

We also offer services in the following satellite offices. These services are **BY INTERNAL REFERRAL ONLY**. Client must be a resident of the school district or attend services at the pediatric offices.

- Bennett/ MEC High School (#363/366/415)
- Buffalo United Charter School
- Burgard High School (#301)
- Cheektowaga Schools
- DaVinci High School (#212)
- Delaware Pediatrics
- Drake Elementary
- Dr. George Blackman (#54)
- Dr. Pantoja Community School (#18)
- D'Youville Porter School (#3)
- East Community High School
- Family Help Center
- Frank A. Sedita Academy (#30)
- Gowanda Help Center
- International Preparatory (#198)
- Lackawanna Schools Community Centers
- Lafayette High School (#207/353)
- Lakeshore Family Support Center
- Lancaster Depew Pediatrics
- Lockport Schools
- Lorraine Elementary (#72)
- McKinley High School (#305)
- MST High School (#197)
- North Park (#50)
- North Tonawanda Middle & High School
- Riverside High School (#205/208)
- Roy-Hart Schools
- Sweet Home Family Assistance Center
- Tapestry Charter
- Tonawanda High School
- Springville Pediatrics
- Waterfront Elementary (#95)
- Wheatfield Pediatrics

For a list of all BBF schools, email
BuildingBrighterFutures@BestSelfWNY.org

716-884-0888

BestSelfWNY.org

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Children's Clinic Locations

Walk in hours are first come, first serve.
 Locations and walk-in hours:

Amherst Clinic:
19 Hopkins Road
Amherst, NY 14221

- For appointments contact (716) 539-5255

Delaware Summer:
786 Delaware Avenue
Buffalo, NY 14209

- Tuesdays: 8:30 am - 11:00 am
- Thursdays: 11:00 am - 2:00 pm

South Towns:
140 Pine Street
Hamburg, NY 14075

- Mondays: 8:30 am - 11:30 am
- Wednesdays: 11:00 am - 2:00 pm

Sweethome Children's Clinic:
1412 Sweethome Road, Suite #10
Amherst, NY 14228

- For appointments contact (716) 539-5255

University:
3350 Main Street
Buffalo, NY 14214

- Tuesdays: 12:30 pm - 3:00 pm
- Wednesdays: 8:30 am - 11:30 am

West Side:
430 Niagara Street
Buffalo, NY 14201

- Mondays: 8:30 am - 11:30 am
- Tuesdays: 11:00 am - 2:00 pm
- Wednesdays: 1:00 pm - 4:00 pm

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**Children's Services
 at**

best|self
 BEHAVIORAL HEALTH

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Is your child suffering from

depression, anxiety, school avoidance, addiction or recent trauma or grief?

BestSelf's mission is to provide innovative, accessible and evidence-based behavioral health care services that promote health, hope, recovery, and an enhanced quality of life. Our goal is to support our youth and empower them to achieve their full potential. At BestSelf, your child will always have a hero of hope in their corner.

Our clinical services are tailored to specifically serve the needs of children & teens (3-21 years old and other ages as clinically appropriate). We can provide psychiatric evaluations and medication management for mental illnesses including anxiety, bipolar disorder, depression, obsessive compulsive disorder, and schizophrenia.



Services

EMDR (Eye Movement Desensitization and Reprocessing) is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. Ongoing research supports positive clinical outcomes showing EMDR as a beneficial treatment for disorders such as anxiety, depression, obsessive compulsive disorder, chronic pain, addictions, and other distressing life experiences.

TF-CBT (Trauma-Focused Cognitive Behavior Therapy) is an evidence-based treatment for children and adolescents impacted by trauma and their parents/caregivers. Research shows that TF-CBT successfully resolves a broad array of emotional and behavioral difficulties associated with single, multiple and complex trauma experiences.

Dialectical Behavior Therapy (DBT): DBT is an evidence-based treatment that focuses on reducing self destructive behaviors and increasing skills to create an overall positive quality of life. The program is designed to be a minimum of 6 months long and is more intensive than traditional therapies. There are 4 components to the program - individual sessions, multi-family skills group sessions, on-call phone coaching, and consultation group (for the treating therapists. Age range of clients: 13-18 years old (18 and still in High School).

Parent Child Interaction Therapy (PCIT): Parent Child Interaction Therapy (PCIT) is an evidence-based therapy for young children ages 2-7. PCIT is designed for children who display aggression, anxiety, attachment concerns, oppositional behavior, ADHD, and trauma related concerns. In PCIT, the therapist works together with the child and their parent(s) or other caregivers, helping children learn to regulate their emotions and behaviors in an age-appropriate way.

Child Advocacy Center at BestSelf (CAC):

The Child Advocacy Center in Buffalo, NY, is here to support children who have suffered sexual abuse and/or physical abuse. We provide a safe, child-friendly place for children and their families to receive services that help to restore hope and provide healing from child abuse.

Renaissance Addiction Services at BestSelf: RASI is a fully residential, OASAS licensed (Office of Addiction and Substance Abuse Supports), treatment facility that specializes in trauma informed, patient-centered rehabilitation and reintegration for adolescents and young adults diagnosed with substance use disorder (SUD).

Children's Health Home is a comprehensive care management service that provides free services to Medicaid recipients to ensure their medical, mental health and substance use disorder needs are being met. In addition to physical health services, the Health Home will assist in coordinating the social service needs of the child. This service is for Medicaid recipients from birth to 21, living in Erie and Niagara Counties, including those who are already members of a managed care organization. To be eligible, the child must have two or more chronic health conditions, such as asthma, diabetes, heart disease, mental health or substance use disorders; OR A serious emotional disturbance; OR living with HIV/AIDS; OR complex trauma.

Building Brighter Futures (BBF): All BBF programming is researched based and intentionally designed to support students' mental wellness and academic success, with the ultimate goal of achieving success in school, community, and beyond. Programming focuses on building protective factors for the child, family and community, teaching and practicing social emotional learning, offering academic support and enrichment activities, helping to foster life skills including college and career readiness and linkage to mental health services.