



BRYLIN
BEHAVIORAL HEALTH SYSTEM

*Your Private Struggle
Our Private Care*

1263 Delaware Ave. ~ Buffalo, NY 14209 ~ 716-886-8200 ~ www.brylin.com

Teen Depression and Suicide

Clinical Depression is a serious illness that can affect anybody, including teenagers. It can affect your thoughts, feelings, behavior, and overall health. Most people with depression can be helped with treatment. However, most depressed people never get the help they need.

- Each year 500,000 young adults, aged 15 to 25, attempt suicide, 5,000 succeed.
- Suicide is the third leading cause of death among 15 to 25 year olds.
- Suicide is the sixth leading cause of death among 5 to 14 year olds.
- Young adult males succeed at suicide almost two times as often as any other group.
- Without treatment, of those who attempt suicide, 80 percent are likely to try again.
- Teen depression almost always leads to suicidal thoughts.
- The number one cause of teen suicide is untreated depression.
- Most suicidal teens respond positively to psychotherapy and medication.

About ten percent of Americans suffer from a depressive illness. Some experts estimate that four to five percent of adolescents suffer from teen depression. If you suffer from clinical depression, you can't just "pull yourself together" and get better. Professional intervention is necessary.

Because most depressed young adults do not seek help on their own, parents have to recognize the symptoms and know something about teen suicide facts and signs. Without treatment, their illness can last for weeks, months, years, or a lifetime and can have a serious impact on all aspects of their life.

As the rate of teen depression rises, so does the incidence of suicide. An estimated eighty percent of adolescents contemplating suicide will give clues that they are suicidal. If you suspect that your child or someone you know is desperate for help or has said they want to "Give Up", its important to seek help for that person.

SIGNS TO LOOK FOR (If one or more of these signs of depression persist, parents should seek help):

- Frequent sadness, tearfulness, crying
- Hopelessness.
- Decreased interest or inability to enjoy previously favorite activities
- Persistent boredom and low energy
- Social isolation, poor communication
- Low self esteem and guilt
- Extreme sensitivity to rejection or failure
- Increased irritability, anger, or hostility
- Difficulty with relationships
- Frequent complaints of physical illnesses, such as headaches and stomachaches
- Frequent absences from school or poor performance in school
- Poor concentration
- A major change in eating and/or sleeping patterns
- Talk of or efforts to run away from home
- Thoughts or expressions of suicide or self-destructive behavior
- Alcohol and Drug Abuse
- Self-Injury

For more information on depression, please call BryLin at 716-886-8200 ext. 2264.
A mental health professional will be glad to discuss your questions confidentially.

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BRYLIN

BEHAVIORAL HEALTH SYSTEM
With **HELP**, There's **HOPE**SM

*Western New York's
Leader in Mental Health
&
Outpatient Substance
Use Disorder Care*

*Providing quality
compassionate care for
over 60 years!*

Mission

To be the first choice for healing, wellness, and recovery through innovative and individualized care.

Inpatient Psychiatric Hospital

1263 Delaware Avenue
Buffalo, NY 14209
Phone: 716-886-8200
Fax: 716-886-1986

**Outpatient Mental Health Clinic
for Adults**

531 Farber Lakes Drive
Suite 201
Williamsville, NY 14221
Phone: 716-632-5450
Fax: 716-632-5327

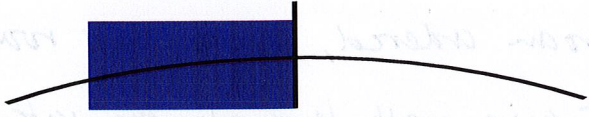
**Outpatient Substance Use Disorder
Clinic for Adolescent & Adults**

531 Farber Lakes Drive
Suite 202
Williamsville, NY 14221
Phone: 716-633-1927
Fax: 716-633-6376

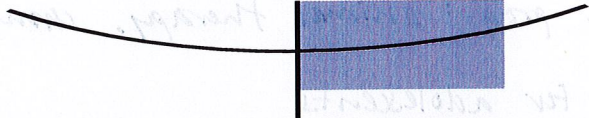
Web: www.brylin.com

Email: info@brylin.com

"Like Us" on Facebook



Adolescent Substance Use Disorder Program



Adolescence can be a time of experimentation and risk-taking. As parents and caregivers, it can be difficult to discern what is normal adolescent behavior and what is becoming problematic. At **BryLin's Substance Use Disorder Clinic**, you can bring your child to meet with a Master's level clinical professional who will assess and evaluate the concerns and needs of your child.

BryLin's **Adolescent Substance Use Program** is designed to meet the ever-changing needs of the community. We have assembled an Outpatient Adolescent Treatment team that consists of Masters Level Qualified Health Professionals who are committed to adolescent addiction treatment. We also have an adolescent Specialist who is available to speak to Schools, Mental Health Providers, Pediatricians, and others as part of our free outreach services.

Adolescent Recovery:

Our Adolescent Recovery treatment track has been specifically developed for the adolescent who presents with a Substance Use Disorder. The group provides support, intense treatment, education, and awareness to clients. We seek to help the adolescent client understand the nature of his/her illness while moving toward a greater awareness and acceptance of the disease of addiction. It is with this awareness and understanding that we help the adolescent, and their families, develop skills to help prevent relapse and ongoing substance use.

The program consists of group and individual therapy with family conjoint sessions taking place in both. We look to have family members participating in group and individual sessions at various times throughout the course of treatment.

If you suspect an adolescent has a problem with alcohol or drugs, please call to set up an evaluation, usually provided within 24 hours.

FREE Family Group:

Unique to BryLin's Substance Use Disorder Clinic are the **FREE** Family Group sessions. The setting for these groups is designed to be educational and supportive for adult family members, and concerned others (18+), who have a loved one dealing with addiction. The group is run by a licensed professional, held every Monday from 6-7pm, and it's tailored to the needs of those in attendance.

To learn more about BryLin's Outpatient Substance Use Disorder treatment or the free family group, please call (716) 633-1927 or visit our website at www.brylin.com.

With **HELP, There's **HOPE**SM**

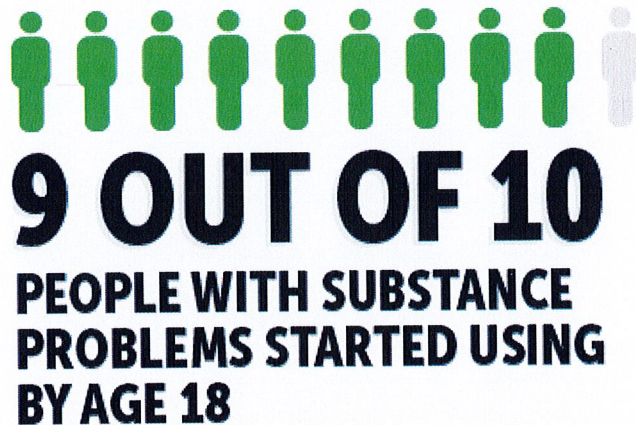
A Pediatricians Impact on Adolescent Substance Use and Abuse

Substance use by adolescents has an enormous impact on their health and well-being.

- It impairs healthy growth and development
- It's associated with risky behaviors such as unprotected sex and dangerous driving
- And contributes to the development of many other health problems.

Pediatric care providers play a critical, ongoing role in the lives of their adolescent patients and have a unique opportunity to educate them about the dangers of substance use and to influence their behaviors.

The potential benefits of identifying substance use and intervening to reduce or prevent it are substantial.



Typically, physicians screen for mental health and substance abuse disorders by talking informally to or interviewing patients and caregivers—rather than using validated checklists or questionnaires. An interview approach alone has some significant weaknesses and frequently fails to detect behavioral and emotional problems.

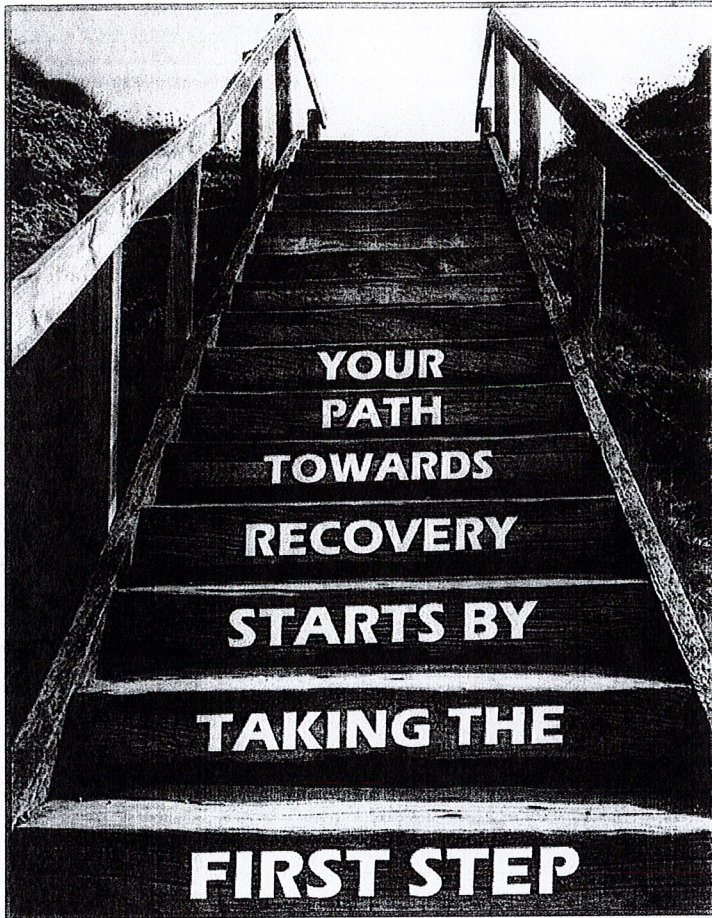
When primary care physicians supplement interviews with a screening tool (such as **Screening to Brief Intervention (S2BI)**), studies suggest that the identification of behavioral health problems increase. Using such tools can provide a starting point for discussion with the youth and/or parents to get more information, provide education, or develop plans for follow-up and assessment.

The American Academy of Pediatrics (AAP) has developed a guide to help pediatricians incorporate **screening, brief intervention, and referral to treatment (SBIRT)** for use of alcohol, tobacco, marijuana, and other drugs among adolescent patients.

BRYLIN OUTPATIENT SUBSTANCE USE DISORDER TREATMENT FOR ADOLESCENTS AND ADULTS

Let our experience be your guide to identification, referral for treatment and full adolescent recovery from drugs or alcohol. During a **“Lunch & Learn”** session, we can discuss how to incorporate tools such as the S2BI or the SBIRT in your practice. If you're interested, call our SUD Clinic TODAY!

BryLin's Outpatient Substance Use Disorder (SUD) Clinic, in Williamsville, provides individual and group treatment for adolescents and adults. Immediate assessments can be scheduled by calling [**\(716\) 633-1927**](tel:7166331927). Ask us about our FREE Family Group, which is open to the community, every Monday night!



HEALING, WELLNESS
& RECOVERY

Substance Use Disorder Clinic

PROGRAMMING INCLUDES:

- OPIATE RECOVERY
- ADOLESCENTS & ADULTS
- CO-OCCURRING TREATMENT
- PROFESSIONALS GROUP
- DWI ASSESSMENTS
- FREE FAMILY GROUPS

531 FARBER LAKES DR.
WILLIAMSVILLE, NY 14221

716.633.1927 • www.brylin.com

WHERE THERE'S HELP, THERE'S HOPE

FREE FAMILY GROUP MEETING

**EVERY MONDAY NIGHT
6:00 – 7:00 PM**

The family group setting is designed to be educational and supportive for adult family members, and concerned others, who have a loved one dealing with addiction. The group is run by a licensed professional and tailored to the needs of those in attendance. Please call 633-1927 for more information.

(This group is available for anyone age 18 and up)



BRYLIN
HOSPITAL

*Your Private Struggle
Our Private Care*

Making an Inpatient Psychiatric Referral

**Inpatient Psychiatric Referrals are accepted by calling
(716) 886-8200 ext. 2264 (Admissions Department)**

**** Medicare & most private insurances are accepted. However, straight Medicaid is not accepted for individuals between the ages of 21-64. Some managed plans may be accepted.**

***** WE DO NOT HAVE AN EMERGENCY ROOM ***
*** WE CAN NOT PROVIDE EVALUATIONS *****

1. Contact BryLin's Admissions Department at 716-886-8200 ext. 2264.
2. The following information will need to be provided or faxed to us (fax: 716-885-4379):
 - Patient Name & Date of Birth
 - Release of Information
 - Insurance information
 - Psychosocial and/or Psychiatric Consult
 - History and Physical
 - List of Current Medications
 - Laboratory Results – if applicable
 - If the patient is a child/adolescent:
 - i. Who is the legal guardian?
 - ii. Is the legal guardian accompanying the patient?
3. The Admission staff will request to speak with the patient (or if it's a child, their parent or guardian) to ensure the patient is willing to be hospitalized and capable of signing himself/herself into the Hospital on a Voluntary Status. If the patient is not willing to be hospitalized voluntarily, arrangements will need to be made to have the patient admitted on an Involuntary Status (2 Physician Certificate), usually through an ER.
4. Eligibility for in-patient care will need to be authorized with the insurance provider before admission can be confirmed.
5. In the case of a child that is in the custody of the Department of Social Services, arrangements will need to be made to have the DSS worker accompany the patient when able. If that is not possible, the Commissioner of the county that the patient is in custody of, will need to sign all required paperwork prior to the patient being sent for admission. If the Commissioner is unavailable, a designee is able to sign for the Commissioner with their approval.
6. Once criteria for admission has been met, the insurance benefits have been checked, and we have obtained an accepting physician for the referred patient, we will confirm a time for the individual to be transferred/admitted to the hospital.
7. We look forward to assisting you with your referral. If you have questions or would like to discuss a case prior to referral please contact Admissions at 716-886-8200 ext. 2264, **Mark Nowak, Director of Marketing & Public Relations (716-604-2893) or Kelly Burrows, Outreach Specialist (913-2787).**



PROFESSIONAL REFERRALS

Do you have a patient struggling with their Mental Health and/or with a Chemical Dependency?

At BryLin, we recognize the important relationship between a health care professional and their patient. Our goal is to ensure your patient receives quality care in a timely fashion.

• Outpatient Substance Abuse Care:

If you have a patient suffering from an alcohol or drug related issue, please call the **BryLin Behavioral Health Center** in Williamsville, NY. You can reach the Center's Outpatient Substance Abuse Clinic, for adolescents and adults, at **716-633-1927** to schedule an initial appointment.

** Most insurances, Medicare and Medicaid accepted.*

• Outpatient Mental Health Care:

If you have a patient suffering from a mental illness (such as depression, anxiety, bipolar disorder, mood disorder, etc.), please call the **BryLin Behavioral Health Center** in Williamsville, NY. You can reach the Center's Outpatient Mental Health Clinic for adults at **716-632-5450** to schedule an initial appointment.

** Most insurances, Medicare, and Medicaid accepted.*

• Inpatient Mental Health Care:

In some severe cases, mental health disorders such as depression, bipolar disorder, anxiety, post-traumatic stress disorder, and psychotic symptoms (hallucinations & delusions) can best be treated in an inpatient psychiatric environment. If your patient is in crisis and needs immediate assistance, call **BryLin Hospital**, a psychiatric hospital providing short-term, crisis stabilization for children, adolescents, and adults.

Seek immediate assistance if you think you are in danger of harming yourself. You can call Crisis Services 716-834-3131 or the National Suicide Prevention Line at 1-800-273-8255.

BryLin Hospital accepts voluntary patients 7 days a week, 24 hours a day by calling our admissions department at **716-886-8200** ext. 2264.

- Avoid long waits in an emergency room.
- Speak with a psychiatric registered nurse confidentially.
- We'll check your insurance benefits for you.

***** IMPORTANT: PLEASE CALL FIRST *****

- **We DO NOT have a psychiatric emergency room.**
- **We DO NOT provide emergency psychiatric evaluations.**

** Most insurances and Medicare accepted.*

** Straight Medicaid is **not** accepted for ages 21-64*

** Some managed Medicaid plans are accepted.*

** Private pay and most major credit cards are also accepted.*

** You DO NOT need a physician referral.*