



## Welcome to Cayuga Centers SafeCare

Cayuga Centers is an accredited provider of SafeCare, a nationally recognized parent training program for parents of children ages 0 – 8. This program, offered at no cost to families, is an important addition to the agency’s community-based interventions available throughout Upstate New York.

### The SafeCare Model

SafeCare is an evidence-based program for parents of children who are at risk of or have been reported for child neglect or physical abuse. SafeCare providers work with families in their homes to improve parent skills in three areas:

- **Parent - Infant/Child Module:** The goal is to target risk factors associated with neglect and physical abuse. Parents learn how to increase positive interactions with their infant/child and how to structure daily activities to be more engaging and stimulating. This module also helps parents address and reduce challenging child behaviors.
- **Health Module:** The goal is to target risk factors for medical neglect. Parents learn to identify childhood illnesses and injuries, and then follow a structured process to determine when and how to care for the child. Parents learn how to care for a child at home, when to see a doctor, and when to seek emergency help. Parents are also taught to use the health reference materials including the SafeCare health manual.
- **Home Safety Module:** The goal is to target risk factors for environmental neglect or unintentional injury. Parents learn to identify and eliminate common household hazards. Parents are also taught the importance of supervision.



*“This is an AMAZING new community resource for high risk families in our county. SafeCare providers build relationships with families to promote health and safety, educational readiness and connection with the greater community. In all my years as a public health nurse working with high risk families, this is the most comprehensive and effective service I have encountered for preventative public health.”*

## SafeCare Outcomes

- Increased family engagement;
- Increased parenting skill;
- Better understanding of childhood health and safety issues;
- Reduced likelihood of child maltreatment reports;
- Reduced parental stress and depression;
- Improved program engagement and completions;
- Increased program satisfaction.

SafeCare is typically conducted in weekly home visits lasting 50 – 90 minutes for approximately 18 weeks. Agencies may also provide other services as additional support to SafeCare sessions.

Cayuga Centers is pleased to be an accredited SafeCare provider, and is experiencing firsthand the benefits of this structured parent training program that provides tools that immediately benefit the families we serve.

**For more information about  
Cayuga Centers SafeCare, visit:**

**[cayugacenters.org/safecare](https://cayugacenters.org/safecare)**