SUBSTANCE ABUSE

Adolescent Substance Abuse Knowledge Base
866.870.6948
Putting you in touch with local treatment options.

Allegany County on Alcoholism and Substance Abuse, Inc
585-593-6738

Casa Trinity
585-808-7071

Al-Anon & AlaTeen
888.425.2666 *www.al-anon.alateen.org*
Friends and families of problem drinkers find support at Al-Anon meetings. AlaTeen is specifically for teenagers whose lives have been affected by someone else's drinking.

Alcoholics Anonymous (AA)
866.783.7712 *www.aa.org*
AA is open to those trying to recover from alcoholism and provides a place to share experiences, strength and hope with each other so that people may solve their common problem and help others.

Narcotics Anonymous (NA)
800.627.3543 *www.na.org*
NA is open to all drug addicts, and provides a recovery process and peer support network that is linked together to help anyone struggling with a drug addiction.

HEALTH

Jones Memorial Hospital
191 N Main Street, Wellsville, NY
585-593-1100

Allegany County Community Services
45 N Broad Street, Wellsville, NY
585-593-1991

Clarity Wellness Community
4220 NY-417, Wellsville, NY
585-593-6300

Pregnancy Resources:

Allegany County Health Department
585-268-9250

Jones Memorial Hospial
191 N Main Street, Wellsville, NY
585-596-4091

Bright Alternatives
585-593-0300

TRAFFICKED AND EXPLOITED YOUTH

Safe Harbour Allegany County
716-372-8532

LGBTQ YOUTH

The Trevor Project Crisis Support
1-866-0488-7386
Text " START" to 678-678
www.thetrevorproject.org

GLYS Western New York
716-855-0221
www.glyswny.org

LGBT National Help Center
1-800-246-7743
www.glnh.org

MY SAFE PEOPLE

A FRIEND I CAN TALK TO:

AN ADULT I CAN TALK TO:

DATING AND SEXUAL VIOLENCE

Dating and sexual violence hurts teens from all backgrounds in every community. It can appear in many ways and can take place in-person, by phone, and by social media.

Physical Violence- hitting, kicking, other forceful acts

Sexual Violence- forcing a partner to take part in a sex act, touching, or even, non-contact events when he/she does not or cannot consent… including sexting and unwanted nude/sexual pictures online.

Stalking- giving repeated, unwanted attention and contact that causes the victim to fear or have concerns for his/her safety…including repeat texting

What YOUth Need to Know:

Personal Identity- You are your own person. You do not belong to anyone else, or owe anyone anything that gives them control over you…**You are unique. Do what is right for you!**

Boundaries make clear what behaviors and/or touching are OK and NOT OK to you. **No one else can set your boundaries for you.**

Consent when someone 17 or older agrees, gives permission, or says "yes" to a sexual activity. Consent is your choice. Is given by you…and you must feel that you are able to say "yes" or "no" or stop the sexual activity at any point. A person under 17 years old cannot legally give consent and the other person(s) involved is/are committing a crime. **If you don't have a choice…It isn't consent.**

Safety Planning means thinking of ways to stay safe that may also help reduce the risk of future harm. It can include planning for a future crisis and making decisions about your next steps. You should know a safe way out of any situation.

In an Emergency, dial 911.
If it is not an Emergency:
Safe Harbour
716-372-8532

a guide to LOCAL HELP for youth

FOR Allegany County

SAFE SPACES AND SHELTERS

Local Libraries

To find a local library where you are or its hours, go to www.stls.org
Many communities across Allegany County have free public libraries and the days/hours of each are different.

Emergency Needs, Food, Shelters:

ACCORD Corporation
585-268-7605

Allegany County Department of Social Services
585-468-9622

Catholic Charities
585-593-2015

Gil's Hill, Inc.
2526 Brown Road, Wellsville, NY
585-593-6211

The Next Generation Youth Center
24 East Main Street Cuba, NY
585-209-4127

Fillmore Powerhouse Youth Center
23 West Main Street, Fillmore, NY
585-567-4584

Lifeway Youth Center
Main Street, Route 19, Belfast, NY
585-365-2239

Hornell Concern for Youth
76 East Main Street, Hornell, NY
607-324-3457

HOTLINES

2-1-1 Teen Helpline
YOUr Place for Local Resources and Programs
Call 211 (1-800-346-2111) or
Text your Zip Code: 898211
2-1-1 can help with (almost) anything…24/7

National Human Trafficking Resource Center
1.888.3737.888
TEXT BE FREE TO: 233733
www.traffickingresourcecenter.org
If you or someone you know has experienced human trafficking or is in a potential human trafficking situation, call this hotline for help and services.

National Runaway Switchboard
800.RUN.AWAY (1.800.786.2929)
www.1800runaway.org
The Switchboard offers counseling, resources, shelter, food, and will contact your family or get you a bus ticket home if that is what you want to do.

National Suicide Hotline
1.888.488.3367

Allegany County Crisis Hotline
1.888.448.3367
Local 24-hour hotline service

Crisis Text Line
TEXT: GOT5 TO 741-741

a quick refresh of THE BASICS

EXPLOITATION Taking advantage of someone or treating them unfairly for personal benefit or gain.

HUMAN TRAFFICKING
Labor Trafficking: Labor for the purpose of subjection to involuntary servitude, peonage, debt bondage, or slavery induced through the use of force, fraud, or coercion.
Sex Trafficking: A commercial sex act induced through the use of force, fraud, or coercion in return for payment in money or in kind, paid to one or more third parties. In cases of trafficking of people under the age of 18 for sexual purposes, force, fraud or coercion do not need to be present.

FORCE Physical Restraint, Beatings, Rape, Confinement

FRAUD False Promises, Lying, Tricking, Withholding Wages

COERCION Threats, Blackmail

COMMERCIAL SEXUAL EXPLOITATION OF CHILDREN Sexual abuse of a child (under the age of 18) by another person in return for something of value. CSEC includes child pornography, trafficking in children for sexual purposes, child sex tourism and child marriage when payment is exchanged.

SEXUAL ASSAULT Sexual contact or behavior that occurs without explicit consent of the victim.

RAPE Penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim. Rape is a crime that is motivated by power and control.

CONSENT When someone agrees, gives permission, or says "yes" to sexual activity with other persons. Consent is always freely given and all people in a sexual situation must feel that they are able to say "yes" or "no" or stop the sexual activity at any point. There are three main considerations in judging whether or not a sexual act is consensual or is a crime. Both people are: 1) old enough to consent, 2) have the capacity to consent, and 3) agreed to the sexual contact.

SAFETY PLANNING Brainstorming ways to stay safe that may also help reduce the risk of future harm. It can include planning for a future crisis, considering your options, and making decisions about your next steps.