

CHANGING LIVES

The science of compassion. The art of humanity.

STATEWIDE QUICK GUIDE TO CFS PROGRAMS & SERVICES 2016



A private, nonprofit
Protecting Children • Strengthening Families
Improving Communities • since 1850



Child and Family Services

CHILD AND FAMILY SERVICES - PROGRAM QUICK -GUIDE

CFS OVERVIEW: Child and Family Services of NH is a private, nonprofit that works to advance the well-being of children and families through an array of social services that includes following: child abuse prevention, intervention, treatment; mental health & family counseling; home-based family strengthening & support; runaway & homeless youth services; senior/eldercare; transitional & independent living; foster care; substance abuse treatment; in-school social work; early intervention for children with developmental concerns; after-school programs; pregnancy counseling and prenatal supports; support for families with children who have chronic health conditions; adoption; summer camp; and a child advocacy program that works at the legislative level to protect the best interests of children. Through direct service practice and public policy initiatives, CFS is unique in its ability to guard the rights and serve the needs of New Hampshire children.

Some services are dedicated to specific regions of the state. To find out if a program is offered in your area, visit www.cfsnh.org



EARLY CHILDHOOD / FAMILY SUPPORT

ADOPTIVE PARENT SERVICES—

Homestudies for domestic adoptions; consultation and mediation. Post adoption search and reunion coordination, including counseling and support for birth parents, adoptees and siblings.

PREGNANCY COUNSELING/BIRTHPARENT SERVICES—

Unbiased, confidential counseling for parents facing unplanned pregnancy; expert adoption planning services available.

For children who have developmental concerns:

EARLY INTERVENTION (EARLY SUPPORTS & SERVICES)—Provides family centered early supports & services and therapies to infants and toddlers (birth to three) who have developmental disabilities, developmental delays, or who are at risk of delays. Services are provided in the child's natural environment.

To ensure healthy start for babies, minimize childhood risks, and maximize potential for family success:

HOME VISITING / PARENTING PROGRAMS -

A variety of services designed to assist families with children ages 0-21. Provides emotional support and practical solutions in managing family life. In-home education and support helps to develop skills in areas of child development, communication, healthy choices, budgeting, nutrition, conflict resolution, discipline, and resourcefulness. The Home Visiting team includes nurses, social workers, developmental specialists, health educators and home visitors who provide an array of services to families to ensure good prenatal care, successful birth outcomes, positive early parent/child relationships, optimal early childhood development, and on-going family success.

Childhood development assessment:

PROJECT LAUNCH— Provides screenings and evaluations to help families track their child's development, and provides referral and information to enhance child and family progress.

For children who have chronic health conditions:

PARTNERS IN HEALTH — Assists families who have a child (birth to 21) with a chronic health condition. Family-centered. Helps families to identify and access resources, and assists with school, insurance companies, medical providers and other resources/services.

INTERVENTION & TREATMENT

BEHAVIORAL HEALTH, FAMILY COUNSELING-- For children, youth, adults, couples and families. Help with child behavior challenges, problems in school, divorce, step-family adjustment, family violence, relationship conflicts, emotional complaints, stress, self-defeating behaviors, addictive behaviors, loss, trauma, anxiety, phobias, and compulsions. Offers a full program of family life education groups.

Our professional team of licensed therapists have specialized training in working with children and families. Supervision meets the highest standards of the National Association of Social Workers and the American Association for Marriage and Family Therapy.

SUBSTANCE MISUSE TREATMENT-- State of the art treatment services for those who are experiencing problems with drug/alcohol use. Comprehensive screening, assessments, individual, family and group therapy is available.

Court-ordered supervised visitation for children and their non-custodial parent: PARENT AIDE (CHILD HEALTH SUPPORT SERVICES)-- On and off-site supervised visits to help maintain the parent-child bond, provide emotional support, community resources, parenting education, and strategies for families involved in child protective services. Designed to improve family dynamic.

SAFE VISITATION & EXCHANGE PROGRAM: Located in West Lebanon, NH, our new center provides a structured and secured environment for children to interact with a parent in the presence of a neutral third party. Allows for comfortable transfer of child from one parent to another without parental interaction. Serves families involved with Vermont Protective Services and NH and VT courts.

Court-referred youth:

THERAPEUTIC DAY TREATMENT PROGRAM—Intensive daily programs and treatment services for adjudicated youth ages 13-18, and their families. Designed to prevent costly residential placement.

TRACKING— Provides therapeutic community services. Includes intensive tracking, supervision and mentoring of youth (ages 11-17).

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Court-referred family interventions:

INTEGRATED HOME BASED / INTENSIVE FAMILY BASED SERVICES (NH/VT)

A short-term service designed to restore positive functioning in families that need multiple interventions. Services include family therapy, youth tracking, family skill building, resource development, and parent education and support.

FAMILY STABILIZATION PROGRAM— Intensive short- term crisis stabilization for children or adults and their families following an acute psychiatric hospitalization and/or to prevent hospitalization. In-home services help parents, family members and other caregivers find solutions to crisis situations and learn new coping skills for solving family problems. Includes collaboration with involved professionals and case management services linking individuals and families to community resources.

PERMANENCY SOLUTIONS / FOSTER CARE - (INDIVIDUALIZED SERVICE OPTIONS)--A high intensity, multi-faceted program designed to facilitate permanence for at-risk youth. Tailors a variety of therapeutic, social and community-based services to the specific needs of a child and his/her family and endeavors to create a safe, stable, positive home environment for each child. Specializes in foster care placement and foster parent recruitment, training and support.



HOMELESS YOUTH SERVICES

RUNAWAY AND HOMELESS YOUTH PROGRAM—Crisis intervention for run-away & homeless youth, and those at risk of running away.

STREET OUTREACH—A street team canvasses the community serving as a lifeline to street youth, homeless youth and those at risk of homelessness.

TRANSITIONAL LIVING PROGRAM—Safe, stable housing and support services to homeless youth ages 18-21. *Specialty TLP for those who are pregnant or parenting.*

YOUTH RESOURCE CENTER --Newly relocated to 326 Lincoln Street, Manchester, the YRC is a drop-in center where homeless youth can access basic needs such as food, clothing, showers, and laundry, and benefit from other life-changing services such as substance treatment, mental health counseling, job training, educational advocacy, and more.

SCHOOL-BASED SERVICES

AN ARRAY OF SCHOOL BASED PROGRAMS dedicated to ensuring positive academic and social outcomes. Focuses on substance abuse prevention, violence prevention, successful home and school partnerships, life skills training, positive peer leadership and goal development. Provides individual, family and/or group counseling and case management services. K – 12.

COMMUNITY GROUPS: PARENT ED /SUPPORT

VARIOUS -- CFS offers a variety of groups for parents throughout NH. Each series focuses on a specific area of interest such as, divorce, children with special needs, teens, family finances, fatherhood, substance misuse, etc., and follows a different curriculum. New groups are being added all the time. **www.cfsnh.org**.

ADVOCACY

Improving the lives of children and families through legislative, judicial, and public policy initiatives. Guided by the **NH CHILDREN'S LOBBY** advisory committee, which is comprised of representatives from the CFS board, and child advocates from various organizations throughout NH.

SUMMER CAMP

CAMP SPAULDING (in partnership with the YMCA of Greater Nashua)—An overnight summer camp for boys and girls ages 7-15. Camp activities include arts & crafts, horseback riding, archery, canoeing, fishing, swimming lessons, hiking, field trips, activity days, campfires and high and low ropes courses.

SENIOR & INDEPENDENT LIVING

HOME CARE—Helps seniors, individuals with disabilities, and those recovering from illness or injury to maintain quality of life and independence in their own home. Skilled, caring professionals including personal care service providers, licensed nursing assistants, a registered nurse, homemakers and companions, work to meet clients' physical, emotional, and environmental needs. Assists with ambulation, nutrition, personal care, medication reminders and household maintenance.



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Manchester Office Statewide Headquarters

464 Chestnut St.
Manchester, NH
800-640-6486 or
603-518-4000
www.cfsnh.org
Email: info@cfsnh.org

Youth Resource Center

326 Lincoln St.
Manchester, NH
603-518-4170

Keene Office

29 Center St.
Keene, NH
603-357-8772

Colebrook Office

107 Main St.
Colebrook, NH
603-237-4884

Concord Office

103 No. State St.
Concord, NH
603-224-7479

Dover

728 Central Ave. #A
Dover, NH
603-742-5662

Exeter Office

9 Hampton Rd.
Exeter, NH
603-772-3786

Lakes Region

719 North Main St.
Laconia, NH
603-524-5835

Lancaster

25 Main St.
Lancaster, NH
603-788-4172

Littleton Office

28 Lafayette Ave
Littleton, NH
603-444-0418

Nashua Office

112 West Pearl St.
Nashua, NH
603-889-7189

Upper Valley Office

W. Lebanon
Village Plaza
3 Atwood Ave.
W. Lebanon, NH
603-298-8237

Camp Spaulding

210 Bog Road
Penacook, NH
603-753-9337
www.campspaulding.org

