

Mental Health Counseling

The Mental Health Counseling Program provides free confidential counseling to child victims and their non-offending family members who have experienced severe physical abuse, sexual abuse, and other traumatic events. The program employs Licensed counselors, who have received specialized training in treating victims of trauma. Our program is able to offer services to fit your unique situation, such as individual, couple, family and group counseling.



PROTECT

(Parents Reaching Out To Engage,
Connect, and Talk)

The CAC runs a support group for non-offending parents and caregivers of children who have been sexually abused. Please call for more information.

The Child Advocacy Center of Oswego County is a non-profit charitable organization that works together with a multi-disciplinary team to provide services to child victims of abuse. The team is comprised of community agencies including:

- Prosecution
- Law enforcement
- Child protective services
- Medical providers
- Mental Health professionals
- Victim Advocacy professionals
- And many others

How to report child abuse

If you suspect that a child has been physically, sexually or emotionally abused, or neglected, report it immediately.

Hotlines are available 24 hours a day.

New York State Hotline:

1-800-342-3720

If a child is in immediate danger, contact the police:

Emergency 911

Child Advocacy Center

301 Beech St.
Fulton, NY 13069
www.oswegocac.org

P: (315) 592-4453
Fax: (315) 598-7158



Mental Health Counseling Program

The Child Advocacy Center is a safe, child-friendly site for the investigation, prosecution, and treatment of children.



...all in the least traumatic manner to children.

(315) 592-4453

59-CHILD

Mental Health Counseling Program

The counseling program provides individual, group and family counseling to child victims of severe physical abuse, sexual abuse and other traumatic events. Counseling is available to children ages 2–18 and is free and confidential. Counselors also provide court preparation and accompaniments during the judicial process. Counselors are part of the Multi-disciplinary Team (MDT) and the Senior Mental Health Counselor serves as the representative on the core MDT.



Children often use the dollhouse to play out their family situations during counseling.

Counseling Process

Once a referral is made, the family will be contacted to complete a telephone intake. At the beginning of counseling, the parent(s) will meet with the counselor for an intake appointment and complete an initial assessment to determine the most appropriate counseling modality for the child and family. The focus of counseling will be determined by the needs of the family. If



Counseling Office.

the child is experiencing any post traumatic stress disorder symptoms then trauma focused cognitive behavioral therapy, an evidence based model, will be used. Other counseling modalities utilized by our counselors include: Client Centered Therapy, Play Therapy, Sand tray Therapy, and Art Therapy. The decision to terminate counseling occurs when the child's symptoms are alleviated and the child, the child's family and the counselor agree that termination is appropriate.

Things to consider when working with a counselor:

- Be open and honest with your counselor, giving detailed information about your families history will help your counselor understand your situation.
- Remember that your counselor is not their to judge you or your child. Your counselor is there to lead your family through your healing journey.
- Be aware that counseling is different for every family and there is no set number of sessions. You may terminate and then begin counseling many times as your child develops and changes.
- Attending counseling consistently is important to the healing process. Although counseling may be very difficult at times, it is important to attend all sessions.

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