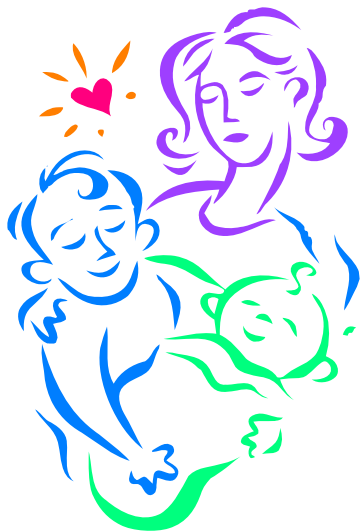


YWCA

Today's Journey

Providing housing for
Women in Recovery
and their children.



80 Hawley Street
Binghamton, NY 13901

Phone: 607-772-0340
Fax: 607-723-9610

**eliminating racism
empowering women
ywca**

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Binghamton, NY
13901-3880

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Services Provided

- Individual Counseling
- Group Counseling
- Vocational Training— assistance with job training or skills such as resume writing and interviewing skills
- Educational Training— guidance is given to women for the opportunity to go to school at various levels
- Intensive Case Management Facilitated by CASAC
- Guidance with Daily Living Skills
- Women's Weekly Network— an psycho-educational group for the women each week
- YWCA membership status— fitness/wellness classes
- Referrals to other agencies based on assessments for treatment or support
- Referrals and recommendations for medical care needed
- Follow up services for continued support and access to services
- Access to Encore Plus—a YWCA program promoting women's health

Program Description

The vision of Today's Journey is to provide a supportive, sober, stable, and safe living environment for women recovering from alcohol and substance abuse addictions and their dependent children. The program will enable them to live in such an environment while receiving "in house" services from a Credentialed Alcoholism and Substance Abuse Counselor, a Social Worker, and a Vocational/Educational Counselor. The YWCA provides residential Staff 24 hours a day, 7 days a week for the women of this program to access support and guidance in their every day lives. Each woman will be encouraged to advance her educational or job training skills, participate in programming at the YWCA, participate actively with all treatment providers, and advance their parenting skills. The women will also be able to access a Resident Manager in the evening hours for support and guidance in developing a routine and stable home life. Today's Journey strives to assist women in remaining sober and in developing the skills they will need to lead happy and successful lives.

What is required of Participants:

All women who enter the program must have the following qualifications:

- Be eligible for DSS assistance
- Be recovering from Drug and/or Alcohol Addictions
- Have a child to reside with them in the program
- Must be willing to commit to a minimum of 3 months in the program
- Must be willing to follow the programming guidelines and objectives as identified on an Individualized Service Plan.

Day Care Services:

The Children of Today's Journey will be provided care in the Young Wonder's Child Care Center at the YWCA. Young Wonder's provides services for Infants, Toddlers and Pre-School Age children. The children will be able to access recreational activities including the aquatics program. Staff will assist parents in making referrals to enroll children in school, obtain medical care, and enrolling in parenting classes.

Details of the Program:

Today's Journey provides a minimum of 3 months up to an 18 month stay for the women and children served. It provides a community living environment giving the women and their children a chance to connect with others as a support network. Food and basic needs will be provided for the residents throughout their stay at the YWCA. Referrals can be received from the Broome County Department of Social Services and/or Broome County Family Drug Treatment Court.

As well, the staff of the YWCA strives to enhance the progress of the residents served by coordinating services with other agencies involved with the participants, and developing their goals with the goals of their treatment providers in mind. All residents will be encouraged to remain in treatment programs needed.

OUR GOAL:

To assist women in gaining self-sufficiency and independence with our programs and services. The YWCA strives to do this by providing a supportive and safe environment for women and their children.