



**UPSTATE**  
FOUNDATION

## CAMPAIGN FOR CHILD & ADOLESCENT Mental Health

### Elmcrest Children's Center

#### FOSTERING COMMUNITY PARTNERSHIPS TO EXPAND ACCESS TO SERVICES

To meet the surging need for mental health services in Central New York, Elmcrest Children's Center recently opened a 12-bed respite program with eight additional beds in future plans to serve children who need clinical care, but not in a hospital or outpatient setting. This will be an invaluable community resource and important partnership with Upstate Golisano Children's Hospital, as it will help increase the number of beds that are available to sick and injured children. Currently, many beds at the hospital are occupied by children with mental health issues who do not require clinical care. The respite center will offer continuous support to children and their families through 24-hour on-call services, reducing avoidable hospitalization emergency room visits.

#### NEW RESPITE PROGRAM & CENTER

The New York state Office of Mental Health has approved the new respite program at Elmcrest. The respite center will be a home-like environment where children facing a mental health crisis will get professional counseling, peer support, healthy meals and recreational opportunities. Children will stay at the respite center for up to three weeks before returning home. Their parents, meanwhile, will be afforded time to recover from the fear and stress a mental health crisis can create, and will also receive training on how to support their children. The Elmcrest program will provide three to six months of follow-up care for patients who complete the respite program.

The new mental health respite center will be located on Elmcrest's main campus on Salt Springs Road in Syracuse. To create the 13,000-square-foot facility, two residential buildings will be renovated. It is estimated that more than 5,400 children will be served at the respite center over the next 20 years.



#### ABOUT ELMCREST

Founded as an orphanage in 1845, Elmcrest Children's Center now focuses on helping children who are facing major life challenges. More than 2,500 children and their families are served annually through 20 programs including:

- Behavioral and mental health services for children who have experienced trauma, or have emotional, behavioral or psychiatric challenges. Elmcrest utilizes the nationally recognized Psychoeducational Treatment Model, which combines social skill instruction with intervention strategies.

Children who aren't able to live with their family attend Elmcrest's residential program, which is home to 60 children who receive psychological, medical, educational and vocational services. They are educated at the on-campus Elmcrest School, run by the Syracuse City School District.

Other children receive community-based services including comprehensive care management, care coordination, counseling and vocational services.

- Respite services for children with developmental disabilities or medical fragility. Casey's Place at Elmcrest provides world-class care, giving children a safe, fun place to make friends and learn skills while family members get a break from constant care.
- Inclusive early education, childcare and Universal Pre-K serving 136 young children through Elmcrest's on-campus Early Education Center and in Park Hill Pre-K School in East Syracuse. Elmcrest recently opened a Northside Early Education Center in Syracuse to serve the families of refugees and immigrants.