



# Unlimited Potential

An affiliate of Northern Rivers increasing the vocational opportunities of individuals with mental illness by providing vocational rehabilitation and employment services.

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Founded in 1979, Unlimited Potential assists individuals diagnosed with a psychiatric illness to find meaningful work through a wide range of training and employment services. In 2019, Unlimited Potential affiliated with Northern Rivers Family of Services, becoming part of a family of human service agencies that provide an innovative continuum of home-, clinic-, school-, and community-based services, vocational rehabilitation, supported employment, and senior-supporting programs that provide person-centered, trauma-informed innovative solutions to ensure clients live their best lives.

The quality of care, depth of programs, combined size, and passion for the mission make Northern Rivers a leading provider with a 1,400-person workforce providing services for 18,000 children, adults and families throughout 41 counties in upstate New York.

## Supported Employment

One-on-one employment services to determine job preparedness, develop job search strategies, provide on-site job training, support and advocacy for individuals in recovery after experiencing mental illness.

- Career exploration
- Resume preparation
- Interview skills training
- Extended on- and off-site job coaching

## Assisted Competitive Employment

Support in all aspects of vocational services to individuals in recovery after experiencing mental illness.

- Assessment
- Advocacy
- Job coaching
- Job searching
- Job-related crisis intervention
- Benefits counseling
- Ongoing, flexible follow-along supports

## School-to-Work Transition

Transition services to support students in recovery after experiencing mental illness as they move from high school to the world of work and adult life.

- Assessments of students' vocational strengths and abilities
- Assessments of students' independent living skills
- Assessments of students' social and interpersonal skills

*These services are provided by Northern Rivers Family of Services and member agencies.*

## Diagnostic Evaluation

Individual testing programs to help find what types of careers work best for each individual in recovery after experiencing mental illness while considering his or her personality, capabilities, aptitudes and educational background.

- Discovering transferable skills
- Insight through test results into what type of work best fits the individual
- Assessments of individual's social and interpersonal skills

## Golden Club

A social model day program serving eligible individuals who are older than 50 and who have a psychiatric disability. The mission is to reduce isolation and increase social interaction through a variety of social, physical, and educational activities.

## Peer Support Services

This program emphasizes independence and self-reliance and develops the skills needed to function in the community outside of the mental health system.

- Assistance with budgeting, scheduling and organizing appointments, transportation as needed and when appropriate, medical and legal advocacy, budgeting, medication management, conflict resolution and connecting to and navigating through the community resources available
- A Warm Line where people can have a safe place to reach out to discuss non-emergency situations

**For more information on rehabilitation and employment services, please contact:**

**Erin Strattman**  
**Rehabilitation Director**  
**518.587.2851, ext. 216**

## *The Vocational Training Center*

Our work center, an 18,000-square-foot building in the Grande Industrial Park in Saratoga Springs, provides training in both life and employment skills for individuals in recovery after experiencing mental illness. It includes employment opportunities to use these skills that boost self-esteem and personal pride, encourage independence, and facilitate community membership and participation. All of this occurs in a supportive environment that encourages people to reach their potential.

**Woodshop.** We have a fully functional woodshop. We make picnic tables, shrub covers, bird houses, bat houses, Adirondack chairs, and just about any other wood item someone may request.

**Fulfillment services.** Pick-and-pack services; we have the ability to store and ship items for company via UPS or the U.S. Postal Service. We make daily trips to the post office and can arrange to have a daily pick up from UPS.

**Mailing services.** We provide bulk mailing services, including printing mailing labels, preparing the entire mailing/labeling, trifolding, inserting, sealing, applying postage, and tabbing.

**Assembly.** Anything that needs to be put together—which is any kind of job we put together—collating marketing materials, shrink wrapping materials: you name it we can do it.

**For more information on the Vocational Training Center  
or to arrange for a tour of the training center, please contact:**

**Jennifer Myers**  
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**518.587.2851, ext. 218**

