



Family Health & Wellness Centers

Behavioral Health Services for Youth

Supporting Teens Ages 12–17 with Compassionate Mental Health Care

Eligibility: Youth must be BMS Primary Care Patients

Mental Health Assessments & Screening

- Comprehensive assessments & diagnostic evaluations
- Suicide and substance use risk screening
- Trauma-informed intake
- Individual Therapy

Cognitive Behavioral Therapy (CBT)

- Trauma-Focused CBT
- Solution-Focused Brief Therapy
- Grief and loss counseling
- Emotional regulation & problem-solving skills

Family Therapy

- Parent-child interaction therapy
- Family systems therapy
- Psychoeducation and caregiver support

Psychiatric Services

- Psychiatric evaluations
- Medication management
- Coordination with your teen's primary care provider

Crisis Intervention

- Onsite support for youth in distress
- Immediate safety planning

Case Management

- Referrals to community-based support services
- Ongoing coordination to access resources

Youth or Parents: Talk to your BMS provider today!



www.bmsfamilyhealth.org

718-345-5000





Behavioral Health Services for Youth

HELPING OUR TEENS THRIVE!

FREQUENTLY ASKED QUESTIONS

Who Is Eligible?

- Youth ages 12 to 17
- Must be a patient of a BMS primary care provider
- Experiencing emotional, behavioral, or mental health concerns

How to Access Services

- Call BMS at 718-345-5000 to request an appointment
- Talk to your BMS Primary Care Provider
- Students at BMS@Jefferson School-Based Health can call the clinic directly

Are BMS therapists licensed to work with teens?

Yes. Our team includes licensed psychiatrists (Nurse Practitioner, clinical social workers, counselors, and family therapists. All are credentialed to national quality standards.

Are services available in other languages?

Yes. BMS offers interpretation in over 120 languages. If your teen needs a provider who speaks another language, we use translation services during assessments and sessions.

Is parental consent required?

Yes. In most cases, legal guardian consent is required. There are limited exceptions per New York State Mental Hygiene Law. We will help you understand the consent process.

Can I talk to my teen's provider?

Yes. Parents/guardians may contact the provider with concerns. However, privacy laws may limit what can be shared unless your teen provides written consent.

Is online therapy available?

Yes. After an in-person first visit, ongoing sessions may be held via telehealth. Research shows telehealth can be just as effective for treating conditions like anxiety, depression, trauma, and more.