



# SUPPORT SERVICES

## ABOUT US

### PROGRAM GOAL

To provide or facilitate services for families and individuals, including education, referral, or other support by bringing together professional staff, volunteers, and broad community support for the benefit of the child and their family.

### ADVOCACY

To help parents access, navigate, and learn about their child's rights relating to service providers, school systems, and the community. Direct assistance can be provided in preparing for meetings such as with SSI, CSE, Medicaid, and other service providers.

### SUPPORT GROUPS

Specialized and general groups are available.



### RESPIRE & SKILL BUILDING

These services are provided to families involved in the SPOA program, clients of the Saratoga County Department of Mental Health, Medicaid's Home Community-Based Waiver Program, and other county case management programs. The services are provided as supports to families with high levels of need.

#### RESPIRE

- Provides a break for the child
- Maintains stability in the home
- Reduces fatigue, stress, and burnout
- Provides structured, safe activities
- Encourages socialization and community interactions
- Identifies and reinforces strengths
- Grows positive interests and activities
- Provides enrichment opportunities
- Develops lifelong strategies and skills

#### YOUTH SKILL BUILDING

- Helps youth work toward achieving age-appropriate developmental tasks
- Assists with developing skills that are needed to live successfully at home
- Identifies current assets and applies strategies for acquiring desired ones
- Provides support with homework help, financial skill building, developing coping skills, drivers license preparation, time management skills, and more

### ADULT SKILL BUILDING

Includes the same skill building services as youth plus:

- Home organization
- Management of special needs children in the home
- Parent empowerment
- Child's strengths and needs assessment
- How to communicate effectively with your child's providers
- Child's developmental stages
- Recreation ideas for the family
- Parent/child interaction
- Positive parenting skills

### INFORMATION & REFERRAL PROACTIVE INTERVENTION

Assistance through short-term case management for families whose children are experiencing behavioral issues. Information can be provided to help families connect with needed services and supports. Referrals to other services, both within and outside of CAPTAIN CHS can be made.



# PRINCIPLES

## 10 Principles of Family Peer Support

- Facilitates linkages.
- Respectful and culturally competent.
  - Builds skills.
- Increases knowledge.
  - Engaging.
  - Solution-focused.
- Focuses on outcomes and successes.
  - Broadens horizons.
  - Promotes advocacy.
    - Individualized.



## WHERE WE ARE

### Clifton Park Office

5 Municipal Plaza, Suite 3, Clifton Park, NY 12065  
518.371.1185 (p) | 518.383.7997 (f)

### Glenville Office

543 Saratoga Road, Glenville, NY 12302  
518.399.4624 (p) | 518.399.8663 (f)

### Cheryl's Lodge

25 Fern Lane, Clifton Park, NY 12065  
518.373.8873 (p)

### CAPTAIN's Treasures

1705 Route 9, Clifton Park, NY 12065  
518.383.1788 (p)

### Helpful Numbers

Care Links 518.399.3262  
Street Outreach 518.469.7897  
Youth Shelter 518.584.6042



For the most up-to-date information about our programs and services, upcoming events, and more, please visit our website:

[www.captaincares.org](http://www.captaincares.org)



# CAPTAIN

Community Human Services

*Lifting people up. Building brighter futures.*

## FAMILY SUPPORT SERVICES

[www.captaincares.org](http://www.captaincares.org)