



HEALTH

New York State  
**PROMISE**

FINANCE

EDUCATION

ALBANY

EMPLOYMENT

COMMUNITY PARTICIPATION

COMMUNITY LIVING

# Charting Your **PATH** TO Success

**CAPITAL DISTRICT**

This worksheet belongs to:

Learn more about services and supports available to help you on your path to living, learning and earning as an adult at:

[paths.nyspromise.org/locator](https://paths.nyspromise.org/locator)

NYC

SELF- DETERMINATION

# Resources

## Agencies and organizations that will support you on your PROMISE path

### NYS Career Centers

NYS Career Centers (also known as One Stop Centers) are designed to provide a full range of assistance to job seekers. These locally-based Centers offer training referrals, career counseling, job listings, and other similar employment-related services. Career Centers in New York State are coordinated by the NYS Department of Labor. You can locate the Career Center nearest you at <https://labor.ny.gov/career-center-locator>.

### Work Incentives Planning and Assistance (WIPA)

WIPA projects are funded by the Social Security Administration to assist youth and adults who receive disability benefits in making informed choices about preparing for, getting, keeping, and advancing in a job. Community Work Incentives Coordinators at the WIPA project provide free, in-depth counseling services about benefits and the effect of work on those benefits to individuals who receive Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI)—helping to develop a path to work and greater economic independence. Find your WIPA at [www.chooseworkttw.net/findhelp](http://www.chooseworkttw.net/findhelp).

### State Vocational Rehabilitation Agencies

These agencies can assist youth and adults with disabilities who want to work but need more significant services. These services and supports can include, but not be limited to, tuition for school, extensive job training, rehabilitation services, vehicle modifications, job search and placement, ongoing employment support, assistance with job modifications, and others. Individuals who are blind or visually-impaired can access vocational rehabilitation through the Office of Children and Family Services, NYS Commission for the Blind at <http://ocfs.ny.gov/main/cb>. All other individuals can access vocational rehabilitation through the New York State Education Department Adult Career & Continuing Ed Services at [www.acces.nysed.gov/vr](http://www.acces.nysed.gov/vr).

### Protection and Advocacy for Beneficiaries of Social Security (PABSS)

PABSS projects are funded by the Social Security Administration to help beneficiaries of Social Security Disability Insurance and Supplemental Security Income who have disability-related employment issues. Advocates at PABSS projects provide legal support, advocacy and information to assist beneficiaries to resolve employment-related concerns. Find your PABSS at [www.chooseworkttw.net/findhelp](http://www.chooseworkttw.net/findhelp).

### Independent Living Centers (ILC)

ILC are funded by both the federal government and New York State. ILC are community-based organizations whose main focus is to teach youth and adult with disabilities the skills required for independent living. Other services include advocacy, counseling, support groups, assistance with housing, information and referral, and other services based on the unique demographics of your community. Find the ILC nearest you at [www.nysilc.org/index.php/ilc-directory](http://www.nysilc.org/index.php/ilc-directory).

### Parent Centers

Parent Centers provide parents of children with disabilities with information, resources, and strategies to: promote the meaningful involvement in their children's education programs, including information regarding the special education process; assist in understanding their children's disabilities; promote early resolution of disputes between parents and school districts, including use of resolution and mediation; assist in understanding due process rights; and, enhance parent's skills and levels of confidence to communicate effectively and work collaboratively with other schools and stakeholders to advocate and actively participate in their children's education programs. Locate the Parent Center serving your community at [www.p12.nysed.gov/specialed/techassist/parentcenters.htm](http://www.p12.nysed.gov/specialed/techassist/parentcenters.htm)

# Capital District Agency List

## PARENT CENTER

### Wildwood Programs Parent Network of the Capital Region

1190 Troy-Schenectady Road  
Latham, NY 12110  
518-640-3320  
[www.pncrny.org](http://www.pncrny.org)

## NYS Office of Mental Health

44 Holland Avenue  
Albany, NY 12229  
1-800-597-0481 (Toll-Free)  
[www.omh.ny.gov/omhweb/childservice](http://www.omh.ny.gov/omhweb/childservice)

## Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR)

### ACCES-VR Albany Office

80 Wolf Road, Suite 200, 2nd Floor  
Albany, NY 12205  
518-473-8097 OR toll-free: 800-272-5448  
[www.acces.nysed.gov/vr/albany-district-office](http://www.acces.nysed.gov/vr/albany-district-office)  
*Counties served: Albany, Columbia, Greene, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, Washington*

## Office for Persons with Developmental Disabilities (OPWDD)

### Region 3: Capital

518-388-0431  
[http://www.opwdd.ny.gov/opwdd\\_contacts/ddro/3](http://www.opwdd.ny.gov/opwdd_contacts/ddro/3)  
*Counties served: Albany, Fulton, Montgomery, Rensselaer, Saratoga, Schenectady, Schoharie, Warren, Washington*

## Developmental Disabilities Planning Council (DDPC)

### NYS Developmental Disabilities Planning Council

One Commerce Plaza, Suite 1230  
Albany, NY 12210  
800-395-3372

## NYS Department of Health REGIONAL OFFICE

### Capital District Office

875 Central Ave  
Albany, NY 12206-1309  
518-408-5300

## Office of Temporary and Disability Assistance (OTDA)

### New York State Office of Temporary and Disability Assistance

40 North Pearl St  
Albany, NY 12243  
518-473-1090

### Child Support Enforcement

1-888-208-4485  
For Hearing Impaired: 1-866-875-9975  
[www.childsupport.ny.gov/dcse/home.html](http://www.childsupport.ny.gov/dcse/home.html)

### Home Energy Assistance Program (HEAP)

1-800-342-3009  
For Hearing Impaired: 1-866-875-9975  
<https://otda.ny.gov/programs/heap>

### The Supplemental Nutrition Assistance Program (SNAP)

1-800-342-3009  
For Hearing Impaired: 1-866-875-9975  
<https://otda.ny.gov/programs/snap>

### Temporary Assistance (TA)

1-800-342-3009  
For Hearing Impaired: 1-866-875-9975  
<https://otda.ny.gov/programs/temporary-assistance>

### Fair Hearings

1-800-342-3334  
For Hearing Impaired: 1-877-502-6155  
<https://otda.ny.gov/hearings>

### Language Assistance Services

518-402-3096  
<https://otda.ny.gov/language/access>

## State Supplement Program (SSP)

1-855-488-0541

<https://otda.ny.gov/programs/ssp/>

## Supplemental Security Income/Social Security Disability Determinations Questions

1-800-522-5511

<https://otda.ny.gov/programs/disability-determinations/>

## Reasonable Accommodation in State Programs and Services

The Bureau of Equal Opportunity and Diversity  
40 North Pearl, 16th Floor

Albany, NY 12243

518-473-8555

<https://otda.ny.gov/ada-notice.asp>

## Reporting Welfare Fraud

<https://otda.ny.gov/resources/welfare-fraud>

## OFFICE OF CHILDREN AND FAMILY SERVICES (COMMISSION FOR THE BLIND) (OCFS-CB)

The New York State Commission for the Blind (NYSCB) provides vocational rehabilitation and other direct services to legally blind New York State residents, including children, adults, and elderly persons. One of NYSCB's primary objectives is to assist consumers in achieving economic self-sufficiency and full integration into society.

### New York State Office of Children and Family Services

40 North Pearl Street, 10th Floor

Albany, NY 12210-2329

518-473-1675

<http://ocfs.ny.gov/main>

*Counties served: Albany, Clinton, Columbia, Delaware, Essex, Franklin, Fulton, Greene, Hamilton, Montgomery, Otsego, Rensselaer, Saint Regis Mohawk Indian Reservation, Saratoga, Schenectady, Schoharie, Warren, Washington*

*VR only: St. Lawrence County*

## NYS EDUCATION DEPARTMENT (NYSED)

### New York State Education Department

89 Washington Avenue

Albany, NY 12234

518-474-3852

[www.nysed.gov/contact-NYSED](http://www.nysed.gov/contact-NYSED)

## NYS Department of labor (NYSDOL)

### NYS Department of Labor

Building 12

W.A. Harriman Campus

Albany, NY 12240

518-457-9000

[www.labor.ny.gov/dol-contact.shtm](http://www.labor.ny.gov/dol-contact.shtm)

## Regional Special Education-Technical Assistance Support Centers (RSE-TASC)

### Region 4: Capital District/North Country

#### Capital Region BOCES

900 Watervliet Shaker Road

Albany, NY 12205

518-464-3938 or 518-464-5128

## ONE-STOP CENTERS

### Career Central

175 Central Avenue

Albany, NY 12206

518-462-7600

*Zip codes served: 12077, 12202, 12203, 12204, 12205, 12206, 12208, 12209, 12210, 12110*

### Rensselaer County Career Center

1600 7th Avenue, 4th Floor

Troy, NY 12180

518-270-2860

*Zip codes served: 12047, 12180, 12181, 12182*

### New York State Department of Labor – Workforce1 Career Center

250 Schermerhorn Street

Brooklyn, NY 11201

718-780-9200

*Zip code served: 11207*

### Schenectady Job Training Agency

797 Broadway

Schenectady, NY 12305

518-344-2735

*Zip codes served: 12301, 12303, 12304, 12305, 12306, 12307, 12308*

## LOCAL TRANSITION SERVICE AGENCIES

ARC of Rensselaer County

79 102nd Street

Troy, NY 12180

518-272-3800

**Northeast Career Planning**

28 Colvin Avenue  
Albany, NY 12206  
518-438-3445

**Northeast Associates in Rehabilitation, LLC.**

1721 Central Avenue  
Albany, NY 12205  
518-452-6802

**Schenectady ARC**

52 Market Street  
Scotia, NY 12302  
518-265-4678

**Wildwood Programs**

1190 Troy-Schenectady Road  
Latham, NY 12110  
518-640-3368



# Charting Your PROMISE Progress

Chart the progress of your skills as you journey along the PROMISE path!

**Directions:** Enter milestones and goals into the boxes and cross them off when you're done!

	Milestone 1	Milestone 2	Milestone 3	GOAL:
EMPLOYMENT				
EDUCATION				
COMMUNITY LIVING				
SELF-DETERMINATION				
HEALTH				
FINANCE				
COMMUNITY PARTICIPATION				

Case Manager:

Contact Info:

A colorful illustration of a city and rural landscape. In the foreground, two women stand on a city street; one is waving and holding a coffee cup, the other is wearing headphones. A banner below them says 'BUFFALO'. In the background, a man in a suit waves while holding a clipboard, and a woman with glasses stands next to a dog. The scene includes buildings, a river, a sailboat, and a small town in the distance.

[www.NYSPROMISE.org](http://www.NYSPROMISE.org)

**New York State PROMISE**

201 Dolgen Hall, Ithaca, NY 14853

Phone: 607.255.6270 or 1.855.255.6270 (Toll-Free)

Email: [NYSPROMISE@cornell.edu](mailto:NYSPROMISE@cornell.edu)

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