



## What is My Role as a Caregiver?

If your child is enrolled in the Student Empowerment Services at Mechanicville, the caregiver's role is:

- Consent for participation in this service;
- Attend the initial evaluation session;
- Attend monthly family sessions;
- Collaborate with the therapist and school personnel to best support the child.

**Mechanicville  
Student Empowerment Services  
will be offered to all students  
throughout the District.**

If your child attends a  
Mechanicville School and you would  
like to refer him/her for services,  
please contact:

Your Child's School Counselor

**WE ARE HERE TO HELP!**



**SARATOGA CENTER FOR THE FAMILY**  
Building stronger families for stronger communities

359 Ballston Avenue | Saratoga Springs, NY 12866  
(518) 587-8008 | [www.saratogacff.org](http://www.saratogacff.org)

**MECHANICVILLE**  
CITY SCHOOL DISTRICT



**SARATOGA CENTER FOR THE FAMILY**  
Building stronger families for stronger communities

**Student  
Empowerment  
Services at  
MECHANICVILLE**



## **What are Student Empowerment Services at Mechanicville?**

Offered in the school setting, the Student Empowerment Services at Mechanicville are part of the network of comprehensive mental health services provided by Saratoga Center for the Family. Mental Health counseling will be offered by a Master's level clinician.

### **Mental Health Services in Schools:**

- **Assist clients and families that are struggling with emotional, academic, or physical development;**
- **Provide early intervention which may offer relief from symptoms related to mental health;**
- **Enhance personal relationships with family and friends;**
- **Offer programs during school hours for the convenience of students and families;**
- **Allow the therapist, school staff, and the family to build student success in school.**



### **What will Student Empowerment Services at Mechanicville Offer a Student?**

Saratoga Center for the Family will offer a full range of comprehensive mental health services in the student's school for students experiencing issues such as trauma, depression, stress and anxiety, anger, emotional instability or difficulties related to ADHD or related disorders.

#### **Services will include:**

- **Assessment:** Child and family assessments.
- **Intervention:** Individual, group, family therapy.
- **Consultation:** With parents, teachers and school administration.
- **Training and Information:** Parent and teacher training/information on mental health issues.
- **Referrals:** Referrals to other community mental health programs can be made,

### **How Can Families and Children Access Services?**

- Students may be referred either by a School Counselor, Psychologist, Social Worker, Nurse or Building Administrator at your child's school. Caregivers/ Parents may also make a referral directly to Saratoga Center for the Family at (518) 587-8008.
- To begin services, caregiver/parents must attend the initial intake assessment with their child, provide insurance information, and sign consents.

### **What Are the Costs to Parents?**

- Parents provide insurance information and Saratoga Center for the Family bills directly.
- Sliding fee and/or financial assistance may be available.