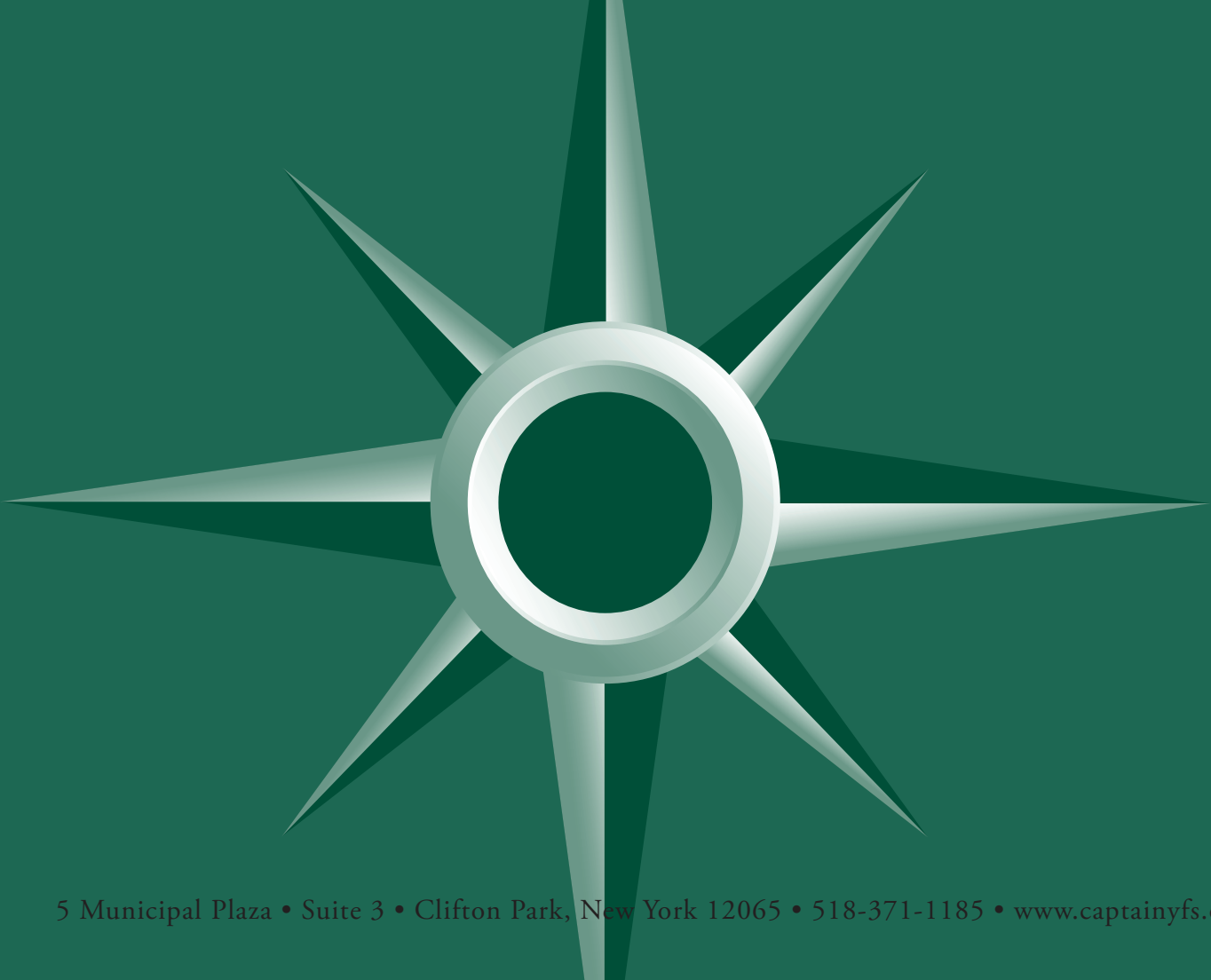


CAPTAIN  
YOUTH AND FAMILY SERVICES



5 Municipal Plaza • Suite 3 • Clifton Park, New York 12065 • 518-371-1185 • [www.captainyfs.org](http://www.captainyfs.org)

*CAPTAIN* is the principal advocate for the changing needs of youth and families in Saratoga County. Our mission is to provide services necessary to address those needs through social, educational and prevention programs which encourage personal and social development in teens and families.

We build resilient, emotionally healthy, self-sufficient families...

It's a simple idea that means so much: emotionally secure families and youth; less violence; a place to stay for runaway or homeless youth; meeting basic needs; in essence, responding to needs wherever they are: schools, the community, and the home... helping families develop the strength to meet the challenges they will face beyond today.



## *RUNAWAY AND HOMELESS YOUTH SHELTER*

The CAPTAIN Youth Home is a safe haven for teens who are homeless, runaways, or in danger of becoming homeless. Arriving through a variety of circumstances, youth are welcomed into a supportive environment and are offered encouragement from adult role models they can trust. A dedicated staff works closely with these youth to keep them in school, teach them life skills, and

offer emotional support. The Home is for youth ages thirteen to seventeen, who may remain for up to thirty days while professional staff works to reunite them with their families or arrange an alternative living option.

## *STREET OUTREACH*

One of the more compelling programs at CAPTAIN is our Youth Street Outreach Program. This program operates on the simple premise that positive, young role models can more successfully communicate with, and assist, high-risk youth by establishing relationships and trust on the very streets where youth congregate. Through street outreach activities CAPTAIN is able to provide youth with: access to our Homeless Youth Shelter; educational materials on health and safe sex issues; personal hygiene necessities; nutritional food; warm clothing; and most of all, someone with whom they can trust and build a positive, healthy relationship.

# OUTREACH IN THE PARK

The CAPTAIN Community Outreach Center, also known as Cheryl's Lodge, offers enrichment programming for children and their families. Activities and services at The Lodge include: dispute mediation; GED coaching; a youth drop-in center; mentoring; a Head Start program; after school homework help and tutoring; teen newspaper club; adventure-based field trips; summer youth employment; and parent education. In an effort to help our community's less privileged youth compete in today's academic world, the Outreach Center consistently offers unique extra-curricular activities, and educational support. Positive relationships with teachers are formed outside of the traditional school environment, grades improve, dropout rates decrease and the participants are able to see themselves as potential success stories.

## PEACE CAMP

Peace Camp is an intensive, three-week summer camp located at Cheryl's Lodge for elementary school children who are experiencing behavior problems at home and at school. Through the use of drama, arts and music, youth are taught peace-making skills and how to deal appropriately with conflict when faced with difficult situations.



## TEEN TALK AND PHONE FRIEND

CAPTAIN has operated Teen Talk, a peer-run, confidential Helpline, and a homework Helpline called Phone Friend for over fifteen years. Teen Talk helps youth who may be experiencing trouble at home, depression, academic pressures, bullying, gambling, having difficulties related to dating, or who may be experimenting or thinking about experimenting with drugs or alcohol. Volunteer high school sophomores, juniors and seniors go through an extensive, rigorous and ongoing training process. These teens staff the Teen Talk phone lines each day after school. Teen Talk also operates Phone Friend as a homework Helpline for youth to call and get assistance with school work. A corps of trained adult volunteers supervise all Teen Talk volunteer youth.

## TEEN ACTIVITY BOARD

As the cornerstone of the CAPTAIN Youth Development Program, the Teen Activity Board (TAB) has had over 1000 high-school members since its inception in 1987. TAB develops leadership skills, social responsibility, tolerance and compassion, and builds character and self-esteem by helping teens acquire vital life experiences as they design and carry out their own community service and fundraising activities. Past TAB projects include visits to senior centers and children's hospitals; community cleanups and food drives. Students also participate in various fundraisers for CAPTAIN.

## JOB ASSIST

Job Assist matches youth who are looking for work, with private citizens and business employers in Saratoga County. Annually, CAPTAIN processes over 500 youth applicants looking for work, makes over 700 job referrals and successfully matches close to 300 youth with jobs. The mission of Job Assist is to help prepare young people to meet the challenges of adolescence and adulthood through activities and experiences, which help them to develop intellectual, social, emotional, and physical competencies. By matching first time job seekers with employment, Job Assist helps youth by providing them with true, structured, life enriching encounters that promote self-knowledge, self-reliance, resiliency, teamwork, leadership, acceptance of responsibility, and learning through employment experience.

## *FAMILY DEVELOPMENT*

The CAPTAIN Family Development Program is a mentoring program designed to help families become self-sufficient. Trained and certified volunteer mentors work as family advocates by providing challenged families with information, support, resources and encouragement. Mentors help their families recognize their strengths; the opportunities available to them; and help them to set and reach goals towards self-reliance.

## *FAMILY ASSISTANCE*

Through the generosity of the community at large, faith-based organizations, and civic groups, the Family Assistance program coordinates emergency financial assistance to provide temporary relief for such basic needs as rent, food, utilities and healthcare.

## *EMERGENCY FOOD PANTRY*

Our Emergency Food Pantry, called Karyl's Kupboard, allows access to emergency food when the Jonesville Pantry is not open. Our Food Pantry is located at the CAPTAIN office and is open Monday-Friday from 9:00-5:00pm. The pantry is free and open to the community.



## *BIKE WORKS*

Bike Works is a program that provides bicycles to youth from low-income families so that they can access so that they can access jobs, and recreational, civic and social opportunities. The program is intended to help youth acquire new or refurbished bicycles at no cost; instruct youth on how to properly maintain and care for their bicycles; provide youth with properly fitted helmets and promote community awareness of the benefits of biking over the use of motor vehicles; and partner with other community agencies to offer ongoing youth bicycle safety education programs.

## *CAPTAIN'S TREASURES*

CAPTAIN'S Treasures provides gently used, quality clothing and household goods at great savings for families who are struggling financially. Over fifteen dedicated volunteers operate the store and proceeds help support CAPTAIN programs. Additionally, CAPTAIN's Treasures provides clothing and household goods at no cost to deserving individuals or families who may be victims of domestic violence, or who have lost their homes due to fire or other disaster.

## *VOLUNTEER PROGRAMS*

CAPTAIN has one of the most effective and extensive volunteer programs in the Capital Region. Over 200 active volunteers provide over 10,000 hours of combined community service annually. These caring and selfless people volunteer in almost every capacity of our operations. Volunteer positions/workers include: Teen Talk Helpline supervisors, and teen phone counselors; tutors and homework helpers; pantry van drivers for seniors; groundskeepers at our runaway and homeless youth shelter; youth and family mentors; office assistants; youth enrichment/peer educators; childcare volunteers; floor workers at our next-to-new clothing store; fundraising and teen community service.

FOUNDED BY A GROUP OF PARENTS IN 1977 CAPTAIN SUSTAINS ITSELF  
LARGELY THROUGH THE SUPPORT OF THE LOCAL COMMUNITY



Thank you from all the teen volunteers at CAPTAIN!

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