



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

# Erie County Trauma Resource Guide

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**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)

## Erie County Trauma Resource Guide

### 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](http://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.**

## Erie County Trauma Resource Guide

### 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
- Spirituality

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.



### Crisis Services at Safe Harbor Behavioral Health of UPMC Hamot

**814-456-2014 or 1-800-300-9558.**

Examples of a crisis include:

- Thoughts of suicide
- Uncomfortable symptoms of mental illness
- Loss
- Stressful events (financial, job loss, homelessness)
- Relationship problems
- Substance abuse
- Family concerns
- Parenting needs
- Feeling overwhelmed
- Depression or anxiety

#### **Around-the-Clock Crisis Services**

1. *Phone:* Call and speak to a trained crisis staff member anytime. They will assess your crisis and offer aid or help refer you to valuable community resources.
2. *Walk-In:* Come directly to the Crisis Center. Meet face-to-face with a crisis counselor to obtain treatment, referrals, or information. No appointment necessary.
3. *Mobile On-site:* Get on-location support in emergency situations. Crisis staff will offer treatment, help to the hospital for evaluation, and other on-scene support.
4. *Follow-Up:* Receive follow-up care and support after your first contact with Crisis Services. You can come to our office or we can follow up with you at your home.

### Critical Incident Stress Management Team

Safe Harbor Behavioral Health of UPMC'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**.

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### 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](http://www.eriecountypa.gov/county-services/human-services/office-of-children-youth.aspx)

*If you or someone you know is experiencing **sexual assault** or has been a **victim of a crime**, for resources and help please contact:*

#### **The Crime Victim Center**

814-455-9414

1-800-352-7273

[www.cvcerie.org](http://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](http://www.safeneterie.org)

#### **Safe Journey**

814-438-2675 (24 hour hotline)

[www.mysafejourney.org](http://www.mysafejourney.org)

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### Homeless Services:

If you or someone you know is experiencing homelessness 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.

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### 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.



### Highmark Caring Place:

The Highmark Caring Place, A Center for Grieving Children, Adolescents and Their Families, is a safe place where grieving children and families can come together and be with others who understand what they're going through.

An essential community resource, the Caring Place offers services at no charge to grieving families from throughout the community.

The Highmark Caring Place provides peer support, where the children who attend come to know that they are not alone in their experiences and feelings. They and their families get support and encouragement from each other, facilitated by trained adult volunteers.

In addition to these peer support groups, the Caring Place provides educational programs, consultation services, presentations and resources for schools and other professionals in the community who work with children. The Caring Place continually works to raise awareness of the needs of grieving children and how to respond to those needs..

Requests for services can be made by calling **(866) 212-4673**.

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### 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

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### 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 10<sup>th</sup> Street

Erie, PA 16503

(814) 455-0212

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

#### **Multicultural Health Evaluation Delivery Systems, Inc.**

2928 Peach Street,

Erie, PA 16508

(814) 453-6229

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

Help is offered in many languages.

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### QUICK DIRECTORY OF EVIDENCE-BASED PROGRAMS

Nurse Family Partnership (NFP)
<b>Target Client:</b> 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
<b>Description:</b> RN home visiting services designed to improve pregnancy outcomes, child health and development, and the economic self-sufficiency of the family.
<b>Contact:</b> Project Secretary: (814) 451-6733 Or Erie County Department of Health Intake Nurse: (814) 451-6711

Healthy Families America (HFA)
<b>Target Client:</b> All pregnant women or parents/ caregivers raising children ages 0-5; Prenatal enrollments or within 2 weeks of child's birth
<b>Description:</b> 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.
<b>Contact:</b> Erie Family Center: Kristen Costa, (814) 874-6695; <a href="mailto:kcosta@eriesd.org">kcosta@eriesd.org</a>

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### 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) 520-8214 [kcosta@eriefamilycenter.org](mailto:kcosta@eriefamilycenter.org)  
Union City Support Center: Heather Brooks, (814) 438-7550; [heatherb.ucfsc@gmail.com](mailto:heatherb.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 :  
Daniel Stone, (814) 866-4505 [dstone@fsnwpa.org](mailto:dstone@fsnwpa.org)

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### Family-To-Family Program

**Target Client:** Any family member who has a loved one with a mental health challenge. The individual does not need a formal diagnosis.

**Description:** To provide resources, improve communication techniques and education about mental health issues.

**Contact:**

**National Alliance on Mental Illness:** Denise Kolivoski, (814) 456-1773    [denise@namierie.org](mailto:denise@namierie.org)

### Incredible Years—Community

**Target Client:** Parents with Children ages 5-15 who are in need of techniques to promote emotional and social competence.

**Description:** This program is utilized to prevent, reduce and treat aggression and emotional problems in young children ages 5-15. It consists of a two-hour session once a week for 11 weeks. In these sessions, trained facilitators use videos to encourage group discussion, sharing of ideas and promote problem solving.

**Contact: Erie Family Center**

Connie Osiecki, (814) 520-8214 co-  
[siecki@eriefamilycenter.org](mailto:siecki@eriefamilycenter.org)

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### Incredible Years - Home Visitation

**Target Client:** Parents with Children ages 5-15 who are in need of techniques to promote emotional and social competence.

**Description:** Evidence based home visiting model that focuses on Parent-Child interaction, discipline and relationships. Led by a team of master's level therapist and bachelors level case manager. The team will work directly with parents during the sessions and monitor the children's health, school success and behavior. Sessions are offered for 14 weeks as well as 3 group sessions. Each program is tailored to the needs of the family but can be used as part of a truancy resolution or school intervention and can be court ordered.

**Contact: Erie Family Center**

Kristy McMahon, (814) 520-8214 kmcmahon@eriefamilycenter.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:** Evan Tucker (814) 459-2755, extension 0527

**Family Services:** Sandi McIntire, (814) 866-4500 sandim@fsnwp.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:** Tim Keibler, (814) 866-4500 timk@fsnwp.org



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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) 866-4585  
ephelps@fsnwp.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) 866-4585  
ephelps@fsnwp.org

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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:** Evan Tucker, (814) 459-2755, extension 0527

**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:** Amanda Monocello, (814) 866-4606 amonocello@fsnwpwpa.org

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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:** Robin Young (814) 455-1774 x255  
ryoung@safenet.erie.org

**Erie Family Center:** Michelle Martucci (814) 315-9069;  
mmartucci@eriefamilycenter.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>



**UnifiedErie**  
*A Violence Reduction Initiative*

PREVENTION

ENFORCEMENT

REENTRY

## 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](http://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](mailto:info@traumainformederie.org)**

