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Center for Family Life & Recovery, Inc. Overview

On January 1, 2011 the Mohawk Valley Council on Alcoholism/Addictions, Inc. and Family Services of the Mohawk Valley, Inc. had consolidated agencies. Our new agency is Center for Family Life and Recovery, Inc. (CFLR, Inc.). The name is new but the legacy and mission from both agencies are still strong! A main vision of Center for Family Life and Recovery, Inc. is to prepare individuals and families for achieving success and making positive long-term life changes that promote recovery.

The consolidation into the Center for Family Life and Recovery, Inc. provides both agencies an opportunity to create an efficient workforce, focusing more on holistic strength-based programs supporting individuals and families in our community and engaging participants to take action to promote positive emotional health, prevent and reduce mental illness, substance abuse including tobacco. CFLR, Inc. is offering a wide variety of programming (in Oneida and Herkimer Counties) that include prevention, treatment support and recovery, preparing individuals and families for achieving success and making long-term life changes that promote recovery.

Mission: To transform the lives of individuals and families by providing help and hope through advocacy, prevention, counseling and training.

Vision: CFLR, Inc. will create a community mindset where individuals and families embrace sustained recovery from mental health, substance use and behavioral issues.

CFLR fulfills its mission through these programs:

Young Scholars Liberty Partnerships Program (YSLPP)

- A school based counseling, case management, and youth development program in partnership with Utica College and Utica City School District aimed at increasing the number of at risk youth who receive a Regents high school diploma and pursue a college education.
 - **Utica area: CFLR, Inc. provides counseling and social work services. The goal is to get students into college. This is a closed program.**

After School Programs

- Programs are run at William Floyd and Holland Patent Elementary Schools in Holland Patent Central School District.

The Impact Program

- Outreach and family support services so that parents are empowered to provide the highest level of care and be as effective as possible in advocating for services that will enable their children to be successful in school. Individual and group support counseling for families who have a youth that has been designated as emotionally disturbed or are at risk of such a designation.
 - **Herkimer Area: Referrals can be made into the program. Program is based on a contract with Herkimer County Mental Health.**

Supportive Case Management

- Case management services for individuals with major mental health disorders to support their functioning at their full potential in the community. A multi-agency collaborative.
 - **Neighborhood Center leads this program.**

PINS Diversion/Family Support – Herkimer County

- A crisis intervention and counseling service for youth and their families at home, in school, or in the community in order to avoid unnecessary Family Court involvement or out of home placement.
 - **Herkimer Program: Contract with HCDSS – open to any child with PINS issues. Parents can refer their children.**

Aggression Reduction

- A research based, structured, time limited skill building group for youth to help them reduce aggressive behavior.
 - **Program offered in Utica, Herkimer, Rome and is free. This is a 10-session group; good for Judges, parents, school can refer children there.**

Oneida County Prevention Council (OCPC)

- The Oneida County Prevention Council (OCPC) provides drug use and abuse awareness programs throughout Oneida County. OCPC works to educate and empower the community on substance abuse issues.
- The Oneida County Prevention Council is able to share information on trends in prevention, such as Environmental Prevention (changing the shared environment to help encourage a healthier overall community).

CHOICES Program

- Provides the courts with a method of increasing accountability for men who have committed domestic violence. Information is presented to assist men who wish to stop violent abusive behavior towards their wife or partner.
 - **Utica Program: 26 sessions, once a week. (Can only get in through court order by Judge, Probation, or Parole).**

Center for Family Life & Recovery, Inc. Employee Assistance Program

- At times, personal and work-related issues may be difficult to handle. Small problems grow into large ones and it may be unclear what to do. Guidance from a trained professional, however, can make all the difference. CFLR, Inc. is the Mohawk Valley's leader in the provision of employee assistance program services. CFLR, Inc. offers professional guidance to you and your family members when personal or work-related problems become too difficult to manage alone.

Sexual Abuse Treatment Program

- Individual and family counseling for children who are sexual abuse victims and counseling for their families.
 - **Funded by Youth Bureau, out of the CAC.**

Juvenile Perpetrators (JP)

- Individual, group, and family counseling for youth who are suspected of having committed sexual abuse.
 - **Free program funded by Youth Bureau.**

Family Preservation and Family Restoration

- Intense individual and family counseling for families whose children are at risk of being placed in foster care or cannot return from foster care to their home until the parent(s) successfully complete counseling.
 - **Contract through DSS, Closed Program.**

Individual and Family Counseling

- Provides professional counseling to people with a variety of problems in order to improve their functioning and resolve problems.
 - **\$60 a session in Utica or Herkimer. Sliding fee scale in Rome.**

Adult Perpetrators Program

- An individual and group counseling program for men who have been court ordered for counseling because they have sexually abused a child.
 - **Mostly referred by Probation or Parole.**

Adult Anger Management Program

- A 10-session Anger Management Program open to anyone in the community. Must call to register.
 - **\$15 a session/10 sessions.**

Professional Training Coalition of Oneida County (PTC)

- Provides 10-12 trainings to professionals working within the human services, school, legal, addictions treatment, mental health treatment, and medical systems.

Oneida County Suicide Prevention Coalition

- Provides community education and awareness on Suicide Prevention to professionals, families, and Youth in the Community.

Drinking Driver Program (DDP)

- The New York State Drinking Driver program has been operated by the Council/CFLR since 1975. It is Department of Motor Vehicle approved and offers education and rehabilitation for individuals convicted of AGG DWI/DWI/DWAI. Classes are available in Oneida, Herkimer, and Lewis Counties to individuals who qualify. Classes are given over seven weeks for a total of sixteen hours. We offer our classes in Herkimer, Glenfield, Rome, and Utica. We have morning and evening classes.