



Mission

- *To assist children/youth to remain in their communities*
- *To help youth identify strengths, explore interests and maintain a healthy active lifestyle*

CONTACT US

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*Assisting Families
by Providing Temporary
Care Giving Relief*

*An approved Provider for
Bridges to Health*



P.O. Box 111
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WHY?

CAPITAL DISTRICT Respite, Inc.



SERVING FAMILIES IN THE FOLLOWING COUNTIES:

- Oneida
- Herkimer
- Fulton
- Montgomery
- Schoharie
- Schenectady
- Albany
- Rensselaer
- Greene
- Saratoga
- Warren
- Washington

WHO WE ARE

We are responsible for ensuring that respite and skill building services are meted out as outlined in the child's service plan. We work closely with the Bridges to Health staff from Parsons Child and Family Center to Northeast Parent and Child Society and the House of Good Shepherd. Ms. Tambasco has served as Executive Director since its inception in 2010. She has taught life skills in various public schools as well as private school for youth with serious emotional disturbances and behavioral challenges.

Ms. Tambasco holds a Masters of Science in School Health Education as well as a Professional Teaching Certification for K-12 Health Education from New York State. She also holds a master's in health services administration from Russell Sage College in Albany and a bachelor's of professional studies in health services administration from the College of Technology at Utica, and an A.A.S. in Business Administration from Fulton Montgomery Community College. She is certified in First Aid and CPR and is a Train the Trainer for New York State Office of Mental Health Respite and Skill Building Curriculum.

Ms. Sheila Wood has served as Assistant Director since its inception in 2010. She has worked in the Human Services field for over 10 years and her background encompasses working with a wide range of populations including juvenile delinquents, developmentally disabled, traumatic brain injured, emotionally disturbed, mentally ill, at risk youth and medically frail. Ms Wood has served as a Juvenile Probation Officer for Saratoga County, a Medicaid Service Coordinator for AIM Services, Inc. and also held various positions at the following agencies, Catholic Charities, Montgomery Transitional Services and Lexington Center. These positions encompassed direct care, prevention, case management and proactive behavioral intervention. Ms. Wood is also certified in CPR and First Aid and is a Train the Trainer for New York State Office of Respite Curriculum.

WHAT WE DO

- Provide respite and skill building, family support, special needs advocacy, pre-vocational and crisis services to children and youth with special needs.
- Match providers to the child based on interests, geographic location, and experience level.
- Provide flex funds for activities planned for child's outings.
- Promote a healthy active lifestyle.
- Providers follow stated goals to produce measurable outcomes.
- Work closely with family and health care integrators regarding scheduling of outings and updates on progress.

WHO IS WORKING WITH YOUR CHILD

- Professional individuals trained specifically to work with special needs children and youth who are fingerprinted and cleared through the child abuse registry.
- Trained providers who set limits, define consequences, maintain clear boundaries and provide positive feedback on the child's accomplishments.
- Trained providers who focus on the developmental stage of the child to plan community activities to meet the child's needs.
- Trained providers who communicate with the child's treatment team as reported to caregivers after each outing.