Healthy Bodies & Healthy Minds:
Affiliate & Community Collaboration to Ensure a Successful School Year!

Upstate Caring Partners
Clinical and Behavioral Services

Central New York Health Home Network (CNYHHN) helps Medicaid recipients with two or more chronic conditions or serious mental illness access the services they need through Care Management Services. Care Managers and service providers work together to ensure that your loved one stays healthy. A dedicated Care Manager is responsible for coordinating all of the patient’s health services. Care Managers help the child and family understand their chronic conditions, manage their symptoms and ensure that all treatment team partners are working together. Please call 315.624.9670 for more information.

Community Health & Behavioral Services (CHBS) is the largest mental health facility in our region offering Behavioral Healthcare Services to people of all ages at various locations throughout the Mohawk Valley. A patient receives a continuum of care that focuses on the person as a whole, from physical wellness to better mental health. School based behavioral health services run through CHBS are located within five School-Based Health Centers within the Utica and Rome districts, designed to provide a variety of services to school aged children who have social, emotional, or behavioral needs so that they can experience success in school.

Upstate Family Health Center, Inc provides Primary and Preventative Care Services to individuals of all ages at various locations throughout the Mohawk Valley. We provide a comprehensive approach that keeps the patient at the center of care and involves other services when needed. We provide the following services: Family medicine, routine preventative exams, well-child care and immunizations, diabetic care, physical exams, gynecological care, podiatry, lab, clinical social work and School-Based Health Centers within the Utica School District. Please call 315.624.9470 for more information.

The Upstate Caring Partners family of agencies specialize in providing comprehensive healthcare to people of all ages and abilities, especially ensuring that school age children, like 13-year-old Bella, are able to manage their health conditions and thrive in school. Bella attends 8th grade at Dolgeville Central School district and has struggled with ADHD and anxiety for most of her life. Bella’s grades were failing despite extra help from her teachers, so Bella and her mom, Nicole, were connected with Katie, a Care Manager from Central New York Health Home Network (CNYHHN) who was embedded right within Bella’s school. Katie, discussed options with Bella and her mother as to what supports they would like for Bella, including therapeutic counseling and medication management to help Bella concentrate and feel less anxious.

Katie assisted Bella and her mother in navigating through all of their options, helped set up appointments with medical providers and has been a resource for any information or support that the family required. After several weeks of taking her new medication, Bella felt like she could focus and concentrate, and her mother noted that she could definitely see a difference in Bella’s overall mood as well as her attentiveness to school work. Bella’s teachers also had great things to say about her improvement throughout the year, commenting that she was able to focus more on her work and that her test scores had also improved significantly. Bella, her mother, her principal and teachers have appreciated the part that her CNYHHN Care Manager has played in her success this school year.
Communications & Donor Engagement Department
258 Genesee Street-Mezzanine
Utica, NY 13502
315 927 3460
upstatecp.org

AFFILIATE AGENCIES

CHEERING ON OUR FAMILY OF AFFILIATES!

Message from Louis B. Tehan
President and CEO

It’s still hard to accept that 40 years have passed in my service to the great array of agencies. I still remember my interview like it was yesterday, with 7 parents, many of whom were the original founders of United Cerebral Palsy, parents exactly as those today – focused and advocating for their children and other families in similar situations.

The challenges at that time were different, but just as daunting as today, funding inadequacies, bureaucratic regulatory demands and overall acceptance of their children as productive, valuable members of our society.

40 years later many new programs have developed and unbelievable amounts of monies expended by all levels of government, charitable institutions and families themselves but to be honest we’re still not there…

I’m proud to say Upstate Caring Partners, Inc. and its affiliates have created over 30 residential opportunities within 25+ municipalities throughout Central New York since 1986. You may be aware, most recently, that our Kelberman Center affiliate has received in excess of $20 million dollars in a grant to provide integrated, community based apartments for a small number of individuals with developmental disabilities. Despite the due diligence of Kelberman Center staff, consultants, and families over two years, extensive review of countless options/alternatives, while following every local and state requirement for review and approval, we unbelievably find ourselves kicked backwards 30 years later.

Regrettably, a few neighbors have objected citing lack of communication, building too big for the neighborhood and subtly the consistent referral to “those people.” Yes, many years later, the same arguments, the same hurtful words, the same level of misinformation with the same ultimate message… “Not in MY Neighborhood.” At the public informational meeting I was so disheartened to witness the same reaction on the faces of parents of the people we support that I saw 30 years ago at similar meetings.

Progress in my 40 years, absolutely, however clearly we still have a long way to go - of understanding, acceptance and advocating for those we are so privileged to serve.

Thank you all… it’s been a wonderful journey, and it continues.

CONGRATULATIONS TO LOUIS B. TEHAN
President and CEO

In recognition of 40 years of Immeasurable Impact, Visionary Leadership & Commitment to Thousands of Children and Adults in the Upstate Caring Partnership family of agencies.

“It was always the people. It’s about as meaningful a job as you can get.” - Louis B. Tehan

Past

August 27, 1979

24 Staff
$350,000 Annual Operating Budget
2 Program Sites (Utica/ Rome)
300 Consumers served (Approx.)
1 Non-Profit Organization

Present

August 27, 2019

3,800 Staff
$234,000,000 Annual Operating Budget
91 Sites in 38 Counties
35,000 Consumers served (Approx.)
9 Non-Profit Organizations
2 For-Profit Organizations
3 Affiliated Agencies
Upstate Cerebral Palsy Early Intervention Services provide services for infants and young children who have exhibited a delay in one or more areas of development. Our professional team, including service coordinators, special education teachers, physical and occupational therapists, speech pathologists and medical personnel, work with you to develop a unique program to meet your child’s specific needs. This team conducts comprehensive developmental evaluations and provides ongoing Early Intervention service coordination and treatment. For more information please call 315.533.1150 ext. 2518.

The New Discoveries Preschool and Childcare Center is a program dedicated to the education and development of all children. Students at different developmental levels work and learn together in an inclusive setting. Within the program children construct their understanding of the world through their hands-on experiences with people, materials and ideas, encouraging them to think, imagine and problem solve. Upstate Cerebral Palsy services also include Special Education Preschool Services, where our specially trained teachers work in area school districts to provide special education services for preschool children. Special education services include evaluations, special education classes, and speech, physical and occupational therapy. For more information, please call 315.798.4006 ext. 2828.

The Tradewinds Education Center is a school that services children from ages 5-21 who have been diagnosed with a severe behavioral and/or developmental disability. The program offers services for students who attend our school and return home at the end of the day, as well as Residential Services for students who attend school and live in residences on our campuses, which are located in Utica, Rome and Chadwicks, New York. Programs include our Vocational Services which provide on-site customized vocational training to prepare students to help realize their fullest potentials and goals for employment. Please call 315.798.4006 ext. 2828 for more information.

Nicky Rotundo, now 15-years-old, has lived in an Upstate Cerebral Palsy residence and attended the Tradewinds Education Center for 8 years. Nicky’s parents initially made the difficult decision to place him residentially when his aggressive and self-injurious behaviors became too intense for them to handle in their home. In the past Nicky had attacked his parents and two siblings, as well as his doctors and therapists when he met with them. His multiple therapies, neurologist appointments and meetings with specialists and consultants across the state and nationwide proved difficult – Nicky was so violent that he was turned away from many practitioners even before they had the opportunity to meet him in person.

Nicky’s parents, however, learned very early on that living at Tradewinds was the right decision. Within weeks the Rotundos returned to the Caruso Residence to visit Nicky. According to his mother, Amy, it was “unreal…Nicky was a different child.” He was smiling and giving hugs. Staff were pulling him around in a wagon and pushing him in a swing outside whenever he needed to calm down. They learned his behavior cycles and figured out how to comfort him, making him feel safe.

Over the past two years, the Tradewinds staff have worked with Dr. Greg Hanley of Western New England University on his innovative and evidence-based approach for addressing severe problem behaviors in people with complex developmental disabilities. Within two days of teaching, using Dr. Hanley’s approach to problem behavior, Tradewinds staff were able to successfully teach Nicky an appropriate response in place of a problem behavior. His parents and Tradewinds staff alike are truly proud of Nicky’s accomplishments and this life changing progress he has made at Tradewinds. According to his mother, “We now know that Nicky will live a happy life.”

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The Kelberman Center Promise Program addresses the unique needs of preschool children with autism. Students work on a functional way to communicate, as well as learn self-help skills, social and play skills, physical development and classroom readiness, all to help them reach their full potential. The Kelberman Center also partners with school districts to provide School Consultation Services and on-site supports to strengthen and extend a district’s educational resources to meet the needs of children with autism.

The Kelberman Center offers an array of programs and services for people of all ages with autism spectrum disorder and related disabilities. Applied Behavior Analysis is used within the Promise Preschool Program, which is an evidenced based therapy that has been proven to help people with autism increase appropriate behavior and reduce challenging behavior. The Kelberman Center also provides evaluations and diagnosis for autism and related intellectual disabilities. Children and adults may receive individualized therapies and counseling for emotion regulation, coping skills and behavior and exposure therapy. The Kelberman Center also has created a variety of social skills groups and programs designed to foster social interaction and learning for children and adults. For more information, please contact 315.797.6241.

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The Root Farm is an innovative complex focused on learning and healing for people of all ages and abilities through the power of equine, agricultural and recreational experiences. In addition to our many equine therapy programs, we have a vast array of agriculture opportunities, namely hydroponic greenhouses, traditional gardens, a chicken coop, and maple syrup and honey production sites. Root Farm Adventures, as many of you are aware, is an inclusive challenge course for youth and adults that features the first accessible high ropes course and zip line in the country, available for corporate team building activities and events. All of these opportunities help to assist children and adults in their healing and growth. For more information, please call 315.520.7046.

Tren is an amazing young woman who enjoys her life and is thriving now because of services and friendships she has experienced at The Root Farm. Living in an orphanage in China, 9-year-old Tren was illiterate and suffered from Dyspraxia, a disorder that made it difficult for her to walk or navigate stairs. At the age of thirteen she was adopted by her mother, Darlene, and brought into a loving and caring family. Early on, Tren lacked socialization skills, never speaking up or developing her own opinions or thoughts. But that all changed a few years later when Tren started taking therapeutic horseback riding lessons at The Root Farm. Through working with the staff and animals at The Root Farm, riding greatly improved her motor skills as well as her gait and ability to go up and down stairs.

Riding creates a special bond between the rider and horse and over time, this connection is what helped Tren emerge from her shell as she began to socialize more regularly with peers and staff at The Root Farm. Tren has made friends at The Root Farm and looks forward to riding and spending time at the farm each week. Tren, now in her early twenties, is more confident in herself and is developing and expressing her opinions more openly. After graduating from her high school program, Tren is currently enrolled in the Upstate Cerebral Palsy College Life Program at SUNY Polytechnic Institute, where socialization skills she has learned at the Farm have translated to her classes. Her teachers in the College Life Program have commented that she is an extremely hard worker and that she comes to program with a positive attitude everyday.
A TRADITION OF INCLUSION

Robyn Deborah-Qiu Ward started preschool at the E. John Gavras Center in Auburn and is now a part of Kelberman Center’s Self Direction program. Robyn, who has Rett syndrome, recently jumped in the lake with help from her classmates at Skaneateles High School. Two classmates planned with Robyn’s mother, Tina Ward, to make sure she was a part of this fun tradition along with the rest of the class of 2019. Kenneth Ward, Robyn’s father and Principal at the E. John Gavras Center, says “I believe it is important for families to realize that every child can enjoy, participate and achieve milestones in their lives with the help of wonderful people.”

Cheering on Our Family of Affiliates!

Several students from the Tradewinds Education Center recently ran the Boilermaker Road Race 5K with staff, having trained for months prior to the race. Opportunities like this are made possible by dedicated agency staff as well as many generous community businesses who through their donations and encouragement made this tremendous feat possible. Affiliate agencies Upstate Cerebral Palsy, Root Farm and Advocates, Inc. also volunteered at water stations during race day, cheering on our runners as they passed through. If you would like to help provide exceptional opportunities to children and adults within our family of affiliate agencies, please contact the Upstate Caring Partners Communication and Donor Engagement Department at 315.927.3466.

Enclosed is my gift of $300.00 $150.00 $75.00 $30.00 other $

Name (please print)
Street Address
City, State, Zip
Telephone
E-mail
Method of Payment (check one)
☐ Check ☐ Visa
☐ Master Card ☐ American Express ☐ Discover
Credit Card #
Billing Zip Code Exp. Date
Signature

Total Contribution Amount

I would like to be a part of the Miracle!

I would like to support the following Upstate Caring Partners Affiliate(s):

If multiple, please indicate affiliate and amount for each.

Make checks payable to Cerebral Palsy Association
Mail with this form to Communications and Donor Engagement
258 Genesee Street - Mezzanine Level, Utica, NY 13502
Please call 315.927.3461 with questions or to learn more!

Parish on Broadway (730 Broadway, Utica)

Art Exhibit & Sale
4:00-6:00pm
Free and Open to the public
Benefits Upstate Cerebral Palsy Art Programs
Cocktail Party, Dinner & Dancing
w/Live Painting by Tom Verano
6:30-10:30pm
$75 per ticket
Visit upstatecp.org/events to purchase tickets
Benefits Upstate Cerebral Palsy & CNYHHN Mental Health Services

Mr. & Mrs. Louis and Laura Tehan

Art Programs & Mental Health Services
GALLERY OF EXPRESSION

Friday, October 25, 2019

proudly sponsored by:

Stephen L. Caruso, RCPA
Caruso McLean
Mohawk Healthcare
Northland Communications
ADIRONDACK BANK
PARADIGM
UTICA FIRST
Mr. & Mrs. Louis and Laura Tehan
Please visit upstatecp.org to find out how you can make a difference in the lives of the people we support through participating in our events, becoming a volunteer, or making a donation. Together, we can help create everyday miracles in the lives of people with differing abilities.