
of the Roman Catholic Diocese of Syracuse

Broome County

Gateway Center For Youth

Foundation

In 1982 the Broome County Youth Bureau Comprehensive Plan recognized a need for increased youth counseling services that were accessible and low cost. To help meet this need, Gateway was established in 1983 under the auspices of Catholic Social Services of Broome County, and is now a part of the Children and Youth Division of Catholic Charities of Broome County.

Purpose

Our purpose is to provide free and accessible assessment, referral, individual counseling and group counseling to Broome County youth, ages 8 through 21, and their families. Gateway staff use a strengths based, client centered approach to working with youth. Parents, siblings and other significant family members are often included. A parent can also receive limited services on their own pertaining to their adolescent if the child is not willing to attend.

Location and Hours

Gateway is located at 86-88 Walnut Street, Binghamton. Bus tokens are available for those with transportation problems. Voice-mail is available 24 hours a day for messages at 584-7800, ext. 450. **Individual and group counseling is available primarily in the evening (4:00 to 7:00PM) Monday through Thursday. Please call for an intake appointment.**

Services Provided

****Assessment and Referral***

Gateway keeps well informed of available community resources for adolescents and their families. Approximately 50% of clients are referred to specific, appropriate, and feasible community resources. Clients may continue to receive services at Gateway during a waiting period for referred services to begin.

****Individual Counseling***

Our emphasis is on short-term, Solution-Focused counseling (1-8 sessions). Counselors approach teens in a caring, non-threatening way because for many it is their first contact with counseling services. Confidentiality is respected. Although parental permission/notification is not required, family involvement is encouraged, and is often a treatment goal.

****Psycho-educational Groups***

We offer several adolescent groups regularly in our ***“Personal Power” Series***:

- ***“Building Personal Power: Skills for Managing Anger”*** – a six-week counseling group for adolescents that teaches anger management skills such as recognizing anger before it becomes a problem and decreasing negative or violent behavior.
- ***“Stick Up For Yourself: Every Kid’s Guide to Personal Power and Positive Self-esteem”*** and ***“Developing a Positive Body Image”*** – a six-week self-esteem/assertiveness course for female adolescents focusing on building self-esteem, setting and achieving

goals and communicating feelings effectively; in addition, the course can help identify what contributes to an eating disorder, how to stop “dieting”, make healthier choices and cope with the pressures of the need to look thin in our society.

- **“Boy’s Social Skills”** –a six-week group to help boys recognize boundaries, improve communication and relationship building skills and learn to be assertive.

We also offer some additional groups based on need from our **“Personal Power” Series**:

- **“Coping With Loss”** -a six-week group for adolescents that focuses on the grieving process and normalizing feelings associated with death and other kinds of loss.
- **“Coping With Depression or Anxiety”** –a six-week group for adolescents that focuses on understanding depression and anxiety and positive strategies to decrease the intensity and effect
- **“Pregnancy, Infancy and Toddler Care”** – a six-week group for pregnant or young mothers to help promote self-care, address emotional needs and encourage safe and healthy child rearing.
- **“Active Parenting of Teens”** -a three-week parenting class for parents of teens that teaches appropriate discipline, effective communication, and self-esteem building of pre-teens and teens.

Problems Presented

Most of the clients who come to Gateway are in middle or high school, and are experiencing a problem at home, in school or in the community. A wide variety of issues were presented in the year 2008 by the 153 clients served:

- 17% involved parent/child conflict
- 28% involved conflict with peer relationships
- 17% involved depression or anxiety
- 21% involved clients on probation
- 16% involved families with substance abuse issues
- 32% involved anger management issues
- 36% involved behavioral problems
- 11% involved educational or vocational issues
- 4% involved gang affiliation

Referral Sources in 2008

Referrals come from a variety of sources and are accepted from any source, but we appreciate teens and/or families that call for their own appointments.

Staff

Staff consists of a Manager and several part-time Master and Bachelor level counselors. Gateway also supervises undergraduate and graduate level interns from human service and social work programs.

**If you have any further questions or comments, please contact
Gateway’s Team Leader, at (607) 584-7800, ext. 450.**