

Erie County Trauma Resource Guide

The Erie County Trauma Resource Guide was developed by the Resource Workgroup of the Erie Coalition for a Trauma Informed Community. For the most up-to-date resource guide, as well as more information about trauma or the coalition, please visit:

traumainformederie.org

Mission: We exist to create a bridge to healing by building a supportive, connected community dedicated to enhancing resiliency and reducing the impact of trauma.

Vision: Erie will be a trauma informed and responsive community committed to creating a culture of hope and safety.



info@traumainformederie.org



Erie County Trauma Resource Guide



**WORKING TOGETHER TOWARD A
RESILIENT ERIE COUNTY, PA**

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Homeless Services:

If you or someone you know is experiencing homeless and would like information or help in accessing resources that are available to you as an Erie County Resident, please contact:

Resource Navigators at 2-1-1 Northwest will help you get in contact with **814-Shelter**, where a trained professional will help you get in contact with housing resources in Erie County.

Drug and Alcohol Services:

If you or someone you know is struggling with addiction to drugs or alcohol, you can receive help in accessing services and help that is available in Erie County by contacting:

Erie County Office of Drug and Alcohol Abuse

155 W 8th St #401
Erie, PA 16501
814-451-6877

A Resource Navigator may also be able to help you access additional resources and help by contacting 2-1-1.

Trauma is when a person experiences an event or situation that upsets or overwhelms their ability to cope.

An event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being (SAMHSA)

Critical Incident Stress Management Team

Safe Harbor's Critical Incident Stress Management (CISM) Team is a partnership between mental health and emergency medicine (EMS) staff. We help EMS and other high-risk workers who often have exposure to trauma on the job.

The CISM teams helps high-risk workers heal from the trauma, return to daily life, and avoid the long-term effects of traumatic stress. The CISM team provides pre-crisis prep, large group briefings and demobilizations, one-on-one crisis intervention, critical incident stress debriefings, defuse meetings, family and organizational support, and follow-up.

Requests for services can be made by calling **814-451-2322**.

ARE YOU IN IMMEDIATE CRISIS?

814-456-2014 or 1-800-273-8255

911



You know to call 9-1-1 for police, fire and medical emergencies. Now you can call United Way's 2-1-1 to learn about social services that could benefit you. By dialing 2-1-1, you will be connected to a professional resource navigator who will listen to your needs and provide information on nonprofits that may be able to assist you. Call United Way's 2-1-1 Monday through Friday, 8 am to 4:30 pm, or visit www.pa211nw.org to conduct your own search. You can also text your need and zip code to 898-211 to receive information by text. Its free, easy and the quickest way to find help.

It's easy to remember and simple to do. United Way's 2-1-1. Need help? Don't know where to turn? Simply dial 2-1-1 and talk with a trained, caring resource navigator who can assist you with access to thousands of programs that can help you - FREE of charge!

IT'S FREE, EASY AND CONFIDENTIAL. 2-1-1, IT'S THE QUICKEST WAY TO FIND HELP.

Trauma-Relevant Resources:

Trauma can affect and impact peoples' lives in many different ways. Most people understand that trauma can affect our:

- Feelings/Emotions
- Thinking
- Behaviors
- Relationships with Others
- Sensitivity to Stimulus (hypersensitivity)
- Mental Health
- Physical Health

However, trauma can affect us in ways that we sometimes don't think about. Some other ways that trauma can affect our lives include:

- Unemployment
- Housing
- Child care
- Food and Clothing
- Dental and Eye Health

If you find yourself needing help with any of these issues, or many others that are affecting your day to day living, United Way 2-1-1 can help you find community resources dedicated to Erie County residents that may be able to help you.



Refugee Services:

If you are a refugee living in Erie County and need assistance with accessing services or integration into the community, you can contact:

Catholic Charities Counseling and Adoption Services

329 West Tenth Street
Erie, PA 16502
(814) 456-2091

<http://www.cccas.org/>

International Institute of Erie

517 E 26th St
Erie, PA 16504
(814) 452-3935

<http://refugees.org/field-office/erie/>

Multi-Cultural Community Resource Center

554 East 10th Street
Erie, PA 16503
(814) 455-0212

<http://www.mcrerie.org/>

Help is offered in many languages.

Veterans Services:

If you are a veteran, or a family member of a veteran, and are in crisis you can get help 7 days a week, 365 days a year by contacting:



Or you can contact the Erie VA Medical Center at the following number for services:

Erie VA Medical Center (814) 868-8661

- Press 1 – Pharmacy
- Press 2 – Appointments/Call Center/Leave a Message with your Provider
- Press 3 – Nurse Line
- Press 4 – Eligibility
- Press 5 – Billing
- Press 7 – Veterans Crisis Line

Interpersonal Violence Resources:

*If you or someone you know is experiencing **child abuse**, for resources and help please contact:*

Erie County Office of Children and Youth

814-451-6600 (weekday)

814-451-1503 (evenings and weekends)

www.eriecountypa.gov/county-services/human-services/office-of-children-youth.aspx

*If you or someone you know is experiencing **sexual assault**, for resources and help please contact:*

The Crime Victim Center

814-455-9414

1-800-352-7273

www.cvcerie.org

*If you or someone you know is experiencing **domestic violence**, for resources and help please contact:*

SafeNet

Crisis Hotline: 814-454-8161

814-455-1774

www.safeneterie.org

Safe Journey

814-438-2675 (24 hour hotline)

mysafejourney.org

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Family and Individual Counseling:

If you or someone you know is in need of counseling the following list of providers identify themselves as being trauma informed or trained in services that are aimed at addressing trauma related concerns. For additional resources or help in finding the service that you are looking for, you can also contact the **United Way 2-1-1**.

ABC'S of Building Better Lives	814-825-2930
Achievement Center, Inc.	814-459-2755
Affinity Family Support Services P.C.	814-835-1700
AMHX2 Inc.	814-833-1500
Aspire Counseling Services	814-450-3550
Barber National Institute	814-874-5631
Beacon Light Behavioral Health Systems	814-313-1661
Bethesda Children's Home	814-724-7510
Betty J. Young, M.A.	814-734-7094
Bobbe J. Cullers, LCSW	814-461-1192
Brighter 2 Morrows Counseling, LLC	814-734-3377
Christine Kalie LLC	814-464-3958
Conor C. Dawley, LPC	814-964-0678
Counseling and Assessment Services LLC	814-455-0754

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Strengthening Families Program (SFP) for Parents & Youth

Target Client: Geared towards serving mothers between the age of 16-25 years who have a child between 3-5 years. Additional children that the mother may have will also be included in the program but one child must be in the 3-5 year range to qualify. Parenting program for families with youth ages 3-16.

Description: Family skills training program involving both the parent and the youth; enhances parenting skills & styles; strengthens family bonds; promotes positive communication among family members; builds life skills in youth including stress management, conflict resolution, and improved communication.

Contact: SafeNet: Andrea Zill (814) 455-1774
x255strong@safenet.erie.org

Erie Family Center: Michelle Martucci (814) 874-6984;
mmartucci@eriesd.org

For an up-to-date list of the Evidence-Based Programs List for Erie County, please visit the UnifiedErie page at:

<https://www.unifiederie.org/ebpdirectory>



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Parent Child Interaction Therapy (PCIT)

Target Client: Children ages 2.5 - 6yr, 11mo. Children acting out or exhibiting behavior problems (verbal and physical aggression, defiance, noncompliance, temper tantrums); parents who could benefit from enhanced relationship and/or behavior management skills with young children.

Description: Outpatient counseling modality; improves parent-child relationship; reductions in disruptive behavior; improvements in parent behavior, parent stress, and maternal depression; improvements in child school behavior; generalization to untreated siblings.

Contact:

Achievement Center: (814) 459-2755, extension 1116

Safe Harbor: Mandy Fauble, (814) 459-9300;
faublem2@upmc.edu

Sarah Reed Children's Center: Matt Bogardus, (814) 835-3126; mbogardus@sarahreed.org

Functional Family Therapy (FFT)

Target Client: 10 to 17 years old with externalizing problem behaviors stemming from relational problems within the family; caregiver must be willing to participate.

Description: In-home family therapy, one time per week for up to 22 weeks.

Contact: Family Services: Michele Kephart, (814) 866-4500;
mkephart@fswpa.org

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Counseling Corner, LLC	814-573-0993
Counseling Services of Michelle Adler	814-636-3815
Counseling Services Center of SE Erie County	814-664-7761
Courtney L. Oblinski, LPC	814-566-4144
Denise M Nowacinski, MA, LPC, NCC	814-397-5430
Douglas M. Buyer, PhD, LLC	814-315-4054
Edinboro Counseling & Psych Service	814-734-3975
Ekaterina V. Escobar	562-852-5661
Family Services of NW PA	814-866-4500
Geraldine L. Orton, LPC	814-490-4235
Golden Outlook Counseling	814-616-3199
Goods Counseling Services, LLC	814-796-3933
Great Lakes Holistic Counseling	412-492-5834
Innovative Therapy Services	814-240-1017
Irene T. Blackford, PhD, LLC	814-454-4673
James P. Schierberl, Ph.D. and Associates	814-456-6078
Janice M. DiLuzio, PhD	814-460-0117
Jenna A. Bolton, LPC, LLC	814-470-3745
Jessica B. Macrino, LPC, LLC	814-682-5053
Jessica K. Vaughn, LPC, MA	814-572-0830
Kaleidoscope Inc.	814-824-4515

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Karola M. Ranft, LCSW, MSSA	814-838-1004
Kathleen M. Smith	814-392-4756
Kellie L. Valentine, LPC	814-871-6333
Lake Erie Counseling, Inc.	814-455-4009
Linda M. Caldwell, MA, LPC, NBCC	814-838-1400
Lisa J. Sayers, LPC	814-462-7869
Mark A. Borland, Ph.D.	814-722-7467
Mark A. Bratt, LSW	814-392-1244
Mary Kathleen McIntosh	814-572-4708
Medical Associates of Erie	814-868-3488
Melissa A. Slomski-Long, Ph.D.	814-833-6898
Mindful Paths, LLC	844-977-2847
Nicole Fies	814-573-0993
Northshore Psychological Associates, LLC	814-877-8013
Parkside Psychological Associates, LLC	814-807-0861
Psychological Health Services	814-864-9719
Rachel A. Lackovic, LCSW, LLC	814-873-5206
Rebecca L. Billings, PhD	814-969-0231
Richard A. Sekula, Ph.D.	814-397-6077
Richard C. Blackford PHD PC	814-835-7043
Safe Harbor Behavioral Health of UPMC Hamot	814-459-9300
Sara E. French, LPC, M.A.	814-871-6333

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Multi-Systemic Therapy (MST)

Target Client: 12-17 years old with delinquent behaviors (*i.e., verbal/physical aggression, truancy, substance abuse, experiencing problems at school, etc.); a caregiver must be willing to participate.

Description: Intensive in-home therapy 2-5 times per week for up to 27 weeks; provides 24 hour on call service.

Contact:

Family Services: Erin Phelps, Supervisor, (814) 866-4500
ephelps@fsnwpa.org

Harborcreek Youth Services: Norm Stanford, 814-899-7664
x311 nstanford@hys-erie.org

Multi-Systemic Therapy for Problem Sexual Behaviors (MST-PSB)

Target Client: 10 to 18 years old exhibiting sexually related anti-social and delinquent behaviors; caregiver must be willing to participate.

Description: In-home therapy 3-5 times per week addresses the determinants of sexually inappropriate behavior and related behavior concerns; provides 24 hour on call service.

Contact:

Family Services: Erin Phelps, Supervisor, (814) 866-4500
ephelps@fsnwpa.org

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Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Target Client: Any child age 3 to 18 experiencing a traumatic life event such as abuse, neglect, traumatic loss/death of a loved one, fire, disaster, auto accident, etc. (Children over the age of 18 can still be accepted at the Achievement Center as long as they are enrolled in the public school system; Up to age 21 at Barber Center with a qualifying mental health or ASD diagnosis)

Description: Weekly office based therapy works to minimize the negative impact of traumatic life events that may be resulting in depression, anxiety, or behavioral problems.

Contact:

Achievement Center: (814) 459-2755, extension 1116

Family Services: Sandi McIntire, (814) 866-4500 sandim@fsnwpa.org

Barber Center: Steve Colvin, (814) 878-5930 scolvin@barberinstitute.org

Family Group Decision Making (FGDM)

Target Client: Families must be referred by the Erie County Office of Children and Youth or Juvenile Probation.

Description: Facilitates a decision-making process that draws together extended family members to develop a sound plan to address concerns with regard to child safety, well-being, and overall development.

Contact: Family Services: Sarah Williams, (814) 866-4500 sarahw@fsnwpa.org

Union City Support Center: Dave Robinson, (814) 438-7550 dave.ucfsc@gmail.com

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Sarah A. Reed Children's Center	814-480-8985
Sarah Bickel Counseling LLC	814-923-1152
St. Vincent Medical Education & Research Institute	814-774-3128
Stairways Behavioral Health	814-454-5686
Steven J. Reilly, MA	814-459-6858
Suzanne M. Csop, Ph.D.	814-455-5785
The Family Institute, Inc.	814-480-8797
Theresa Peterson-Hadden LLC	814-384-2423
Thomas J. Calabrese, LPC	814-866-0905
Tracy M. Wojcik, LPC	814-616-4772
Tradewinds Counseling Ser-	814-240-2955
Tyler Titus, LPC	814-303-2772
Wagner Behavioral Health Services, LLC	814-827-2218
Wellspring of Life, LLC	814-812-9738

QUICK DIRECTORY OF EVIDENCE-BASED PROGRAMS

Nurse Family Partnership (NFP)
Target Client: 1st time pregnant, low-income women; Must enroll before start of 3rd trimester of pregnancy (28 weeks); Low-income defined as eligible for MA or WIC
Description: RN home visiting services designed to improve pregnancy outcomes, child health and development, and the economic self-sufficiency of the family.
Contact: Project Secretary: (814) 451-6733 Or Erie County Department of Health Intake Nurse: (814) 451-6711

Healthy Families America (HFA)
Target Client: All pregnant women or parents/ caregivers raising children ages 0-5; Prenatal enrollments or within 2 weeks of child's birth
Description: Home visiting service that focuses on early attachment; cultivates and strengthens nurturing parent-child relationships; promotes healthy childhood growth and development; enhances family functioning by reducing risk and building protective factors.
Contact: Erie Family Center: Kristen Costa, (814) 874-6695; kcosta@eriesd.org

Parents as Teachers (PAT)
Target Client: Parents with children ages prenatal through age 5, or upon school entry; any parent/caregiver may enroll for services at any time from prenatal (recommended) until the age of school entry.
Description: Home visiting service to work with parents; increases parent knowledge of early childhood development and improve parenting practices; provides early detection of developmental delays and health issues; prevents child abuse and neglect; increases children's school readiness and school success.
Contact: Erie Family Center: Kristen Costa, (814) 874-6695; kcosta@eriesd.org Union City Support Center: Shely Downey, (814) 438-7550; shely.ucfsc@gmail.com

Big Brothers/Big Sisters (BB/BS)
Target Client: Children ages 6 - 13 from predominantly single parent, at-risk families.
Description: Volunteer mentors initiate consistent one-to-one contact with a child and provide positive social, recreational, and cultural experiences to help the child reach his/her full potential.
Contact: Family Services : Paula Hayes, (814) 866-4566paulah@fsnwp.org