

Community Resources Available for Youth in Dover

Dover Youth Serving Group

The purpose of the Dover Youth Serving Group is to bring together youth and adults to understand and prioritize health-related issues in the Dover community, and work together to identify community-driven solutions to address the needs.

August 2021

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Mental Health

Dover Behavioral Health

Ages: 9-11; 12-17

What they do: Psychiatric evaluation; Medication stabilization if necessary; Daily group therapy and skills training; Family therapy sessions; Academic instruction by on-site, certified teachers; Expressive therapies including art, music, movement and yoga; Communication and follow-up, including following IEPs, with school personnel and outpatient therapists; Personalized discharge and aftercare plans; Working with elementary schools on partial outpatient program (especially to fill void during COVID)

Website (ages 9-11) : <https://doverbehavioral.com/programs-services/children-9-11/>

Website (ages 12-17): <https://doverbehavioral.com/programs-services/adolescents-12-17/>

Anew Mental Health

What they do: Individual and Family Sessions

Website: <http://www.anewmentalhealth.com/services>

Mental Edge Counseling

Ages: 12-18

What they do: Therapy: Family and Individual; School based treatment

Website: <https://www.mentaledgeworking.com/about>

Brandywine Counseling & Community Services

What they do: RISE Adolescent Program, POP (Peer Outreach for Prevention), SQUAD (Students on a Quest Uniting Against Drugs/Alcohol), SSP (Syringe Services Program), PSA Camp

Website: <https://www.brandywinecounseling.com/youth/>

Community Supervision Resource Connection

Ages: 8-18

What they do: The objective of the CSRC program is to assist youth in completing their probation successfully, while keeping the community safe. This is executed through effective case management services that incorporate restorative justice principles.

Contact: <https://www.psychotherapeuticservices.com/index.php/programs/de/decsrc>

Healing Pathways Counseling and Consulting (Seaford and Dover)

Ages: children, adolescents, and adults

What they do: Healing Pathways Counseling Services is a private counseling practice established by experienced psychotherapists in Kent and Sussex counties in Delaware, specializes in treatment to children, adolescents, and adults for the treatment of trauma-related disorders, behavioral health disorders such as depression, anxiety, childhood related disorders, and co-occurring substance abuse disorders.

Contact: Healingpathways@hipaamail.us; Phone: 302-536-1395;

Website: <https://www.healingpathwaysde.com/>

SUN Behavioral Delaware

Ages: Adolescents (13-17)

What they do: SUN Behavioral offers inpatient services. SUN's inpatient services are appropriate for individuals struggling with mental health or substance use disorders. SUN provides crisis stabilization treatment services for individuals at the risk of harming themselves or others. SUN also treats teens suffering from psychosis or drug/alcohol dependence. Our dedicated adolescent unit provides a safe place for healing and rehabilitation. SUN is open 24-7 for walk-ins, appointments, and telehealth preadmissions.

Contact: Phone: (302) 604-5600; Address: 21655 Biden Avenue, Georgetown, DE 19947

Website: www.sundelaware.com

Community Education on Mental Health

Delaware Social Emotional Learning Collaborative (Partnership with DOE)

What they do: Delaware Social Emotional Learning Collaborative: train the trainers- educators and community based on trauma, core competencies to be used in school and after school and community

Website: <https://www.doe.k12.de.us/#>

Contact: Teri Lawler- Teri.Lawler@doe.k12.de.us

Children & Families First (CFF)

For: Families and Youth

What they do: Cognitive Behavioral Intervention for Trauma in Schools (CBITS), Bounce Back, Programming for Schools, Functional Family Therapy, Adolescent Resource Center (ARC- Puberty education), Grief Support, Foster Care and Adoption Services, and Nurse Home Visiting Programs for New Moms; Brain Science Training Institute (Collaborative effort between CFF and Wilmington University); GET Together (Get Educated on Trauma): Monthly virtual community meeting presented by a CBITS and Bounce Back clinicians on varied topics related to trauma.

Contact: kiera.mcgillivray@cffde.org or Erika.baise@cffde.org for more information.

For: Middle School Only

What they do: Behavioral Health Consults

For: Elementary Schools

What they do: Family Crisis

National Art Education Association (NAEA)

For: Teachers of school aged youth

What they do: They offer a Social Emotional Learning (SEL) Remote Toolkit for Teachers.

Can be accessed here: <https://www.arteducators.org/learn-tools/articles/643-social-emotional-learning-sel-remote-learning>

UD Cooperative Extension 4-H

Ages: 3rd-9th grade

What they do: BOTVINS program substance abuse prevention program that includes teaching on self-esteem, self-image, decision making, smoking, alcohol, drugs, advertising, dealing with stress, communications skills, social skills, and assertiveness.

Website: <https://www.udel.edu/academics/colleges/canr/cooperative-extension/personal-economic-development/4H-youth-development/curriculum-projects/healthy-living/drug-prevention-lifeskills/>

Ages: 10 years old and up

What they do: GEM (Get Experience in Mindfulness) is an interactive group-based stress management program through University of Delaware Cooperative Extension. The program focuses on stress management taught through practical and interactive mindfulness-based activities to facilitate experiential learning.

Website: <https://www.udel.edu/academics/colleges/canr/cooperative-extension/nutrition-wellness/gem/>

Delaware Prevention and Behavioral Health

Ages: Children and youth

What they do: The Division of Prevention and Behavioral Health Services (DPBHS), provides a statewide range of voluntary mental health and substance abuse treatment and prevention services for children and youth. Services include: Prevention Services, Intervention K-5, Bullying Prevention, Substance Abuse Prevention, Prevention Resource Center, Suicide Prevention, Crisis & Emergency Services, Outpatient Services, Treatment Services, and much more.

Website: <https://kids.delaware.gov/pbhs/pbhs.shtml>

Delaware Prevention Partners

Ages: 12-18

What they do: The Delaware Prevention Partnership holds events and activities for older youth around preventing the misuse of drugs, tobacco, alcohol, and prevent violence, suicide, infectious diseases, and mental illness.

Website: <https://www.facebook.com/DelawarePreventionPartners/>

Delaware Libraries

What they do: Home School Virtual Sessions - allows youth an outlet to discuss whatever they feel is important; staff act as moderators

Website: <https://lib.de.us/>

National Alliance on Mental Illness (NAMI) Delaware

What they do: NAMI DE offers educational programming for youth and adults on a variety of mental health topics.

Website: <https://www.namidelaware.org/programs>

Autism and Other Learning Disabilities Resources

Dover Library

What they do: Sensory Storytime at the Library (before COVID)

Website: <https://dover.lib.de.us/>

Champions for Children's Mental Health

What they do: Balancing the needs of a family, following the suggestions of professionals and learning how to navigate the healthcare system can make the day-to-day work of a parent of a child or youth with mental health concerns tiring and frustrating. Families report that it often helps to have another parent to talk to and share their experiences along the way. Champions for Children's Mental Health is a 501 (c) (3) nonprofit organization that offers three programs to satisfy that need.

Website: <http://championsde.org/>

EMBRACE (Kent County Community School)

What they do: EMBRACE fosters opportunities for community by providing support, education and connections between those affected by disabilities, their families, and the local community.

Website: <https://www.embracedelaware.org/>

Suicide Prevention

National Alliance on Mental Illness (NAMI) Delaware

What they do: NAMI DE offers educational programming for youth and adults on a variety of mental health topics, including suicide prevention.

Website: <https://www.namidelaware.org/programs>

National Council for Behavioral Health/ Project DeLAWARE

What they do: Youth Mental Health First Aid

Website: <https://www.doe.k12.de.us/domain/588>

Delaware Guidance Services

What they do: Delaware Guidance Services is contracted by DPBHS to provide 24-hour Mobile Response and Stabilization Services

Contact: 1-800-969-4357 (call center)

Website: <https://www.delawareguidance.org/>

Social Work Services

Delaware Libraries

What they do: Social workers from DHSS Community Partner Support Unit will help with: ASSIST application process, applying for food benefits, Medicaid, Long-term nursing care, Childcare, Home energy assistance, Learning about other DHSS agencies, Referrals to partner organizations

Website: <https://delawarelibraries.libcal.com/appointments/>

Education Resources

Beau Biden Foundation for the Protection of Children

Ages: Kindergarten through grade 12

What they do: Internet Safety, Predator Awareness, Bullying Prevention Presentations; Consent; DOE provides list of training providers

Contact: Consent available upon request - info@beaubidenfoundation.org or claudine@beaubidenfoundation.org

Leading Youth through Empowerment After School (LYTE) program

Ages: Rising 8th Grade (Will Accept Some High Schoolers)

What they do: (English & Spanish) Academic and mentorship support - help navigate high school by assisting in choosing courses, tutoring, connecting with a mentor, finding internships, helping with the college application process. Almost all have had 90% or above of tuition covered by scholarships.

Website: lytescholars.org

Dover Public Library

Ages: Teens

What they do: Teen Resource guide - anyone with a library card (for now); Covers a wide variety of topics and is updated constantly; Can get a free library card now; All free resources for library card holders (Transparent Language, Universal Class, and Salem Press just to name a few); Lunch Bunch; Children with visual disabilities

Website: <https://lib.de.us/librarycard/>; <https://dover.lib.de.us/resources/>

Connecting Generations

Age: School aged youth

What they do: Connecting Generations provides Mentor and Social Emotional Learning (SEL) programs for students across the state, including Kent County. Parents, school counselors, teachers and administrators can refer students in need of a mentor by reaching out to the mentor coordinators within participating schools. All schools are invited to participate.

Website: <https://www.connecting-generations.org/>

Contact: Cassandra McKay- cmckay@connecting-generations.org

After School Resources

Greater Dover Boys and Girls Club

Ages: K-12

What they do: Boys & Girls Clubs of Delaware offers affordable before-, after- and out- of school programs for 30,000+ young people at 43 locations across Delaware.

Website: <https://www.bgclubs.org/locations/greater-dover-boys-girls-club/>; 302-678-5182

21st Century Program

What they do: 21st Century Community Learning Centers (21st CCLCs) are federally funded, high quality afterschool and summer programs. They provide students with academic support, enrichment, and school engagement. They complement students' regular academic program.

Website: <https://www.doe.k12.de.us/Page/1058>

Inner City Cultural League Inc

Ages: grades 3 through 12

What they do: The Sankofa After School/Summer Program provides an opportunity for youth to participate in educational activities and events that incorporate science, technology, reading, engineering, art, math (STREAM), health, wellness and life skills and FUN!

Website: <https://www.icclarts.org/>

Girls on the Run (virtual now)

Ages: Grades 3-12

What they do: Girls on the Run we inspire ALL girls to build confidence and make intentional decisions, while fostering care and compassion for self and others. Trained coaches use physical activity and dynamic discussions to build social, emotional and physical skills in every girl while encouraging healthy habits for life.

Website: <https://www.gotrde.org/>

WAVE app

Ages: Older Youth (13-21)

What they do: Online platform access to a different learning system; spoken word poetry, create games, artist clubs yoga- arts, academics

Website: <https://wavedelaware.com/>

Dover Public Library

Ages: All ages

What they do: Events for youth on a variety of topics (currently virtual).

Website: <https://delawarelibraries.libcal.com/calendar/dover/?cid=8206&t=m&d=0000-00-00&cal=8206&inc=0>

UD Cooperative Extension

What they do: 4-H programming at after school sites.

Website: udel.edu/extension

Delaware Afterschool Network (DEAN)

Ages: K-12th grades

What they do: The Delaware Afterschool Network is a driving force that develops partnerships, brings stakeholders together, and shares best practices to ensure that affordable, sustainable afterschool, out-of-school, and summer learning programs are available.

Website: www.deasn.org

Dover YMCA

Ages: K-8th grades

What they do: The YMCA of Delaware is committed to providing children with a safe and positive experience while promoting unity, acceptance, and fostering a sense of self. Before care programs offer a great start to your child's day with group games and enrichment choices. After care programs reinforce academics through a variety of fun and engaging structured activities, provide time for homework, and a snack or small meal, and physical activities and sports. Our well-trained staff strive to create an environment that supports children and their individual needs.

Website: <https://www.ymcade.org>

The Green Beret

Ages: Middle and High School

What they do: The Green Beret Project supports young people from underserved communities by providing a variety of programs like mentoring, tutoring, job and skills training, and CrossFit.

Website: <https://thegreenberetproject.org/>

Sex Education

Planned Parenthood

What they do: Sex Education for educators and teens.

Website(for educator): <https://www.plannedparenthood.org/learn/for-educators>

Website (for teens): <https://www.plannedparenthood.org/learn/teens>

Children & Families First

What they do: Adolescent Resource Center (ARC- Puberty Education).

Website: <https://www.cffde.org/arc>

Food Access Resources

Food Bank of Delaware

What they do: Pantries in Dover schools (teachers provide info to students that need it). Full list provided under [Pantries section](#) of Resource Guide (including churches & other community sites)

Website: <https://www.fbd.org/program/school-pantries/>

Delaware 211

What they do: Can provide information on Food Pantries.

Website: <https://www.delaware211.org/>

Communities in Schools of Delaware

What they do: Offer a Food Pantry

Website: <https://www.cisdelaware.org/>

Delaware Social Services

What they do: SNAP benefits

Website: <https://dhss.delaware.gov/dhss/dss/foodstamps.html>

WIC

For: Women, Infants, Children (5 years)

What they do: WIC benefits

Website: <https://www.dhss.delaware.gov/dhss/dph/chca/dphwichominf01.html>

Department of Education

What they do: Most schools are still providing grab and go breakfast and lunch. Dinner is not yet provided, but possibly in the future.

Website: <https://www.doe.k12.de.us/#>

Nutrition Resources- SNAP education

University of Delaware Cooperative Extension

Ages: Middle School

What they do: Nutrition, Physical activity, and Mindfulness education

Contact: Kimi Moore- kamoore@udel.edu

Website: <https://www.udel.edu/academics/colleges/canr/cooperative-extension/nutrition-wellness/nutrition/delaware-snap/>

Delaware State University Cooperative Extension

Ages: Elementary

What they do: Nutrition Education

Website: <https://cast.desu.edu/cooperative-extension>

Food Bank of Delaware

Ages: Kindergarten

What they do: Nutrition Education

Website: <https://www.fbd.org/benefits-assistance/>

Food Pantries

Food Bank of Delaware (FBD)- Pantry location listed below

Contact: Alicia Vogel-avogel@fbd.org

Website: <https://www.fbd.org/program/>

First State Community Action- *Food Closet*

655 S Bay Rd,

Dover, 19901

Holy Cross - *Food Closet*

631 S State Street

Dover 19901

Calvary Assembly of God - *Food Closet*

1141 E Lebanon Road

Dover 19901

Connections CSP- Grant- Dover Site - *Choice Pantry*

1114 S. Dupont Highway

Dover 19901

Mt. Carmel Church of the Living God - *Food Closet*

117 N West Street

Dover 19904

FBD-Williams State Service Center - *Food Closet*

805 River Road

Dover 19901

Blue Hen (Old Carroll's Plaza) Social Service - *Food Closet*

655 South Bay Road Suite 21

Dover 19901

FBD-HK-Central Middle School - *Choice Pantry*

211 Delaware Ave.

Dover 19901

FBD-HK South Dover Elementary - *Choice Pantry*

955 South State Street

Dover 19901

FBD-HK-DelStateU (College of EHPP) - *Choice Pantry*

1200 N. Dupont Highway

Dover 19901

FBD-HK- Campus Community School - *Choice Pantry*

350 Pear Street

Dover 19904

FBD-HK-Wesley College - *Choice Pantry*

120 N. State Street

Dover 19901

FBD-HK-North Dover Elementary - *Choice Pantry*

855 College Rd.

Dover 19904

FBD-HK- DelTech Terry Campus - *Choice Pantry*

100 Campus Drive

Dover 19904