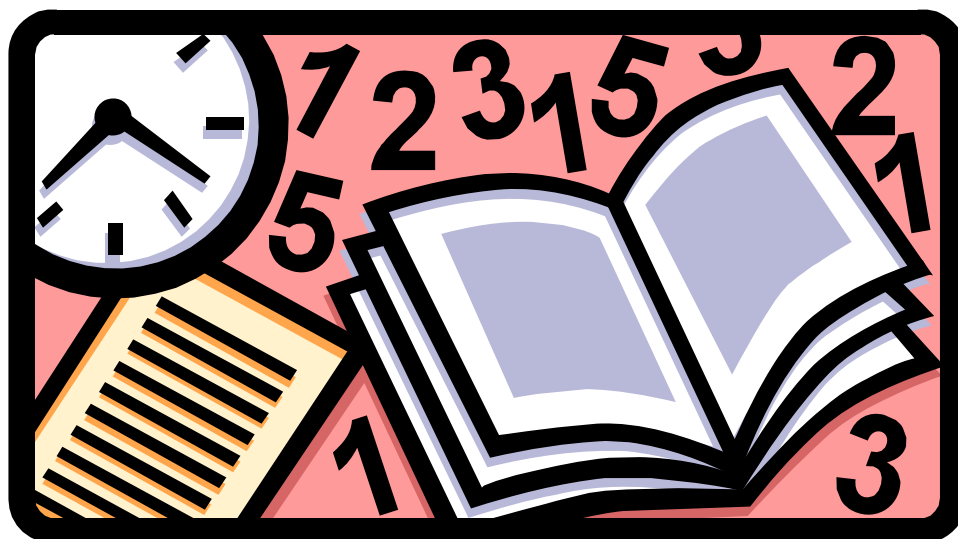


# *SCHENECTADY CITY SCHOOL DISTRICT*

SUPERINTENDENT: MR. ERIC ELY

## *DIRECTORY OF SERVICES*



PREPARED BY:

STRATEGIC PLANNING

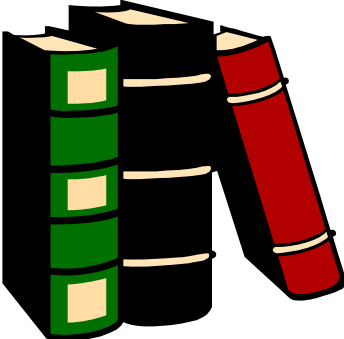
Health and Well-Being Action Team

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*Dedication.....*

*To Schenectady’s youth...  
each and every child  
living in this city  
we call “home”.  
We care.*



# COMMUNITY AGENCIES

## FOR YOUTHS IN NEED DIRECTORY OF YOUTH SERVICES

<b>American Lung Association</b>	
<b>Address</b>	8 Mountain View Ave., Albany, NY 12205
<b>Phone</b>	489-5864
<b>Website</b>	http: www.alaneny.org
<b>Age Range</b>	
<b>Program Fees</b>	According to program
<b>Services</b>	Taking action... so we can all breathe easier. Programs to stop smoking, fight asthma/ chronic lung disease; school health curricula; professional education' funding for research environmental occupational lung health related legislation.

<b>Boys &amp; Girls Clubs of Schenectady</b>	
<b>Address</b>	P.O. Box 466, Schenectady, NY 12301
<b>Phone</b>	374-4714
<b>Website</b>	<a href="http://www.bgschenectady.org">www.bgschenectady.org</a>
<b>Age Range</b>	6 – 18
<b>Program Fees</b>	\$2 or \$5 per year
<b>Services</b>	Youth development agency offering programs in physical education, social, health, camping, youth employment opportunities, recreation programs, and summer day camp at 7 facilities and day camps. For girls and boys in the Schenectady area.

<b>Capital District YMCA – Schenectady Branch</b>	
<b>Address</b>	13 State Street, Schenectady, 12305
<b>Phone</b>	374-9136
<b>Website</b>	<a href="http://www.cdymca.org">www.cdymca.org</a>
<b>Age Range</b>	6 – 18
<b>Program Fees</b>	Individualized, infant through adults.
<b>Services</b>	Comprehensive services in all areas of county; health and physical education; educational courses; housing; school age child care (K-6); resident day camping; extension programming and club work.

<b>Carver Community Center, Inc.</b>	
<b>Address</b>	700 Craig Street, Schenectady, 12307
<b>Phone</b>	374-8456
<b>Website</b>	<a href="http://www.schdycarvercc.org">www.schdycarvercc.org</a>
<b>Age Range</b>	Pre-school - adults
<b>Program Fees</b>	None
<b>Services</b>	Day care, remedial education and enrichment, youth services and recreation, substance abuse treatment and counseling, foster care prevention and family support services, food and clothing distribution and senior services.

<b>Catholic Charities of Schenectady County</b>	
<b>Address</b>	818 Union Street, Schenectady, 12308
<b>Phone</b>	372-5667
<b>Website</b>	<a href="http://www.ccrca.org">www.ccrca.org</a>
<b>Age Range</b>	Pre-school to adults
<b>Program Fees</b>	\$90/ hour, payment options/ insurance, United Way and government subsidy.
<b>Services</b>	Individual, marital, family, parent-child and pregnant teens counseling, family life education, preventive and aging services, information and referral, advocacy; nutrition program for the elderly. Services limited to people who live or work in Schenectady County.

<b>Epilepsy Society</b>	
<b>Address</b>	3 Washington Square, Albany, NY 12205
<b>Phone</b>	456-7501
<b>Website</b>	<a href="mailto:www.efeny@global2000.net">www.efeny@global2000.net</a>
<b>Age Range</b>	Birth-adulthood
<b>Program Fees</b>	None
<b>Services</b>	Family education, advocacy, support groups, case management, public education, seizure first aid, information and referral, counseling, in-service training, school alert, Kids on the block puppet shows. Serves the counties listed below and Clinton, Jefferson, Essex, Herkimer, Lewis, Franklin, St. Lawrence and Hamilton Counties.

<b>Family and Child Service of Schenectady, Inc.</b>	
<b>Address</b>	246 Union Street, Schenectady, 12308
<b>Phone</b>	393-1369
<b>Website</b>	<a href="http://www.timesunion.com/communities/familychild">www.timesunion.com/communities/familychild</a>
<b>Age Range</b>	7 – 17
<b>Program Fees</b>	Sliding scale, Medicaid and some insurance.
<b>Services</b>	Counseling program provides counseling to individuals, couples, families and children for problems related to child behavior, school adjustment and anger. Group counseling services, are also available for anger management and parenting skills. A staff of Masters-level social workers provides counseling.

<b>Diabetes Society (Northeast Health)</b>	
<b>Address</b>	2212 Burdett Ave, Troy, 12180
<b>Phone</b>	271-3592
<b>Website</b>	<a href="http://www.nehealth.com">www.nehealth.com</a>
<b>Age Range</b>	Birth-adulthood
<b>Program Fees</b>	Dependent on Individual Program
<b>Services</b>	Individual: Educational service for people with diabetes and their families with concentration on learning self-help skills in the areas of diet, medication, exercise and monitoring.

<b>Girls Incorporated of the Greater Capital Region</b>	
<b>Address</b>	962 Albany Street, Schenectady, 12307
<b>Phone</b>	374-9800
<b>Website</b>	<a href="http://www.girlsinccapitalregion.org">www.girlsinccapitalregion.org</a>
<b>Age Range</b>	School age to adulthood
<b>Program Fees</b>	Fees are program specific, most programs are at no cost to girls. Call for information.
<b>Services</b>	Effective, research-based program for girls include teen pregnancy prevention, hands-on math and science, summer camps, after school activities, sports, career exploration and our award winning Youth Expressions Theatre (trademarked). Gender equity and adventure based training also available for adults.

<b>Haven Grief Counseling Center</b>	
<b>Address</b>	703 Union St, Schenectady, 12305
<b>Phone</b>	370-1666
<b>Website</b>	None
<b>Age Range</b>	Registration Fees for groups and sliding scale for counseling.
<b>Program Fees</b>	No fees are charged for services
<b>Services</b>	Not-for-profit organization which offers emotional supportive counseling for bereavement, as well as those facing a life threatening illness or death. Staff and trained volunteers offer support on a one to one basis or in-group settings. Also provides community education.

<b>Hispanic Outreach Services</b>	
<b>Address</b>	801 Stanley St, Schenectady, 12307
<b>Phone</b>	382-2004
<b>Website</b>	www.hosschenectadyng@choiconemail.com
<b>Age Range</b>	All
<b>Program Fees</b>	No fees are charged for services
<b>Services</b>	Hispanic Outreach Services offers the following to the Hispanic Community by advocacy, referral and/ or intervention: basic human services, employment, assistance/ counseling and Hispanic Youth Life Enrichment Programs.

<b>Law, Order &amp; Justice</b>	
<b>Address</b>	144 Barrett Street, Schenectady, 12305
<b>Phone</b>	346-1281
<b>Website</b>	loj@capital.net
<b>Age Range</b>	All
<b>Program Fees</b>	Vary
<b>Services</b>	Youth Court, Youth Managing Conflict Program, Peer Mediation, CASA (Court Appointed Special Advocates), Supervised Visitation

<b>Northeast Parent and Child Society</b>	
<b>Address</b>	120 Park Ave., Schenectady, NY 12304
<b>Phone</b>	346-1284
<b>Website</b>	<a href="http://www.neparentchild.org">www.neparentchild.org</a>
<b>Age Range</b>	Varies
<b>Program Fees</b>	Vary
<b>Services</b>	Provides therapeutic, educational and residential services, including an emergency shelter, for children who are emotionally handicapped or learning disabled. Serves PINS, JDs. All programs include family therapy.

<b>Safe House, Inc.</b>	
<b>Address</b>	1344 Albany Street, Schenectady, 12304
<b>Phone</b>	374-0166
<b>Website</b>	None
<b>Age Range</b>	16-20
<b>Program Fees</b>	Free
<b>Services</b>	Emergency shelter for homeless, runaways, throw away youth between the ages of 16 & 20. Outpatient counseling for male and female, 12-35 years old who are at risk of becoming sexually exploited or have engaged in street prostitution.

<b>Schenectady Community Action Program</b>	
<b>Address</b>	433 State St. (Center City), Schenectady, NY 12305
<b>Phone</b>	374-9181
<b>Website</b>	<a href="http://www.schenectadycommactionprogram.org">www.schenectadycommactionprogram.org</a>
<b>Age Range</b>	All
<b>Program Fees</b>	None if income eligible; landlord contribution required for weatherization assistance.
<b>Services</b>	Provides comprehensive family development and advocacy services to low income and other at-risk populations through Displaced Homemaker Program (Job Readiness); homeless advocacy services, residential/ independent living services for teens and family development program. Residential services to all counties except NYC boroughs. Headstart services are offered to Schenectady county residents who meet federal poverty guidelines.

<b>Schenectady Family Health Services</b>	
<b>Address</b>	602-608 Craig Street, Schenectady, 12307
<b>Phone</b>	370-1441
<b>Website</b>	
<b>Age Range</b>	All
<b>Program Fees</b>	Medicaid, Medicare, CHP, MVP, CDPHP, sliding fee, most major insurances.
<b>Services</b>	SFHS is a family practice providing comprehensive medical, dental and social work services to the medically indigent population of the city and county of Schenectady. SFHS also provides medical case management, mental health services, HIV testing/ counseling, education, and outreach/ support groups for individuals who are HIV positive.

<b>Schenectady Job Training</b>	
<b>Address</b>	334 State St.
<b>Phone</b>	382-5951
<b>Website</b>	
<b>Age Range</b>	Young adults to adults
<b>Program Fees</b>	None
<b>Services</b>	Job Training

<b>YWCA of Schenectady</b>	
<b>Address</b>	44 Washington Ave, Schenectady, 12305
<b>Phone</b>	374-3385
<b>Website</b>	<a href="http://www.ywcaschenectady.org">www.ywcaschenectady.org</a>
<b>Age Range</b>	18 Months – 12, teen mothers
<b>Program Fees</b>	Private, 3 <sup>rd</sup> Party and Scholarship
<b>Services</b>	Health and fitness programs for women, children and families in gym, pool and at decentralized locations; licensed day care, children 18 months – 5 years; teen program; group work and educational services to pregnant and parenting teens; women’s support groups; women’s residence (SRO); and comprehensive services to battered women, including shelter. See quarterly brochure. Domestic violence services available statewide.

**Cornell Cooperative Extension  
Schenectady County  
Shaffer Heights  
107 Nott Terrace, Suite 301  
Schenectady, NY 12308**

**Phone: (518) 372 - 1622**

**Fax: (518) 372 - 8703**

**Tim Manning, President, Board of Directors**

**R. Michael Martin, Executive Director**

**[Schenectady@cornel.edu](mailto:Schenectady@cornel.edu)**

**[www.cceschenectady.org](http://www.cceschenectady.org)**

*Cornell Cooperative Extension  
Programs below....*

**Nutrition and Health Programs  
Cornell Cooperative Extension, Schenectady County**

**Mission:** The Nutrition and Health education programs empower and support individuals and families in a diverse community to achieve a healthy lifestyle by providing research-based education in a caring and confidential environment.

**Programs**

***The Supplemental Nutrition Program for Women, Infants, and Children (WIC)***

WIC can help you provide your child with the healthiest possible start in life. Pregnant, breastfeeding and postpartum women, infants, and children up to the age of five who are at nutritional risk and have limited income may be eligible. Participants enrolled in WIC receive: vouchers for nutritious foods, support for breastfeeding mothers, nutrition education to help develop healthy eating patterns, health screenings and referrals. Program Services: Free

**For more information or to receive an application contact:**

Schenectady WIC Office  
602-608 Craig Street, Lower Level  
Schenectady, New York 12307  
(518) 346-8818.

**Family Nutrition Education Programs**

The Family Nutrition Education Programs of Schenectady include the Expanded Family Nutrition Education Program (EFNEP) and Eat Smart New York (ESNY). Both programs help families and individuals make healthy food and nutrition choices. Educational topics include: budgeting your food dollars, healthy cooking, menu planning, feeding your children and preparing meals that fit into your busy work and family life. Participants can meet at various locations, one-on-one or in small groups with program staff at the participant's convenience.

*Cornell Cooperative Extension continued....*

**Nutrition Education for Seniors**

Seniors who attend congregate meal sites at one of eight centers in Schenectady County may participate in nutrition education on topics including: chronic disease prevention and risk reduction, obesity and weight control, vitamins and minerals, decreasing fat and cholesterol intake, and decreasing sodium. Both meal centers participants and individuals receiving home delivered meals are eligible for nutrition education from a registered dietitian in their home.

**Eat Well Play Hard**

The goal of the Eat Well Play Hard public health initiative in Schenectady County is to provide leadership to community-based programs working toward a common goal of preventing and reducing childhood obesity through policy and practice changes related to nutrition and physical activity beginning in the preschool period.

**For more information, contact Theresa Jeram at 372-1622.**

**Community Nutrition Programs**

***Healthy Beginnings***

Healthy Beginnings programs are designed to foster eating habits that promote healthy growth and development of young children and support formation of lifelong healthy food choices. Educational programming is offered to: pregnant women, parents/caregivers of infants and young children, day care providers, teachers and other staff in community programs for children.

Topics include:

*Nutrition During Pregnancy*

*Infant Nutrition*

*Toddler and Child Nutrition*

*Feeding the Picky Eater*

*Healthy Snacks*

*and many more!*

**To request a speaker for a meeting or educational event, please call 372-1622 and ask for Sarah Pechar.**

***Healthy Lifestyles***

Healthy Lifestyles and Disease Prevention emphasis includes a variety of nutrition education programming with a common goal of helping participants modify their dietary practices to reduce the risk of chronic disease and promote lifelong health.

Workshops on topics of current interest are available to the community including:

*ABC's for Health: Aim, Build and Choose Nutrition for Good Health*

*Sports Nutrition*

*Nutrition for the Older Adult*

*Reducing your Risk of Cancer Through Diet*

*Health Benefits of Soy*

*Seasonings for Your Heart*

- ★ Nutrition educators are available to provide workshops on many other nutrition topics and will customize presentation to meet the needs of your group or organization. In order to accommodate requests, contact Sarah Pechar at 372-1622 one to two months prior to your planned meeting or event.
- ★ Suggestion – PPT at each school may use nutrition educators as speakers for building level parent meetings.

*Cornell Cooperative Extension continued....*

**Consumer Helpline**

The consumer helpline is available to answer questions about food safety and preventing food borne illness. The helpline (372-1622) is staffed Monday-Friday between (9am -12pm), or questions can be sent via email to [schenectady@cornell.edu](mailto:schenectady@cornell.edu).

## Schenectady County Public Health Services

### Administration

#### Contact Information

<b>Russell A. Fricke, M.D., Ph.D.</b> Commissioner	(518) 386-2810
<b>Carolyn K. Callner</b> Deputy Commissioner	(518) 386-2810
<b>Linda Crandall</b> Executive Secretary	(518) 386-2810
<b>Lisa Mell, M.B.A.</b> Financial Manager	(518) 386-2810
<b>Glynnis Hunt, M.S.</b> Public Health Education Coordinator	(518) 386-2810
<b>Stephanie Scuderi, R.N., M.S.</b> Director of Prevention and Patient Services	(518) 386-2824
<b>Joanne Cocozzoli, R.N., M.S.</b> Assistant Director of Prevention and Patient Services	(518) 386-2824
<b>G. Jack Parisi</b> Director of Environmental Health	(518) 386-2818
<b>Maureen Sullivan, M.A., S.A.S.</b> Director of Children with Special Needs	(518) 386-2815

## Schenectady County Public Health Services

### Clinic Services / Program Descriptions

600 Franklin Street  
Schenectady, NY 12305

**Phone: (518) 346-2187**

**Fax: (518) 346-2191**

### **Immunization Services - Adult and Children**

This service provides immunizations to adults and children when needed for school and work. Immunizations available include Tetanus, Measles Mumps and Rubella (MMR), Polio, Pneumovax, Rabies, Hepatitis B, Hemoglobin, Varicella (Chickenpox) and PPD skin testing.

### **Operation Hot Shots**

Operation Hot Shots reaches out to families to improve immunization coverage through parental education and follow-up. Partners in the program include: Schenectady Municipal Housing Authority, WIC, Schenectady County Public Health Services Clinic and other area healthcare providers. An outreach worker goes door to door to survey parents on their children's immunization status. Parents receive immunization education and assistance with obtaining health insurance for their children. If needed, referrals are made to appropriate programs.

After the home visit, the outreach staff obtain immunization records from the providers. A copy of the child's shot record card and a letter outlining the status of the immunizations is then sent to the family.

### **Provider Based Immunization Initiative - PBII**

Immunization program staff visit medical provider offices in Schenectady County to conduct a survey of their immunization records. The results of the surveys will identify missed opportunities for vaccination and assist the practice in recalling children who are behind in their immunizations. The goal of the program is to improve County - wide age appropriate immunization rates.

### **Tuberculosis Program**

Consultation, diagnosis and treatment services are offered to all persons residing in Schenectady County who are infected with or who have had an exposure to tuberculosis. Tuberculin skin testing (PPD) is available for needed testing for school or work.

### **Sexually Transmitted Disease (STD) / HIV Program**

STD clinical services are provided in the evenings twice per week. Services that are offered include testing and treatment of gonorrhea, syphilis, and chlamydia. The clinic physician and nurse practitioner provide clinical evaluation for other STDs.

HIV counselors are available during clinic hours for both anonymous and confidential counseling and testing. Partner notification services are available at patient's request.

### **Travel Clinic**

Information, education and services related to international travel are provided. Individual counseling is provided for the client depending on where the traveler is visiting. Fees include the cost of counseling and the cost of vaccine. There is a surcharge for out of county residents

### **Schenectady ARC (SARC)**

**372-1160**

Educational, Employment, Residential, Recreational, Clinical, Health, Rehabilitation, and Referral services available to people of all ages and all abilities.

*Schenectady County Public Health Services continued...*

**Well Child Services**

Well Child services are offered to children who are under insured or uninsured and have problems finding a primary care provider. Services offered to children include physical examinations, immunizations, hemoglobin testing, blood lead testing, and referral services as needed. Services are available by appointment. Every effort will be made to link families/children with a primary care provider and with a health insurance plan if needed.

**Influenza/Pneumonia Program**

Schenectady County Public Health Services holds its Influenza and Pneumonia Vaccination Program every Fall. There is a fee for this service. Medicare Part B will be billed for clients who have this coverage.

**Children with Special Needs Program**

The Children with Special Needs Program is one of the three sections of the Public Health Service. The main program components are:

- Early Intervention Program;
- Preschool Special Education Services;
- Physically Handicapped Program Services;
- Children with Special Health Care Services

**Early Intervention Program**

This program was implemented on July 1, 1993 to serve infants, toddlers ages birth to three years of age who have developmental delays. This system is strength based, family centered service designed to serve children and their families in their natural environments.

**Preschool Special Education**

This system serves children ages three to five years old who are approved by the school district Committees on Preschool Special Education in accordance with Part 200 of the New York State Regulations of the Commissioner of Education.

**Physically Handicapped Children's Program**

This small program is for certain specific medical and dental services based on financial eligibility.

**Children with Special Health Care Needs**

This program is a referral linkage system to provide for those children ages birth to 21 who have or are suspected of having a serious or chronic physical, developmental, behavioral, or emotional condition and who require a health or related service of a type or amount.

**St. Clare's Hospital**  
**Healthy Schenectady Families**  
**600 McClellan St.**  
**Schenectady, New York 12304**  
**(518) 382-2000**

**Healthy Schenectady Families / Program Descriptions**

St. Clare's Hospital is a founding member and sponsoring agency of the Healthy Schenectady Families initiative.

Healthy Schenectady Families is a program to facilitate the emotional and cognitive nurturing of infants, children and their families. It is being adapted from the nationwide program called Healthy Families America developed by the National Committee to Prevent Child Abuse.

Emotional and cognitive nurturing of children in the first three years of life is critical for both the child's future development and the health of families. Improved school performance, decreased substance abuse, decreased teen pregnancy and reduction of all aspects of child abuse and neglect are all direct results of improving families.

This early intervention program provides at risk parents the opportunity to meet with a home visitor who will work with them for a period of up to three years to ensure the health and emotional well-being of the child.

The hospital will serve as a major referral base for those parents deemed at risk through an assessment process conducted by our Case Management Department, with a goal of providing service to approximately 65 families per year, adding additional families as the program grows.

St. Clare's will also be responsible for the recruitment, training, and ongoing supervision of the volunteer component of this effort. The volunteers provide a very unique and important role in the implementation of this program and have committed to serving at least one family for a period of three years.

St. Clare's participation in this project is underwritten in part with funds allocated by St. Clare's Hospital Foundation.

**St. Clare's Hospital**  
**Community Education Programs & Descriptions**  
*Free of Charge*

**Baby Basics**

Two and one-half hour class for parents of children, newborn to 12 months, addresses newborn and daily care, childhood safety, sick baby visits and nutritional needs. Instructed by Family Health Center nursing staff and dietitian. (Free) For schedule and registration, call 382-2260.

**Blood Pressure Clinic**

Open to public. St. Clare's Cardiac Rehabilitation Center, 650 McClellan Street. No registration required. Call 347-5070 for schedule. (Free)

*St. Clare's Hospital continued ...*

**Breastfeeding Classes**

For new moms and dads, to address good nutritional habits, father involvement, storing breast milk, problem prevention and weaning. (Free) For class schedule, call 382-2260.

*St. Clare's Hospital*

**Family Gatherings**

For children ages 3 to 8 accompanied by parent/guardian. A two-hour class to orient young children to newborn siblings. Instructed by maternity nursing staff. (Free) For schedule and registration, call 347-5420.

**Maternity Services Orientation**

Two-hour program for expectant parents to help acquaint them with St. Clare's Maternity. Explore facilities, technology and techniques; tour included. (Free) Call 347-5420.

**Prenatal Classes**

Five-week series focuses on infant development, phases of pregnancy, labor and delivery, pain control and breathing exercises. Open to all prospective parents regardless of where they opt to deliver. (\$40 for series; \$20 for refresher class; free to any pregnant teen) Call 347-5420.

**The Chamber of Schenectady County**

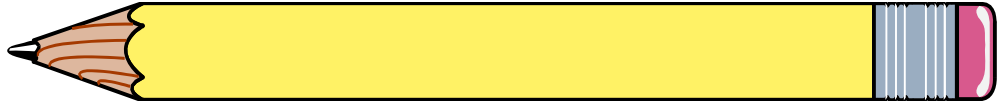
306 State Street

Schenectady, New York 12305

Phone: 372-5656

Fax: 370-3217

Toll Free: 800-962-8007



## *Notes*

# Schenectady City School District

<http://www.schenectady.k12.ny.us/>

## Selected Contact Information

Superintendent's Office  
370-8100 ext 107  
Eric Ely

Central Registration  
370-8101 ext 116  
Katy Vacca

Pre-K Program of Schenectady City Schools  
881-2006

ESL and Early Childhood  
881-2006  
Carol Messina

New Beginnings Child Care  
881-3912

Pupil Personnel Services  
370-8101 ext 129  
Director: Kathleen C. Lupi

Magnet Schools  
370-8101 ext 143

Safety Specialist  
881-2005

Committee for Special Education  
CSE Chair Grades Pre-School-3 Nancy Ames 370-8101 ext 128  
CSE Chair Grades 4-7 Mary Beth Santoro 370-8101 ext 120  
CSE Chair Grades 8-12 Trisha Mravlja 370-8101 ext 118

Schenectady City Schools Extended Day Program (R.E.A.C.H)  
881-3936

Washington Irving Education Center  
370-8220

## Schenectady County Departments

<b>Social Services</b>	487 Nott St. / Schenectady	388-4470
<b>Food Stamps</b>		388-4412
<b>Day Care Services</b>		388-4736
<b>Child Protection</b>		388-4273
<b>Unwed Parent Services</b>		388-4570
<b>Child Assistance Program (CAP)</b>	433 State St. / Schenectady	346-4140
<b>Youth Services</b>	107 Nott Terrace / Schenectady	386-2211
<b>Human Rights Commission</b>	612 State St. / Schenectady	388-4290
<b>Mental Health Clinic</b>	216 Lafayette Street / Schenectady 12305	386-3300
<b>Ellis Hospital</b>		
<b>Schenectady Job Training Agency (SJTA)</b>	433 State St. Schenectady 12305	382-5951

### Schenectady County Library

Main Branch 388-4500  
 Children's Services 388-4540  
 Literacy Volunteers 388-4500  
 Free Computer Classes 388-4500

## City of Schenectady Departments

### Department of Parks & Recreation

Director: Bill Seber  
 Administration Office  
 Central Park  
 382-5152

**Department of Neighborhood Revitalization (SNAP)**  
 382-5365

**DARE**  
 370-8273

**Drug Tip Hotline**  
 382-5252

**Alcohol and Substance Abuse Services**  
 107 Nott Terrace  
 Schenectady 12308  
 386-2218

**Environmental Council**  
 107 Nott Terrace  
 Schenectady 12308  
 386-2225

## New York State Selected Contacts

**Child Abuse and Maltreatment Reporting Center of New York State** 1-800-342-3720

**Prevention of Domestic Violence (NYS office of)** 457-5800

80 Wolf road Albany NY

**Child and Family Services (NYS Office of)** 473-7793

52 Washington Ave. , Albany 12144

**New York State Education Department** 474-3852

89 Washington Ave. Albany 12144

**New York State Governor's Office:**

Child Health Plus 1-800-698-4543

Family Health Plus 1-877-934-7587

Growing Up Healthy 1-800-522-5006

Division of Nutrition 1-402-7090

**Public Service Department of New York State:**

Emergency Hotline for Gas and Electric refusal or Turnoff 1-800-342-3355

Consumer Education and Advocacy Information Line 1-800-275-7721

**Child Support Information Line (NYS)** 1-800-846-0773

**Child Care Licensing and Information (NYS)** 402-3038

Parent Inquires Welcomed Regarding Licensing Status and Standards

155 Washington Ave. Albany, NY 12210

*New York State Selected Contacts continued ....*

**Parent To Parent of New York State** **381-4350**

Providing emotional support and information to parents of children with disabilities or special health care needs.

Capital Region Office / 500 Balltown Rd./ Schenectady, NY 12304

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

e-mail: [info@parenttoparentnys.org](mailto:info@parenttoparentnys.org)

**Families Together in N.Y.S. Inc.** **459-5898**

405 Quail St. / Albany, NY

A child guidance agency and family support

**New York Parent Connection** **1-800-345-5437**

Information and referral for programs servicing children and families

**Office of Vocational and Educational Services for Individuals with Disabilities (VESID)** **486-6366**

One Commerce Plaza - Room 1623 / Albany, NY 12234

[www.vesid.nysed.gov](http://www.vesid.nysed.gov)

**Center for the Disabled** **437-5700**

314 South Manning Boulevard / Albany, NY 12208

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

The Center for the Disabled is the largest provider of services for individuals with disabilities in upstate New York and one of the few agencies to offer every service approved by the state. The Center helps children, men and women of various levels of ability meet their needs at every stage of life.

**Capital Region BOCES**

<http://www.capregboces.org/>

**Administration**

**Dr. Barbara Nagler, District Superintendent**

1031 Watervliet-Shaker Road • Albany, N.Y. 12205

(518) 456-9215 E-mail: [bnagler@gw.neric.org](mailto:bnagler@gw.neric.org)

**Mr. Robert W. Bonaker, Assistant District Superintendent for Business Services**

1031 Watervliet-Shaker Road • Albany, N.Y. 12205

(518) 456-9227 E-mail: [rbonaker@gw.neric.org](mailto:rbonaker@gw.neric.org)

**Dr. Kathryn Gerbino, Assistant District Superintendent for Instructional Services**

1031 Watervliet-Shaker Road • Albany, N.Y. 12205

(518) 456-9223 E-mail: [kgerbino@gw.neric.org](mailto:kgerbino@gw.neric.org)

*Capital Region BOCES continued .....*

**Marjorie R. Kelly, Director, Human Resources**

1031 Watervliet-Shaker Road • Albany, N.Y. 12205  
(518) 456-9884 E-mail: [mkelly@gw.neric.org](mailto:mkelly@gw.neric.org)

**David Courtright, Director, Northeastern Regional Information Center**

1031 Watervliet-Shaker Road • Albany, N.Y. 12205  
(518) 456-9051 E-mail: [dwc@gw.neric.org](mailto:dwc@gw.neric.org)

**Peter Kopcha, Director, School Support Services**

Suite 102 • 900 Watervliet-Shaker Road • Albany, N.Y. 12205  
(518) 464-3902 E-mail: [pkopcha@gw.neric.org](mailto:pkopcha@gw.neric.org)

**Gary Jones, Director, Career and Technical Education**

1015 Watervliet-Shaker Road, Albany New York 12205  
(518) 456-9253 E-mail: [gjones@gw.neric.org](mailto:gjones@gw.neric.org)

**Dr. Inge Jacobs, Director, Special Education**

7 Wembley Court, Albany, N.Y. 12205  
(518) 456-9064 E-mail: [jjacobs@gw.neric.org](mailto:jjacobs@gw.neric.org)

**Big Brothers Big Sisters of the Capital Region**

1492 Central Avenue  
Albany, NY 12205  
Tel: (518) 862-1250  
Fax: (518) 862-1256

To learn more about the national association of Big Brothers Big Sisters, we invite you to visit [www.bbbsa.org](http://www.bbbsa.org).

**Schenectady County Profile.**

- **6 Food pantries**
- **62,189 Food pantry visits**
- **559,701 Food pantry meals distributed**
- **4 Soup kitchens 79,772 Soup kitchen meals served**

**[www.hungernys.org/programs/publications/hdb/profiles/page97.html](http://www.hungernys.org/programs/publications/hdb/profiles/page97.html)**

**The Nutrition Consortium of NYS** 235 Lark Street Albany, New York 12210  
phone: (518)436-8757 fax: (518)427-7992 website:  
**[www.HungerNYS.org](http://www.HungerNYS.org)**

**Schenectady County**

**Better Neighborhoods, Inc**

**372-6469**

986 Albany St., Schenectady

*Mortgage counseling program.*

**Schenectady County Public Library**

**388-4500**

Liberty & Clinton Streets, Schenectady

*Education and job information center. Daily newspaper want ads available. Help with resumes and letters of application. GED classes.*

**Jobs Etc**

**347-2562**

924 Albany Street, Schenectady

*Comprehensive job services, referral and education resources.*

**Consumer Credit Counseling of Central NY**

**482-2227**

2 Computer Drive West, Albany

*Free financial counseling, debt management, and housing counseling.*

**Literacy Volunteers—Mohawk/Hudson**

**452-3382**

1510 Central Ave., Suite 5, Colonie

*Confidential literacy tutoring for adults. Serving Albany and Schenectady Counties*

**Utility Companies**

**1-800-932-0301**

**Niagara Mohawk**

**890-5151**

*Information about temporary payment arrangements*



Notes

**Counseling & Mental Health**

**Al-Anon Family Groups**

**292-0577**

P.O. Box 8706

Albany, NY 12208

*On call 24 hours. Self-help for families and friends of persons with drinking problems.*

**Alcoholism & Substance Abuse Council of Schenectady Co.**

302 State Street, Schenectady

*Outpatient clinic, information and referral.*

**346-4436**

**Alcoholics Anonymous**

**242-4989**

430 Cedar Street, Schenectady

*Call for locations of self-help groups.*

<b>Catholic Family &amp; Community Services</b>	<b>372-5667</b>
818 Union Street, Schenectady	
<i>Individual, marital, family and parent-child counseling.</i>	
<b>Family &amp; Child Service</b>	<b>372-5667</b>
246 Union Street, Schenectady	
<i>Marital, family and individual counseling.</i>	
<b>Samaritan Counseling Center</b>	<b>374-3514</b>
220 N. Ballston Avenue, Scotia	
<i>Individual, marital and family counseling.</i>	
<b>Child Guidance Center</b>	<b>381-8911</b>
31 Lafayette Street, Schenectady	
<i>Evaluation, treatment and prevention of emotional and behavioral problems in children and their families.</i>	
<b>Ellis Hospital</b>	<b>243-3300</b>
216 Lafayette Street, Schenectady	
<i>Inpatient, crisis and outpatient mental health services for adults.</i>	
<b>Capital District Psychiatric Center &amp; Schenectady Community Support Services</b>	
426 Franklin Street, Schenectady	<b>374-3403</b>

**Housing & Shelter**

**Schenectady Co. Human Rights Commission**

612 State Street, Schenectady

*Counseling regarding housing, security deposit loans, rental/mortgage assistance. Processes discrimination complaints.*

**388-4290**

**City Mission of Schenectady**

425 Hamilton Street, Schenectady

*Men's and women's residences.*

**346-2275**

**Homeless & Travelers Aid Society**

142 State Street, Albany

302 State Street, Schenectady

*24-hour services to homeless person*

**463-2124**

**346-1303**

**The Salvation Army Booth Home**

222 Lafayette Street, Schenectady

*Emergency shelter for women and their families.*

**346-0222**

<b>YMCA</b>	<b>374-9136</b>
13 State Street, Schenectady	
<i>Men's residence with comprehensive services.</i>	
<b>YWCA</b>	<b>374-3394</b>
44 Washington Avenue, Schenectady	
<i>Residence, shelter and comprehensive services for battered and homeless women. Domestic violence, childcare and health promotions.</i>	
<b>Bethesda House</b>	<b>374-7873</b>
418 Liberty Street, Schenectady	
<i>Daytime shelter for homeless people and those in need of a safe place. Mon.-Fri. 9:30 am-11:30 am, 1-5 pm.</i>	
<b>SAFE House</b>	<b>374-5178</b>
1344 Albany Street, Schenectady	
<i>Shelter for runaway and homeless youth, age 16-20.</i>	
<b>Dept. of Social Services (DSS)</b>	<b>388-4470</b>
487 Nott Street, Schenectady	
<i>For emergency shelter, call DSS and ask for on-call worker.</i>	

## Legal Services

### **Legal Aid**

55 Columbia Street, Albany

*Legal services for low-income individuals and groups.*

**462-6765**

### **Law, Order & Justice Center**

144 Barrett Street, Schenectady

*Mediation program and crime victims assistance.*

**346-1281**

### **NYS Bar Assn. Lawyer Referral & Info.**

1 Elk Street, Albany

*Direct referrals to attorneys*

**463-3200 Ext. 2700**

### **International Center of the Capital Region**

**459-8812**

8 Russell Road, Albany

*Translation, interpretation,  
immigration representation, job  
placement and English language  
classes.*

### **Legal Project**

**435-1770**

*Based in Albany, but holds legal  
clinics in Schenectady.*

## **Clothing & Household Goods**

### **Home Furnishings, Inc.**

924 Albany Street, Schenectady

*Provides used furniture, bedding, dishes, kitchenware and utensils. Referral by an agency or church required.*

**346-2444**

### **City Mission of Schenectady**

425 Hamilton Street, Schenectady

*Store locations: 313 Clinton St.; Grand Union Plaza; Rt. 50, Burnt Hills.*

**346-2275**

### **The Salvation Army**

222 Lafayette Street, Schenectady

*Provides emergency food and clothing. 24 hour on-call at 370-0276. Thrift stores at 2145 Central Ave. Colonie & 284 Saratoga Rd., Glenville.*

**346-0222**

### **Scotia Relief Association**

c/o Glen-Worden Elementary School, Worden Rd., Scotia, 12302

*One-time emergency financial assistance for food, clothing & fuel. Must be referred through school, police or church. Scotia residents only.*

**346-0469**

### **Love, Inc.**

189 Old Loudon Road, Latham, 12302

*Serving Schenectady, Albany and Saratoga Counties.*

**785-9586**

**783-9381**

*Food continued ....*

**Scotia-Glenville Pantry**

**393-9426**

First Baptist Church of Scotia, 132 Mohawk Ave.

*Glenville residents only. Open Tue. 5:00 pm-7:00 pm, Thurs. 9:00 am- 11:00 pm. Limit four times a year.*

**New Hope Food Pantry**

**372-7070**

3 Morris St., (corner of Union St.) Schenectady

*Tue. & Thur., 10:00 am-11:30 am. Free dinner Wednesdays at 6:30 pm for Schenectady residents. Limit twice per month.*

**Nutrition Program for the Elderly**

**372-5667**

Catholic Charities of Schenectady

818 Union Street, Schenectady

*Operates Schenectady County Senior Meal Sites offering hot noon meals to people over 60 years of age. Call for list of meal sites.*

## **Other Food Assistance Programs**

### **Schenectady Community Action Program**

*433 State Street, Schenectady*

*Assistance with public assistance.*

**374-9181**

### **Food Stamp Unit, Dept. of Social Service**

487 Nott Street, Schenectady

*Information regarding food stamp eligibility and application.*

**388-4412**

### **WIC (Women, Infants and Children)**

Cornell Cooperative Extension

600 Franklin Street, Suite 103, Schenectady

*Nutrition information and vouchers to supplement diet for pregnant women, infants and children under five.*

**346-8818**

### **Schenectady Inner City Ministry (SICM)**

Share and Save Food Buying Co-op

930 Albany Street, Schenectady

*Monthly food distribution of first quality food. No income limit.*

**346-5207**

### **Nutrition Outreach & Education**

Catholic Charities of Schenectady, Steinmetz Homes Family Investment Center, 120 Emmon St., Schenectady

*Assistance to individuals applying for Food Stamps.*

## **Food**

### **The Salvation Army**

222 Lafayette Street, Schenectady

*Open to anyone -- including families.*

*Breakfast, 7:30-8:30 am, Mon.-Fri.*

*Lunch noon-1:00 pm Mon.-Fri.*

*Food pantry hrs: Mon. 11:00 am-3:00 pm, Tues. 9:30 am-11:30 am,  
Wed. 2:00 pm-4:00 pm, 5:00 pm-7:00 pm, Thurs. 9:30 am-11:30 am.*

**346-0222**

### **City Mission of Schenectady**

425 Hamilton Street, Schenectady

*Daily hot meal program for residents and others in need,  
Mon.-Fri. 6 pm. Bag meals, 3 pm weekends.*

**346-2275**

### **Braman Food Pantry**

Route 30, Delanson

*Emergency food. No income guidelines.  
Duanesburg area residents and referrals.*

**875-6571**

### **Carver Community Center**

700 Craig Street, Schenectady

*Bread, baked goods and produce. Wed. 9:00 am - noon.  
Clothing also available. Proof of income required.*

**374-8456**

### **Faith Baptist Church**

Box 206 Glenridge and Bradt Roads, Rexford

### **Greater Galway Community Center**

5291 North Street, Galway

## **Crisis Referrals**

**1-800-ALCALLS and Hotlines**

### **Community Crisis Network**

Bethesda House & other locations

*24 hours, 7 day-a-week crisis aid.*

**364-3650**

**374-9423**

### **Alcohol Hotline**

**1-800-ALCALLS**

*24 hours, 7 days a week. Provides referrals to local organizations for people who have alcohol problems.*

### **Substance Abuse Referral Line**

**1-800-522-5353**

*24 hours, 7 days a week. Information and referrals for individuals with crack or other drug-related problems.*

### **Samaritans Suicide Prevention Center**

**(518) 689-HOPE(4673)**

*Confidential suicide/crisis hotline, support groups for those who have lost a loved one to suicide, community education and post-vention services. 24/7.*

### **Child Abuse Hotline**

**1-800-342-3720**

*24 hours, 7 days a week. Please call only to report cases of suspected child abuse and neglect.*

**Domestic Violence Hotline**

**1-800-942-6906**

*Sun.-Thurs., 7 am-11 pm; Fri, Sat. 24 hours.*

*Provides information and referrals to battered women's shelters, support groups, counseling and safe homes.*

**NYS Parental Care Assistance Healthy Baby Hotline/Women Infant and Children Hotline  
1-800-522-5006**

*Helps qualified pregnant women.*

*Call for eligibility requirements.*

<b>Nimo Emergency Shut-off</b>	<b>1-800-443-1837</b>
<b>Energy Hotline</b>	<b>1-800-423-7283</b>
<b>Earned Income Credit Hotline</b>	<b>1-800-829-1040</b>
<b>Nat'l Insurance Consumer Helpline</b>	<b>1-800-942-4242</b>

**Notes**

## **Peers Helping Peers**

... an innovative, research-based peer-helping program for students in grades 6-12.

### **Building Your School's "Helping Network"**

When students have problems, they often look to other students for help before approaching an adult. This "helping network" of trusted peers can be an invaluable asset in ensuring the emotional and physical health of students at your school. *Peers Helping Peers* is designed to build your school's helping network by developing the skills of people who are already seen as peer helpers.

**Responsibilities include:** welcoming new students, helping friends with problems and referring them to the appropriate professionals; working with elementary students.

### **The Program**

*Peers Helping Peers* is designed to teach participants:

- Effective ways to help their friends
- Positive ways of taking good care of themselves
- Ways to contribute to a safe and supportive school environment
- Unique features:
  - The selection process is designed to increase the likelihood that each of your school's social subgroups will be represented by a peer helper.
  - The program is student-driven—it can be tailored to meet the strengths and interests of participants.

*Peers Helping Peers empowers students to defuse problems before they escalate*

### **Resource and Contact: BOCES-CAPIT**

**Peter Kopcha,**  
*Director, School Support Services*  
Suite 102  
900 Watervliet-Shaker Road  
Albany, N.Y. 12205  
(518) 464-3902  
E-mail: [pkopcha@gw.neric.org](mailto:pkopcha@gw.neric.org)

**Nancy E. Jones, MHSA, CEAP, CPP**  
Prevention Services and Evaluation Coordinator  
BOCES-CAPIT  
Suite 102  
900 Watervliet-Shaker Rd.  
Albany, NY 12205  
[www.schenectadyprevention.org](http://www.schenectadyprevention.org)  
[www.schenectadyspromise.org](http://www.schenectadyspromise.org)  
[njones@gw.neric.org](mailto:njones@gw.neric.org)  
(518) 464-3949 fax (518) 464-5127

**CONTACTS FOR SCHENECTADY'S PROMISE**

**Nancy Jones**

Coordinator

Suite 102-900 Watervliet Shaker Rd

Albany, NY 12205

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njones@gw.neric.org

**Sallie Ann Avery**

Program Assistant

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Albany, NY 12205

518-464-3971

savery@gw.neric.org

**Shane Bargy**

Director Schenectady County Youth Bureau

433 State Street, 4th Floor

Schenectady, NY 12305

518-386-2211

sbargy@nycap.rr.com

**Karen Bilowith**

President United Way

650 Franklin Street

Schenectady, NY 12305

518-372-4761

bilowith@uwschdy.org

**Kevin Karpowicz, MD**

Pediatrician

965 State Street

Schenectady, NY 12307

518-370-8034

kbnkarp@aol.com

**About Schenectady's Promise**

**Mission Statement**

*To create and sustain a safe, healthy community for and with all the diverse children and families in Schenectady County.*

**Goals**

1. To give Schenectady County youth access to all five America's Promises of providing a healthy start in life, a caring adult relationship, a safe place with structured activities, marketable skills through effective education, and opportunities to give back through community service in order that each youth may believe in themselves, exceed expectations and succeed in life.
2. Establish and strengthen collaboration among communities, private, non-profit agencies, and Federal, State, local governments to support the efforts of community coalitions to prevent and reduce substance abuse among youth.

**Objectives**

*To support youth and their families by:*

- Enhancing mentoring relationships between young people and caring adults.
- Providing easy access to GED services. Enhancing early literacy efforts.
- Developing career exploration opportunities for young people.
- Working with the business community to develop places where youth have a safe place to grow, learn, socialize and have fun.
- Reducing childhood obesity.
- Increasing the number of mothers who breastfeed.
- Creating a match of volunteer opportunities for and with youth and to communicate those opportunities countywide.
- Identifying and training potential Sites of Promise to fulfill all five promises.

**<http://www.schenectadyspromise.org/>**

## HEALTH AND WELL-BEING ACTION TEAM

### CONTACTS

*To request additional resources, you may contact any of the following individuals:*

<b>Kathy Lupi</b> <b>Linda Bellick</b>	<b>SCSD Professional Development</b>	<b>Phone: 370-8101 Ext. 129</b> <b>Email:</b> <b><a href="mailto:lupik@schenectady.k12.ny.us">lupik@schenectady.k12.ny.us</a></b>
<b>ACTION TEAM SUBGROUP CHAIRS</b>		
<b>Dr. Kevin Karpowicz</b> <b>Subgroup #1 Chair</b> <ul style="list-style-type: none"><li>▪ <b>Healthy Start and</b></li><li>▪ <b>Opportunities to Serve</b></li></ul>	<b>Pediatrician</b>	<b>Phone: 370-8034</b> <b>Email: <a href="mailto:kbnkarp@aol.com">kbnkarp@aol.com</a></b>
<b>Nancy E. Jones</b> <b>Subgroup #2 Chair</b> <ul style="list-style-type: none"><li>▪ <b>Safe Places and</b></li><li>▪ <b>Caring Adults</b></li></ul>	<b>Prevention Services and Evaluation Coordinator BOCES-CAPIT</b>	<b>Phone: 464-3949</b> <b>Email:</b> <b><a href="mailto:njones@gw.neric.org">njones@gw.neric.org</a></b>
<b>Gary Putman</b> <b>Subgroup #3 Chair</b> <ul style="list-style-type: none"><li>▪ <b>Marketable Skills</b></li></ul>	<b>SCSD Administrator Science &amp; Technology</b>	<b>Phone: 370-8100x148</b> <b>Email:</b> <b><a href="mailto:putmang@schenectady.k12.ny.us">putmang@schenectady.k12.ny.us</a></b>

