

# SUMMER RESOURCES For Yonkers Families

## YONKERS YOUTH SUMMER ACTIVITIES 2024

**Yonkers Recreation Department** (Camp Rays Ages 5-14) (Pre-K Camp 3-5) (Sports & Dance Camps Ages 2-16)  
<https://register.communitypass.net/yonkers>

**Yonkers Family YMCA** (Summer Camp Ages 5-12) **Contact:** Sylvia Alvarez 914-963-0183 ext.20

**YWCA Yonkers** (Summer Camp Ages 5-12) (PEARL Program – Girls Ages 10-18) **Contact:** Wilfred Dennis 914-963-0640 x 116

**Yonkers Community Action Program** (Summer Youth Leadership Program Ages 10-12) **Contact:** Nyla Vazquez 914-423-5905 ext. 1021

**Big Brother Big Sister Mentoring Program** (ages 7-17) **Contact:** Rikki Dee Childs 914-305-6849

**Yonkers Public Schools** (Summer Learning Academy K – 6<sup>th</sup> grade) <https://forms.office.com/r/9hS0GTcW9P> **Contact:** 914-376-8066

**Sister to Sister** (STEAM camp 7<sup>th</sup> to 12<sup>th</sup> grade) **Contact:** Jhinelle Walker, 914-207-0368 [ststionthemove@gmail.com](mailto:ststionthemove@gmail.com)

## MENTAL HEALTH

- Call 911 in any emergency
- National Suicide Hotline 988

### Non-life threatening crisis (24/7)

- Crisis Prevention and Response Team  
914-925-5959 or Text "Home" to 741741

### Information and Emotional Support

#### National Alliance on Mental Health (NAMI)

Information on mental health resources  
Call 914-592-5458 Help Line, 9am- 2pm, M-F  
<https://www.namiwestchester.org>

#### Family Ties of Westchester

Resources, support and advocacy for parents of youth with mental health issues. Call: 914-995-5238  
<https://www.familytieswestchester.org>

## CO-OCCURRING MENTAL HEALTH & SUBSTANCE MISUSE TREATMENT

### ENCOMPASS & CRAFT

Treatment for youth and parent support.  
Call: 914-406-0495  
[lrrj@westchestercountyny.gov](mailto:lrrj@westchestercountyny.gov)

## SUBSTANCE USE PREVENTION & TREATMENT

### Regional Addiction Resource Center

Lists of prevention, treatment, and recovery programs in Westchester:  
<http://fordrughelp.com>

### Family Support Navigators

Support, guidance, resources, and referrals for families of persons misusing substances  
Call: 914-575-1605 or 914-582-8384  
9am-5pm, M-F  
Email: [ineuman@covecarecenter.org](mailto:ineuman@covecarecenter.org) or  
[ssal@drugcrisisinourbackyard.com](mailto:ssal@drugcrisisinourbackyard.com)

### Team Teen

Education and early intervention for youth who have begun to drink, vape or use other substances  
Call: 844-855-8000, 9am-5pm, M-F  
[TeamTeenNY.org](http://TeamTeenNY.org)

### Talking to Teens about Alcohol and other Drugs

Information Sheets with Tips:  
<https://www.samhsa.gov/talk-they-hear-you/parent-resources/five-conversation-goals>  
<https://www.samhsa.gov/talk-they-hear-you/parent-resources/why-you-should-talk-your-child>

## MENTAL HEALTH, SUBSTANCE USE, DEVELOPMENTAL DISABILITIES

### Westchester County Department of Community Mental Health

provides information and resources:  
<https://mentalhealth.westchestergov.com>

### Print resources for families coping with Mental and Substance Use Disorders

<https://www.samhsa.gov/families>

## BULLYING

### Student Assistance Services Corporation

Adolescent Counseling and  
Bullying Prevention Resource Center  
Call: NoBullying 662-855-9464 8am-5pm  
[bullyinghelpline@sascorp.org](mailto:bullyinghelpline@sascorp.org)

## BEREAVEMENT

### Bereavement Center of Westchester

Provides grief counseling to individuals & their families.  
<https://www.bcwtreehouse.org>  
Call: 914-787-6158

# Summer Tips for Parents

## to Promote Good Mental Health & Prevent Substance Use

1. **Balance relaxation, fun, and structure:** Summer is a great time for high school and middle school students to relax and recharge, but it's also important for them to have structured time, be physically active, and involved in activities or work. If your child is not enrolled in camp or working, seek out volunteer or intern opportunities in your community. Volunteer and paid activities expose your child to new experiences, contribute to their self-esteem, and keep them busy! (See attached list of Yonkers activities)
2. **Encourage exploration** of an interest, hobby, or sport your child didn't have time for during the school year.
3. **Set rules:** Teens with too much time can get bored or get into trouble. If they are old enough to be left alone, set clear rules about what they can and cannot do when they are home alone, such as having friends over.
4. **Have Family Time:** Find an activity that might interest your teen. Schedule family activities like walks, hikes, picnics, day trips, fairs, time at a lake, beach, or park, watching live sports events, going to a free concert etc.
5. **Sleep is still important:** Lack of sleep or poor quality sleep impacts mental and physical health. Set a curfew to promote getting enough sleep and limiting exposure to unsafe activities.
6. **Limit screen time:** Live interactions with a variety of people are critical for social development and learning and practicing social skills. Too much screen time can increase risk for unhealthy behaviors and for mental health issues.
7. **Know Who, What, Where, When, How:** Knowing who your child is with, what they are doing, where they are at different times, and how they get to and from home shows concern for their health and safety and reduces the chance of drug use.
8. **Discuss Risks:** Share information about the dangers of substance use and stress your concern for their health and safety. With more time and contact with others out of school there can be more access to alcohol, marijuana, and other substances. <https://www.samhsa.gov/talk-they-hear-you>
9. If you have concerns about your child's emotional well-being **summer is a good time to seek help.** Signs of adolescent distress can vary widely. Below are some signs that may indicate your child may benefit from professional help or that a parent should seek consultation.
  - *Inability to function in day-to-day activities*
  - *Sleeping excessively or not being able to sleep at all*
  - *Difficulty thinking, concentrating, or speaking coherently*
  - *Anxiety that interferes with basic functioning*
  - *Withdrawing from family, friend, or activities*
  - *Uncharacteristic irritability and oppositional behavior*
  - *Disregard for the family rules*
  - *Finding alcohol or other drugs and/or drug paraphernalia*
  - *Changes in eating and weight*

**If you are concerned about your child, or sense something is “going on” with your teen, trust your instincts and contact one of the resources listed on the back of this page.**