



WE AIM TO  
STRENGTHEN  
FAMILIES AND  
ENLIGHTEN  
LIVES



**FARNHAM**  
FAMILY SERVICES  
*Hope Starts Today.*

**OSWEGO OFFICE:**

283 W. 2nd St.  
(315) 342- 4489

**FULTON OFFICE:**

14 Crossroads Dr.  
(315) 593-0796

**MEXICO OFFICE:**

111 Hamilton St.  
(315) 963-0777

**AUBURN OFFICE:**

13 Chapel St.  
(315) 702-8460

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**FOR MORE INFORMATION:**

Chelsea Bapst  
Community Prevention Coordinator  
(315) 236-0727  
cbapst@farnhaminc.org



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# YOUTH AND FAMILY

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*Programs and Services to  
Support Youth and Families*



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# INDIVIDUAL

- Farnham Family Services can provide one-on-one services to individuals who need support.
- Farnham individual services can be provided in office, in the community, in local schools and through telehealth.

## Available Services

- Prevention & Clinical counseling available.
- **Recovery High School:** An alternative, multi-service high school program for adolescents with (or at risk for) a diagnosed SUD that provides a safe, sober, and supportive educational environment. The program incorporates treatment, prevention, and recovery support(s) into the school day to facilitate personal, academic, vocational and recovery success for the student and offers family services.
- Evidence-based screenings, interventions, and programs.
- **Teen Intervene:** The Teen Intervene program provides education, support and guidance for teens and their parents. The strategy provided a comprehensive screening, brief intervention, and referral to treatment (SBIRT) model of care. Participants that had presented with mild to moderate problems associated with alcohol or drug use worked one-to-one with Student Assistance Counselor to identify and change their choices and behaviors. The program includes a parent component as well!
- **Peer Recovery Services:** CRPAs assist those in treatment by crafting wellness recovery plans, fostering effective coping strategies, and imparting essential life skills for navigating the recovery process. This includes early identification, quality assessment, and trauma-informed responses to families
- Connections to Recovery housing.
- Comprehensive assessments
- Wrap around supports and services

# FAMILY

## Available Services

- **Triple P:** The Triple P (Positive Parenting Program) is an intervention for parents of children, birth to 12 years old, and teenagers, which aims to prevent problems before they arise and create family environments that encourage a child's healthy development. The program has a focus on caregivers of at-risk young children, especially families impacted by the opioid crisis.
- **Strengthening Families:** The Strengthening Families program is an evidenced-based model, specifically designed for high-risk families, provides family & child skills training to increase resilience & reduce risk factors for behavioral, emotional, academic, & social problems in children.
- **Peer Recovery Services** (see above)
- **Family Therapy** sessions and therapy sessions designed to support family members with a loved one struggling with substance use disorders.

# COMMUNITY

- Education, brief screening(s) brief intervention, referral & connection
- **Comprehensive assessments.**
- **InShape Prevention Plus Wellness:** InShape is a single-session substance use prevention program designed to increase fitness, health and performance-enhancing behaviors like physical activity, exercise, healthy eating, getting adequate sleep, and practicing stress control while avoiding harmful substance use for young adults.
- **SPORT:** Is designed to not only prevent substance use and misuse, but also strengthen resiliency through training that includes motivating youth to set and monitor goals to improve key healthy lifestyle behaviors that promote mental and physical wellbeing, performance, and happiness.

