



Child and Adolescent Crisis Intervention and Counseling in Camden County, Georgia



Purpose

To provide information that helps people recognize, communicate, avoid, and respond to child and adolescent crisis situations. The content and distribution of this document are intended to improve awareness, facilitate communications, and stimulate networking – cultivating productive relationships between individuals, families, community members, and local agencies – enhancing the delivery and effectiveness of child and adolescent counseling, crisis avoidance and intervention in Camden County Georgia.

Document Maintenance
TCANNING@TDS.NET

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Notes: (1) Some listed organizations provide other social, medical, and human services that are beyond the scope of this document. (2) No recommendation or evaluation is implied in this document. (3) At a minimum, this document will be updated and published each January. (4) Widest distribution is encouraged and requested. <http://helpingneighbors.weebly.com/>

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Executive Summary

This document is provided as a community service for widest public dissemination. It is a consolidation of selected articles from referenced organizations and subject matter experts – defining and discussing the social and developmental challenges confronting children and teenagers in our community; as well as options and resources for preemptive and remedial actions. In electronic format, this document employs [hyperlinks](#); facilitating access to related information – internal and external to this document.

The Problem:

- As a minor – a young person, have you ever said: “I am in jeopardy (or in harm’s way) and I do not know who to turn to for advice and help.”? Or,
- As a concerned person – of any age, have you ever said:
 - “I wonder if that young person is in jeopardy (or harm’s way) – how can I tell?”; or
 - “I know this young person that is in jeopardy (or harm’s way) and I do not know how to help or who to inform.”

The Purpose of the document is to help people in Camden County Georgia find the information needed to answer these questions – to help reestablish and maintain the wellbeing of the young person in question.

The Method that this document uses to satisfy the stated purpose is to present child and adolescent crisis-specific quick-guides; designed to help the reader understand basic information regarding the crisis scenario – including possible immediate actions and how to connect with first tier (immediate response and gateway) and second tier (supplemental response) resources.

The [Appendix](#) provides an alphabetical list of referral, counseling, and intervention resources; as well as related information, training opportunities, and seminar schedules.

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Introduction

Children – also referred to as minors – pass through several stages on their road to becoming adults. For most people, there are four stages of growth where they learn and develop: infancy (birth to age 2), early childhood (ages 3 to 8 years), later childhood (ages 9 to 12) and adolescence (ages 13 to 18). In our society, with few exceptions, a legal adult is a person who has attained the age of majority (i.e. 18) and is therefore regarded as independent, self-sufficient, and responsible.

As you read this document and the cited references, you will notice differences in age-group definitions. In this document, a child is a person that is pre-pubescent and an adolescent is a person that has reached puberty through to the legal age of adulthood – 18. When the condition, factor or subject discussed is specific to a *child* or *adolescent*, the applicability is specified in the explanation. Otherwise, the group-terms *child* and *adolescent* are equally applicable for the subject being discussed.

For children, adolescents and their parents, age-appropriate development is a time of excitement and of anxiety; of happiness and of troubles; of discovery and of bewilderment; and of breaks with the past and links with the future. It is a confusing time – for the child and adolescent experiencing these phases of life; for the parents who are nurturing their child during his or her progression through these stages; for other adults charged with enhancing the development of youth during this period of life, and – with disturbing, historically unprecedented frequency – for adolescents who themselves find themselves in the role of parents.

The key function of a child's family is to raise the young person in as healthy a manner as possible. The parents' role is to provide the child with a safe, secure, nurturing, loving, and supportive environment – one that allows the offspring to have a happy and healthy youth. This sort of experience allows the youth to develop the knowledge, values, attitudes, and behaviors necessary to become an adult making a productive contribution to self, family, community, and society. What a parent does to fulfill these "duties" of his or her role is termed parenting; in other words, parenting is a term that summarizes behaviors used by a person – usually, but, of course, not exclusively, the mother or father – to raise a child.

Unfortunately, not all of our youth live in a stable, nurturing family environment. Also, some well-meaning parents and families are not up to the task – the confrontation – the crisis – presented by their young family member. These variations influence both the way parents interact with youth and, in turn, the behavior of children and adolescents.

With the receipt of comments and constructive criticism from our community, this document will be further developed and refined; continuing with the objective to fill the information gap regarding crisis avoidance and intervention from the perspective of the child and adolescent; as well as the parents and adults charged with the positive development of youth in Camden County, Georgia.

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Child and Adolescent Crisis Intervention and Counseling Quick-Guides

A set of crisis-specific information is provided in this “Quick-Guide” section. Each “Quick-Guide” includes:

- A general definition of the subject condition or event;
- A brief statement regarding the condition or event indicators, warning signs, and/or risk factors;
- Available immediate and/or initial response actions; and
- Contact information for education, counsel, and Intervention.

Referenced organizations, subject matter experts, and information details can be accessed by selecting the [hyperlink](#) embedded in key words and phrases.

Note: To view some videos,

- [Adobe Flash Player is required](#)
- [Flash Player Help / No video display | Flash Player](#)
- [How to watch Flash videos on your new iPad](#)
- [The App Store alternative for Flash on the iPad](#)
- [How To Play Flash Videos On Your iPhone, iPod Touch and iPad](#)

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Maltreatment (Abuse and Neglect) – Crisis Intervention and Counseling Quick-Guide

Definition

Maltreatment is any act of commission or omission by a parent or a caregiver (e.g. clergy, coach, or teacher) that results in harm, potential for harm or threat of harm to a child.

- Child abuse is an act of commission that deliberately inflicts harm, whether physical or emotional, that results in a child or adolescent experiencing pain, fear, emotional anguish, and distrust. Examples include physical abuse, sexual abuse and psychological abuse.
- Child neglect is an act of omission by failing to provide for a child's basic physical, emotional or educational needs. Examples include providing adequate food, clothing, hygiene, medical care, safety and supervision.

Warning Signs

Signs and symptoms of child abuse and neglect vary from child to child. Children have different ways of coping so signs depend on each child's characteristics and environment. Some signs of possible physical abuse may be easy to spot but instances of emotional or sexual abuse may not be immediately evident. Typical indicators of abuse are unexplained injuries, withdrawal, absence from school and unexplained fear or panic. For additional information, go to the *National Child Traumatic Stress Network* at <http://www.nctsn.org/>.

Select >



Responsive Actions – if you are being abused or neglected:

- If there is immediate physical danger or a weapon is involved, call 9-1-1 – law enforcement; otherwise,
- If you are injured, go to the Emergency Room at the Southeast Georgia Health System, Camden Campus, 2000 Dan Proctor Dr., St. Marys, Ga.; and/or
- Contact a trusted adult who can help. This includes a relative, a teacher, a coach, or a church leader; and/or
- Contact the Camden County Department of Family and Children Services (DFCS):

- During a weekday from 9-5, call (912) 262-3260
- After hours and on holidays and weekends, call (855) 422-4453; and/or
- TEXT “CTL” TO 741741 – [The Crisis Text Line](#) (CTL) for free, 24/7, emotional support and information from a trained specialist; and/or
- Members of an active duty military family can also contact the local [Fleet and Family Support Center](#) at (912) 573-4512 or (912) 573-4222 for counsel and referral.

Responsive Actions - If you suspect child or adolescent abuse or neglect:

- If there is immediate physical danger or a weapon is involved, call 9-1-1 – law enforcement; otherwise,
- [When talking with an abused or neglected young person](#): (1) Avoid denial and remain calm. (2) Don't interrogate - let the young person explain to you in his or her own words what happened; (3) Reassure the young person that they did nothing wrong. (4) Safety comes first. If you feel that your safety or the safety of the young person would be threatened if you try to intervene, make an anonymous report and leave it to the professionals; and/or
- Perform (or help the young person perform) one or more of the actions listed above in “Responsive Actions – if you are being abused or neglected”.

Notes:

- 1) [Anyone can report suspected abuse or neglect](#), and all reports will lead to a professional investigation. [Certain groups](#) of professionals and volunteers are [mandated by law to report](#) any suspected abuse or neglect. [Ga. Code 19-7-5 \(revised 2012\)](#) , expands and clarifies the code regarding volunteers and clergy. An online course is provided at [Mandated Reporters: Critical Links in Protecting Children in Georgia](#).
- 2) Additional Services: * [Family Matters Of Coastal Georgia, Inc.](#); (912) 510-3770; * [CAMDEN COUNTY COURT APPOINTED SPECIAL ADVOCATES \(CASA\)](#) – (912) 882-3119; * [Lighthouse Healthcare, Inc.](#) – (912) 207-4695; * [USA National Child Abuse Hotline](#), (800) 422-4453 (24/7)
- 3) Additional Information: * [Camden County Health Needs Assessment](#); * [Facts and Statistics](#); * [Fact Sheets](#); * [Georgia's Children](#); * [Georgia Youth – Ga. DOE](#); * [Reporting child abuse and neglect](#); *
- 4) Additional Videos and Podcasts: * [Texting – Crisis Text Line – Who We Are](#); * [This video speaks volumes](#); * [How to Recognize Child Abuse and Neglect](#); *

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Maltreatment (Bullying) – Crisis Intervention and Counseling Quick-Guide

Definition

Bullying is unwanted aggressive behavior that involves a real or perceived power imbalance in which the victims find it difficult to defend themselves. Bullying can be physical, verbal, or emotional and can occur anywhere, at home, at school or school events, online (cyberbullying) or in a teen dating situation. Bullying acts include making threats, spreading rumors, excluding someone from a group, stalking, ridiculing, or attempting to control the actions or activities of a person in a deliberate hurtful manner.

Warning Signs

Not all children exhibit warning signs, but those who do usually show an abrupt change in behavior. They may have unexplained injuries, lost or destroyed belongings, faked illness, declining school grades, reluctance to go to school or sports programs or engage in self-destructive acts. The speed with which social media can reach a mass audience quickly can result in extremely humiliating messages and visual images. The impact on a child or adolescent being cyberbullied can be immediate and overwhelming, possibly leading to self-abuse or suicidal thoughts or actions. The impact that public embarrassment among peers can place on a young person can be overwhelming.



Responsive Actions – If you are being bullied:

- If there is immediate physical danger or a weapon is involved, call 9-1-1 – law enforcement; otherwise,
- Talk with your parents, a trusted relative, teacher, coach or church leader; and/or
- If you are in an emotional distress or suicidal crisis, contact the National Suicide Prevention Lifeline at (800) 273-8255 and speak with a professional counselor; and/or
- TEXT “CTL” TO 741741 – The Crisis Text Line (CTL) for free, 24/7, emotional support and information from a trained specialist; and/or
- Call Georgia's school safety hotline at 877-SAY-STOP (877-729-7867); and/or
- Specific to cyberbullying, check smartphones and computers for information identifying the bully. **Do not respond.** If the messages suggest violence, call 9-1-1 – law enforcement; and

- Members of military families may also call the Kings Bay [Fleet and Family Support Center](#) at (912) 573-4512 or (912) 573-4222.

Responsive Actions – [If you suspect that a child or adolescent is being bullied:](#)

- [Be more than a bystander. ...stand up for the person being bullied.](#)
- If there is immediate physical danger or a weapon is involved, call 9-1-1 – law enforcement; otherwise,
- If the young person tells you that he or she is being bullied:
 - If you are a Teacher in the State of Georgia, engage the [GDOE Bullying Prevention Toolkit](#) and local school guidelines; or
 - If you are the [parent, guardian](#), or [trusted adult](#), (1) Reassure the young person that you believe him or her; (2) thank him or her for coming to you, and (3) stress that you will help him or her deal with the situation. (Refer to example scripts, guidelines and advice linked in this bullet); and
 - Perform (or help the young person perform) one or more of the actions listed above in “Responsive Actions – If you are being bullied”.

Notes:

- 1) Additional Services: * [Gateway Behavioral Services of Camden County](#), (912) 576-4357; * [Family Matters Of Coastal Georgia, Inc.](#); (912) 510-3770; * [Safe Harbor](#) – (912) 729-7620; * [CAMDEN COUNTY COURT APPOINTED SPECIAL ADVOCATES \(CASA\)](#) – (912) 882-3119; * [Lighthouse Healthcare, Inc.](#) – (912) 207-4695; * [USA National Child Abuse Hotline](#), (800) 422-4453 (24/7); * [GLBT National Youth Talk](#), (800) 246-7743 (Monday-Friday, 4pm-12 am EST/Saturday, 12pm-5pm EST); *
- 2) Additional Information: * [Camden County Health Needs Assessment](#); * [Facts and Statistics](#); * [Fact Sheets](#); * [Georgia’s Children](#); * [Georgia Youth – Ga. DOE](#); * [Reporting child abuse and neglect](#); * [My Child is Being Bullied—What Should I Do?](#); *
- 3) Additional Videos and Podcasts: [No No Bully Music Video](#); * [No Bullying - School Video - Student Made - Perfect by Pink](#); * [Texting – Crisis Text Line – Who We Are](#); * [You’re Not Alone](#); * [Signs your child is being bullied](#); * [Department of Education: It Gets Better](#); * [Texting – Crisis Text Line – Who We Are](#); * [Teens Speak Out About Bullying](#); * [Kids Talk About Bullying](#); * [Demi Lovato Talks About Cutting Herself](#); *

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Self-directed Violence (SDV) – Crisis Intervention and Counseling Quick-Guide

Definition

Self-directed violence (SDV) is behavior that deliberately results in injury or the potential for injury to oneself and can result in death. Self-directed violence is categorized into the following:

- **Suicidal self-directed violence:** Behavior that deliberately results in injury or the potential for injury to oneself. There is evidence, whether implicit or explicit, of suicidal intent.
- **Non-suicidal self-directed violence** – aka Non-suicidal self-injury (NSSI): Behavior that is self-directed and deliberately results in injury or the potential for injury to oneself. There is no evidence, whether implicit or explicit, of suicidal intent.

Note: NSSI **does not include** behaviors such as parachuting, gambling, substance abuse, tobacco use or other risk taking activities, such as excessive speeding in motor vehicles. These are complex behaviors some of which are risk factors for SDV but are defined as behavior that while likely to be life-threatening is not recognized by the individual as behavior intended to destroy or injure the self.

Warning Signs of Suicidal Behavior

- A person in acute risk for suicidal behavior may:
 - Threaten to hurt or kill him or herself, or talk about hurting or killing self; and/or
 - Look for ways to kill him/herself by seeking access to firearms, available pills, or other means; and/or,
 - Talk or write excessively about death, dying or suicide.
- Additional Warning Signs include:
 - Increased substance (alcohol or drug) use; and/or
 - Anxiety, agitation, unable to sleep or sleeping all the time; and/or
 - Withdrawal from friends, family and society

Warning Signs of Non-suicidal Self-injury (NSSI) Behavior

- A variety of circumstances or stress can put young people at an increased risk of self-harm. The loss of a loved one, family conflicts, abuse, bullying, or simply feeling overwhelmed by life can cause them to engage in self-injury. Warning signs include:
 - Negative attitudes toward their health or body including eating behaviors such as fasting for binging or abusing alcohol or drugs
 - Mood swings that include depression or schizophrenic behavior
 - Wearing clothing designed to cover or hide self-inflicted cuts, burns, bruises



Responsive Actions – Suicidal Behavior

- If you are experiencing self-directed violence with the intent to die:
 - If there is a weapon involved, Call 9-1-1 – law enforcement; and/or
 - [Talk with a trusted adult](#) – a relative, teacher, coach or church leader who can help you obtain help; and/or
 - Go to the [Emergency Room](#) at the Southeast Georgia Health System, Camden Campus, [2000 Dan Proctor Dr., St. Marys, Ga.](#); and/or
 - Contact and talk/text confidentially with a professional counselor trained to listen to your specific concerns and offer assistance. For example:
 - [Georgia Crisis & Access Line](#) (Resource Base) at (800) 715-4225
 - [National Suicide Prevention Lifeline](#) at (800) 273-TALK (8255); or
 - [Boys Town](#) at (800) 448-3000; or
 - [The Crisis Text Line \(CTL\)](#) – TEXT “CTL” TO 741741; and
 - Members of military families may also call the local [Fleet and Family Support Center](#) at (912) 573-4512 or (912) 573-4222.
- If you suspect a person is suicidal:
 - [Don't be afraid to ask someone if they are having suicidal thoughts. It could save a life.](#)
 - Help the suicidal person with the actions listed above and/or make the applicable reports/notifications on behalf of the suicidal person; and
 - Without putting yourself in jeopardy, stay with the suicidal person until family or professional assistance is present and engaged; and
 - If you are the youth's parent or legal guardian, seek professional help and counseling from an appropriate service provider. Examples of local service providers are listed below in “Note: 1) Additional Services”.

Responsive Actions – Non-suicidal Self-injury:

- If you are intentionally hurting yourself, ask for help to stop.

- [Talk to your parents, family members, guardian, Clergy, and/or other adults that you trust](#); and/or
- If you are injured, go to the [Emergency Room](#) at the Southeast Georgia Health System, Camden Campus, [2000 Dan Proctor Dr., St. Marys, Ga.](#); and/or
- [Using the online form, email SAFE Alternatives](#) for information on seeking help; and/or
- Contact and talk/text confidentially with a professional counselor trained to listen to your specific concerns and offer assistance. For example:
 - [S.A.F.E. Alternatives](#) at (800) DONTCUT (800-366-8288); or
 - [Boys Town](#) at (800) 448-3000; or
 - [The Crisis Text Line \(CTL\)](#) – TEXT “CTL” TO 741741
- Members of military families may also call the Kings Bay [Fleet and Family Support Center](#) at (912) 573-4512 or (912) 573-4222.
- If you suspect a person is intentionally hurting them self – causing immediate destruction of body tissues:
 - Help the Non-suicidal Self-injury (NSSI) person with the actions listed above, and/or make the applicable reports/notifications on behalf of the NSSI person; and
 - Without putting yourself in jeopardy, stay with the NSSI person until family or professional assistance is present and engaged; and
 - If you are the youth’s parent or legal guardian, seek professional help and counseling from an appropriate service provider. Examples of local service providers are listed below in “Note: 1) Additional Services”.

Notes:

- 1) Additional Services: * [Gateway Behavioral Services of Camden County](#), (912) 576-4357; * [Family Matters Of Coastal Georgia, Inc.](#), (912) 510-3770; * [Safe Harbor](#) – (912) 729-7620; * [CAMDEN COUNTY COURT APPOINTED SPECIAL ADVOCATES \(CASA\)](#) – (912) 882-3119; * [Lighthouse Healthcare, Inc.](#) – (912) 207-4695; * [Coastal Counseling Center, St. Marys](#), (912) 729-1120; [USA National Child Abuse Hotline](#), (800) 422-4453 (24/7); * [Disaster Distress Helpline](#), (800) 985-5990, Text “TalkWithUs” to 66746, TTY for Deaf/Hearing Impaired, (800) 846-8517; * and Other [local services](#).
- 2) Additional Information: [What Is Cutting?](#); * [How To Find A Therapist](#); * [Self-Injury In Adolescents](#); * [Camden County Middle School and High School report – Self-harm and Suicide Indicators](#)
- 3) Additional Videos and Podcasts: * [Texting – Crisis Text Line – Who We Are](#); * [Injury Prevention & Control](#); * [Demi Lovato Talks About Cutting Herself](#); * [I Wish I had Someone To Talk To](#); *

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Violent and Risky Sexual Behaviors – Crisis Intervention and Counseling Quick-Guide

Definition

- [Sexual violence \(aka sexual assault\)](#) is any [unwanted sexual attention, contact, or activity](#) that violates a person’s trust, autonomy, and feeling of safety. Violent sexual behavior includes rape, attempted rape, incest, molestation, unwanted fondling, pornography or any action against a child or adolescent that harms them in any sexual manner.
- [Risky sexual behavior](#) is commonly defined as behavior that increases one’s risk of contracting sexually transmitted infections and experiencing unintended pregnancies. They include having sex at an early age, having multiple sexual partners, having sex while under the influence of alcohol or drugs, and unprotected sex.

Preemptive Actions – Risky Sexual Behavior

- [Before A Child Becomes Sexually Active](#): Sexual activity is occurring at younger years than ever and it is difficult for parents and other caregivers to recognize signs. It may be necessary for parents to begin [sex education](#) at a very early age to help children understand the consequences of risky sexual behavior. While sex education is offered in public schools, parents should not assume it is sufficient to create necessary guidelines or standards. Parental guidance and role modeling is [necessary at an early age](#).
- Before you become sexually active, become informed regarding [contraception](#), [Sexually Transmitted Disease \(STD\)](#), [pregnancy](#), and [teen parenting](#).



Responsive Actions – Sexual Assault

- If you have been sexually assaulted:
 - Go to a safe location away from the perpetrator.
 - Preserve all evidence of the assault.
 - Do not bathe, wash your hands, brush your teeth, eat, or smoke.
 - If you are still at the location of the crime, do not clean or straighten up or remove anything from your surroundings.

- Write down or audio record all the details you can recall about the attack and the attacker.
- Reach out for help – call 9-1-1 (Law Enforcement); and/or
- Go to the [Emergency Room](#) at the Southeast Georgia Health System, Camden Campus, [2000 Dan Proctor Dr., St. Marys, Ga.](#); and/or
- Contact the [Connie Smith Rape Crisis Center](#) in Brunswick at (912) 427-6379; and/or
- Members of military families may also call the Kings Bay [Fleet and Family Support Center](#) at (912) 573-4512 or (912) 573-4222; and
- If you know or suspect someone who has been sexually assaulted:
 - Help the victim with the actions listed above; and
 - Support the victim – be there and listen.
 - Avoid being judgmental, keep from second-guessing and resist placing any blame on the victim.
 - Be patient. Remember, it will take the victim some time to deal with the crime.
 - Other than safety and health-related questions, try to refrain from asking for details about the incident. Show interest in what the victim says and ask what you can do to help the victim.

Responsive Actions – Risky Sexual Behavior

- **If you think you may have contracted a STD or may be pregnant:** Talk to an adult that you trust, see your family physician, and/or contact a medical facility to be tested and receive counsel and other assistance. For example:
 - St Marys Clinic, [905 Dilworth Street](#), (912) 882-8515; or
 - Woodbine Clinic, [1501 Georgia Avenue](#), (912) 576-3040; or
 - [CareNet Pregnancy Center](#), [203 Lakeshore Point](#), Suite 203, St. Marys, GA 31558, 912.729.8842, or 877-791-5475 (24/7).
 - Live Online Chat: [PregnancyDecisionLine.org](#)
- **If you suspect a child or adolescent may have contracted a STD:** e.g. If the young person complains of unexplained genital itching, pain or discomfort –
 - Take the youth to your family physician or one of the medical facilities listed above in the “Responsive Actions- Risky Sexual Behavior”.
 - If you are a Navy or Marine Corps family, you can also contact the Fleet and Family Services Center at Members of military families may also call the local [Fleet and Family Support Center](#) at (912) 573-4512 or (912) 573-4222 for referral.
- **If you suspect an unmarried adolescent is pregnant** – e.g. If she shows signs of pregnancy, like gaining weight, unusual anxiety, refusal to attend school, or other changes in behavior –
 - If under 16, schedule an appointment with a family physician or a contact a medical facility. For example:

- [St Marys Clinic](#), 905 Dilworth Street, St. Marys, (912) 882-8515;
 - [Woodbine Clinic](#), 1501 Georgia Avenue, Woodbine, (912) 576-3040; and
 - [CareNet Pregnancy Center](#), 203 Lakeshore Point, Suite 203, St. Marys, GA 31558; (912) 729-8842 and (877) 791-5475 (24/7).
- If you are a Navy or Marine Corps family, you can also contact the [Fleet and Family Services Center](#) at (912) 573-4512 or (912) 573-4222 for counseling and/or referral.
 - If the adolescent is 16 or 17 and believes she is prepared for the pregnancy, get the biological father and family involved. Provide counsel and assistance. When necessary, consult with professional services to help the teens and related families understand the financial, legal and moral obligations of minor parents – each critical for the health and wellbeing of the teen parents, the newborn, and the related family members.

Notes:

- 1) Additional Services: * [Gateway Behavioral Services of Camden County](#), (912) 576-4357; * [Family Matters Of Coastal Georgia, Inc.](#); (912) 510-3770; * [Safe Harbor](#) – (912) 729-7620; * [CAMDEN COUNTY COURT APPOINTED SPECIAL ADVOCATES \(CASA\)](#) – (912) 882-3119; * [Lighthouse Healthcare, Inc.](#) – (912) 207-4695; * [Coastal Counseling Center, St. Marys](#), (912) 729-1120; [USA National Child Abuse Hotline](#), (800) 422-4453 (24/7); and Other [local services](#); * [Live Chat with Loveisrespect.org \(7 days/week, 5pm-3am EST\)](#); * [National Teen Dating Abuse 24 Hour Helpline](#) (866) 331-9474/tty: (866) 331-8453 (24/7); * [National Domestic Violence Hotline](#); (800) 799-7233 (24/7); * [Rape, Abuse and Incest National Network](#), (800) 656-4673 (24/7); * [National Human Trafficking Resource Center](#), (888) 373-7888, Text BeFree (233733); *
- 2) Additional Information: * [A Timeline for Rape Recovery](#); *
- 3) Additional Videos and Podcasts: [Texting – Crisis Text Line – Who We Are](#); * [Break the Silence: Stop the Violence](#); *

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Substance Abuse – Crisis Intervention and Counseling Quick-Guide

Definition

[Substance abuse](#) is the harmful pattern of children and teens using substances to the degree of impairment, distress, and causing danger to self and others. These substances include: [tobacco](#), [alcohol](#), [illicit drugs](#) and [prescription drugs](#). [Statistics](#) suggest that alcohol and misuse of prescription drugs are on the rise among children and adolescents and that the use of illicit drugs is more [widespread](#) than most parents realize.

Warning Signs

Many youth may show [symptoms](#) and [behaviors](#) that indicate use of a prohibited substance without alarming parents or other adults. However, if there are several signs happening at the same time or if they occur suddenly or are extreme, it is suggestive of dangerous substance abuse and should be addressed to protect the youth from serious harm. [Signs include:](#)

- Apparent slurring of speech, incoherent ramblings, lack of self-control, memory lapses
- Pilfering money or stealing things to purchase alcohol or drugs
- Finding substances in youth's room or personal belongings
- New problems in school (poor attendance, lower grades, disciplinary action)
- Changing friends and a reluctance to have family meet new friends
- Making threats to harm self or others, quit school, run away from home



Select >



Responsive Actions – Substance Abuse

- If you – a child or adolescent – are using alcohol or abusing drugs:
 - Talk with your parents, an older sibling or adult relative. Ask for help to stop the substance abuse. Ask them to discuss with you the applicable material in this document – to help you understand and receive the assistance necessary to correct the problem.
 - Talk with a school counselor or coach, your family physician, or
 - Call the [Georgia Crisis Hotline](#) at (800) 715-4225 or TEXT “CTL” TO 741741 for a confidential conversation.

- If you suspect a child or adolescent is experiencing substance abuse, be proactive:
 - If a child or adolescent is in your home, secure alcohol and [prescription drugs](#) from unauthorized access and use. Learn all you can about the effects and dangers of substance abuse among children and teens. Talk to your child or adolescent.
 - If you believe the abuse is occurring on school property or at a school event, talk with the school counselor, coach or principal.
 - If you recognize and witness adults giving or selling alcohol or drugs to underage youth, call 9-1-1 to report the illegal activity.
 - If you believe your child is a victim of substance abuse, seek help from your family physician or professional counselor.
 - If you are a Navy or Marine Corps family, you can also contact the [Fleet and Family Services Center](#) at (912) 573-4512 or (912) 573-4222 for counseling and/or referral.

Notes:

- 1) Additional Services: * [Gateway Behavioral Services of Camden County](#), (912) 576-4357; * [Family Matters Of Coastal Georgia, Inc.](#); (912) 510-3770; * [Safe Harbor](#) – (912) 729-7620; * [CAMDEN COUNTY COURT APPOINTED SPECIAL ADVOCATES \(CASA\)](#) – (912) 882-3119; * [Lighthouse Healthcare, Inc.](#) – (912) 207-4695; * [Coastal Counseling Center, St. Marys](#), (912) 729-1120; [USA National Child Abuse Hotline](#), (800) 422-4453 (24/7); and Other [local services](#).
- 2) Additional Information: [Social Pressures - EVERY SMOKE COUNTS](#); * [SUBSTANCE ABUSE ISSUES](#); * [Drug Abuse Pictures Slideshow: Commonly Abused Prescription and OTC Drugs](#); * [Alcohol Abuse Pictures Slideshow: 12 Health Risks of Chronic Heavy Drinking](#); *
- 3) Additional Videos and Podcasts: [Texting – Crisis Text Line – Who We Are](#); * [Drug-Free World](#); * [Drug Abuse Education - It's a Fact!](#); *

To obtain a copy of this document, go to <http://helpingneighbors.weebly.com/>

Appendix

Training and Seminars

1. CAMDEN COUNTY COURT APPOINTED SPECIAL ADVOCATES (CASA) In-Service Training Schedule
<http://www.camdencountycasa.org/index.html>.
 - a. In-Service Training Sessions are held each month at the CASA office, 5:30pm.
 - b. Contact the CASA Program at (912) 882-3119 for more information; or e-mail:
 - i. Liz Rieling – admin@ccvisitationcenter.org
 - ii. Lisa Odum-Morris – visitsupr1@ccvisitationcenter.org
 - iii. Debria Imgrund – visitsupr2@ccvisitationcenter.org
2. [Camden Community Alliance & Resources, Inc.](#) is Camden County’s official planning agency for improving the lives of families and children. Scheduled training includes:
 - a. For a calendar of events, go to
http://www.camdenfamilies.org/what_you_can_do/event_calendar.html
 - b. For addition information, contact Camden Community Alliance & Resources, Inc. at Phone (912) 882-7295; Fax (912) 510-5030; E-mail office@camdenfamilies.org; 1000 Pro Three Pkwy, PO Box 5087, St. Marys, GA 31558

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2017

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Medical, Intervention, and Counseling Resources

Medical, Intervention, and Counseling Resources * Doing Business As - DBA		
Organization	Contact Information	Services Provided
Boys Town	800-448-3000 http://www.boystown.org/	Suicide Hotline: National nonprofit, staffed 24/7 by trained counselors. Accredited by American Association of Suicidology.
Camden Community Crisis Center, Inc. (DBA: Camden House)	http://camdenhousega.org/ Crisis Line: (912) 882-7858	Temporary refuge or shelter, counseling, and referral services as appropriate to assist victims of family violence and their children.
Camden County Court Appointed Special Advocates (CASA) Program	912-882-3119 http://www.camdencountycasa.org/index.html 711 Charles Gilman Jr. Avenue; Suite A; Kingsland, GA 31548 <ul style="list-style-type: none"> • Liz Rieling – admin@ccvisitationcenter.org • Lisa Odum-Morris – visitsupr1@ccvisitationcenter.org • Debria Imgrund – visitsupr2@ccvisitationcenter.org 	Nonprofit (501C3) agency with trained volunteers appointed by judicial system to speak on behalf of abused and neglected children involved in juvenile court proceedings. Classes and seminars for professionals and volunteers in child abuse, parenting and related issues.
Camden County Department of Family and Children Services (DFCS)	912-262-3260 (Camden) 855-422-4453 (Georgia) https://dfcs.dhs.georgia.gov/child-abuse-neglect 721A Charles Gilman Jr. Avenue Kingsland, GA 31548	State agency providing services for children including reporting and investigating child abuse, foster care and adoption services.
Camden County Health Department Clinics	St. Marys Clinic - 912-882-8515; Fax: (912) 882-2072 www.gachd.org/counties/camden_county_health_department/ 905 Dilworth Street, St. Marys 31558 Open 8-5 M-F; View Map	Government agency providing health services including STD testing, pregnancy testing, women's health services, WIC services and Immunizations.
	Woodbine Clinic 912-576-3040; fax 912-729-3111 1501 Georgia Avenue, Woodbine Open 8-5 M-F; View Map	

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Medical, Intervention, and Counseling Resources * Doing Business As - DBA		
Organization	Contact Information	Services Provided
Coastal Counseling Center	(912) 729-1120 104 Lakeshore Drive, Suite D St Marys, Georgia 31558-3809 http://www.coastalcounselingcenter.org/	Nonprofit agency providing substance abuse counseling for adolescents on sliding fee scale.
CareNet Pregnancy Center of Coastal Georgia	Crisis 24 hour line (877) 791-5475; (912) 729-8842; St. Marys, GA 31558 http://coastalcarenet.org/ 203 Lakeshore Point Suite 203	Nonprofit agency provides pregnancy testing, STD testing, pregnancy counseling; no abortion services. M-Th. 9-5.
Department of Behavioral Health and Developmental Disabilities (DBHDD)	Georgia Crisis & Access Line Call (800) 715-4225 Online at https://bhlweb.com/tabform/Default.aspx	DBHDD provides treatment and support services to people with mental illnesses and addictive diseases, and support to people with mental retardation and related developmental disabilities.
Family Matters Of Coastal Georgia, Inc.	Crisis Line (912) 409-8565; Office (912) 882-6448 http://www.familymattersofcoastalga.org/home 605 Osborne St. St Marys, GA 31558	For profit medical management company with professional counselors in psychotherapy, depth psychology, psychological testing and medication management. Insurance accepted; sliding fee scale available.
Fleet and Family Support Center	(912) 573-4512 http://www.cnic.navy.mil/regions/cnrcse/installations/navsubbase_kings_bay/ffr/support_services/counseling_and_assistance.html 1063 Tennessee Avenue, Building 1051, Kings Bay N.S.	Military support group providing assistance and referrals to active families with children in crisis.
Gateway Behavioral Services of Camden County	(912) 576-4357 http://www.gatewaybhs.org/CountyCamden.htm 701A Charles Gilman Jr. Avenue, Kingsland, GA 31548	Public nonprofit organization providing child and adolescent mental health and addiction counseling.
GLBT National Youth Talk	(800) 246-7743 http://www.glnh.org/talkline/	National nonprofit hotline with peer level counseling for youth 14-25, M-F 4 p.m. to midnight; Sat noon to 5 p.m. EST.
JASMYN (Jacksonville Sexual Minority Youth Network)	M-F by appointment only http://jasmyrn.org/	Non-profit organization for lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth (13-23).
LightHorse Healthcare, Inc.	Crisis Line (912) 207-4695; Office: (912) 882-3800	Nonprofit behavioral health care center providing psychiatric and psychological

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Organization	Contact Information	Services Provided
	http://www.lighthouse.org/ 2060 Dan Proctor Drive, Suite 3300 St. Marys, GA 31558	counseling services for children, adolescents, families and adults. Accepts insurance and sliding fee scale. Serves as crisis assessment team for the Emergency Department at Southeast Georgia Health System, Camden Campus.
Loveisrespect.org	(866) 331-9474 Text loveis to 22522 http://www.loveisrespect.org/	National 24/7 hotline staffed by peer counselors for teens concerned about dating abuse.
National Suicide Prevention Lifeline	(800) 273-8255 http://www.suicidepreventionlifeline.org/	National 24/7 hotline that provides professional intervention and assessment and then networks callers to nearest suicide prevention service center.
National Teen Domestic Violence Hotline	(800) 799-7233 http://www.thehotline.org/	Nonprofit offering online chat 24/7 for those experiencing dating abuse.
Safe Harbor Children's Advocacy Center	Crisis Line (912) 222-5507 Office: (912) 729-7630 http://www.safeharborcenterinc.org/services/ 104 Lakeshore Drive Suite E St. Marys, GA 31558	Nonprofit organization focused on child abuse providing interview evaluations for law enforcement, counseling, advocacy and parenting classes.
School Safety Hotline (Ga. DOE)	877-SAY-STOP (877-729-7867) http://www.gadoe.org/External-Affairs-and-Policy/AskDOE/Pages/School-Safety-Hotline.aspx	For students to anonymously report an unsafe situation in school. (Weapons, drugs, alcohol, bullying, etc.)
Southeast Georgia Health System, Camden Campus Emergency Department	(912) 576-6200 2000 Dan Proctor Drive St. Marys, GA 31558 http://www.sghs.org/locations/hospital-campus/camden/	Nonprofit hospital providing treatment and crisis intervention linkages in case of injury in any of the children in crisis situations in this document.
The Crisis Text Line	http://www.crisistextline.org/	Crisis Text Line serves young people in any type of crisis, providing them access to free, 24/7, emotional support and information they need
The Trevor Project	(866) 488-7386 http://www.thetrevorproject.org/	National organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

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Medical, Intervention, and Counseling Resources * Doing Business As - DBA		
Organization	Contact Information	Services Provided
USA National Child Abuse Hotline	(800) 422-4453 http://www.childhelp.org/pages/hotline-home	National nonprofit 24/7 confidential, anonymous hotline to report child abuse. Services in 170 languages.

To obtain a copy of this document, go to <http://helpingneighbors.weebly.com/>

Other Information

- **Prescription Drug Disposal**

1. [How to Dispose of Unused Medicines](#)

- a. In Camden County, Georgia, the Sheriff's Office provides a Prescription Drug Disposal Drop Box at [209 East 4th Street; Woodbine, GA 31569](#); Monday – Friday 8:00AM to 5:00PM
- b. In St. Marys, Georgia, the Sheriff's Office provides a Prescription Drug Disposal Drop Box at the St. Mary's Sub Station; [6350 Hwy 40E, St. Mary's, GA](#); Monday – Friday 8:00AM to 5:00PM
- c. In St. Marys, Georgia, the Police Department provides a Prescription Drug Disposal Drop Box at [563 Point Peter Rd., St. Marys, GA 31558](#); Monday – Friday 8:00AM to 5:00PM
- d. Other locations in Georgia and other States are listed at:
<http://www.stoprxabuseinga.org/prescription-drug-disposal.html>

2. [5 Step American Medicine Chest Challenge](#)

3. If you have additional questions about [disposing of your medicine](#), contact your Pharmacist, Doctor, or call the [Federal Drug Administration \(FDA\)](#) at (888) INFO-FDA ((888) 463-6332).

- **The Parent and Guardian – Taking Care of Yourself**

1. [Checklist](#)
2. [Be Smart – Be Well](#)

- **LGBTQ Information Resources**

1. The Jacksonville Area Sexual Minority Youth Network ([JASMYN](#)) is a non-profit youth services organization for lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth ages 13-23, in Jacksonville, Florida.

2. The [Trevor Project](#) is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.
 - a. Need help? We are here for you 24/7: 1-866-488-7386
 - b. I need a safe, non-judgmental place to talk.
 - i. [TrevorText](#)- Available on Fridays (4:00 p.m. - 8:00 p.m. ET / 1:00 p.m. - 5:00 p.m. PT). Text the word "Trevor" to 1-202-304-1200. Standard text messaging rates apply.
 - ii. [TrevorChat](#) - Available 7 days a week (3:00 p.m. - 9:00 p.m. ET / 12:00 p.m. - 6:00 p.m. PT).
3. [A Practitioner's resource Guide: Helping Families to support their LGBT children](#)

• Where Else to Get Help

1. [Time To Get Help](#) Call: 855-DRUGFREE (855-378-4373) English and Spanish
2. Neil Kaltenecker, Executive Director, Georgia Council on Substance Abuse, neil@gasubstanceabuse.org, 404-223-3440 (web site: www.gasubstanceabuse.org)

• E-Links for Learning More

1. www.cwla.org/programs/bhd/aodbrochure.pdf. A link to Child Welfare League of America publications on the topic provides additional links and nation resources.
2. www.hunter.cuny.edu/socwork/nrcfcpp/info_services/substance-abuse-and-child-welfare.html: A link to the National Resource Center for Permanency and Family Connections. Excellent resource with links to additional studies, research findings and statistics (check out "Parental Substance Use and the Child Welfare System").
3. www.ncsacw.samhsa.gov/files/508/UnderstandingSAGuideDW.htm: A comprehensive report prepared by the National Center for Substance Abuse and Child Welfare. Includes a chart that describes the alcohol use to abuse to addiction continuum as well as specific indicators that we should be able to spot when doing a thorough assessment. Also, check out CAGE and UNCOPE assessment questions.
4. http://www.cadca.org/files/resources/Beyond_the-Basics-Environmental_Strategies-11-2010.pdf: This publication provides an overview of the environmental strategies approach to community problem solving. It includes real examples of efforts where environmental strategies aimed at preventing and reducing community problems related to alcohol and other drugs were implemented.
5. <http://www.camy.org/> Mission: The Center on Alcohol Marketing and Youth (CAMY) at the Johns Hopkins Bloomberg School of Public Health monitors the marketing practices of the

alcohol industry to focus attention and action on industry practices that jeopardize the health and safety of America's youth. Reducing high rates of underage alcohol consumption and the suffering caused by alcohol-related injuries and deaths among young people requires using the public health strategies of limiting the access to and the appeal of alcohol to underage persons.

Distribution

- Distribution: T1 – Camden County Georgia Child and Adolescent Assistance, Counseling, Intervention and Emergency Service Contacts and Organizations;
- Distribution: T2 – Camden County Georgia Government, Civic, and Spiritual Leaders;
- Distribution: T3 – Selected information-distribution hubs and selected referenced organizations;
- Distribution: T4 – Individual distribution and sharing.

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