



# NACS NEWS

*A Tradition  
of Caring*

January 2024  
Volume 25, Issue 1

**Native American Community Services of Erie & Niagara Counties, Inc.**

- 1005 Grant Street, Buffalo, New York, 14207, (716) 874-4460, Fax (716) 874-1874
- 1522 Main Street, Niagara Falls, New York, 14305, (716) 299-0914, Fax (716) 299-0903
- 76 West Avenue, Lockport, New York, 14094, (716) 302-3035, Fax (716) 302-3037
- 100 College Avenue, Suite 200, Rochester, New York, 14607, (585) 514-3984
- 960 James Street, Syracuse, NY 13203, (315) 322-8754

## National Codependency Awareness Month

*submitted by George T. Ghosen, Editor*

National Codependency Awareness Month is in January, and it revolves around helping those who may be caught up in codependent relationships. This is important because being codependent is not healthy and may have an impact on one's mental health. Most importantly, codependency greatly affects one's ability to stay happy in relationships. As a result, National Codependency Awareness Month was established to guarantee that people continue to live happy lives. Make an additional effort to support folks who are codependent this January by raising awareness. It is also critical to persuade codependent persons to meet with specialists who may be able to best guide them.

Codependence is a disease that deteriorates the souls. It affects our personal lives; our families, children, friends, and relatives; our businesses and careers; our health; and our spiritual growth. It is debilitating and, if left untreated, causes us to become more destructive to ourselves and others. Many of us come to a point when we must look beyond ourselves for help.

Codependency can be a tricky topic in the world of mental health. Broadly speaking, codependency means relying upon someone else to a detrimental extent, where the desire to help causes further harm. People can be in codependent familial, personal, professional, or friendly relationships, and perhaps this universality is part of the reason for the term's occasional misuse: the concept of codependency long ago entered the mainstream vocabulary, where it's been subverted from its original clinical usage. The truth around codependency is more complicated - and more controversial - than it first appears.

In recent years, the term "codependency" has gained widespread recognition and has sparked important conversations about mental health and relationships. Codependency, which is often defined as an excessive reliance on another person for approval and identity, can have serious impacts on an individual's self-esteem and overall well-being.

### **The Origins of Codependency**

According to Webster's dictionary, codependency is a psychological condition or a relationship where one feels the need to be dependent on or controlled by another. However, it's not a mental illness, but a perception of life that is based on one's childhood. Clinical literature states codependency develops when a child is exposed to a dysfunctional family, where they are exposed to abuse and neglect by the parents. While in sociology, codependency is a concept that looks at imbalanced and unequal relationships. This is where the codependent individual tries to make up for the self-destructive tendencies of the others by suppressing their own needs. Self-sacrifice and ignoring one's own feelings and emotions are key to such a partnership. Because the codependent person is continually looking for acceptance, any criticism sends them into a tailspin. Codependent relationships can also develop between lovers, friends, siblings, parents, coworkers, and others.

*(Continued on page 2)*

## **NATIVE AMERICAN COMMUNITY SERVICES**

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#### **Health & Wellness**

Star Wheeler

#### **Special Initiatives**

Pete Hill

#### **Stages of Life Empowerment Program**

Simone Alston



### **MOVING/CHANGE OF ADDRESS?**

If you are planning on moving or changing your address, please contact NACS so we may update our mailing list. Send an email to Newsletter Editor:

[gghosen@nacswny.org](mailto:gghosen@nacswny.org)

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Since codependents tend to put others on a high pedestal and ignore themselves, they have low self-esteem and a complex personality where their own needs come last.

Such relationships can be extremely toxic, hence, they need to be identified and the codependent person must receive professional help. "Codependency is a circular relationship in which one person requires the other, who in turn needs to be needed," explains Dr. Exelberg. Unless they are required by - and making sacrifices for - the enabler, also known as 'the taker,' the codependent person, sometimes known as 'the provider,' feels useless.

When psychologists started investigating family dynamics and how they affect one's mental health in the 1940s and 1950s, they discovered the devastating effects of codependency.

The origins of National Codependency Awareness Month can be traced back to 1989 when the National Association for Children of Alcoholics (NACoA) was founded. NACoA chose the month of September for the awareness campaign because, during this month, the organization also observes National Alcohol and Drug Addiction Recovery Month. The focus of the initial awareness month was on codependency's impact on children who grew up with addicted parents.

In 2016, the National Latino Behavioral Health Association (NLBHA) furthered the cause by officially designating September as National Codependency Awareness Month for the Latino community. Since then, other mental health organizations and support groups have

joined the movement, and the awareness campaign has been extended to include all individuals, regardless of race or ethnicity, who struggle with codependency.

### **What are the signs you might be in a codependent relationship?**

Codependency can be difficult to spot, because many of the behaviors described by the term are normal parts of a close relationship. They only become a problem when there isn't a healthy give and take between both partners, or when taken to extremes.

A few common signs of codependency are:

- Low self-esteem.
- Struggling with saying no to others.
- Difficulty setting or enforcing boundaries.
- Feeling a responsibility to take care of people.
- Feeling a strong need for control.
- Struggling to communicate honestly and openly.
- Obsessing over your mistakes.
- High emotional sensitivity.
- Worrying about being liked by everyone.
- Always feeling the need to be in a romantic relationship.
- Neglecting your own needs, thoughts and feelings.
- Having a strong fear of abandonment.
- Lacking a strong sense of self.

### **Why is codependency a controversial term?**

There is an ongoing debate in the psychology field about whether codependency is a useful term, or whether it pathologizes the normal level of dependence that is healthy in a secure relationship. Some relationship counselors believe that it

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discourages healthy interdependence, where both partners are willing to make sacrifices for one another. They argue that being able to rely on others in times of distress is normal and healthy, and that people shouldn't be ashamed of being "too needy" or not independent enough.

Some clinicians also worry that the idea of codependency can result in victim-blaming. Many people who have experienced domestic violence display the signs described earlier. However, for domestic violence survivors, these feelings are a direct response to their abuser's behavior. For instance, they struggle to express their emotions because they have learned that being honest could be a threat to their safe-

ty. They may carry those behaviors forward into future relationships, even if their new partner is not abusive.

As with any mental health terminology, if you find the concept of codependency helpful in understanding yourself, you can use it to find resources and help. But if the term feels like it doesn't fit your situation or makes you feel worse, you don't have to accept the label in order to work on building healthier relationships.

### **Facts about National Codependency Awareness Month**

- Codependency can affect anyone regardless of age, gender, or background.

- Codependency is often linked to growing up in dysfunctional families with addiction, abuse, or other unresolved issues.
- Individuals with codependency often struggle with low self-esteem and have difficulty setting healthy boundaries.
- Therapy, support groups, and self-help strategies can all be effective in addressing codependency.
- National Codependency Awareness Month serves as a reminder that healing is possible and no one needs to suffer alone.

Resources:

- [National Today](#)
- [Counseling Schools](#)
- [Lifeworks NW](#)
- [National Day Calendar](#)

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## **“Together We Walk” Native American Peer Education Project**

*submitted by Pete Hill, Special Initiatives Director*

### ***New Project Announcement!! -- “Together We Walk” Native American Peer Education Project***

Starting in January 2024, NACS will embark on a new project focusing on Indigenous Health, especially regarding reproductive and sexual health! The “Together We Walk” Native American Peer Education Project will provide multiple opportunities for Native American community members to attend and complete various trainings and webinars on several different topics, including Native American cultural competency, health literacy in HIV, Hepatitis C, and Sexually Transmitted Infections (STIs), harm reduction, and many related areas!

We will seek to engage at least 15 Native American community members to complete approximately 45 hours of training during the next several months. NACS will also provide a stipend for participants who complete every hour of training, with additional incentives to complete all 45 hours in the next year!

We are finalizing all the details now, so please watch for more announcements for how people can sign up for this important program and to support our own community members by becoming a Native American Peer Educator!

Please stay tuned for more information, or please contact Pete Hill, Special Initiatives Director at (716) 574-8981 or [phill@nacswny.org](mailto:phill@nacswny.org).

*Nyah-weh & Happy New Year!*



# Attending the 2023 National Sex Ed Conference

*submitted by Casey Bednarski, Health Educator Supervisor*

This December, the Stages of Life Empowerment Program had the opportunity to send two staff to the National Sex Ed Conference, hosted by The Center for Sex Education. Program Director Simone Alston and Health Educator Supervisor Casey Bednarski made the trip to Atlantic City, New Jersey, and attended the week-long conference on behalf of the program.

They were able to attend four incredible keynote presenta-

tions, multiple in-person workshops, and special interest group sessions.

Our staff heard a land acknowledgement and opening remarks from Chief M.C. DeMund, the Keeper of Ceremonies and Intertribal Affairs Director for the Lenape Nation of Pennsylvania.

They attended workshops about toxic masculinity, sex after trauma, the importance of representation, using in-

clusive language, and so much more. Conference staff and presenters made sure to speak from a trauma-informed and inclusive lens, and our staff gained a lot of perspective from the people they networked with.

Connecting with incredible, hard-working folks with similar passions was the highlight of the conference, and we so look forward to seeing what else we can learn in the years to come.

## NATIVE AMERICAN COMMUNITY SERVICES



## Become A Foster Parent

HELP ERIE AND NIAGARA COUNTY YOUTH WHO NEED A SAFE  
AND LOVING HOME BY BECOMING A FOSTER PARENT

FOR MORE INFORMATION:  
CONTACT JENNIFER FRAPPA (716) 574-8940





# SEEKING PARENTS OR GUARDIANS

American Indian/Alaska Native

## Parenting & Health Research Study

**REGISTER NOW**

Contact information:  
(716) 874-4460

### Eligibility

- ▶ Self-identify as American Indian or Alaska Native & live in urban area
- ▶ Primary caregiver of American Indian or Alaska Native youth age 12-17



**ASU** Global Center for Applied Health Research  
Arizona State University

Your family could be eligible to receive up to \$200 in gift cards







# ERIE AND NIAGARA YOUTH CLUBHOUSES

Clubhouse Locations (select days):

Erie County: 1005 Grant Street, Buffalo, NY 14207

Niagara County: 1522 Main Street, Niagara Falls, 14305

## ABOUT NACS CLUBHOUSE:

NACS Youth Clubhouses are an alcohol and drug free space for Native youth ages 12-17.

Native youth are welcome to join our drop-in days. The clubhouses are open in the evenings during the school year. Snacks and dinners are provided for youth!



FOR UPDATES ON EVENTS, UPDATED SCHEDULES, AND CURRENT SCHEDULES SCAN OUR QR CODE OR FOLLOW OUR INSTAGRAM! @NACS\_CLUBHOUSE



### POSITIVE OUTLETS

- MAKE YOUR VOICE HEARD
- ONE ON ONE SUPPORT AND GUIDANCE
- SAFE AND INCLUSIVE ENVIRONMENT
- LEARN FINANCIAL RESPONSIBILITY WITH CLUB BUCKS!

## CLUBHOUSE PERKS

### YOUTH HANGOUTS

- ALL NACS CLUBHOUSE LOCATION PROVIDES:
- POOL TABLE
  - DARTS
  - MOVIE/GAME NIGHTS
  - GUEST SPEAKERS
  - FIELD TRIPS
  - DINNER/SNACKS
  - TRANSPORTATION



### CULTURAL IMPACTS

- LANGUAGE PROGRAMMING OPPORTUNITIES
- SOCIAL DANCES / HISTORY OF SOCIAL DANCING
- CULTURAL & EDUCATIONAL WORKSHOPS

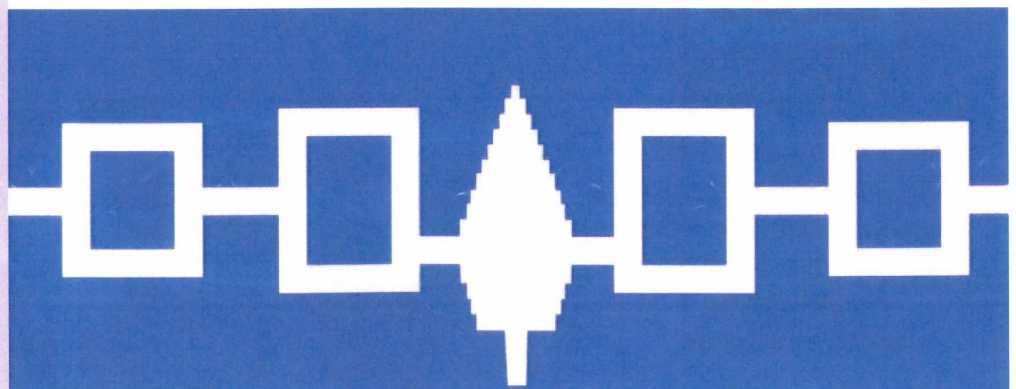


For more information, please contact:

Hillary Beaudouin, Erie County Clubhouse Manager: (716) 449-6472

Kashmir Bowser, Niagara County Clubhouse Manager: (716) 449-6405

Funded By: The Office of Addiction Services and Supports, foundations, businesses, and caring individuals





**ATTENTION NATIVE YOUTH AGES 12-17:  
THE NACS CLUBHOUSE PRESENTS**

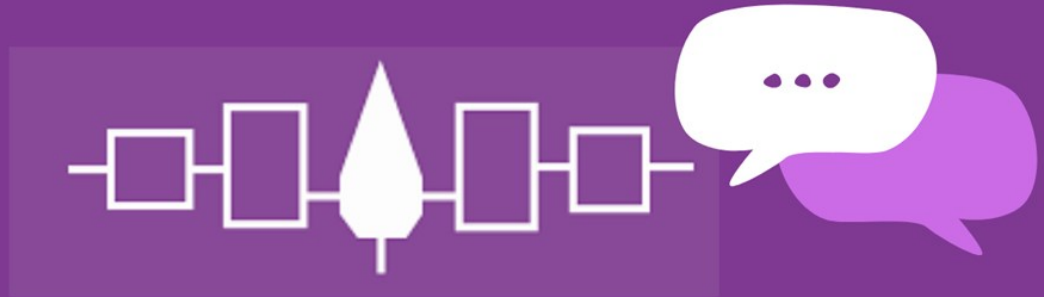
# **LET'S SPEAK SERIES**

**Aetewatá:ti**

**("Let's Speak" in Mohawk)**

**"Ĕdwádi'sda:ë"**

**("Let's Speak" in Seneca)**



**LEARN HOW TO SPEAK IN MOHAWK AND/OR SENECA  
LANGUAGE! CLASSES WILL BE HELD EVERY WEDNESDAY  
STARTING JANUARY 10TH**

**WHERE: NACS ERIE CLUBHOUSE  
WHEN: EVERY WEDNESDAY, 5-7 PM  
TO ATTEND, PLEASE CONTACT:  
HILLARY: (716) 449 6472  
KASHMIR: (716) 449 6405**

NACS YOUTH CLUBHOUSE IS FUNDED BY NYS: OFFICE OF ADDICTION SERVICES & SUPPORTS (OASAS)

**ATTENTION NATIVE YOUTH AGES 12-17:  
THE NACS CLUBHOUSE PRESENTS**

# **ROAD TO RECOVERY: MUSIC PROGRAM**

**with Restoration Society Clubhouse**



**LEARN COMPREHENSIVE SKILLS AND EXPRESS  
YOURSELF THROUGH THE POWER OF MUSIC**

**WHERE: RESTORATION BUFFALO CLUBHOUSE**

**WHEN: EVERY THURSDAY, 5-7 PM**

**TO ATTEND, PLEASE CONTACT:**

**HILLARY - EC: (716) 449 6472**

**KASHMIR - NC: (716) 449 6405**

**\*\* SPOTS ARE LIMITED: FIRST COME, FIRST SERVE \*\***

NACS YOUTH CLUBHOUSE IS FUNDED BY NYS: OFFICE OF ADDICTION SERVICES & SUPPORTS (OASAS)



ATTENTION NATIVE YOUTH AGES 12-17,  
JOIN US FOR OUR NEXT EVENT:

# BUILD YOUR OWN PIZZA



**WHERE: EC CLUBHOUSE**

**\*\* SPOTS ARE LIMITED \*\***

**TO RSVP, PLEASE CONTACT:**

**(EC) HILLARY - (716) 449 6472**

**(NC) KASHMIR - (716) 449 6405**

NACS YOUTH CLUBHOUSE IS FUNDED BY NYS: OFFICE OF ADDICTION SERVICES & SUPPORTS (OASAS)



ATTN NATIVE  
YOUTH AGES  
12-17

# PAINT & CHAT WORKSHOP

**JANUARY  
26TH**

5-7 PM

**SPOTS ARE LIMITED!**

**TO RSVP, PLEASE CONTACT:  
(EC) HILLARY - (716) 449 6472  
(NC) KASHMIR - (716) 449 6405**

NACS YOUTH CLUBHOUSE IS FUNDED BY NYS: OFFICE OF ADDICTION SERVICES & SUPPORTS (OASAS)



**NATIVE YOUTH AGES 12-17**

# **KARAOKE & GAME NIGHT**



**JANUARY  
30TH  
5-7:30 PM**

**LIMITED TRANSPORTATION  
- TO RSVP, CONTACT:**

**HILLARY: 716-449-6472  
KASHMIR: 716-449-6405**

NACS YOUTH CLUBHOUSE IS FUNDED BY NYS: OFFICE OF ADDICTION SERVICES & SUPPORTS (OASAS)

**NATIVE YOUTH AGES 12-17**  
**YOUNG MEN'S WORKSHOP**  
**W/ PETE HILL**

**JOIN US FOR AN EVENING OF MEANINGFUL  
CONVERSATIONS AND FUN ACTIVITIES!**

**WHEN: JANUARY 18TH, 5-7:30 PM**

**RSVP BY: JANUARY 17TH**

**SPOTS ARE LIMITED**



**(EC) HILLARY - (716) 449 6472**  
**(NC) KASHMIR - (716) 449 6405**

NACS YOUTH CLUBHOUSE IS FUNDED BY NYS: OFFICE OF ADDICTION SERVICES & SUPPORTS (OASAS)





# ERIE CLUBHOUSE

# ON-CALL HOURS

THURSDAY (1/11, 1/23)  
2-6 PM



## Native American Community Services Program Offerings through the Stages of Life Empowerment (SOLE) Program



The following programs can be conducted throughout a variety of venues in **Erie and Niagara Counties** for FREE, including but not limited to schools, youth programs, family nights, parent events, etc. Please contact **SOLE Program Coordinator Simone Alston** at **716-983-2564** or [sshuster@nacswny.org](mailto:sshuster@nacswny.org) for more information or to book programming.

*\*All programs can be adapted to meet your group's specific needs, and programs can be created on other topics by request\**

*\*Adult workshops available upon request, please contact for more information\**

Target Population	Program Name	Program Description	Implementation Guidelines
<b>EVIDENCE-BASED CURRICULA FOR YOUTH</b>			
<i>*These curricula have undergone rigorous scientific evaluations that have shown their effectiveness*</i>			
<i>*Ask about our other Evidence Based Programs*</i>			
Youth, Ages 13-18	<b><i>Be Proud! Be Responsible!</i></b>	Evidence-Based Curriculum that provides youth with a comprehensive approach to gain the knowledge, motivation and skills necessary to change their behaviors in ways that will reduce their risk of sexually transmitted infections (STIs), HIV and pregnancy.	-Seven 50 minute sessions
<b>YOUTH WORKSHOPS</b>			
<i>*Other Workshops available: Unhealthy Relationships, Barrier Demonstrations, etc.*</i>			
Youth, Ages 10-18	<b><i>A Youth's Guide to Adolescent Development</i></b>	Helps youth understand the changes they undergo during adolescence, and pays special attention to understanding changes, anatomy, and encourages respect for sexual orientation and gender diversity.  <i>*Recommended workshop prior to Evidence-Based Curricula*</i>	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>Female Puberty: We All Go Through It!</i></b>	Walks young females through the biological changes they will encounter during puberty with special attention to anatomy, hygiene, menstruation, and developing coping strategies.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>Male Puberty: What to Expect</i></b>	Walks young males through the biological changes they will encounter during puberty with special attention to anatomy, hygiene, and developing coping strategies.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>A Youth's Guide to Puberty &amp; Hygiene</i></b>	Walks young people of all genders through the biological changes they will encounter during puberty with special attention to hygiene and developing coping strategies.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>A Youth's Guide to Healthy Relationships</i></b>	Allows youth to explore the basics of healthy relationships (romantic and platonic) and provides insight to keep their current relationships healthy.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>Safer Sext: Online Safety, Privacy, and Digital Intimacy</i></b>	Offers youth helpful tips about safe internet use as they begin to use social media more frequently, highlighting the consequences of sexting, sexual harassment, and cyber bullying.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>Skills for a Healthy Life</i></b>	Focuses on the importance of healthy life skills, as they are the building blocks for overall health and wellness. Special attention is paid to stress management, time management, and goal-setting.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>You Have Rights: Minors' Rights to Reproductive Health Care</i></b>	Provides an overview of minors' rights in accessing sexual and reproductive health care services in New York State. Many youth are unaware that they do not need parental consent to receive these services.	-Approximately one 45 minute session
Youth, Ages 10-18	<b><i>A Youth's Guide to Consent</i></b>	Walks youth through the elements of consent, allows them to practice strategies for giving and receiving consent, and identifying its presence or absence.	-Approximately one 45 minute session

Funded by: NYS Department of Health/Bureau of Child & Adolescent Health; as well as businesses, foundations, and caring individuals.

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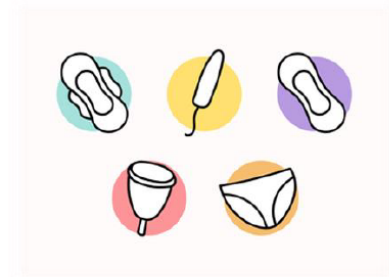


Youth, Ages 10-18	<b>A Youth's Guide to Effective Communication</b>	Compares different strategies of communication, allowing youth to identify the most effective strategies, practice them, and identify them.	-Approximately one 45 minute session
Youth, Ages 10-18	<b>A Youth's Guide to Boundaries</b>	Offers youth the helpful tools to establish consent and create and enforce boundaries in all relationships.	-Approximately one 45 minute session
Youth, Ages 10-18	<b>A Youth's Guide to Anti-Bullying</b>	Allows youth to explore types of bullying, develop skills to prevent bullying, and provides insight into its consequences.	-Approximately one 45 minute session
Youth, Ages 10-18	<b>Period Care</b>	Offers insight to what to expect throughout menstruation, as well as information on menstrual products and personal hygiene.	-Approximately one 45 minute session
Youth, Ages 10-18	<b>Budgeting</b>	Allows youth to brainstorm ways to reduce spending and discuss the purpose of saving.	-Approximately one 45 minute session
Youth, Ages 10-18	<b>LGBTQ+ 101</b>	Introduces youth to common terminology and concepts of LGBTQ+ communities, exploring inclusive ways to talk about and understand sex, gender, and sexual orientation.	-Approximately one 45 minute session
Youth, Ages 10-18	<b>All About Abortion Access</b>	Introduces youth to the concept of abortion and abortion options, discusses who has abortions and why, compares myths and facts about abortion, and details abortion access and laws in New York State.	-Approximately one 45 minute session
Youth, Ages 10-18	<b>Clinic Tours</b>	This is an opportunity for youth to receive free scheduled tours and education about their local reproductive health clinics and facilities to reduce any associated stigma with receiving services. We pick you and your youth group up and drop you off!	-Groups of 5 or more -Approximately one-two hours -By request only -Call for Info -In clinic setting
	<b>Clinic Transportation</b>	We offer (youth) groups transportation to and from clinics and health care facilities for appointments to eliminate obstacles that prevent youth from accessing care.	



### Condom Availability Program

Free condoms and other barrier methods are available for you or your organization, provided via pick up or drop off. Contact Simone Alston or contact us on our social media for availability.



### Period Pouch Program

Free Period Starter Pouches are available for you or your organization, provided via pick up or drop off. Contact Simone Alston or contact us on our social media for availability.

### Social Media



Funded by: NYS Department of Health/Bureau of Child & Adolescent Health; as well as businesses, foundations, and caring individuals.



# TRAINING ANNOUNCEMENT



The NEW “Indigenous Health and Wellbeing Promotion” (IHAWP) Program at  
Native American Community Services of Erie & Niagara Counties, Inc. (NACS)  
Proudly Announces an In-Person Professional Development Training in Rochester, NY

## **“OVERVIEW OF NATIVE AMERICAN CULTURAL COMPETENCY”**

Friday, January 19, 2024  
12:30 pm – 4:30 pm

In collaboration with & to be held at

**Partners in Restorative Initiatives (PiRI)**  
111 Hillside Avenue, Rochester NY 14610

- ➔ This training is open to health and human service providers supporting Native persons, as well as policy makers, community members, and persons interested in racial equity
- ➔ The training will be held from 12:30 – 4:30 pm, with signing in from 12 – 12:25 pm.

**PLEASE NOTE -- Due to limited seating capacity, pre-registration will be needed.**

*Please register at:*

<https://www.brownpapertickets.com/event/6201260>

- ➔ After you register, we will email with additional details for the training session.
- ➔ We will also screen and discuss the powerful documentary, “Unseen Tears: The Impact of Native American Residential Boarding Schools in Western New York” in this session.

**For more information, please contact**

For training & content info:

Pete Hill at NACS  
[phill@nacswny.org](mailto:phill@nacswny.org)  
(716) 574-8981

OR

For facilities & site info:

Samantha Bonanno at PiRI  
[Sbonanno@pirochester.org](mailto:Sbonanno@pirochester.org)  
(585) 473-0970

*The “Indigenous Health and Wellbeing Promotion” program and this training are supported by the New York State Dept. of Health / AIDS Institute, as well as businesses, foundations, and caring individuals, like you!*

***Nyah-weh! Thank you!***



## WORKFORCE DEVELOPMENT SERVICES



*A Tradition of Caring*

### Services we provide:

- ⇒ Case management/career counseling
- ⇒ Job search and placement assistance
- ⇒ Assistance in identifying employment barriers
- ⇒ Occupational skills training/skills upgrade
- ⇒ Interview preparation
- ⇒ Resume writing assistance
- ⇒ Educational resources and information
- ⇒ Resources for entrepreneurs
- ⇒ Referrals and Linkages to other services
- ⇒ Status card/Tribal documentation assistance

### **Funding Available to Eligible Native Americans for:**

- \* Work Experience Positions
- \* On-the-job Training
- \* Tuition/Books/Educational Support
- \* Work Clothes/Tools
- \* Training/Certification Programs
- \* Other Supportive Services

For more information and/or  
to make an appointment, contact:  
Native American Community Services

Buffalo Office  
716-574-9731

Rochester Office  
585-514-3984

Syracuse Office  
315-322-8754

We have offices in  
Buffalo, Niagara Falls, Lockport,  
Rochester and Syracuse

### Counties we serve:

Erie, Niagara, Orleans, Genesee,  
Wyoming, Monroe, Livingston,  
Wayne, Ontario, Yates, Seneca,  
Cayuga, Oswego, Onondaga,  
Cortland, Oneida, Madison

*Funded by the US Department of Labor*

# Native American Community Services Workforce Development Services



Native American Community Services has a workforce development program that offers employment and education services to the Native American community in Erie and Niagara Counties. The following is a list of services that are available to eligible participants which includes limited financial assistance related to...

**Services provided to eligible participants:**

• Case Management related to workforce activities	• Educational resources and information
• Assistance in identifying barriers to employment	• Tuition/Book assistance
• Career counseling/exploration	• Entrepreneurial/small business technical assistance training information
• Job search and placement assistance	• Follow-up services
• 6-week work experience program	• Referral and linkage services
• Resume/Cover letters and interview assistance	• Status Card/Tribal documentation assistance
• Occupational skills training/Skills upgrade	• Supportive Services
• On-the-job training	• Supplemental Youth Services

**The following are requirements needed to qualify as an eligible participant:**

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>❖ 14 years of age or older</li> <li>❖ Reside on/off the reservation in our service area</li> <li>❖ Native American, Alaska Native or Native Hawaiian</li> <li>❖ Tribal documentation of enrollment in a federal or state recognized tribe</li> </ul> | <ul style="list-style-type: none"> <li>❖ Males 18+ have registered with Selective Service</li> <li>❖ Unemployed or under-employed</li> <li>❖ Laid-off, furloughed or dislocated workers</li> <li>❖ Veteran or Spouse of Veteran</li> <li>❖ Meet all WIOA eligibility guidelines</li> </ul> |
|---|--|

We provide these services to Native Americans living in the following counties of New York State:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Erie</li> <li>• Niagara</li> <li>• Orleans</li> <li>• Genesee</li> <li>• Wyoming</li> <li>• Livingston</li> <li>• Monroe</li> <li>• Wayne</li> <li>• Ontario</li> </ul> | <ul style="list-style-type: none"> <li>• Yates</li> <li>• Seneca</li> <li>• Cayuga</li> <li>• Oswego</li> <li>• Onondaga</li> <li>• Cortland</li> <li>• Oneida</li> <li>• Madison</li> </ul> |
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*Native American Community Services  
1005 Grant Street, Buffalo, NY 14207  
(716) 874-4460*

# Food Pantry Guidelines

## OPEN:

Tuesday 10:00am – 1:00pm

Wednesday 10:00am – 1:00pm



## Required Documents:

- Must live in the [14207 or 14216](#) zip code
- Must have [Picture ID](#)
- Must have [ID for everyone](#) in household
- Must have [proof of address](#) (current utility bill)



**\*\*\*If you are a NEW client you must come in before 12 noon\*\*\***

**\*\*\*Please note that clients may come to the pantry one (1) time each calendar month and they may receive service from ONLY one (1) food pantry.\*\*\***



Our organization is here to provide families with a supplemental food base. These supplemental items, when combined with your own provisions, help stretch each family meal. We provide service for numerous families each month and strive to treat each client with fairness and respect. We appreciate your cooperation and understanding of our policies.

# Job Posting



NATIVE AMERICAN COMMUNITY SERVICES OF ERIE & NIAGARA COUNTIES, INC.

1005 Grant Street ● Buffalo, NY 14207-2854 ● (716) 874-4460 ● Fax (716) 874-1874  
1522 Main Street ● Niagara Falls, NY 14305 ● (716) 299-0914 ● Fax (716) 299-0903  
76 West Avenue ● Lockport, NY 14094 ● (716) 302-3035 ● Fax (716) 302-3037  
100 College Avenue, Suite 200 ● Rochester, NY 14607 ● (585) 514-3984  
960 James Street ● Syracuse, NY 13203 ● (315) 322-8754

Equal Opportunity Employer

## Position: Family Preservation Caseworker

Type: Full-Time Hourly / Non-Exempt

Salary/ Range: \$19.23 / hour

Office: Erie County

### Summary

*The Family Preservation Caseworker works in conjunction with the Local County Department of Social Services (LCDSS /DSS) and is responsible for providing prevention services to families referred from DSS. Incumbent helps children remain safely in their homes and prevent placement outside of their home. All efforts will be performed with understanding of and in accordance with Good Mind principles, while also adhering to the principles of Trauma Informed Care (TIC).*

### ESSENTIAL DUTIES AND RESPONSIBILITIES

- Provide effective and efficient case management for assigned families.
- Maintain strong communication with the family working toward stabilizing and strengthening the family unit, with regular face-to-face contact.
- Make use of appropriate counseling, parent training, home management, support, and advocacy services.
- Work collaboratively with referral sources, community service providers, and family members to meet goals.
- Produce accurate, thorough, and timely progress notes in CONNECTIONS.
- Ensure all court mandated or recommended services are applied and supported.
- Provide transportation for meetings, services, and appointments in a safe, reliable vehicle, as necessary.
- Maintain confidentiality and sensitive information.

### EDUCATION, QUALIFICATIONS, SKILLS

- Bachelor's degree in human service or related field of study required with experience in child welfare.
- Knowledge of ICWA, ASFA, Federal and State regulations, as well as mandated reporting requirements.
- Must be flexible to evening and weekend hours.
- Must pass all background checks and pre-hire requirements.
- Must have clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300K.
- Intermediate computer skills and understanding of office applications including MS Office Suite.
- Interpersonal skills to work cooperatively and effectively with individuals, groups, and diverse populations.
- Knowledge of local Native American communities.

### BENEFITS

- 403 (b) Retirement Plan
- Health & Dental Insurance
- Life Insurance
- Employee Assistance Program (EAP)
- Flexible Spending Account (FSA)
- Paid Time Off (PTO)

For consideration send Resume to: [humanresources@nacswny.org](mailto:humanresources@nacswny.org)



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100 College Avenue, Suite 200 ● Rochester, NY 14607 ● (585) 514-3984  
Syracuse Office: TBD

Equal Opportunity Employer

## Position: Workforce Development Specialist

Type: Hourly / Non-Exempt

Salary/ Range: \$19.00 / hour

Office: Buffalo (Travel Required)

### Summary :

*The Workforce Development Specialist assists in planning and implementing goals and objectives of the Workforce Development Component as well as ensuring quality of service provision to clients. Incumbent will be flexible to evening and weekend schedules. All efforts will be performed with understanding of and in accordance with Good Mind Principles, while also adhering to the principles of Trauma Informed Care (TIC).*

### ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Conducts Initial intake and comprehensive testing to determine client eligibility and needs.
- Develops an Individual Employment Plan (IEP) with client.
- Develops and provides workshops to clients in such areas of academic, life skills, and technical areas.
- Keeps abreast of current trends in the local job market.
- Establishes an effective support network and provides referrals for clients.
- Attends and participates in weekly component staff and other required meetings.
- Maintains necessary documentation and ensures the timely completion of all necessary recordkeeping.
- Develops an outreach action plan to successfully recruit and retain participants and employers into the program.
- Conducts outreach to academic entities, unions, coalitions, service providers, and other individuals/agencies to promote services, develop linkages, build network opportunities and advocate for issues in the Native American Community.
- Develops and nurtures relationships with employers for on-the-job training agreements and work experience opportunities for clients.
- Other duties as assigned

### EDUCATION, QUALIFICATIONS, SKILLS

- Bachelor's degree in human service or related field of study preferred, with three (3) years' experience in workforce development including supervision and program management, or a combination of education and work experience
- Knowledge of local area service providers
- Must be able to work remotely and in-person
- Must pass all background checks and pre-hire requirements
- Must have clean and valid NYS driver's license and carry minimum auto liability coverage of \$100k/\$300K
- Intermediate computer skills and understanding of office applications including MS Office Suite
- Interpersonal skills to work cooperatively and effectively with individuals, groups, and diverse populations
- Knowledge of local Native American communities
- Must be able to lift minimum of 30 lbs.
- Must be able to perform in a smoke-free environment

For Consideration: Send Resume to:

[humanresources@nacswny.org](mailto:humanresources@nacswny.org)

Native American Community Services  
of Erie & Niagara Counties, Inc.  
1005 Grant Street  
Buffalo, New York, 14207

Please share this newsletter with family, friends and co-workers. If you know of anyone who would like to receive NACS News monthly by email, please have them send their first and last name and current email address to:

[gghosen@nacswny.org](mailto:gghosen@nacswny.org)

You can also look for our newsletter on our website:  
[http://www.nacswny.org/news\\_and\\_events.html](http://www.nacswny.org/news_and_events.html)

YES, I'D LIKE TO HELP NACS CONTINUE ITS TRADITION OF CARING!!

Please accept my contribution of:

\$5    \$10    \$25    \$50  
 \$100    Other: \_\_\_\_\_

I'd like to volunteer my time. I can...

\_\_\_\_\_  
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*Name*

\_\_\_\_\_  
*Address*

\_\_\_\_\_  
*City / State / Zip Code*

\_\_\_\_\_  
*Phone*

Please add me to your mailing list!

Please detach and return to:

**Native American Community Services of Erie & Niagara Counties, Inc.**  
**1005 Grant Street, Buffalo, New York 14207**

FUNDED BY: Erie County Department of Social Services; Erie County Youth Bureau; New York State Office of Children & Family Services; New York State Office of Alcoholism & Substance Abuse Services; Community Foundation for Greater Buffalo; Niagara County Department of Social Services, Niagara County Office of the Aging; US Department of Labor; Administration for Native Americans (ANA); Jessie Smith Noyes Foundation; The Oishei Foundation; Erie County Department of Mental Health; NYS Research Foundation for Mental Health; NYS Medicaid Program 29-I; Western New York Foundation, as well as businesses, foundations and caring individuals.