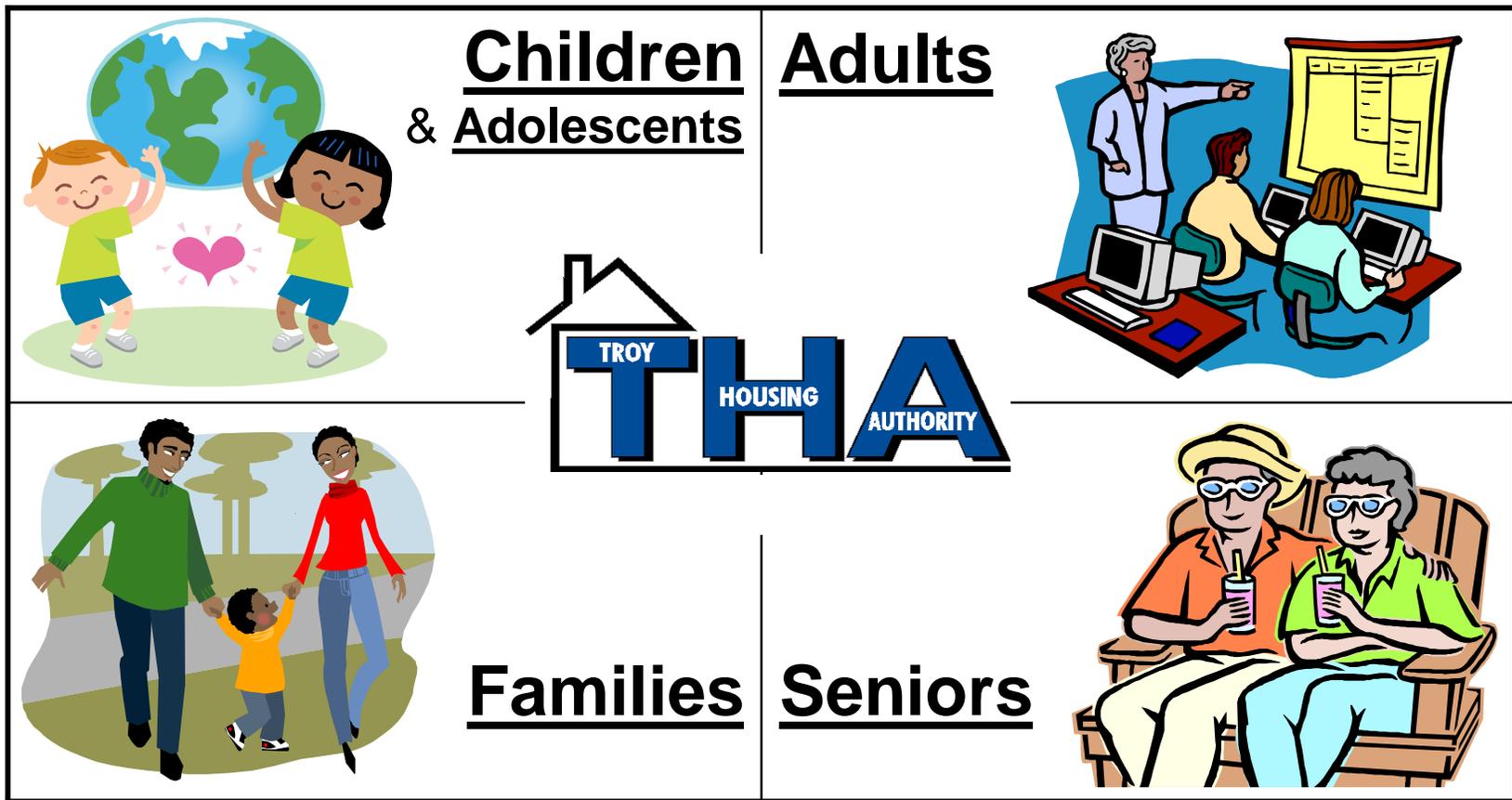


Troy Housing Authority PE/ACE Project

Positive Environments to overcome Adverse Childhood Experiences





PE/ACE for Children

Positive Encounters to overcome Adverse Childhood Experiences

PROMOTING RESILIENCE IN CHILDREN BY PROVIDING THEM WITH EXTERNAL PROTECTIVE FACTORS*:

- Non-parental caretakers in their life
- Informal sources of emotional support
- Peer relationships
- Access to services

* “Resilient Children: Literature Review and Evidence from the HOPE VI Panel Study Final Report,” Elizabeth Cove, Michael Eiseman and Susan J. Popkin for The Urban Institute Metropolitan Housing and Communities Policy Center.



At the Troy Housing Authority we strive to make “external protective factors” available to children we serve. Some examples of programs and services available to children and adolescents at Troy Housing Authority are:



- **Literacy Volunteers “Read with Me Program.”** Trained adults are available in several community centers to read books with children and discuss the contents or the stories read.
- **After School Help With Homework Clubs.** Under the supervision of an adult, children at most of our family sites can drop into the community center to work together on assignments and utilize the computer resources available for homework assignments.
- **Summer Nutrition and Recreation Program.** When school is not in session most community rooms host summer breakfast and lunch programs and offer recreational activities between meals.
- **Summer Character Education Program.** This is a fun interactive program that helps children learn about the importance of respect, responsibility, caring and citizenship.
- **Annual Field Trip to the NYC Ballet at SPAC.** Each year approximately 50 children attend the ballet, meet with a dancer and tour the Museum of Dance.
- **Annual Playground Safety and Fire Safety Poster and Essay Contests.** In conjunction with Housing Authority Insurance Group children submit posters and essays and receive certificates of participation and prizes at an awards ceremony.
- **Cub Scouts and Boy Scouts.** In 2010 the Griswold Heights Tenants Association formed Cub Scout Troop #350 with 24 members and is now in the process of adding a Boy Scout Troop.



PE/ACE for Adolescents

Positive Encounters to overcome Adverse Childhood Experiences



- **Drug Education For Youth (DEFY).** In partnership with a local Department of Justice Weed and Seed Program youth attend a week long summer camp led by members of law enforcement and then get together twice a month to reinforce what they have learned.
- **Summer Youth Employment Program.** Each summer over 60 youth participate in this program which offers paid employment experience, supervision and career guidance.
- **Safe Sex and Substance Abuse Awareness Program.** Provided in partnership with the AIDS Council of Northeastern New York.
- **Alley Action Mural Project(s).** Initiated in 2010 and expected to expand in 2011. The Alley Action Project develops and fosters community spirit by removing graffiti and other blight and replacing it with a mural designed by the community with artistic assistance and painted by community members.





PE/ACE for Adults

Peer Empowerment to overcome Adverse Childhood Experiences

Recognizing that supports are often needed to help break the cycle of poverty, the Troy Housing Authority has arranged for several professional and peer led services to assist adults achieve economic independence and address the needs of the uninsured or underinsured.

- **Family Self Sufficiency Program.** Adult participants establish economic independence goals with a caseworker who then assists them in achieving those goals. As their income goes up, instead of applying it to their portion of the rent, funds are placed in an escrow account that participants receive once all goals are achieved. They may also use escrows funds while enrolled in the program for goal related activities (e.g. attend school or training, buy clothes for school or work, purchase or repair a car to get to school or work, etc.). At the conclusion of the program several participants have had enough funds in their escrow accounts to purchase a home of their own.
- **Section 8 Homeownership Program.** Encourages participants to attend homebuyer training and counseling programs and then allows them to apply their housing assistance payment to a mortgage.
- **Neighborhood Network Computer Centers.** Provide access to the internet for career development activities. Peer advisors are available at each center to assist participants.
- **Career Clothes Closet.** Offers gently used professional attire to job seekers and the newly employed.
- **Safe Sex and Substance Abuse Awareness Program.** Provided in partnership with the AIDS Council of Northeastern New York.
- **Free Cancer Screening Programs.** In affiliation with the American Cancer Society's Cancer Services Program of Rensselaer County.





PE/ACE for Families

Parenting Education to overcome Adverse Childhood Experiences

At the Troy Housing Authority Parenting Education and Support is often provided informally in an environment of neighbor helping neighbor and friend helping friend. Sometimes this occurs with assistance from local community based organization. Some examples of this include:

- **Literacy Volunteers “Read with Me Program.”** Trained adults are available in several community centers to read books with children and discuss the contents or the stories read. This can include Literacy Volunteers training parents in how to read with their children.
- **Even Start.** Through this program trained staff work with families to address parenting while simultaneously helping parents prepare children for school while also working on their own education.
- **Community Events.** Include awareness campaigns designed to keep kids safe (childproofing your home, abduction prevention, ...).





PE/ACE for Seniors

Patient Emissaries to overcome Adverse Childhood Experiences

With Senior Citizen's, in addition to helping them age in place with dignity by providing them with the services and supports they need, at the Troy Housing Authority we strive to help them achieve **generativity** and **ego integration** (the successful outcomes of middle age and older adulthood according to Erik Erikson). Some examples of programs and services available to adults at Troy Housing Authority are:

- **Social Work Interns.** Each year Social Work interns are assigned to our senior citizen sites to provide outreach, information and referral, friendly visiting, counseling and other supportive services.
- **Intergenerational Programs.** Promoting positive interactions between seniors and children (e.g. "Piecing It All Together").
- **Meals on Wheels.** Provided by the Rensselaer County Department for Aging.
- **Weekly shopping trips.** Buses provided by local super markets, Walmarts and shopping centers.
- **Monthly Blood Pressure and Blood Glucose Monitoring.** Provided by the Rensselaer County Health Department.
- **Annual On-Site Flu Vaccines.** Provided by the Rensselaer County Health Department.
- **Annual Summer Field Trip, Picnic and Holiday Socials.** Coordinated by Troy Housing Authority Resident Program Coordinator.
- **On Site Libraries.** Stocked with books, puzzles, computers, televisions, wii systems and digital magnifiers.
- **Tenant Run Activities.** Exercise programs, parties, games and other social events.



"Piecing It All Together" was a Community Art\$Grant program funded by The Arts Center of the Capital Region through the New York State Council on the Arts, a state agency and involved senior citizens creating jigsaw puzzles of historic local landmarks the discussing "the good old days" with children as they worked on the puzzles together.



Serving The Community Since 1944
Daniel P. Crawley, Executive Secretary

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