

# DIRECTORY OF SERVICES



Cortland Prevention Resources is a division of Family Counseling Services, a 501(c)(3) not-for-profit agency. CPR provides primary prevention education, intervention, information, referral and school and community-based services throughout the Cortland County area. This is offered through a variety of approaches including, direct service, trainings and presentations, walk-in services, technical assistance, harm-reduction and media.

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<b>YOUTH &amp; FAMILY PROGRAMS</b>	<b>STAFF</b>	<b>EXT.</b>
<b>Family Matters</b> – An interactive program once a month that includes a meal and emphasizes time with family, positive messaging and activities.	<b>Leslie Wilkins</b>	<b>255</b>
<b>Parenting Wisely</b> – These computer based programs are designed to build skills with parents and youth ages 3-18. With guidance from the Prevention Specialist and the modules, families improve their communication skills leading to more positive interactions and experiences.	<b>Heather Kehoe</b>	<b>261</b>
<b>Youth Support</b> – Programs that promote conflict resolution, anger management, respect for self and others, effective communication, drug education and prevention and healthy habits are all available to groups after school, during school and through our youth programming.	<b>Brad Allen</b>	<b>257</b>
<b>LGBTQ Youth Support</b> - A monthly youth group for LGBTQ youth and straight youth allies.	<b>Leah Calzolaio</b>	<b>254</b>
<b>Strengthening Families</b> – Designed to strengthen parenting skills, prevent problem behaviors, including drug use and improve family connection. One night a week for 7 weeks. Parents and youth ages 10-14 participate. Dinner provided and childcare for non-participating siblings offered. Available fall and spring.	<b>Leslie Wilkins</b>	<b>255</b>
<b>Teen Intervene</b> – Available for youth 12-19 who are experiencing mild to moderate problems associated with alcohol or drug use. The 1:1 format helps teens develop skills, identify how drugs impact their lives and promote healthy behaviors during two sessions (third session is optional with parents).	<b>Deidre Plumley</b>	<b>251</b>
<p><b>Youth Assist Programs</b></p> <p><b>Compass-</b> This program is designed to pair up youth in grades 5-12 with a college student mentor serving as a positive role model. Each week pro-social activities promote positive identity and values, social competencies, wellness and commitment to learning. New sessions begin each September and February and is a commitment for the semester.</p> <p><b>Group Activities-</b> Several evenings a month there is a new activity that is supervised with trained mentors to help with social skills, building relationships, life skills, &amp; improving self-esteem. This program is for youth ages 9-18 who are looking for a fun pro-social activity to participate in. All activities are substance free and provide positive alternatives to drug and alcohol use.</p> <p><b>Individual Mentoring-</b> Individual mentors are available to youth grades 6-12 who are looking for a way to get involved in the community and have new experiences. Our trained mentors will spend approximately 2-3 hours weekly with the youth and work on building relationships, improving social skills, and having a better outlook on the future. This is a great opportunity for individuals to interact with a positive role model.</p>	<p><b>Linnay Harmer</b></p> <hr/> <p><b>Brad Allen</b></p> <hr/> <p><b>Leslie Wilkins</b></p>	<p><b>260</b></p> <hr/> <p><b>257</b></p> <hr/> <p><b>255</b></p>

<b>COMMUNITY, SCHOOL &amp; JUDICIAL PROGRAMS</b>	<b>STAFF</b>	<b>EXT.</b>
<b>Alcohol Service Awareness Program (ASAP)</b> – NYS Liquor Authority certified 3 hour program designed specifically for beverage servers to educate them on best practices, policies and legal issues for serving alcohol in a retail environment. Training for: on- premises, off-premises and fairs/festivals.	<b>Deidre Plumley</b> <b>Linnay Harmer</b>	<u>251</u> 260
<b>Behavior, Drugs and the Law (BD&amp;L)</b> – Educational program for individuals referred by the court, attorney, or family member. This is specifically for first-time offenders. This is a 4-hour course, approved by NYS OASAS as an alcohol and drug awareness program.	<b>Deidre Plumley</b>	251
<b>Food for Thought: Community</b> – A monthly series in partnership with the Mental Health Association is offered to professionals to enhance their knowledge and understanding of various topics. Guest speakers provide workshops of current interest and lunch is provided.	<b>Linnay Harmer</b>	260
<b>LGBTQ Men’s Peer Support</b> - A monthly group of gay, bisexual, transgender, queer, and straight ally men who get together to support one another.	<b>Leah Calzolaio</b>	254
<b>LGBT Resource Center</b> – We create a visible and empowered inclusive community through education, advocacy, resources and linkage to essential services for all lesbian, gay, bisexual, transgender, allied and queer-identified individuals and families. We offer a wide range of walk-in services including referrals, a well-stocked lending library, social opportunities, information on LGBTQ related issues, and support from caring staff.	<b>Leah Calzolaio</b> <b>Ethan Lewis</b>	<u>254</u> 252
<b>LGBTQ Trainings</b> - We offer a variety of health related workshops, LGBTQ Webinars, LGBTQ trainings and presentations to schools, businesses, non-profits, health professionals, public safety personnel, educators and community organizations. We also provide technical assistance to organizations looking to improve their LGBTQ friendly inclusiveness.	<b>Leah Calzolaio</b>	254
<b>Prescription Drug Abuse Prevention</b> – CPR works to reduce the availability and accessibility to commonly abused prescription and over-the-counter medications through education and access to consistent disposal locations. Four Drop Boxes are located in Cortland and Homer so unused medication can be disposed of daily 24/7. Medication collection events are also held twice annually, the last Saturday of April and September.	<b>Kimberly McRae Friedman</b>	253
<b>Problem Gambling Awareness</b> – Information regarding gambling, the signs of problem gambling and information about resources for those affected by problem gambling will be provided through brief presentations to community groups, health and human service providers, businesses, schools and colleges. <b>YOU(th) Decide NY</b> - empowers teenaged youth to learn about the dangers of underage gambling and to share that knowledge with their peers, parents and communities.	<b>Ethan Lewis</b>	252
<b>Environmental Strategies</b> - Prevention efforts aimed at changing or influencing community conditions, standards, institutions, structures, systems or policies. Some of these effects include changing local ordinances or laws to positively change our community. An example of this would be the City of Cortland’s Social Host Ordinance. Environmental Strategies also include social marketing campaigns and informational warning signs to the community about the dangers of drug and alcohol use.	<b>Kimberly McRae Friedman</b> <b>Linnay Harmer</b>	<u>253</u> 260

**STAFF  
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