

# Community Resource Assessment

*April 2003*

## Communities That Care

*Prepared for Oneida County Communities That Care by:*

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## ***Preface***

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*Thank you!*

Please note that the purpose of this report was to provide an assessment, rather than a directory, of services. Readers are directed to First Call 4 Help for assistance with agency addresses, phone numbers and other pertinent information to access services at <http://www.firstcall4help.org/>

This report is also available on the Oneida County Communities That Care website at <http://www.ctconeida.org/>.

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## COMMUNITY RESOURCE ASSESSMENT

This inventory examines programs and services provided by agencies and organizations, along with broader community resources to determine:

- The effectiveness of existing programs and services.
- The ability of our community resources to build a protective environment – a safety net for our children and families.
- Strengths unique to this community that can be mobilized and used to fuller capacity.
- Gaps, barriers, and issues to be addressed.

In addition, we want to know what the gaps, barriers, and issues imply for intervention strategies? Are there **gaps in programs and services**, or are there **systems problems** we need to fix?

We want to increase and strengthen programs that address the risk factors that we have prioritized for Oneida County, which are:

- Family Management/Family Conflict
- Persistent Anti-Social Behavior in Early Childhood
- Alienation or Rebellious Behaviors in Late Childhood and Adolescence.
- Economic Deprivation/Lack of Economic Security

In addition, we want to increase protective factors that buffer risk and help to develop resilience in children and youth:

- Healthy beliefs and clear standards that are communicated through peers, family, school, and community.
- Chances to form relationships that are bonding experiences with peers, family, school, and community.
- Opportunities to participate and contribute with peers, family, school, and community.
- Skills to be able to make use of the opportunities that are available.
- Recognition and acknowledgement for the efforts they make with peers, in families, in school, and in the community.

And lastly, we want to intervene at developmentally appropriate times and be able to demonstrate effectiveness - with individuals and families who are at highest risk and with diverse populations.

Each prioritized risk factor is presented below with the program strategies that research has demonstrated to be effective. Agency programs and services are listed and briefly described, a strengths and gaps analysis is given, and community resources added that could enhance the safety net for children and families that we currently provide.

## **STRENGTHENING FAMILIES: Family Management/Family Conflict**

*The family into which a child is born has the first opportunity to build a web of protection for the child. That web can buffer against risks for problem behaviors. Throughout a child's life, commitment to healthy beliefs and clear standards for behavior learned in the family remains a powerful source of healthy development (CTC Prevention Strategies: A Research Guide to What Works.)*

**Poor family management practices include a lack of clear expectations for behavior, failure of parents to monitor their children (knowing where they are and who they are with), and excessively severe or inconsistent punishment. In addition, serious and persistent conflict between family members appears to be a more important indicator of how children will succeed than family structure. Children exposed to poor management practices or to serious and persistent conflict between primary caregivers are at higher risk of developing many health and behavior problems: substance abuse, delinquency, violence, teen pregnancy, and school dropout.**

**Families are the primary protectors of healthy births and healthy starts for children, but their importance for success in school and positive youth development continues throughout childhood and adolescence. Even through adulthood and in our elder years, family remains important in our constellation of support. Program strategies identified to support positive family management and/or resolution of family conflict are<sup>1</sup>:**

- **Prenatal and infancy programs**
- **Early childhood education programs**
- **Parent training programs**
- **Family therapy or marital therapy services**

In addition to the assessment of the identified services above, we have included two sets of additional services:

- **The service system that has been adopted for addressing domestic violence.** Best practice recommendations in this field do NOT recommend marital or family therapy, and model domestic violence policy recommendations for New York State are for separate victim support and perpetrator accountability in the Courts and in psychoeducational programs specifically designed for batterers.
- **Specialized services for families** include Crisis or Emergency Services; Mediated or Court-Involved Services, Disability-related Services, Substance Abuse Services, Services for Families of Refugee or Immigrant Status, or Families with Senior Members needing supportive services.

### **PRENATAL AND INFANCY PROGRAMS**

**Prenatal and infancy programs offer support and guidance to parents and their newborn at a critical time of physical growth and psychological development. Ensuring healthy pregnancies and healthy infants is one of the best antecedents to successful parenting. New parents are more effective if they are prepared for pregnancy and childbirth and have adequate information about infant care and development, and guidance and support for parents after the baby is born is vital too. The most effective approaches during the prenatal and infancy period are comprehensive in scope.**

Intervention services from providers of prenatal/infancy programs have slightly different goals dependent on the program, but all aim basically to support parents of any age to have healthy births, to practice good self-care, preventive and primary health care, and to develop good parenting skills for a healthy start in families. Lamaze classes offered for pregnant women include basic infant care, but only a small percentage of women attend, and that is true particularly for minority women and teens.

### **Prenatal & Infancy Clinics**

PCAP Clinics serve pregnant women on Medicaid (expanded to 200% of the federal poverty level), in Utica at St. Luke's Hospital and St. Elizabeth's Women's & Children's Health Center, and, in Rome, at a clinic affiliated with Rome Memorial Hospital. In addition, Medicaid Obstetrical Maternity Services (MOMS) encourages private OB/GYNs to take Medicaid clients through pregnancy and birth and two months postpartum with enhanced reimbursement. All clinics include risk assessment, psychosocial assessment and a nutrition component. PCAP is funded through the Medicaid program with a 50% Federal share, 25% State share, and 25% County share distribution. Oneida County received 993 eligibility applications during 2001, which was a decrease of 9.5% from 2000. Application from major PCAP providers were:

St. Luke's OB Care Center	409
St. Elizabeth's Women & Children's Center	167
St. Elizabeth's Family Practice Center	66
Rome Hospital – OB Care	98
Oneida County Health Dept. (MOM's Program)	87
Madison Co. Health Dept.	60
Planned Parenthood	91

More specific Pre-natal/ Infancy Program information for area hospitals:

#### **St. Luke's:** phone 624-6000

Pre-natal program, available to Medicaid patients only, support services during pregnancy until 6 weeks after birth, infants covered for first year through pre-natal clinics, currently have over 300 patients in program.

#### **St. Elizabeth's:** phone 798-8317

Pre-natal program open to everyone, have a pre-natal center that provides services up through delivery until follow-up checkup 6-8weeks later. Services include birthing classes, breastfeeding classes, counseling and other forms of help with baby care. Serves anywhere from 450 to 500 patients

per month. Also noted that patients have option of St. E's pediatric center (located on other side of hospital) for pediatric care.

**Rome Memorial Hospital:** phone 338-7000

Pre-natal clinic that is part of hospital but not located at hospital, only available to Medicaid patients (or other income qualifying patients). Provides "all kinds of care" such as programs on breastfeeding, nutrition, and baby care. Assistance lasts until 6 week post-partum checkup. Last year over 100 deliveries through this program.

Also available through Rome Memorial Hospital: pre-natal classes and parent training. These classes are open to everyone, cover subjects such as baby basics and breastfeeding. Also has parent training program 1 to 2 times a year for teenage parents.

**Mohawk Valley Perinatal Network** provides individual outreach and support to anyone in Oneida and Herkimer counties, but they especially try to target low-income women. The goal is to promote healthy birth awareness, and they use the media to get the message out about how to have healthy births, print material and promote folic acid awareness. They also meet with OB/GYN nurses 2x/year. There is concern that minority populations including the African American, Latino, and refugee communities have low awareness of perinatal concerns and are unreached populations.

**The Oneida County Health Department**, through the Community Wellness Division, has three programs that provide direct services.

- In **Maternal and Child Health Services**, registered nurses and home health aides see approximately 875 pregnant and postpartum families and children with chronic health problems from birth to 18 years throughout Oneida County (120-150 home visits per week.) Referrals are made from health care providers, community agencies, or by client request. Barriers identified are in the mistrust of clients or inaccurate information given by referral source, but there are no income eligibility requirements.
- In a **Community Health Worker Program**, workers target approximately 225 pregnant and parenting underserved or hard-to-reach families, usually 8:30-4:30 M-F, in these specific locales: Utica, Rome, Camden, Taberg, and Blossvale. Goals are to improve birth outcomes, improve rates of immunization and lead testing in children under 5, and increase utilization of WIC and Medicaid in eligible families.
- Through a new grant in 2001, the **Healthy Families – Oneida County** program targets Utica families in zip codes 13501 or 13502 who are expecting a baby or have a baby less than 90 days old. The program is research-based and utilizes curriculum for parent training as the base of home visits. Goals are to promote optimal prenatal care, positive parent-child interaction, and enhance family functioning. Family Support Workers preferably have Associate's degrees and are overseen by a Program Manager with a Master's degree. Technically no income eligibility, but they screen to focus services on highest need families. Program is funded through NYS Office of Children and Family Services using TANF money.



Language is a barrier, even with bilingual workers (need Russian and Vietnamese), as well as adequate and affordable day care. Not at capacity but anticipate that they will be - 150 families projected.

**The House of the Good Shepherd** has a new **Smart Start** program to provide preventive early intervention that is a counterpart to the Healthy Families grant for the Health Department. This is a one year grant funded by the Women's Fund of Oneida-Herkimer County and designed to respond to young mothers *outside* of the city of Utica. Pregnant mothers 24 years of age and under and those with infants and toddlers deemed to be at high risk are referred usually by the Health Department or Family Nurturing Center but also by hospitals and physicians. The goals are to prevent child abuse and neglect; promote optimal child health and development; and to enhance parental self-sufficiency. One Bachelor's level worker has a caseload of 15-17 families with over 30 families on a waiting list. The program could easily use 2 more workers, and funding is not assured after this year.

**The Family Nurturing Center** has **Teen Parent Services** and provides a variety of services and activities for pregnant and parenting teenagers. The goal is to develop nurturing parenting attitudes and behavior in pregnant and parenting teenagers, increase their self-confidence, reduce risk of child neglect and abuse, reduce subsequent teen pregnancies, and increase skills for self-sufficiency, including educational achievement. Funding comes from Oneida County Employment Office (TANF funding), CDBG-City of Utica, and NYS Adolescent Pregnancy Prevention & Services. The program currently serves 58 pregnant and parenting teenagers and their babies. Annually they serve approximately 100 teens plus 100-150 babies and 20 family members, which is at capacity. They need additional funding for program coordination & staff supervision.

**United Cerebral Palsy** has **Early Intervention Services** that provide evaluation and treatment for developmental delays in children aged 6 weeks to 3 years. The goal of the program is to identify and intervene early in a child's life so that he or she may enter kindergarten at the appropriate age with the highest level of functioning. The Oneida County Dept. of Health funds the program, and 212 clients were served in 2001. The primary barrier to service is families not following through and not understanding the need to persist with intensive services early for the child's benefit.

**Planned Parenthood** offers clinical services for reproductive health care and family planning, HIV testing and counseling, in addition to sexuality education. The goal is to ensure that every individual has the right to make their own reproductive decisions and has access to those services. Program staff, including physicians, nurse-practitioners, nurses, and social workers operate primarily through funding from patient fees, grants, and donations. Referrals may come from anyone, and services are provided to anyone who requests them, with offices in Utica and Rome. A sliding fee scale is provided, as some payment is required. Transportation is a gap in rural areas, and it is difficult to refer patients out for specialized services who don't have medical insurance. Political concerns can sometimes be a barrier to sexuality education. In 2001, 3,783 unduplicated clients made 16,624 visits to Planned Parenthood, but they can always increase capacity

by adding staff. Office hours are Monday through Friday in both Utica and Rome, with evening hours Monday through Wednesday in Utica and on Monday in Rome.

**Infant Day Care** is provided by a number of privately run agencies and in-home providers. A complete listing is available from Mid-York Child Care, 736-7805.

## **PARENT TRAINING**

Parent training is provided in the community through a combination of formal **education programs** and/or **case management**.

### **Education programs.**

The Oneida Co. Health Department, Perinatal Network, the Family Nurturing Center of CNY, Catholic Charities, the Entrepreneur Center, and the Cooperative Extension all provide parent education and training for various developmental stages of individuals and families.

- In addition to the education provided through direct services, the **Perinatal Network**, through a program called Community Baby Showers, is available to go out to speak to groups of people at work, community agencies or other sites about prenatal issues. The Perinatal Network also provides perinatal education in Oneida and Herkimer counties to health and human service professionals working with pregnant women.
  - The **Family Nurturing Center** the following education programs:
  - **Nurturing Programs** that include curricula for: Prenatal Families, Parents and Their Infants, Toddlers, Preschoolers; Parents and Their Children 5-11; Parents and Their Adolescent Children; Teenage Parents and Their Children; Parents with Special Learning Needs; Families in Substance Abuse Treatment and Recovery; Foster, Adoptive and StepFamilies; ABCs for Parents and Their Kindergarten Children; Nurturing Fathers Program. The goal of all programs is to improve family management skills and decrease family conflict, while improving relationships with children. Programs are funded through NYS grants, foundations, and school contracts and accepts referrals from anyone including the client. Client fees are charged, but grants provide assistance for low income clients. Transportation is a common obstacle. Program serves about 120-150 families annually. Capacity for program is limited only by funding for staff and materials.
  - **Parents at Crossroads** is a series of child-centered education programs and supportive services for families going through divorce or separation or who never married to achieve a separation transition with minimal negative effect on the children.
  - Children First Program is two sessions on minimizing negative consequences of divorce and separation on children.
  - Parenting Plans and Mediation promotes agreements on visitation and planning for children's needs.

- Child Visitation focuses on achieving a safe, friendly, supervised environment for court-ordered visitation.
- 4. Nurturing Fathers Program is a 13-week curriculum promoting nurturing attitudes and skills for fathers.  
Funding for this program is through NYS Office of Temporary and Disability Assistance and the NYS Bar Association Foundation, and assistance is available for fees. Clients can be referred by any service providers including Judges, Attorneys, and DSS, as well as self-refer. Annually it serves about 300 families and is at capacity. Serves Oneida County but is provided in Utica, and transportation can be a barrier.
- **Family Place** is a parent-child resource and education center providing scheduled and drop-in services such as the Nurturing Programs described above, parenting workshops, infant massage classes, play groups, adult resource groups, arts and crafts activities, seasonal and holiday celebrations, children's clothing, emergency infant supplies, and personal care items. The goal is to help families develop or enhance nurturing attitudes, skills and behavior, reduce risk of child neglect and abuse, and to increase participant knowledge and use of community resources. Barriers are possibly transportation, since families have to be able to access the site at 309 Genesee St. in Utica. Funding for this program from 3 sources is just ending and has to be reapplied for. It serves approximately 900 adults and 700 children annually and is currently at capacity without increased funding. It needs more funding for staff salaries and operating expenses and is looking for a major sponsor or benefactor.
- **The Entrepreneur Center** offers the **Active Parenting Series** to all Utica City School District parents. Certified Active Parenting Instructors teach effective parenting skills to groups of 20 parents at a time. The program is working at capacity and there are waiting lists. Funding comes from competitive state and federal grants.
- **Cornell Cooperative Extension** has a program on **Better Parenting Skills** that they give one evening per month to after-school programs run through the Rome Family Y. They also have workshops they do by request, such as Family Celebrations, Understanding the Impact of Media Violence, and Discipline is not a Dirty Word.
- **Catholic Charities** runs a **Young Parents Group** that assists young parents in developing good parenting skills.
- **Family Services of the Mohawk Valley** has the **FAST program** (Families Acquiring Skills Together) in the Utica schools. FAST is a family empowerment and resource program that is research-based and nationally known and marketed. It involves the total family with the elementary school, a mental health partner, family outreach partner and alcohol and drug prevention partner. Participation is voluntary, and the school identifies parents of children K-3<sup>rd</sup> to participate. The FAST program uses a series of activities to reinforce the objectives of the program: Hierarchy in the Family, Communication, Positive Family Identification, Parent-Child Relationships, and the Connection of Parents with Other Parents for Support. The program is

strength-based, rather than educationally-based in the sense that the intervention is experiential, designed to empower and connect – education or skill-building is viewed as premature with parents who are alienated from the school and community. Evaluation of the program has found that parents are more apt to enroll in other programs or services if they complete the FAST program, and about ½ of the participants continue to regularly attend a follow up monthly support group up to two years after the program. The program includes 8 two-hour sessions with a graduation ceremony, and current funding levels allow 3 groups per year for 10 families per group. In order to graduate 10 families, each group begins with 14-15 families, and that means about 30 initial referrals made by the school partner for initial outreach to families. Program staff include a Mental Health position at Family Services with a Bachelor's degree (.66 fte); a Parent Outreach Worker paraprofessional (.66 fte) and Child Resource Person to train and supervise child care staff, both at Thea Bowman Center; Part-time child-care workers and 5-6 high school volunteers, also at Thea Bowman, and a Master's level alcohol and drug counselor through Center for Addiction Recovery. In addition, a Master's level trainer, certified for FAST program is a part-time consultant, and the Alliance for Child & Families performs the program evaluation locally and nationally. Each FAST program costs approximately \$16,500. The only barriers noted to providing the service are limited funding, which limits staffing. Transportation is provided to clients, but groups are currently offered only through the Utica School District. There are no programs in Rome or suburban or rural school districts.

- **New Hartford Community Coalition for the Prevention of Alcohol and Other Drug Abuse, New Hartford Schools and PTAs** collaborate to offer a series of two-hour Parenting Workshops each school year. Other school districts may offer training workshops specific to parent training or family management, and it is best to make inquiries with individual schools.

#### **Case Management/Supportive Counseling programs.**

- The **Cosmopolitan Center** is beginning a **Fatherhood Program** designed to target 16-25 year old fathers, and they plan to serve about 60 men per year. They will be providing a support group and Responsible Fatherhood curricula in conjunction with Family Nurturing Center and the Nurturing Fathers Program. In addition, they have a preventive contract with Oneida Co. DSS to serve families in all of Oneida County, but their clients are primarily in Utica. They provided services to about 500 families in 2001, which is capacity for them with current staffing.
- **Mohawk Valley Community Action, Inc.** has a **Family Development Case Management** program providing long term case management for eligible families in Oneida and Herkimer families. The program goal is self-sufficiency for families, and they receive funding year to year from New York State and Oneida County. The program serves about 200 families per month, and referrals come as self-referrals or from DSS or Employment & Training. There is an eligibility screening for low income qualification.

- **Family Nurturing Center** runs **Project STEP** (Stability Toward Employment and Positive Future), a community corrections program for parents providing home visits, intensive case management, parenting education, referrals, advocacy for health care, education and employment. The goal is for corrections-involved parents to take appropriate steps toward becoming self-sufficient, supporting themselves and their children, developing nurturing parenting skills, and maintaining healthy behaviors. Individual outreach services are provided through home visitation, and groups are held in Utica. The program is funded through the NYS Division of Probation and Correctional Alternatives and began this year. Referrals come from Oneida County Probation Department and Oneida County correctional facilities. The program will have a capacity of 32 individuals annually and are at capacity with 12 clients at this time.
- **House of the Good Shepherd** runs the **Families Foremost** program (formerly Pre-PINS Diversion) for children and youth at risk of being placed outside of the home for persistent and serious misbehaviors. It is an intensive home-based program with a multisystemic approach, incorporating home, school, and community into treatment plans. The goals of the program are to strengthen parental response to misbehavior and strengthen family management skills; to mentor youth and improve behaviors and social skills through the relationship with a case manager; to stabilize the youth's situation in home, school, and community so that s/he remains living at home. Program operates 24/7 with an on-call system and uses Family Support Specialists at a Bachelor's level. Two MSWs provide individual and family therapy, but especially short-term cases are connected with therapists in the general community for continuity. About 65-70 youth participate at any one time, with about 3/4 from the Utica area and 25% from the surrounding areas of Rome and suburbs. Children and youth are referred by Oneida County DSS. Whereas at one time the program served youth as a deterrent to being adjudicated a PINS, it has increasingly served youth who are court-ordered participation as a part of their PINS adjudication. There are very few slots left for the original intended population, who are probably most amenable to change, and the current population is usually one step away from residential placement. The program operates 24 hours a day, 7 days per week for crisis response to families.
- **Kids Oneida** is a special project jointly sponsored by the NYS Office of Mental Health, NYS Department of Health and Oneida County government. The purpose is to divert children with serious emotional disturbances from out-of-home institutional placements and/or to shorten the time that children remain in such placements through the use of intensive, flexible community services. Enrollment is voluntary and individualized plans of care are developed in partnership with the child and parent(s). The program is funded through Oneida County DSS preventive funding and Medicaid funds for specific services. Children and youth ages 6 to 18 (average age = 14.5 yrs.) with a DSM-IV mental health diagnosis are referred through Oneida County DSS, the Committee on Appropriate Placement (CAP) and the DSS Placement Committee. The number of program participants is approximately 110 annually. Services are available 24 hours a day, seven days per week, and Kids Oneida contracts with child care workers and community supervisors for the tailor-

made plans. Services include recreation and mentoring, and most children and youth also receive services such as service coordination, individual and family therapy, psychiatric medication reviews, assessments, and intensive supervision. Kids Oneida had a very positive program evaluation completed in October of 2001 of the first three years of operation through the New York State Office of Mental Health's Bureau of Children and Families.

- **The Neighborhood Center** has a **Universal Case Planning** program which provides preventive and protective services for families with children at risk of out of home placements or assistance with the reunification of children re-entering from foster care. The goal is to prevent out of home placements or children re-entering foster care, and services are home-based throughout Oneida County. Services are available during normal business hours, and the program is funded by County government (DSS). Barriers may be the stigma that families sometimes struggle with when associated with Child Protective Services intervention. The program serves 108 families currently and 185 families in 2001, which is capacity.
- **Youth Empowerment Project** provides services to keep youth out of placement and in their regular school environment. The program operates 24 hours a day, 7 days per week, working with parents, teachers, and directly with youth ages 3-21. Transportation is not an issue, because workers go to the client's home or school. Currently the project works with 50-60 families and provides training for violence prevention in 20-25 schools.
- **Parent Aide Programs** are funded by the **Department of Social Services** under contracts with **Mohawk Valley Community Action, Cosmopolitan Center and Family Nurturing Center**. Parent Aide services focus on providing the adult caretaker with instruction and guidance, and referrals are generated through schools, community agencies, Oneida Co. DSS, or through self-referrals. There were 144 referrals received in 2001 and 256 cases received services.

## **FAMILY THERAPY/MARITAL THERAPY**

Counseling is available for individuals, couples, and families with children of all ages throughout the county, although agencies serving families have offices located in Utica and Rome or Utica only. Family Services, Neighborhood Center, Catholic Charities, and Samaritan Counseling Center provide counseling with Master's level Social Workers to the general public, but they are fee-based services. Hours are generally 9-5, Monday-Friday with extended hours 2-3 evenings per week. Family Services and the Neighborhood Center also have social workers based in schools. Fees are primarily collected for general counseling through self-pay and insurance reimbursements, but additional funds are secured through United Way, and for Samaritan Counseling Center, churches and private donors.

Agency counseling services are supplemented with the services of the many social workers, psychologists, and psychiatrists in private practice in the community. Kids Oneida maintains a list of private practice providers, and they are also listed in the yellow pages of the telephone book. Most agency programs report they are working at capacity, and some have waiting lists.

### **Catholic Charities - Counseling/Child and Family Development**

- **Counseling of individuals, couples and families.**  
Clients present with a variety of issues. Essential goal is to improve psychosocial functioning and well being.
- **Adoption counseling.**  
Services include coordinating adoptions, crisis counseling to pregnant women, performing home studies, etc. designed to meet the needs of the birth mother, the baby, and those of the adoptive parents in the most compassionate manner possible.

All counseling services are available in Utica and Rome offices. Hours vary depending on site and needs. Adoption services are run through program fees and counseling services through a combination of United Way and program fees.

### **Family Services of the Mohawk Valley**

- **Counseling for individuals, couples, and families.**  
Counseling helps to resolve and identify issues that clients come for and resolve underlying and contributing factors. Offices in Utica and Rome serve people from all over the county. Master's level social workers do the counseling, and funding is a combination of county and state, United Way, private insurance and client fees. Family Services specializes in family violence issues such as domestic violence, sexual abuse, and child physical abuse, working with entire families, victims and perpetrators.  
Transportation is an issue for clients coming from rural areas, even with the two site offices. Predominantly white people are served, and the lack of professional counselors of different color, race, and ethnicities may be a deterrent in addition to the language barriers of the non-English speaking populations. Agency is approximately at capacity with a small waiting list (2-3 weeks) and 8500 hours of direct counseling services (1437 unduplicated clients) in 2001.
- **Family Preservation/Reunification - Permanency for Children**  
Goals are to help children in families that are in danger of being placed in foster care; helps children get out of foster care and back home sooner; and helps those in foster care and free to be adopted when it's not appropriate to go back home. Clients must be referred by Oneida County Dept. of Social Services.  
Transportation is an issue as well as family's lack of motivation for treatment and an adversarial relationship between families and the Dept. of Social Services. Program functions at capacity with 800 counseling hours in 2001 and approximately 150 clients.
- **Sexual Abuse Treatment Program**

Provides individual, group, and family counseling to help children and their families cope with the impact of sexual abuse. Serves all of Oneida County and two staff members work out of the Child Advocacy Center. Main funding is through the Oneida County Youth Bureau, but referrals can come as a self-referral or from any community agency. In the year 2001, served 47 youth and 33 adults as the family members, and the program was at capacity.

### **The Neighborhood Center**

- **Behavioral Health Care (Utica and Rome)**  
Outpatient mental health services for children, adolescents and their families to contribute to the enrichment and strengthening of children and family life by providing services and resources that empower all family members. Eligibility is youth under the age of 18, and referrals can be taken from anywhere. The program identifies no barriers in delivering services, and they do not have a waiting list. They served 1,275 clients in 2001.

### **Samaritan Counseling Center**

- **Counseling services**  
Provided to individual, couples, families, and groups with a goal of enhancing psychosocial functioning. No barriers are identified, with 6100 service hours per year (300-400 clients). They function at capacity, but there is no waiting list.

## **DOMESTIC VIOLENCE RESPONSE NETWORK**

Response to violence between partners, married or unmarried, is made through a coordinated community response system that includes Safety Officers at the local, county, and state level. The YWCA through residential and non-residential services provides for victims. Family Services of the Mohawk Valley provides treatment for perpetrators of violence. Central New York Services completes assessments for City and Town Courts. Legal Aid and the District Attorney's Office perform legal work for victims, and the Court system (both Family and Criminal Courts) prosecutes and rules on Orders of Protection, visitation and custody, etc. In addition, therapists in both private and agency practices provide adjunctive counseling for victims, perpetrators, and their children.

**YWCA of the Mohawk Valley.** The YWCA provides services to anyone who has experienced domestic violence, sexual assault or child sexual abuse. The services cover a wide range of victim/survivor needs. All of our services are free of charge. We provide services to women and men who have been victimized.

- **24 Hour Hotline** – for those who have experienced violence, or know someone who has. Hotline staff can provide support, information, and a connection to all other YW services.



- **Domestic Violence Shelter** – two shelters, in Utica and Rome, are available for women and their children. The facility in Rome is wheelchair accessible.
- **Case Management** – case managers can assist shelter residents and non-residents in accessing safe housing, furniture, social services, education and job training, and other services needed for living a violence-free life.
- **Court Advocacy** – advocates are available in family, city and town courts. Advocates can assist victims of violence in filing petitions for Orders of Protection, Child custody and Support.
- **Sexual Assault Advocacy** – advocates can meet with victims of sexual assault at the hospital or police stations. Advocates can help victims understand the options available to them in an effort to help victims make the best decision related to evidence collection and filing police reports.
- **Counseling** – short-term crisis and long-term counseling are available to anyone who has experienced domestic or sexual violence. Supportive counseling helps people deal with issues related to current or past victimization.
- **Support Groups** – currently, the YW provides support groups for women who have experienced domestic violence and anyone who is a survivor of childhood sexual abuse.
- **Parenting Program** – families who have experienced violence have specific needs. Both individual support and group psychoeducational classes are available.

The goal is to alleviate the problems caused by the assault and to get effective help to the victim. The Y fielded 1578 domestic violence calls in 2001, and Court and Legal Advocates accompanied over 1,000 women to court. The shelter in Rome, Lucy's House, opened in January of 2001, and housed 52 women and children that year. The Utica Shelter has been open since 1981 and housed 184 women and children in 2001. About 2/3 of the clients were in the shelter for one week or less, and only 8-10% stayed longer than 28 days. Barriers to services include transportation for rural residents, language and cultural differences for the refugee population, and perhaps the elderly and those with learning disabilities. Funding comes from a variety of sources, but they are always in need of secure, stable funding.

**Family Services** provides a batterer's group modeled after a nationally recommended and research-based program, and they accept referrals on a voluntary or mandated basis. Groups are run on a rolling admission with a 26 week curriculum, and fees are based on a sliding scale. \_\_\_ men completed the education group in 2001. They are currently working to increase the capacity of the program for more clients, quicker response to referrals, and to institute a monitoring and tracking system based on recommendations of the same national model.

**Central New York Services** through Forensic Mental Health Services provides assessment and recommendations and then monitors the Judge's orders for perpetrators of domestic violence appearing in City and Town Courts.

**Legal Aid Society of CNY** opened 130 cases in the year 1999 involving domestic violence for in-depth representation (111), counsel and advising (35), divorce (30),

Orders of Protection (51), custody or visitation orders (26), or paternity or child support cases (3).

**Thea Bowman House** offered the DOVE program (Domestic Violence Ended) on site this year to provide individual and group support for school-aged children. This was a joint venture, funded by the United Way Venture Funding, and also involved the YWCA in an educational contribution and Family Services for the counseling. Mohawk Valley Council on Alcoholism also participated. The purpose is to alleviate the stress caused by domestic violence in the children's homes. Staff thought youth were served better by offering counseling on site as these were youth who were not making appointments elsewhere. Approximately 24 children participated everyday after school. That was capacity, and the facility has a hard time meeting the need in terms of hours and staff availability.

**Oneida Co. DSS** collaborates through Children's Protective Services (CPS) with the YWCA Domestic Violence Program with a Domestic Violence Liaison, co-located with CPS staff. This aids in information sharing and scheduling of home visits in CPS cases that involve domestic violence. For Temporary Assistance clients, too, at each application and recertification, clients are offered a screening instrument to disclose domestic violence. The Domestic Violence Liaison is available to meet with individuals to determine the advisability of waiving eligibility requirements, if they will endanger the person and/or their children. The Liaison also makes referrals and arrangements for shelter or other needed services.

## **SPECIALIZED SERVICES FOR FAMILIES**

### **Crisis or Emergency Services**

**The Crisis Evaluation Team (C.E.T.)** is the single entry point for individuals experiencing an emotional or psychiatric crisis in Oneida County. Currently C.E.T. staff members are located at St. Elizabeth Hospital and are employed by the state and non-profit agencies. The goal is to provide supportive counseling and initial services to individuals experiencing psychiatric or emotional distress and to screen individuals to assess eligibility for inpatient mental health services. Staff are trained in Behavior Management Skills and Suicide Lethality Assessment, and the program is funded through Oneida County Department of Mental Health for those 18 years of age and over who present for emergency psychiatric services. There is no mobile or outreach capacity, which may present a barrier. The CET screens on average 175 individuals monthly, 2100 annually.

**The Neighborhood Center** has the **Children's Mobile Assessment Team (C-MAT)** to respond to emotional/psychiatric emergencies in the community with children. Trained staff respond on-site if needed in a severe crisis, make an assessment for level of care needed, and try to defuse and stabilize the situation.

**The Red Cross** provides **Disaster Emergency Services** to families in the form of food, clothing, shelter on a temporary basis and vouchers for financial assistance on a case by case basis, based on need following losses or damages to home and property. The Red Cross utilizes trained volunteers to a large extent, and the program is funded through United Way, community donations, and targeted fundraising. The number of people served can vary widely from year to year, because disasters vary in number and in the number of people affected.

**Hospice, Inc.** has a number of programs for children, adults and families who experience grief and loss through grief, or even the loss of separation, including individual and group counseling. The comprehensive service provides medications, medical equipment, bereavement counseling, home education, and pain and symptom management. The goal of the program is to improve the quality of life that remains, to facilitate a comfortable death, and to assist the family in the acceptance of the loss of their loved one. A part of that goal includes helping clients to die at home whenever possible and to stay out of the hospital. They serve all of Oneida County, and although office hours are 8 a.m. to 4 p.m., they provide services 24 hours a day, 7 days a week.

All providers are required to have bereavement experience, and a number of volunteers are used and are trained in end of life issues. Programs are funded through Medicare and Medicaid reimbursement, private insurance reimbursements, which are supplemented by grants, memorial donations, and fundraisers.

The targeted population includes anyone of any age with a terminal illness, within six months of his or her end of life. Referrals are accepted from families, churches, doctors, and payment is required, based on insurance co-pays or a sliding fee scale. Barriers to service have been interpreters for non-English speaking clients. Another barrier to achieving their goals is the education of and cooperation of doctors in making earlier referrals to Hospice; when people are referred late and close to death, the process ends up being crisis management, and medical staff sometimes delay acknowledging the lack of a cure. In 2001, approximately 425 patients were served, which does not include family members or the bereaved.

### **Mediated or Court-Involved Services**

**Family Services** runs a **Sexual Offender Treatment Program** for those adults who have committed sexual abuse. The primary mode of treatment is Group, but individual and family therapy are offered to. The goal is to stop further sexual perpetration, and it is funded through Oneida County Dept. of Mental Health. Most referrals come through the Courts as a mandated service via Probation or Parole. A sliding scale is used for client fees, and transportation can be a barrier. In 2001, about 50 perpetrators were seen, which was at capacity for the program.

**Peacemaker Inc.** offers two programs as a crisis or court response:

- **Mediation Services** is designed to provide a neutral third party mediator to help parents and children resolve conflicts aside from or in conjunction with the Courts.

Program providers undergo 30 hours of training in mediation and an extensive mentorship. About 50 percent of the participants come to a written agreement through the program. Primarily funded through the Unified Court System (NYS Judiciary). Families can only access the Mediation Program if there is no history of violence, no restraining orders exist, and referrals are accepted from clients, community agencies, and the Courts. No client payment is required. They would like to expand services beyond the PINS and JD populations and plan to develop services for the expanded PINS population (16-18 year olds.) They see about 500-600 cases per year and are accessible during usual business hours, evening by appointment.

- **CASA - Child Advocacy for Children in Family Court** allows trained volunteers to advocate for what is in the child's best interests during a court proceeding. The goal is to reduce the number of transitions for children when in foster care and achieve permanency for 25 percent within one year; to close and resolve 50 percent of child custody cases within 4-6 weeks; and to increase the services available to those in the court system to prevent further acts of abuse or neglect. Main funding sources are United Way, OC Youth Bureau, National CASA, and fundraising. Children under 18 years of age are eligible for services and involvement with a petition in Court or with the Department of Social Services. There may be client fees if they are of higher income. They serve 100 clients approximately at any given time, which is capacity.

**YWCA** provides staffing for the **Children's Center**, a program that offers child care and social activities while parents are in Court, primarily so that children do not have to be included in the court hearing. Services are provided in a special room in the Oneida County Courthouse, Monday through Friday, 8:00 a.m. until 4:00 p.m. The service is accessed through walking in during open hours, and the only gaps in service are age limits (what are they?) and language barriers.

**The House of the Good Shepherd** has two programs that respond to crises for children:

- Respite Services is designed to give parents respite from high demand through short-term placements in foster families. Placements are sometimes made on a regular, scheduled basis, eg. one weekend per month, or on an emergency basis or longer periods for a cool down and problem solving period of time. There is a 21 day maximum. Foster families receive training and certification, and referrals are usually made from Kids Oneida, Intensive Case Management or DSS.
- The Milton Ablove Children's Shelter (Group Emergency Foster Care) provides short-term stabilization and/or comprehensive diagnostic evaluations for youth ages 7-16 in an immediate crisis for removal from home. Children are served from throughout the county on a 24 hour per day, 7 day per week basis. Bachelor's and Master's level staff provide the services for up to 18 youth at any one time and about 60-70 youth annually. There is no barrier other than the stigma of placement for "bad behavior", and referrals are usually made by DSS. The program usually operates at capacity, and this takes away somewhat from the emergency services aspect of it, since it is often not available to respond to an emergency.

## **Disability-related Services** <sup>ii</sup>

**United Cerebral Palsy** offers the following programs and services for families with members who have developmental delays or other mental or physical disabilities.

- **Community Health & Behavioral Services (CHBS)**

This division of UCP provides primary health care services and behavioral services to the community. In addition to primary health care services such as physicals and exams, specialty medical services are offered in the areas of podiatry, psychiatry, dentistry and neurology. Also offered are diagnostic evaluations and developmental screenings, outpatient therapy, and an epilepsy program.

Behavior Services include: Psychiatric Services, 24 hour Crisis Intervention, Continuing Day Treatment, MICA Services for individuals working on both addiction and mental health issues, Vocational Rehabilitation, Supportive Case Management, Dual Recovery Network, Psychosocial Club House, Outpatient Clinic for Children and Adults, and Intensive Psychiatric Rehabilitation Treatment. In addition, Residential Services include Community Residences with 24 hour supervision, Treatment Apartment Services, Supported Housing, and Respite Services. Programs are staffed by licensed professionals as required in their fields, and volunteers are utilized to different degrees, dependent upon the site.

Funding for these programs is expected to continue, and main funding sources include Medicare, Medicaid, and private insurances. Referrals can be made by other service providers, or clients may self-refer. Payment is required through co-pays for those with insurance when required, or fees will be adjusted on a sliding fee scale. Multiple locations in Rome, Utica, Barneveld, in addition to Herkimer and Oneida outside of Oneida County help to facilitate participation and lessen any barriers of transportation. In 2001, there were 5,518 individuals and families served, but unduplicated numbers were not available, and they have the capacity to serve more clients. Other barriers to service may be awareness of the program and family ability to follow through consistently on appointments and continued service.

- **Tradewinds Education Center**

Tradewinds is a special education program for school-aged children with severe developmental delays. The program serves both day services and residential placements. The goal is to provide a comprehensive education and behavioral treatment plans that will prepare the child to return to their home and community school. Children come to the program from all over New York State, as well as from the 16 area school districts. Residential care is 24/7, and a school day is from 9:00 a.m. – 2:30 p.m., M-F. Volunteer use varies according to site, and the program has been operating since 1992. The main funding sources are NYS Dept. of Education and OMRDD, and funding is expected to continue. The target population is school-aged children with severe developmental delays, and referrals are made through school districts. The number of clients served in 2001 was 97, currently at capacity due to space, but they have children on a waiting list.

- **UCP Waiver Services**

The program provides support and services to people with disabilities including day habilitation, residential habilitation, respite, environmental modifications and assistive technologies. The goal is to help each individual reach their fullest potential and to become active, participating members of society. Office hours are typical, but services are provided at times and locations designated by families for their convenience. The program has been in operation since 1950, and providers receive specialized training to work with people with disabilities, but no volunteers are used. Medicaid is the funding source, and the target population is persons with developmental disabilities or traumatic brain injury. Referrals are made by service providers, schools, and physicians. Service is taken on site to families, and the only barrier encountered may be the stigma associated with receiving Medicaid for some families. Clients served in 2001 numbered 251, and more staff is needed that is willing to work with this population.

- **Medicaid Services Coordination**

The program assists individuals with disabilities to achieve the goals they have identified for themselves and provides supportive services to families of disabled members. The program works to establish a plan that helps to secure supports and services, and is funded through Medicaid. Population, as above, is those with developmental disabilities or traumatic brain injuries. The program served 225 individuals in 2001, which is capacity.

### **Human Technologies Corporation**

- **Mental Health Connections** provides therapy and treatment for individuals with a mental illness; short and long-term counseling are available for psychological crisis or chronic mental illness. Individual and group counseling and medication management are provided by licensed nurses, social workers, psychologists, and psychiatrists. They have offices in Rome and Utica, and offices are open M-F, days, with one or two evenings per week, all by appointment. The program began in 1993 and is funded through various insurances, Medicaid, Medicare, and client fees. The target population is 18 and over with a diagnosable mental illness. Clients may be expected to pay insurance co-pays or a sliding fee scale in the case of no insurance. The agency sees a number of clients with limited English proficiency, and they use interpreters either through the Refugee Center, or for a fee through MAMI. This is a service that the agency has to fund, by law. They saw over 1500 individuals in 2001, but that is not capacity.

### **Resource Center for Independent Living**

Administers a wide variety of independent living and advocacy services that are consumer-directed and can be tailored to meet the needs of individuals, businesses, and public and private institutions.

- **Educational Advocacy** helps students and families to get students the appropriate services in school settings – equal access to education. The goal is to ensure equal educational opportunities in school. The program began in 1984 and is primarily funded through NYS Education Dept. Referrals are accepted from everyone, and barriers are resistance from teachers to keep disabled

students in class, and the need for parents to become educated about their children's rights.

- **Interpreting Services** uses American Sign Language Interpreters to facilitate communication between the deaf and hearing communities. Interpreters are trained for different services to schools, emergency rooms, etc. They serve all of New York State and provide the service 24/7, with advance notice whenever possible, except with hospital emergencies. The program began in 1986 and takes in fees for services, Medicaid and VESID reimbursement as main funding sources. Anyone can make referrals, and there is a payment required. Barriers are not enough interpreters and the need for interpreters in languages other than English. They serve about 300 clients per year, which is at capacity, but they always can accommodate needs as they arise.
- **Disability Resource Library** provides assisted listening devices, adaptive toys, and a variety of hardware and software. Resources are for the disabled, and most can be checked out of the library. For children, toys that are otherwise expensive can be used, and adults are able to check out some devices before making a decision to buy. The goal is to provide learning tools that help clients to have access to the world of their peers. Serves all areas of the county during regular business hours. Volunteers are used in cataloguing items, assisting people in labs, and engineers have adapted toys for clients. Program's main funding sources are Lion's Club, Alliance for Technology Access, and membership fees of \$15/year. Consistent funding is the only barrier to service.
- **Consumer Services: Service Coordination** serves anyone with developmental disability diagnosis before the age of 22 (OMRDD Waiver) or anyone who has sustained traumatic brain injury, ages 18-55 (DOATBI Waiver). The program provides service coordination, working 1-on-1 to identify needs and to develop a plan to address needs. Supervision, training in how to function and live independently is provided to facilitate clients living by themselves. Typical business hours are used, but evening and weekends when needed. The program began with OMRDD in 1996 and DOHTBI in 1998. Funding source is Medicaid. The program accepts referrals from anyone, and RCIL establishes whether they are Medicaid eligible. Gaps in services come when clients are not Medicaid eligible and the fee for service is too much for clients. Also, disabilities such as Multiple Sclerosis, Spinal Cord injuries and others are not eligible because they are the wrong kind of disability, but they need the help. There are typically 5-6 Coordinators with a cap of 15 clients per Coordinator. People usually stay in the program for a few years, but some stay for less time and others for extended periods. The program helps to keep clients out of institutions.
- **In Home Respite** is provided to families taking care of the elderly in their home who need time away from home. The program goal is to maintain the elderly person in the home by providing relief to the caretaker. It serves Oneida County 24/7 with trained home health aides. It started in 1996, and the main source of funding is Community Development Block Grants. Target population is seniors with disabilities at home with caregivers, the program accepts referrals from anyone, and there is a fee of \$12 per hour. Barriers to service sometimes are the

fees or other difficulties in getting people to be comfortable using the service, or difficulty building community awareness. The service is underutilized and currently serves 5 clients.

- **Adult Day Care** is a social model day program for seniors with any disabilities. It provides daily programming including intergenerational programs, pet therapy, arts and crafts, games, and outings. The goal is to help individuals to remain at home and to delay nursing home placement. The program serves the greater Utica area during the hours of 9 a.m. – 2:30 p.m., Monday through Friday. Providers usually have a Bachelor's degree in Human Services or a related field, and they are trained in First Aid and CPR. Volunteers are used in the program providing direct services. The program began in 1984, and the funding, which is expected to continue, comes from the Office For the Aging, United Way, Mohawk Valley Network, and NYS OMRDD. Referrals usually come from physicians or the Office for the Aging, and fees are charged, with financial assistance if eligible through OFA. Funding in the future may be an issue because Oneida County is decreasing its funding and the elderly population is increasing. They serve 15-25 seniors on any given day with a waiting list at present.
- **Disability Institute** provides educational training and workshops to promote best practices. The agency would like to provide workshops to other agencies regarding policy issues to realize the goal of increasing awareness and education in the community.
- **Alzheimer's Disease Assistance Coalition** provides information and referral and works with others in the community to provide information regarding resources in the County. They also provide case management for information, but not treatment. Goals are to increase knowledge, awareness, and help caregivers to keep loved ones at home. They serve all of Oneida County in addition to Herkimer and Lewis Counties, usually during normal office hours. Funding sources are NYS Dept. of Health and the Community Foundation. They do not have sufficient funding to meet needs after Oneida County decreased funding support. They served about 300 clients directly and over 600 including training. They are at capacity for current staffing.
- **Advocacy Services** include Employment Advocacy in case of discrimination or Financial Benefit Consultation for individuals on Social Security or Public Assistance that may have their benefits affected by going to work, change in marital status, or a change in other life circumstance.

**Association for Retarded Citizens (ARC)** offers several programs for children and adults with mental retardation or developmental disabilities:

- **Four Seasons Day Services** offers individualized training and support to adults with who were diagnosed prior to age 22, to enable them to pursue life-long growth and development through meaningful and productive activities. Education and training is offered site-based and in integrated settings, Monday – Friday, 8:30-4:30. Programs are offered throughout Oneida County. Referrals are accepted from the County Admission & Termination Committee, as well as directly from families and care providers. Capacity is 269 individuals. However,



several programs are not at full capacity due to lack of referrals. Funding comes from Medicaid monies.

- **Supported Employment (Options Unlimited Employment Services)**  
develops integrated jobs in the community for persons with disabilities and can also accommodate visually/hearing impaired and Spanish-speaking individuals. Provides training and follow-along support as needed to help them retain their jobs. Referrals come from VESID (Vocational and Educational Services for Individuals with Disabilities) and OMH (Office of Mental Health), and BOCES. The program is currently in place at approximately 90 worksites throughout Oneida County and serves almost 300 individuals. Funding comes mainly from VESID, OMH, and OMRDD (Office of Mental Retardation & Developmental Disabilities). Transportation can be an obstacle for some.
- **Residential Services**  
Provides supervised and supported residential settings throughout the county for individuals with developmental disabilities. Some of the apartments and houses are leased and some are owned by the agency. Residences are located in both urban and rural settings. Funding for the program comes from a Medicaid Waiver and SSI-SSA. No payment is required from participants. There are currently 107 participants in Oneida County and the program is working to capacity. Difficulty recruiting and retaining qualified staff is a barrier to the program.
- **Vocational Services**  
Work with individuals and their families to supply vocational rehabilitation planning. Also supplies clinical and on-the-job training opportunities. Individuals with developmental disabilities are primary, and those with other kinds of disabilities are secondary. Services are delivered in Utica and Rome, but participants can receive transportation from all over Oneida County. Funding for the program comes from the OMRDD and Medicaid. Participants must be 18 years old unless they are working with the school. Referrals are taken from VESID, OMRDD, schools, and individuals themselves. Annually, the program serves around 250 people. Currently there are 220 participants and the program is working at capacity. Some individuals with disabilities other than developmental have feel a stigma associated with the program. Lack of knowledge in the community - people don't seem to know about these services or don't fully understand the range of services and support available – is a barrier for the program.
- **Family Support Services**  
Provides case management, information and referrals, recreational programs, transportation, and respite to families both in-home and out-of-home. Serves families throughout Oneida County who have a family member with a developmental disability living at home. Funding for the program comes from the OMRDD. The program uses community data in order to bring services to non-traditional populations and to assess areas of need. Referrals are accepted from anyone. Annually, about 414 clients are served. The respite care home cannot accommodate children younger than 3. The greatest barriers to the program are insufficient staff – it is difficult to find people willing to

work evenings and weekends – and that there is a greater need of clients than can be met by the existing programs.

- **Service Coordination**

Staff coordinate benefits and services for individuals with developmental disabilities to enable them to lead the lives they want to live in a healthy environment. Services are provided all over Oneida County. Program providers must have a Bachelor's degree and 1 year's experience with people with developmental disabilities. The program is funded by Medicaid and the OMRDD. There are about 240 clients annually, and there is room for expansion. A barrier for

clients in receiving services is that some do not want to acknowledge that they have a disability. Transportation to other services, especially for medical appointments, is often a difficulty. Other barriers to the program are the large amounts of paperwork and the complexity of the community service systems – by the time staff fully master them, they move on to other positions.

- **Home and Community Based Services Waiver**

Medicaid funded habilitation services can be provided to individuals with developmental disabilities in their own homes. Services include residential habilitation, day habilitation, respite, adaptive equipment prevocational services, supportive employment, and environmental modifications. The program serves all of Oneida County. Participants must be on Medicaid, have a developmental disability, and have a Medicaid Service Coordinator. Referrals are taken from Medicaid Service Coordinators. Training for service providers is specific for each person but must be overseen by a Qualified Mental Retardation Professional. Adaptive equipment for individuals in need is provided, along with training done both in individual homes and the community. Funding for the program comes from Medicaid with a partial share through the OMRDD and the County. The program currently serves 67 people, and about 80 annually. Barriers to the program are difficulty in making good matches between staff and people receiving the service, and difficulty in finding sufficient staff, since most people want services between 3pm and 8pm. The program could serve many more people if more staff could be recruited.

### **Family Advocacy Center (FAC)**

- **Family Support Program**

The program functions with the philosophy of providing assistance to children and adults with disabilities, providing education and information on expectations, characteristics, understanding rights, and planning for appropriate education programs. The goal is to ensure that individuals and their families have what they need in order to reach optimal educational achievement and functioning after school and throughout life. High school degree is required for employees and experience with disabilities, whether work-related or family/friend exposure. Volunteers assist with fundraising, but not as advocates. The program has been providing services since 1980, and is mainly funded through the NYS OMRDD. The target population is family members of individuals with developmental disabilities, and referrals are preferred from family members. There is no

payment required of clients, and transportation is not a barrier. There is not enough staff to meet the needs of the population. Also eligibility requirements exclude some people, as the individual must be substantially impacted by the disability. If someone is functioning well in the community, he or she may not be eligible, even if developmentally disabled, and they can't serve mental health needs. The program is open during normal office hours and served 175-200 clients in 2001, which is at capacity.

- **Medicaid Service Coordination**

The program provides broker services to assist child and family, and the goal is to obtain optimal services in a plan for the family. Staff requirements are a minimum of a two year degree and one year of experience. Workers must be knowledgeable about pertinent laws and about community resources. This service began four years ago and is funded by Medicaid. The target population is the developmentally disabled, but they don't have to be on Medicaid to be eligible. About 22 clients were served in 2001, and the client capacity is 30-35.

### **Neighborhood Center**

- **Supportive Case Management** provides a variety of support services to adults age 18 and older who are coping with or recovering from a serious and persistent mental illness. The goal is to help individuals acquire the practical skills and self-confidence they need to live independent, meaningful lives in the community. All of Oneida County is served during normal office hours by providers with Bachelor's degrees. The program began in 1978 and is funded through Office of Mental Health. Referrals are made through hospitals, mental health clinics, physicians, self-referrals, and there is no financial payment from clients. In 2001, 608 individuals were served, which is capacity for the program. There were no barriers to service identified.
- **Tempo Team Services** is a drop-in center for adults 18 and over with mental illness. The goal is to provide a safe and comfortable and supportive environment where adults diagnosed with mental illness can socialize and participate in recreational activities with peers. Hours of operation are Monday-Tuesday, 10:00 a.m.-8 p.m.; Wednesday-Thursday 10:00-6:00 p.m.; Friday-Saturday, 1:00 p.m.-9:00 p.m. The club has facilities complete with dance floor, sound system, variety of games and non-alcoholic bar where food and beverages are served. Funding sources are state and local government and are expected to continue. The program served 286 clients in 2001, and there are no limits to capacity.

### **Learning Disability Association of the Mohawk Valley**

- **Family Support Services** is a program designed to maximize client potential through advocacy, direct services (screening, assessment, tutoring, ABE/GED support, recreation/respice), information and referral, professional consultation and training, and parent education groups. The goal is to ensure the provision of necessary services for persons who are learning disabled and their families through direct and indirect service delivery. Services are provided to Oneida and Herkimer county residents during usual office hours. Main funding sources are Central New York DDSO and United Way of Greater Utica. The client

population includes individuals with neurological impairments, mental handicaps and developmental disabilities, in addition to the learning disabled. Issues related to barriers are systemic issues that arise in area schools based on budgetary constraints. Services become more limited, and individuals are not provided with the services they need.

**Compeer of the Mohawk Valley** has a program for adults 18 and over for one-on-one mentoring matches. Compeer Calling and E-Buddies provide additional resources for phone and email friendships. Adult volunteers are matched one to one with clients with mild to moderate mental illnesses for friendship. The goal of the program is to provide support and a positive role model to get out and do everyday activities and recreation in the community. The volunteers meet with their clients around a mutually agreed upon schedule. Compeer provides extensive screening and training for volunteers and monitors the match. They have 60 volunteers currently for matches and a waiting list of 60 clients who need volunteers. The volunteers are expected to spend a minimum of 4 hours per month and to give a year's commitment. Referrals are through professionals, from anywhere in Oneida and Herkimer counties, although lack of volunteers in Herkimer County is an issue. No payment is required. The majority served are low income, and there are no gaps, but in most cases they are not equipped with volunteers who are bilingual. They served approximately 70 individuals in 2001. They could expand with more volunteers but are at capacity now. There are difficulties in getting volunteers because of the stigma of mental illness and the required commitment of one year, plus sustaining funding is hard. Adults on their waiting list are invited to participate in Skill Builders, a weekly session in conjunction with Utica College's Occupational Therapy Program (5 clients) and Coffee Club, which meets once a month and allows staff to get to know clients better for improved friendship matches.

**Compeer of the Mohawk Valley** has a **Compeer for Kids** program which includes one-on-one mentoring matches and a Lunch Buddies program. Adult volunteers are matched one to one with children and youth for support through friendship and mentoring. The goal of the program is to provide support and a positive role model in order to positively influence the lives of children who are at risk through their own mental illness or a mental illness of a parent. The volunteers meet with youth around a mutually agreed upon schedule. Compeer provides extensive screening and training for volunteers and monitors the match. They have 19 volunteers currently for matches and 6 Lunch Buddy volunteers. The volunteers are expected to spend a minimum of 4 hours per month with their child and to give a year's commitment. Lunch buddy volunteers give a lunchtime once per week to go to the child's school. Children served currently are primarily in the Utica City School District, although referrals are accepted, through professional referrals, from anywhere in Oneida and Herkimer counties. Lunch buddies are currently in Martin Luther King and Hughes schools in Utica. The program began in 1996 for 1-1, 2001 for Lunch Buddies, and is funded through Oneida County Youth Bureau and Dept. of Mental Health, United Way, International Compeer headquarters in Rochester, and small grants. Children ages 5 up to anywhere between 18 and 21 are served, at which time they can move into the adult program. No payment is required. The majority served are low income, and there are no gaps, but they are not equipped with volunteers who are bilingual. In the few cases in which they have worked with Bosnian children, volunteers have not been able to talk with refugee parents, but the

Refugee Center has assisted with communication. They saw 41 children and youth in 2001 and estimate an increase to 51 in 2002. They could expand with more volunteers but are at capacity now. There are difficulties in getting volunteers because of the stigma of mental illness and the required commitment of one year, plus sustaining funding is hard.

### **Substance Abuse Services**

Treatment of substance abuse problems all starts with prevention. There is no minimum or maximum age that is appropriate for intervention. Guidance during early years of life enhances strengths and gives children and youth greater opportunity to make good decisions for their well-being. Substance abuse services in Oneida County have programs and services aimed at educating individual clients and their families; providing support and counseling; and doing outreach and community education in schools, community settings and the workplace.

For information specific to resources for the treatment of alcohol or chemical abuse or dependency, it is best to call one of the agencies listed below. In addition to these organizations, there are several substance abuse counselors in private practice who are listed in the yellow pages of the telephone book. Information about Alcoholics Anonymous and other 12-step groups is also available through Mohawk Valley Council on Alcohol/Addictions.

**Insight House** provides the following services for people with alcohol or chemical dependency:

- Residential Chemical Dependency Treatment Services provide 24 hour/7 day a week long-term program for individuals with a primary diagnosis of alcohol/drug problems. The goal is to stop using and prepare to return to their normal lives and resume independent living. Rehabilitation is a holistic program including assistance with vocational and educational services and recreation. Services are provided to all of New York State, and clientele is approximately 50% Oneida County. The program began in 1988 and is primarily funded through the NYS Office of Alcohol and Substance Abuse Services (OASAS). The targeted population is those 16 years of age and over who are unable to maintain sobriety as outpatients, and they have usually made several attempts. Payment is required, but sliding fee scale is available if insurance or Medicaid is not an option. Barriers to service include client denial of the problem and the focus of insurance companies on “quick fixes”, rather than the long-term managed care that is recommended, particularly for adolescents. Services for adolescents are typically scarce, and there are only a few programs in the state that admit adolescents. The program served 145 clients in 2001, with the capacity for 44 at any one time. Capacity is higher than use, since participation is voluntary, and many don’t want to go into residential care.
- Chemical Dependent Outpatient Services include screening, assessment, referral, outpatient clinic services, day rehabilitation (3-5 days per week for 4 hours per

- day), and intensive group therapy. The program began in 1971, and main funding sources are OASAS, Medicaid, self-pay and insurances. The target population is those of any age needing assessment or treatment for drug or alcohol problems, and referrals are accepted from anyone, including self-referral. Offices in Utica and Rome are open to the public, and additional offices are at the Annsville Youth Facility and on the Herkimer County Community College campus. Gaps in service include not reaching enough of the people who are employed during the day, and barriers include not enough services available for the number of youth who are in need. They receive about 2500 referrals per year and see about 900 clients per year. There are no waiting lists, but often clients don't want to pursue treatment. Hours are by appointment in Utica every day, including most evenings, and Rome Monday from 1:00 p.m. – 8:00 p.m. There are also specialized groups for the criminal justice population, sexual offenders, and adolescents.
- Prevention Program is geared towards acting in the peer group, schools, family, and community to build protective factors and reduce the risk of alcohol and drug abuse. Service is provided in all of Oneida County in addition to other counties. They have counselors in 11 school districts working with identified youth, and they provide community presentations and consultation with businesses on drug-free workplaces, smoking cessation, and stress management. They can develop presentations to meet specific needs. Volunteers who are in recovery participate in giving presentations with staff by providing personal testimonials. Funding for the program has been provided through OASAS, school districts, Youth Bureau, and grants, but all funding is questionable at this time to continue. They also offer smoking cessation programs for adolescents and adults. Family-focused strategies include preventive education and parent counseling.

**Mohawk Valley Council on Alcohol/Addictions, Inc.** offers workplace training and Employee Assistance Program (EAP) services, community education, information and referral, and intervention counseling, and prevention skills training in area schools.

- **Employee Assistance Program** offers crisis and trauma relief in addition to short-term assessment and referral for drug and alcohol problems and educational presentations to the community, schools, or workplaces. Office hours are 8:30-5:00, Monday –Friday, with some evenings and weekends by appointment, and a 24 hour answering service with someone on call to respond. Employees have a National Employee Assistance certification, and volunteers are used through student interns for clerical assistance. The program began in 1982, and the main funding source is employers who contract with MVCAA. The individual may receive up to 7 visits without paying. The client population is employees of client companies and their families, and referrals are from self or the company, usually the personnel office. Transportation can be a problem for rural workers, and sometimes income level when they need to refer the client for further services. It may be difficult to find providers that accept the insurance plan the client has, or getting Medicaid in place for them. They serve about 50 client companies and average about 50-55 counseling contacts per month. They have the capacity to increase those contacts substantially, although it would require increased staffing.

- **Prevention Program** is a resource dissemination program through library, videos, brochures and pamphlets, in addition to telephone or on-site assistance to family members seeking guidance. They recently started providing Family Intervention, using a national research-based model, and anyone can come in for assessment and referral. Community-based services include presentations to schools, businesses, clubs, etc. The target population is anyone experiencing addiction or prevention with high risk youth exposed to alcohol or drug abuse with a goal of providing up-to-date information to the community regarding alcohol and drug addictions and getting anyone into treatment who needs it. Referrals come from teachers, families, companies, and barriers are primarily in referrals for services that have waiting lists, especially for those who also suffer from mental illness.
- **Drinking & Driving Program** provides education, assessment and referral in a 16 hour, 7 week course provided nights and weekends for those mandated from the State in order to get their driver's license back. The goal is to link to treatment needed and to ensure there are no repeat offenses. The program serves all of Oneida County, with most services from the Whitesboro office and a satellite office in Rome. Part-time staff are often probation officers or school teachers who are certified by the State Dept. of Motor Vehicles for training. It began in the 1970s, and is funded mainly on client fees. Target population is those 16 and over who are arrested for Driving While Intoxicated (DWI). Referrals are from the Dept. of Motor Vehicles. Gaps include lack of interpreters for non-English speakers, transportation without a driver's license, and getting people referred out who need services and don't have health insurance, or getting clients with Medicaid into services that don't accept Medicaid. The program served 426 last year, about 20 classes per year with 20+ people in each class.

**Center for Addiction Recovery** is certified by the New York State Office of Alcohol and Substance Abuse Services (OASAS) to provide assessment, evaluation, and outpatient treatment for individuals and families who suffer with alcohol/substance abuse or dependence. The goal of the program is to help individuals with substance abuse problems achieve abstinence and be fully participating members of the community. It serves all of Oneida County from its location in New Hartford, from 8:30 a.m. until 8:00 p.m. Monday through Friday, and Saturday by appointment (not for new clients.) The program began in 1989, and funding is primarily through insurance and self-pay, Medicaid. Target population is persons with substance abuse problems ages 13 and up. The program accepts referrals from anyone, and there is limited financial assistance if insurance cannot cover the fees. Transportation is not a barrier, because they have vans and drivers to go and get people, but it is sometimes a problem for single parents to get treatment without child care. About 350 clients were served in 2001, and they could see more. Barriers to service may include clients with specific medication addictions that are not traditionally considered addictions.

**Rescue Mission** is a Christian Ministry to assess and meet the physical, emotional, and spiritual needs of all people coming for assistance. There is an alcohol crisis center, residential treatment program, emergency housing, representative payee, enriched living

center, drop-in center, transitional housing, culinary apprenticeship program, innovative learning center, and Welcome Hall Community Center.

### **Refugee or immigrant families.**

**The Mohawk Valley Resource Center for Refugees** provides resettlement services including English as a Second Language (through the Utica School District); Initial Resettlement and Housing Assistance; Employment Assistance; and Health Assistance, including linkages and interpretation for health and mental health screenings and treatment. The Refugee Center provides for approximately 700 refugees per year from over 20 different countries, but its largest populations are Bosnian (~ 4500); Russian (~2000); and Vietnamese (~ 1500). Programs of the Refugee Center also include outreach for refugee children in the Utica schools, and outreach to the elderly, especially those who stay at home without learning the language. They also have a Citizenship program and immigration services for any immigrants in the area.

Most services are targeted for the first 8 months that a refugee is here, and most refugees begin work within 3-4 months after arrival. Medical interpretation and employment assistance is available on a more limited basis after the first year. In 2002, due to the crisis of September 11<sup>th</sup> and a cessation of immigration for a period of time, refugee arrivals are projected to be about 200.

**Neighborhood Center** has a **Refugee Services** program with outreach workers to provide one-on-one services to assist with acclimation to a new community. Services include interpretation, advocacy, supportive counseling, home visits, medical advocacy and referrals. The goal is to help acclimate new arrivals to America and secure a support network to overcoming barriers such as language and economic deficiencies. The program is funded by the United Way and served 342 individuals in 2001.

**Lutheran Care Ministries Network** has a Refugee Resettlement program for volunteers to work with refugees new to the community. The goal is assimilation into American culture through improving English skills and teaching needed skills in cooking, shopping, budgeting, etc. Volunteers drive to refugee homes so that transportation is not an issue, and Moriah Olivet Lutheran Church volunteers their kitchen for cooking classes. This is a one year grant, and primarily Sudanese refugees have been participating (14) with about 4 elder Bosnians.

**Multicultural Association of Multicultural Interpreters (MAMI)** provides trained interpreters for medical, legal and other services to individuals with limited English proficiency. The goal is to provide equal access to medical and legal and other services throughout Central New York, but primarily in Oneida and Herkimer counties. They are provided primarily during business hours, but they plan to be on call 24/7 starting January '03. Interpreters complete a training program through MAMI in collaboration with local police, Courts, YWCA, etc. and receive a certificate. The medical training has no certificate but is nationally recognized. The first training began June 1998, and interpreters began in July 1999. There is no outside funding, and the program is sustained by fees. There have been grants, but sporadically. Fees are collected from



organizations that contract to provide the service to consumers such as hospitals, schools, law firms, Courts, etc. Barriers to service are client problems with transportation. The agency serves approximately 3,000 individuals annually, and it can always expand by training more interpreters. Barriers presented to providing the service are sometimes organizations which are required to provide interpreters by law, but do not want to pay to do so.

**Madison-Oneida BOCES** provides ESOL classes through Adult Education at the ACCESS site in Utica.

### **Senior Services**

Many senior services exist within Oneida County working to enhance the quality of life of the senior population. Some services are specific to the aging, while others incorporate an intergenerational approach, which aids in the goal of strengthening families. The Community Foundation of Oneida-Herkimer counties is working to convene senior service providers to enhance senior wellness in both communities. The goals are similar to CTC's goals but pertinent to seniors. To access specific senior services it is best to contact:

- **ElderLife**

**1312 Genesee Street**

**Utica, N.Y. 13502**

**733-7707**

ElderLife is a full Senior Service and Activity Center. Offers a wide variety of activities, programs, and classes to fulfill and enrich the lives of older people, while promoting independence. Programs are offered in the areas of art (Fine Arts facility available), education (computer, driving, and language classes), health and wellness (aerobics, dance, nutrition, cooking classes), social life (parties, dances), and volunteering (Retired and Senior Volunteer program [RSVP] ). There is no required payment from members, but donations are suggested. Currently the program has 675 members throughout Oneida County. Referrals are accepted from anyone. Program is funded through Federal and State grants, Oneida County government, and public and member donations. Volunteers are used but more are always needed. Barriers cited are: lack of transportation for seniors to the programs and a general negativity/pessimism of people in the area. Also, many people don't utilize the service because of having to admit old age. ElderLife also coordinates the activities of the various Senior Centers throughout the county.

- **Oneida County Office For the Aging**

**502 Seneca St.**

**Utica, New York 13502**

**798-5770**

Office for the Aging can provide access to any and all elder care in Oneida County.

### **OTHER RESOURCES**

**Parents Without Partners – Contact Sharlene Bowen, 793-5230**

PWP holds monthly meetings and focuses on a variety of social, recreational and educational activities for single parents and their children. Activities include potluck dinners, outdoor trips, speakers, and evenings out for parents.

**St. Elizabeth Family Practice** at 120 Hobart St. in Utica (798-1149) has a **Home Visitation Program** that provides routine medical care such as a medication review or an assessment of overall health needs for individuals residing in the community who are physically or mentally unable to come into the office. Home visitation cannot provide emergency care, and participants must be established patients of Bassett-St. Elizabeth Family Medicine or be willing to transfer their medical care.

**Human Technologies Corps.** has a **Gambling Information & Counseling** program which provides treatment for individuals and their families with gambling issues and community-based education regarding gambling. The goal is to develop skills to stay in control, address family problems, and deal with financial pressures related to gambling. Clients are assisted in getting back on track with a support system, to get their careers on track, and on the road to recovery. It serves Central New York – Oneida, Herkimer, Madison, and Onondaga counties, with offices in Utica, Syracuse, Rome, and at the county jail. Hours are usually regular business hours, and providers are MSWs or other professionals. No volunteers are used in this program which began in 1996. Funding is through a grant from New York State Council on Problem Gambling. The targeted population is anyone with a gambling problem, and they see clients from high school age all the way up to senior citizens. Referrals are accepted, and clients are expected to pay fees on a sliding fee scale. In 2001, they served over 800 individuals for treatment and/or educational purposes, but they could serve more. No barriers identified.

**STRENGTHS & GAPS ANALYSIS**

**Prenatal and infancy care is available** to women of all income levels, with care for low-income women ensured through PCAP clinics in Utica and Rome. More intensive home visiting services are available to those most at risk throughout the county, and there are specific services available for pregnant and parenting teenagers. Providers mention a gap in responding to parent requests for baby equipment and supplies that the families can't afford such as cribs, strollers, walkers, diapers, and other infant items.

Although programs exist with home visiting services, they are limited in their ability to reach large numbers of families. The House of the Good Shepherd has one worker for areas outside of the City of Utica, and has a waiting list that is twice as long as the number of cases she is able to see. Referrals are made primarily to that program and the others through a screening designed to serve only families at the highest risk, thereby falling short of a preventive program for all but the most severely impacted.

Training for family management skills is available from perinatal education through all developmental stages for raising children. Parenting classes are usually free or offered at a reduced cost for parents, but programs may be costly for sponsoring or contracting

organizations. Barriers for parent education may range from transportation for low-income parents to getting parents to participate in activities in the evenings after work. Some schools have made efforts to offer components of parent training through evening programs. Case management with supportive counseling offers another avenue for parent education and family support, and several area programs target families most at risk due to socioeconomic level, child behavior problems, or adult rehabilitation. Some programs offer coverage and response for after hours and offer education through outreach to the home, which takes away a potential barrier of transportation.

Family and marital therapy are available with Master's level counselors at agencies in Utica and Rome and through private practitioners. Most agencies have a sliding scale for self-pay fees and accept most insurances. All agencies report a short waiting list or no waiting list while operating at capacity. Most services are concentrated in the two cities, so that transportation may still be an issue for families in more rural areas. Virtually no offices offer bilingual services for family or marital therapy, and employers of refugees have commented on the fact that refugees cannot access mental health services easily due to the language barriers.<sup>iii</sup> The system lacks alternatives to traditional office-based services that could be provided in home or through churches and other community-based institutions, and many times services are sought by families or referring agencies very late in the problem cycle.

In the area of family conflict, the Oneida County Coalition Against Domestic Violence meets on a monthly basis with members of all of the constituencies involved, and a sub-committee has begun to address specifically gaps in the response and monitoring system for batterers. The addition of a shelter for women and children in the Rome area expanded services to women in the western part of the county and to many rural women who were seriously at risk and found it harder to get to Utica. Perpetrators are not receiving treatment in large numbers, and that was identified as a systems problem that needed to be fixed. There is a plan in place to bring training to the community to improve the response system, and all system participants are involved. It may require additional funds to implement improvements.

We have crisis services in place to respond to domestic violence and sexual assault, emotional or psychiatric crises in families, disaster emergencies, and mediation or child advocacy in the case of family disputes or foster care placements. Respite services are available for families with very high demand children who would be at risk of placement without them, and comprehensive diagnostic services in a residential center in our community. But demand exceeds availability in many situations, and again, children and youth with extreme needs are expanding to fill services that cannot then be available in a more preventive way to keep those at lower need from accelerating in symptoms.

**Funding Issues.** Many of the programs currently in place to strengthen families are grants of one or more years that are not ensured continuity once the term of the grant is finished. As pilot programs are tried and meet with some success, it is unclear how they will pursue continued or even expanded funding as a need for services is indicated. It is

also unclear how programs are being evaluated to document outcomes for their services and to indicate what priorities for funding will be.

**Demographic or Geographic Gaps.** Most programs appear to be available to any racial or ethnic group if their primary language is English. Very few programs offer bilingual staff, and our refugee community presents a challenge to most agencies due to the number of languages in which one would need to be proficient. It may be a good strategy for the community to promote and sustain training and education for ethnic minorities in human service fields to enhance services being provided, including recruitment of African American and Latino community workers.

**Barriers to Service.** Many of the barriers mentioned exist in funding so that programs serve fewer numbers than they might or screen out all but those at highest risk for intervention. This creates a community, using a public health model, that becomes heavy in Indicated interventions, waiting until families are highly symptomatic and least able to respond without a substantial, intense level of services. The programs exist to create the availability and accessibility of more preventive programs and services at the Universal (entire population) and Selected (at risk due to some demographic feature or life event, but not symptomatic) levels of intervention, but the funding does not.

Some barriers are systemic in nature, and more of those need to be identified. In the area of family conflict, the Domestic Violence Coalition has been able to identify a barrier to service. Only 52 batterers completed a state-of-the-art program in the last three years, despite approximately two thousand Domestic Incident Reports(DIRs) per year compiled by police and nearly 1,000 Orders of Protection awarded per year in Family and Lower Courts. There are obstructions in the system for how batterers are responded to in the immediate crisis, the sanctions that can be given through Court without a trial and finding of guilt, and the monitoring of any mandated services that are ordered. There is currently a committee working on this and a proposal made to address some of the barriers.

## **RECOMMENDATIONS**

- 1) Improve access to services for pre-natal and infancy care by generating the capacity for more “one-stop” services.**
- 2) Strengthen outreach into minority communities with neighborhood leaders and church leaders.**
- 3) Strengthen links for all services with medical providers and all settings where families naturally interact to increase appropriate and timely referrals – “Bring two worlds together.”**
- 4) Infant care providers add or strengthen a component of early childhood development education for parents AND education pertinent to the needs of their specific child.**
- 5) Use success stories about parenting as education and utilize successful parents as volunteers in mentoring others.**
- 6) Increase home visiting as an alternative delivery system modality.**

- 7) **Increase outreach education (eg. Health Fairs) and expand the usual venues in which information would get presented.**
- 8) **Use any and all modalities to increase information and education about supporting, enhancing, and sustaining family life through all developmental stages, including television, radio, newsprint, media campaigns, workshops, fairs, workplace presentations in addition to formal services.**

<p><b>SCHOOL/COMMUNITY PARTNERSHIPS: Early &amp; Persistent Anti-Social Behavior Ages 3-11 (Through elementary school)</b></p>
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*The transition to schooling offers the young child opportunities to interact with a larger group of adults and children and the need to master a multitude of new social and cognitive skills. along with the continuing power of the family to shape a child's development, the school becomes a significant influence in the child's world.*

(CTC Prevention Strategies: A Research Guide to What Works. (2000). Seattle, WA: Developmental Research and Programs, Inc.)

**A relationship has been found between male aggressiveness in kindergarten through second grade and delinquency and drug use. The risk is especially significant when this aggressiveness is coupled with shyness and withdrawal. About 40 percent of boys with serious aggressive problems in early elementary grades will develop delinquency and drug problems as teenagers. This also applies to aggressive behavior combined with hyperactivity or attention deficit disorder. Also, children with an early poor adjustment to school have an increased risk. (Developmental Research & Programs, Inc.)**

**Program strategies** recommended to address this risk factor are:

- Parent Training
- Family Therapy
  
- Classroom Organization, Management and Instructional Strategies
- Classroom Curricula for Social and Emotional Competence Promotion
- School Behavior Management Strategies
  
- **Early Childhood Education**
- **Afterschool Recreation Programs**
- **Mentoring**

**Parent Training and Family Therapy** are covered in the previous section on strengthening families, and the **classroom and school behavior management strategies**

are left to a future assessment of schools, except for mention of research-based programs offered in schools for early intervention and prevention of substance abuse. Mainly, early childhood education programs, mentoring programs for young children, and afterschool recreational programs will be catalogued in this section, as well as first highlighting the **SPFY Program** (School Partnership for Youth.) and **Wellness Centers** as multi-service programs. Special programs for elementary-aged children are included at the end of this section.

**The Neighborhood Center** runs **SPFY**, a school-based early intervention and prevention program to reduce out of home placement for at risk children, enhance social and emotional support systems, and increase academic functioning and success in school. SPFY workers, with Bachelor's degrees and concentrations in social work, child development, psychology, or sociology, are located in 52 schools in Oneida County. The program served 1,262 families in 2001 and is at capacity. No barriers identified.

**School-Based Wellness Centers** Multi-service Wellness Centers were funded in two Utica schools for 2000-2001 and 2001-2002 (Kernan Elementary and Donovan Middle School), to provide supportive counseling and to bring an array of community-based services into the school. Initial funding was provided through the Departments of Mental Health and Social Services for Oneida County. The primary goal is to aid youth in reducing barriers to learning and life success. They are designed to coordinate a broad array of community services at “neighborhood” schools, so that families and youth can receive intensive counseling, prevention of problems, tutoring, recreation and health, among others. The array of services were in most instances not previously available, including: counseling, anger management, multi-lingual tutoring/mentoring, substance abuse prevention, Project Challenge Ropes Course, Communications Club (through RHY), Nurturing Program and other supports for parents.

The programs are expanding into six additional Utica schools in the 2002-2003 school year, with possible suburban-rural expansion to Sauquoit and Waterville. The two Wellness Centers at Kernan and Donovan Schools provided an array of services brought to the schools by community agencies and provided on site. An initial evaluation for the 2000-2001 school year showed improvements in behavior, academic performance, and a smaller increase in parental involvement. They served over twenty percent of the schools’ populations in year one.

## **EARLY CHILDHOOD EDUCATION PROGRAMS**

### **Oneida-Herkimer-Madison BOCES**

Contact: Katie Cook, phone-223-4727

Oneida BOCES operates a preschool program for special education students. School districts contract out with agencies to provide these services. Oneida BOCES runs two classes for special ed. preschoolers at St. Paul’s Nazareth Child Care Center in Whitesboro. One class is a full day class and the other is a half day class and both are 10 month programs. Classes are integrated with 12 special needs students and 6 regular

students, serving a total of 24 special needs students. Special needs students can also qualify for an additional 6 week program if it is determined that there has been a regression of skills and a significant need for extra attention. There is no cost for special ed. students; there is a cost for non-special needs children. Kids are evaluated by a social and psychological history and other areas, also a formalized testing-program attempts to reach those who are in most need of help through testing and background histories.

United Cerebral Palsy also provides special education preschool programs that are both integrated and segregated. UCP has locations in Utica, Barneveld and Rome (possible contact Day Care Component, Heather Arcuri-336-8301). Rome City School District also provides a special ed. preschool at their Lake Delta preschool (possible contact, Dr. Steve Kaiser- 334-7400). Katie Cook (Oneida BOCES contact) also mentioned Mid-York Child Care Center (363-5649 or 736-7805) as a place that would have listings of all approved programs in Oneida County.

### **Utica School School District**

Linda Coleman Nichols, phone 792-2289

Utica City Schools have a Universal Pre-K program that provides morning and afternoon sessions of 2 ½ hours each for any preschoolers in the district. They had 360 children enrolled for 2001, which is about ½ of the eligible population. There is also a wrap around program for ½ day of the preschool program and day care for the other ½ day for those who need day care.

### **United Cerebral Palsy** has three programs:

- **Early Intervention Services** that provides evaluation and treatment for developmental delays in children aged 6 weeks to 3 years. The goal of the program is to identify and intervene early in a child's life so that he or she may enter kindergarten at the appropriate age with the highest level of functioning. The Oneida County Dept. of Health funds the program, and 212 clients were served in 2001. The primary barrier to service is families not following through and not understanding the need to persist with intensive services early for the child's benefit.
- **Promise Program** is a special education program for preschool population diagnosed in the autism spectrum of disorders. The goal is to provide therapeutic intervention resulting in recovery or in helping the child to enter kindergarten at the appropriate age, functioning at the highest level possible. Students enrolled in Promise are taught through a special education technique called Applied Behavior Analysis (ABA). This is the only treatment for autism that is research-based and has shown a recovery rate of over forty percent. Funding is through the Dept. of Education, and the program began in 1997. It targets children ages 18 months to 6 years who have the appropriate diagnosis and are approved for placement by their home school district. Referrals can be made by the client, pediatricians, schools, psychologists, etc. Transportation is provided by the home school district, and 40 children are currently served. That is capacity without more staff and classroom space, which are the only barriers currently.
- **New Discoveries Learning Centers** provide quality child care and preschool services for children with and without disabilities in Oneida and Herkimer counties.

Students work and learn together in integrated preschool settings. The program has locations in Utica, Rome, New York Mills, and Barneveld and operates from 7 a.m. until 5:30 p.m. Main funding sources are Department of Health, Department of Education, OMRDD and private fees. Special education services include evaluations, special education classes, speech therapy, physical therapy, and occupational therapy. The program serves children from birth to six years and accepts referrals from anyone. Sliding fee scale is used, and school districts provide preschool transportation for any child who is handicapped. Family involvement is encouraged and is promoted through many activities at the sites. Before and after-school day child care options are available. Four hundred fourteen children are served annually, which is capacity, and classroom space limits accepting more students.

### **Nursery Schools**

Eastern Star Day Care  
8280 Oriskany  
736-687

-Two buildings with total of 48 children, at 95% capacity, there are waiting lists for infant program (8 weeks – 8 months) and toddler program (10 months – three years), serve Utica-Rome area and “all over”, hours of operation are 6:45am – 5:30pm, Monday through Friday

Family Nursery School  
New Hartford  
733-7554

-Approximately 70 children, at capacity, Serves all surrounding areas, Ages of children-young 3's to 4, Hours of operation- Monday through Friday, 9am to 11:30am

First Presbyterian Church Nursery School  
Utica  
797-6523

-Capacity is 16 children at age 4, 12 children at age 3, all children are 3 and 4 years of age, at capacity in 4 year old program, not at capacity in 3 year old program, follows Utica City School district calendar, Hours of operation: for 3 year olds- TWR, 9am-11:30am, for 4 year olds- M-F, 9am-11:30am or 12:30pm-3pm, Mainly serves city of Utica, a few from surrounding areas (Clinton and New Hartford)

Half-Pint Academy  
Clinton  
853-3612

-Licensed for 30 children, usually at full capacity (varies day to day), there is a waiting list, children ages 3-5, Area served- surrounding areas, varies; Hours of operation- Monday through Friday, 6:30am – 5:30pm.



Jewish Community Center

Magic Penny Nursery School

New Hartford

724-9392

-Number of children attending 48 (26 on MWF and 22 on TR), not at capacity, children ages 3, 4 and 5 years of age, serve mainly New Hartford area, also some children from Salisbury Center and Canastota area, hours of operation are Monday through Friday, 9-11:30.

Lollypop Nursery School

Utica

732-4421

-Full capacity with no waiting list, 15-16 children, ages 2 1/2 – 5, Serves Utica, New Hartford, Whitesboro, Marcy and Frankfort area, Hours of operation- three hour sessions, either MWF or TR, morning session-8:45am-11:45am, afternoon session- 12:45pm-3:45pm.

Montessori Learning Center

New Hartford

735-5024

-Preschool ages 3 and 4 years, ages range from 3- 10 years at learning center, no waiting list, serve New Hartford, Clinton, Rome, Whitesboro, Utica and Barneveld areas, Hours of operation for 3 and 4 year olds are Monday through Friday, 9am-12am; Hours of operation for children 5+ years are Monday through Friday, 8:30am – 3pm.

Neighborhood Center

Rome

709-438

-Day care center- 30 children, no waiting list, Children ages 3 years – 8 years, serves Rome area, Hours of operation- Monday through Friday, 6:30am – 5:30 pm.

New Discoveries Day Care

Utica & Barneveld

798-4006, 896-2654

-Utica: Serves 80 children, full capacity, waiting list for all ages, children ages 6 weeks – 12 years, serves mainly Utica area, Hours of operation- Monday through Friday, 7:30am – 5:30pm  
-Barneveld: Serves 35 children, at full capacity with a waiting list, Children ages 6 weeks – 12 years, Serves mainly Barneveld and surrounding areas, Hours of operation- Monday through Friday, 6:30am – 5:30pm.

New Hartford Nursery

New Hartford

738-1234

-Serves 20 –25 children, currently are not full, children ages 2 years- 4 years, area served “all over”, Hours of operation- Monday through Friday, 8am-5:15pm.

New Hartford Presbyterian Nursery School

New Hartford

732-1139

-Closed for summer, only information known is that their “school year” begins one month later and ends one month earlier than New Hartford Public Schools

Our Lady of Lourdes School

Utica

732-4374

-Nursery school, 70 children, at full capacity with a waiting list, children ages 3 years-4 years, Serves surrounding areas, Hours of operation- regular school calendar, Monday through Friday, 8:15am- 2:15am with option of a before-care program or after-care program.

Schoolhouse Nursery School

Remsen

896-2236

-At full capacity with 25 children, small waiting list, children 3 and 4 years old, serve mainly Remsen, Holland Patent, Poland and Barneveld area, hours of operation Tuesday through Friday, 9:30am – 12:15pm

Small Blessings Pre-School

Clark Mills

853-3262

-Capacity is 40 children, currently have 39, Serves Clark Mills, Westmoreland area-mainly rural areas, hours of operation are Monday through Friday, 9:30am-11:30am and 12pm-2pm, schedule is same as school year

St. Basil’s Tiny Tot Nursery

Utica

724-2951

-Nursery school, 57 children attend, no waiting list, 3 and 4 year olds, Serves mainly Utica area and also New Hartford and Frankfort, Hours of operation Monday through Friday, 8:30am-11:15am, Tuesday and Thursday, 12:30pm – 3:45pm

Tot’s Day Out Nursery School

Utica

735-7534

-Currently full at 31 children with no waiting list, serves children ages 2, 3 and 4 years, mainly serves Utica and surrounding areas, hours of operation are Monday through Friday, 9:30am-11:45am, schedule is same as school year

Zion Nursery School

New Hartford

732-4110

-pre-school program, currently out for summer but served 45 children, full capacity but no waiting list, children ages 3 years-5 years, Served “all over”, mainly surrounding areas, two different sessions for classes, MWF and TR, 9am-11:30am

No answer/ reply from:

Little Acorn Nursery School, Barneveld 896-6707, or H 896-6735

Trinity Lutheran Church, Utica 732-7869  
 Vernon Center Methodist Church Nursery, Vernon Center 829-2564

<b>Mohawk Valley Community Action</b>
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Rome 339-5640; Herkimer 866-0030

**Area Head Start Programs**

Boonville Head Start	phone: 942-5598	18 children
United Methodist Church	phone: 942-5810	15 children
202 Main Street		-----
Boonville, NY 13309	total	33 children
Camden Head Start	phone: 245-1501	18 children
132 Main Street		
Camden, NY 13316		
Herkimer Child Development Center	phone: 866-7688	18 children
360 Protection Avenue		
Herkimer, NY 13350		
Ilion Head Start	phone: 894-5585	17 children
First Baptist Church		
8 Second Street		
Ilion, NY 13557		
Little Falls Head Start Community Center	phone: 823-1762	18 children
45 Furnace Street		
Little Falls, NY 13365		
Mt. Markham	phone: 822-3219	17 children
Federated Church	phone: 822-1137	17 children
452 E. Main Street		-----
West Winfield, NY 13491	total	34 children
Gore Road Head Start	phone: 336-0060	8 children
8163 Gore Road RR#6	phone: 336-5592	18 children
Rome, NY 13440	phone: 339-4962	18 children
	phone: 336-7165	18 children
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	total	62 children
Rome Griffith Child Development Center	phone: 334-1372	8 children
275 Brookely Road	phone: 337-4836	8 children
Rome, NY 13440	phone: 338-0490	34 children

	phone: 338-0491	34 children
	phone: room 8	8 children
	phone: room 9	7 children
	phone: room 10	17 children
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	total	116 children
Sauquoit Head Start Sauquoit Elementary School Sulphur Springs Road Sauquoit, NY 13456	phone: 839-7137	18 children
Sylvan Beach, Verona Beach Head Start 1208 Main Street Sylvan Beach, NY 13157	phone: 762-4826	18 children
Utica Calvary Head Start 308 South Street Utica, NY 13501	phone: 733-4873	18 children
Utica Cornerstone Head Start 470 Whitesboro Street Utica, NY 13501	phone: 733-4873 phone: 733-8089 phone: 733-8525 phone: room 4 phone: room 5	14 children 14 children 14 children 14 children 15 children
Utica Cosmopolitan Head Start 470 Whitesboro Street Utica, NY 13501	phone: 733-0040	28 children
Utica Gilmore Head Start B-building, Gilmore Village Utica, NY 13502	phone: 735-3454	28 children
Utica-Matts Head Start 1790 Armory Drive J-Building Utica, NY 13501	phone: 793-2077	14 children
Utica ND Peters 1600 Armory Drive Utica, NY 13501	phone: 724-3982	28 children
Neighborhood Center 1 1628 Mary Street Utica, NY 13501	phone: 732-2223	72 children

Neighborhood Center 2 1616 Mary Street Utica, NY 13501	phone: 732-2223	15 children
Utica Access Center 508 Second Street Utica, NY 13501	phone: 733-5918	24 children
Waterville Head Start Waterville Elementary School 145 East Baron Street Waterville, NY 13490	phone: 841-8595	44 children
Whitesboro/ N.Y. Mills Head Start St. Mary's Church 24 St. Stanislaus Street New York Mills, NY 13417	phone: 736-1400	34 children

**MENTORING/TUTORING (Ages Pre-K - Elementary school)**

**Primary Mental Health Project**

Primary Project, a school-based early detection and prevention program, seeks to enhance learning and to reduce social, emotional, and school adjustment difficulties. Carefully selected and trained child associates provide timely, effective services during the preschool and primary years, when children learn to succeed in school. Trained child associates are used with supervision by mental health professionals. It is recognized by the U.S. Surgeon General as one of five exemplary research-based prevention programs in the nation for enhancing children's mental health (1999).

At the present time, the Regional Office of Primary Project, which covers a wide geographic area including Oneida county, is not working with any Oneida County school district. Districts can implement Primary Project without involvement with the Regional Office. Sauquoit, Clinton, and New York Mills have had programs in the past, and the Utica School District, through the Safe Schools grant, will be implementing the program in three of its nine elementary schools beginning Fall 2002.

**The Neighborhood Center** has a **Partners in Prevention** program in Kernan Elementary School (Utica) that utilizes a Master's level counselor to provide school-based clinical services for early intervention to children. The goal of the program is to utilize children's natural support systems and enhance interpersonal skills, thereby increasing their success in academics, family, and social experiences. Funding is year to year through the United Way and local government. Thirty-one youth ages 4-15 were served in 2001, which was capacity.

**Volunteer Center** runs a **Tutoring Program** during the school year at 10-12 sites with area businesses and served 963 children during 2001 being tutored one time per week. Children are bussed once a week to sites for assistance in core subjects. The Summer Tutorial program is run at 27 different sites throughout Oneida County for tutoring 2-3 times per week depending on the site and served 3,171 children in 2001. Tutoring is for children in grades Pre-K through 12<sup>th</sup> grade.

**Mohawk Valley Community Action** has a **Foster Grandparent Program**, which matches foster grandparents with special needs children in Oneida, Herkimer and Madison counties. The goal is to provide one-on-one attention for children and increase self-worth and sense of accomplishment, as well as providing companionship for both parties and an intergenerational relationship. Funding is time-limited through a grant. Anyone can make a referral, and the grandparents have to be 60 or older and be income eligible to qualify. They have 56 grandparents per year and 112 children in 2001.

**Youth Empowerment Project** provides services to keep youth out of placement and in their regular school environment. The program operates 24 hours a day, 7 days per week, working with parents, teachers, and directly with youth ages 3-21. Transportation is not an issue, because workers go to the client's home or school. Currently the project works with 50-60 families and provides training for violence prevention in 20-25 schools.

### **United Cerebral Palsy**

**Big Brothers, Big Sisters** is a mentoring program that matches adult mentors with youth ages 6-14 from single family homes. The purposes of the program is to provide adult role models, thereby establishing a nurturing relationship and providing another resource in a child or adolescent's life. Office hours are Monday through Friday, 8:00 a.m. to 4:00 p.m., but mentors are available on days and hours that they arrange with their matched "little". Currently they have 80 adults signed up as mentors, but they still have a waiting list of 60-70 youth who need a volunteer. Funding is entirely dependent on the United Way and Youth Bureau grants and private contributions or other foundation grants. The program accepts referrals from schools, self-referrals, etc. Minority group mentors are needed, and transportation is a problem for group activities that they attempt to organize for youth on the waiting list. In the year 2001, 317 children were served with 210 volunteers. The only other barriers are sometimes parent follow-through to complete the application process or to schedule appointments with the "Big" or mentor.

In addition to a waiting list program, which attempts to provide group activities for those youth until they receive a mentor, Big Brothers Big Sisters expanded into school settings in 2001 with the development of **School Based Mentoring**. This program matches high school students with elementary students in a school setting and assists in reaching children from rural areas where it is more difficult to find adult volunteers. Schools involved in the school-based mentoring program include Adirondack Central School, Waterville Schools, Camden Schools, Remsen School District, and Utica City Schools.

(See also school information following for other mentoring programs offered in specific schools and Special Programs after the school section)

## **BEFORE AND AFTERSCHOOL PROGRAMS**

**Cosmopolitan Center** through a **Youth Services** program provides recreation, tutoring, crafts, cooking and sewing lessons, cultural awareness, sports, etc. for youth ages 5 and up. The goal is to keep youth off the streets and teach them proper grammar, speaking skills, teamwork, problem solving and following directions. Children receive tutoring at Hamilton College once per week, and program serves about 3,000 children per year. They work to mainstream youth with disabilities with those who have no disability. Youth Services are funded by the United Way, City of Utica, and Oneida County.

**Neighborhood Center** has a licensed program that provides before, afterschool, holiday and unforeseen closing care to children enrolled in the Utica City School District. Utica City Schools provide AM pick-up and dropping off from school to Center. The goal is to provide structured childcare to school-aged children that is fun, educational and stimulating. Care is provided from 6:30 a.m. to 5:30 p.m. by licensed and certified child care rooms with the appropriate child to teacher ratios. Funding sources include the United Way, County funds, fundraising and grants when available as well as parent fees on a sliding scale. School aged children between the ages of 5 and 12 are eligible, and there are 68 slots available. The program always has a waiting list.

**The Neighborhood Center** also has an **Outreach and Prevention** program which is designed to provide a safe, positive environment where children and youth can build upon strengths, enhance self-image, and reduce risks of socially inappropriate behavior. The program also aims to provide outreach to homes and families to develop cooperative working relationships. Program serves primarily inner-city youth at the Mary St. site after school and from 12:30-4:45 in the summer. Teens have programs on Mondays and Tuesdays from 6 p.m. to 8:00 p.m. Children ages 5-18 are included, and 1320 were served in 2002, which was capacity. (How is this different than Day Care?)

**Thea Bowman House** has two sites in Utica at which it provides day care and before and after school care: Lafayette St. is for children 18 months to 6 years (kindergarten age) and St. Francis deSalle for 6-12 years. They provide child care for low income families, and traditionally serve mainly single parents. Geographic area served is the greater Utica area, and they offer transportation from some Utica locations with their two buses going door to door. The goal of the program is to help children achieve their full social/academic/emotional growth potential in a learning-oriented environment and to allow parents to work and receive job training while their children receive adequate care. They use volunteers for extra skills in teaching music, crocheting, etc. and for clerical help, but could use more also as tutors or mentors after school. Funding is through DSS and other sources such as grants. The program accepts referrals from clients, DSS, SPFY, school social workers, etc. Transportation is still a barrier for some families, and their buses have a waiting list. They would like to extend their hours of care and the ages

for care beyond 12 or 14, but staffing and administrative realities prevent that. There are some language barriers in addition to the need seen to keep the teens connected and off the streets, as 9 different languages are spoken in the program. Current registration is 110 at the Lafayette site and about 100 at the St. Francis site, where 60 is the capacity at any given time. They are always at capacity with long waiting lists for both.

Thea Bowman also has a Youth Bureau Program for at risk youth on school days and the month of July at the St. Francis site. It is similar to the other child care program, but has a goal of removing children from home for periods of time for parents who may be at home. 50 percent of the funding is from the Youth Bureau with the matching 50% from fundraising and private donations. Parents do not pay a fee for this program. There is a long waiting list of approximately 90. They need evening and weekend hours to be more effective, and language is a barrier here too. Number above includes this program too.

**Catholic Charities** runs the St. Martin DePorres Youth Center as a certified after school program to assist children and has a goal of providing safe and healthy environment for them to learn good study skills, social skills and enjoy a nutritional meal. It serves inner city children, generally from the Cornhill area of the city. It is open afterschool from 3:00 p.m. until 6:00 p.m., M-F. Staff are required to have child care experience and some educational experience and to pass fingerprint screening. Volunteers are used to assist with homework activities. The main funding sources are United Way supplemented by internal subsidies and donations. The target population is between 5 and 12 years of age, and referrals are made by DSS, school personnel, Mid-York Child Care Council. There are no demographic gaps, except for location, and participation is limited only by the size of the program and staffing limitations. Currently the program serves, at capacity, up to 20 children.

### **Boys & Girls Club**

Contact: Barry Cavannaugh, phone-724-2524

The Boys & Girls Clubs within Oneida County are located at four different sites: Rome, West Utica, East Utica and Columbus Elementary School in Utica. Their hours of operation are Monday 3-6pm, Tuesday-Friday 3-9pm and Saturday 11-3pm. The Boys and Girls Club at the Columbus Elementary site is open everyday after school (during the school year) 3-6pm. Overall there are approximately 1,000 members. The Boys and Girls Club has a paid staff of one full time employee and 2-4 part-time employees (except at the Columbus site where there are 13 workers). Different programs at the Boys and Girls Club include, “power hour” everyday between 4-5pm in which kids 13 years and under work on homework and there is tutoring help provided. After 5pm there is the Keystone Club- which focuses on leadership qualities for kids ages 14-18 years. The “Smart Moves” program focuses on helping/ teaching kids to make good decisions about drugs, sex, and alcohol. The “Torch Club” is a leadership program, similar to the Keystone Club, for younger kids, ages 11-13. There is also a job ready program in which 30-40 kids participate. The job ready program helps participants prepare for employment with focus on interviewing, appearance, job skills and responsibilities. Throughout hours of operation there is always social recreation available with games such as ping pong, pool,



foosball, and air hockey. Each location has a gymnasium for various sports and games. This fall, they plan to have state of the art computers with internet access at all the locations. Currently, there are 12 computers with internet access at the Lansing Street, Utica site. Also this fall, plan to work with Utica City Schools under a Safe Schools, Healthy Students Grant, and implement activities for after lunch in elementary schools. This should reach about 400 kids. Experimented with this program in past school year and it had excellent results.

### Oneida County Schools

<b>Camden Central Schools</b>
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**Camden Elementary School-** various club, meet five days a week during school, structured supervision, transportation is not needed, age of participants K – 5<sup>th</sup> grades, capacity and number participating varies, no cost of attendance, school sponsored

**North Bay Elementary School-** various clubs, meet five days a week during school, programs provide structured supervision and transportation is not needed, age of participants K – 5<sup>th</sup> grade, capacity and number participating varies, no cost of attendance, sponsored by school

**Annsville Elementary School-** various clubs, meet five days a week during school, programs provide structure supervision, transportation not needed, age of participants K- 5<sup>th</sup> grade, capacity and numbers participating varies, no cost of attendance and school sponsored

**McConnellsville Elementary-** various clubs, meet five days a week during school, program provides structured supervision, transportation not needed, capacity and number participating varies, age of participants K-5<sup>th</sup> grade, no cost of attendance, school sponsored

\*All elementary schools Answered YES to: Do you perceive a need for additional after school programs to meet the supervision/ activity needs of the children in your district? “Formerly had before and after school care under federal funding. Once the funding went away (approximately three years ago), so did the program. The Y tried to resurrect but was unsuccessful due to the high cost to parents.”

\*no mentoring or parent training programs at any Camden schools

<b>Clinton Central Schools</b>
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**Elementary-** Intramurals- five times per week after school, provides structured supervision and transportation, age of participants K- 5<sup>th</sup>, sponsored by school

-after-school programs- five times per week after school, program provides structured supervision, doesn't provide transportation, cost of attendance to parents, program ran through the Y, age of participants K-5<sup>th</sup> grade

\*checked YES to: Do you perceive a need for additional after school programs to meet the supervision/ activity needs of the children in your district?

-“Always looking for new programming. Field Hockey is being offered with transportation provided, if needed. The Y currently has an after school program that parents are responsible for payment and transportation.”

### **Holland Patent Central Schools**

**Holland Patent and General William Floyd @ Stittville Elementary Schools-** Various programs and clubs- meet during school on various days, provide structured supervision and transportation if necessary, school sponsored; District elementary chorus- meet before school one time per week, participants chosen based on interest and aptitude, age of participants 5<sup>th</sup> grade, school sponsored; Beginning Band (4<sup>th</sup> grade), 5<sup>th</sup> Grade Band, 4<sup>th</sup> Grade String Ensemble, 5<sup>th</sup> Grade Orchestra- 4<sup>th</sup> grades meet one time a week, 5<sup>th</sup> grades meet twice a week, transportation and structured supervision provided, school sponsored.

### **New Hartford Schools**

**Oxford Road, Myles and Hughes Elementary Schools-** Various groups- art club, meets three times per month from 3pm – 4pm, program provides structured supervision, transportation is not provided, age of participants 6<sup>th</sup> grade, school sponsored; intramurals-two times per week, age of participants 5<sup>th</sup> – 6<sup>th</sup> grades, provides structured supervision, school sponsored; Library Club- meets during recess time, provides structured supervision, age of participants 2<sup>nd</sup>- 6<sup>th</sup> grades, school sponsored; DARE Program- meeting times vary during week, during school day, age of participants 5<sup>th</sup> grade, provides structured supervision; PARP Program- annual reading program for K-3<sup>rd</sup> graders, Teachers Tutoring-provide extra help for fourth grade assessment test, age of participants 4<sup>th</sup> grade, school sponsored, Band/Choir/ Orchestra- meets two times per week before school, age of participants 4<sup>th</sup> – 6<sup>th</sup> grades, school sponsored; YWCA- provides before and after school care five days per week, provides structured supervision, cost varies  
Mentoring- book buddies, older student (jr. sr. high) reads to/ assists elementary student with reading, times vary per week during school day, provides structured supervision, sponsored by school

### **New York Mills Schools**

**Elementary School-** Morning Program-meet five time per week during school, provides structured supervision, age of participants grades 1<sup>st</sup>- 3<sup>rd</sup>, goal to “instill positive feelings about school, themselves (students) and others.”  
-various programs and groups- Olympics Day, Drug Free School Zone, Grandparent/ Special Persons Day, DARE, PRO Group, Parents as Reading Partners, Banana Splits, Geography Contest, groups meet at various times, mainly all during school, programs provide structured supervision, age of participants vary (mainly K-6<sup>th</sup>), school sponsored  
-Music/Chorus- elementary music, meet two times a week and perform twice a year, age of participants K-6<sup>th</sup>, program provides structured supervision, chorus-meet two time per

week, perform two times per year, age of participants 4<sup>th</sup>- 6<sup>th</sup> graders, provides structured supervision, school sponsored

### **Oriskany Central Schools**

**Elementary School-** Eastern Star- meets five times per week before and after school, structured supervision provided, transportation not provided, cost to parents,  
-mentoring- Girl Power, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> grade girls, one time per week during school, a self-esteem booster for girls, have quest speakers and learn about female role models, school sponsored

-Connections- program for children from split families, meet three times per week during school, provides structured supervision, age of participants K-6<sup>th</sup> grades, school sponsored

-SPFY Worker- five times weekly at school, school sponsored, contracted with OSS

-DARE Program- five times per week during school, structured supervision provided, age of participants 6<sup>th</sup> grade, school sponsored

-Parent training programs- parent programming at night, babysitting provided by school during program, also elementary library has section on parenting for parents to utilize.

### **Remsen Central Schools**

**Elementary School** – There were no after –school activities listed.

### **Rome City Schools -**

**Elementary Schools- Bellamy, Joy, Fort Stanwix, Clough, Ridge Mills, Ganesvoort, Denti, Stokes:**

Core instruction in language arts, math, reading, science and social studies, 5<sup>th</sup> grade computer writing program, variety of art and music programs, elementary guidance program, extended year program and clustering of gifted and talented students.

Various clubs and activities five days a week during school, provide structured supervision and transportation, school sponsored. Four out of eight elementary schools have after-school programs that run 1 or 2 times per week funded through title I. Remaining four schools don't have funding for after-school programs. At Denti Elementary, speech therapist has set up tutoring and reading program with College students from SUNY Cortland.

- YMCA offers before and after school programs five days a week at a cost to the parents, also nursery school/ child-care center provides childcare before and after school.

Lake Delta Pre-K Program- “Forever Growing at Lake Delta School” (334-7370):

-provides formal parent training programs and early pre-school

- Spoke with Director of Support Services, stated that main problem with before

and after-school programs is first, lack of funding, and second, staffing. Also problem that Title I only provides funding to half of elementary schools, and other four schools don't have funding.

### **Sauquoit School District**

**Elementary School** – The YMCA provides before and after school daycare for a cost to parents from 7:00 – 9:00 a.m. and 3:00-6:00 p.m. for K-5<sup>th</sup> graders. Peer tutoring is offered on Mondays and Wednesdays from 3:00-4:30, with high schoolers tutoring the younger students. Handshakes is a more intensive mentoring program one time per month from 3:15-4:45, again with high school students mentoring the younger students. Bird Club meets once a month after school, and Band meets every Monday and Wednesday from 3:00-4:15. Optimist Basketball and Soccer meet after school. Weeblos and Brownies meet at the school in the evening once a week at 6:00 p.m.

### **Utica City School District**

#### **Elementary Schools**

- Albany School has a before school program 8:00-8:45 a.m. for 25 students funded by Extended School Day grant. After school 3:45-4:30 p.m. for 50 students. Both are expected to be expanded in the future. Intramural sports for 100+ students til 4 p.m.
- Columbus School has a before school program 8-8:45 a.m. (Extended School Day grant) and an afterschool program funded by an Advantage grant 3:00-6:00 p.m. at the Boys & Girls Club for 80-100 students. (3 yrs.) Another 100 youth are in an afterschool program from 3:45-4:25 p.m. with an Extended School Day grant; 15 from 3:45-6:00 with Fleet Bank funding; 10 from 3:45-4:25 p.m. with Homestead Bank funding; 40 from 3:00-3:45 with Early Act Service Club Rotary and Magnet funding. Intramural sports for 150+ youth til 4 p.m. About 40 students participate in Dick Miller Basketball from 6:00-9:00 p.m. operated by the Youth Bureau.
- General Herkimer School has an Extended School Day grant for before school and after school care for 10-20 students 8:00-8:45 a.m. and 100-120 students from 3:00-4:15. 400+ students are involved from 3:00-6:00 p.m. through a 21<sup>st</sup> Century Community Learning Centers Grant. Intramural sports are offered until 4 p.m., and Dick Miller Basketball is offered to 20-30 youth 6:00-9:00 p.m. by the Youth Bureau.
- John F. Hughes School offers before school care 7:00-9:00 a.m. for 8 students through the Rome Family Y and after school through the Y for 14 students, 3:00-6:00 p.m. An Extended School Day grant takes care of 150 students from 3:45-4:45 p.m., and afterschool activities such as Creative Writing Club, Art Club, and Creative Literature Club occupy small numbers of youth from 3-4:00 p.m. Intramural sports engage about 50 youth until 4 p.m.

- Thomas Jefferson School has a before school program from 8:30-9:00 a.m. and afterschool from 3:05-4:05 p.m. on an “Extended School Day grant for 10 students in the morning and 200 students after school. An additional 200 students are involved in Base Camp, from 3:05-6:00 p.m., and 25 students are involved in tutoring at Hamilton College one day per week from 3:05-5:30. Intramural sports involve 150+ students up to 4:00 p.m.
- Hugh R. Jones School has before school care from 7 a.m. to 9 a.m. for 6 students and an afterschool program for 6 students from 3-6 p.m. (fee paid by parents and run by Rome Family Y) The Entrepreneur Center of the Business Training Institute engages 152 students after school until 3:45 p.m., and intramural sports until 4 p.m. involve 150+ students.
- Kernan School has a before school Breakfast Club from 8:30-9:00 a.m. involving 40+ students and provided by Utica College. After school, an Extended School Day grant for 120+ students and a Magnet grant and funding from the Entrepreneur Center for 110 students provide care from 3-4:30 p.m. Intramural sports after school til 4 p.m. engage 150+ students, and smaller mentoring program for eves and weekends and a once per month dinner at the Radisson serve 60 and 20 youth.
- Martin Luther King Jr. School has no before school care, but an Extended School Day grant provides after school care for 85 students from 3:05-4:05 p.m., and a Peace Club, Peaceful People grant, engages 15 more. Intramural sports involve 100+ students til 4 p.m., and Dick Miller Basketball is provided by the Youth Bureau for 25 youth.
- Watson Williams School has intramurals from 8:15-9:00 a.m. for 55 students, and afterschool care for 200-250 students is funded by an Extended School Day grant until 4:45 p.m. A Peace Club, Peaceful People grant allows care for 15 until 4:15, and intramural sports for 100+ students are over at 4:00 p.m. Dick Miller Basketball is provided for 45 youth by the Oneida County Youth Bureau from 6-9 p.m.

<b>Vernon-Verona-Sherill School District</b>
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**J.D. George Elementary, William Wettel Elementary, and McAllister Elementary-**

Intramurals- meet three times per week during and after school, program provides structured supervision and transportation, age of participants K-6<sup>th</sup> grades, no cost of attendance, school sponsored

-various clubs- meet three times per week, during and after school, programs provide structured supervision and transportation, age of participants k-6<sup>th</sup> grade, school sponsored

-DARE program- meet five times per week, during school, program provides structured supervision, age of participants K-6<sup>th</sup> grades, school sponsored

-Social Workers- two social workers shared between three elementary schools, at school five days a week for K-6<sup>th</sup> graders, school sponsored

-parent training- programs on parenting offered to students' parents, pre-K provides parent training

\*J.D. George Elementary answered YES to: Do you perceive a need for additional after school programs to meet the supervision/ activity needs of the children in your district? "No before school programs."

\*William Wittel and McAllister Elementary also answered YES: "There is only an after-school daycare provided at J.D. George Elementary through the Y. Cost is prohibitive."

### Waterville Central Schools

**Elementary School** – No activities were listed for Waterville Elementary Schools after school; SPFY and a counselor from the Neighborhood Center are there several days per week during the school day.

### Westmoreland Central Schools

**Elementary** – No elementary activities were listed.

### Whitesboro Central School

**Harts Hill Elementary, Marcy Elementary and Westmoreland Rd. Elementary-** various clubs- meet at various times, during and after school, program provides structured supervision and transportation when needed, no cost of attendance, age of participants K-5<sup>th</sup> grades, school sponsored

-Prism Program- for gifted students, meet two times per week during school, program provides structured supervision, around 40 participants, no cost of attendance, sponsored by school; Banana Splits- meets various days during school, provides structural supervision, for K-5<sup>th</sup> grades, school sponsored; Just Say No Club- meets various days after school, provides structured supervision and transportation, age of participants 4<sup>th</sup> – 5<sup>th</sup> grades, school sponsored; Rome Y- five days per week, before and after school, transportation not provided, cost to parents, not school sponsored, for grades K-5<sup>th</sup>.

St. Paul's Whitesboro- five days per week, before and after school, provides structured supervision, transportation is provided, cost to parents, not school sponsored, age of participants K-5<sup>th</sup>; Yearbook Club- various days after school, provides structural supervision and transportation, age of participants K- 5<sup>th</sup>, school sponsored; District Music Program- meets various days, after school, transportation and structured supervision provided, age of participants 5<sup>th</sup> – 6<sup>th</sup> grades.

-Remedial Assistance- two times per week after school, structured supervision and transportation provided, age of participants K- 5<sup>th</sup>, school sponsored

\*Parent training-family and consumer science project, run a pre-school, serves community but also allows students to help out and interact with children, trains students on early childcare and development.

\*all elementary schools marked YES to: Do you perceive a need for additional after school programs to meet the supervision/activity needs of the children in your district?  
-“District is exploring how they can provide a school sponsored before and after school program that is not cost prohibitive. Also, they are exploring the need for more summer elementary programs- transportation is not currently provided and may be a reason for low participation.”

-Westmoreland Road Elementary added: “The district would like to replicate the remedial program that is currently provided at the other three elementary schools.”

-all elementary schools also noted: “Fortunately, the school district has great cooperation with community groups such as Whitestown Youth Association, Whitestown AYSO, Whitestown Hockey, Marcy-Deerfield Youth Sports, Mary-Deerfield AYSO, the town of Whitestown Summer programs, Town of Marcy summer programs, Whitesboro Village and Yorkville Village Summer Programs, and Bull League summer lacrosse.”

-Trinity Methodist, Little Lambs (Westmoreland Road only)- five times per week, before and after school programs, cost to parents, provides structured supervision and transportation, age of participants K- 5<sup>th</sup> grades.

## **SPECIAL PROGRAMS**

**Learning Disability Association of the Mohawk Valley** runs a program called Urban Safari as a recreational/respite experience with a computer technology designed for students to compensate for disabilities in the school setting. The goal is to utilize computer writing instruction to facilitate processing and as a vehicle of communication in which to express experiences that occur during the recreational portion of the program. The program is provided during two weeks in July from 9 a.m. to 3 p.m. for 12-14 children ages 8-12 with learning disabilities and other neurological impairments.

**The Peacemaker Program** runs a **Ropes Course** for youth ages 10-15 who are deemed to be at risk of delinquency at school or in the community. They can be referred by human service agencies or schools, and the program is usually provided evenings or weekends. It provides challenging activities to develop resiliency and problem-solving skills as well as teamwork and communication or conflict resolution. Funding is primarily through Division of Criminal Justice in NYS and Community Development Block Grant funding. Transportation can be a barrier, and 150 youth were served in 2001.

**Other Red Cross Programs** include **Babysitting course, Values & Decision Making, Health & Safety, Learn & Serve America.**

**YWCA of the Mohawk Valley** started a **Gay and Lesbian Youth** program with a United Way Venture Grant and monies from Division for Families & Children and Dept. of Health. The goal is to help teens through troubled times in working through sexual preference and identity issues through individual counseling and support, possibly group support, and clients can be self-referred or referrals from anywhere in the community. Stigma associated with designation can be barrier, but there are virtually no other services available.

**Compeer of the Mohawk Valley** has a **Compeer for Kids** program which includes one-on-one mentoring matches and a Lunch Buddies program. Adult volunteers are matched one to one with children and youth for support through friendship and mentoring. The goal of the program is to provide support and a positive role model in order to positively influence the lives of children who are at risk through their own mental illness or a mental illness of a parent. The volunteers meet with youth around a mutually agreed upon schedule. Compeer provides extensive screening and training for volunteers and monitors the match. They have 19 volunteers currently for matches and 6 Lunch Buddy volunteers. The volunteers are expected to spend a minimum of 4 hours per month with their child and to give a year's commitment. Lunch buddy volunteers give a lunchtime once per week to go to the child's school. Children served currently are primarily in the Utica City School District, although referrals are accepted, through professional referrals, from anywhere in Oneida and Herkimer counties. Lunch buddies are currently in Martin Luther King and Hughes schools in Utica. The program began in 1996 for 1-1, 2001 for Lunch Buddies, and is funded through Oneida County Youth Bureau and Dept. of Mental Health, United Way, International Compeer headquarters in Rochester, and small grants. Children ages 5 up to anywhere between 18 and 21 are served, at which time they can move into the adult program. No payment is required. The majority served are low income, and there are no gaps, but they are not equipped with volunteers who are bilingual. In the few cases in which they have worked with Bosnian children, volunteers have not been able to talk with refugee parents, but the Refugee Center has assisted with communication. They saw 41 children and youth in 2001 and estimate an increase to 51 in 2002. They could expand with more volunteers but are at capacity now. There are difficulties in getting volunteers because of the stigma of mental illness and the required commitment of one year, plus sustaining funding is hard.

## **STRENGTHS & GAPS ANALYSIS**

Parent training does not reach enough people, and connecting with families of 1-5 year olds, who are largely out of the public eye can be difficult. Outreach to parents needs to be offered proactively, not just in a crisis, and in multiple ways or mediums. Not everyone attends formal, structured sessions, and in crisis, greater amounts of resources are needed to overcome multiple barriers. We need an increased source of referrals from pediatricians, nurse-practitioners, and family physicians, who are assessing family well-being and knowledgeable about the resources to address problems. More services to families might be offered in school settings to continue those efforts to outreach to parents and involve them in their children's academic life. And schools have to overcome the barriers of buildings that may seem to shut parents out more than ever, as security measures dictate a formality in schools that doesn't allow easy access or an inviting atmosphere.

New York State's commitment to Universal Pre-K was never adequately funded, and this has resulted in spotty services to 3-5 year olds. Universal screening is done differently by



school district at kindergarten entrance, and there is risk for delayed children at kindergarten entrance – it too often results in the “haves” and “have-nots” because of the boosts that some children receive prior to school attendance in reading, and educational play and attention. The gap is greater among children in Kindergarten and 1<sup>st</sup> grade than it used to be. Could we do a more thorough job, particularly among medical professionals, who may be the most reliable trackers of the progress of the largest number of children under 5? Do pediatricians routinely screen and refer for Pre-K programs or early intervention?

Early screening is not mandated, and some families wait until the beginning of school attendance to have their child screened. Even after screening, few professionals work with very young children and their families. High risk children are falling behind and being suspended at earlier ages for inappropriate behavior in school. We need earlier intervention with disaffected youth, evidenced by alternative educational systems being developed in our community for 5<sup>th</sup> and 6<sup>th</sup> graders. This is particularly true with the increased achievement standards that both students and schools are being held to, and the anxiety it raises for students who don't perform well. There are increased mental health issues for early school-aged children, and increasing numbers of youth are entering school with, for instance, language skills of a 3 year-old. Primary Project, a nationally recommended program for early intervention, is very limited throughout the County, with only Sauquoit and a few of the Utica elementary schools using the program.

There are pressures on schools and teachers to succeed, and it is difficult even for teachers to build a nurturing class climate in the emphasis on performance. Resources are strained, and the support services in schools are likely to continue to be diluted. Families should be assisted with child care before and after school child care either in their local schools or in local neighborhood centers, but this occurrence is very spotty and determined largely year to year by funding of these services. Consistent provision of child care and consistent relationships with adults does not exist, then, for many children, and the strain for parents and the cost to parents who work is extreme. This is even moreso for parents of children who are ill or parents who work non-traditional hours. In schools, extracurricular activities and intramural sports are not comprehensive enough to meet the needs of working parents, and may inadvertently rule out the participation of children who need care after school until their parents finish the work day.

## **RECOMMENDATIONS**

- 1. We need increased outreach to parents of preschool and early elementary children.**
- 2. Outreach should be offered in multiple mediums to reach greater numbers and in proactive ways before crises occur.**
- 3. Services to families through school settings should increase, with schools working on welcoming families for involvement in partnerships for education.**

- 4. Increase means for screening and referral for very young children, including better established linkages with medical providers.**
- 5. Increase awareness of services for young children and their families and the number of professionals who are trained and willing to work with young children and their families.**
- 6. Increase family awareness of developmental milestones and the importance of following their child's development.**
- 7. Increase attention to full-service child care and the consistency of care, both in providers and in locally provided care.**

## EMPOWERING YOUTH FOR SUCCESS: Alienation or Rebelliousness

- ii *In adolescence, the peer group becomes an increasingly important influence in the lives of youth, impacting their beliefs and attitudes, manner of dress and behavior, and orientation to positive development. developmental tasks of adolescence include the development of intimate friendships with those of the same sex and opposite sex, as well as identity formation, commitment to academic achievement, and preparation for a career.*

**Young people who feel they are not a part of society, are not bound by rules, don't believe in trying to be successful or responsible, or who take an active rebellious stance toward society, are at higher risk of drug abuse, delinquency, and school dropout. In middle or junior high school, those students who rebel against authority, particularly their parents and school officials, and who do not attend church tend to be at higher risk for abuse problems than those who are bonded to the primary social groups of family, school, church and community.**

**Program strategies** recommended for this risk factor are:

- Family Therapy
- School Behavior Management Strategies
  
- **Classroom Curricula for Social and Emotional Competence Promotion**
- **Afterschool Recreation**
- **Mentoring**
- **Youth Employment with Education**

Family therapy resources are listed in the Strengthening Families section; Classroom and school behavior strategies are only addressed for the research-based programs recommended for prevention intervention for substance abuse and other negative behavioral health outcomes in adolescence. Afterschool Recreation and Mentoring, and Youth Employment Programs for middle and high school age students are listed below. In addition, a semi-annual event offered by the Youth Bureau, the Youth Summit, is described.

### **CLASSROOM CURRICULA FOR SOCIAL AND EMOTIONAL COMPETENCE PROMOTION**

*School curricula that enhances both social development and academic learning can help to support positive social behaviors as an important part of the basic educational process. Curricula with a social competence emphasis not only teach specific skills that help students to behave in responsible and healthy ways, they also provide students with a sense of self-efficacy-the confidence that they know how to reach a particular*

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**goal and are able to accomplish it. For older students, curricula should include a broad range of skills, including resisting negative peer influences, solving problems, setting goals, and providing service to others. Social competence requires an ability to adapt and integrate feelings (emotions), thinking (cognition), and actions (behavior) to achieve specific goals. The best programs combine skills training in all three areas for an integrated framework.**

*(Communities That Care Prevention Strategies: A Research Guide to What Works, 2000, DRP, Inc.)*

There are two agencies in Oneida County that are licensed for prevention training:

**Mohawk Valley Council on Alcohol/Addictions, Inc. (MVCAA)** provides:

- **Teen Institute** for students from several area high schools. Teen Institute is a national model aimed at wellness and leadership-training based on the belief that teenagers' lives can be full, fun and free without alcohol and other drugs. Participants develop their own prevention programs to present in their respective schools for the coming academic year, and it is scheduled as an annual event.
- **Eckerd Drug Quiz Show** – they are coordinators for this statewide curriculum and competition. The curriculum is supplied by the Eckerd Foundation, and middle school students begin in September to study curriculum on drug abuse, self-esteem, self-care, etc. Up to 200 youth in Oneida County have participated on school teams that advance to County and State level finals. Oneida County teams have placed first in the state in the past 3-4 years.
- **Botvin Life Skills program** is provided in the Whitesboro Middle School to 6<sup>th</sup> & 7<sup>th</sup> graders throughout the school year. This is the second year of working with the same youth, and curricula is provided through Health classes, by the MVCAA instructor. They also utilize the Botvin Life Skills curricula in less structured ways in several after-school programs: YMCA in Rome, St. Martin de Porres, and Utica Municipal Housing Authority sites at Adrean Terrace.

**Insight House** provides:

- Through a competitive grant funded through OASAS for three years to provide the **Botvin Life Skills program** to two sites in Oneida County, Clinton and Utica middle schools, and Mohawk School in Herkimer County. Their role is training and coordination of the project and evaluation reports which are sent to the University of Colorado for analysis. Botvin Life Skills is a nationally recognized and research-based prevention program. Teachers in these schools are doing the classroom instruction, and Insight House has provided the teacher training. They have been able to continue into a 4<sup>th</sup> year with Clinton, and the Donovan and Kennedy Middle Schools in Utica are on their second year. Barriers to service will be continued funding once this grant is finished, and the lack of funds in general to put into prevention. It is somewhat difficult to implement into a classroom curriculum, because of the educational standards and the pressure on schools resulting in a very busy academic schedule. Additional difficulty results from some resistance on the part of teachers to implementing the program exactly

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as it is designed – a fidelity issue for the way in which the program as designed has shown results in the research. Also, short class times in Utica have made fitting the program lessons in more difficult, and new Violence Prevention lessons were not able to be included, because it would extend the program several more weeks into the year.

## **AFTERSCHOOL RECREATION (Ages 11-18)**

*Significant changes in the past several decades include more children living in households headed by a single parent or two-parent households with both parents working. Many children spend significant time caring for themselves and at younger ages. Afterschool recreation programs offer opportunities for youth to interact with prosocial adults and peers and to learn new skills in safe, supportive environments. (Communities That Care Prevention Strategies: A Research Guide to What Works, 2000, DRP, Inc.)*

### **Oneida County Schools**

<b>Camden Central Schools</b>
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**High School-** various clubs and sports, five days a week after school, program provides structured supervision and transportation, no cost of attendance for any programs or sports, age of participants 9<sup>th</sup> – 12<sup>th</sup> grade, number participating and capacity varies, some sports do meet on non-school days, sponsored by school

**Middle School-** various clubs and sports, five days a week after school, programs provide structured supervision and transportation, age of participants 6<sup>th</sup> – 8<sup>th</sup> grade, capacity and number participating varies, sponsored by school

\*no mentoring or parent training programs at any Camden schools

<b>Clinton Central Schools</b>
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**High School-** various clubs- meet five days per week, after school, structured supervision and transportation provided, age of participants 9<sup>th</sup> – 12<sup>th</sup> grades, school sponsored  
-various sports- meet five time per week, after school, structured supervision and transportation provided, sometimes meet on non-school days, age of participants 9<sup>th</sup> – 12<sup>th</sup> grades, school sponsored

-study skills- one time offering after school, structured supervision and transportation provided, age of participants 9<sup>th</sup> – 12<sup>th</sup> grades, school sponsored

stated: “Always looking for new ways to keep students active and involved. In March, high school sponsored a local magician (who donated his time) to present a show on math problem solving, memory techniques and magic. The high school students then put on a magic show for the elementary school students.”

-mentoring programs, Carpe Diem, program helps students with leadership and set up a mentoring program, “prides itself with a membership that includes almost every sport,

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club, socio-economic background and “clique” in the school. Run the freshmen orientation, a September 11 community memorial service, provide motivational speakers for the whole school, help to provide a sense of community within the school.”, one meeting and one activity per month, a completely volunteer organization, sufficient staff, program began July 2002, funded through a drug-free school grant, have between 23 and 25 students annually (take as many students as can get), “funding continues to be a problem as we are not sure if we will continue to get this money.”

- no parent training programs

**Middle School-** various clubs, five days per week, after school, provide structured supervision and transportation, no cost of attendance, age of participants 6<sup>th</sup> – 8<sup>th</sup> grades, school sponsored

-various sports- five times per week after school, provide structured supervision and transportation, age of participants 6<sup>th</sup> – 8<sup>th</sup> grades, school sponsored

-theater programs- five days per week after school, provides structured supervision and transportation, age of participants 6<sup>th</sup> – 8<sup>th</sup> grades, school sponsored

\* checked YES to: Do you perceive a need for additional after school programs to meet the supervision/activity needs of the children in your district?

-“Always looking for more programs. Just started a theater group for additional clubs.”

<b>Holland Patent Central Schools</b>
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**High School and Middle School-** various sports, five days per week after school, provide structured supervision and transportation, sixteen different sports, twenty-eight different teams, age of participants 7<sup>th</sup> – 12<sup>th</sup>, school sponsored

-Various clubs- jr. high Jazz Band, Science Fair Program, Drama Club, Student Council, Music, meet 3pm to 5pm after school, program provides structured supervision and transportation, school sponsored;

-tutoring, peer provided through National Honor Society, meet during study halls, hours vary, age of participants 9<sup>th</sup> – 12<sup>th</sup> grades, school sponsored

-mentoring- SABA, School and Business Alliance, job shadowing, one time a year for an entire day, age of participants 9<sup>th</sup> – 12<sup>th</sup> grades (main focus on 11<sup>th</sup> grade), school sponsored; BOCES New Visions- half-day working, mentoring program for English and social studies, occupational fields are health, business and engineering, age of participants 12<sup>th</sup> grade, school sponsored in collaboration with BOCES; Regional Program for Excellence- go out half day one time per week for entire year to area place of employment for job shadowing, program provides structured supervision; Mohawk Valley Exec. Engineering Council and Utica School of Commerce/ Bryon and Stratton- job shadowing

-Community Education Program- “designed to promote programs, special events and activities to enhance the lives of local community members of all ages.”

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-Gifted and Talented Education Programs- meet during school, provides structured supervision, age of participants 7<sup>th</sup> – 12<sup>th</sup> grades, school sponsored

### **Oriskany Central Schools**

**Jr. Sr. High School-** Intramurals- 20 days per year, after school till 5pm, program provides structured supervision and transportation, age of participants 7<sup>th</sup>- 12<sup>th</sup> grades, school sponsored

-various clubs- all school year, after school to 3pm, provides structured supervision and transportation, age of participants 7<sup>th</sup> – 12<sup>th</sup> grades, school sponsored

-mentoring-New Visions, contract with BOCES, for advanced students, allows them to visit/ experience various career paths and businesses; Regional Program for Excellence- funded by school with BOCES, 10 advanced students selected for job shadowing, SABA- aimed at at-risk students to help them with career paths after school- learning different jobs and responsibilities of that job

\*A resource officer through the Oneida County Sheriff will be available during school hours beginning September 2002.

### **New Hartford Schools**

**Jr. Sr. High School-** various sports- meet five days per week, structured supervision and transportation provided, sometimes meet on non-school days, age of participants 7<sup>th</sup> – 12<sup>th</sup> grades, no cost of attendance, school sponsored

Various clubs- Student government, Political Discussion Club, Honor Society and others, meet at varying times and days, programs provide structured supervision and transportation (when needed), age of participants 7<sup>th</sup> through 12<sup>th</sup> grades

Parent training- free parent workshops offered at Perry Junior High School, sponsored by New Hartford Community Coalition for Prevention of Alcohol and Drug Abuse, with support of New Hartford Central School District and Parent Teacher Organization, workshops are free and open to public, some workshops include: “the homework challenge, how parents can help,” “The parent/teen relationship- Better Connections,” “The power of words, How to Talk so Kids will Listen and Learn Respect.” Workshop series- “Nurturing Families,” “Effective Discipline,” “Helping Teens deal with their emerging sexual and new relationships,” and “Network with others about typical issues facing parents of all age children.”

### **New York Mills Schools**

**Jr./ Sr. High School-** various sports, meet five times a week after school, sometimes meet on non-school days for contests or practices, structured supervision and transportation provided, age of participants 7<sup>th</sup> – 12<sup>th</sup> grades, no cost of attendance, school sponsored

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-various clubs and programs- Yearbook, Student Council, Colgate Seminar, Technolympics, Festival of the Arts, Math Counts, School Newspaper, meeting times vary per week, meeting times during and after school, structured supervision provided, transportation provided when needed, age of participants 7<sup>th</sup> – 12<sup>th</sup> grades, school sponsored

-Music/Band- Chorus- meets during and after school, times per week varies, age of participants 8<sup>th</sup> –12<sup>th</sup> grades, Band- meets every day for twenty minutes, performs three concerts per year, football games and Memorial Day Parade, 50 – 55 participants, school sponsored; Jazz Lab, Solo Festival, Percussion Ensemble and Pit Orchestra, meeting times and days vary, age of participants 7<sup>th</sup> – 12<sup>th</sup> grades, structured supervision and transportation (when needed) provided, school sponsored

-Computer Camps- four offered per year (Word Processing, Micro-worlds, Desktop and Web page Design) age of participants 5<sup>th</sup>-8<sup>th</sup> grade, cost is \$40 per session

-Mentoring- Regional Program for Excellence, go out half a day once a week for entire year for job shadowing, age of participants 12<sup>th</sup> grade, program provides structured supervision, done with BOCES and school sponsored.

### **Remsen Central Schools**

**Jr. & Senior High Schools** – The following are enrichment programs offered: Peer tutoring for high schoolers tutoring both other high schoolers and elementary-aged children; Big Brothers, Big Sisters; Peer Leadership; Kids Oneida; and Migrant Tutoring, for students who reside in Herkimer County. In addition, the following extra-curricular activities are offered: Varsity, Junior Varsity, & Modified sports, Future Farmers of America (FFA), Marching Band, Yearbook, Newsletter, Student Council, Athletics, Future Homemakers of America, Speech Team, Senior Play, Ski Club, Honor Society, United Nations Club, Spanish & French Clubs, Art Club, Junior High Honor Society, SADD.

### **Rome City Schools -**

12 schools ( 1 high school, 2 junior high schools, 9 elementary buildings)  
– total of 6200 students

### **Rome Free Academy High School and Staley & Strough Junior High School:**

-various clubs and activities, five days a week during and after school, provide structured supervision and transportation, number capacity and participating varies, school sponsored. Various sports, after school five days a week, meets on some non-school days, structured supervision, transportation provided and school sponsored. Levels for sports are freshmen-grade 9, junior varsity-grade 10 and varsity-grades 11 and 12. Intramurals available for grades 5-12. Over 90 teams supported by school. Mentoring Days- students go to work with area business person for the day; Regional Program for Excellence- students nominated, programs during summer and school year. Summer program- 6 weeks of job shadowing,



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school year program-job shadowing 1x/week for 30 weeks. Currently making arrangements with Oneida County social services for mentoring program between older and younger students. No formal parent training programs.

- Spoke with Director of Support Services, stated that main problem with before and after-school programs is first, lack of funding, and second, staffing. Also problem that Title I only provides funding to half of elementary schools, and other four schools don't have funding.

### Sauquoit School District

**High School** – After school activities include Yearbook, Newspaper, Ski Club (cost to student, but transportation provided), Student Council, Jazz Band, Boys & Girls Choirs, Forensics, and Drama Club. The school district provides a late bus on Tuesday and Thursday, and there is an attempt to schedule as many activities as possible on those days. Other days rely on parent pickup. In addition Sauquoit participates in the Colgate Seminar, has National Honor Society and Interact, a junior Rotary service club that meets once per month, and high school students volunteer to tutor middle and elementary school students after school

**Middle School** – Tutoring after school and yearbook activities on Thursday from 2:30 to 3:30. National Junior Honor Society meets two times per month, and SADD (Students Against Destructive Decisions) meets three times per month, both from 2:30 to 3:30. Student Council meets once per month after school and Math Counts, every other Tuesday, 2:30-3:15.

### Utica City School District

**Proctor High School** – Activities include tutoring after school from 3-6 p.m., Dance Club, Ski Club, Weight Room, Marching Band, Orchestra, Jazz Band, National Honor Society, and Colgate Seminar. Ski Club and Band also meet on non-school days. Additional activities include International Club, Model UN, Yearbook, Student Council, Bosnian Culture Club, NJROTC, Young Scholars, Youth Construction, Debate Team, Drama Club, and Newspaper. Late bus is provided for all (3:15-3:45), and there is no cost for any of the activities. Athletics include Varsity, Junior Varsity and Modified Teams, and there are buses for away games, which sometimes meet on non-school days.

The school always perceives a need for more activities to try to engage as many kids as possible, even if some don't care to participate.

**Middle Schools:**

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**John F. Kennedy Middle School** - various athletic activities with late bus provided after school, Hospice and support groups after school with late bus provided, and Aggression Reduction Group after school with late bus provided.

**Donovan Middle School** – various athletic activities and band, orchestra, Yearbook, Student Council and the school newspaper, The Spectator meet between the hours of 3 and 9 p.m. After-school clubs include: Drama Club, Chess Club, Comic Book Club, Art Club, Service Club, Communications Club, Entrepreneur Club, Future Teachers of America, Science Club, and Home and Careers. In addition, Big Brothers/Big Sisters meets for activities, Moving Up Committee, Mediation and Anger Management classes, and on Tuesday and Thursday afternoons, tutoring is provided. A bilingual tutor is available also, and on Tuesdays, special Tuesday activities are scheduled. After school help is available Monday through Friday. Late buses run at 3:00, 3:30, and 4:15 p.m.

<b>Vernon-Verona-Sherill School District</b>
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**High School-** various sports and clubs, meet five days a week during and after school, some sports meet on non-school days, programs provide structured supervision and transportation, number of participants and capacity varies, no cost of attendance, sponsored by school

-mentoring program- Teacher As Mentor, meets five days a week during homeroom, provides structured supervision and no transportation needed, no cost of attendance, school sponsored, number participating and capacity varies, age of participants 9<sup>th</sup> – 12<sup>th</sup> grades, most formal program at 9<sup>th</sup> grade level- all 9<sup>th</sup> graders participate, program just started this year- “Pilot project where 12 students are in one homeroom and that teacher serves as an advocate for those students. The district is attempting to have one adult get to know the student and their family better. Appears to be working fairly well so far.”

- Parent training- structured around graduation requirements and academic requirements, provides structured supervision, school sponsored

**Middle School-** various sports and clubs, meet five days a week after school, age of participants 7<sup>th</sup> and 8<sup>th</sup> grades, programs provide structured supervision and transportation, some sports meet on non-school days, capacity and numbers participating vary, no cost of attendance, school sponsored

-mentoring- Hamilton College Mentoring for Girls, meet five days a week during school, provides structured supervision, program only for 7<sup>th</sup> and 8<sup>th</sup> grade girls, done in collaboration with Hamilton College

-mentoring-“Looping, long term continuous contact with a team of teachers. Students stay together as a unit with the same teachers and their respective classrooms for 7th through 8<sup>th</sup> grades, This has been utilized for several years and appear to work quite well with teachers getting to know students and their families better.”

-parent training- offered to students’ parents at Middle School level

-social worker- at school five days a week during school for 7<sup>th</sup> and 8<sup>th</sup> grades, school sponsored

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\*Answered YES to: Do you perceive a need for additional after school programs to meet the supervision/ activity needs of the children in your district?

“There are not enough coaches or facilities for the modified sport program mainly due to cost.”

<b>Waterville Central Schools</b>
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**Middle & High School** – Insight House is there and a Resource Officer for the DARE program one day and three days, respectively, during the school day. Kids Oneida and Youth Empowerment provide some support to the school at varying hours, and Tolerance Diversity training is an activity. After school, for high school students, the Drama Club meets, Cooking Club, Computer Club, Outdoor Club, and Ski Club. Late bus transportation is provided, and there is a cost for Outdoor Club (new) and Ski Club. Both also meet during non-school days.

The school perceives a need for additional after school activities.

<b>Westmoreland Central Schools</b>
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**High School** – Athletic activities operate from 3:00-8:00 p.m. and include Modified, Junior Varsity, and Varsity Teams. Key Club and Jazz Club each meet one day per week after school, and additional activities include SADD, Marching Band, Yearbook, and Student Council.

The school does not perceive a need for additional after school programs, because of its size. It is better that there is not too many, and some other activities may get set up on an intramural basis.

<b>Whitesboro Central School</b>
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**67 Whitesboro St.**

**Yorkville, NY 13417**

**Contact: Patricia Wilcox, Business Superintendent, 266-3306**

**High School-** various clubs and sports, five days per week, during and after school, program provides structural supervision and transportation, some sports do meet on non-school days, age of participants 9<sup>th</sup> –12<sup>th</sup> graders, no cost of attendance, school sponsored -mentoring-Regional Program of Excellence, varies times per week, during and after school, provides transportation and structured supervision, age of participants 12<sup>th</sup> grade, no cost of attendance, school sponsored, capacity 20 students, participating 20 students; New Vision, for talented juniors and seniors, two times per year student shadows a professional in a field of interest (examples lawyers, doctors); Career and Community Options- for academically poor students, teachers aide helps student connect with community; show them different job options, how to get uniform for job, get ready for job, how to ride bus to work, different work skills and time management skills, check in

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at student's workplace, see if there are any problems, done in collaboration between workplace and school.

**Middle School-** various sports and clubs, meet five times per week during and after school, program provides structured supervision and transportation, age of participants 7<sup>th</sup> and 8<sup>th</sup> grades, sponsored by school

-before school use of gym- five time per week, before school provides structural supervision, transportation not provided, "utilized by those that walk to school or get dropped off before school begins, rather than hanging around outside school.", age of participants 7<sup>th</sup> and 8<sup>th</sup> grades, sponsored by school

-mentoring- SABA, School and Business Alliance, middle school level, looks at many different business, students shadow workers, student is shadowed by teacher and someone in work field

\*Answered YES to: Do you perceive a need for additional after school programs to meet the supervision/activity needs of the children in your district?

-“Due to budget constraints, assistant principal position at this building has been eliminated from next years budget. Looking for grant money or another form of funding to reinstate position.”

**Parkway School (6<sup>th</sup> grade)-** various sports and clubs, meet five times per week after school, transportation and structured supervision provided, now cost of attendance, school sponsored

-DARE Programs- five times per week, during school, provides structured supervision, sponsored by school

-Prism Program- gifted children, five times per week, during school, program provides structured supervision, school sponsored

-Student Council- varies per week, during and after school, transportation and structured supervision provided, school sponsored

-Roller Skating Parties- four times a year on Friday nights, provides structural supervision, transportation not provided, cost \$3.00 for skate rentals, sponsored by Parent Community Organization

**The Neighborhood Center** has an **Outreach and Prevention** program which is designed to provide a safe, positive environment where children and youth can build upon strengths, enhance self-image, and reduce risks of socially inappropriate behavior. The program also aims to provide outreach to homes and families to develop cooperative working relationships. Program serves primarily inner-city youth at the Mary St. site after school and from 12:30-4:45 in the summer. Teens have programs on Mondays and Tuesdays from 6 p.m. to 8:00 p.m. Children ages 5-18 are included, and 1320 were served in 2002, which was capacity. (How is this different than Day Care?)

**Boys & Girls Club**

Contact: Barry Cavannaugh, phone-724-2524

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The Boys & Girls Clubs within Oneida County are located at four different sites: Rome, West Utica, East Utica and Columbus Elementary School in Utica. Their hours of operation are Monday 3-6pm, Tuesday-Friday 3-9pm and Saturday 11-3pm. The Boys and Girls Club at the Columbus Elementary site is open everyday after school (during the school year) 3-6pm. Overall there are approximately 1,000 members. The Boys and Girls Club has a paid staff of one full time employee and 2-4 part-time employees (except at the Columbus site where there are 13 workers). Different programs at the Boys and Girls Club include, “power hour” everyday between 4-5pm in which kids 13 years and under work on homework and there is tutoring help provided. After 5pm there is the Keystone Club- which focuses on leadership qualities for kids ages 14-18 years. The “Smart Moves” program focuses on helping/ teaching kids to make good decisions about drugs, sex, and alcohol. The “Torch Club” is a leadership program, similar to the Keystone Club, for younger kids, ages 11-13. There is also a job ready program in which 30-40 kids participate. The job ready program helps participants prepare for employment with focus on interviewing, appearance, job skills and responsibilities. Throughout hours of operation there is always social recreation available with games such as ping pong, pool, foosball, and air hockey. Each location has a gymnasium for various sports and games. This fall, they plan to have state of the art computers with internet access at all the locations. Currently, there are 12 computers with internet access at the Lansing Street, Utica site. Also this fall, plan to work with Utica City Schools under a Safe Schools, Healthy Students Grant, and implement activities for after lunch in elementary schools. This should reach about 400 kids. Experimented with this program in past school year and it had excellent results.

### **MENTORING/TUTORING (Ages 11-18)**

*As a response to the need by many youth for prosocial adult role models, mentoring programs have become a common strategy for addressing adolescent problem behaviors in many communities. Mentoring programs help promote the Social Development Strategy, by bonding with adults who promote healthy beliefs and clear standards.*

*(Communities That Care Prevention Strategies: A Research Guide to What Works, 2000, DRP, Inc.)*

**Volunteer Center** runs a Tutoring Program during the school year at 10-12 sites with area businesses and served 963 children during 2001 being tutored one time per week. Children are bussed once a week to sites for assistance in core subjects. The Summer Tutorial program is run at 27 different sites throughout Oneida County for tutoring 2-3 times per week depending on the site and served 3,171 children in 2001. Tutoring is for children in grades Pre-K through 12<sup>th</sup> grade.

### **United Cerebral Palsy**

**Big Brothers, Big Sisters** is a mentoring program that matches adult mentors with youth ages 6-14 from single family homes. The purposes of the program is to provide adult role models, thereby establishing a nurturing relationship and providing another resource in a child or adolescent’s life. Office hours are Monday through Friday, 8:00 a.m. to 4:00

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p.m., but mentors are available on days and hours that they arrange with their matched “little”. Currently they have 80 adults signed up as mentors, but they still have a waiting list of 60-70 youth who need a volunteer. Funding is entirely dependent on the United Way and Youth Bureau grants and private contributions or other foundation grants. The program accepts referrals from schools, self-referrals, etc. Minority group mentors are needed, and transportation is a problem for group activities that they attempt to organize for youth on the waiting list. In the year 2001, 317 children were served with 210 volunteers. The only other barriers are sometimes parent follow-through to complete the application process or to schedule appointments with the “Big” or mentor.

In addition to a waiting list program, which attempts to provide group activities for those youth until they receive a mentor, Big Brothers Big Sisters expanded into school settings in 2001 with the development of **School Based Mentoring**. This program matches high school students with elementary students in a school setting and assists in reaching children from rural areas where it is more difficult to find adult volunteers. Schools involved in the school-based mentoring program include Adirondack Central School, Waterville Schools, Camden Schools, Remsen School District, and Utica City Schools.

### **Young Scholars**

Run through Utica College, this program identifies economically disadvantaged inner city students and provides mentoring/tutoring services. Students are identified in the sixth grade and begin the program the following summer. Students must be nominated by their sixth grade teacher. The program’s goal is to graduate sixty students per year with a Regents diploma and prepare them for secondary education. The program serves the city of Utica and is run on-site in the junior and senior high schools. It is designed to take on 300 students per year. Currently, it utilizes the services of 90 volunteers who are college-educated and must pass a background check. Funding for the program comes in three parts: 1/3 from the State of New York, 1/3 from the Utica City School District, and 1/3 from Utica College. However, the continuity of this funding has been a barrier to providing the program, as it is dependent on the state budget. Finding qualified tutors for upper levels of education has also been a difficulty.

### **Ready Set College**

A collaborative effort between Oneida County and MVCC to target at-risk juniors and seniors in high school to help them successfully complete their high school education and continue on to college. Students are identified and recruited in the 8<sup>th</sup> grade and begin involvement with the program the following summer. Students are then matched with enthusiastic adult mentors who have passed a background check. The program is run during the school year and the summer at MVCC. The summer program consists of 5 weeks of academic enrichment courses, and 9<sup>th</sup> and 10<sup>th</sup> graders receive a stipend during those 5 weeks. Juniors and seniors have the opportunity to take up to 10 college credits and have their textbooks paid for at MVCC, and so when they graduate they are already matriculated into the university. There are currently 110 students (from grades 9-10) enrolled in the program. The program accepts referrals from anyone but deal mostly with

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high school guidance counselors. Funding for the program comes from the Oneida County Board of Legislators, the Oneida County Department of Social Services, and Oneida County Workforce Development (as well as an in-house grant from MVCC). Finding qualified mentors is the only major barrier the program faces.

### **Kids Oneida**

Kids Oneida is a special project jointly sponsored by the NYS Office of Mental Health, NYS Department of Health and Oneida County government. The purpose is to divert children with serious emotional disturbances from out-of-home institutional placements and/or to shorten the time that children remain in such placements through the use of intensive, flexible community services. Enrollment is voluntary and individualized plans of care are developed in partnership with the child and parent(s). The program is funded through Oneida County DSS preventive funding and Medicaid funds for specific services. Children and youth ages 6 to 18 (average age = 14.5 yrs.) with a DSM-IV mental health diagnosis are referred through Oneida County DSS, the Committee on Appropriate Placement (CAP) and the DSS Placement Committee. The number of program participants is approximately 110 annually. Services are available 24 hours a day, seven days per week, and Kids Oneida contracts with child care workers and community supervisors for the tailor-made plans. Services include recreation and mentoring, and most children and youth also receive services such as service coordination, individual and family therapy, psychiatric medication reviews, assessments, and intensive supervision. Kids Oneida had a very positive program evaluation completed in October of 2001 of the first three years of operation through the New York State Office of Mental Health's Bureau of Children and Families.

### **Youth Empowerment Project**

Case management services, including the establishment of a mentoring relationship, are designed to keep youth out of placement and in their regular school environment. The program operates 24 hours a day, 7 days per week, working with parents, teachers, and directly with youth ages 3-21. Transportation is not an issue, because workers go to the client's home or school. Currently the project works with 50-60 families and provides training for violence prevention in 20-25 schools.

## **YOUTH EMPLOYMENT WITH EDUCATION**

*Vocational training and employment programs are primarily intended to increase youth employment and earnings, although secondary objectives frequently include improving young people's social and educational functioning. Vocational training and employment programs have been well evaluated in large-scale evaluations. Youth employment and training programs are generally able to recruit participants successfully from hard to reach populations exposed to multiple risk factors. Research has shown that long-term impacts on risk and delinquency outcomes appeared only when the program included a significant educational component and included other*

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*support services for youth. (Communities That Care Prevention Strategies: A Research Guide to What Works, 2000, DRP, Inc.)*

### **Oneida-Herkimer-Madison BOCES**

**School and Business Alliance (SABA)** provides opportunities for middle and high school students to explore career options through direct interaction with people from the business community. The worksite visits, career speakers and career shadowing experiences help students determine if careers fit their interests, values and abilities. SABA also provides career development activities and individualized career portfolios. During the 2000-2001 school year, SABA provided 150 career speakers, 100 worksite visits, and 1,000 career shadowing experiences.

### **Madison-Oneida BOCES**

### **Oneida-Herkimer-Madison BOCES**

Both BOCES have the following programs:

**Project CONNECT:** Through this cooperative tri-county project, BOCES (Boards of Cooperative Educational Services) in three counties assist out-of-school students in returning to school or obtaining a GED and learning the skills they need to become employed. This program has been deemed a “Promising Practice” by the New York State Dept. of Labor and presented as a model by the New York State Youth Bureau Association. The program is for individuals who are not attending school, tries to help kids earn their GED, provides flexible training towards GED and/or vocational training; also helps kids prepare for future employment and connect with prospective employers. Program is aimed at 16-21 year olds who have left school or are at risk of dropping out. Program is run in collaboration with both area BOCES, Herkimer County and Workforce Investment Board. Last year had 1,000 intakes, of those, 200 earned their GED, 20 returned to high school, many waiting to take GED testing within next several months and some are still continuing with program.

A strength of Project Connect is that it tracks the young people who are involved in their program. Individuals in program are referred by school district, probation, or community based organizations. Also, Project Connect has run an extensive PR and public advertising campaign to reach the public about their program. Project Connect is run as a partnership across three counties and one-stop centers in conjunction with the Workforce Investment Board.

**Career Explorations Program:** A six week program for in school youth. Program is run through Madison County Employment Training and Oneida County Workforce Investment Board. Program provides case management and summer employment to in school youth. Students are selected through school district referrals and employment training office. This summer there are 65 students in the Career Explorations Program, annually there are 100 youth participants (not all students are from Oneida County).



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### **Regional Program for Excellence**

A tri-county (Oneida-Herkimer-Madison) program that offers highly motivated high school juniors and seniors the opportunity to explore their tentative career choices through participation in internships of at least 72 hours. The program is offered in two sessions: summer and school year. Students are matched with volunteer mentors from agencies and institutions in their area of interest. The program is funded by the participating school districts. To participate, students must be at least 16 years of age and maintain at least a B average. Enrollment for the 2002-2003 school year is 165 for the three county area, and there is no limit on the number of students who can enroll (Oneida BOCES districts have enrolled 81 students in the program – BOCES districts cross county lines, so it is not possible to distinguish Oneida County students.)

**The Entrepreneur Center** offers **Youth Entrepreneur Training** in all Utica City Schools to train students how to open their own business and run it successfully.

**Oneida County Youth Bureau** runs a **Summer Youth Employment** program for seasonal work in the cities and towns parks and playgrounds. Youth 16 and up are eligible for employment, and projections for Summer 2002 are for 140 youth in the cities and 40 youth in the surrounding towns. Students work approximately 25 hours per week for 7 weeks during the summer, and funding is local county dollars.

**Oneida County Workforce Development** offers a number of programs for youth that involve close linkages with local educational agencies. These programs are housed at the Utica ACCESS site operated by the BOCES Consortium of Continuing Education. These programs currently serve large numbers of consumers from the Washington Courts area:

- **PAVE:** The Progressive Adolescent Vocational Exploration program is a dropout prevention program that provides remediation, career education, counseling, vocational exploration and life skills instruction to at-risk youth. PAVE uses an experience-based career education model, which employs community resources to provide hands-on career exploration opportunities for participants.
- **AVE:** The Adolescent Vocational Exploration Program is designed to provide in-school youth ages 14 to 17 the skills to help them define and clarify their career and educational goals. The program is designed to serve youth at risk of dropping out of school by improving attitudes, expanding career awareness and developing a foundation layer of skills and competencies needed for long-term positive impact on future learning and employment goals.
- **Probation Employment Program:** This effort helps youth 14-21 who have come to the attention of the justice system. Services include individualized, pre-employment skills training, subsidized work experience and follow-up retention counseling.
- **Transition Program:** Through this effort, incarcerated youth aged 16-21 are linked with community, educational and employment opportunities as they are

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released from jail. They receive skills training, counseling and other support services as necessary.

- **Junior Green Team:** Youth who are no longer in school can receive a GED and work skills through this program in which they work with local employers in environmental occupations and perform community service projects.
- **Ladder to the Future:** Oneida County Workforce Development and St. Paul's Baptist Church have partnered in this effort, which is part of President Bush's Faith-Based Initiative. Through this project, inner-city young people in the Cornhill area are being exposed to the *Working Solutions* Career Center system, receiving counseling through faith-based community representation and learning about programs that can help them stay in school and achieve higher grades.
- **Call Mohawk Valley Home:** Through this Oneida County-funded initiative, high school students receive career awareness instruction from employers and are also able to participate in job shadowing experiences. This program helps reinforce the need for students to complete high school with a solid academic record.
- **Central New York Career Awareness Network:** CNYCAN will provide adult education and family literacy activities through technology and the Internet, including GED, English instruction and adult basic education classes and also provide a technology access site for residents who lack access to technology at their homes. Instruction is delivered at the Utica and Rome campuses of Mohawk Valley Community College.
- **School to Work Summer Academy:** Youth receive academic summer enrichment and work experience. Academics are at MVCC. Work projects are in the city of Utica. **Goal:** Focus on the direct lessons that can be learned in the work setting.
- **Summer Youth Employment**

For Oneida County youth ages 14 – 17 who meet TANF requirements. Students work for 5 weeks during the summer, for minimum wage, with mostly government or not-for-profit organizations. Students get work experience and labor market education. Funding for the program comes from the State of New York. Referrals are taken from schools, foster care agencies, the House of Good Shepherd, the Office of Probation, and most governmental and non-profit organizations. The program serves about 225 youth annually but could double that amount with more funding. Lack of appropriate funding is the only identified barrier to this program.

- **College Corps**

For college students whose permanent residence is in Oneida County. Students are matched with business people and employers in their particular field of study and work up to 200 hours. Priority is given to juniors and seniors. The program serves about 125 students annually and more students apply each year than the program can serve. Barriers are lack of appropriate funding and a need for increased support from the private sector in the community. The County pays half of the students' salaries and the other half comes from the individual employers. So, if the program itself had more funding and more businesses/employers participated many more students could utilize the program.

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- **MVCC COPS Program:** In partnership with the Utica City School District, Mohawk Valley Community College provides both education and work experience to youth at risk of dropping out of school. The program complements the Career Options Program at Utica’s Thomas R. Proctor High School.
  - **Mohawk Valley Technology Training Project:** This project, funded through a grant from the U.S. Department of Labor, helps develop a highly skilled workforce through training local residents in high-demand occupations in health care, education and technology. It can affect the target population in three ways:
    - **Unemployed:** Adults who need to increase their skill levels can receive scholarships at local providers for courses in demand occupations.
    - **Employed:** Adults who have entry-level jobs and minimal skills can be trained in high tech careers.
    - **Emerging Workers:** Young adults with basic technology skills can get hands-on experience to increase their ability to find a job.
  - **E-Learning Project:** Oneida County Workforce Development is issuing vouchers to unemployed residents who need to increase basic skills and basic technology skills. Voucher recipients will be able to take an on-line course at a local training provider, using the technology that exists in the Resource Room of the *Working Solutions* Utica Center.
  - **Welfare-to-Work:** Through partnerships with community-based organizations the Dept. of Social Services and local employers, this effort transitions long-term public assistance recipients into employment by providing job skills training and extensive support.
  - **NY WORKS:** Workforce Development provides Family Assistance recipients with job development and post-employment services, including case management during subsidized employment, assistance into unsubsidized employment and job retention assistance.
  - **Pride in Work:** Oneida County Workforce Development works with a local training provider in Utica to prepare public assistance recipients for jobs and place them in unsubsidized employment. The program includes group and individualized training and job search help.
  - **InVEST:** Through this program, local residents can receive vouchers worth up to \$3,500 that will help them receive training in demand occupations. A companion InVEST program for employers allows entry-level employees to receive additional training that can help them achieve self-sufficiency.

In addition, **Oneida County Workforce Development** is a partner in the Mohawk Valley Building Trades Task Force, which is working with local labor unions that provide apprenticeship programs to increase the numbers of graduates who are able to find work in the Utica area and to increase enrollment in a key part of the program – the building trades courses at Mohawk Valley Community College. Efforts to increase opportunities in the trades are have been cited as a “Promising Practice” by the New York State Department of Labor. Through this project, scholarships have been made available to assist potential applicants.

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Youth are also served by the **Cosmopolitan Center**, which works in cooperation with the Oneida County Youth Bureau, Utica City School District and other public and not-for-profit partners to help young people overcome barriers to success. These programs encourage youth leadership development, assisting youth to solve their own problems, and working with families to uncover root problems that are a part of the background to youth malaise.

These programs include:

- **Youth Work Skills Program:** The Center provides counseling and training designed to help out of school youth return to school and also gain work readiness skills to assist them to find employment. The Center's Youth Work Skills Program, affiliated with a regional program, works with students to provide work readiness and work experience for Utica-area students so that these students can achieve higher level goals.
- **Utica Youth Corps:** This is a comprehensive youth development and community service program that helps individuals who want to revitalize the community through conservation, neighborhood renewal and community service projects. Through its link with the national Americorps program, this offers young people the opportunity to learn and earn while they serve the community.

**Human Technologies Corps.** offers **Pinnacle: School to Work Transition**. The program provides services to non-college bound seniors with barriers to employment. It provides individual work plans, job-seeking skills, employment placement, coaching and support services. The goal is to help students become self-sufficient following high school graduation.

## **OTHER TEEN-FOCUSED PROGRAMS**

**Mohawk Valley Community Action Agency, Inc.** has six programs:

- **Runaway and Homeless Youth** provides short term residences, crisis counseling, family mediation aimed at reunification, and referrals to other agencies or services to ensure safety and stable living for youth in Oneida County. The goal is to keep youth safe and off the streets and to reunite with families whenever possible. Volunteers are used for a network of interim Host Families for short-term placements (currently 19 volunteer families). Program is funded by a federal HHS grant, NYS Office of Children and Family Services, United Ways of Utica and Rome. The program serves youth up to 21 years of age and anyone can refer. Gaps in services include the lack of shelter for boys aged 16-18 years who may be inappropriate for a RHY Host Home, and barriers are parents who may be unwilling to participate in mediations or goal planning. Program serves approximately 165 youth per year and operates 24/7.
- **Street Outreach** works directly with youth on the streets to provide "curbside counseling", crisis intervention, information and referrals, and food and hygiene supplies. They serve as a direct link to the Runaway and Homeless Youth program, and the goals are to develop a rapport and trust with street youth; to

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- build self-esteem; and to empower youth to take the steps necessary to get off the streets. Funding is through a competitive HHS grant awarded for three years. The program works with youth up to 24 years of age in Oneida County and accepts referrals from anyone. Gaps in services are the lack of organized activities and supports for males, and barriers encountered stem mainly from the transient nature of the population served. Youth served are approximately 133 per month and 1356 per year.
- **Pregnancy Prevention Program** provides a computerized infant simulator “Baby Think It Over” doll, and youth participate in pre and post sessions to evaluate awareness and aid in decision-making skills. The goal of the program is to increase awareness of risk of pregnancy and responsibilities and empower youth to make informed decisions. Planned Parenthood funds the program, which is funded year to year. It serves youth up to 24 years and referrals are accepted from anyone. Barriers are parents who refuse to allow youth to participate, and about 20 youth per year are served in the program.
  - **Adolescent Pregnancy Prevention Project** provides comprehensive and coordinated approaches to lowering the incidence of teen pregnancy in the 13501 and 13502 zip code areas. It provides prevention services to at-risk teens through the lead agency, MVCAA and two sub-contractors: The Cosmopolitan Center and The Family Nurturing Center. Services include case management (advocacy, home visits, informal counseling, referrals, etc.) from the lead agency and monitoring, recruiting, advertising of the program. The Cosmopolitan Center program offers recreation, youth development programming, summer camp activities and after school tutoring. Family Nurturing Center offers workshops for teen parents and their children and other services. Funding is through the NYS Office of Children and Family Services, and funding is expected to continue. Approximately 400 youth were served through the three agencies in some capacity each year.
  - **Supplemental Housing Intervention Program (SHIP)** addresses youth ages 16-21 who are at risk of being homeless. They also have to be TANF eligible to be served. The case manager assists youth in Oneida and Herkimer counties in obtaining safe housing, connections to education and employment, and any other needs that arise. The program serves approximately 40 youth annually, from short-term to longer-term services and receives state funding through the Office of Temporary & Disability Assistance, Bureau of Housing Services.
  - **Transitional Living Program** was recently funded through a federal HHS grant (for 5 years) for a shelter for males, ages 16-21. It will be located at the Pioneer Fitness Center, Utica, N.Y. It will be an 8 bed shelter and is targeted to open in Spring of 2003. Any male youth who is truly homeless is eligible for services. A cadre of services for independent living skills will be offered along with access to recreational programs and opportunities offered through the Pioneer Center, employment, counseling, and drug and alcohol awareness training.

**The Cosmopolitan Center** runs several teen-focused programs:

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- **Teen Prevention Program** to educate teens about STDs, teen pregnancy, etc. Speakers come in to talk about hygiene, young women's and men's issues. The goal is to get youth off streets, increase self-esteem, identify strengths, help them to get to college, strengthen family relationships, provide prevention for high risk behaviors. They provide 5-10 scholarships per year to encourage students to participate, and they use college students as volunteers.
  - **Older Youth Evening Program:** The program seeks to involve youth in positive recreational activities. Goals include: Improve inter-personal communication and problem-solving skills; Enhanced life skills; Greater self-confidence that comes through an awareness of personal strengths; Stronger family relationships; Decreased use and/or avoidance of drugs and alcohol; Reduced criminal activity and/or violence; Reduced risk of teen pregnancy.
  - **Special Delinquency Prevention Program:** The goal of the program is to prevent a minimum of 15 youth aged 8-20, from involvement or re-involvement with the justice system. The program provides service plans for each youth, provides case management and counseling, as well as assistance with academic, social, employment and personal issues.
  - **Youth Aftercare Program:** This program provides after-care services to youth aged 7 to 17 who are returning to the community from New York State Office of Children and Family Services residential care. Services provided include case management, referral services and human services. The primary goal of the program is to enable OCFS youth to be integrated into their home communities and prevent their re-entry into the juvenile justice system.

**The Neighborhood Center** has a **Transitional Life Skills** program offering case management and life skills training for youth ages 16-20 who are not able to reside at home. The goals are to assist youth in learning how to locate and maintain housing, budget money, and find and keep gainful employment. Funding is through local government and the United Way, and 50 youth were served in 2001, which was capacity. Levels of funding affect services.

**New Horizons** provides residential care for 16-21 year old young women who are homeless or who have run away. The goal is to provide a long-term, safe, stable and nurturing environment, provide groups to teach life skills, assist in education and employment. It serves Oneida and Herkimer Counties, but the residence is located on Eagle St. in Utica. It began in 1993, and the main funding sources are City of Utica, NYS Dept. of Children & Family Services, Utica National Insurance, United Way of Greater Utica, supplemented by fundraising. Referrals have come from Catholic Charities, Dept. of Social Services, and Runaway and Homeless Youth. Payment is made through DSS for client fees. The largest barrier to service is the young woman's attitude toward change and a better life. In 2001, 16 residents were served. This is a difficult population, and the young women come and go. They are not consistent in living there

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and preparing for the next step in their lives, and funding is an ongoing problem in providing a consistent program.

**Planned Parenthood** provides Reproductive Health Care- Family Planning, HIV testing and counseling and sexuality education (see Family section).

**Central New York Services** runs the following programs for teens:

- **Aggression Reduction Program** is a 10 week group run in Rome at the Mohawk Valley Community Action site for 12-16 year olds. Referrals are accepted through contacting Dr. Linda Sallett, originator and trainer for the program, at her Safe Schools office, 792-2205. The program meets once per week and serves approximately 30 youth annually. In addition, the program provides consultation to families with youth who act out aggressively trainings to groups and organizations throughout the community. Approximately 100 youth were reached for prevention intervention through these programs, and support and training were given to counseling agencies such as the Neighborhood Center and Family Services to run their own Aggression Reduction programs. Funding has been primarily through the Youth Bureau.
- **Services to Youth in Oneida County Jail**

**The Peacemaker Program** offers:

- **Project Challenge** – The program collaborates with schools and organizations to develop resiliency skills with at-risk youth. Project Challenge promotes learning skills such as teamwork, communication, conflict resolution, decision making, problem solving, coping skills, trust building, support and self-esteem building through experiential learning. The Project Challenge can be focused to address a variety of issues such as poor academic grades, behavior concerns, poor decision-making, drug or alcohol problems, low self-esteem or other issues. The program is currently working with Utica City Schools, but they can provide services to any group, school, or organization.
- **Ropes Course** for youth ages 10-15 who are deemed to be at risk of delinquency at school or in the community. They can be referred by human service agencies or schools, and the program is usually provided evenings or weekends. It provides challenging activities to develop resiliency and problem-solving skills as well as teamwork and communication or conflict resolution. Funding is primarily through Division of Criminal Justice in NYS and Community Development Block Grant funding. Transportation can be a barrier, and 150 youth were served in 2001.

**Other Red Cross Programs** include Babysitting course, Values & Decision Making, Health & Safety, Learn & Serve America.

**YWCA of the Mohawk Valley** started a Gay and Lesbian Youth program with a United Way Venture Grant and monies from Division for Families & Children and Dept. of Health. The goal is to help teens through troubled times in working through sexual

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preference and identity issues through individual counseling and support, possibly group support, and clients can be self-referred or referrals from anywhere in the community. Stigma associated with designation can be barrier, but there are virtually no other services available.

### **Substance Abuse Services**

In addition to these organizations, there are several substance abuse counselors in private practice who are listed in the yellow pages of the telephone book. Information about Alcoholics Anonymous and other 12-step groups is also available through Mohawk Valley Council on Alcohol/Addictions.

**Insight House** provides the following services for people with alcohol or chemical dependency:

- **Residential Chemical Dependency Treatment Services** provide 24 hour/7 day a week long-term program for individuals with a primary diagnosis of alcohol/drug problems. The goal is to stop using and prepare to return to their normal lives and resume independent living. Rehabilitation is a holistic program including assistance with vocational and educational services and recreation. Services are provided to all of New York State, and clientele is approximately 50% Oneida County. The program began in 1988 and is primarily funded through the NYS Office of Alcohol and Substance Abuse Services (OASAS). The targeted population is those 16 years of age and over who are unable to maintain sobriety as outpatients, and they have usually made several attempts. Payment is required, but sliding fee scale is available if insurance or Medicaid is not an option. Barriers to service include client denial of the problem and the focus of insurance companies on “quick fixes”, rather than the long-term managed care that is recommended, particularly for adolescents. Services for adolescents are typically scarce, and there are only a few programs in the state that admit adolescents. The program served 145 clients in 2001, with the capacity for 44 at any one time. Capacity is higher than use, since participation is voluntary, and many don’t want to go into residential care.
- **Chemical Dependent Outpatient Services** include screening, assessment, referral, outpatient clinic services, day rehabilitation (3-5 days per week for 4 hours per day), and intensive group therapy. The program began in 1971, and main funding sources are OASAS, Medicaid, self-pay and insurances. The target population is those of any age needing assessment or treatment for drug or alcohol problems, and referrals are accepted from anyone, including self-referral. Offices in Utica and Rome are open to the public, and additional offices are at the Annsville Youth Facility and on the Herkimer County Community College campus. Gaps in service include not reaching enough of the people who are employed during the day, and barriers include not enough services available for the number of youth who are in need. They receive about 2500 referrals per year and see about 900 clients per year. There are no waiting lists, but often clients don’t want to pursue treatment. Hours are y appointment in Utica every day,



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- including most evenings, and Rome Monday from 1:00 p.m. – 8:00 p.m. There are also specialized groups for the criminal justice population, sexual offenders, and adolescents.
- **The Family and Education Center** is the home base for prevention and training courses offered by Insight House, and it is certified by OASAS. In addition to information, assessment and referral services, teacher training and classroom presentations are offered, and they provide community presentations and consultation with businesses on drug-free workplaces, smoking cessation, and stress management. They can develop presentations to meet specific needs. Volunteers who are in recovery participate in giving presentations with staff by providing personal testaments. Funding for the program has been provided through OASAS, school districts, Youth Bureau, and grants, but all funding is questionable at this time to continue. They also offer smoking cessation programs for adolescents and adults. Family-focused strategies include preventive education and parent counseling. Two programs offered for parents are Preparing for the Drug-Free Years and Parents Who Care, both nationally recognized and research-based programs. They have run a limited number of groups and receive referrals from other provider programs, such as Kids Oneida, but they have the capacity to do much more. Both parent programs are 5 weeks long for one hour, one time per week. Barriers may be lack of awareness of both parents and providers, in addition to some difficulty getting parents interested in participating for 5 weeks, particularly as a prevention effort.
  - **Student Assistance Program** is currently offered in six Oneida County schools: Westmoreland, Sauquoit, New Hartford, Waterville, New York Mills, and Donovan Middle School in Utica (Most sites are one day per week contracts, and New Hartford is two days.) Counselors provide individual assessment and counseling for youth at risk and may offer outreach and consultation with families as well, referral and linkages to treatment for all levels of intervention needed. In addition, at the schools, they may provide teacher training and consultation and classroom presentations.

**Mohawk Valley Council on Alcohol/Addictions, Inc.** offers workplace training and Employee Assistance Program (EAP) services, community education, information and referral, and intervention counseling, and preventions skills training in area schools.

- **Employee Assistance Program** offers crisis and trauma relief in addition to short-term assessment and referral for drug and alcohol problems and educational presentations to the community, schools, or workplaces. Office hours are 8:30-5:00, Monday –Friday, with some evenings and weekends by appointment, and a 24 hour answering service with someone on call to respond. Employees have a National Employee Assistance certification, and volunteers are used through student interns for clerical assistance. The program began in 1982, and the main funding source is employers who contract with MVCAA. The individual may receive up to 7 visits without paying. The client population is employees of client companies and their families, and referrals are from self or the company, usually the personnel office. Transportation can be a problem for rural workers, and

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- sometimes income level when they need to refer the client for further services. It may be difficult to find providers that accept the insurance plan the client has, or getting Medicaid in place for them. They serve about 50 client companies and average about 50-55 counseling contacts per month. They have the capacity to increase those contacts substantially, although it would require increased staffing.
- **Prevention Program** is a resource dissemination program through library, videos, brochures and pamphlets, in addition to telephone or on-site assistance to family members seeking guidance. They recently started providing Family Intervention, using a national research-based model, and anyone can come in for assessment and referral. Community-based services include presentations to schools, businesses, clubs, etc. The target population is anyone experiencing addiction or prevention with high risk youth exposed to alcohol or drug abuse with a goal of providing up-to-date information to the community regarding alcohol and drug addictions and getting anyone into treatment who needs it. Referrals come from teachers, families, companies, and barriers are primarily in referrals for services that have waiting lists, especially for those who also suffer from mental illness.
  - **Drinking & Driving Program** provides education, assessment and referral in a 16 hour, 7 week course provided nights and weekends for those mandated from the State in order to get their driver's license back. The goal is to link to treatment needed and to ensure there are no repeat offenses. The program serves all of Oneida County, with most services from the Whitesboro office and a satellite office in Rome. Part-time staff are often probation officers or school teachers who are certified by the State Dept. of Motor Vehicles for training. It began in the 1970s, and is funded mainly on client fees. Target population is those 16 and over who are arrested for Driving While Intoxicated (DWI). Referrals are from the Dept. of Motor Vehicles. Gaps include lack of interpreters for non-English speakers, transportation without a driver's license, and getting people referred out who need services and don't have health insurance, or getting clients with Medicaid into services that don't accept Medicaid. The program served 426 last year, about 20 classes per year with 20+ people in each class.

**Center for Addiction Recovery** is certified by the New York State Office of Alcohol and Substance Abuse Services (OASAS) to provide assessment, evaluation, and outpatient treatment for individuals and families who suffer with alcohol/substance abuse or dependence. The goal of the program is to help individuals with substance abuse problems achieve abstinence and be fully participating members of the community. It serves all of Oneida County from its location in New Hartford, from 8:30 a.m. until 8:00 p.m. Monday through Friday, and Saturday by appointment (not for new clients.) The program began in 1989, and funding is primarily through insurance and self-pay, Medicaid. Target population is persons with substance abuse problems ages 13 and up. The program accepts referrals from anyone, and there is limited financial assistance if insurance cannot cover the fees. Transportation is not a barrier, because they have vans and drivers to go and get people, but it is sometimes a problem for single parents to get treatment without child care. About 350 clients were served in 2001, and they could see

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more. Barriers to service may include clients with specific medication addictions that are not traditionally considered addictions.

**Rescue Mission** is a Christian Ministry to assess and meet the physical, emotional, and spiritual needs of all people coming for assistance. There is an alcohol crisis center, residential treatment program, emergency housing, representative payee, enriched living center, drop-in center, transitional housing, culinary apprenticeship program, innovative learning center, and Welcome Hall Community Center.

## **STRENGTHS & GAPS ANALYSIS**

Mentoring programs in schools are limited often to the programs offered by BOCES through SABA (School and Business Alliance) for job shadowing once per year or New Visions or Regional Program for Excellence. These involve ½ day per week of work on a job site, but are limited to a few students. Other options in school sometimes involve older students mentoring elementary students. The Utica school district has done the most in regard to mentoring programs, and the Clinton school district has a mentoring program to promote leadership skills for, again, a limited number of students.

The schools believe that programs coming into the schools need to concentrate on their mission for academic achievement. Special education students need continuous support and sometimes therapy services that are beyond the scope of the schools to provide. There is a need for more professional staff to provide those support services in school, but funding those services is difficult. Schools estimate that we are only meeting 10-20% of the need that they see every day through existing resources, and there is a lack of necessary dollars to address need. In terms of demographic or geographic gaps, we seem to be providing more for a higher percentage of youth in Utica school districts, with fewer services to outlying districts. The lack of transportation in outlying districts for before and after school activities is a barrier to participation, and the use of school buses is extremely costly.

After school activities provided by schools are usually clubs and sports, but they vary by district. Very few districts offer parent training programs, but one that does yearly is New Hartford Middle School. Other schools have experimented with a Family Night, and most schools believe it is difficult to engage families that will need it the most. Utica schools have tried various programs and offer the FAST program (a recommended program) through Family Services to a very limited number of families. The Nurturing Programs, through Family Nurturing Center have been offered through schools in the evening, too, but both programs are cost-prohibitive without subsidies and have been used narrowly.

Youth employment programs are available for both urban and rural youth through local government and the Workforce Investment Board from high school age through college. Employment training for youth is done by The Entrepreneur Center and BOCES. Summer recreation and year-round recreational facilities for youth have not been

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assessed and will be completed through the Community Youth Mapping project, due to be finished in August of 2003.

## RECOMMENDATIONS

1. **Transportation is an issue for both rural and urban families; acknowledge barriers and work to improve access to services and activities.**
2. **More communication and community education is needed about what is available; resources should be marketed countywide to potential clients or consumers and at multi-levels using newspaper, television, radio, other outreach.**
3. **Increase parental involvement with schools at the middle and high school level.**
4. **Traditional “services” are not attractive to this age group; services should be offered on-site, as a part of the culture of the school as much as possible.**
5. **Increase the integration of substance abuse prevention services in schools.**
6. **Improve the tracking and monitoring of mental health issues for middle and high school youth.**

<b>ECONOMIC SECURITY &amp; STABILITY: Economic Deprivation</b>
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*The community is the context in which families raise their children. Families of all socioeconomic levels, all cultures and races, in all neighborhoods across the country, must recognize the powerful influence of the community on the development of young people. The community context can increase the risks in young people's lives, or, working hand-in-hand with families, schools and youth-serving organizations, can help create a web of protection for youth [and families.]*

(CTC Prevention Strategies: A Research Guide to What Works. (2000). Seattle, WA: Developmental Research and Programs, Inc.)

**Children who live in a poor, deteriorating neighborhood where the community perceives little hope for the future are more likely to develop problems with delinquency, teen pregnancy, and drop out of school. Also, children who live in these areas and have behavior or adjustment problems early in life, are more likely to have problems with drugs later on.**

Program strategies recommended to address this risk factor are:

- Prenatal and Infancy Programs (to ensure against the risk of poverty for healthy births & healthy starts)
- Youth Employment with Education

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Prenatal and infancy programs are covered in the Strengthening Families section, and Youth employment with education is listed in the Empowering Youth for Success section. In addition, we have listed area programs that deal with:

- Food Insecurity
- Housing
- Income
- Self-Employment
- Day Care
- Health Insurance.

## **FOOD INSECURITY**

### **Emergency Meal Sites (excluding sites specifically for senior citizens)**

- Hope House serves lunch and dinner seven days a week and is open to anyone.
- Salvation Army - "Sallie's Kitchen" is open daily for lunch for anyone.
- St. Margaret's Samaritan Center, Grace Church Parish Hall provides a daily soup and bag lunch meal at 3 p.m.
- Westminster Presbyterian Church - serves lunch on Saturday
- Rescue Mission - 3 hot meals, but primarily to clientele of Rescue Mission.
- Welcome Hall Community Center, 413 E. Dominick St., Rome

### **Emergency Food Supplies**

#### **Utica Area:**

- Utica Community Food Resource, Inc. (referral needed from Catholic Charities, Family Services, Oneida County DSS, Health Dept., Office for Aging, Senior Day Center, Runaway Youth, Rescue Mission), 251 Bleeker St., Utica
- Salvation Army, 14 Clinton Place, Utica
- First Presbyterian Church, 1605 Genesee St., Utica
- St. Francis DeSales Church, 1119 Elm St., Utica
- Thea Bowman House, 731 Lafayette St., Utica
- St. Martin dePorres, 1301 Howard Ave., Utica
- Grace Church, St. Margaret's Food Pantry, 6 Elizabeth St., Utica
- St. John's Church, 520 John St., Utica
- St. John's Food Pantry, 240 Bleeker St., Utica
- JCTOD, 26 Johnson Park, Utica
- Mt. Zion Ministries, 931 Herkimer Rd., Utica
- Blessed Sacrament Church, 1603 St. Agnes Ave., Utica
- Our Daily Bread, Westminster Presbyterian Church, 714 Washington St., Utica
- Rescue Mission Food Pantry, 212 Rutger St., Utica.
- Community Seventh Day Adventist, 93 Bleeker St., Utica
- Four Square Gospel Church, 1415 Sunset Ave., Utica
- Hope Chapel AME Zion Church, 751 South St., Utica

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- House of God, 1304 Genesee St., Utica
  - Missionary Church of God in Christ, 726 Elizabeth St., Utica
  - Neighborhood Center, 615 Mary St., Utica
  - Salvation Ministries, 1101 Elm St., Utica
  - Tabernacle Baptist Church, 13 Clark Place, Utica

**Rome Area:**

- Country Food Pantry-Annunciation Church, 5476 Eureka Road, Rome
- Rome Food Pantry-Catholic Charities, 212 W. Liberty St., Rome
- Marantha Church, 108 Stanwix St., Rome
- Mt. Calvary Baptist Church, 203 Erie Blvd. East, Rome
- Rome Food Program, American Red Cross, 303 W. Liberty St., Rome
- Salvation Army, 410 W. Dominick St., Rome
- Welcome Hall Community Center Food Pantry, 413 E. Dominick St., Rome

**Other Food Pantries:**

- Elim Full Gospel Church, Route 12, Waterville
- Faith in Christ Fellowship, 3431 Oneida St., Chadwicks
- First Assembly of God, 9427 Maynard Dr., Marcy
- Foothills Rural Community Ministry, P.O. Box 156, Holland Patent
- Redeeming Love Fellowship, 9810 State Rt. 274, Holland Patent
- Camden Area Food Pantry, Church and Second Streets, Camden
- Sauquoit Valley Friends & Neighbors, Main St., Clayville
- Holy Family food Pantry, 4343 Peterboro St., Vernon
- Mathew's Place Food Pantry, 165 Main St. Boonville
- St. Patrick's Forestport & St. Mary's Church, River St., Forestport

**Other Programs**

- Cosmopolitan Center - monetary vouchers to Price Chopper according to need.
- Foodsense, reduced prices for food packages offered through Grace Church.
- Food Stamps, Oneida County DSS
- Compassion Coalition distributes food and other supplies through purchase of tractor-trailer loads.
- First Presbyterian Church as a free "Clothes Closet" for walk-ins.

**Hunger Networks**

The Utica Food Coalition and Rome Food Coalition include representatives from local food relief agencies. The Food Bank of Central New York is a member food bank of Second Harvest, an international hunger network. The Food Bank of CNY is located in East Syracuse, and either they or the Compassion Coalition distribute food for most of the participants in our local food distribution system.

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## HOUSING

### Emergency Shelter

The Rescue Mission offers an 18 bed shelter for males 18 years of age or older, 24 hours a day. No drug and alcohol use is permitted in the facility.

Emmaus House, 1215 Kemble St., Utica offers 18 bed housing for females and children, excluding male children over age 12. Intakes are done during business hours.

The YWCA, 1000 Cornelia St., Utica, offers a 13 bed shelter in Utica a 6-bed shelter in Rome for female victims of domestic violence or sexual assault and their children, excluding male children over age 16. Access is through a 24-hour hotline, and location of shelters is not disclosed. 797-7740.

Mohawk Valley Community Action offers emergency shelter for youth through the Runaway and Homeless Youth Program, with access through a 24-hr. hotline, 339-4960.

Transitional Housing (excluding Community Residences for the mentally ill, mentally retarded, or dually diagnosed. For more information on these programs see Shelter Care Report, 2003, available through the Oneida County Dept. of Mental Health).

New Horizons Young Women's Transitional Living Program transitional living facilities for young women from ages 16-21. Also, they have a limited short-term shelter space.

Mohawk Valley Community Action Agency is planning to open a transitional living program in Utica for young men, ages 16-21.

Catholic Charities halfway houses for chemically dependent men and women (2)  
Rescue Mission Addiction Crisis Center 25 beds  
Rescue Mission Residential Treatment Center 25 beds  
Rescue Mission Enriched Living Center Transitional (SRO) Housing -22 beds  
Insight House Chemical Dependency Residential Treatment Program 48 beds

### Permanent Housing

Section 8 Housing - Utica Municipal Housing Authority  
Rome Housing Authority  
Vernon Housing Authority

Shelter Plus Care - CNY Services  
HOPWA AIDS Community Resources and CNY Health  
Systems Agency's CNY HIV Care Network

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## Housing Support Services

Homelessness Intervention Program  
Agency

Mohawk Valley Community Action

Supportive Homelessness Intervention Program  
HUD Supportive Housing Program CNY Services

Emergency Food & Shelter Program -YWCA

Family Unification Program for families at risk of losing their children due to a housing emergency. Utica Section 8 Department and MVCAA together with Utica Municipal

Housing Authority

Emergency Cash Assistance provided by Oneida County DSS, HEAP program for utilities.

## **INCOME & EMPLOYMENT PROGRAMS**

**Oneida County Workforce Development** offers a number of programs for youth that involve close linkages with local educational agencies. These programs are housed at the Utica ACCESS site operated by the BOCES Consortium of Continuing Education. These programs currently serve large numbers of consumers from the Washington Courts area:

- **PAVE:** The Progressive Adolescent Vocational Exploration program is a dropout prevention program that provides remediation, career education, counseling, vocational exploration and life skills instruction to at-risk youth. PAVE uses an experience-based career education model, which employs community resources to provide hands-on career exploration opportunities for participants.
- **AVE:** The Adolescent Vocational Exploration Program is designed to provide in-school youth ages 14 to 17 the skills to help them define and clarify their career and educational goals. The program is designed to serve youth at risk of dropping out of school by improving attitudes, expanding career awareness and developing a foundation layer of skills and competencies needed for long-term positive impact on future learning and employment goals.
- **Probation Employment Program:** This effort helps youth 14-21 who have come to the attention of the justice system. Services include individualized, pre-employment skills training, subsidized work experience and follow-up retention counseling.
- **Transition Program:** Through this effort, incarcerated youth aged 16-21 are linked with community, educational and employment opportunities as they are released from jail. They receive skills training, counseling and other support services as necessary.
- **Junior Green Team:** Youth who are no longer in school can receive a GED and work skills through this program in which they work with local employers in environmental occupations and perform community service projects.
- **Ladder to the Future:** Oneida County Workforce Development and St. Paul's Baptist Church have partnered in this effort, which is part of President Bush's



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Faith-Based Initiative. Through this project, inner-city young people in the Cornhill area are being exposed to the *Working Solutions* Career Center system, receiving counseling through faith-based community representation and learning about programs that can help them stay in school and achieve higher grades.

- **Call Mohawk Valley Home:** Through this Oneida County-funded initiative, high school students receive career awareness instruction from employers and are also able to participate in job shadowing experiences. This program helps reinforce the need for students to complete high school with a solid academic record.
- **Central New York Career Awareness Network:** CNYCAN will provide adult education and family literacy activities through technology and the Internet, including GED, English instruction and adult basic education classes and also provide a technology access site for residents who lack access to technology at their homes. Instruction is delivered at the Utica and Rome campuses of Mohawk Valley Community College.
- **School to Work Summer Academy:** Youth receive academic summer enrichment and work experience. Academics are at MVCC. Work projects are in the city of Utica. **Goal:** Focus on the direct lessons that can be learned in the work setting.
- **Summer Youth Employment**

For Oneida County youth ages 14 – 17 who meet TANF requirements. Students work for 5 weeks during the summer, for minimum wage, with mostly government or not-for-profit organizations. Students get work experience and labor market education. Funding for the program comes from the State of New York. Referrals are taken from schools, foster care agencies, the House of Good Shepherd, the Office of Probation, and most governmental and non-profit organizations. The program serves about 225 youth annually but could double that amount with more funding. Lack of appropriate funding is the only identified barrier to this program.

- **College Corps**

For college students whose permanent residence is in Oneida County. Students are matched with business people and employers in their particular field of study and work up to 200 hours. Priority is given to juniors and seniors. The program serves about 125 students annually and more students apply each year than the program can serve. Barriers are lack of appropriate funding and a need for increased support from the private sector in the community. The County pays half of the students' salaries and the other half comes from the individual employers. So, if the program itself had more funding and more businesses/employers participated many more students could utilize the program.

- **MVCC COPS Program:** In partnership with the Utica City School District, Mohawk Valley Community College provides both education and work experience to youth at risk of dropping out of school. The program complements the Career Options Program at Utica's Thomas R. Proctor High School.
- **Mohawk Valley Technology Training Project:** This project, funded through a grant from the U.S. Department of Labor, helps develop a highly skilled workforce through training local residents in high-demand occupations in health care, education and technology. It can affect the target population in three ways:

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**Unemployed:** Adults who need to increase their skill levels can receive scholarships at local providers for courses in demand occupations.

**Employed:** Adults who have entry-level jobs and minimal skills can be trained in high tech careers.

**Emerging Workers:** Young adults with basic technology skills can get hands-on experience to increase their ability to find a job.

- **E-Learning Project:** Oneida County Workforce Development is issuing vouchers to unemployed residents who need to increase basic skills and basic technology skills. Voucher recipients will be able to take an on-line course at a local training provider, using the technology that exists in the Resource Room of the *Working Solutions* Utica Center.
- **Welfare-to-Work:** Through partnerships with community-based organizations the Dept. of Social Services and local employers, this effort transitions long-term public assistance recipients into employment by providing job skills training and extensive support.
- **NY WORKS:** Workforce Development provides Family Assistance recipients with job development and post-employment services, including case management during subsidized employment, assistance into unsubsidized employment and job retention assistance.
- **Pride in Work:** Oneida County Workforce Development works with a local training provider in Utica to prepare public assistance recipients for jobs and place them in unsubsidized employment. The program includes group and individualized training and job search help.
- **InVEST:** Through this program, local residents can receive vouchers worth up to \$3,500 that will help them receive training in demand occupations. A companion InVEST program for employers allows entry-level employees to receive additional training that can help them achieve self-sufficiency.

In addition, **Oneida County Workforce Development** is a partner in the Mohawk Valley Building Trades Task Force, which is working with local labor unions that provide apprenticeship programs to increase the numbers of graduates who are able to find work in the Utica area and to increase enrollment in a key part of the program – the building trades courses at Mohawk Valley Community College. Efforts to increase opportunities in the trades are have been cited as a “Promising Practice” by the New York State Department of Labor. Through this project, scholarships have been made available to assist potential applicants.

#### **Human Technologies Corp.**

Pinnacle: Welfare to Work Program

Customized Employment Program

Employment Opportunities for Individuals with Disabilities

#### **The Entrepreneur Center**

##### **Entrepreneur Training Program**

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Teaches aspiring entrepreneurs how to open a business or expand their business. The program is available to all residents of Oneida, Madison, and Herkimer Counties. It is funded through competitive state grants.

### **Women's Business Center**

Similar to the Entrepreneur Training Program, but this is run on the federal level and specifically targets women aspiring to be entrepreneurs.

### **The Mohawk Valley Resource Center for Refugees**

MVRCR runs their own employment program for refugees through a contract with New York State, both for initial employment of refugees and for employment upgrades.

### **The Women's Employment & Resource Center**

The agency provides employment services specifically geared to women, especially women re-entering the workforce after time away. Services are comprehensive and include professional clothing donated for interviews and to begin new jobs.

### **VESID (Office of Vocational and Educational Services for Individuals with Disabilities)**

VESID is an office of the New York State Education Dept. connecting individuals with disabilities and their families to services for education, training and employment. Services range from vocational assessments to physical or psychological evaluations, short-term medical intervention, training, transition services, special equipment, job placement services, and assistance in working with other agencies as needed. VESID is located in the State Office Building in Utica.

### **DAY CARE**

(Refer to Day Care Report available through Mid-York Child Care Council)

### **HEALTH INSURANCE**

**Mohawk Valley Perinatal Network** has a grant from the NYS Department of Health for facilitated enrollment for Child Health Plus. Since they began their project in May 2000, they estimate the project has enrolled 5,500 children.

Families Health Plus was modeled after Child Health Plus with more restrictions for eligibility, but was similarly intended to protect an increased number of families with health insurance.

Health Friends, 126 Eagle St., Utica, offers pharmaceutical assistance for county residents who need medication and cannot afford it.

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## STRENGTHS & GAPS ANALYSIS

Food insecurity continues to be an issue as use of food pantries climbs, and recipients at food pantries demonstrate a variety of problems: employment, mental and physical illnesses, etc. Food need may be a symptom, but is often not the definitive problem. Clients are comfortable with that point of entry, and other services may be able to be offered on site at food pantries. Sites that serve actual meals are within the cities, and there are no mealsites in outlying areas. There are multiple food pantries, with little ability to police use, although there is a policy restriction of use for one time per month. There is also a belief that no one should go hungry. It remains difficult to get clients to apply for food stamps, due to additional paperwork, stigma, and other reasons.

In addition, although food and other programs may be available county-wide, often outlying pantries may open one day a week or for a few hours. Even when programs are open regularly, they are seldom available 7 days per week or during non-traditional hours.

There is a large gap in safe, affordable housing in all locations – housing that meets codes. In addition, housing is almost non-existent for large families in need of 3 or more bedrooms. Housing stock is old, and lack of maintenance is an issue. Rental units are scarce outside of the cities, and codes are more lax outside of the cities. Lead in housing stock is a problem, and drug houses are interspersed in residential neighborhoods. The Rescue Mission is looking to expand both emergency and transitional housing over the next year. They are often over capacity for both populations. Runaway and Homeless Youth has only one host home in the Utica area, making placement for Utica youth in their home school district a problem.

Employment gaps range from the lack of security or stability for families living on very low wages without benefits to transportation for getting to employment. Business parks located on the outskirts of cities with limited bus service makes connecting people with good jobs difficult. In addition, although a transportation group met regarding getting cars, car repairs and maintenance for clients, no new services were developed. The cost of insurance and repairs for people was thought to be prohibitive, along with the lack of driver's licenses, in many cases. Day care for working parents is a problem for cost as well as for non-traditional hours and mandated overtime.

Gaps are also seen in clothing and furniture for those transitioning out of shelters into apartments or transitioning into new jobs. Several churches give out clothing as needed, and a new center is opening soon on Eagle St., to be run by Trinity Methodist Church, to provide furniture and mattresses.

## RECOMMENDATIONS

- 1. Develop a self-sufficiency standard for our community that we adopt and support.**

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- 2. Use the self-sufficiency standard to decide what is needed for wages for families and target money through economic development to create jobs that meet those minimal standards.**
  - 3. Address the spiritual needs of people both receiving and providing services; that is, the connection of people to one another and to something larger than themselves.**
  - 4. Continue to develop information about needs and gaps in services to improve the web of support and target resources more efficiently by working with the Food Coalitions, the Housing Coalition, and other community groups as appropriate.**
  - 5. Facilitate an increase in collaboration in problem-specific areas and among areas common to economic security and stability.**

## Summary

Communities That Care is a model that advocates the use of effective prevention strategies to address community problems. Effective approaches are those that have demonstrated effectiveness in reducing risk factors and enhancing protective factors for youth health and behavior problems. Programs recommended cross the developmental life span from prenatal and infancy programs through programs for adolescents, and community strategies “address the community as the context for behavior and action” (Communities That Care Prevention Strategies: A Research Guide to What Works. 2000). This Resource Assessment report moved far beyond cataloguing “best practices” or “promising approaches” to document the practices and systems that are in place in this community to address each of the problem areas. As we move to the next step, however, we may need to focus more narrowly on introducing those programs considered to be effective prevention strategies.

Very few of the programs being used in the community are those shown in high quality research to be effective in this manner. New initiatives being advanced by the community under the four areas prioritized for CTC should be held to this standard, and efforts should be made to bring more “best practice” programs to all agencies and organizations serving children and youth. The Communities That Care Board should use all of the marketing strategies available to disseminate information about the model, the priority risk factors chosen for the community, prevention strategies that have been shown to be effective for those risk factors.

Lastly, the community as a whole should work together to fill gaps in services with effective program strategies. The last phase of the CTC model is creating and implementing a comprehensive, community-wide strategic plan. In addition to implementing action plans, this phase includes:

Recommended Strategy:	How Addressed by Oneida Co. CTC:
1. Building/sustaining collaborative relationships between key stakeholders	The Community Board meets bimonthly and the Administrative Committee monthly in addition to Impact Teams and support committees.
2. Developing information and communication systems to support a collaborative approach.	The Communications Committee has developed an email network and a quarterly newsletter, and Hamilton College, through the Arthur Levitt Public Affairs Center, is maintaining a website for CTC.
3. Educating and engaging the entire community so that everyone has a significant and valued role to play in implementing the plan.	An important role for the CTC Director will be to “take the show on the road” to individual communities. The CTC Board Chair and all CTC members should, in addition to the Director, be ambassadors to the larger community in educating and engaging others.
4. Monitoring implementation of programs, policies, and practices, and monitoring progress toward desired outcomes.	The CTC committee structure will enable us to provide regular assessment and evaluation.
5. Celebrate successes.	The CTC Director will help us to see and celebrate successes along the way.

Our vision as a community through Communities That Care is to create an integrated human service delivery system to improve Oneida County as a youth and family-friendly community working together for economic opportunities, cultural diversity, and universal access to health, recreational, and educational resources. Our hope is that the completed Resource Assessment will bring us one step closer in fulfilling this vision.

<sup>i</sup> Communities That Care Prevention Strategies: A Research Guide to What Works. 2000. Seattle, WA: Developmental Research and Programs, Inc. has compiled research-based programs that have indicated effectiveness according to standards they set in a rigorous research study.

<sup>ii</sup> No attempt is made to include residential or supportive housing programs, though they may be listed in the last section of the report under Economic Security.

<sup>iii</sup> Through an arrangement with the Refugee Center for medical interpreting, Mental Health Connections sees refugee clients with symptoms severe enough to warrant treatment.