES

555 Warren Rd., Ithaca 257-1551
♦ BOCES enrolled students work with professionals to gain job skills
www.tstboces.org

One to One Big Brothers Big Sisters of Ithaca and Tompkins County, Ithaca Youth Bureau

1 James L. Gibbs Dr., Ithaca **273-8364**

- Personal and family support program, establishes and supports one to one mentoring friendships between children of Tompkins County, ages 6-14, with caring adult or student mentors; creates matches in the community, at school and on college campuses; free

www.cityofithaca.org

onetooone@cityofithaca.org

Paul Schreurs Memorial Program, Ithaca Youth Bureau

1 James L. Gibbs Dr., Ithaca **273-8364**

- Academic and personal support for eligible students; free

www.cityofithaca.org

psmp@cityofithaca.org

Soaring Together (Student Opportunities for Academic Recognition)

A partnership between the Ithaca Youth Bureau and the Village at Ithaca

P.O. Box 6776, Ithaca 14851 **272-9218** or leave msg at **274-5438**

- Youth in grades 6-12 are matched with caring adult volunteers who provide life skill support, tutoring, personal and family support; specifically for Black males in the Ithaca School District, free

www.villageatithaca.org

contact@villageatithaca.org

Youth Outreach Program, The Learning Web

602 Hancock St., Ithaca **272-8162**

- Adult mentors teach workplace skills and employment readiness

www.learning-web.org

Motor Vehicles

You must be 16 to get a learner's permit which will allow you to drive with a licensed driver over the age of 21. There are restrictions as to when and where you can drive. In order to get a permit, you must pass a written and vision test, have the permission of your parent(s) or legal guardian(s) on your application (if under age 18), prove your age and identity, show your Social Security card, and pay a fee.

A junior permit will let you drive from 5 am to 9 pm under the immediate supervision of a person 21 or older who has a license valid for the vehicle being driven. Between 9 pm and 5 am, your parent, guardian or a driving instructor must be present and must be 21 or older and have a valid license.

To get a driver's license in New York State, either for driving a car, a motorcycle or a moped, you must have a learner's permit, complete a pre-licensing course or an approved driver education course, bring a statement from your supervising driver, signed by your parent, that you have at least 20 hours of driving experience, and pass a road test.

New graduated licensing rules took effect Sept. 1, 2003 which impact Upstate NY drivers under age 18, "junior drivers:"

1. Junior drivers may not drive with more than 2 passengers under age 21 who are not immediate family members unless a parent, guardian or driving instructor is present.
2. When the law requires that the junior driver be supervised, only the supervising driver can ride in the front seat.
3. The supervising driver must be 21 or older and have a valid license for the vehicle.
4. Supervision is required from 9pm-5am except for travel directly to/from home and work or a school-sponsored activity; you must carry proof of employment or school enrollment for driving during these hours.
5. All passengers who ride with a junior driver must use safety restraints.
6. If a junior driver gets his/her license less than six months after getting the permit, then he/she receives a limited-use license that is in effect for 6 months. It restricts when, where and the purpose the driver may drive.
7. Junior driver restrictions are in effect until age 18. However, if you complete an approved driver training course you may convert to a senior driver license at age 17.

All motor vehicles driven on public roads must be registered at the Department of Motor Vehicles. If you buy a vehicle, you must get it registered and get a new license plate.

To register a vehicle:

1. You must have proof of ownership. For cars, this is a Certificate of Title and a Bill of Sale. Don't buy a car without getting these.
2. You must have the vehicle inspected within 10 days after registering if not bought from a dealer.
3. You must have proof of insurance (insurance identification card FS-20).
4. You must pay, or show that you have paid a dealer, sales tax on your vehicle.
5. You must pay a fee to the Department of Motor Vehicles.
6. You must have proof of your identity and date of birth.

In case of an accident, stay at the scene. It is a violation to leave the scene of any accident involving property damage, and a crime to leave if personal injury is involved. Remain calm and make no accusations or statements about guilt. Call the police if there is damage to either vehicle or if someone is injured. Exchange names, addresses, phone numbers, insurance companies, and drivers license numbers.

Tompkins County Department of Motor Vehicles

301 Third St., Ithaca 273-7187

Director, County Clerk 274-5431

- Forms and information also available on-line

www.NYSDMV.com

Parenting

Being a parent is hard work and a big responsibility for both mothers and fathers. There are a lot of things to think about, like good medical care, needs of infants and children, and childcare. Here are some services that can help.

Child Find, Tompkins County Health Dept.

401 Harris B. Dates Dr., Ithaca 274-6644

- Assessment, referral of high risk infants/children, early intervention

www.tompkins-co.org/health

bob@tompkins-co.org

Cornell Cooperative Extension

615 Willow Ave., Ithaca 272-2292

- Education and information on parenting, child development and managing household finances; free or low cost

www.cce.cornell.edu/tompkins

tompkins@cornell.edu

Day Care and Child Development Council of Tompkins County

609 W. Clinton St., Ithaca 273-0259

- Information on parenting, child development, and finding child care, support for teen parents; “Warm Line” (9-4:30 M-F); free

www.daycarecouncil.org

daycare@daycarecouncil.org

Immunization Clinics, Tompkins County Health Department

401 Harris B. Dates Dr., Ithaca 274-6616

- Immunizations for infants, children and adults; by appointment; several walk in sites available with evening hours

www.tompkins-co.org/health

bob@tompkins-co.org

Lead Screening Program, Tompkins County Health Dept.

401 Harris B. Dates Dr., Ithaca 274-6604

- Easy test for young children who may be exposed to lead from older housing or the environment; insurance, sliding fee or free for eligible children

www.tompkins-co.org/health

bob@tompkins-co.org

Mental Health Association in Tompkins County

518 W. State St., Ithaca 273-9250

- Family Support Program provides education, advocacy and support for parents of children with behavioral, emotional or developmental problems; free
- Information, referral, advocacy, education, support for parents of children with behavioral, emotional or developmental problems
- Free lending library: pamphlets, brochures, videos, audio tapes
- Respite services for children and youth with diagnosis or presumptive diagnosis of severe emotional disturbance or other childhood disorders including developmental; also for families where primary caregiver has a mental health related diagnosis

www.mhaedu.org

info@mhaedu.org

Teen Pregnancy and Parenting Program (TP3), Day Care Council

609 W. Clinton St., Ithaca 273-1055

- Supportive counseling, prenatal and parenting education, mentoring program, support and activities for teen parents, case management, referrals to local services; free

www.daycarecouncil.org

tp3@daycarecouncil.org

Warm Line, Day Care Council

609 W. Clinton Street, Ithaca 273-0259

- 9-4:30, M-F; free, confidential help by phone to parents and child care providers with questions about children's behavior and development. Ask about tantrums, sleeping problems, biting, school and childcare adjustment, or any issues of survival as a caregiver.

www.daycarecouncil.org

daycare@daycarecouncil.org

WIC (Women, Infants and Children), Tompkins County Health Dept.

401 Harris B. Dates Dr., Ithaca 274-6630

- Nutritious food and nutrition education for pregnant, breastfeeding and postpartum women and young children (to age 5), clinics by appointment in most towns in Tompkins County; free for eligible families

www.tompkins-co.org/health

bob@tompkins-co.org

Runaway and Out of Home Living

If you're experiencing tough times at home, many programs listed under Counseling, Abuse and Rape, Alcohol or Other Drug Abuse, and Legal Assistance/Juvenile Justice can help you. Generally, parents are responsible for their unmarried children until they are 21, unless a young person has his or her own income and lives independently. However, if your home is not safe for you, there may be legal ways for you to live outside your home. If you're under 16 and run away from home, you may be picked up by a police officer and returned home or referred to Department of Social Services for an alternative living situation. If you have left home and need to go to a different school, the law guarantees you the right to register for classes without hassles or delays. Call the County Youth Services Department (274-5310) with questions about youth and parent rights and responsibilities and for help finding services. If you must live on your own and need emergency housing, financial assistance, support, etc., call the programs listed below.

The Advocacy Center of Tompkins County

P. O. Box 164, Ithaca 14851 277-3203

24-hour Hotline 277-5000

- Counseling, information, support, information and referrals for young people coping with issues of sexual abuse, rape or incest; free

Bridges for Youth and Families, Hillside Children's Center

120 W. State St., 3rd floor, Ithaca 24-hours/day, 275-0067

- Confidential individual and family counseling, info & referral, advocacy, emergency short term housing when available, ages 12+; free

www.hillside.com

Community Dispute Resolution Center (CDRC)

120 W. State St., Ithaca 273-9347

- Family Mediation: teens and their parents sit down with an adult and youth mediator to discuss issues that are getting between them or that are difficult to talk about; donation requested
- Mediation: mediators assist in having difficult conversations about all kinds of issues: housing, family disputes, etc.; confidential and voluntary; donation requested

www.cdrc.org

cdrc@cdrc.org

Department of Social Services

320 W. State St., Ithaca Public Assistance	274-5348
Emergency Housing	274-5293
Medicaid	274-5359
• Cash assistance, emergency aid, Medicaid, food stamps, emergency housing; free	

dssinfo@tompkins-co.org

Emergency Shelter Program, American Red Cross

201 W. Clinton St., Ithaca (offices)	273-1900
717 W. Court St., Ithaca, 24-hour hotline	273-9177
• Shelter for men and women ages 16 and over, and families; case management and support; free	

www.tompkins-redcross.org

Food Resources

Call Information & Referral for locations and schedules	272-9331
• Food pantries and meals available daily in various locations throughout Tompkins County	

www.hsctc.org

Friendship Center, American Red Cross

618 W. State St., Ithaca	273-6684
• Drop in center, support, information and referral, prevention and outreach, phones, snacks; free	

www.tompkins-redcross.org

Homeless Hotline (American Red Cross, Ithaca) 273-9177

Loaves and Fishes

St. John's Episcopal Church, 210 N. Cayuga St., Ithaca	272-5457
• Advocacy, no eligibility requirement, volunteer opportunities 12+; free	
• Free hot meals Mon., Wed., Fri. noon, Tues. & Thurs. 6:00 p.m.	

www.loaves.org

loaves@loaves.org

National Youth Crisis Hotline 1-800-HIT-HOME (1-800-448-4663)

Runaway National Hotline 1-800-621-4000

Youth Outreach Program, The Learning Web

602 Hancock St., Ithaca **272-8162**

- Information, counseling, employment, apprenticeships, help for homeless or independent youth with housing and accessing social services; free

www.learning-web.org

Schools

If you are between the ages of 5 and 21, you can attend a public school in the school district where you live, free of charge. State law says that if you are between the ages of 6 and 16, you must go to school every day that it is open unless you are sick or have another good excuse for not going to school. The law also says that you must finish the school year during which you are 16. You have the right to equal treatment while in school, meaning you may not be discriminated against on the basis of race, religion, national origin, handicap or gender. Special legislation allows runaway or homeless teens to return to school. Explain your situation and ask staff at the school office to help you register without delays or call the County Youth Services Runaway and Homeless Youth Coordinator (274-5310) for help. If you are pregnant, you may remain in your regular program as long as your doctor says you are physically able. After your child is born, you can return to classes as soon as you are able. See Tutoring section for information on academic support.

BOCES (Board of Cooperative Educational Services)

555 Warren Road, Ithaca **257-1551**

- Vocational and technical training, GED (High School Equivalency Diploma) program, school services for learning disorders, Youth Development Program (see Alcohol/Drug Abuse or mentoring sections)
- TST BOCES Community School (includes teen parents and pregnant teen's program) 214 Elmira Road, Ithaca **273-9015**

www.tstboces.org/

Candor Central School District

District Office 80 Main St., P.O. Box 145, Candor, 13743 **659-5010**

www.candor.org

Cascadilla School

116 Summit St., Ithaca 14850 272-3110
www.cascadillaschool.org admissions@cascadillaschool.org

Covenant Love Community School

1768 Dryden Rd., Freeville 13068 347-4413
www.clcschool.org clcs@twcnny.rr.com

Dryden Central School District

P.O. Box 88, Dryden 13053 844-5361
Dryden High School, P.O. Box 88, Dryden 844-8694
Dryden Middle School, P.O. Box 88, Dryden 844-8694
www.dryden.k12.ny.us dcsd@dryden.k12.ny.us

Elizabeth Anne Clune Montessori School of Ithaca

120 E. King Rd., Ithaca 14850 277-7335
www.eacmsi.org admin@eacmsi.org

Franziska Racker Centers

3226 Wilkins Rd., Ithaca, 14850 272-5891
www.rackercenters.org info@rackercenters.org

Groton Central School District

400 Peru Road, Groton 13073 (District office) 898-5301
High School, 400 Peru Rd., Groton 898-5802
Middle School, 400 Peru Rd., Groton 898-5803
www.lightlink.com/grotonhs

Immaculate Conception School

320 W. Buffalo St., Ithaca 14850 273-2707
schools.dor.org/ic/index.cfm icdcs@dor.org

Ithaca City School District

400 Lake St., Ithaca (Central office), 14850 274-2101
Lehman Alternative Community School, 111 Chestnut St., Ithaca. . . 274-2183
Boynton Middle School, 1601 N. Cayuga St., Ithaca 274-2241
DeWitt Middle School, 560 Warren Road, Ithaca 257-3222
Ithaca High School, 1401 N. Cayuga St., Ithaca 274-2143
www.icds.k12.ny.us/

Lansing Central School District

264 Ridge Rd., Lansing 14882 (Superintendent)	533-4294
Lansing High School, 300 Ridge Rd., Lansing	533-4652
Lansing Middle School, 6 Ludlowville Rd., Lansing	533-4271
www.lansingschools.org	cparks@mail.lansingschools.org

Newfield Central School District

247 Main St., Newfield 14867	564-9955
Newfield High School, 247 Main St., Newfield	564-9955
Newfield Middle School, 247 Main St., Newfield	564-9955
www.newfieldschools.org	cshipos@newfieldschools.org

South Seneca Central School District

7263 S. Main St., Ovid 14521 District Office	869-9636
Jr.-Sr. High School	869-9636
www.southseneca.com	info@southseneca.k12.ny.us

Tompkins Cortland Community College (TC3)

P.O. Box 139, 170 North St., Dryden 13053 ...	844-8211 or 1-888-567-8211
www.tc3.edu	admissions@tc3.edu

Trumansburg Central School District

100 Whig St., Trumansburg 14886	387-7551
Charles O. Dickerson High School	387-7551
Russell I. Doig Middle School	387-7551
www.tburg.k12.ny.us	

A more complete listing of area schools is available from the Tompkins County Youth Services Department website

www.tompkins-co.org/youth

See also Jobs and Job Training and Tutoring sections

Sexuality, Pregnancy and Family Planning

Do you need support or information about your sexuality, sexual orientation or sexual health? It's important to get the facts and make thoughtful, safe and intentional decisions about sex that make sense to you and fit your values. There are a few things you might want to consider as you make important sexual choices in your life.

The only 100% safe way to avoid STIs (sexually transmitted infections), like HIV, and unintended pregnancy is by not having any close, intimate contact—that includes an exchange of bodily fluids—at all (this is sometimes called absolute abstinence). If you do make the decision to be sexually active, know your options, know the facts! There are methods of birth control and safer sex supplies that can help to protect you from STIs and unintended pregnancy.

Next, get to know your legal rights as a minor in New York. There is no legal need in New York to notify your parent or guardian or get parental consent for birth control information, reproductive health care (like a pap smear), or pregnancy or STI testing. Talking about sex with your parents or a trusted adult can be helpful; however young people in New York do not need parental consent to get sexual health care or information. Most of the services listed here are confidential (not anonymous), so be sure to check the confidentiality policy of any agency you contact.

Finally, making safe, informed decisions about sex includes good communication! If you decide to have sex—and it's OK not to—it's important to talk about sex before it happens. It can be scary or a little awkward, but a little talk can go along way toward having a safe, consensual relationship. Also, it's important for young people in New York to know the facts about consent when it comes to a sexual relationship. Any person age 21 or over having sex with someone age 17 or younger can be arrested for statutory rape. Under any circumstances, engaging in sex with a person without their consent is a crime. Your parents, school counselors, health teacher, or another trusted adult can help answer questions you may have, and talk about your concerns and choices about sexual activity. Get the facts, before you act.

Adoption Unit, Dept. of Social Services

320 W. State St., Ithaca **274-5266, 274-5259**

- Adoption counseling, placement of children; free

dssinfo@tomkins-co.org

AIDS Work, Southern Tier AIDS Program, Inc.

Lama Plaza, 501 S. Meadow St., Ithaca **272-4098, 1-888-206-2870**

- HIV+/AIDS support, information and prevention services; Hepatitis C information, all ages; all services free
- Free safer sex supplies and information
- On-site HIV testing by appointment

www.stapinc.org

info@stapinc.org

Babies First, First Unitarian Church of Ithaca

306 N. Aurora St., Ithaca 273-7521 or 257-4857

- Loans of infant equipment and other necessities to income eligible families or others referred by case workers or public health nurses; free

www.unitarian.ithaca.ny.us/

office@unitarian.ithaca.ny.us

Birthright of Ithaca

650 W. State St., Ithaca 272-9070

24-Hour hotline 1-800-550-4900

- Free self-administered pregnancy tests, counseling, services for pregnant women; all services free and confidential

www.birthright.org

HIV Counseling and Testing

217 S. Salina St., 3rd flr, Syracuse, NY 13202 1-800-562-9423

After hours (4pm-8pm M-F Sat, Sun. 10am-6pm) 1-800-872-2777

- Anonymous testing at several local sites; free

www.health.state.ny.us

hel01@health.state.ny.us

Ithaca Pregnancy Center

210 W. Green St., Ithaca 273-4673

- Pregnancy tests, information and counseling, single mother support, post abortion counseling, clothing, mentoring early childhood development, budgeting; free

www.ithacapregnancy.com

hope@ithacapregnancy.com

MOMS (Medical, Obstetric, and Maternal Services), Tompkins County Health Dept.

401 Harris B. Dates Dr., Ithaca 274-6622

- Financial and medical help for unborn child and mother; free for eligible families, pregnancy and childbirth classes, free for MOMS members; for all others fees/sliding

www.tompkins-co.org/health/

bob@tompkins-co.org

PFLAG (Parents & Friends of Lesbians & Gays)

..... 838-3629 or 753-7381

- Provides support, education and advocacy for LGBT people and their families, lending library, speaker's groups, and monthly meetings

www.pflag.org

rnt614@hotmail.com

Planned Parenthood of the Southern Finger Lakes

314 W. State St., Ithaca Medical Office	273-1513
Administration	273-1526
Education	216-0021

- Emergency contraception, pregnancy testing, counseling, birth control, educational programs, HIV and STI testing and treatment, abortion; insurance, Medicaid, or sliding fees
- Being lesbian, gay, bisexual, transgender or questioning your sexual orientation or gender identity can be confusing, exciting, and can sometimes make you feel alone. Information available about GLBT support groups and Gay, Straight Alliances for High School students

www.sextalk.org or www.ppfa.org/ppsfli

SexEd@sextalk.org

Pregnancy Counseling Program, Family & Children's Service

204 N. Cayuga St., Ithaca	273-7494
---------------------------------	----------

- Pregnancy counseling including adoption options; insurance or sliding fees

www.fcsith.org

fcs@fcsith.org

Teen Pregnancy and Parenting Program (TP3), Day Care Council

609 W. Clinton St., Ithaca	273-1055
----------------------------------	----------

- Supportive counseling, prenatal and parenting education, mentoring program, support and activities for teen parents, case management, referrals to local services; free

www.daycarecouncil.org

tp3@daycarecouncil.org

Also see Counseling and Health/Medical Care sections

Sports, Recreation and Youth Programs

see Activities section

Suicide Prevention

Call for help when either you or a friend are upset, sad, angry, abused, in a crisis, depressed, or in trouble. Everybody calls and gets help with their concerns, not just those who feel like killing themselves. Suicide is the second highest cause of death for young people. Take comments and thoughts about suicide seriously. If a friend confides in you, listen with respect and acceptance, but don't let anyone make you promise not to tell someone who can help. You, and your friends, matter.

Mental Health Clinic, Tompkins County

- 201 E. Green St., Ithaca 274-6200
24-Hour Emergency service 272-1616
- Counseling for ages 5 & up: individual, couples, families, groups, medication services provided as needed
 - Emergency outreach services 8:30-4:30 in situations of violence or suicide risk
 - Programs include: Children and Youth, Case Management, and Emergency Outreach Services; sliding fee scale, insurance, Medicaid

rdeluca@tompkins-co.org

Suicide Prevention and Crisis Service

- Training/Resource Ctr., 124 E. Court St. Ithaca 14850 272-1505
24-hour crisis line 272-1616 or 1-800-272-TALK
- 24-hour phone counseling, confidential and anonymous (no names asked)
 - Help after suicide, homicide, accident, assault, fire, other traumatic death and events
 - Training in prevention of suicide and other violence, crisis intervention, and effective communication
 - Adult teen role play/interactive theater group (See Theatre/Music section)

www.suicidepreventionandcrisiservice.org/

info@suicidepreventionandcrisiservice.org

Toll-Free Information Numbers

If you're worried about calling someone in Ithaca who might know you or your family, consider information from a toll-free number. Toll-free numbers have people to answer your questions and can sometimes suggest helpful programs in your area. The lines are usually open during regular business hours (9-5). Those numbers marked with an asterisk (*) will be answered 24 hours a day. To make the most of the service, write down some questions before you call.

- Acne Health Care Hotline 1-800-222-7546
AIDS Hotline *1-800-541-AIDS or *1-800-342-2437
Alcohol Hotline *1-800-252-6465
Birth Control Hotline 1-888-NOT-2-LATE
Cancer Information *1-800-4CANCER (1-800-422-6237)
Child Abuse and Neglect Hotline *1-800-342-3720
Child Abuse, State Help for 1-800-342-7472
Deaf Emergency Teletypewriter 1-800-342-4357

Domestic Violence Hotline	*1-800-799-7233
Drug Abuse Information Line	1-800-522-5353
Drug Help Information and Referral	*1-800-262-2463
Family Violence Prevention	1-800-END-ABUSE (1-800-363-2287)
Growing Up Healthy, Birth-19 (maternal/child health)	*1-800-522-5006
Poison Control Center	1-800-252-5655 or 1-800-222-1222
Runaway Nat'l. Switchboard crisis hotline for youth	1-800-621-4000
STDs, STIs (Sexually Transmitted Diseases/Infect.)	*1-800-342-2437 or *1-800-227-8922
Study Abroad	1-800-AFS-INFO (1-800-237-4636)
Youth Crisis	*1-800-HIT-HOME (1-800-448-4663)

Transportation

If you need to go somewhere, try a bus. There are too many routes and schedules to list here so call the numbers below for information. We have a coordinated countywide bus system called TCAT (Tompkins Consolidated Area Transit, see below). Bike racks are available on front of buses. In New York State, hitchhiking is illegal and punishable by fines. Consider the possible danger of getting into a stranger's vehicle—find another way to travel. Skateboard, pedal, rollerblade, or arrange for a ride!

Gadabout Transportation

737 Willow Ave., Ithaca 273-1878

- Wheelchair accessible vans for people with disabilities which prevent the use of other kinds of transportation; prior approval required; 48 hr. notice required to guarantee ride; \$1.50/one way trip within city, \$2.00 outside

Ithaca Dispatch (Taxi)

207 5th St., Ithaca 277-TAXI, (277-8294) or
. 277-CABS, (277-2227) or 277-7777

Tompkins Consolidated Area Transit (TCAT)

737 Willow Ave., Ithaca 277-RIDE, 277-7433

Danby, Lansing, Caroline or Brooktondale info 275-0051

- Youth fares (6-17 yrs.): M-F single zone ride: \$1.25, multi zone ride: \$2.50; Sat./Sun. \$1.25 all zones
- Online trip planner, schedule and route information at website listed below
- Monthly pass: \$45, good for all zones; summer youth pass: \$55

www.tcatbus.com

tcat@tcatmail.com

Tutoring and Academic Support

We all could use a hand with something we're trying to learn. Lacking information is not the same as lacking intelligence. Besides, two have more fun than one. Ask! Or volunteer! If you need help arranging tutoring services, contact your school guidance counselor.

4-H Urban Outreach Program, Cornell Cooperative Extension

615 Willow Ave., Ithaca 272-2292

- Summer and after school programs for youth 5-13 in the City of Ithaca; tutoring, mentoring, job skills, literacy, clubs, team building and enrichment activities; free

www.cce.cornell.edu/tompkins

tompkins@cornell.edu

Access to College Education (A.C.E.)

B-11 Van Hoesen Hall, Cortland 13045 753-5662

- Assists students with school and encourages going to college

ace@cortland.edu

Boynton After School Program, Tompkins Community Action

1601 N. Cayuga St., Ithaca 274-2270

- Daily after school program, open to all Boynton students; fun, interesting activities and academic support; 3 hours daily; dinner provided

www.tcaction.org

denise.brown@tcaction.org

College Connections, Paul Schreurs Memorial Program of the Ithaca Youth Bureau

1 James L. Gibbs Dr., Ithaca 273-8364

- Assistance with college selection, college applications, financial aid applications and scholarships for Ithaca City School District students in grades 10-12 who would not otherwise be able to obtain such services; free

www.cityofithaca.org

psmp@cityofithaca.org

DeWitt After School Program, Tompkins Community Action

DeWitt Middle School, 560 Warren Rd., Ithaca 257-3406

- Daily after school program, open to all DeWitt students; fun, interesting activities and academic support; 3 hours daily; dinner provided

www.tcaction.org

lisa.derado@tcaction.org

Durfee Tutoring Project

315 N. Cayuga St., Ithaca 272–2800

- Trained, dedicated volunteer tutors work 1 on 1, in classrooms, after school, provide help with various subjects, reading, writing, organizational skills, math, science

Individual Development Accounts (IDAs), Alternatives Federal Credit Union

125 N. Fulton St., Ithaca 273–4611 x845

- Matched savings accounts to help income-qualified youth attend college, start a business or buy a home, parents or youth can apply; free

www.alternatives.org

IDA@alternatives.org

Let's Get Ready, a collaboration of the Ithaca Youth Bureau, Village at Ithaca and Cornell University

1 James L. Gibbs Dr., Ithaca 273–8364

- SAT preparation, college mentoring and financial aid coaching for ICSD students in grades 10–12 who would not otherwise be able to obtain such services; 10 week, bi-weekly spring classes help improve SAT scores and increase access to college; free

www.cityofithaca.org

Liberty Partnership Program (L.P.P.)

A-11 Van Hoesen Hall, SUNY, Cortland 13045 753–5663

- School support for students and parents; grades 5-12; assistance to complete high school or post-secondary education or to seek meaningful employment

gross@cortland.edu

Paul Schreurs Memorial Program, Ithaca Youth Bureau

1 James L. Gibbs Dr., Ithaca 273–8364

- Academic and personal support for secondary school students; financial assistance available to eligible students to continue their education beyond high school; free

www.cityofithaca.org

psmp@cityofithaca.org

Student Athletes First, Ithaca Youth Bureau and Greater Ithaca Activities Center (GIAC)

1 James L. Gibbs Dr., Ithaca 273–8364

- After-school homework club at Ithaca High School for student athletes needing academic support

www.cityofithaca.org

Village at Ithaca Tutoring and Academic Support

P. O. Box 6776, Ithaca 14851, leave msg. at **272-9218** or **274-5438**

- One-on-one academic support and tutoring for Ithaca School District students in grades 6-12; free
- Saturday Math and Science Academy—meets at Southside Community Center and other community centers and libraries throughout the community; call for details
- SOAR (Student Opportunities for Academic Recognition)—in partnership with the Ithaca Youth Bureau; provides life skill support and tutoring specifically for Black males in the Ithaca School District, grades 6-12

www.villageatithaca.org/

contact@villageatithaca.org

Voting

Our government needs your participation so youth voices can be heard. Your vote could decide a close election. If you are 18, a U.S. citizen and a resident of Tompkins County for 25 days or more, you can vote in town, village, city, school district, state and national elections. To register, call the County Board of Elections at **274-5522** (128 E. Buffalo St., Ithaca) or get a form from their website www.tompkins-co.org/boe/, the post office, city/town halls, libraries, or the Motor Vehicle Department. First time registrants must provide ID. Once registered, you may vote by absentee ballot if you will be away on Election Day; call the Board of Elections to make arrangements. If you move, you must register at your new address.

Index

PROGRAM AND PAGE	PHONE NUMBER
4-H Urban Outreach Program, p. 60	272-2292
4-H Youth Development, p. 4, 5, 10	272-2292
Access to College Education (A.C.E.), p. 60	753-5662
Acne Health Care Hotline, p. 58	1-800-222-7546
Adoption Unit, p. 55	274-5266, 274-5259
Advocacy Center of Tompkins County, p. 6, 20, 21, 26, 29, 41, 49	277-3203
Advocacy Center, 24 hr. hotline, p. 19, 20, 26, 49	277-5000
AFS (American Field Service) Intercultural Programs, p. 7	1-800-AFS-INFO
AIDS Hotline, p. 58	1-800-342-2437
AIDS Work of the Southern Tier, p. 21, 24, 33, 55	272-4098
Air Force, p. 25	756-6122, 1-800-423-8723
Alateen/Al Anon, p. 22	387-5701
Alcohol & Drug Council of Tompkins County, p. 5, 23	274-6288
Alcohol Hotline, p. 58	1-800-252-6465
Alcoholics Anonymous, p. 22	273-1541
Alternatives Federal Credit Union, p. 4, 6, 38, 61	273-3582 x 829 or 861
American Legion Baseball League , p. 10	(see listing)
American Red Cross, p. 8, 15, 36, 37, 50	273-1900
Apprenticeship Programs, p. 44	275-0122
Army, p. 25	257-4983 or 1-800-USA-ARMY
Army National Guard, p. 25	1-800-GO-GUARD
Babies First , p. 56	273-7521 or 257-4857
Babysitter's Training, p. 36	273-1900 x 16
Baden-Powell Council, p. 11	648-7888 or 1-877-674-8876
Behavioral Services, p. 26	274-4011
Big Friend, Little Friend, p. 4	387-4910
Birth Control Hotline, p. 59	1-888-NOT 2 LATE
Birthright of Ithaca, p. 56	272-9070
BOCES, (Board of Cooperative Educational Services), p. 23, 30, 36, 44, 52	257-1551
Boy Scouts of America, p. 11	648-7888 or 1-877-674-8876
Boynton After School Program, p. 11, 60	274-2270
Bridges for Youth and Families, p. 49	275-0067
Cancer Information , p. 58	1-800-4CANCER
Candor Central School District, p. 52	659-5010
Career Mentoring Program, p. 44	257-1551
Caroline Community Library , p. 43	273-7187
Caroline Youth Services, p. 11	272-2292 or 266-3554
Carpenters Local 281, p. 36	732-9049
Cascadilla School, p. 53	272-3110
Cass Park, p. 11	273-1090
Cayuga Addiction Recovery Services (CARs), p. 23	273-5500
Cayuga Community Role Players, p. 9	272-1505
Cayuga Medical Center at Ithaca, p. 5, 23, 26, 33	274-4011
Cayuga Nature Center, Inc., p. 4, 8	273-6260

Challenge Industries, p. 30, 36	272-8990
Child Abuse and Neglect Hotline, p. 20, 58	1-800-342-3720
Child Abuse, State Help for, p. 58	1-800-342-7472
Child Find, p. 47	274-6644
Children and Youth Mental Health Services, p. 26	274-6200
Children with Special Care Needs (CSCN), p. 30, 34	274-6644
Children's Intake/Protective Services, p. 20	274-5321
Circle of Recovery, p. 23	277-3439
CNY Lady Lakers, p. 11	844-3241
College Connections, p. 61	273-8364
Commission for the Blind & Visually Handicapped, p. 30	(315) 423-5417
Community Coalition for Healthy Youth, p. 24	274-5310
Community Dispute Resolution Center, p. 5, 26, 41, 49	273-9347
Community School of Music and Arts, p. 9	272-1474
Computer All Stars, p. 7	273-8364 x 157
Convenient Care Center, p. 34	274-4150
Cornell Cooperative Extension, p. 4-6, 10-16, 18, 37, 39, 47, 60	272-2292
Cornell Legal Aid Clinic, p. 41	255-4196
Covenant Love Community School, p. 53	347-4413
Crime Victims' Services, p. 20, 41	391-7038
Danby Community Library , p. 43	277-4788
Danby Youth Services, p. 11	272-2292 x 222
Day Care and Child Development Council of Tompkins County, p. 29, 47, 48, 57	273-0259
Deaf Emergency Teletypewriter, p. 58	1-800-342-4357
Dental Case Management Program, p. 34	274-5344
Department of Environmental Conservation, p. 8	753-3095 x 241 or 242
Department of Social Services, p. 20, 34, 37, 50, 55	274-5321 or 274-5296
Developmental Disabilities Service Office, p. 30	273-0811
DeWitt After School Program, p. 12, 60	257-3406
Dispositional Alternatives Program (DAP), p. 26, 41	272-0900
Dollars for Dreams Youth Credit Union, p. 4	273-3582 x 829 or 861
Domestic Violence Hotline, p. 59	1-800-799-7233
Drug Abuse Information Line, p. 59	1-800-522-5353
Drug Help Information and Referral, p. 24, 59	1-800-262-2463
Dryden Central School District, p. 53	844-5361
Dryden Recreation Department, p. 12	844-3303
Dryden Soccer, p. 12	347-4952
Dryden Youth Services, p. 12	272-2292 x 223 or 222
Durfee Tutoring Project, p. 61	272-2800
Elizabeth Anne Clune Montessori School of Ithaca , p. 53	277-7335
Emergency Shelter Program, p. 50	273-1900
Enfield Youth Services, p. 12	272-2292 x 229
Experiment in International Living, p. 7	1-800-345-2929
Family & Children's Service , p. 20, 26, 27, 41, 57	273-7494
Family Court, Tompkins County, p. 41	277-1517
Family Mediation Program, p. 4	273-9347
Family Violence Prevention, p. 59	1-800-END ABUSE

Field, The, p. 16	277-7465
Finger Lakes Independence Center (FLIC), p. 31	272-2433
Finger Lakes Library System, p. 31, 43	273-4074
Finger Lakes State Park Region, p. 8	387-7041
First Aid and CPR, p. 8	273-1900 x 16
Food Resources, p. 50	272-9331
Franziska Racker Centers, p. 23, 27, 31, 34, 53	272-5891
Friendship Center, p. 50	273-6684
G	
Gadabout Transportation, p. 59	273-1878
GIAC (Greater Ithaca Activities Center), p. 13, 61	272-3622
Girl Scouts, p. 13	796-6202
Groton Central School District, p. 53	898-5301
Groton Freestyle Sports Facility, p. 13	898-3966
Groton Public Library, p. 43	898-5055
Groton Recreation Department, p. 13	898-5802 x 224
Groton Soccer Club, p. 13	898-5774 or 844-5742
Groton Youth Services, p. 13	272-2292 x 225 or 898-5803 x 430
Growing Up Healthy, Birth-19, p. 59	1-800-522-5006
H	
Hangar Theatre, p. 9	273-8588
Hillside Children's Center, p. 49	275-0067
History Center in Tompkins County, p. 17	273-8284 x 3
HIV Counseling and Testing, p. 21, 34, 56	1-800-562-9423
Homeless Hotline, p. 50	273-9177
Hospital Volunteers, p. 5	274-4011
Human Rights Commission, p. 31, 32, 41	277-4080
I	
Immaculate Conception School, p. 53	273-2707
Immunization Clinics, p. 47	274-6616
Incest/Sexual Abuse Program, p. 20	273-7494
Individual Development Accounts (IDAs), p. 61	273-4611 x 845
Ithaca Babe Ruth Baseball League, p. 14	273-0956
Ithaca Breast Cancer Alliance, p. 34	277-0960
Ithaca Children's Garden, p. 14	272-2292 x 122
Ithaca City School District, p. 53	274-2101
Ithaca Dispatch (Taxi), p. 59	277-TAXI or 277-CABS or 277-7777
Ithaca Drug Treatment Court, p. 24	277-1455
Ithaca Invaders, p. 14	273-0779
Ithaca Pregnancy Center, p. 56	273-4673
Ithaca Skateboard Park, p. 14	(see listing)
Ithaca Youth Bureau, p. 4, 7, 14, 16, 28, 32, 39, 45, 61, 61	273-8364
Ithaca Youth Hockey, p. 14	277-8835
Ithaca Youth Soccer Club, p. 15	387-5723
J	
Job LINK, p. 36	272-7570 x 129
JOBS Program, Employment Unit, p. 37	274-5294
Johnson Museum of Art, p. 5	255-6464
Joint Youth Commission, p. 15	274-5310

Lansing Central School District, p. 54	533-4294
Lansing Community Library Center, p. 43	533-4939
Lansing Recreation Department, p. 15	533-7388
Lansing Soccer Club, p. 15	533-4359
Lansing Youth Services, p. 15	272-2292 x 250 or 533-4271 x 2118
Law Guardian Office, p. 42	277-3198
Lead Screening Program, p. 48	274-6604
Learning Web , p. 18, 37, 44, 45, 52	275-0122
Learn-to-Swim, p. 15	273-1900 x 14
Let's Get Ready, p. 61	273-8364
Liberty Partnership Program , p. 61	753-5663
Lifeguard Training, p. 37	273-1900 x 16
Loaves and Fishes, p. 50	272-5457
Local Employment Opportunities, p. 37	(see listing)
Marines, p. 25	257-9739
Medicaid, p. 34	274-5359
Medical Society of Tompkins County , p. 35	772-8493
Mental Health Association in Tompkins County, p. 27, 31, 48	273-9250
Mental Health Clinic, Tompkins County, p. 20, 27, 58	274-6200
Mental Health 24 hr. emergency service, p. 20	272-1616
MOMS (Medical, Obstetric, and Maternal Services), p. 56	274-6622
Money Works, p. 37	272-2292
Multicultural Resource Center, p. 5	273-8724 or 272-2292
Museum of the Earth, p. 5	273-6623 x 13
National Youth Crisis Hotline, p. 50	1-800-HIT-HOME
Navy, p. 25	753-0112
Newfield Central School District, p. 55	564-9955
Newfield Public Library, p. 43	564-3594
Newfield Youth Programs, p. 16	564-7561
Newfield Youth Services, p. 16	272-2292 x 226
New York National Guard Youth Program, p. 16, 27	914-788-7405
NY State Drug Abuse Information Line, p. 24	1-800-522-5353
NYS HIV/AIDS Information Service, p. 21	1-800-541-AIDS
Offender Aid and Restoration (OAR), p. 42	272-7885
One to One Big Brothers Big Sisters of Ithaca and Tompkins County, p. 5, 26, 45	273-8364
Orange Tree Theatre Company, p. 9	277-3694
Over Eaters Anonymous, p. 28	387-8253
Paleontological Research Institute, p. 5	273-6623 x 13
Pastoral Counseling Service, p. 28	272-6474
Paul Schreurs Memorial Program, p. 45, 60, 61	273-8364
Peer Education Program, p. 5	274-6288
PEGASYS, p. 10	272-7272
PFLAG (Parents & Friends of Lesbians & Gays, p. 56	838-3629 or 753-7381
Physically Handicapped Children's Program, p. 32	274-6644
Planned Parenthood of the Southern Finger Lakes, p. 21, 28, 35, 57	273-1513
Plumbers-Steamfitters Local 267, p. 38	272-8586 or 1-800-635-0336 x 203

Poison Control Center, p. 59	1-800-252-5655 or 1-800-222-1222
Police, Sheriff's Departments, p. 42	(see listing)
Pregnancy Counseling Program, p. 57	273-7494
Probation Department, Tompkins County, p. 42	274-5380
Reality Check, p. 5	272-2292
Recreation Mainstreaming Services, p. 16, 32	273-8364
Recreation Partnership, p. 16	273-8364
Recycle Ithaca Bicycles (RIBS), p. 16	256-5355
Rink, The, p. 16	277-7465
Rotary Exchange Program, p. 7	(see listing)
Runaway and Homeless Youth Coordinator, p. 51	274-5310
Runaway Nat'l. Switchboard crisis hotline for youth, p. 50, 59	1- 800-621-4000
Rural Youth Services, p. 11, 12, 13, 15, 16, 18	272-2292
Salvation Army, p. 51	273-2400
Salvation Army Thrift Store, p. 51	272-5323
Sciencenter, p. 6	272-0600
See Spot Community Art Space, p. 6	277-7560
Service League Shop, p. 51	272-2120
Seven Lakes Council, p. 13	796-6202
Skylight Club Day Treatment Program, p. 32	274-6262
Soaring Together (Student Opportunities for Academic Recognition), p. 45	272-9218
South Seneca Central School District, p. 55	869-9636
South Sports Complex, p. 13	898-3966
Southern Tier AIDS Program, Inc., p. 21, 22, 55	272-4098
Southside Community Center, p. 17	273-4190
Southworth Library Association, p. 43	844-4782
STDs, STIs (Sexually Transmitted Diseases/Infections), p. 59	1-800-342-2437 or 1-800-227-8922
Student Athletes First, p. 61	273-8364
Student Credit Union, p. 6, 38	273-4611 x 829 or 861
Student Historian Initiative, p. 17	273-8284 x 3
Study Abroad, p. 59	1- 800-AFS INFO
Suicide Prevention and Crisis Service, p. 9, 28, 58	272-1505
Suicide Prevention and Crisis Service 24 hr. crisis line, p. 28, 58	272-1616
Summer Camps and Programs, p. 17	274-5310 or 273-8364
Summer Jobs, p. 38	274-5310
Taughanock Soccer Club, p. 17	387-3489
Tech Prep Program, p. 38	844-8222 x 4328
Teen Assistants/Mentors, p. 6	272-2292
Teen Peer Education Volunteers, p. 6	277-3203
Teen Pregnancy and Parenting Program (TP3), p. 48, 57	273-1055
Tompkins Community Action, p. 11, 12, 29, 51, 60	273-8816
Tompkins Consolidated Area Transit (TCAT), p. 59	277-RIDE
Tompkins Cortland Community College (TC3), p. 38, 54	844-8211 or 1-888-567-8211
Tompkins County Department of Motor Vehicles, p. 47	273-7187
Tompkins County Felony Drug Court Satellite Office, p. 24	277-1455
Tompkins County Food Distribution Network, p. 51	273-5682 or 1-800-796-6061
Tompkins County Health Department, p. 22, 30, 32, 34, 35, 47, 48, 56	274-6674 or 274-6644

Tompkins County Mental Health Department, p. 26, 27, 58	274-6200
Tompkins County Prevention Point, p. 24	272-4098
Tompkins County Public Library, p. 44	272-4557
Tompkins County Youth Advocate Program (YAP), p. 42	277-5254
Tompkins County Youth Services Department, p. 17, 24, 38, 51	274-5310
Tompkins Girls Hockey Association, p. 17	257-3268
Tompkins Workforce New York, p. 36, 38	272-7570 x 129 or 119
Tompkins-Tioga Neighborhood Legal Services, p. 42-43	273-3667
Town of Ithaca Recreation, p. 18	273-1721 x 136
Trumansburg Central School District, p. 54	387-7551
Trumansburg Conservatory of Fine Arts, p. 9	387-5939
Trumansburg/Ulysses Youth Services, p. 18	277-2292 x 225 or 387-4910
U.S. Coast Guard, p. 25	1-877-NOW-USCG
Ulysses Philomathic Library, p. 44	387-5623
Upstate Ladies AAU Girls Basketball Club, p. 18	277-4136
Video Training/Television Show Production, p. 10	272-7272
Village at Ithaca, p. 45, 61, 62	272-9218 or 274-5438
Vocational Educational Services for Individuals with Disabilities (VESID), p. 32, 38	734-5294 or 1-800-888-5020
Warm Line, p. 29, 48	273-0259
WIC (Women, Infants and Children), p. 48	274-6630
Working Youth Network, p. 39	592-6874
World Learning Inc., p. 7	1-800-345-2929
YMCA, p. 18	257-0101
Youth and Family Services, p. 20	274-5250 or 274-5270
Youth Crisis, p. 59	1-800-HIT HOME
Youth Employment Service (Y.E.S.), p. 39	273-8364
Youth for Understanding International Exchange, p. 8	1-800-833-6243
Youth Horticulture Apprentice Program, p. 39	272-2292
Youth Outreach Program, p. 45, 52	272-8162
Youth Sexual Abuse Services, p. 21, 29	277-3203
Youth Works, p. 18	275-0122

This pocket guide describes services that are available for youth, primarily ages 13–19, in Tompkins County. Some services may be available to youth residing in adjacent counties but if you live outside Tompkins County be sure to check. Readers should know that many of the agencies listed here may also serve adults and have other services for other age groups.

This guide was developed by the Tompkins County Youth Services Department and distributed free to youth through a partnership with BOCES and school districts. The guide was made possible in part with a grant from the Tompkins County Quality of Life Fund and the cooperation of TST BOCES.

The Tompkins County Youth Services Department is supported by Tompkins County and the New York State Office of Children and Family Services.

We thank the businesses offering coupons in this edition.

This guide is also available at www.tompkins-co.org/youth. We will make updates to the electronic version as we become aware of them.

To submit up-to-date information and changes, please call or contact:

Tompkins County Youth Services Department

320 West State Street, Ithaca, NY 14850

(607) 274-5310 Fax: (607) 274-5313

youthservices@tompkins-co.org

www.tompkins-co.org/youth

Our thanks to County Youth Services Department Intern Megan Quinlan for her work on this project.

Design: Jane MacDonald, Sunset Design, Ithaca, NY
April 2006

www.tompkins-co.org/youth

© 2006 Tompkins County Youth Services Department