



— *Saratoga County* —  
A Community of Excellence



# Who Are We?



## Saratoga County

- Being Well: 2<sup>nd</sup> Healthiest County in New York State
- Diversified Economy: 3.8% Unemployment Rate
- Valued Education: 94% High School Graduation Rate
- Quality Living: Life Expectancy 81 years old







## Problem: Health Equity

### *Economic Gap*

- ✓ 3<sup>rd</sup> Highest Income Inequity in New York State
- ✓ 32% Living Asset Limited Income Constrained Employed (ALICE) and Federal Poverty Level<sup>1</sup>

### *Health Gap*

- ✓ 68% of residents have an overweight or obese body mass index

### *Quality Of Life Gap*

- ✓ 28% Child Cost Burden

### *Education Gap*

- ✓ Graduation rates decrease in rural communities in the county. (85 % on average compared to 95% in suburban schools)
- ✓ Economically Disadvantaged Youth have an 81% graduation rate and homeless youth have a 60%

# What We Do?



## Food as Medicine:

Increasing access to healthy food for health



## Substance & Mental Health:

Improving prevention, intervention, and access to care



## Suicide Coalition:

Community awareness and prevention of suicide



## Transportation:

Increasing access to transportation



## Housing:

Advancing prevention and community supports for the unsheltered



## Workforce:

Improving access to workforce training and education opportunities





*“Real change takes  
real change”*

*Lowell Kruse, former CEO of Heartland Health*



# THE NEED

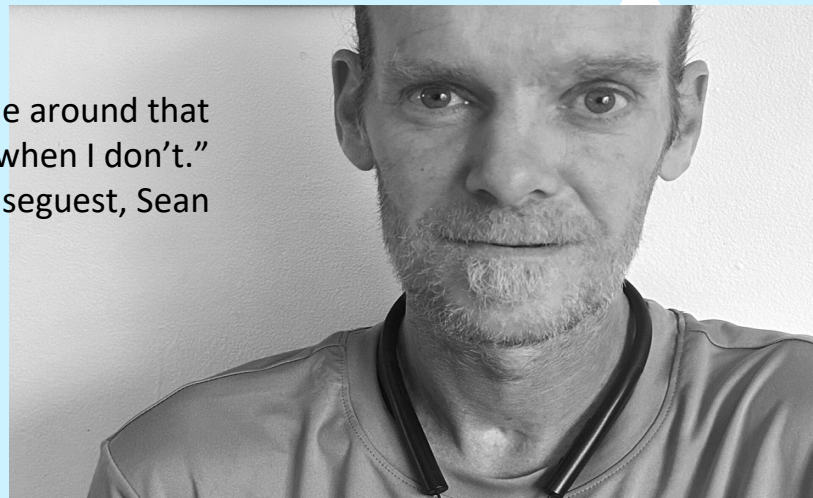
## *Housing*

**32% of all households in Saratoga County live below ALICE**

ALICE: Asset Limited, Income Constrained, Employed — earning more than the Federal Poverty Level, but not enough to afford the basics where they live.

**6.38% poverty rate in Saratoga County**

“It’s nice having people around that know what’s going on when I don’t.”  
- SOS houseguest, Sean



**\$2,074 average rent in Saratoga Springs**

According to Rent Cafe - Saratoga County is \$300 more per month than the national average rent.

Less than 13% of the total apartment units in Saratoga are below \$1,000/month.

### **CURRENT COUNT**

287 = HUD’s Point-In-Time Count from January 2023

396= adults sheltered through Shelters of Saratoga’s programs in 22-23





# The Solutions

## **RISE: Housing and Support Services**

- Opened 24/7/365 Low Barrier Shelter on Adelphi Street.
- Dominic Hollow opened - affordable and supportive housing services for people with disabilities in Ballston Spa

## **Wellspring**

- New workforce development program
- Partnering with businesses to provide stable jobs for those who have left abuse, helping women earn living wages

## **Shelters of Saratoga:**

- Year-round shelter - expanding from 23 to 31 beds in 2024
- Increasing supportive and affordable housing units to 20 in 2024
- Code Blue winter life-saving shelter since 2013

## **Veterans Community Housing Coalition**

- offering support and temporary financial assistance for Veterans and their families.

## **CAPTAIN Community Human Services**

- Offering Street-Outreach and education programs for runaway and homeless youth in addition to mobile Drop-In Centers.



# THE NEED

## *Food Insecurity*



**8% of the residents in Saratoga County struggle with food insecurity**

**13% of Children in Saratoga County struggle with food insecurity**



**Burger**  
**\$0.99**



**Salad**  
**\$4.99**

**68% of the residents in Saratoga County have a Body Mass Index indicating their overweight or obese**

Obesity is highly connected with food insecurity:

- Having a low income means trying to make food last longer and sometimes that results in a high intake of food when it is accessible
- Those with limited resources will not have access to nutritious food



“The veggies I received each week helped me to stay on track with my health goals. I am on food stamps and can’t get a lot of vegetables, so this means a lot to me and my health. Now I have even started adding exercise to my day!”  
*Individual in Veggie Rx Class*



# The Solutions

*Food As Medicine*

## **Franklin Community Center**

- Local Food Pantry that provide food and other services to improve an individual’s overall well-being

## **CAPTAIN Community Human Services**

- Pantry is in Clifton Park
- Provide members of Saratoga County with food and hygiene products
- Provide Delivery to individuals who cannot leave their homes
- Have programs in place for those without transportation

## **Saratoga Community Health Center**

- Located in Saratoga Springs
- Provide Nutritious food through these nutrition education classes :
  - Veggie Rx Classes
  - Obesity
  - High Cholesterol, High Blood Pressure, and Hypertension

# THE NEED

## *Substance and Mental Health*



**Suicide is the 2<sup>nd</sup> leading cause of death for ages 10-24 in NYS**

**Suicide is the 4<sup>th</sup> leading cause of death for ages 10-24 in NYS**

In the US teenage emergency room visits for suicide attempts significantly increased during the pandemic

There was a **50%** rise in **females** and **4%** for **males**

### **In Saratoga County**

- **23 suicides in 2021**
- **15 males and 8 females**

### **Between 2015- 2017**

- There were a total of 86 suicides
- 36 were by firearms

**54% of Americans have been affected by suicide**



Nearly 1 in 6 US Adults are Binge Drinkers

### **In Saratoga County**

- 394 Total Drug Overdose
- 24 Fatal Overdose
- 96 times Naloxone has been administered
- 24% of Adults report Binge Drinking





“Nearly 1,200 individuals stop in every month to Healing Springs Recovery Center for training, support, and hope!”



# The Solutions

“In 2022 over 300 families in Saratoga County were assisted by our Family Support Navigators in supporting their loved ones from active addiction to recovery”

## Saratoga Community Health Center

- Provide Behavioral Health and Substance Abuse Services

## Healing Springs Prevention Council:

- Program for Individuals to use peer support who struggle with substance abuse









“They provide such an awesome service to our seniors!  
Thanks for always taking care of my mom!”  
*Jody from the Care Links Program*

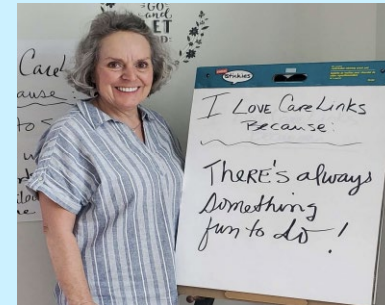
# The Solutions Transportation Coalition

## Saratoga County Transportation Taskforce :

- Pilot line is for Wilton, Moreau, to South Glens Falls
- Incorporate workforce development partners, employers to add new “services” and help fund assets
- **Focus on end users gaining ridership**

## CAPTAIN Community Human Services:

- Wellness Express Transportation:
  - Provides transportation for residents to medical appointments
  - Curb to curb service available in:
    - Ballston, Charlton, Malta , Milton , Providence, and the village of Ballston Spa
- Care Links: linking those in need with those who care – provide support services:
  - Friendly Visiting
  - Transportation
  - Shopping and Errands



# THE NEED

## *Workforce*

In Saratoga County for a single individual:

Living Wage: **\$49.69**

Minimum Wage: **\$14.20**

Poverty Wage: **\$6.53**

“There is a misalignment between the number and the types of jobs that are available, and the very small number of people who are unemployed,”  
*Saratoga County Chamber of Commerce President Todd Shimkus*



Unemployment Rate: 3.8%

“Everyone who can and wants to work is essentially working right now in Saratoga,”  
“And we have probably thousands of jobs literally, that just won’t be filled.”  
*Saratoga County Chamber of Commerce President Todd Shimkus*



# The Solutions

*Workforce Coalition*

## **BOCES**

- Provide a variety of workforce qualifications to help individuals have the skill set needed to become part of the workforce
- Offer 13 different qualifications

## **Saratoga County Department of Workforce Development**

- Forming an innovative collaborative with counties for career success on a National level



# THE NEED

## *Domestic Violence and Abuse*

**One in Four** Women will experience the relationship of sexual abuse in their lifetime.

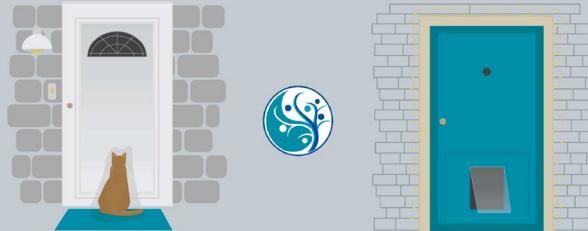
**One in Three** teenagers in a relationship reported being in an unhealthy situation

In Saratoga County, domestic violence is the #2 most common violent crime (second only to drunk or drugged driving.)

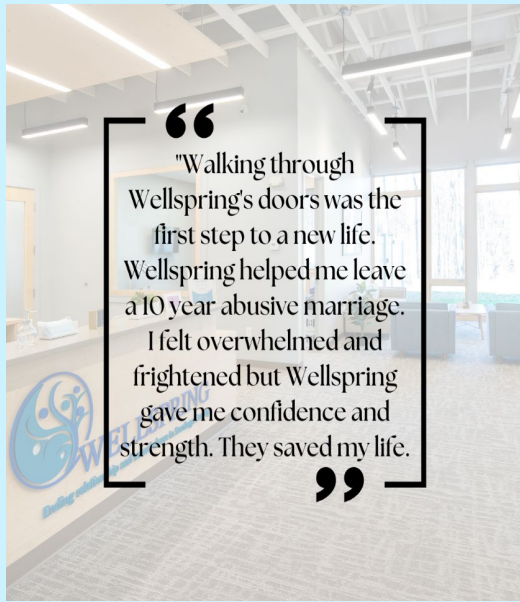
“I never imagined I’d be where I am today. Last night, I was truly scared I might not survive. I’ve got to leave for my daughter’s sake. I quickly packed up the essentials, and here I am at Wellspring. Not sure what’s ahead. I just know I can’t go back”



Abuse happens behind all types of closed doors



Let Wellspring open a door to something new



“

"Walking through Wellspring's doors was the first step to a new life. Wellspring helped me leave a 10 year abusive marriage. I felt overwhelmed and frightened but Wellspring gave me confidence and strength. They saved my life.

”

“After I was raped, I didn't know where to start.

From the hospital to reporting through the campus investigation, you were there for me.

You helped make decisions that were right for me”

*The support means more than you can imagine right now.*

*“It took me a long time to leave the abuse... Wellspring provided me with gift cards for gas, groceries, toiletries, cleaning supplies, and more. Thanks to Wellspring, I was able to get back on my feet.”*



*“I did not recognize how strong I was until I no longer considered myself a victim, but a survivor.  
Thank you, Wellspring.”*

24/7 HOTLINE (518) 584-8188  
WWW.WELLSPRINGCARES.ORG

# The Solutions



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