



# Supervised Independent Living

Helping youth transition with transitional and life skills.

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*For more information or  
to schedule a tour of our  
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*This program is one of the  
services provided by Northern  
Rivers Family of Services and  
its member agencies, Northeast  
Parent & Child Society and  
Parsons Child & Family Center.*

The Supervised Independent Living Program (SILP) is for youth ages 16–21 who are transitioning from foster care to community living. By developing a full array of life-skills training and case management support, the program is designed to prepare youth for life on their own in the community. The program's success is based on allowing youth to transition planfully to lower levels of care and develop adult partnerships while participating in supportive housing, post-secondary education preparation, and workforce development training.

Through partnerships with key community-based organizations the program provides a system of support to ensure that each youth successfully achieves permanency through appropriate community connections.

**Northern Rivers provides programming and support  
24 hours a day, 7 days a week, 365 days a year.**

## Available Services

- Housing located in a safe residential neighborhood conveniently located near public transportation
- Weekly individual and group independent living counseling
- Independent living workshops in which youth practice skills such as navigating public transportation, cooking, and managing a budget
- Job resources available through a network of community partner organizations
- Postsecondary education resources available through a network of community partner organizations
- Youth employment resources and training are available through the Ansel Casey Life Skills, Youth in Progress/Youth 4 Progress, Foster Club, Vocational BOCES, and Young Leaders in the Making
- 24-hour monitoring and support as a core component of the agency's full continuum of options for youth in and out of care

## Benefits

- Youth reside in a fully furnished apartment paid for by Northern Rivers, including rent and utilities
- Transitional Living Plans are developed beginning at age 16½ for some youth and 17½ for others depending on the county of residence, and the plans are reviewed regularly to ensure each youth's overall needs are met
- Youth receive stipends for meals and transportation as well as professional job training and job placement services
- Youth are coached and taught good time and money management principles

**NORTHERNRIVERS**

- Scholarship and voucher program stipends are available
- Clinical approaches using evidence-based treatment models such as Cognitive Behavior Therapy, Functional Behavior Assessment, Motivational Interviewing, ARC Trauma Treatment, and Dialectical Behavior Therapy are used to address clinical needs of youth and to help sustain the youth in the community
- Youth are afforded various employment opportunities through AmeriCorps, Girls Inc., Schenectady Public Library, Schenectady Job Training Agency, the School at Northeast's School-to-Work program, Northern Rivers' Community Living Services program

### How to Get Started

Youth ages 16–21 are referred from the county's Department of Social Services (DSS), Department of Probation, Family Court, the local school district's Committee on Special Education (CSE), and Northern Rivers' internal programs. Services are provided to youth with a history of disruptive behavior, such as truancy, running away from home, and misdemeanor criminal activity. Services are also provided to responsible youth from foster homes or in residential care who would benefit from a different community-based setting.

**For more information on these services  
or to arrange for a tour of our apartments, contact:**

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