

World Trade Center Health Registry Resource Guide

New York City Department of Health and Mental Hygiene

Updated January 2007

This Guide is the sixth update to the **World Trade Center Health Registry (WTCHR) Resource Guide** developed by the New York City Department of Health and Mental Hygiene for people affected by the 9/11 attacks on the World Trade Center. It includes information about occupational, respiratory, environmental, and mental health services and resources available in the New York City region and nationally. We hope this resource guide will link you with health services and other resources that may be helpful to you.

Some of these listed services require health insurance; others may be free or low-cost for people who meet certain income or other qualifications. Please note the WTCHR does not pay for screenings or medical visits.

If you are seeking assistance in the New York City (NYC) area and need additional information, please call [311](tel:311). Outside of NYC, you can call 212-NEW-YORK (212-639-9675) to reach [311](tel:311).

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Language Interpretation Services - The following abbreviations after a listed resource indicate the available language services: ***SP- Spanish** speaker available (Español) ***CH- Chinese** speaker available 漢語

***LL-Language Line** (provides telephone interpretation into more than 140 languages, including **SP** and **CH**)

AMERICAN RED CROSS SEPTEMBER 11 RECOVERY PROGRAM

The American Red Cross created the New York City-based **September 11 Recovery Program** (SRP) to provide longer-term services to individuals and families who were directly affected by 9/11. The direct services provided by SRP, including financial assistance and referral to social work agencies for case management needs, ended on December 30, 2005.

The Red Cross continues to support non-profit agencies that deliver a variety of services to the people whose lives were the most seriously affected by the terrorist attacks in the communities where they live or work. These services include mental health and wellness for adults, adolescents and children; health diagnosis and treatment for rescue and recovery workers; and financial assistance.

A geographical listing of those programs grouped by type is included in the 9/11 Service Guide, which is now posted at www.redcross.org/september11/help (scroll down the page to the “Resources” headline). You will find links to:

- A directory of 9/11 services funded by the American Red Cross
- Resources for 9/11 rescue and recovery workers

Please note that this WTCHR Resource Guide contains information about some, but not all, of the 9/11-related services provided by agencies through the September 11 Recovery Program.

HELP WITH FREE OR LOW-COST HEALTH INSURANCE

NEW YORK CITY

To receive help with free or low-cost health insurance in NYC, call **311** and ask for **Health Stat** (includes *Child Health Plus* and *Family Health Plus*).

NEW YORK STATE WORKERS' COMPENSATION: DEADLINE FOR 9/11 WORKERS *(new)*

The Workers' Compensation Law has been amended to protect your right to file for 9/11-related workers' compensation if you become sick in the future. In order to file a claim, you must first register with the **New York State Workers' Compensation Board no later than August 14, 2007**. Registration is available for most workers and volunteers who participated in 9/11-related rescue, recovery, or clean-up.

Registering now will protect your right to file for 9/11-related workers' compensation should you develop a latent disease in the future. If you miss this deadline, you will not be eligible to file a 9/11-related workers compensation claim in the future.

How to register: Complete and submit a registration form (Form WTC-12) to the Workers' Compensation Board. To obtain a registration form, call (877) 632-4996 or visit <http://www.wcb.state.ny.us/content/main/forms/WTC-12.pdf> to download a form.

Informational pamphlets are available at no cost at the Board district offices and by mail: WCB Executive Offices, 20 Park Street, Albany, NY 12207. For more information, you may also visit www.wcb.state.ny.us or call (877) 632-4996.

FEDERALLY FUNDED 9/11 MEDICAL MONITORING AND TREATMENT PROGRAMS (new)

Several federally funded programs are monitoring the physical and mental health effects of the WTC attacks. These programs include one-time screening programs, programs that also provide follow-up monitoring and/or free or need-based treatment services, and a health registry. Additional details about these programs, and others, are provided later in this resource guide.

For rescue, recovery, and clean-up workers and volunteers:

The WTC Medical Monitoring and Treatment Program is a consortium of providers, including: Bellevue Hospital, Mt. Sinai Medical Center, Nassau County University Medical Center, Queens College Ground Zero Health Watch, SUNY-Stony Brook, UMDNJ-Robert Wood Johnson University Hospital, and other providers nationwide. Call (888) 702-0630 or (212) 241-1554, or visit www.wtcexams.org.

For FDNY rescue and recovery workers:

FDNY (Fire Department of New York) WTC Medical Monitoring and Treatment Program provides a comprehensive medical exam and specific follow-up testing and treatment for FDNY and EMS members. Call (718) 999-1858, email wtcmed@fdny.nyc.gov, or visit www.fdney.org/bhs and click on “WTC Medical Monitoring” link.

For federal employees (medical screening examinations only):

The WTC Federal Responder Medical Screening Program provides comprehensive medical screenings for current, former, or retired Federal employees who were involved in rescue, recovery, or cleanup operations at or around the WTC site or on Staten Island. Call (866) 214-2040, email WTCFedResponders@rti.org or visit <https://wtcophep.rti.org/>.

For NYPD rescue and recovery workers (mental health services only):

New York City Police Organization Providing Peer Assistance (POPPA) operates privately outside the New York City Police Department (NYPD). POPPA provides mental health services to all active and retired NYC police officers by trained volunteer peers and mental health professionals. Call: (888) CopsCop (888-267-7267), or visit www.poppanewyork.org.

NYC Police Foundation/Project COPE provides mental health services to NYPD personnel. The program offers free and confidential counseling services and a comprehensive post-traumatic stress program for all NYPD employees and their immediate families. The program is in collaboration with Columbia University Medical Center. Call (212) 751-8170 or visit www.nycpolicefoundation.org/programs.

For residents; school children; rescue, recovery and clean-up workers or volunteers; and building occupants, pedestrians and others in lower Manhattan on 9/11 (medical surveillance only):

The WTC Health Registry was developed as a public health response to document and evaluate the long-term physical and mental health consequences of the 9/11 disaster among those most impacted, inform those at risk, and improve preparedness for future emergencies. The Registry is maintained by the NYC Department of Health and Mental Hygiene in collaboration with the federal Agency for Toxic Substances and Disease Registry, and scientific, community, and labor advisors. Registry staff systematically document the physical and mental health effects of 9/11 on the enrollees through periodic health surveys, in-depth follow-up studies, and matching to vital records and cancer registries. More than 71,000 people enrolled in the Registry by completing a 20-30 minute baseline health interview in 2003-2004, making the Registry the largest effort ever in the U.S. to systematically monitor the health of persons exposed to a large-scale disaster. At this time, enrollment in the Registry is closed. Call (212) 442-1585 or (866) NYC-WTCR (866-692-9827), email wchr@health.nyc.gov, or visit www.wtcregistry.org.

9/11 RELATED CLINICAL GUIDELINES (new)

NYC DOHMH Clinical Guidelines for Physicians Treating Adults Exposed to the World Trade Center Disaster. The August 2006 issue of *City Health Information* describes common physical and mental health problems that could be caused or exacerbated by exposure to the WTC disaster; and provides information for physicians to diagnose, treat and, if necessary, refer patients for additional evaluation and treatment. Visit www.wtcregistry.org or visit www.nyc.gov/html/doh/downloads/pdf/chi/chi25-7.pdf to download the guidelines. Providers who need additional assistance with diagnosis and treatment may call the WTC Medical Monitoring and Treatment Program at (888) 702-0630 or visit www.wtcexams.org.

Other Guidelines:

Post-Traumatic Stress Disorder. The January 2003 issue of NYC DOHMH's *City Health Information* provides information for clinicians on PTSD, a post-disaster mental health problem. To download, visit www.nyc.gov/html/doh/downloads/pdf/chi/chi22-1.pdf.

Detecting and Treating Depression in Adults. This January 2006 issue of NYC DOHMH's *City Health Information* provides guidelines for primary care physicians and non-psychiatrists to effectively screen for and manage depression. To download, visit www.nyc.gov/html/doh/downloads/pdf/chi/chi25-1.pdf.

Caring for Kids after Trauma Disaster and Death: A Guide for Parents and Professionals (2nd ed). This September 2006 New York University Child Study Center publication provides guidance to help schools, parents and others who care for children to understand and respond to children's reactions to traumatic events. To download, visit <http://www.aboutourkids.org/caringforkids>.

MEDICAL SCREENING, EXAMS, AND TREATMENT**Medical screening examinations for rescue, recovery, and clean-up workers, and volunteers****NEW YORK / NATIONAL**

(Revised) **Bellevue Hospital WTC Healthcare Center**, funded by the New York City Mayor's Initiative and the American Red Cross Liberty Disaster Relief Fund, works in coordination with community groups including the Beyond Ground Zero Network, the 9/11 Environmental Action committee, the WTC Residents Coalition, and local community boards. Residents, responders, downtown workers and office workers who have symptoms that they feel are due to exposure to the dust and debris resulting from the WTC collapse are eligible for the treatment program. Individuals enrolled in the program are evaluated and treated for WTC-related illnesses. The program includes comprehensive medical evaluations, breathing tests, and mental health screening. Residents, WTC responders and volunteers, and downtown workers may contact the Bellevue Hospital WTC Healthcare Center by calling (212) 562-1720. ***SP; and other languages.**

(New) **FDNY (Fire Department of New York) WTC Medical Monitoring and Treatment Program**, funded by a federal grant from the National Institute of Occupational Safety and Health (NIOSH) and a September 11th Recovery Grant of the American Red Cross Liberty Disaster Relief Fund, was designed to meet the needs of FDNY members. This program provides a free four-hour comprehensive medical evaluation together with specific follow-up testing and treatment. FDNY and EMS members who participated in the rescue and recovery efforts at the WTC site between September 11, 2001 and July 2002 are eligible for this program. Call (718) 999-1858 or email wtcmed@fdny.nyc.gov or visit www.fdney.org/bhs and click on "WTC Medical Monitoring" link.

The World Trade Center Federal Responder Medical Screening Program is designed to detect adverse health effects, and provides a free comprehensive, confidential baseline medical screening and test results. You are eligible for the program if you are a current, former, or retired Federal employee and were involved in rescue, recovery, or cleanup operations in or around the WTC site or at any of the debris handling operations on Staten Island for at least one shift any time between September 11, 2001 and September 10, 2002. Call (866) 214-2040, email WTCFedResponders@rti.org or visit <https://wtcophep.rti.org/>.

The World Trade Center Medical Monitoring Program (coordinated by the Mount Sinai Center for Occupational and Environmental Medicine) offers free and confidential periodic medical exams, referrals for follow-up physical and mental health care, counseling on benefits and entitlement programs, and occupational health education for eligible workers and volunteers involved in 9/11 rescue, recovery, cleanup, or restoration of essential services. All participants must register by calling (888) 702-0630 or (212) 241-1554. Participants can choose where they receive their exam from locations throughout the New York City metropolitan area, New York State, and nationwide. This program is federally funded and free for all participants. Call (888) 702-0630 or visit www.wtcexams.org *SP; Polish and other languages by request.

Medical screening examinations for residents

NEW YORK / NATIONAL

(Revised) **Bellevue Hospital WTC Healthcare Center** See description on page 4 of this Resource Guide.

Charles B. Wang Community Health Center, Inc. provides comprehensive assessments, care, and referrals for physical health, mental health, and social services for adults who resided below Canal Street on 9/11. Other services include asthma screening, education, and case management for children and their families; and workshops for adolescents. Asian-American families and other dependents of deceased individuals, injured survivors, evacuees, affected residents, workers, and students are eligible. The program will provide medical screenings until December 31, 2006 but will provide services until June 2007. The Health Clinic is located at 268 Canal Street, NY, NY 10013. Call (212) 966-0461 or visit www.cbwchc.org . *CH

OCCUPATIONAL SCREENINGS, EXAMS, AND CARE

Occupational medicine is a branch of medicine that deals with the prevention and treatment of illnesses that may arise due to a person's exposure on the job. The following is a list of resources that will help direct you to institutions that provide occupational screenings, exams, and treatment. The National Institute for Occupational Safety and Health (NIOSH) is working with Mt. Sinai Medical Center in NYC and other occupational medicine centers to evaluate the health of workers exposed to the events of 9/11.

NYCOSH, the New York Committee for Occupational Safety and Health, is a non-profit coalition of 200 local unions and more than 400 individual workers, physicians, lawyers, and other health and safety activists who are dedicated to the right of every worker to a safe and healthful job. Call (212) 227-6440 or visit www.nycosh.org .

(New) For more information on the WTC Worker Compensation Law Changes, view the **NYCOSH fact sheet** at www.nycosh.org/911info/factsheet_english.html .

(New) For more information about programs and services for WTC workers and volunteers, view the **NYCOSH list of 9/11-related programs and services** at www.nycosh.org/911info/resourcelist_english.html .

(New) **New York State Workers' Compensation: August 14, 2007 Deadline for 9/11 Workers.** For more information about the amendment to the Workers' Compensation Law, see page 2 of this Resource Guide.

Evaluation and treatment of occupational illness

NATIONAL

The Association of Occupational and Environmental Clinics (AOEC) is a non-profit organization that provides occupational health referrals in your area. Contact AOEC at 1010 Vermont Ave., NW #513, Washington, DC 20005, call (888) 347-2632 or (202) 347-4976, or visit www.aoec.org .

NEW YORK CITY/ NEW YORK STATE

New York State Occupational Health Clinic Network. For more information, contact your local occupational health clinic or the New York State Department of Health at (800) 458-1158, x7900 or (518) 402-7900, or visit www.health.state.ny.us/nysdoh/environ/occupate.htm . *SP/CH

NEW YORK CITY

Rescue, recovery, and clean-up workers and volunteers:

The WTC Health Effects Treatment Program at Mount Sinai offers diagnostic and treatment services, and follow-up care for the full range of WTC-related medical conditions for rescue, recovery, and clean-up workers and volunteers. This program is funded through philanthropic donations and no out-of-pocket fees are charged for visits to the clinic. Call (212) 241-8080. ***SP; Polish and other languages by request.** There are three clinic locations:

- Mount Sinai Medical Center, 10 East 101st Street, 2nd Floor, NY, NY 10029, (212) 241-8080
- Mount Sinai Hospital of Queens, 23-34 30th Avenue, 6th Floor, Astoria, NY 11102, (718) 278-2736
- St. John's Riverside Hospital, 967 North Broadway, Level S1, Yonkers, NY 10701, (914) 964-4737

Workers in affected areas who are not rescue, recovery, or clean-up workers or volunteers:

Bellevue Hospital Center/ New York University, Occupational and Environmental Medicine Clinic, 27th St. and 1st Avenue, Bellevue Hospital, NY, NY 10016, (212) 562-4572. *Member of the New York State Occupational Health Clinic Network.* ***SP/CH**

Mount Sinai Center for Occupational and Environmental Medicine provides treatment to workers in the affected areas who are not rescue, recovery, or clean-up workers, or volunteers. This program is not part of the federally-funded programs. Clinic staff work with patients to bill Workers Compensation or private health insurance companies, as appropriate. No one will be turned away due to inability to pay. *Member of the New York State Occupational Health Clinic Network.* ***SP; other languages by request.**

There are three clinic locations:

- Mount Sinai Medical Center, 1212 Fifth Avenue, Suite 1A, NY, NY 10029, (212) 241-5555
- Mount Sinai Hospital of Queens, 23-34 30th Avenue, 6th Floor, Astoria, NY 11102, (718) 278-2736
- St. John's Riverside Hospital, 967 North Broadway, Level S1, Yonkers, NY 10701, (914) 964-4737

LONG ISLAND

State University of New York - Stony Brook, Center for Occupational and Environmental Medicine, Health Sciences Center, L 3-086, Stony Brook, NY 11794, (631) 444-2167. ***SP/CH**

The World Trade Center Monitoring and Treatment Program provides treatment, monitoring, and mental health services. *Member of the New York State Occupational Health Clinic Network.* There are two locations. Both locations may be reached by calling (631) 444-6436.

- Nassau Occupational Health and Industrial Occupational Institute, 2201 Hempstead Turnpike, East Meadow, NY 11554, (516) 572-5380. TDD/TTY (516) 572-5758.
- 3001 Expressway Drive North, Islandia, NY 11749. ***SP**

WESTCHESTER/ UPSTATE NEW YORK

All are members of the New York State Occupational Health Clinic Network

Central New York Occupational Health Clinical Center 6712 Brooklawn Parkway, Suite 204, Syracuse, NY 13211-2195, (315) 432-8899 or (800) 432-9590. ***SP**

Finger Lakes Occupational Health Services, 2180 South Clinton Ave., Suite D, Rochester, NY 14618, (585) 274-4554.

Mount Sinai, Hudson Valley Center, Center for Occupational Medicine at St. John's Riverside Hospital, 967 North Broadway, Yonkers, NY 10701, (914) 964-4737. ***SP**

New York Center for Agricultural Medicine and Health, 1 Atwell Road, Cooperstown, NY 13326, (607) 547-6023 or (800) 343-7527. *SP

Occupational and Environmental Health Center of Eastern New York, 1873 Western Avenue, Albany, NY 12203, (800) 419-1230 or (518) 690-4420

Union Occupational Health Center, 450 Grider Street, Buffalo, NY 14215, (716) 894-9366 or (800) 297-5225

NEW JERSEY

The Environmental and Occupational Health Sciences Institute, The Clinical Center for Environmental & Occupational Health, 170 Frelinghuysen Road, Piscataway, NJ 08854, (732) 445-0123 x 600, or visit www.eohsi.rutgers.edu *SP

New Jersey Department of Health and Senior Services, Division of Epidemiology, Environmental, and Occupational Health (provides referrals to UMDNJ at Rutgers), P.O. Box 360, Trenton, NJ 08625-0360, (609) 984-1863 or visit www.state.nj.us/health/eoh *SP

Robert Wood Johnson University Hospital, Hamilton Occupational and Corporate Health, One Hamilton Health Place, Hamilton, NJ 08690-3599. Call (609) 584-6654, fax (609) 689-7149 or visit www.rwjhamilton.org/medserv/occu/ *SP

CONNECTICUT

University of Connecticut, Occupational Medicine and Employee's Health, 263 Farmington Avenue, Farmington, CT 06030, (800) 535-6232 or (860) 679-2893. *LL

RESPIRATORY SCREENING, EXAMS, AND CARE

If you are experiencing any problems with breathing, including chronic sinus congestion, wheezing, or chronic coughing, it is recommended that you follow up with a physician for diagnosis and treatment.

NEW YORK CITY

See your regular doctor. If you do not have a regular doctor, call **311** to be referred to the **NYC Health and Hospital Corporation** clinic in your area for free or low-cost care. *SP/CH

You may also call the **NYC DOHMH Asthma Information Line** at 311, or visit www.nyc.gov/html/doh/html/asthma/asthma.shtml for asthma information.

Bellevue Hospital WTC Healthcare Center See description on page 4 of this Resource Guide.

LONG ISLAND

University Physicians at Stony Brook, 26 Research Way, East Setauket, NY 11733, (631) 444-0580. *SP

The World Trade Center Monitoring and Treatment Program. This program has two locations. Both locations may be reached by calling (631) 444-6436.

- Nassau University Medical Center, 2201 Hempstead Turnpike, East Meadow, NY 11554, (516) 572-1303.
- 3001 Expressway Drive North, Islandia, NY 11749. *SP

WESTCHESTER/ UPSTATE NEW YORK

St. John's Riverside Hospital, Respiratory Care Services, 967 North Broadway, Yonkers, NY 10701, (914) 964-4312 or (914) 964-7515. *SP

University of Rochester, University of Rochester Medical Center, Pulmonary and Critical Care, 601 Elmwood Avenue, Box 692, Rochester, NY 14642, (585) 275-4861.

Westchester Medical Center Outpatient Department, Chest Clinic, 95 Grasslands Rd., Valhalla, NY 10595, (914) 493-7000. *LL

Westchester Medical Group, 210 Westchester Avenue, White Plains, NY 10604, (914) 682-0700. *SP

NEW JERSEY

Hackensack University, Medical Center Breath and Lung Institute, 30 Prospect Ave., Hackensack, NJ 07601, (201) 996-2211. *SP/CH

St. Peter's University Hospital, Pulmonary Division, 254 Easton Ave., New Brunswick, NJ 08903, (732) 745-8564.

University Hospital Pulmonary Clinic, 90 Bergen St. Suite 4500, Newark, NJ 07103, (973) 972-2500. *SP/CH

University of Medicine and Dentistry of New Jersey, University Medical Group, Division of Pulmonary Clinic, Clinical Academic Building, 125 Patterson St., New Brunswick, NJ 08901-1962, (732) 235-6511. *SP

CONNECTICUT

University of Connecticut, University of Connecticut Health Center, Pulmonary Services, 263 Farmington Avenue, Farmington, CT 06030-2202, (800) 535-6232 or (860) 679-3343. *LL

Yale Medical Group, Winchester Chest Clinic, Yale New Haven Hospital, 789 Howard Avenue, New Haven, CT 06520, (203) 785-4198, Fax (203) 737-5453. *LL

ENVIRONMENTAL CLEANINGS, INFORMATION, AND REFERRALS

NATIONAL

The U.S. Environmental Protection Agency (EPA) provides information regarding the monitoring of the environmental effects related to 9/11, including EPA's response to the disaster, air monitoring data, indoor sampling and cleaning programs, and the proceedings of a technical review panel formed to characterize any remaining exposure to WTC dust, identify unmet public health needs, and recommend steps to minimize further potential risks associated with the aftermath of the WTC disaster. For more information, visit www.epa.gov/wtc or call (212) 637-3660 *SP

NEW YORK CITY

EPA Lower Manhattan Testing Program In the final phase of its response to the events of 9/11, the EPA has announced the beginning of a program to test indoor spaces in Lower Manhattan. The program, which covers the area south of Canal Street and west of Allen and Pike Streets, will allow residents and building owners to have the air and dust in their units tested for four contaminants associated with dust from the collapse of the World Trade Center. Priority for testing will be based on a property's proximity to the World Trade Center site. Registration for the program began in mid-January 2007 and will end March 30, 2007. Contact information for the program will be posted on the EPA website www.epa.gov/wtc in January 2007. Visit <http://www.epa.gov/wtc/testandclean/> for more information. To register, call (888) 747-7725

Asbestos. A list of certified asbestos investigators from the NYC Department of Environmental Protection may be found at: www.nyc.gov/html/dep/html/airfirms.html#investigators

Lead. For information on how to prevent lead poisoning, call 311 or visit www.nyc.gov/html/doh/html/lead/lead.shtml

For environmental cleaning, please look under: "environmental consultant" and "environmental services" in your local **Yellow Pages**.

MENTAL HEALTH INFORMATION AND REFERRALS

NATIONAL

Call **LIFE-NET: (800) LIFE-NET** (800-543-3638), or (212) 982-5284 (TTY) is the toll-free number for 9/11 referrals for New York City, New York State, New Jersey, Connecticut, and all other U.S. states. **LifeNet** is a free, confidential crisis intervention, referral, and information service. *SP/CH/LL

The 9/11 Mental Health and Substance Abuse Program offers financial assistance with the cost of mental health and substance abuse treatment to those directly affected by the 9/11 attacks and their immediate family, regardless of insurance or immigration status. Begun in conjunction with the September 11th Fund, the program is now funded by the American Red Cross and administered by **Mental Health Association of New York City**. The Program offers financial assistance with the cost of counseling, group therapy, psychological testing, medication, substance abuse treatment, in-patient care and outer-ear acupuncture with a licensed provider, regardless of where you live or receive treatment. Please note the following important deadlines: Enrollment deadline: January 2, 2007. Last Date of Service: December 31, 2007; and Last Day to File Claims: March 31, 2008. Call 1-800-LIFENET or visit www.9-11MentalHealth.org *SP/CH/LL

The Disaster Preparation and Trauma Mitigation, run by The World Cares Center, Inc., offers nationwide training in self-care and personal resilience for anyone who feels they need assistance (including volunteer responders, chaplains, mental health professionals, firefighters, law enforcement personnel, emergency medical personnel, and emergency management professionals). World Cares Center Inc. is located at 520 8th Ave., 11th Floor, NY, NY 10018. Call Kiran Dhanji at (212) 563-7570 ext 207 or visit www.percs.org *SP

NEW YORK CITY METROPOLITAN AREA

(New) **The Disaster Counseling Coalition (NYDCC)** serves active, retired, civilian and uniformed members of the Police, Corrections, Port Authority, Fire, and EMS departments and their family members who cope with physical and emotional stressors daily. NYDCC provides this community with access to free, confidential counseling services by licensed clinicians with offices located throughout the NYC metropolitan area (NY, NJ and CT). No insurance or co-payment is accepted. NYDCC also hosts workshops, conferences, seminars and weekend getaways designed to promote resilience and enhance quality of life. Topics include couples communication, coping with job stress, single parent family enrichment, retirement support, and addictions rehabilitation. Call (212) 582-8208, email nydcc@nydcc.org, or visit www.nydcc.org.

NEW YORK CITY

Call **LIFE-NET: (800) LIFE-NET** (800-543-3638), or (212) 982-5284 (TTY) is the toll-free number for 9/11 referrals for New York City. **LifeNet** is a free, confidential crisis intervention, referral, and information service. *SP/CH/LL

The 9/11 Together We Stand Mentoring Program, initiated by **Big Brother Big Sister (BBBS)**, is available to meet the long-term needs of children and their families who were affected by 9/11. The program is for children from 6 to 17 years of age who reside in any borough of NYC who lost a parent or relative in the tragedy. In this program, Bigs and Littles meet in their own communities and spend 4-6 hours twice a month participating in recreational, educational, and cultural activities that they choose together (with the approval of their social worker and parent). Monthly socialization groups are also a part of the program. Contact Lilli Goldberg, LMSW at (212) 686-2042, x269 or email lgoldberg@bigsnyc.org . *SP

Collaborative Disaster Project in Washington Heights, based at the Hispanic Treatment Program of the New York State Psychiatric Institute, provides treatment to Hispanic adults who continue to be affected by the events of 9/11. Treatment, free of charge, may include a variety of psychotherapies and/or medication, with the treatment decision made jointly between the patient and the treating clinician. The treatments are specifically designed to treat the types of disorders that people may develop after experiencing a traumatic event or losing a loved one, including depression, anxiety, post-traumatic stress disorder, and prolonged grief reactions. Treatments will consist of an intensive phase of about 3 months followed, if necessary, by 3 additional months of maintenance sessions that are aimed at helping the patient stabilize further. All treatments are offered in English or Spanish by bilingual and bicultural mental health professionals. Call (212) 543-5186 or visit www.nyspi.cpmc.columbia.edu . *SP

(New) **Families of September 11, Inc. (FOS11)** was founded by families of those who died in the September 11 terrorist attacks. Membership is open to anyone affected by 9/11. They offer current and accurate information, promote resiliency, and raise awareness on behalf of their members about issues of importance to them. Visit www.familiesofseptember11.org.

The Jewish Guild for the Blind's Mental Health Services Department provides crisis counseling for individuals and small groups of adults and children living in New York City who were affected by the terrorist attack of 9/11. The department's mission is to support, educate, and develop coping strategies that will help those affected return to their normal, pre-traumatic mental and functional levels. The department also provides counseling to students and staff at designated District 75 schools through a grant from the American Red Cross Liberty Disaster Relief Fund. The Guild is located at 15 West 65th St. NY, NY 10023. Call (212) 769-7800, email info@jgb.org or visit www.jgb.org *SP/Russian

New York City Police Organization Providing Peer Assistance (POPPA) is a not-for-profit organization that operates privately outside the NYC Police Department. Its mission is to support, educate, and develop coping strategies that will help NYC police officers return to their normal, pre-traumatic mental and functional levels by providing a full range of mental health services through a 24-hour help line. The POPPA program seeks to de-stigmatize the seeking of mental health assistance and insures strict confidentiality for clients. Crisis intervention services, including one-on-one meetings, are provided to all active and retired NYC police officers by 200 trained volunteer peers and over 120 mental health professionals. The office is located at 26 Broadway, Room 1640, NY, NY 10004. Call the help line at (888) CopsCop (888-267-7267), 24 hours a day, 7 days a week or visit www.poppanewyork.org.

The NYU Child Study Center is dedicated to the understanding, prevention and treatment of child and adolescent mental health problems. The center offers expert psychiatric services for children from early childhood to young adulthood, and families with emphasis on early diagnosis and intervention. The Center's mission is to bridge the gap between science and practice, integrating the finest research with patient care and state-of-the-art training, utilizing the resources of New York University's School of Medicine. The Center has full-time faculty and clinicians, senior fellows in child and adolescent psychiatry, and post-doctoral fellows in psychology, and offers treatment at reduced fees for those in need. The Center also offers free developmental seminars and support groups for those in need. Call (212) 263-6622 or visit www.AboutOurKids.org.

The Resiliency Program, at Columbia University's National Center for Disaster Preparedness, provides support for children and families affected by 9/11 including bereaved individuals and families; evacuees; first responders and crisis/rescue workers; persons living, working, or attending school near the WTC site; and people who provide services for those affected by 9/11. The program also provides services for those in underserved or high-risk populations. Services include individual and group psychotherapy; counseling and psychosocial support; psycho-educational workshops on topics such as trauma, stress management, bereavement, and problem behaviors in childhood; referrals; and professional training for groups such as mental health workers, primary care providers, pediatricians, community workers, teachers, and others who work with children and families affected by 9/11. The office is located at: 707 West 171st Street, Ground Floor, NY, NY 10032. The mailing address is: 722 West 168th St, Suite 10 North, NY, NY 10032. Call (212) 781-1046 or visit www.ncdp.mailman.columbia.edu/program_resiliency.htm.

(New) **Safe Horizon: 9/11 Mental Health Programs** provide counseling to individuals, couples, and families, and facilitate a variety of 9/11 support groups. Psychiatric services, educational presentations, and workshops are also available. Services are available for all those affected by the events of September 11th, including family members; those who were injured, evacuated, or who witnessed the events; those who were displaced from their homes or places of employment; and any staff or volunteer involved with the 9/11 rescue and recovery efforts and their families (e.g. public safety workers, firefighters, police, medical personnel, mental health professionals, construction and clean-up workers, food and clothing distributors, journalists, and others). Eligible family members include spouses and ex-spouses, partners and ex-partners, children, parents, and siblings. All mental health services are free and confidential, and are provided by licensed Master's level clinicians. No proof or documentation is required. Call Ellen Fader at (212) 747-8581.

Saint Vincent Catholic Medical Center's World Trade Center Healing Services provides adult, child, and adolescent mental health counseling and complementary holistic services at no cost to anyone who is affected by September 11th. The clinicians are professionals trained to treat 9/11-related mental health issues and other psychological traumas. Call (212) 346-2582. *SP/CH

The Samaritans 24-Hour Suicide Prevention Hotline funded by the American Red Cross Mental Health and Wellness Grant program, provides emotional support via telephone to those who are distressed, depressed or in crisis, including people who were affected by the events of 9/11. Caring volunteers, who are trained to focus on what the caller is thinking and feeling without expressing advice or personal judgments, answer the calls. All calls are free and completely confidential. This service provides support on an immediate, short-term, or on-going basis. Call (212) 673-3000 or visit www.samaritansnyc.org for services, to volunteer or to request crisis response training.

LONG ISLAND

The World Trade Center Family Center (WTC Family Center) of South Nassau Communities Hospital is a community counseling service dedicated to providing 9/11-related trauma and bereavement services to children and their families who have lost a parent or relatives on 9/11. Services are also provided to 9/11 responders and their families, and adults with other 9/11 losses. Group and individual counseling, as well as wellness programs and activities, are all free of charge. The program is organized and supervised by licensed mental health professionals. The Center is located at: 310 Merrick Road, Rockville Centre, NY 11570. Call (516) 678-2700, email wtcfamilycenter@aol.com or visit www.wtcfamilycenter.org.

NEW JERSEY

The **1-866-VETS-NJ-4** (866-838-7654) helpline is a free and confidential helpline available 24 hours a day, 7 days a week to address the mental health needs of NJ veterans of *all* wars and their families. Military personnel, including National Guard and Reserve Personnel, who were deployed to the WTC site and/or Iraq, are also eligible. Sponsored by UMDNJ-University Behavioral Health Care and the Department of Military and Veteran's Affairs (DMAVA), the helpline provides veteran peer support, clinical assessments, family resources, and referrals to a comprehensive mental health network of providers. Call (866) 838-7654 or visit www.njveteranshelpline.org *SP/LL

Big Brothers Big Sisters of Morris, Bergen, and Passaic counties provides carefully screened and trained mentors to increase social support for New Jersey youngsters who lost a loved one on 9/11. Call (973) 335-3044 or visit www.bbbsmbp.org.

(New) **The Living Room at the Jewish Family Service, Inc.** is a community that cares and endeavors to improve clients' quality of life. This community is for everyone, young or old, male or female, Jewish or non-Jewish, physically fit or not, resident of Bergen County or not. Services include support groups, healing circles and services, referral and educational services, and a bereavement resource library for families who lost a loved one. The Living Room also facilitates a dinner discussion group once a month for people who lost a loved one due to 9/11. Each family, person, or business member finds his or her own comfort level and engages in a variety of educational, recreational, physical, and cultural activities. Call (201) 873-9090 or visit www.jfsbergen.org.

CONNECTICUT

Connecticut Information Line 2-1-1 is a single source of information about community services, referrals to human services, and crisis intervention. Call **211** or (800) 203-1234 (outside of Connecticut). *SP/LL

OTHER NEW YORK CITY RESOURCES

Alcoholics Anonymous, Help Line (212) 647-1680.

Health & Hospitals Corp. (HHC), (888) 692-9355. For the closest HHC clinic or hospital call **311** or (212) 788-9648.

Narcotics Anonymous, Help Line (212) 929-6262.

New York City Department of Education, School-Based Support Team Special Education Services, call (212) 374-6098.

New York City Youthline, (800) 246-4646.

For free **Quit Smoking Assistance**, call **311** or the **New York State Smokers Quit Line**, (866) 697-8487 *LL

(New) **New York Disaster Interfaith Services (NYDIS)** is a faith-based federation of service providers and charitable organizations who work in partnership to provide disaster services. Their mission is to develop and support faith-based disaster readiness, response, and recovery services for New York City. In addition to advocacy and outreach to underserved communities, NYDIS administers the NYC 9/11 Unmet Needs Roundtable and provides resource support to agencies serving the impacted community. Visit www.nydis.org.

Olive Leaf Wholeness Center, an integrative health center, offers a full range of medical and psychosocial services, including urine toxicology test for heavy metals and treatment for people exposed to such metals. Olive Leaf also participates in the American Red Cross program that provides free acupuncture services for all American Red Cross registrants for up to 32 sessions. The office is located at 145 W. 23rd Street New York, NY 10011. Call (212) 477-0405 or visit www.olwcnyc.com.

World Cares Center-September Space provides a variety of services, including support groups, resilience training, communication workshops, wellness programs, career workshops, and family fun activities to support the needs of the 9/11 community. There are two office locations:

- Midtown, at 520 8th Avenue, 11th Floor, NY, NY 10018, and
- Lower Manhattan, at 11 Broadway, 11th Floor, NY, NY 10004.

The program focuses on the local population who lived through the 9/11 attacks and are now witnessing the rebuilding and relocation efforts. Call (212) 563-7570 or visit www.worldcares.org. *SP

OTHER SERVICES AND RESOURCES

(New) **Families of September 11, Inc. (FOS11)** See description on page 10 of this Resource Guide.

(New) **NYCOSH list of 9/11-related programs and services for WTC workers and volunteers.** For more information about programs and services, view the list at www.nycosh.org/911info/resourcelist_english.html.

(New) **The New York Immigration Coalition (NYIC)** is an umbrella policy and advocacy organization for approximately 150 groups in New York State that work with immigrants and refugees. As the coordinating body for organizations that serve one of the largest and most diverse newcomer populations in the U.S., the NYIC has become a leading advocate for immigrant communities on the local, state, and national levels. The NYIC provides policy analysis and advocacy; civic participation and voter education; community education as well as training and leadership development. The NYIC continues to oppose the exclusion of millions of New Yorkers, including many of the City's immigrants, from September 11th-related benefits and services. Call (212) 627-2227, extension 221 or visit <http://www.thenyic.org>.

Sky Help provides three or four day small group "Resilience and Rebuilding" workshops at shore houses in NY and NJ for uniformed, civilian, and volunteer personnel who have served in 9/11 rescue/recovery efforts; returning veterans; and individuals returning from recent disasters. Sky Help also offers compassionate fatigue weekends for caregivers and survivors. Workshops offer additional services including individual interventions and follow-up referrals and care. Sky Help also provides training/education opportunities for participants and service providers. Call **1-877-SKY-HELP** or visit www.skyhelp.org.

StoryCorps, the national oral history project, is conducting a special initiative to honor and remember the stories and people affected by the events of September 11, 2001, including survivors and rescue workers. StoryCorps also works to record the life stories of those who were lost on 9/11 by inviting family members and friends to record memories of their loved ones. At the end of the recording session, participants receive a CD of their interview. With participants' permission, the recordings will be preserved at the Library of Congress and housed in the permanent collection at the WTC Memorial Museum to be heard for generations to come. StoryCorps recordings are designed to be conversations between loved ones, so participants are encouraged to come to the Storybooth with someone they know. If you would prefer to come on your own, a StoryCorps facilitator will interview you. Interviews can be conducted in any language. The StoryBooths in New York City are located in the WTC PATH station and in Grand Central Terminal. Call (646)723-7027 or visit www.storycorps.net/wtc. There is no fee to make a recording, but StoryCorps does accept donations.

Where-to-Turn is a not-for-profit support organization that acts as a clearinghouse for 9/11-related information and resources, and also directs families to available support groups and services. Where-to-Turn also provides crisis relief services for victims of any tragedy by aiding them in obtaining the help they need during the recovery process. Through over 800 resource links, a calendar of events and news articles updated daily the Where-to-Turn Crisis Relief Network provides up to date and verified information to all in need. Visit www.where-to-turn.org/ .

The World Trade Center United Family Group is a nonprofit community headquartered in New Jersey and comprised of September 11th families, survivors, and rescue workers from all over the United States and the world. Collectively, they strive to provide support to each other, and protect the legacy and memory of the victims of September 11th to ensure an authentic perpetuation of the historic events and promote civic participation with the community and the general public. For more information about the program and services call (732) 292-2910 or visit www.wtcufg.org/ .

SCHOLARSHIPS

College Scholarships. Many scholarships are available for children who lost a parent on 9/11 or for those who were permanently disabled in the attacks on the World Trade Center. For more information, call (877) 862-0136, visit www.scholarships911.org, www.familiesoffreedom.org and www.voicesofsept11.org, or email scholarships911@scholarshipamerica.org .

HESC–New York State Education Services Corporation. The World Trade Center Memorial Scholarship guarantees access to a college education for the families and financial dependents of victims who died or were severely and permanently disabled as a result of 9/11. Children, spouses, and financial dependents of deceased or severely and permanently disabled victims of 9/11 or the subsequent rescue and recovery operations are eligible, including victims at the World Trade Center site, the Pentagon, or who were on flights 11, 77, 93, or 175. Call 888-NYS-HESC or visit www.hesc.com .

CAREER PLANNING SERVICES *(new)*

Career Breakthroughs: A Roadmap to New Opportunities is a special program offered to individuals whose work or career was directly affected by 9/11. The program helps individuals to develop a re-focused career plan, and apply that career plan to the changing world of work. Career Breakthroughs is operated by the Family Service League, Inc., a NJ based non-profit social services organization in Montclair, NJ. Contact Michael Laputka at (973) 746-0800 x20 or email mlaputka@familyserviceleague.org .

(New) **F·E·G·S Health and Human Services System, Behavioral Health Division** is a not-for-profit health and human service organization that provides services in the areas of Employment & Training, Education & Youth, Career Development, Behavioral Health, Developmental Disabilities, Residential, Rehabilitation, Family Services and Homecare services. F·E·G·S accepts Medicaid, Medicare and many private insurances, and clinics have sliding fees. Call (212) 366-8038, email info@fegs.org or visit www.fegs.org .



Ten Steps to Improve Your Health

1. Have a Regular Doctor or Other Health Care Provider
2. Be Tobacco Free
3. Keep Your Heart Healthy
4. Know Your HIV Status
5. Get Help for Depression
6. Live Free of Dependence on Alcohol and Drugs
7. Get Checked for Cancer
8. Get the Immunizations You Need
9. Make Your Home Safe and Healthy
10. Have a Healthy Baby

To learn more visit: www.nyc.gov/html/doh



If you are interested in receiving regular health updates and information via email from the NYC Department of Health and Mental Hygiene, visit www.nyc.gov/health

Click on the box “**Sign up for Health Emails**” (located in the top right corner) on the home page. Then select health topics of interest to you (e.g. diabetes, smoking & tobacco, depression, WTC Health Registry).



LifeNet is a confidential and free mental health information, referral and crisis hotline available 24 hours/day, 7 days/week. If you or someone you know is suffering with emotional or substance abuse problems LifeNet can help.

Call: 800-LIFENET (800-543-3638), or (212) 982-5284 (TTY)
*SP/CH/LL

Updates to the WTCHR Resource Guide

If you know of a resource or service that should be added to the next updated WTCHR Resource Guide, please contact us at (212) 442-1585, (866) NYC-WTCR (866-692-9827) or by email at wchr@health.nyc.gov. Thank you.

IMPORTANT UPCOMING DEADLINES (new)

January 2007 – The two month registration period begins for the *EPA Lower Manhattan Testing Program* which offers air and dust testing for residents and building owners. (See Page 8 for additional information)

August 14, 2007 – Deadline for 9/11 Workers to register with New York State Workers' Compensation Workers must register in order to protect their right to file for 9/11-related workers' compensation in the future. (See Page 2 for additional information)

IMPORTANT: FOLLOW-UP SURVEY REMINDER (new)

The first follow-up surveys have been sent to all 68,000 adult enrollees in the WTC Health Registry.

If you have not received your follow-up survey, please contact Registry staff at (212) 442-1585 or toll free at (866) NYC-WTCR (866-692-9827) or email at wtdhr@health.nyc.gov so we may send you a survey. You may choose to receive an email with a link to the on-line version of the survey or a paper copy of the survey (along with a postage-paid return envelope).

If you have received your survey, but have not yet completed it, we urge you to please complete your survey. This follow-up survey updates us on your physical and mental health. Your answers are very important to us.

If you have completed your follow-up survey, thank you!

WORLD
TRADE
CENTER

HEALTH REGISTRY