

Sandra Sorensen - Ithaca

After my husband of 25 years died by suicide my 15-year old's mental health spiraled. She became withdrawn, talked about having no hope for life and started using substances as a way to cope with her pain which only exasperated her (previously self-managed) mental health conditions. I immediately got her on a waiting list for a therapist at the only 2 locations here that took her Medicaid. I was told the wait was about 6 months. My daughter was in crisis, falling apart and I had to wait 6 months to get her help. A couple of months later she attempted suicide and ended up in the behavioral health unit. This then fast tracked her on the wait list, and she got help right away. Why would a 15-year-old with a history of mental health, a family history of suicide and the knowledge of her being in crisis due to her dad's successful suicide, not be enough to fast track her. What if she had succeeded in her attempt? A 15-year-old in crisis should not have to make an attempt on their life to get the help they need. My 17 (now 18) yr old is still on a waiting list. It has been 8 months.