

# OTSEGO COUNTY SYSTEM OF CARE

September  
2019



## WHO WE ARE

The System of Care (SOC) is made up of family and youth partners, social workers, child-serving community-based organizations, and educators working together to ensure that every child and family in Otsego County is connected to the resources they need to achieve social, emotional, and academic success.

## OUR APPROACH

The SOC teams work closely with families with children from birth to 21 years, assisting in problem-solving and establishing or rebuilding relationships between families, community organizations, and schools.

## THE BHRC

The Behavioral Health Resource Center team supports school-aged youth from Kindergarten through 21 years. Our mission is to connect children, youth, and families to the tools and resources they need to successfully navigate the education and mental health systems. Some of the services we provide are;

## HOW WE SPENT OUR SUMMER VACATION

Summer is here and while school is out, we are working hard to make sure that when things are back in full-swing, we are ready to empower the youth and families of Otsego County to set their own path, and create their own definition of success. The BHRC staff will be attending an intensive training in NYC in August. This will teach them new ways of helping youth and families with problem-solving, decision making, and stress management.

Together, we can make sure that every child has the tools they need to have a successful school experience.

Happy summer!  
The SOC Team



"EVERY GAME IS WINNABLE IF YOU CHANGE YOUR MIND ABOUT WHAT THE PRIZE SHOULD BE AND YOUR PERSPECTIVE ABOUT THE PLAYERS AT THE TABLE."

— SHANNON L. ALDER



## PROGRAM SPOTLIGHTS

### NURTURING PARENTING

The Nurturing Parenting Programs are a family-centered trauma-informed initiative designed to build nurturing parenting skills. The programs are designed to meet the family's needs based on their parenting strengths. Programs are offered across the county. please call Family Resource Network for dates and locations.

For more information about these and other programs please call;  
Family Resource Network  
(607) 432-0001

### TEEN INTERVENE

Designed for youth, 12-19, who are experiencing mild to moderate problems associated with alcohol or other drug use, the Teen Intervene Program provides education, support, and guidance for teens and their families. Youth work with a prevention specialist in identifying and changing their choices and behaviors. Teen Intervene Program helps youth identify the reasons they have chosen to use alcohol or other drugs, examine the effects of substance abuse in their lives, and learn to make healthier choices. Teen Intervene consists of 3-6 sessions with a prevention specialist.

The BHRC is proud to offer these services beginning September 2019!

For more information about these and other programs please contact your school's BHRC staff.

## Coming Soon! Dialectical Behavior Therapy

DBT is an evidence-based therapy used to help youth who struggle with negative feelings, behaviors and appropriate friendships.

Parents and teachers sometimes say that they have to "walk on eggshells" in order to avoid explosions of feelings and behaviors from struggling youth. DBT addresses these issues through structured treatment to improve upon the youth's abilities to increase flexible thinking and gain more control over negative feelings and behaviors.

The BHRC is proud to be able to offer these services in school beginning September 2019.

## MARK YOUR CALENDARS

**AUG. 27**  
**6-8 PM**  
**FAMILY RESOURCE**  
**NETWORK**

### *Workshop: Bring Your Child's IEP Night*

With the new school year approaching, do you know what your child's IEP really says? Our advocates will walk you through the NY State IEP and discuss what each section means. Bring a copy of your child's IEP and follow along. Advocates will be available at the end of the presentation for individual questions and consultations. Registration is required. To register by phone, call Robin at (607) 432-0001.

**OCT 22**  
**9 AM -12 PM**  
**FAMILY**  
**RESOURCE**  
**NETWORK**

### *Sensory Solutions for Self-Regulation*

About our Presenter: Kim Wiggins, OTR/L, is an experienced occupational therapist specializing in pediatrics who has worked extensively in public school settings, outpatient, and home-based services to children of all ages with a variety of diagnoses and special needs. Kim is currently a full time therapist at the Binghamton City School District and the owner of listenWRITE shineBRIGHT, which primarily focuses on increasing the attention level and motor skills of children and providing educational opportunities for parents and professionals. Registration is required. To register by phone, call Robin at (607) 432-0001.

**NOV 14**  
**4:30-6:30 PM**  
**OTSEGO COUNTY**  
**COMMUNITY**  
**SERVICES BOARD**  
**MEETING**

### *Otsego County Community Services Board Meeting*

Our System of Care team at the federal level will be webcasting in with a brief history of the System of Care and then we will discuss the Otsego System of Care and its activities. This is a public meeting with invites going out to the community, schools, families, partners, and others. It will be a great way for everyone to learn about the System of Care and what it accomplished during its first year.