

**IT ONLY  
TAKES A  
SPARK**



“I define connection as the energy that exists between people when they feel seen, heard and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.”

-Brené Brown

## CONTACT US



**CAPTAIN**  
Community Human Services

### FOR INQUIRIES

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### VISIT OUR OFFICE

388 Broadway  
Schenectady, NY 12305

**CAPTAIN Community Human Services** offers over thirty programs and services throughout the Capital District, North Country, and the Mohawk Valley.

*We work to support and empower people of all ages to reach their goals of personal growth and self-sufficiency. We strengthen communities.*

**Clifton Park Office** | 518.371.1185  
5 Municipal Plz, Ste 3, Clifton Park, NY 12065

**Glenville Office** | 518.399.4624  
543 Saratoga Rd, Glenville, NY 12302

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

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

## SCHENECTADY COUNTY SAFE HARBOUR PROGRAM



**CAPTAIN**

Community Human Services

*Lifting people up. Building brighter futures.*

**SCHENECTADY  
COUNTY  
SAFE HARBOUR  
PROGRAM**

### A FAMILY'S GUIDE

to the case management and educational resources we provide to address the needs of youth in Schenectady County.

**[CAPTAINCARES.ORG](http://CAPTAINCARES.ORG)**

## SUPPORT FOR YOUTH

The Safe Harbour Case Management Program is a trauma-informed, strength based, voluntary service and is offered to young people up until the age of 24.

Our goals are to empower youth through safety planning and introducing supportive resources as a strategy to reduce vulnerability and risky behavior.

Safety planning for empowerment includes education and outreach around social, physical, emotional, mental, financial, cyber and sexual safety, including a clear understanding of the definition of consent.

One-on-one mentoring services include working side by side with youth and acknowledging their voice, enthusiasm and abilities, while allowing them to define their own service plan and strive towards leading authentic, meaningful and positive lives.

As a voluntary service, youth may enter into and leave services at any time without judgment.

## SUPPORT FOR GUARDIANS

As adults, we need to acknowledge youth are exploring their identity, interests and relationships. As a result, their definition of safety may be different than our own which can sometimes lead to risky behaviors and decisions.

Safe Harbour acknowledges and speaks to those differences while encouraging youth to trust their instincts and seek family, peer and community support

Working alongside parents, guardians and/or Caseworkers, Safe Harbour strives to assist with understanding and practicing risk tolerance and safety planning as a strategy for risk reduction.

Additionally, we provide you support in assisting youth with:

- Developing a greater sense of self
- Coping with Adverse Childhood Experiences (ACEs)
- Building and strengthening resiliency
- Developing or maintaining positive, healthy, and long lasting relationships
- Pursuing post-secondary educational and career opportunities
- Becoming engaged citizens



## PREVENTION EDUCATION YOUTH WORKSHOPS

- Building Skills for Healthy Relationships
- Safety Planning & Harm Reduction
- Online Safety Pledge
- You've Shared Photos....Now What?
- Safe Harbour ArtReach
- Peer Support & Youth Focus Groups

