

# IT ONLY TAKES A SPARK

I define connection as the energy that exists between people when they feel seen, heard and valued; when they can give and receive without judgment; and when they derive sustenance and strength from the relationship.

-- Brene Brown

## CONTACT US

### FOR INQUIRIES

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### VISIT OUR OFFICE

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Kingston, NY 12401

### VIEW OUR WORK

Ulster County Safe Harbour Program  
[http://ulstercountyny.gov/  
social-services/safe-harbour-program](http://ulstercountyny.gov/social-services/safe-harbour-program)

# ULSTER COUNTY SAFE HARBOUR PROGRAM

## A FAMILY'S GUIDE

to the case management and educational resources we provide to address the needs of youth in Ulster County.

# OUR PROGRAM

## SUPPORT FOR YOUTH

The Safe Harbour Case Management Program is trauma-informed, strength based, voluntary service and is offered to young people up until the age of 24. Our goals are to empower youth through safety planning and introducing supportive resources as a strategy to reduce vulnerability and risky behavior.

Safety planning for empowerment includes education and outreach around social, physical, emotional, mental, financial, cyber and sexual safety including a clear understanding of the definition of consent. One-on-one mentoring services include working side by side with youth and acknowledging their voice, enthusiasm, and abilities while allowing them to define their own service plan and strive towards leading authentic, meaningful, and positive lives. As a voluntary service, youth may enter into and leave services at any time without judgment.

## SUPPORT FOR GUARDIANS

As adults, we need to acknowledge youth are exploring their identity, interests, and relationships. As a result, their definition of safety may be different than our own which can sometimes lead to risky behaviors and decisions.

Safe Harbour acknowledges and speaks to those differences while encouraging youth to trust their instincts and seek family, peer and community support. Working alongside parents, guardians, and/or Caseworkers, Safe Harbour strives to assist with understanding and practicing risk tolerance and safety planning as a strategy for risk reduction.



## OUR SERVICES

Additionally, we provide you support in assisting youth with:

- Developing a greater sense of self
- Coping with Adverse Childhood Experiences (ACES)
- Building and strengthening resiliency
- Developing or maintaining positive, healthy, and long lasting relationships
- Pursuing post-secondary educational and career opportunities
- Becoming engaged citizens

## PREVENTION EDUCATION YOUTH WORKSHOPS

Building Skills for Healthy Relationships

Safety Planning & Harm Reduction

Online Safety Pledge

You've Shared Photos... Now What?

Safe Harbour ArtReach

Peer Support & Youth Focus Groups