

Parent Support Courses

Parents Interested In Nurturing Effectively (PINE)

A Six session curriculum promotes positive strategies to strengthen the family bond: Identifying Parenting Styles, Child & Adolescent Development, Effective Communication and much more. **A fee applies for this class.**

Assisting Children Through Transition (ACT)

A One session curriculum designed to guide parents who are separating or divorcing about the impact of the breakup on their children. **A fee applies for this class.**

Guiding Good Choices A Five session curriculum for parents with children 9-14 years of age. This is a prevention-based program that aims to lower the risk of children using drugs and alcohol by increasing interaction and involvement between parents and children.

Staying Connected with Your Teen

A Five session curriculum for parents of teenagers aged 12-18. This workshop empowers parents to increase the chances that their children will grow up healthy and avoid the risk behaviors for drug & alcohol abuse, violence, and teen pregnancy.

Incredible Years Series: Birth– 8 years of age.

The Infant, Toddler, and Basic curriculums' Five sessions focus on strengthening parent-child interactions and nurturing relationships, reduce undesirable behaviors and fostering parents' ability to promote children's social, emotional, and language development.

Supporting School Success

A Five session curriculum for parents who want to assist their children to get the best start in their first four years of school, grades K-3. Participants will learn how to support their child's academic achievement, improve communication at home, and reduce misbehavior.

Parenting Enhancement Skills in the Jail

This program provides parent education, life skills, and support to inmates at the Wayne County Jail. It also offers family practice time which allows inmates to share one on one time with their children.

Respite

Provides voluntary short-term out-of-home care for Youth, ages 8-18 years old who experience emotional, mental, and behavioral challenges that may be at risk of out-of-home placement. Respite is used to preserve, strengthen, stabilize, and support individuals and their family.

***This requires a referral from Wayne Behavioral Health Network.**

NYS Adult Behavioral Health (CORE)

available for people 21 and over who are enrolled in a Medicaid Managed Care Health and Recovery Plan (HARP)

Adult Empowerment Peer Support Services

Encompasses a range of activities and interactions between peer who have shared similar experiences of being diagnosed with substance abuse/mental health conditions.

Peer Support Specialists are dedicated to delivering a service with acceptance, understanding and validation. Peer Support Specialists compliment behavioral and mental health professionals. Support is demonstrated on a one-to-one basis which includes:

- ◆ Emotional
- ◆ Informational (referrals, community resources)
- ◆ Instrumental (link to housing and employment)
- ◆ Affiliation Support (community, family, workplace, activities etc...)

Finger Lakes Community Action

A division of
Wayne County Action Program, Inc.

Helping People. Changing Lives.

Advocacy for Community Empowerment Program



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Family Peer Support

Support for parent(s) with child(ren) up to age 21 who experience social, emotional, behavioral, mental health or developmental challenges. Family peer support assists families in navigating wrap around service systems. Services include an emotional connection that shows living proof of resilience and awareness.

- Information and referral
- Individualized support to help parents understand their children's needs.
- Meeting groups to build natural supports and to bring families together.

Psychosocial Rehabilitation (PSR) - Skill Building

PSR service provides support to youth under the age of 21 in learning communication skills, social skills, independent living skills and/or self-care skills

Youth Peer Support

YPS is a peer-based program that empowers youth ages 12 to 21, helping young people navigate successfully throughout life. Weekly groups are offered in various locations in Wayne County, NY. We express ourselves through interactive games, art/creative writing, and more!

Topics include:

- ◆ Mentoring
- ◆ Peer Support
- ◆ Communication
- ◆ Social Skills
- ◆ Healthy Choices
- ◆ Coping Skills
- ◆ Personal Transitional Development
- ◆ Community Connections

Come together for a unique opportunity to share similar challenges and experiences and learn from one another, and find **HOPE**.

A.C.E. ♠

Advocacy For Community Empowerment

Staff work in conjunction with other agencies throughout Wayne County to provide a person-centered approach that will engage, empower, and inspire individuals with choice options of care.

Services are designed to optimally support mental/behavioral health and emphasize healthy living with the purpose of increasing the individual's overall well-being.



Caregiver/Family Support and Services

Caregivers and families can get training and education to make informed and empowered choices for children with developmental, medical, mental health, and/or substance use needs. In addition, maintain and strengthen children and youth's independence in the community

Planned Respite

Are delivered at home, in the community, or in another allowable location. Planned respite services provide short term relief for families/caregivers and support the child's mental health, substance use and/or health care goals

Pre-vocational Services

This service is structured around teaching concepts such as compliance, attendance, task completion, and problem solving. In addition, it will assist with facilitating appropriate work habits, acceptable job behaviors, and learning job production requirements. This service is available to youth ages 14 to 21.

Community Self Advocacy Training Support

Children, youth, and their families can get help to understand developmental, medical, mental health, and/or substance use needs. Providers will assist with addressing difficulties when taking part in community activities. Children and youth, or caregivers and other advocates, can get their own self-advocacy training

