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Counseling service for low-income

By Danielle Sanzone, The Record

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COHOES – Low-income residents will be able to take advantage of a \$5,000 county grant with Cohoes-based Counseling, Care, and Services Inc. which offers mental health evaluations and therapeutic programming, officials said.

While 90 percent of the agency's clients are from Cohoes, residents in Waterford, Watervliet and Green Island also utilize the facility. The CCS counselors hope to help even more people with the grant secured by Albany County Legislator Shawn Morse, D-Cohoes.

"Not surprisingly, emotional difficulties are often compounded by financial stress," said Marilyn Wheeler, counselor at CCS. "It would be an ironic tragedy if money problems prohibited someone from getting the help he or she needed. Thanks to Shawn Morse and the Albany County Legislature, however, money won't be an obstacle to therapy."

The facility's programs help at-risk children and families in the area.

"Counseling, Care and Services has been helping people in our community since 1983," said Morse who has been working on attaining the money for the center for nearly a year.

"Each year, the agency serves approximately 350 adults and children with problems that range from depression to children's conduct disorders. People should not have to deal with these issues on their own simply because they can't pay for treatment."

In the past three years, Morse has also helped secure \$40,000 for city programming including a \$17,000 grant for the Cohoes Community Center and another grant to upgrade the Cohoes Police Department's equipment.

"It's at times like this, when the economy is struggling, when people are losing their homes, and just driving to work is a serious expense, that we all feel the added stress of life. No family in our community should have to deal with these stresses alone."