

# WHY BIRCH FAMILY SERVICES?

## OUR MISSION

Birch Family Services empowers individuals with autism and developmental disabilities to lead fulfilling lives.

Our Community Services, including Residences for Children and Adults, Day and Community Habilitation, Family Support and Life Skills Services, offer participants opportunities to develop greater independence through participation in site-based and community activities that are designed to foster skill development, enhance socialization, promote community inclusion, relationship building, encourage self-advocacy, and support informed choice.

A person-centered approach is used to explore available options based upon interests and services needed to support a self-defined quality of life. We involve individuals in developing their own services through a process that helps them identify what is important to their happiness and their personal growth. By understanding a person's strengths, priorities, and values, we support them in improving their quality of life.

In all that we do, we treat each person as an individual with their own unique abilities and help them to lead fulfilling lives whether engaging in educational, vocational, social, recreational, health, or other life pursuits.



## Focusing on Abilities, Possibilities and Dreams.

### OUR LOCATIONS

-  - Education
-  - Administrative Office
-  - Residences
-  - Habilitation Program



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Empowering People. Building Futures.



# COMMUNITY SERVICES

Living, Learning,  
and Thriving

# RESIDENTIAL SERVICES

## THRIVING IN A SUPPORTIVE HOME ENVIRONMENT

As part of our commitment to service provision across the life span, Birch Family Services offers adults, starting at age 18, the opportunity to live independently from their family members. Residential opportunities are person-centered and we work closely with each person and their family members to determine the right environment and appropriate level of supports to ensure success.

Birch offers residential services that provide 24-hour supervision and works with individuals on alternatives that do not require that level of support. Residents receive support and supervision from well-trained Direct Support Professionals under the supervision of a highly-skilled leadership team consisting of Managers and Clinicians. Each person has an individualized plan which outlines how they will achieve their personal goals. Direct Support Professionals and Clinicians work together to support each person to live their best life. This includes developing independent living skills, becoming active members of the community, striving for optimal health, and identifying and actively pursuing their life goals while living in a safe and home-like environment.

## CHILDREN'S RESIDENTIAL PROGRAM

Birch Family Services, through our school age program, recognized the challenges some families experienced trying to maintain those children with more complex needs in the home. Our Children's Residential Program places school-age children (11-21), with complex needs in a highly structured and integrated educational and home environment to develop life skills.

A major goal of their program is to work closely with participants and their families to provide them with the support and understanding necessary for a successful placement and eventually transition to adult services. Families are invited to participate in ongoing support groups facilitated by a Licensed Clinical Social Worker who works with their child and the teams at our Phyllis H. Susser School and the residence.

# LIFE SKILLS AND FAMILY SUPPORT

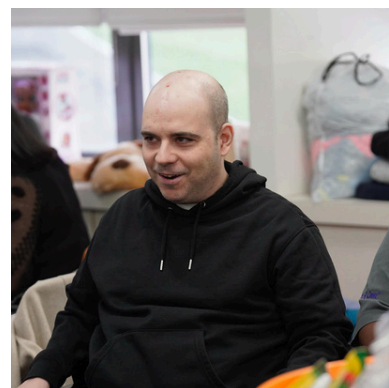
## PREPARING FOR AN INDEPENDENT LIFE

Adolescents and adults with autism and intellectual disabilities often need additional supports on their path to achieving increased independence. Birch Family Services' Day and Community Habilitation services provide individualized skills development to maximize a person's strengths and identify areas of need. This person-centered approach allows individuals to master the social skills, self-management, and vocational skills needed to lead a productive and independent life.

Through relationship building, individuals are given the opportunity to be contributing members of their community. While in the community, staff members reinforce those skills that encourage friendships and foster social and pre-employment skill development through volunteer work.

- Services are customized to support each person's valued outcomes.
- A range of opportunities are available to help individuals lead productive, inclusive, and independent lives.
- Socialization, self-sufficiency, self-advocacy, and supported decision-making abilities are developed and increased.
- Adaptive skills such as communication, travel training, and money management are developed and enhanced.
- Community inclusion is supported.

We also offer educational and cultural experiences to help the people we support expand their social networks and establish community connections. The goal of Day Habilitation is to provide a program to meet each person's unique desires. Individuals choose activities such as learning about technology, engaging in artistic endeavors, visiting museums, shopping at local stores, exploring nature, exercising, gardening, developing a craft, and so much more.



30+

sites across New York City, and expanding!

54%

of individuals supported in Community Services working towards becoming more self independent

150

individuals supported in residential services.

2000+

individuals and their families supported each day.



Want to learn more about our services or have a question?

Visit our website or follow us on social media! You can also email us.

INFO@BIRCHFAMILYSERVICES.ORG

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(212) 616-1800