



# Community Resources

## Non-commercial Health Ins. options

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- **AFFINITY HEALTH PLAN**  
Contact: Jessy Pineda  
P: (516) 779-3010  
Email: [Jpineda@affinityplan.org](mailto:Jpineda@affinityplan.org)  
Website: [www.AffinityPlan.org](http://www.AffinityPlan.org)
- **FIDELIS CARE NY**  
Contact: Christopher Tolentino  
P: (631) 461-2700  
Website: [www.Fideliscare.org](http://www.Fideliscare.org)
- **HEALTHFIRST NY**  
Contact: Cecilia Delaney  
P: (917) 376-2296  
E-mail: [CDelaney@healthfirst.org](mailto:CDelaney@healthfirst.org)  
Website: [www.healthfirst.org](http://www.healthfirst.org)
- **UNITED HEALTHCARE COMMUNITY PLAN**  
Contact: Maritza Marrow  
P: (914) 441-7601  
Website: [www.UHCCommunityPlan.com](http://www.UHCCommunityPlan.com)

## Transportation Services

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- **MEDICAID TRANSPORTATION:**  
Persons with an active case and a medical need and with no means of transportation may get help with transportation to and from health care providers (doctor, clinic, hospital, etc.). All non-emergency trips require prior approval and must be requested **at least 3 days prior** to the date of the trip. **Call 1 (844) 678-1103 to arrange transportation.**

Effective December 1, 2015, Managed Care plans (Affinity, Fidelis, Healthfirst, UnitedHealthCare Community Plan) will no longer provide Non-Emergency Medical Transportation as part of their benefit package. As of December 1, 2015, persons enrolled in Managed Care plans and in need of Non-Emergency Medical Transportation must call the number above.

## Parenting Resources

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- **FAMILY SERVICE LEAGUE**  
Family service League has offices all over Suffolk County. Their Healthy Family goal is improve child health and growth, support better parent-child relationships, and improve the way a family functions on its own. Their parenting classes are in both English and Spanish. They also have court ordered classes. There is a program for grandparents or other guardians raising children. P: 631-369-0104; Website: [www.fsl-li.org](http://www.fsl-li.org)
- **LONG ISLAND PARENTING INSTITUTE (LIPI)**  
Offers parenting classes to parents of children from infancy through teens. They offer many different classes on topics such as positive discipline, child development and effective communication. Some workshops are one session, others may be held weekly. They also hold court ordered parenting classes. Classes are held in EAC's Ronkonkoma, Central Islip, Bay Shore and Hempstead offices. P:631737-1454;Email:[Kathryn.cannino@eacinc.org](mailto:Kathryn.cannino@eacinc.org)  
Website: <http://www.eacinc.org/long-island-parenting-institute>
- **SMITHTOWN PARENT RESOURCE CENTER**  
Offers a few different programs. They have court ordered parenting classes. The Parent Study Group is a group of six weekly classes for parents of children who wish to learn and talk about new ways of dealing with their family. They are designed around the needs of the parents in the group. Guiding Good Choices is an alcohol, tobacco and drug prevention program. The Incredible Years focuses on improving positive parenting skills. P: 631-360-7595;  
Website: [www.smithtownny.gov/?nid=220](http://www.smithtownny.gov/?nid=220)

## Healthy Families NY Home Visiting Program

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- Offers home-based services to expectant families and new parents, beginning prenatally or shortly after the birth of the child. Participants are screened to identify risk factors and stressors that the family may face. Families who participate in the program are offered long-term in-home services until the child is in school or Head Start.  
P: (631) 647-6635; <http://www.fsl-li.org>

### Healthy Families New York Home Visiting ...

- Reaches out to isolated families.
- Is provided by trained, caring individuals from the community. Called Family Support Workers, the home visitors are specially trained to work with families in a positive, supportive manner, building on parents' strengths.
- Offers weekly visits until the baby is at least six months old, then less often as the family's stability increases.
- Promotes optimal child health, connecting families with medical providers for prenatal and well-baby visits and immunizations.
- Helps parents to develop strong, positive relationships with their children and to encourage optimal child development.
- Assesses children for developmental delays and makes referrals to the local Early Intervention Program if a delay is suspected.
- Works with parents to achieve family self-sufficiency, find solutions to everyday problems and establish connections with needed community resources.
- Is sponsored by public and private agencies located within the community being served.

## Early Intervention Services

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- SUFFOLK COUNTY HEALTH DEPARTMENT Division of Services for Children with Special Needs  
A program for children from birth to 2 years and 10 months who have a disability or developmental delays  
P: (631) 853-3100  
F: (631) 853-2310
- NASSAU COUNTY HEALTH DEPARTMENT Division of Services for Children with Special Needs  
A program for children from birth to 2 years and 10 months who have a disability or developmental delays  
P: (516) 227-8661  
F: (516) 227-8662
- ACHIEVE BEYOND  
Provides pediatric therapy and educational services to children, students and families. Services include: Autism Services, Speech Language Therapy, Occupational Therapy, Physical Therapy, Special Education  
P: (631) 385-7780  
F: (631) 385-7795
- ACCENT ON CHILDREN, INC.  
Provides speech and language, special education, physical therapy, occupational therapy, vision therapy, psychological therapy to children under 3 years of age with disabilities or developmental delays  
P: (516) 921-5292  
F: (516) 921-5273
- THERAPY CENTER FOR CHILDREN  
A program for infants and toddlers under 3 years of age who have a disability or developmental delays. Services include speech pathology and audiology, occupational therapy, physical therapy, nursing services, nutrition services, social services, vision services among others. Also offers parent support groups to families of children that are found to be eligible for the Early Intervention Program.  
P: (631) 207-1053  
F: (631) 337-4190
- ALL ABOUT KIDS  
A program which offers services to children under age with a suspected or diagnosed developmental delay or disability.  
P: (631) 439-6860  
F: (631) 439-6861

## Nutrition Resources (Obesity, Healthy Eating, Exercise)

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- **FOOD ALLERGY CENTER**  
Offers controlled “food challenges”, counseling, educational materials and family support  
865 Northern Blvd, Great Neck, NY; P: 516-622-5070
- **F.E.A.S.T./FIRST BITES**  
Offers education and training for families and children regarding nutrition, food tolerance, and food exploration  
9 Smith’s lane, Commack, NY; P: 631-543-2338  
[www.thechildrenscenter-ucp.org](http://www.thechildrenscenter-ucp.org)
- **ONE POTATO TWO TOMATO**  
Healthy lifestyle education center for children 5-19. Healthy cooking, fitness training, and self-esteem building.  
9 Albertson Ave., Albertson, NY; P: 516-484-2234 or P: 516-286-5255
- **RITA K. BATHEJA, MS, RD, CDN**  
Based on doctor’s referral and physical exam, weight loss goals are based on child’s needs  
825 Van Buren St., Baldwin Harbor NY; P: 516-868-0605
- **CHILD DEVELOPMENT ASSOCIATES - BARBIE BROSCHART, MS, RD**  
Specializes in overweight, obese, underweight, and fussy eaters. Treatment groups available.  
173 Mineola Blvd, Suite 301B, Mineola, NY; P: 516-739-1936
- **FIT KIDS FOR LIFE - DR. PETER MORELLI**  
10 week exercise and nutrition program for children 8 to 18  
University of Stonybrook Hospital; P: 631-444-KIDS (5437)
- **LIFE CENTER COUNSELING AND HEALTH SERVICES**  
Nutritional counseling for children 5 and up, tailored nutritional plans  
214 Wall Street, Huntington, NY; P: 631-673-5433
- **HEALTHY KIDS**  
Group sessions that focus on nutritional guidance, physical exercise, and behavior modification. Groups are formatted in a 10-week series, with each weekly session lasting 2.5 hours.  
Winthrop Hospital, Mineola, NY; P: 516-663-3919  
<http://www.winthrop.org/departments/specialtycenters/weight-loss-wellness-center/healthy-kids-program.cfm>

## Mental Health Resources

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- **CATHOLIC CHARITIES MENTAL HEALTH CLINIC**  
Psychiatrists, nurse practitioners, and social workers staff two Catholic Charities mental health outpatient clinics, in Bay Shore, and Medford. Services are provided to children, adolescents, adults, and seniors. Services include individual and group therapy, as well as prescribing and managing medications.  
9 Fourth Ave.  
Bay Shore, NY 11706  
P: (631) 665-6707
- **FAMILY SERVICE LEAGUE**  
Provides treatment for all aspects of psychological illness and emotional distress. Services include individual and group therapy.  
The Iovino South Shore Family Center  
1444 Fifth Ave., Bay Shore, NY 11706  
P: (631) 647-3100
- **NEW HORIZONS LCSW, PC (Dr. Ana Carrion)**  
Provides mental health counseling for children, adolescents, couples and families  
14 Washington Ave., Suite 2, Brentwood, NY 11717  
P: (631) 617-5300
- **THE PEDERSON-KRAG CENTER**  
Provides mental health and chemical dependency treatment to adults, adolescents and children.  
11 Route 111, Smithtown, NY 11787  
P: (631) 920-8300
- **NEW HORIZON COUNSELING CENTER**  
Offers Individual Psychotherapy for Children, Adolescents and Adults, Medication Evaluation, Medication Therapy. Management and Education, Therapy Sessions Involving Family Members and Significant Others, Psychiatric Evaluations  
P: (631) 656-9550
- **RODALIS PSYCHOTHERAPY & COUNSELING**  
Provides individual and group counseling services to children, adolescents and adults.  
269 West Main Street, Bay Shore, NY 11706  
P: (631) 252-2820
- **SUNRISE COUNSELING CENTER**  
Provides mental health counseling to adults, children and adolescents including, individual, couple, group and family therapy.  
107 W. Main Street, East Islip, NY 11730  
P: (631) 666-1615