

SERVING SOUTHERN NEW YORK AND WESTERN CONNECTICUT

RESOURCE DIRECTORY[®]



PRODUCED BY

CAPE OF DUTCHESS COUNTY

COUNCIL ON ADDICTION PREVENTION AND EDUCATION

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The Council on Addiction Prevention and Education (CAPE) of Dutchess County, Inc. provides this Resource Directory as a service to the public. Inclusion in the Directory is voluntary. Pertinent information has been solicited from the New York Counties of Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, and Westchester concerning addiction, health, enrichment, etc. In this issue, the Connecticut Counties of Fairfield, Hartford, New Haven, and Litchfield have been added.

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This Resource Directory is made possible through a grant from the New York State Office on Alcoholism and Chemical Dependency.

Inquiries regarding the document may be directed to The Council on Addiction Prevention and Education (CAPE) of Dutchess County, Inc., Attn: Resource Directory.

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RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

COUNCIL ON ADDICTION, PREVENTION, AND EDUCATION OF DUTCHESS COUNTY



The Council on Addiction, Prevention, and Education (CAPE) of Dutchess County, Inc. was founded in 1987.

CAPE was established to meet the growing need for Alcohol, Tobacco and Other Drug (ATOD) prevention and education services in Dutchess County.

CAPE is certified by the New York State Office of Alcoholism and Substance Abuse Services (OASAS) to provide prevention, counseling, and education to businesses, community organizations, schools, and agencies.

Our mission is to be recognized as the premier substance abuse and addiction prevention provider in the Mid-Hudson Region by implementing nationally established educational programs, policies, and services.





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

WESTERN CT



The “HELP IS HERE” Resource Directory includes contributions solicited from the counties in Connecticut and New York listed on these two pages.

The Directory is produced by CAPE: The Council of Addiction, Prevention, and Education of Dutchess County.

If you have any revisions to the information provided or wish to be included in the next edition of our Directory, please let us know.

FAIRFIELD

Bethel
Bridgeport
Brookfield
Cos Cob
Danbury
Darien
Easton
Fairfield
Georgetown
Greenwich
Hawleyville
Monroe
New Canaan
New Fairfield
Newtown
Norwalk
Old Greenwich
Redding
Redding Center
Redding Ridge
Ridgefield
Riverside
Sandy Hook
Shelton
Sherman
Southport
Stamford

Stratford
Trumbull
Weston
Westport
Wilton

HARTFORD

Avon
Berlin
Bloomfield
Bristol
Broad Brook
Burlington
Canton
Canton Center
Collinsville
East Berlin
East Glastonbury
East Granby
East Hartford
East Hartland
East Windsor
Enfield
Farmington
Glastonbury
Granby
Hartford
Manchester

Marion
Marlborough
Milldale
New Britain
Newington
North Canton
North Granby
Plainville
Plantsville
Poquonock
Rocky Hill
Simsbury
South Glastonbury
South Windsor
Southington
Suffield
Tariffville
Unionville
Weatogue
West Granby
West Hartford
West Hartland
West Simsbury
West Suffield
Wethersfield
Windsor
Windsor Locks

LITCHFIELD

Bantam
Barkhamsted
Bethlehem
Bridgewater
Canaan
Colebrook
Cornwall
Cornwall Bridge
East Canaan
Falls Village
Gaylordsville
Goshen
Harwinton
Kent
Lakeside
Lakeville
Litchfield
Morris
New Hartford
New Milford
New Preston Marble Dale
Norfolk
Northfield
Oakville
Pequabuck
Pine Meadow

Plymouth
Riverton
Roxbury
Salisbury
Sharon
South Kent
Taconic
Terryville
Thomaston
Torrington
Washington
Washington Depot
Watertown
West Cornwall
Winchester Center
Winsted
Woodbury

NEW HAVEN

Ansonia
Beacon Falls
Bethany
Branford
Cheshire
Derby
East Haven
Guilford
Hamden
Madison

Meriden
Middlebury
Milford
Naugatuck
New Haven
North Branford
North Haven
Northford
Orange
Oxford
Prospect
Seymour
Southbury
Wallingford
Waterbury
West Haven
Wolcott
Woodbridge

NOTE:
*Bolded Cities
are County Seats*





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

SOUTHERN NY

DUTCHESS

Amenia
Arlington
Beacon
Beekman
Brinckerhoff
Clinton
Crown Heights
Dover Plains
Dover
East Fishkill
Fairview
Fishkill
Glenham
Haviland
Hillside Lake
Hopewell Junction
Hyde Park
La Grange
Milan
Millbrook
Millerton
Myers Corner
North East
Pawling
Pine Plains
Pleasant Valley
Poughkeepsie
Red Hook
Red Oaks Mill
Rhinebeck
Spackenkill
Staatsburg
Stanford
Tivoli
Union Vale
Wappinger
Wappingers Falls
Wingdale

ORANGE

Balmville
Beaverdam
Blooming Grove

Central Valley
Chester
Cornwall on Hudson
Cornwall
Crawford
Deerpark
Firthcliffe
Florida
Fort Montgomery
Gardnertown
Goshen
Greenville
Greenwood Lake
Hamptonburgh
Harriman
Highland Mills
Highlands
Kiryas Joel
Maybrook
Mechanicstown
Middletown
Minisink
Monroe
Montgomery
Mount Hope
New Hampton
New Windsor
Newburgh
Orange Lake
Otisville
Pine Bush
Port Jervis
Scotchtown
Tuxedo Park
Tuxedo
Unionville
Vails Gate
Walden
Wallkill
Walton Park
Warwick
Washington Heights
Washingtonville
Wawayanda

West Point
Westtown
Woodbury

PUTNAM

Brewster
Carmel
Carmel
Cold Spring
Kent
Lake Carmel
Mahopac
Nelsonville
Patterson
Peach Lake
Philipstown
Putnam Valley

ROCKLAND

Airmont
Bardonia
Blauvelt
Chestnut Ridge
Clarkstown
Congers
Grand View-on-Hudson
Haverstraw
Hillburn
Hillcrest
Kaser
Monsey
Montebello
Mount Ivy
Nanuet
New City
New Hempstead
New Square
Nyack
Orangeburg
Orangetown
Pearl River
Piermont
Pomona
Ramapo
Sloatsburg

South Nyack
Spring Valley
Stony Point
Suffern
Tappan
Thiells
Upper Nyack
Valley Cottage
Viola
Wesley Hills
West Haverstraw
West Nyack

SULLIVAN

Bethel
Bloomingburg
Callicoon
Cochecton Center
Delaware
Fallsburg
Forestburgh
Fremont Center
Harris
Highland Lake
Jeffersonville
Lake Huntingdon
Liberty
Livingston Manor
Lumberland
Mamakating Park
Monticello
Mountaindale
Narrowsburg
Neversink
Rock Hill
Rockland
Roscoe
Smallwood
South Fallsburg
Thompsonville
Tusten
Woodridge
Wurtsboro
Yulan

Younsville
ULSTER
Accord
Clintondale
Cragmoor
Denning
East Kingston
Ellenville
Esopus
Gardiner
Glasco
Glenford
Hardenburgh
High Falls
Highland
Hillside
Hurley
Kerhonkson

Kingston
Lake Katrine
Lincoln Park
Lloyd
Malden
Marbletown
Marlboro
Marlborough
Milton
Napanoch
New Paltz
Olive

Phoenicia
Pine Hill
Plattekill
Port Ewen
Rifton
Rochester
Rosendale Village
Rosendale
Saugerties South
Saugerties
Shandaken
Shawangunk
Shokan

Stone Ridge
Tillson
Ulster
Walker Valley
Wallkill
Wawarsing
West Hurley
Woodstock
Zena

WESTCHESTER

Bedford
Briarcliff Manor
Cross River
Croton-On-Hudson
Dobbs Ferry
Greenville
Harrison
Hartsdale
Mamaroneck
Mount Kisco
Mount Vernon
New Rochelle
Ossining
Peekskill
Rye
Sleepy Hollow
Somers
Tarrytown
Thornwood
White Plains
Yonkers
Yorkton Heights

NOTE:
*Bolded Cities
are County Seats*





SECTION I: ADDICTION

"Treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences."
— American Society of Addiction Medicine (ASAM)

BEHAVIORAL ADDICTION _____ 1

Compulsion to engage in a non-substance-related behavior despite negative consequences.

CO-DEPENDENCE _____ 1

DEBT _____ 1

EATING DISORDERS _____ 1

GAMBLING _____ 2

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Physical and psychological dependence on chemical substances, including alcohol, cocaine, heroin, inhalants, methamphetamines, nicotine (tobacco), and prescription medications.



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SECTION II: WELLNESS

"Eight dimensions of wellness include: emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social."
— U.S. Department of Health and Human Services (HHS)



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FOR SOUTHERN NY AND WESTERN CT

ADDICTION | WELLNESS

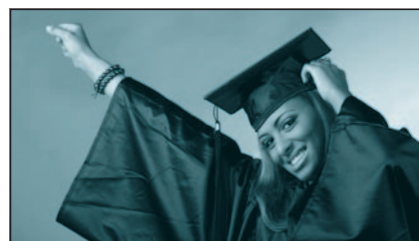
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"Any condition of the body or mind (impairment) that makes it more difficult for the person with the condition to do certain activities (activity limitation) and interact with the world around them (participation restrictions)."
— Centers for Disease Control and Prevention (CDC)



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"Includes our emotional, psychological, and social well-being."
— U.S. Department of Health & Human Services (mentalhealth.gov)

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BEHAVIORAL ADDICTION

Compulsion to engage in a non-substance-related behavior despite negative consequences.

CO-DEPENDENCE

US – NATIONAL

- **Co-Dependence Anonymous**

A fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships.

www.coda.org

NY – DUTCHESS COUNTY

- **St. John’s Evangelical Lutheran Church**

Twelve-Step Program to develop healthy relationships, give support, and share our journeys recovering from co-dependency. Meetings: Sunday 3:00pm; Wednesday 7:00pm.

55 Wilbur Blvd.
Poughkeepsie, NY 12603

Phone _____ (845) 452-1550

Meeting Information _____ (845) 474-2211

DEBT

US – NATIONAL

- **Debtors Anonymous (DA)**

Fellowship of men and women who share their experiences and common problem to help each other recover from compulsive debt. The only requirement is a desire to stop incurring unsecured debt.

<https://debtorsanonymous.org>

General Service Group
PO Box 920888
Needham, MA 10990

Toll Free Phone _____ (800) 421-2383

Phone _____ (781) 453-2743

Fax _____ (781) 453-2745

NY – STATE

- **Debtors Anonymous (DA)**



EMPIRE STATE INTERGROUP

If you are having problems with money and debt and think you may be a compulsive debtor, you have come to the right place. Debtors Anonymous can help you. We offer face-to-face, telephone, and internet meetings.

www.empirestateda.org

PO Box 1266
Warwick, NY 02492-0009

Phone _____ (781) 453-2743

Fax _____ (718) 453-2745

DEBTORS ANONYMOUS OF GREATER NEW YORK

Offers hope for people whose use of unsecured debt causes problems and suffering. We find relief by working the D.A. 12-step recovery program.

www.danyc.org

Phone _____ (212) 969-8111

EATING DISORDERS

US – NATIONAL

- **National Eating Disorder Association**

NedA supports individuals and families affected by eating disorders and serves as a catalyst for prevention, cures and access to quality care.

www.nationaleatingdisorders.org/contact-us

165 West 46th Street, Suite 402
New York, NY 10036

Helpline _____ (800) 931-2237



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

US – OUT-OF-STATE

- **Renfrew Center Eating Disorder Treatment**

Empowering women to change their lives, specializing in eating disorders. Out-patient and residential (Note: Various locations in different states)

<http://renfrewcenter.com>

Phone _____ (800) 736-3739



NY – REGIONAL

- **Overeaters Anonymous – Mid-Hudson Group**

We are a fellowship of men and women who, through shared experience and mutual support, are recovering physically, emotionally and spiritually from the disease of compulsive eating.

<http://midhudsonoa.org>

Phone _____ (845) 657-6603

GAMBLING

US – NATIONAL

- **Gam-Anon International Services Office**

Gam-anon is a fellowship of men and women who have been affected by the gambling problem of another. We learn to understand the gambling problem and its impact on our lives, give encouragement and understanding to the compulsive gambler, and share a new and fulfilling way of life.

<http://gam-anon.org>

P.O. Box 307
Massapequa Park, NY

Phone _____ (718) 352-1671

- **Gamblers Anonymous**

Talk to someone now. Locate a meeting near you.

www.gamblersanonymous.org

24/7 Hotline _____ (855) 222-5542

GAMBLING

- **Gamblers Anonymous International Service Office**

2-step fellowship of men and women who share experiences, strength and hope with each other to recover from compulsive gambling.

www.gamblersanonymous.org/ga

P.O. Box 17173
Los Angeles, CA 90017

Phone _____ (626) 960-3500

US – OUT-OF-STATE

- **American Addiction Centers**

A leading nationwide provider of substance abuse treatment, American Addiction Centers treats clients struggling with drug addiction, alcohol addiction, mental health, and behavioral health issues.

www.americanaddictioncenters.org

200 Powell Pl.
Brentwood, TN 37027

Phone _____ (888) 300-3332

Phone _____ (888) 987-1784

CT – STATE

- **Connecticut Council on Problem Gambling (CCPG)**

CCPG does not advocate for or against gambling, but is committed to working with all stakeholders to help individuals and families dealing with this issue. We are focused on preventing problem gambling. CCPG provides Connecticut's only 24-hour Problem Gambling Helpline, offering support via phone, live online chat, and text. We also implement prevention and education programs serving youth, veterans, and other populations.

<http://www.ccpog.org/about-ccpg>

16 W Main St.
Clinton, CT 06413

Phone _____ (860) 664-3996

100 Great Meadow Rd, Suite 704
Wethersfield, CT 06109

Phone _____ (959) 230-4034





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

GAMBLING

GAMBLING PROBLEM

24/7 Helpline _____ (888) 789-7777

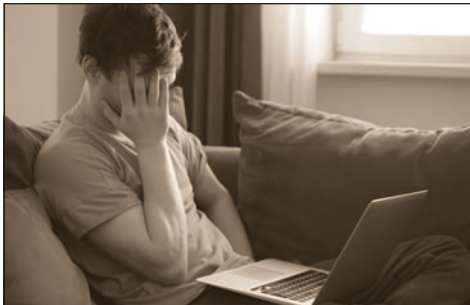
Text "CTGAMB" to _____ 53342

NY – STATE

- **Council on Addictions of New York State (CANYS)**

Offers a continuum of prevention, intervention, and training in a variety of settings to all age groups. Services include Communities that Care (CARECORPS), Life Skills Training, Reconnecting Youth, and Strengthening Families. Our mission is to address problems related to alcohol, tobacco, drug use and gambling problems in our local communities as well as New York regionally and statewide.

<https://canys.net>



- **New York Council on Problem Gambling (NCPG)**

Provide services that focus on raising awareness of problem gambling and advocating for those in need. Services are available to anyone struggling with gambling-related problems, regardless of their ability to pay.

<https://nyproblemgamblinghelp.org>

100 Great Oaks Blvd. Suite 104
Albany, NY 12203

Phone _____ (518) 867-4084

Fax _____ (518) 867-4087

- **New York State Office of Addiction Services and Supports (OASAS)**

Previously, named the Office of Alcoholism and Substance Abuse Services.

GAMBLING ADDICTION

Referrals to NYS Certified OASAS Facilities. Crisis intervention.

24/7 Hopeline _____ (877) 846-7369

NY – PUTNAM COUNTY

- **Friends of Recovery Putnam**

Dedicated to promoting policies and practices supporting a vision of recovery from addiction. We envision a world where every person in need has access to an entire spectrum of effective recovery focused services.

www.putnamncadd.org/friends-recovery-putnam

Facebook: Friends of Recovery – Putnam

email: info@preventioncouncilputnam.org

67 Gleneida Avenue
Carmel, NY 10512

Phone _____ (845) 225-4646

Fax _____ (845) 225-5935

- **Prevention Council of Putnam (PCOP)**

The Council was established to meet the growing need for Alcohol, Tobacco and Other Drug (ATOD) prevention and education services in Putnam County. PCOP is certified by the New York State Office of Alcoholism and Substance Abuse Services to provide prevention and education to businesses, community organizations, schools, and agencies.

<https://preventioncouncilputnam.org>

email: info@preventioncouncilputnam.org

GAMBLING PROBLEM PREVENTION PROGRAM

Dedicated to increasing public awareness of the negative impact that problem and compulsive gambling has on the individual, family and community, while ensuring access to preventative and treatment services.

<https://preventioncouncilputnam.org/gambling-awareness>

email: info@preventioncouncilputnam.org

67 Gleneida Ave.
Carmel, NY 10512

Phone _____ (845) 225-4646

Fax _____ (845) 225-5935





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

SEXUAL COMPULSION

NY – ROCKLAND COUNTY

- **Lexington Center for Recovery – Outpatient Services**

GAMBLING TREATMENT PROGRAM – ROCKLAND COUNTY

Serves any adult or adolescent addicted to gambling along with their family members and friends; Offers comprehensive assessments; individual group, couples, and family counseling: M/W/F 9am–5pm; T/Th 9 am–9pm.

www.lexingtonctr.org/rockland-county/rockland-county-gambling

100 Rte. 59

Airmont, NY 10901

Phone _____ (845) 369-9701

After Hours Phone _____ (845) 729-2197

NY – SULLIVAN COUNTY

- **Catholic Charities Community Service of Orange County Recovery Center**



BETTER CHOICE PROGRAM

Offers gamblers and their families a program aimed at achieving abstinence from problem gambling and debt accumulation, enhancing quality of life.

www.catholiccharitiesoc.org

396 Broadway

Monticello, NY 12701

Phone _____ (845) 794-8080 Ext. 122

NY – WESTCHESTER COUNTY

- **Lexington Center for Recovery – Outpatient Services**

Gambling can be an intense and powerful addiction. Lexington Center for Recovery provides compassionate, comprehensive, gambling-specific outpatient treatment for those in search of recovery from gambling and also for those affected by the gambler's addiction.

www.lexingtonctr.org/rockland-county/rockland-county-gambling

Headquarters

2875 Route 35

Katonah, NY 10536

Phone _____ (914) 666-0191

After Hours Phone _____ (833) 515-4673

WESTCHESTER COUNTY PROBLEM GAMBLING TREATMENT PROGRAM

Offices in New Rochelle and Mt. Kisco. M/F: 9am–5pm; T/h: 9am–7:30pm.

www.lexingtonctr.org/westchester-county/gambling

24 Smith Ave.

Mount Kisco, NY 10549

Phone _____ (914) 666-6740 Ext.125

3 Cottage Place

New Rochelle, NY

Phone _____ (914) 235-6633

SEXUAL COMPULSION

US – NATIONAL

- **Sex Addicts Anonymous International Service**

Twelve-step program for men and women who share their experience, strength and hope with each other so they may find freedom from addiction of sexual behavior and help others recover from sexual addiction.

www.saa-recovery.org

email: saico@sa.org

P.O. Box 70949

Houston, TX 77270

Phone _____ (347) 815-4722

Business Hours: 10:00 am to 6:00pm Central Time

- **Sexaholics Anonymous International**

Fellowship of men and women (18 and older) who share their experiences with each other that they may solve their common problem and help others to recover. The only requirement for membership is a desire to stop lusting and become sexually sober.

www.sa.org

P.O. Box 3565

Brentwood, TN

Toll Free Phone _____ (866) 424-8777

Phone _____ (615) 370-6062

Fax _____ (615) 370-0882



NY – NEW YORK CITY

● **Sex Addicts Anonymous – New York City**

Sex Addicts Anonymous in and outside New York City has the roadmap of recovery from sex addiction described in the 12 Steps. The steps address the root of our sex addiction. We believe that our sexual addictive behaviors are a symptom and through working the Steps we address why we engage in sexually addictive behaviors.

We have sex addicts in recovery who answer calls, texts, and emails to help anyone who believes they have a problem with sex addiction and is looking for help. We have 40 meetings that look to treat sex addiction in New York City. All free of charge.

www.nycsaa.org

email: info@nycsaa.org

Phone or Text _____ (347) 815-4722



SMOKING CESSATION

US – NATIONAL

● **American Cancer Society**

QUIT FOR LIFE

We are committed to fighting cancer through balanced programs of research, education, patient services, advocacy, and rehabilitation.

www.lung.org

National Phone _____ (800) 227-2345

Quit for Life Direct Line _____ (866) 784-8445

● **American Lung Association**

Our mission is to save lives by improving lung health and preventing lung disease. Our vision is a world free of lung disease. Our strategic imperatives include defeating lung cancer, improving the air we breathe so it will not cause or worsen lung disease, reducing the burden of lung disease on individuals and their families, eliminating tobacco use and tobacco-related diseases, and monitoring and enhancing organizational effectiveness.

www.lung.org

Phone _____ (800) LUNGUSA

● **National Cancer Institute (NCI)**

Offers science-driven tools, information, and support that has helped smokers quit. You will find state and national resources, free materials, and quitting advice from NCI. Smokefree apps, quizzes, and materials are available to download, print, or order. Smokefree.gov allows users to choose the help that best fits their needs.

www.cancer.gov

Phone _____ **800-4-CANCER**
422-6237

SMOKEFREE.GOV

Established by the tobacco control research branch of NCI, a component of the National Institutes of Health, in collaboration with the Centers for Disease Control and Prevention and other organizations.

www.smokefree.gov

Quitline Phone _____ **(877) 44U-QUIT**
(877) 448-7848

Local and State Quitline Phone _____ **(800) QUITNOW**
(800) 784-8669

CT – STATE

● **CT State Department of Public Health**

CT QUITLINE

A telephone help line offered free of charge that provides cessation counseling, quitting information, answers to your questions, and support you need while quitting. When you call, your call will be answered by one of our Quit Coaches who are professionally trained to help you quit tobacco.

NY – STATE

● **NYS Smokers' Quitline**

www.nysmokefree.com

Phone _____ **(866) NY-QUITS**
(866) 697-8487

NY Relay Service _____ **711**

Voice or TTY _____ **(866) 897-8487**

This Resource Directory is produced by
CAPE: The Council on Addiction, Prevention, and Education
of Dutchess County.

If you have any revisions to the information
provided or wish to be included in the next
edition of our Directory, please let us know.



SUBSTANCE ADDICTION

INFORMATION

US – NATIONAL

● **National Institute on Drug Abuse (NIDA)**

Brings the power of science to bear on drug abuse and addiction. Strategic research and support across a broad range of discipline. Ensures effective dissemination of the results to improve prevention and treatment.

www.drugabuse.gov

Phone _____ (877) 726-4727

● **Substance Abuse and Mental Health Services Administration (SAMHSA)**

Agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

www.samhsa.gov

1 Choke Cherry Rd
Rockville, MD 20857

Phone _____ (877) SAMHSA-7

SAMHSA'S NATIONAL HELPLINE

Free, confidential treatment referral and information service for individuals and families facing substance use and/or mental disorders.

www.samhsa.gov

24/7 National Helpline _____ (800) 662-HELP

US – OUT OF STATE

● **Gateway Rehab Center**

Provides treatment services for adults, young adults, youth, and families with alcohol and other drug-related problems. Gateway offers a variety of comprehensive services (using a 12 step recovery program) and prevention to extended care and employee assistance in multiple locations.

www.gatewayrehab.org

100 Moffett Run Road
Aliquippa, PA 15001

Toll Free Phone _____ (800) 472-1177

Phone _____ (412) 604-8900

Fax _____ (724) 375-8815

● **American Addiction Centers**

A leading nationwide provider of substance abuse treatment, American Addiction Centers treat clients struggling with drug addiction, alcohol addiction, and mental health/behavioral health issues.

www.americanaddictioncenters.org

200 Powell Pl.
Brentwood, TN 37027

Phone _____ (888) 300-3332

Phone _____ (888) 987-1784

CT – STATE

● **Connecticut Community for Addiction Recovery (CCAR)**

Centralized resource in CT for all things recovery. Whether contemplating a life in recovery, are new to recovery, or are in long term recovery, CCAR helps you navigate the recovery community, by connecting you with others in recovery and providing access to information about support services.

www.ccar.us

198 Wethersfield Ave.
Hartford, CT 6114

Phone _____ (860) 244-2227

CT – NEW HAVEN COUNTY

● **Central Naugatuck Valley Regional Action Council (CNVRAC)**

Offers presentations to community groups on the effects of drugs; provides speakers on substance abuse; assists community organizations in assessing their prevention programs; recommends videos and literature on substance abuse; and provides Mental Health First Aid training.

Regional Action Councils are contracted to run prevention programs under their Department of Mental Health and Addiction Services contracts.

www.cnvrac.org

22 Chase River Road
Waterbury, CT 6704

Phone _____ (203) 578-4044





NY – STATE

● **Councils on Addiction of New York State (CANYS)**

A continuum of prevention, intervention, and training services offered in a variety of settings to all age groups. Services include Communities that Care Coalitions (CARECORPS), Life Skills Training, Reconnecting Youth, and Strengthening Families. Our mission is to effectively address problems related to alcohol, tobacco, drug use and gambling problems in our local communities as well as New York regionally and statewide. Councils were created to provide information and referrals to families and individuals in need of alcohol and other drug information.

canys.net

● **New York State Department of Environmental Conservation**

www.dec.ny.gov

PRESCRIPTION DRUGS DROPBOX

Where to safely discard unused or unwanted prescription medications. Please see chart on website to find locations in your county for drop box locations, to see which drugs may and may not be collected.

<http://disposemy meds.org/medicine-disposal-locator>

● **New York State Office of Addiction Services and Supports (OASAS)**

Previously named the Office of Alcoholism and Substance Abuse Services.

Addresses the prevention, treatment and recovery needs of New Yorkers with drug, alcohol and/or gambling addictions. Our mission is to improve the lives of all New Yorkers by leading a comprehensive premier system of addiction services for prevention, treatment, and recovery. OASAS plans, develops, and regulates the state's system of chemical dependence and gambling treatment agencies. This includes the direct operation of 12 Addiction Treatment Centers, which provide inpatient rehabilitation services to 10,000 persons per year. The Office licenses and supervises nearly 1,000 local chemical dependence treatment programs. HOURS: 8am–4pm.

www.oasas.ny.gov

1450 Western Ave.
Albany, NY 12203

Phone _____ (518) 473-3460

NALOXONE TRAINING

Naloxone (anti-opioid overdose medication) training is available throughout New York State Addiction Treatment Centers. Sessions are free and open to both professionals and the general public, but space is limited. For more information on heroin/opioid addiction: combatheroin.ny.gov

www.oasas.ny.gov/atc/atcherointraining.cfm

Bldg. 92, Ste. #12/16
Middletown, NY 10940-1903

Phone _____ (845) 359-8500

Phone _____ (718) 904-0026

Phone _____ (718) 264-3740

Phone _____ (718) 453-3200

OASIS'S NEW YORK STATE HOPELINE

Help and hope for alcoholism, drug abuse and problem gambling.

www.oasas.ny.gov

24/7 Hopeline _____ (877) 8-HOPENY
(877) 846-7369



NY – REGIONAL

● **Alcoholism & Drug Abuse Council of Orange County**

FAMILY SUPPORT NAVIGATOR

Works with families or loved ones of those who have been affected by substance use. It can provide education and coping skills one-on-one as well as in the family support group. Hours: M-F: 8:30 am–4:30 pm.

<http://www.adacinfo.com>

224 Main Street
Goshen, NY 10924

Phone _____ (845) 294-9000 Ext. 263

Fax _____ (845) 294-9648

MID-HUDSON PREVENTION RESOURCE CENTER (MHPRC)

Our mission is to support, enhance, and build community coalitions to reduce substance use rates within an identified community. The PRC is able to provide training and technical assistance to community groups around the Strategic Prevention Framework and Data-Driven Community Based Prevention Strategies. Hours: M-F 8:30 am–4:30 pm however we are able to provide these services to coalitions according to their scheduling needs.

<http://www.adacinfo.com/programs-services/mid-hudson-prevention-resource-center-mhprc/>

Office Phone _____ (845) 294-9000

Fax _____ (845) 294-9648



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

INFORMATION

● Alcoholism & Drug Abuse Council of Orange County CONT'

PEER ENGAGEMENT SPECIALISTS

Specialists are there to engage and support individuals experiencing adverse effects of substance use on their pathway to recovery which may include treatment and/or connections to other community resources. Services for crisis situations are available 24/7.

<http://www.adacinfo.com>

224 Main Street
Goshen, NY 10924

Phone _____ (845) 294-9000 Ext. 267

Fax _____ (845) 294-9648

Hopeline _____ 1-844-984-HOPE
4673

SCHOOL OF ADDICTION STUDIES

Provides the 350-hr OASAS approved Credentialed Alcoholism & Substance Abuse Counselor (CASAC) curriculum. CASAC school hours are weekday evenings and Saturdays. CASAC renewal credits are also available. Other training offered periodically: 30-hr Recovery Coach Training and 16-hr Ethics for Recovery Peer Advocates as required to meet the CRPA or CARC certification. There are fees attached to these services.

<http://www.adacinfo.com>

224 Main Street
Goshen, NY 10924

Phone _____ (845) 500-7352

Fax _____ (845) 294-9648

● Lexington Center for Recovery

Our programs operate in three Westchester communities, five Dutchess communities, and three Rockland communities. We strive to provide quality, community-based service delivery to anyone affected by the tragedy of chemical dependency

www.lexingtonctr.org/about-us

HEADQUARTERS
2875 Route 35
Katonah, NY 10536

After Hours Phone _____ 833-0515-4673

● Mid-Hudson Library System

HEALTH INFORMATION PROJECT (HIP)

www.midhudson.org

Phone _____ (845) 471-6060

● Mid-Hudson New York Regional Addiction Resource Ctr. FOR DRUG HELP

For Drug Help is part of the Mid-Hudson Regional Addiction Resource Center. It is funded by the New York State Office of Addiction Services and Support and coordinated by Student Assistance Services Corporation.

Our site has a resource directory as well as geographic maps for resources in each of the seven Hudson Valley counties. These tools can be used to locate provided services, which anyone can use to get help with drug or alcohol addiction.

<http://www.fordrughelp.com>

NY – DUTCHESS COUNTY



● Council on Addiction, Prevention, and Education (CAPE)

Established to meet the growing need for Alcohol, Tobacco and Other Drug (ATOD) prevention and education services as well as treatment referrals in Dutchess County. CAPE is certified by the New York State Office of Addiction Services and Support to provide prevention counseling and education to businesses, community organizations, schools and agencies.

www.capedc.org

807 Rte. 52, Room 28
Fishkill, NY 12524

Phone _____ (845) 765-8301

Fax _____ (845) 765-8304

Phone _____ (845) 765-8301 Ext. 110

ALIVE AT 25

A 4.5 hour evidence-based driver's awareness course designed by the National Safety Council for young drivers ages 16-24. Court Mandated Course.

CAMPUS COALITION

A group made up of representatives from Marist and Vassar Colleges, the Council, the Town and City of Poughkeepsie, law enforcement, government, local bar and restaurant owners, and community members. Discussions are regarding issues surrounding alcohol-related issues on and off campuses.



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

INFORMATION

COLLEGE CONSORTIUM

College Consortium representatives from area colleges meet on a regular basis to discuss common challenges and to come up with strategies to deal with a number of addiction issues, including substances and alcohol abuse.

Phone _____ (845) 765-8301 Ext. 110

EASTERN DUTCHESS COMMUNITY COALITION

Eastern, Northern, and Southern Community Coalitions are partnerships of agencies, businesses, schools, and the community working together to assess risk and protective factors among youth in our county. With this data, the coalitions will implement a plan of action to prevent unhealthy and risky behaviors and build youth assets among our adolescents and families.

Phone _____ (845) 877-5750 Ext. 1159

INFORMATION AND REFERRAL SERVICES

Provides substance abuse information and treatment referrals.

www.capedc.org

808 Rte. 52, Room 28

Fishkill, 12524

Phone _____ (845) 765-8301 Ext. 111

NORTHERN DUTCHESS COMMUNITY COALITION

Eastern, Northern and Southern Community Coalitions are partnerships of agencies, businesses, schools and the community working together to assess risk and protective factors among youth in our county. With this data, the coalitions will implement a plan of action to prevent unhealthy and risky behaviors and build youth assets among our adolescents and families.

email: thendctc@gmail.com

PREVENTION EDUCATION PROGRAM

This community-based program conducts presentations in schools, colleges, and to community-based organizations throughout the County related to drinking and driving, underage drinking, and alcohol and substance abuse. This program also works with the SADD Chapters.



PROFESSIONAL EDUCATION PROGRAM

Series of substance abuse related trainings sponsored by the Council for people working in the field of addiction. These trainings provide credit hours for CASAC/CPD/CPS NYS OASAS.

Phone _____ (845) 765-8301 Ext. 110

RECOVERY COACH TRAINING

An intervention that promotes recovery by removing barriers and obstacles by providing guidance and mentoring for individuals seeking an improved quality of life.

www.capedc.org

807 Rte. 52, Room 28

Fishkill, NY 12524

Phone _____ (845) 765-8301 Ext. 111

SOUTHERN DUTCHESS COMMUNITY COALITION

Eastern, Northern and Southern Community Coalitions are partnerships of agencies, businesses, schools and the community working together to assess risk and protective factors among youth in our county. With this data, the coalitions will implement a plan of action to prevent unhealthy and risky behaviors and build youth assets among our adolescents and families.

Phone _____ (845) 765-8301 Ext. 113

TEEN DRIVING: A FAMILY AFFAIR

A program that brings the Victim Impact Panel model into local high schools as part of the student's application for a parking permit in order to allow students to drive to school. The program mandates that both the student and a parent attend this modified VIP which includes victims of alcohol-related crashes as well as representatives from the District Attorney's Office, EMTs, and the insurance industry. Parents and students gain an understanding of the physical, legal, medical, and financial costs resulting from drinking and driving.

Phone _____ (845) 765-8301 Ext. 100

TEEN INTERVENE

Hazelden's Teen Intervene Program is designed to provide education, support and guidance for teens, specifically who are experiencing mild to moderate problems associated with alcohol or other drug use. Through this brief intervention model of care, youth work one-to-one with a counselor in identifying and changing their choices and behaviors.

Phone _____ (845) 765-8301 Ext. 103

THE BUTT STOPS HERE

Evidence-based smoking cessation program developed by Seton Health in Albany, the 7 sessions use nicotine replacement therapy and group counseling.

TIPS

Nationally recognized program that teaches bartenders, wait staff, and retail vendors about the legal responsibilities of selling alcohol, how to identify fake IDs, recognize intoxicated patrons, and refuse sales when necessary. The TIPS program is also offered to community members.

Phone _____ (845) 765-8301 Ext. 110



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

INFORMATION

• Council on Addiction, Prevention, and Education CONT'

TRAINING OF TRAINERS (TOT)

Evidence-based training developed by the Substance Abuse and Mental Health Services Administration (SAMHSA) through the center for the Application of Prevention Technologies (CAPT). CAPE was one of the prevention/abuse services (NYS OASAS) to participate in the Training of Trainers. The aims are to familiarize participants with the evidence-based Strategic Prevention Framework (STP) within the context of all behavioral health and has directed applications to ALL prevention work.

Phone _____ (845) 765-8301 Ext. 103

VICTIM IMPACT PANEL (VIP) PROGRAM

Serves the entire community by providing a monthly forum on the painful consequences of drunk driving from people whose lives have been forever changed by a drunk driver. Their compelling stories never fail to impact the audience of DWI offenders. This program is aimed at reducing recidivism among people convicted of Driving While Intoxicated (DWI) and Driving While Ability Impaired (DWAI). While the VIP program is coordinated by Council Staff, all the speakers and registrars are volunteers. We are currently seeking additional volunteers.

Phone _____ (845) 765-8301 Ext. 100

• Dutchess County Department of Health

HEROIN AND OPIOID OVERDOSE TRAINING



www.co.dutchess.ny.us/countygov/departments/health/hdindex.htm

29 North Hamilton St.
Poughkeepsie, NY 12601

Phone for Individuals _____ (845) 486-2963

Phone for Groups _____ (845) 486-3432

• Dutchess County Government

DUTCHESS COUNTY STOP DWI

This program's mission is to deter alcohol/drug impaired driving through enhanced enforcement, prosecution, rehabilitation, and education services.

www.co.dutchess.ny.us/CountyGov/Departments/STOPDWI/DWIindex.htm

626 Dutchess Turnpike, Room 201
Poughkeepsie, NY 12603

Phone _____ (845) 486-3603

Fax _____ (845) 486-3612

• Dutchess County New York Public Libraries

Public libraries in Dutchess County belong to the Mid-Hudson Library System which serves the communities of Columbia, Dutchess, Greene, Putnam, and Ulster Counties. Dutchess County has some 30 libraries.

www.familysearch.org/learn/wiki/en/dutchess_county_New_York_Public_Libraries

NY – ORANGE COUNTY

• Alcoholism and Drug Abuse Council of Orange County (ADAC)

Non-profit organization whose purpose is to address the disease of alcoholism and other drug addictions.

EDUCATING the general public about alcoholism and other drug addictions as treatable family diseases;
ADVOCATING on behalf of alcoholic and other drug dependent people and those suffering the effects of alcoholism and other drug addictions;
DEVELOPING a countywide voluntary constituency of actively concerned individuals educated to the problems of alcoholism, other drug addictions;
PREVENTING the diseases of alcoholism and other drug dependencies and the abuse of alcohol and other drugs through education and information dissemination.

www.adacinfo.com

224 Main St.
PO Box 583
Goshen, NY 10924

Phone _____ (845) 294-9000

SCHOOL-BASED PREVENTION SERVICES

Our mission is to educate Orange County youth on the dangers and impact of substance use. This is done through providing Evidence Based Prevention Curricula in schools and other education based settings.

This program also provides education to school administrators and staff on the dangers and impacts of substance use, signs and symptoms of use, evidence-based strategies to combat use, and policy review/development.

<http://www.adacinfo.com>

Phone _____ (845) 294-9600 Ext. 227



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

INFORMATION

TREATMENT ALTERNATIVES FOR SAFER COMMUNITIES (TASC)

The mission of this program is to serve people with substance use disorders who are facing felony charges in Orange County Court. TASC is an alternative to the incarceration program. The services are utilized at the post-plea, pre-sentencing level. TASC works with the criminal justice system to obtain referrals and support recommendations aimed at engaging and retaining clients in substance abuse treatment, thereby reducing recidivism and promoting community safety.

<http://www.adacinfo.com>

Phone _____ (845) 294-9600 Ext. 228

Fax _____ (845) 294-6176



COMMUNITY AWARENESS AND EDUCATION

Underage Drinking Prevention; Parents Who Host Lose The Most; Group Presentations; Participation in Health Fairs/Community Events; Annual Substance Abuse Prevention; Poster Design Contest (Feb-May); Alcohol Awareness Month (April); Celebrate Recovery Month (September); 5K Run for Recovery (September); National Red Ribbon Campaign (October); Family Education Series (four sessions).

www.adacinfo.com

Phone _____ (845) 294-9000

COMMUNITY COALITION BUILDING AND DEVELOPMENT

Provides training in current best practices in prevention. Assists to implement research-based prevention strategies and programs. Evaluates prevention efforts.

www.adacinfo.com

Phone _____ (845) 294-9000

EARLY INTERVENTION SERVICES

Teen Intervene (ages 12-19).

www.adacinfo.com

Phone _____ (845) 294-9000

INFORMATION, REFERRAL AND PREVENTION

Free information about alcohol, tobacco and other drugs; Free and confidential help given via phone or walk-in services; Referrals to self-help programs, treatment services, and recovery services.

www.adacinfo.com

Phone _____ (845) 294-9000

MID-HUDSON PREVENTION RESOURCE CENTER

The mission of PRC is to support, enhance, and build community coalitions to reduce substance use rates within an identified community. The PRC is able to provide training and technical assistance to community groups around the Strategic Prevention Framework and Data-Driven Community Based Prevention Strategies. The PRC works with existing community coalitions and with community members interested in forming a coalition. Most of the training and technical assistance are provided at no cost. Our normal business hours are M-F: 8:30 am to 4:30 pm, however we are able to provide these services to the coalitions according to their scheduling needs.

www.adacinfo.com

Phone _____ (845) 294-9600 Ext. 261

Fax _____ (845) 294-9648

SCHOOL OF ADDICTION STUDIES

Provides the 350-hr OASAS approved Credentialed Alcoholism & Substance Abuse Counselor (CASAC) curriculum. CASAC school hours are weekday evenings and Saturdays. CASAC renewal credits are also available. Other training programs offered periodically include the 30-hr Recovery Coach Training and the 16-hr Ethics for Recovery Peer Advocates as required to meet the CRPA or CARC certification. There are fees attached to these services.

www.adacinfo.com

Phone _____ (845) 500-7352

Fax _____ (845) 294-9648



SCHOOL-BASED PREVENTION

ADAC Impact— Substance abuse prevention strategy for school districts. Too Good for Drugs/Violence. Lifeskills. Positive Action. Media Literacy.

www.adacinfo.com

Phone _____ (845) 294-9000



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

INFORMATION

● Alcoholism and Drug Abuse Council of Orange County (ADAC) CONT'

STAYIN'OUT PROJECT

Jail-based program providing in-reach cognitive based programming, discharge planning, transitional services, and community case management.
www.adacinfo.com

Phone _____ (845) 294-9000

STOP DWI IN ORANGE COUNTY

The goal of the STOP DWI Program in Orange County is to increase public awareness and to stop people from driving while intoxicated. They educate the public on the deadly effects of driving under the influence. The Program also provides support to victims or the families of victims of DWI.
<http://orangecountystopdwi.com>

Phone _____ (845) 294-9000

STOP-DWI/TRAFFIC SAFETY

Victim Impact Panel. Annual Enforcement Conference. Safe Teens Driving Forums. Child Passengers Safety Checkpoints
www.adacinfo.com

Phone _____ (845) 294-9000

TREATMENT ALTERNATIVES FOR SAFER COMMUNITIES (TASC)

www.adacinfo.com

Phone _____ (845) 294-9000



● Catholic Charities

MID-HUDSON PREVENTION RESOURCE CENTER

Catholic Charities of Orange, Sullivan, and Ulster, one of the human service agencies of Catholic Charities of The Archdiocese of New York, is committed to building a compassionate and just society. We serve the homeless, the hungry, the emotionally and physically handicapped, as well as immigrants, and the marginalized and vulnerable of Orange, Sullivan, and Ulster Counties.

We collaborate with parishes, Catholic and non-Catholic partners alike, to assist people of all religions. Last year, we served more than 42,000 individuals and families, regardless of race, religion, or ability to pay.

<http://www.cccsos.org>

17 Sussex Street
Port Jervis, NY 12771

Phone _____ (845) 569-0034 Ext. 15

ORANGE COUNTY PREVENTION DEPT.

The Substance Use Prevention and Community Empowerment Coalitions address environmental factors that either raise risk for or provide protection against early substance use by our youth. Provides evidence based and promising practice programs in our local districts such as Too Good for Drugs, Too Good for Violence, and Girls Circle. Alcohol, tobacco, and other drug education, is provided to all ages. The department can also train local agencies to implement Teen Intervene, an early intervention curriculum for youth suspected of engaging in substance use.

<http://www.cccsos.org/>

280 Broadway, 4 th Floor
Newburgh, NY 12550

Phone _____ (845) 569-0034 Ext. 15

NY – PUTNAM COUNTY

● National Council on Alcoholism and Other Drug Dependencies (NCADD/Putnam)

Information, education and referral services; Problem Gambling Program; Simulated Impaired Driving Experience (SIDNE); Teen Intervene Program (TIP); Victim Impact Panel (VIP); Rethinking Drinking; Drug Free Coalitions; and Sobriety Medallions.

www.putnamncadd.org

67 Gleneida Ave.
Carmel, NY 10512

Phone _____ (845) 225-4646

Fax _____ (845) 225-5935

● Prevention Council of Putnam

PCOP is a not-profit organization founded in 1985. The Council was established to meet the growing need for Alcohol, Tobacco and Other Drug (ATOD) prevention and education services in Putnam County. PCOP is certified to provide prevention and education to businesses, community organizations, schools and agencies.

COMMUNITY-BASED SERVICES

We, along with our community partners, provide educational forums and presentations to faculty, parents, and students throughout Putnam County. This includes participating in community events and health fairs. We also collaborate with our partners to provide Naloxone Overdose Prevention Training to the community.



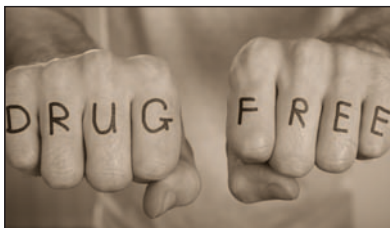
RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

INFORMATION

In addition, the Putnam Communities that Care Coalition and the Prevention Council of Putnam host an annual prevention conference each Fall and co-sponsor the Mid-Hudson Prevention Conference in the Spring.

We also provide staff development programs to local schools districts and community service agencies.



DRUG FREE COMMUNITIES

The DFC program, in collaboration with the Communities That Care (CTC) Coalition, aims to reduce substance abuse among youth by addressing community factors that increase the risk of substance abuse and promoting factors that minimize the risk of substance abuse. The CTC Coalition work together to reduce risk factors and strengthen protective factors through education, enforcement, and policy initiatives.

FRIENDS OF RECOVERY PUTNAM

Comprised of Putnam County community members who are in recovery from alcohol and substance use disorders, their family members, and allies. Our mission is to promote a positive view of recovery and reduce stigma.

<https://preventioncouncilputnam.org>

email: info@preventioncouncilputnam.org

67 Gleneida Avenue
Carmel, NY 10512

Phone _____ (845) 225-4646

Fax _____ (845) 225-5935

Putnam County Department of Health

Our dedicated staff works tirelessly to protect the health of Putnam County residents. We strive to prevent the spread of disease, protect against environmental hazards, promote healthy lifestyles, ensure access to quality health services, and respond to disasters. Monday to Friday (9am–5pm) Summer Hours (mid June to mid September): (8am–4pm)

www.putnamcountyny.com

email: putnamhealth@putnamcountyny.gov

1 Geneva Road,
Brewster NY 10509

Phone _____ (845) 808-1390

Fax (Nursing) _____ (845) 279-4104

Toll Free (TTY) _____ Dial 7-1-1

TTY _____ (800) 662-1220

IMPAIRED DRIVER PROGRAM

Students are required to sign up for the course at the New York State Department of Motor Vehicles. We only accept students who have already registered at DMV for the Putnam County Impaired Driver Program. Classes: MONDAYS, TUESDAYS, and WEDNESDAYS. Class Times: 7 pm to 9:30 pm. Location: Putnam County Hospital Center on Stoneleigh Avenue in Carmel, NY, in the cafeteria classroom (basement cafeteria).

<https://www.putnamcountyny.com/idp/ddp-class-information>

Putnam County Donald Smith Campus

10 Old Rte. 6, Bldg. 2

Carmel, NY 10512

Phone _____ (845) 808-1641 Ext. 46018

Fax _____ (845) 228-6113

Prevention Council of Putnam

The Prevention Council of Putnam, Inc. (PCoP) is a 501(c)3 non-profit organization founded in 1985. The Council was established to meet the growing need for Alcohol, Tobacco and Other Drug (ATOD) prevention and education services in Putnam County. PCoP provide prevention and education services to businesses, organizations, schools and agencies.

Our mission is to promote education and awareness related to substance use disorders and problem gambling to the residents of Putnam County and the surrounding area, by providing the community with up to date information and services related to prevention, treatment and recovery.

PUTNAM MEDICATION TAKE BACK DAYS

Held twice per year at Putnam Hospital Center. Call for more information.

SIMULATED IMPAIRED DRIVING EXPERIENCE® (SIDNE)

SIDNE® is a behind the wheel driving experience that makes the dangers of distracted and impaired driving real and personal. Drivers and passengers can safely experience a simulation of what happens when they attempt to operate a vehicle while impaired or distracted. SIDNE® is now being introduced to enable high school students, college students, and parents to experience firsthand the often unimagined impact of driving while impaired. SIDNE® is a prevention initiative utilized and demonstrated in a collaborative effort by The Prevention Council of Putnam, Putnam County CTC Coalition and the Putnam County Youth Bureau, to deliver engaging and hands-on lessons about the misuse and abuse of alcohol and other drugs and the dangers of distracted driving. Other activities include Fatal Vision® Impairment Goggles, Distract-A-Match®, simulated field sobriety test, Intoxiclock®, and Sum-It-Cup®.



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

INFORMATION

• Prevention Council of Putnam CONT'

SOBRIETY MEDALLIONS

Alcohol Anonymous (AA) sobriety medallions are a special gift to acknowledge the success of those who are in recovery from alcohol addiction. AA medallions encourage and celebrate milestones of recovery.



The medallions recognize anniversary dates beginning at 90 days, and annually from one to fifty years. The Prevention Council of Putnam Office has a supply of AA sobriety medallions available.

TEEN INTERVENE

An evidenced-based early intervention program targeting 12 to 19 year-olds who display the early stages of alcohol or drug use problems but do not use these substances daily or demonstrate substance dependence. Integrating stages of change theory, motivational enhancement, and cognitive-behavioral therapy, this intervention aims to help teens reduce and ultimately eliminate their alcohol and other drug use.

VICTIM IMPACT PANEL

The Putnam County Victim Impact Panel (VIP) Program is a collaboration between The Prevention Council of Putnam, Putnam County Probation Department and Putnam County STOP DWI. The program provides bi-monthly forums on the consequences of drunk driving from people whose lives have been impacted by a drunk driver. Other panel members include people in recovery, emergency services providers, police officers, or even a DWI/DWAI offender. People convicted of Driving While Intoxicated (DWI) and Driving While Ability Impaired (DWAI) are mandated by the courts to attend VIP with the aim of reducing recidivism.

<https://preventioncouncilputnam.org/victim-impact-panel/>

67 Gleneida Avenue
Carmel, NY 10512

Phone _____ (845) 225-4646

NY – ROCKLAND COUNTY

• Community Awareness Network for a Drug-Free Life and Environment (CANDLE)

Prevents substance abuse and violence among youth. CANDLE's goal is to improve the health and climate of our schools and our communities by providing prevention education and resistance strategies to youth and their adult allies, and support programs for young people at risk.

www.candlerockland.org

120 North Main St., Ste. 301
New City, NY 10956

Phone _____ (845) 634-6677

• Rockland Council on Alcoholism & Other Drug Dependence, Inc.

Mission is to reduce the stigma of the disease of alcoholism and addiction; to help addicted persons, their families, and concerned others to obtain appropriate services through referral services and advocacy; to increase public awareness and support about recovery

ADDICTION PROFESSIONAL TRAINING PROGRAM (APTP)

The Training Program provides 350 OASAS approved educational hours in preparation for becoming a Credentialed Alcoholism and Substance Abuse Counselor (CASAC). New Student Orientation; Clinical Internship (upon completion); Individual Supervision; Recredentialing Hours.



COMMUNITY-BASED PREVENTION

Presentations are designed for youth, parents, families, educators, helping professionals, faith community, and employers to understand issues of chemical dependency. Underage Drinking Coalitions; Environmental Approaches; Prevention Technical Assistance; Speakers Bureau; Court Appointed Teen Intervene (CATI); Teen Intervene Program/Teen Intervene™ Training; Community Coalition Networking; Project Care.

INFORMATION AND REFERRAL SERVICES

Information about addiction, self-help meetings, and chemical dependency/co-dependency treatment programs. Vast library of literature pertaining to all aspects of addiction is present on-site. No cost services. Public Awareness Campaigns; Health/Wellness Fairs; Educational Trainings; Family Support Session (There is a \$75 fee.)

RECOVERY SUPPORT SERVICES

Self-Help Meetings; Recovery Month Events; Recovery Advocacy; Reference Library; Recovery Coaching Training; Friends of Recovery – Rockland.

SCHOOL-BASED PREVENTION

Model and non-model programs utilize prevention strategies: information dissemination, education, positive alternatives, early intervention, community/professional mobilization and social/environmental approaches.



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

INFORMATION

Girls Circle; Life Skills Training; Sport™ Workshops; Too Good For Drug & Violence; Media Literacy

www.rcadd.com

25 Smith St., Ste. 101
Nanuet, NY 10954

Phone _____ (845) 215-9788

● Village of Haverstraw

HAVERSTRAW CENTER

Provides counseling, community information and education, and positive alternative activities for youth and families, especially those at risk.

www.voh-ny.com/dept_youth.htm

51 West Broad. St.
Haverstraw, NY 10927

Phone _____ (845) 429-5731

MULTI-SERVICE PREVENTION PROGRAM

Offers a multi-service prevention program with a certified prevention/intervention counseling component, evidence-based and promising prevention programs for youth and families, positive alternative activities, and extensive community mobilization featuring environmental strategies.

Phone _____ (845) 429-5732

NY – SULLIVAN COUNTY

● Catholic Charities

SULLIVAN COUNTY PREVENTION OFFICE

The only substance use prevention provided in Sullivan County. Provides evidenced based and promising practice programs such as Life Skills Training, Too Good for Drugs, and Girls Circle. Alcohol, tobacco and other drug education is provided to anyone in the community of any age. The department can also train local agencies to implement Teen Intervene, an early intervention curriculum for youth suspected of engaging in substance use.

<http://www.cccsos.org>

11 Hamilton Avenue
Monticello, NY 12701

Phone _____ (845) 794-8080 Ext. 170

NY – ULSTER COUNTY

● Ulster Department of Health and Mental Health

Offers a wide range of services and programs to County residents designed to ensure physical, psychological and emotional well-being.

<https://ulstercountyny.gov/health/health-mental-health>

Phone _____ (845) 340-3150

Fax _____ (845) 334-8337

FAMILY ADVOCATE AT ULSTER PREVENTION COUNCIL

If you or someone you know is experiencing a substance abuse challenge, Ulster County has now put into place a Family Advocate who can help connect people to available treatment and recovery services, as well as help them obtain the insurance benefits to which they may be entitled.

1. Assist individuals and their families in gaining access to substance use disorder treatment.
2. Educate residents on their rights to insurance coverage in order to engage in treatment.
3. Provide family support as residents navigate through the substance use disorder systems of care.

Phone _____ (845) 458-7455



● Ulster County Stop DWI

Educational services designed to prevent alcohol- and drug-impaired driving and to reduce the number of drug- and alcohol-impaired driving deaths, and personal injury crashes. The program is funded with fines paid by those convicted of DWI/DWAI/DWAID.

380 Boulevard
Kingston, NY 12401

Phone _____ (845) 340-3448

Fax _____ (845) 340-3449

● Ulster Prevention Council Family Services

The Council was created to offer both services for capacity-building and funding to purchase evidence-based practices for Ulster grassroots community groups and schools motivated and prepared to identify, codify, coordinate, and support current prevention services offered in Ulster; to improve the quality and extend prevention services to increase our understanding of substance abuse.



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

INFORMATION

● **Ulster Prevention Council Family Services** CONT'

TOO GOOD FOR DRUGS

Evidence-based program in Ellenville and Kingston School Districts; Trains and provides materials for schools and service providers; Works with grassroots organizations and community coalitions; Provides education for parents and other residents; Develops and implements best practice solutions; Makes policy recommendations to county government; Serves as community resource center for information and referral.

www.ulsterpreventioncouncil.org

100 Aaron Ct.

Kingston, NY 12401

Phone _____ (845) 458-7406

TREATMENT OPTIONS

Need help getting substance use treatment?

Phone _____ (845) 458-7455

● **UlsterHelps.org**

This website provides a guide to resources in Ulster County for substance use disorders. The content is for informational purposes only and should NOT be substituted for medical/professional diagnoses, treatment or advice.

UlsterHelps.org

NY – WESTCHESTER COUNTY

● **Archdiocese Drug Abuse Prevention Program (ADAPP)**

Founded in 1972, the Archdiocese of New York Drug Abuse Prevention Program serves the schools and parishes within the New York Archdiocese. During its forty-six year history, ADAPP has been recognized on the national and state level for the quality of its services and programs.

www.diocesenyny.org

2789 Schruz Avenue

Bronx, NY 10465

Phone _____ (718) 904-1333

DRUG INTERVENTION SERVICES

ADAPP provides individual and group counseling services as well as substance abuse and mental health assessment services in many schools throughout the Archdiocese of New York. ADAPP crisis intervention services address the immediate needs of those affected by the crisis and help to create the conditions that allow the recovery process to begin.

email: ccavallucci@adapp.org

PREVENTION EDUCATION

LifeSkills Training

www.lifeskillstraining.com

Too Good For Drugs/Too Good for Violence

<https://toogoodprograms.org>

Second Step

www.secondstep.org

Olweus Bullying Prevention Program

www.clemson.edu/olweus

Refuse, Remove, Reasons

<https://adapp.connectwithkids.com>

ARCHDIOCESE OF NEW YORK – WESTCHESTER SITE

Alcohol and substance abuse prevention/early intervention in most of the parochial high schools in Westchester. Call program office for information.

145 New Street

Mamaroneck, NY 10543

Phone _____ (914) 698-1682



● **Arms Acres**

Education and self-help group meetings as well as short-term rehabilitation beds available for 97 adults and 32 adolescents (12-19 years old).

www.armsacres.com

P.O. Box X

Seminary Hill Rd.

Carmel, NY 10512

Phone _____ (845) 225-3400

● **Cortlandt Division of Recreation Administration**

Administrative Office (Mailing Address)

1 Heady Street

Cortlandt Manor, NY 10566

Phone _____ (914) 734-1050

EARLY INTERVENTION AND EDUCATION PREVENTION SERVICES

129 Albany Post Road

Montrose, NY 10548

Phone _____ (914) 736-0498



- **Harrison Youth Council**

Outpatient counseling for individuals and families by professionally trained counselors. Early intervention/education prevention services.

84 Calvert Street
Harrison, NY 10528

Phone _____ (914) 835-7500

- **Hastings Youth Advocate Program**

Outpatient counseling. Phone access, early intervention, and education prevention services.

44 Main Street
Hastings-on-Hudson, NY 10706

Phone _____ (914) 478-2471

- **Larchmont/Mamaroneck Community Counseling Center**

Outpatient counseling by mental health professionals. Individual, family and group counseling. Prevention and intervention programs. Crisis intervention. Consultation, education and referral services.

234 Stanley Avenue
Mamaroneck, NY 10543

Phone _____ (914) 698-7549

- **White Plains Youth Bureau**

Early intervention/prevention programming at schools within the White Plains school district. After-school programming for the Ferris Avenue community. Activities at the Youth Bureau.

111 South Kensico Avenue
White Plains, NY 10601

Phone _____ (914) 422-6489

STUDENT ASSISTANCE SERVICES CORPORATION

Community based alcohol and drug prevention and training. Alcohol and substance abuse early intervention/education prevention program in public high schools and middle schools in Westchester.

660 White Plains Road
Tarrytown, NY 10591

Phone _____ (914) 332-1300

Phone _____ (914) 591-HELP

YCAP YONKERS COMMUNITY ACTION PROGRAM

164 Ashburton Avenue
Yonkers, NY 10701

Phone _____ (914) 423-5905

- **National Council on Alcoholism and Drug Dependence – Westchester**

Our mission is to provide information, education, prevention and referrals. Our goal is to educate the public regarding the treatment and prevention of alcoholism and chemical dependency. NCADD Westchester has a strong relationship with many treatment centers, therapists and resources that can be helpful to those struggling with addiction.

ALCOHOL/DRUG EDUCATION/INTERVENTION PROGRAM FOR JUSTICE COURTS

The purpose of this program is to provide young adults who have been convicted of an underage drinking offense with the information necessary for them to avoid future alcohol/drug problems and to understand the dangers and risk associated with it.

BOTVIN LIFESKILLS® TRAINING PROGRAM

Deals with developing drug resistance, personal self-management and general social skills (grades 5-8).

COMMUNITY OUTREACH

After school programs in Community Based Centers.

DRINKING AND DRIVING PROGRAM

New York State DMV Bureau of Driver Training Programs.

FAMILY INFORMATION SERIES

A three-part program designed to support and educate anyone who is touched by alcoholism and/or drug dependence.

INSTITUTE OF ADDICTION STUDIES – CERTIFIED ALCOHOL AND SUBSTANCE ABUSE COUNSELORS (CASAC)

Credentialed Alcoholism and Substance Abuse Counselor, 350 Hour New York State Certificate Program.

PARENT & STUDENT PROGRAMS

Alcohol & Drug Awareness Programs at Colleges, Universities, Private and Parochial High Schools throughout Westchester County.





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

INFORMATION

• National Council on Alcoholism and Drug Dependence – Westchester CONT'



PATHS® (PROMOTING ALTERNATIVE THINKING STRATEGIES)

Helps grade-school children (grades 1-4) improve social and emotional skills through the development of better thinking skills, responsible ways of behaving, and improved academic performance.

RECOVERY COACH TRAINING

Training provides tools and resources useful in recovery support services and emphasizes the skills needed to link people in recovery to needed support within the community – 30 Hours Certificate Program.

www.ncaddwestchester.org

5 Waller Ave, Ste. 105
White Plains, NY 10601

Phone _____ (914) 949-8500

• Student Assistance Services Corporation

Public School-based Prevention Program: Alcohol and substance abuse early intervention/education prevention program in most of the public high schools and many middle schools in Westchester.

www.sascorp.org

660 White Plains Rd.
Tarrytown, NY 10591

Phone _____ (914) 332-1300

• United Way's 211

Your one-stop connection to the local services: Abuse Prevention; Child Care; Food; Government Services; Health and Mental Health; Housing and Shelters; Job Assistance; Substance Abuse; Youth Programs.

www.hudson211.org

5 Waller Ave., Ste. 105
White Plains, NY 10601

Phone _____ (000) 000-0211
24/7/365

• Westchester Department of Community Mental Health – Office of Alcohol & Substance Abuse

112 East Post Rd. (2nd floor)
White Plains, NY 10601

Administration Phone _____ (914) 995-5220

Program Administration _____ (914) 995-6191

Fax _____ (914) 995-5872

CHEMICAL DEPENDENCY

112 East Post Rd. (2nd floor)
White Plains, NY 10601

Phone _____ (914) 995-5010

Phone _____ (914) 995-5275

Phone _____ (914) 995-5263

• White Plains Youth Bureau

Early intervention/prevention programming in school district; after-school for Ferris Avenue community; and activities at the Youth Bureau.

www.ci.white-plains.ny.us

11 Amherst Place
White Plains, NY 10601

Phone _____ (914) 422-6489



• Yonkers Community Action Program (YCAP)

SOCIAL STARS PROGRAM

Early intervention/prevention program with after-school services for children with behavioral problems. Youth and Family Development.

www.yonkerscap.org

164 Ashburton Ave.
Yonkers, NY 10701

Phone _____ (914) 423-5905



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

MENTAL HEALTH SERVICES

MENTAL HEALTH SERVICES



US – NATIONAL

- **National Suicide Prevention Lifeline**

www.suicidepreventionlifeline.org

24/7 Hotline _____ **(800) 273-8255**

- **Substance Abuse and Mental Health Services Administration (SAMHSA)**

SAMHSA'S NATIONAL HELPLINE

Free, confidential treatment referral and information service (in English and Spanish) for individuals and families facing substance use and/or mental disorders.

www.samhsa.gov

24/7 National Helpline _____ **(800) 662-HELP**

- **Veteran's Crisis Line**

www.veteranscrisisline.net

Phone _____ **(800) 273-8255**

Mobile Text _____ **(000) 083-8255**

CT – NEW HAVEN COUNTY

- **Psychiatric ER (PER)**

Psychiatric ER (PER) is the only VA Medical Center in the North East to have a separate unit devoted to treating psychiatric emergency.

This includes inpatient, outpatient, substance abuse treatment, and mental health rehabilitation services.

www.connecticut.va.gov/services/psychiatric_er.asp

950 Campbell Ave. Bldg. 2 - 1st floor

West Haven, CT 06516

Phone _____ **(203) 932-5711 Ext. 4471/4472**

CT – REGIONAL

- **Rushford**

Rushford is one of Connecticut's leading providers of addiction and mental health treatment programs for teens and adults. We are accredited by the Joint Commission and have received national recognition for our success in delivering high quality prevention and treatment programs in the Meriden/Middletown region.

DRUG PREVENTION PROGRAMS

Along with treatment programs, our prevention professionals work with schools, youth service bureaus, law enforcement, community leaders, parents and others throughout Connecticut to educate about the risk factors facing today's youth, including the harmful effects of drug and alcohol use. Our programs are designed to build strong connections between youth, their families and their communities, and include in-school, after-school and summer programming.

Community Support Programs for Spanish Speaking clients.

<https://rushford.org>

Rushford Offices

883 Paddock Ave.

Meriden, CT 006450

Phone _____ **(877) 577-3233**

CT – FAIRFIELD COUNTY

- **Connecticut Counseling Centers**

A non-profit corporation that provides a full-range of licensed outpatient substance abuse and mental health prevention, education and treatment services to assist adults in becoming productive members of society.

CONNECTICUT CERTIFIED ALCOHOL AND DRUG ADDICTIONS COUNSELOR TRAINING PROGRAM

The mission of Connecticut Certified Alcohol and Drug Abuse Counselor (CT CADAC) Training Program is to educate and train people to become competent substance abuse counselors and to successfully complete the training requirements to become certified as an addictions counselor.

www.ctcounseling.org

60 Beaver Brook Rd

Danbury, CT 06810

Phone _____ **(203) 743-7574**

20 North Main St.

Norwalk, CT 06854

Phone _____ **(203) 838-6508**



CT – HARTFORD COUNTY

● **Community Mental Health Affiliates (CMHA)**

Intensive Outpatient Mental Health Program and other behavioral health services. Most services provided in New Britain but child, family and parenting programs are offered in their Torrington and Waterbury offices.

www.cmhacc.org

55 Winthrop Street
New Britain, CT 6052

Phone _____ (860) 245-8192

● **John Dempsey Hospital**

Adults with serious mental illness, persons with mental health and substance abuse disorders, persons with PTSD, veterans, and persons with traumatic brain injury. Out-patient and partial hospitalization.

www.health.uconn.edu

10 Talcott Notch Rd.
Farmington, CT 6032

Phone _____ (860) 679-6700

CT – LITCHFIELD COUNTY

● **Authentic Recovery, LLC Mental Health and Addiction Services**

Private Practice Group: Recovering from an addiction is a unique experience, which requires specialized treatment and understanding. Licensed clinicians appreciate that recovery is an ongoing process and must be tailored to the individual. Our goal is to help our clients discover what is driving their addiction and understand what is at the root of the addictive behaviors. Through this approach, clients are able to maintain long-lasting recovery.

www.authenticrecovery.org

email: Info@authenticrecovery.org

100 Migeon Avenue
Torrington, CT 06790

Phone _____ (860) 805-2267

Fax _____ (860) 361-6466



● **Charlotte Hungerford Hospital**

CENTER FOR BEHAVIORAL HEALTH

Outpatient behavioral health options, as well as inpatient psychiatry.

www.charlottehungerford.org

540 Litchfield St.
Torrington, CT 06790

Phone _____ (860) 496-6380/1

24/7 Hotline _____ (888) 447-3339



● **Connecticut Junior Republic**

MULTI SYSTEMS THERAPY (MST)

Substance abuse and mental health assistance provided on a daily basis through an array of residential, education, community, and home-based services in 12 locations across Connecticut: Bristol, Danbury, East Hartford, Litchfield, Middletown/Meriden, New Britain, New London, Torrington, Waterbury, Winchester, Winsted (Gilbert School).

www.ctjuniorrepublic.org

68 South Main St.
Torrington, CT 06790

Phone _____ (860) 519-9826

● **Greenwoods Counseling Referrals**

Clinical assessments and referrals for individuals and families suffering from depression, anxiety, family conflict, relationship problems, trauma, bereavement, children's behavioral problems, parenting, substance abuse, and many other areas.

www.greenwoodsreferrals.org

25 South St.
Litchfield, CT 06759

Phone _____ (860) 567-4437



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

MENTAL HEALTH SERVICES

● McCall Center for Behavioral Health

A full range of alcohol and other drug prevention and treatment services that include intervention programs, intensive and traditional outpatient treatment, gender specific groups, trauma, treatment, mental health, and substance abuse clinical assessment, psychiatric evaluation, treatment and medication management, medication assisted treatment, anger management and intensive inpatient as well as intermediate residential care and recovery housing. Case management, housing for homeless veterans, and senior outreach.

www.mccallcenterct.org

COMMUNITY HEALTH AND WELLNESS CENTERS (CHWC)

469 Migeon Ave
Torrington, CT 06790

Phone _____ (860) 489-0931

58 High St
Torrington, CT 06790

Admissions _____ (860) 618-6297

Outpatient _____ (860) 496-2100

Residential _____ (860) 496-2107

Fax _____ (860) 496-2111

PREVENTION PROGRAMS

A support program for families of people struggling with addiction. Every Wednesday 5:30–7:00 pm

Fred Lyons Prevention Building
58 High Street
Torrington CT 06790

Phone _____ (860) 496-2139

231 N. Main St.
Winsted, CT 06098

Phone _____ (860) 738-1616

Fax _____ (860) 496-2111

CT – NEW HAVEN COUNTY

● Authentic Recovery, LLC Mental Health and Addiction Services

Private Practice Group: Recovering from an addiction is a unique experience, which requires specialized treatment and understanding. The licensed clinicians appreciate that recovery is an ongoing process and must be tailored to each individual.

We do not judge people's behavior or tell them what to do. Our goal is to help our clients discover what is driving their addiction and to understand what is at the root of the addictive behaviors. Through this understanding and support, individuals are able to maintain long term, lasting recovery.

www.authenticrecovery.org

1 Carriage Place
Waterbury, CT 6702

Phone _____ (860) 805-2267

Fax _____ (860) 361-6466

● Community Mental Health Affiliates (CMHA)

Intensive Outpatient Program and other behavioral health services. Most services provided in New Britain but child, family and parenting programs are offered in their Torrington and Waterbury offices.

www.cmhacc.org

36 Sheffield Street
Waterbury, CT 6704

Phone _____ (203) 596-9724

● Connecticut Counseling Centers

The Outpatient Treatment Programs are licensed to treat individuals over the age of 16 wishing to receive substance abuse evaluations, referrals, urine testing and outpatient counseling. The OPT program specializes in the treatment of alcohol, pills, crack and cocaine: Methadone Maintenance Programs, Medical and Psychiatric Services, Dual Diagnosis Programs, etc.

www.ctcounseling.org

4 Midland Rd.
Waterbury, CT 6705

Phone _____ (203) 755-8874



NY – REGIONAL

● United Way's 211

Mental health information and referrals.

24/7 Help Line _____ (000) 000-0211



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

MENTAL HEALTH SERVICES

NY – DUTCHESS COUNTY

- **Dutchess County Department of Behavioral and Community Health**

MOBILE CRISIS INTERVENTION TEAM

Comprised of mental health professionals available who come directly to individuals and families to provide immediate intervention and help connect them to ongoing services. A Mental Health Professional is available 24-hours-a-day for emergency, information and referral services.

www.co.dutchess.ny.us/countygov/departments/dbch/hdindex.htm

230 North Rd.

Poughkeepsie, NY 12601

24/7 Helpline & Text _____ (845) 485-9700

Text DMH _____ 741741

Toll Free Phone _____ (877) 485-9700

Fax _____ (845) 485-9927

NY – ORANGE COUNTY

- **Mobile Mental Health Team – Orange County**

Connect with a trained counselor any time of the day or night when stress, depression or other mental health issues create a personal crisis.

24/7 Support Phone _____ (888) 750-2266

NY – PUTNAM COUNTY

- **Putnam Crisis Line**

Telephone evaluations for mental health and physical crisis situations. Assists with finding emergency workers when necessary.

24/7 Hotline _____ (845) 225-1222

NY – ROCKLAND COUNTY

- **Behavioral Health Response Team**

If you require mental health outreach services, help is available.

24/7 Hotline _____ (845) 517-0400

NY – SULLIVAN COUNTY

- **Mobile Mental Health Team – Sullivan County**

Outreach crisis (for over 18 years old).

20 Community Ln.

PO Box 716

Liberty, NY 12754

24/7 Hotline _____ (845) 790-0911

- **Sullivan County Dept of Community Services**

BEHAVIORAL HEALTH CLINIC

Direct services in mental health to all residents of Sullivan. Mon, Thu, Fri 9am-5pm; Tue, Wed 9am-8pm; Walk-in Service: Mon-Thu 9am-12pm.

<http://co.sullivan.ny.us>

20 Community Ln.

Liberty, NY 12254

Phone _____ (845) 292-8770

Fax _____ (845) 513-2110

- **Sullivan ARC**

CHILDREN'S MOBILE CRISIS INTERVENTION

Designed to assist a parent or guardian in need of an intervention during a time of crisis. Provides immediate assistance to children and their families when the child is experiencing a crisis.

www.arcsullivanorange.org

Mailing Address: 162 East Broadway

Monticello, NY 12701

24/7 Hotline _____ (845) 701-3777

NY – ULSTER COUNTY

- **Department of Health and Mental Health – Ulster Cty.**

Offers range of services and programs to County residents. Designed to prevent illness and ensure physical, psychological and emotional well-being.

<https://ulstercountyny.gov/health/health-mental-health>

Phone _____ (845) 340-4110

Fax _____ (845) 340-4094

MOBILE MENTAL HEALTH TEAM

Connect with a trained counselor when stress, depression or other mental health issues create a personal crisis.

<http://ulstercountyny.gov/health/mental-health-department>

239 Goldenhill Lane

Kingston 12428

50 Center St

Ellenville, NY 12401

Hotline _____ (844) 277-4820



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

SUPPORT GROUPS

ALCOHOL ADDICTION

SUPPORT GROUPS

ALCOHOL ADDICTION

US – NATIONAL

- **Adult Children of Alcoholics (ACOA)**

Adult (and Teen) Children of Alcoholics is a 12-step, 12-tradition program of women and men who grew up in alcoholic or otherwise dysfunctional homes. People meet with each other in a mutually respectful, safe environment and acknowledge their common experiences.

www.adultchildren.org/worldservice

Phone _____ (310) 534-1815

ACOA LITERATURE DISTRIBUTION CENTER

1400 East 33rd St.
Signal Hill, CA 90755

Literature Orders Phone _____ (562) 595-7831



- **Alcoholics Anonymous (AA)**

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

www.aa.org

- **Dual Recovery Anonymous**

An independent, nonprofessional, Twelve Step, self-help membership organization for people with a dual diagnosis. Our goal is to help men and women who experience a dual illness. We are chemically dependent and we are also affected by an emotional or psychiatric illness. Both illnesses affect us in all areas of our lives; physically, psychologically, socially, and spiritually.

Find a meeting in your area.

www.draonline.org

email: draws@draonline.org

- **Family of Kingston (Family of Woodstock)**

Case management services for those struggling with mental health issues or at risk of becoming or are currently substance abusers. Sponsorship of Moral Reconnection, a cognitive behavioral change curriculum.

39 John St.
Kingston, NY 12402

Phone _____ (845) 331-7080

- **Family of Woodstock**

ULSTER COUNTY CRISIS HOTLINE 24/7

A text and chat hotline for issues involving mental health services.
textmeback.org

Phone or Text _____ (845) 679-2485

Hotline _____ (845) 338-2370

- **Suicide Prevention Education, Awareness and Knowledge (SPEAK)**

ULSTER COUNTY (SPEAK)

Coalition of community partners working to educate others about the warning signs and what you can do to prevent suicide.

<https://ulstercountynyny.gov>

Hotline _____ (800) 273-TALK

- **Wellness Recovery Resources**

Public service for community members to review and retrieve information about recovery-oriented programs and services in Ulster County, NY.
<http://wellnessrecovery.org>

NY – WESTCHESTER COUNTY

- **Crisis Prevention and Response Team**

Responds to people in the community, visiting them at home and elsewhere. Walk-in evaluations available 24/7 at St. Vincent's Hospital in Harrison.
<https://mentalhealth.westchestergov.com/>

24/7 Hotline _____ (914) 925-5959

- **St. Vincent's Hospital of Westchester**

Walk-in evaluations available 24/7. Serves any person in Westchester County who is experiencing, or is at risk of, a psychological crisis.

www.stvincentswestchester.org

275 North St.
Harrison, NY 10528



● **National Association for Children of Addiction**



NACoA is the only national membership organization focusing on the children of parents struggling with alcohol or substance abuse. Using our network of the most respected experts in the field, we provide solutions to address these impacts effectively. We offer a variety of programs and products uniquely designed to offer support and assist you at home or in the workplace.

General Inquiries
10920 Connecticut Avenue, Suite 100
Kensington, MD 20895

Phone _____ **888-55-4COAS**

Phone _____ **301-468-0985**

NY – REGIONAL

● **Al-Anon/Alateen – New York South Assembly Area**

AL-ANON

A fellowship of relatives and friends of alcoholics. In Al-Anon, members learn about the disease of alcoholism, how the disease has affected their lives, and most important they learn to use the tools of the program themselves to live a better life.

www.alanonny.org/home.html

24/7 Meetings Information Phone _____ **(888) 425-2666**

ALATEEN

As part of the Al-Anon Family Groups, there is Alateen – a fellowship of young people affected by someone else drinking, today or in the past. Teenagers meet and learn from peers in similar situations. Alateen Chat meetings, open to teens 13–18, provide a safe place for teenagers to talk.

<http://al-anon.org/try-an-alateen-chat-meeting>

24/7 Meeting Information _____ **(888) 425-2666**

NY – DUTCHESS COUNTY

● **Alcoholics Anonymous (AA)**

NEW YORK INTER-GROUP (NYIG)

Contact point for people who think they may have a problem with alcohol. We provide information on A.A. meetings, contacts, and events.

www.simeetings.com/LA/NY/DutchessCty+Mtgs.html

www.dutchessaa.org

Dutchess County Administrative Office
PO Box 3547
Poughkeepsie, NY 12603

Phone _____ **(845) 452-1111**

Phone _____ **(845) 635-3022**

Phone _____ **(845) 452-1550**

Meeting Information _____ **(845) 505-8962**

PLEASANT VALLEY UNITED METHODIST CHURCH

Contact point for people who think they may have a problem with alcohol. We provide information on A.A. meetings, twelve step contacts, and events.

92 Martin Rd.
Pleasant Valley, NY 12569

Phone _____ **(845) 635-3022**

ST. JOHN'S EVANGELICAL LUTHERAN CHURCH

Contact point for people who think they may have a problem with alcohol. We provide information on A.A. meetings, twelve step contacts, A.A. events, and volunteer information for the Greater New York Area.

www.stjohnselc.org

55 Wilbur Boulevard
Poughkeepsie, NY 12603

Phone _____ **(845) 452-1550**

Meeting Information _____ **(845) 505-8962**

NY – ORANGE COUNTY

● **Alcoholics Anonymous (AA)**

NEW YORK INTER-GROUP (NYIG)

Contact point for people who think they may have a problem with alcohol. We provide information on A.A. Meetings, twelve step contacts, A.A. events, and volunteer information for the Greater New York Area.

www.orangenya.org/meeting_list/meetings.php

Phone _____ **(845) 534-8525**



- **Alcoholism and Drug Abuse Council of Orange County (ADAC)**

SELF-HELP MEETINGS

Dedicated to the public health issue of alcoholism and other drug addictions. Provides county members with programs and services to address substance abuse and addiction as a health condition which affects the individual, family and the community. Provides information, referral and outreach services, as well as operating a School of Addiction Studies that provides credentialing in substance abuse for all human service professionals.

www.nyintergroup.org/contact.cfm

224 Main St.

PO Box 583

Goshen, NY 10924

Phone _____ (845) 294-9000

NYC Phone _____ (212) 647-1680

Westchester Phone _____ (914) 949-1200



NY – PUTNAM COUNTY

- **Alcoholics Anonymous (AA)**

NEW YORK INTER-GROUP (NYIG)

We provide information on A.A. meetings, twelve step contacts, A.A. events, and volunteer information for the Greater New York Area.

www.simeetings.com/la/ny/putnamctysmmtgs.html

NY – ROCKLAND COUNTY

- **Alcoholics Anonymous (AA) of Rockland County**

We provide information on A.A. meetings, twelve step contacts, A.A. events, and volunteer information for the Greater New York Area.

www.rocklandnyaa.org

49 S Main St

Spring Valley, NY 10977

Phone _____ (845) 352-1112

- **Lexington Center for Recovery**

Assures that those affected by substance abuse are treated with a holistic approach. We strive to provide quality community-based service delivery to anyone affected by the tragedy of chemical dependency, 24/7/365.

www.lexingtonctr.org

116 Radio Circle, Ste. 307-309

Mount Kisco, NY 10549

Headquarters Phone _____ (914) 666-0191

Rockland After Hours Phone _____ (845) 729-2197

OPIOID TREATMENT PROGRAM (OTP)

Assures the needs of those affected by substance abuse are addressed in a holistic approach to service delivery with the recognition that successful 24/7/365.

www.lexingtonctr.org

706 Executive Blvd, Ste D

Valley Cottage, NY 10989

Phone _____ (845) 362-3904

- **Rockland County Al-Anon Family Groups**

Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope, in order to solve their common problem. Electronic and telephone meetings are available also.

www.rockland-al-anon.org

Phone _____ (845) 727-2050

NY – SULLIVAN COUNTY

- **Alcoholics Anonymous (AA) New York Inter-Group (NYIG)**

Contact point for people who think they may have a problem with alcohol. We provide information on A.A. meetings, twelve step contacts, A.A. events, and volunteer information for the Greater New York Area.

www.simeetings.com/la/ny/sullivanctymtgs.html

www.scia-aa.com

Phone _____ (866) 490-5686

NY – ULSTER COUNTY

- **AA in Ulster County**

<https://ulsterdistricts.aahmbny.org>

Phone _____ (845) 331-6360



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

SUPPORT GROUPS

MARIJUANA USE DISORDER | NARCOTICS

NY – WESTCHESTER COUNTY



● Alcoholism and Drug Abuse Council of Orange County (ADAC)

INTER-GROUP ASSOCIATION OF AA OF NEW YORK

We provide information on A.A. meetings, twelve step contacts, A.A.

www.nyintergroup.org/contact.cfm

Administrative Office (no meetings at this address):

307 Seventh Ave., Ste. 201

New York, NY 10001-6007

Phone _____ (914) 949-1200

NYC Phone _____ (212) 647-1680

MARIJUANA USE DISORDER

US – NATIONAL

● Marijuana Anonymous

A fellowship of people who help each other to recover marijuana overuse. Who is a marijuana addict? We who are marijuana addicts know the answer to this question. Marijuana controls our lives! We lose interest in all else; our dreams go up in smoke. Ours is a progressive illness often leading us to addictions to other drugs, including alcohol. Our lives, our thinking, and our desires center around marijuana – scoring it, dealing it, and finding ways to stay high.

www.marijuana-anonymous.org

P.O. Box 7807

Torrance, CA 90504

Phone _____ (800) 766-6779

NY/NJ/PA – REGIONAL

● Marijuana Anonymous – New York

We are a fellowship of men and women who help each other to recover from marijuana addiction. NY, NJ, Rockland County, Philadelphia.

www.ma-newyork.org

Phone _____ (212) 459-4423

NARCOTICS

US – NATIONAL

● Dual Recovery Anonymous

We address the issues of mental health and chemical dependence in a peer-led open group environment. All are welcome to attend.

www.draonline.org

● Narcotics Anonymous (National)

Any addict can be free from the disease of addiction. Let's find a meeting.

www.na.org/meetingsearch

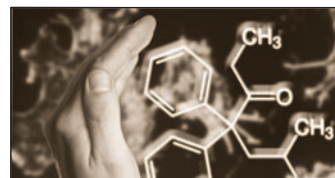
P.O. Box 9999

Van Nuys, NY 91409

Phone _____ (818) 773-9999

World Services Office: 8:00am to 5:00pm Pacific Standard Time

Fax _____ (818) 700-0700



● Nar-Anon and Narateen Family Support (Nar-Anon)

An anonymous program for family members or friends of drug abusers.

www.nar-anon.org/naranon

Phone _____ (310) 534-8188

Monday–Friday: 9:00 am–5:00 pm Pacific Standard Time

NY – REGIONAL

● Narcotics Anonymous (Mid-Hudson)

www.na.org

PO Box 1092

Kingston, NY 12401

Phone _____ (845) 431-9011





TREATMENT

DETOX FACILITIES

US – OUT OF STATE

● **Gateway Rehab Centers**

Multiple locations in PA and OH provide in-patient and out-patient non-hospital detox treatment services for individuals with alcohol or drug addictions.

www.gatewayrehab.org/

100 Moffet Run Road
Aliquippa, PA 15001

Toll Free Phone _____ **(800) 472-1177**

Phone _____ **(412) 604-8900**

Fax _____ **(724) 375-8815**

● **Serenity at Summit**

Call now. You can start detox within the next 24 hours.

info@serenityatsummit.com

3500 Quakerbridge Road
Hamilton, NJ 08619

Phone _____ **(855) 412-2118**

CT – REGIONAL

● **Cornell Scott Hill Health Center**

A comprehensive array of treatment options are available to individuals seeking help for substance abuse issues including both outpatient and inpatient detox, ambulatory detox, methadone maintenance, Twelve-step education (AA and NA meetings) and individual and group therapy.

www.cornellscott.org

Multiple Locations
New Haven, CT

Phone _____ **(203) 503-3300**

● **Rushford**

Prevention and Wellness Assessment, Acute Care and Evaluation (Detox), Residential Addiction Treatment, Partial Hospital Programs, Intensive Outpatient Programs, Psychiatric Evaluation, Medication Management, Individual and Group Therapy, Family Therapy, Crisis Evaluation and Stabilization. Cheshire, Durham, Glastonbury, Meriden, Middletown, Portland.

<https://rushford.org>

Rushford Offices
883 Paddock Ave.
Meriden, CT 06450

Phone _____ **(877) 577-3233**

CT – FAIRFIELD COUNTY

● **Midwestern CT Chapter on Alcoholism (MCCA)**

www.mccaonline.com

The detoxification process is the first important step in the treatment of an addiction to alcohol and/or other substances. Our detox program is a place to receive medical attention and professional treatment in a comfortable, caring and supportive environment.

<https://mccaonline.com>

38 Old Ridgebury Rd.
Danbury, CT 6810

Phone _____ **(203) 792-4515**

Phone _____ **(877) 874-6222**

● **Recovery Network of Programs**

Eighteen different specialty programs providing various levels of individualized care for substance abuse, dual diagnosis, and homelessness. Out-patient and residential programs. HIV and Hep C counseling. Detox and methadone maintenance.

www.recoveryprograms.org

Administrative Office
2 Trap Falls Road Suite 405
Shelton, CT 06484-4616

Phone _____ **(203) 929-1954**

FIRST STEP DETOX

Medically monitored residential detoxification unit helping those who need detoxing from alcohol, opiates and/or benzodiazepines. 24/7.

425 Grant St.
Bridgeport, CT 6610

Phone _____ **(203) 416-1915**

Fax _____ **(203) 416-1919**





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

DETOX FACILITIES

● Silver Hills Hospital

Your treatment team will be led by a leading psychiatrist. After medical detoxification, the team will prepare a course of treatment specifically for you that includes behavioral, emotional and pharmacologic therapies. In addition, we will simultaneously treat the co-occurring psychiatric conditions that often accompany addiction. This combined approach makes Silver Hill a leader in substance abuse treatment in greater Connecticut, New Jersey, New York and beyond.

www.silverhillhospital.org

208 Valley Rd.

New Canaan, CT 6840

Phone _____ (800) 899-4455

CT – HARTFORD COUNTY

● Blue Hills Substance Abuse Services

Provides inpatient drug detox. 7 day inpatient detox program for alcohol, heroin, or prescription drug addictions. Will either treat or refer pregnant women to other programs for detox.

www.rehab.com/connecticutvalley-hospital-bluehills/5054791-r

500 Vine St.

Hartford, CT 6112

Phone _____ (860) 293-6415

● Bristol Hospital Inpatient Alcohol/Drug Detoxification

BARNES III INPATIENT BEHAVIORAL HEALTH UNIT/CRISIS SERVICES

Serves: ages 18 and older.

www.bristolhospital.org

41 Brewster Rd.

Bristol, CT 6010

Phone _____ (860) 585-3420

Crisis Line _____ (860) 585-3421

TTY _____ (860) 583-3833

● Intercommunity Recovery Centers

InterCommunity's residential programs provide a variety of treatment and temporary housing environments for those in recovery from substance use. From detoxification services to intensive, intermediate treatment, and supportive housing, InterCommunity helps people on the journey to recovery and an improved quality of life.

INTERCOMMUNITY'S DETOXIFICATION CENTER

A 35-bed medically monitored detox program for adults and is open for admissions 365 days/year, 24/7.

www.intercommunityct.org

500 Blue Hills Ave. 6th floor

Hartford, CT 6112

Phone _____ (860) 714-3700

CT – HARTFORD COUNTY

● Farrell Treatment Center

Partial Hospitalization/Day Treatment, Residential Long-Term Treatment, and Outpatient Services for Mental and Substance Abuse Disorders.

Drug and alcohol addiction often takes a heavy toll on one's body. Over time, a physical dependence can develop, meaning the body physiologically needs the substance to function. Detox is the process of removing drugs and/or alcohol from the body, a process that can be lethal if mismanaged. Medical detox is done by licensed medical professionals who monitor vital signs and keep you safe, healthy, and as comfortable as possible as you go through detox and withdrawal.

www.farrell-tc.com

586 Main St.

New Britain, CT 06051

Phone _____ (860) 225-4641

CT – LITCHFIELD COUNTY

● Mountainside

Residential and outpatient programs utilizing traditional and new approaches to getting and staying sober. An emphasis on continuing care and wellness, including family healing. 6-12 week outpatient and recovery monitoring with case manager. Vivitrol program. Adolescent Program.



MOUNTAINSIDE'S DETOX PROGRAM

Combines medical best practices with a holistic approach to treatment to deliver a carefully designed addiction treatment plan tailored to your specific needs. In an atmosphere of comfort and compassion, our dedicated medical and clinical teams provide you with 24/7 individualized care and support.



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

DETOX FACILITIES

Our experts will stabilize your body and help you through withdrawal symptoms, as well as any other physical and emotional challenges you may face during the first days of your recovery.

www.mountainside.org

187 South Canaan Rd.
Canaan, CT 006018

Phone _____ (800) 762-5433

CT – MIDDLESEX COUNTY

● CT Valley Hospital – Middletown

The Department of Mental Health and Addiction Services operates four inpatient treatment facilities for persons with severe addiction and/or psychiatric problems. Inpatient treatment facilities provide treatment and care for persons with severe addiction and/or psychiatric problems.

1000 Silver St.
Middletown, CT 06457

Phone _____ (860) 262-5000

MERRITT HALL

Medical Management of withdrawal symptoms (methadone protocol available for opiate detox).

P.O. Box 351
Middletown, CT 06457
www.ctaddictionservices.com

Phone _____ (860) 262-6333

Fax _____ (860) 262-6309

Admissions Phone _____ (800) 828-3396

● Rushford

Rushford's caring and compassionate staff is committed to helping you safely and comfortably detox from opioids, benzodiazepines, alcohol or other substances.

ADULT RESIDENTIAL DETOX

Our medical detoxification program offers medication to help ease the discomfort that comes as substances leave the body, along with 24-hour medical supervision from registered nurses and board-certified physicians. Detoxing from substances is the first step in recovery and often the most challenging.

www.rushford.org

1250 Silver Street
Middletown, CT 06457

Phone _____ (877) 577-3233

CT – NEW HAVEN COUNTY

● Cornell Scott Hill Health Center

Comprehensive array of treatment options are available of individuals seeking help for substance abuse issues including both outpatient and in-patient detox, ambulatory detox, methadone maintenance, Twelve-step education (AA and NA meetings) and individual and group therapy.



www.cornellscott.org

Administrative Offices
400 Columbus Ave.
New Haven, CT 06519

Phone _____ (203) 503-3000

121 Wakelee Ave.
Ansonia, CT 06401

Phone _____ (203) 503-3570

122 Wilmot Rd.
New Haven, CT 06515

Phone _____ (203) 503-3000

226 Dixwell Ave.
New Haven, CT 06511

Phone _____ (203) 503-3420

400 Columbus Ave.
New Haven, CT 06519

Phone _____ (203) 503-3250

428 Columbus Ave.
New Haven, CT 06519

Phone _____ (203) 503-3000

911 State St.
New Haven, CT 06511

Phone _____ (203) 503.3530

232 Cedar St.
West Haven, CT 06519

Phone _____ (203) 503.3300



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

DETOX FACILITIES

● Cornell Scott Hill Health Center CONT'

285 Main St.
West Haven, CT 6516

Phone _____ (203) 503-3400

393 Columbus Ave.
New Haven, CT 006519

Phone _____ (203) 503-3080

62 Grant St.
New Haven, CT 06519

Phone _____ (203) 503.3350

● Waterbury Hospital

www.waterburyhospital.org

64 Robbins St.
Waterbury, CT 06708

Main Number _____ (203) 573-6000

Addiction Services _____ (203) 573-7500



NY – REGIONAL

● United Way's 211

Your one-stop connection to local services, including Substance Abuse.

www.hudson211.org

24/7 Phone _____ 211

NY – DUTCHESS COUNTY

● Cornerstone of Rhinebeck

Emphasis is on the individual. Every aspect of treatment is directed towards preserving and enhancing dignity and self-esteem. Each client is assigned to a primary clinician who develops an individualized treatment plan and works with that person to achieve and maintain recovery. Adult in-patient, medically supervised detox and specialized services available.

www.cornerstoneny.com/home/index.php

500 Milan Hollow Rd.
Rhinebeck, NY 12572

Toll Free Phone _____ (800) 266-4410

Phone _____ (845) 266-3481

Fax _____ (845) 266-8335

● HealthAlliance of the Hudson Valley

FIRST STEP PROGRAM

Inpatient Medically Managed Withdrawal Services (DETOX): A service within a medical setting designed to aid in the medical management of withdrawal symptoms. Inpatient Rehabilitation Treatment Program: A variable-length-of-stay program where individuals learn to develop and strengthen their recovery skills in an environment that offers treatment planning, counseling, and development of support systems.

www.oasas.ny.gov/atc/ward/index.cfm

105 Marys Ave.
Kingston, NY 12401

Phone _____ (845) 334-4705

Fax _____ (845) 341-2570

● Mid-Hudson Addiction Recovery Center (MARC)

The physical discomfort associated with withdrawal is the primary reason many people don't seek treatment. In certain cases, the symptoms of withdrawal can become life-threatening. In these situations, drug and alcohol detox is a necessary part of the treatment process, offering those experiencing active addiction to eliminate substances from their bodies in a safe setting while being monitored and supported by healthcare professionals.

www.marc.us.com

51 Cannon St.
Poughkeepsie, NY 12601

Phone _____ (845) 471-0310

● Mid-Hudson New York Regional Hospital of Westchester Medical Center

TURNING POINT

An acute care hospital setting provides a protected environment in which patients may safely withdraw from alcohol and other drugs. Medical staff are prepared to manage all medical complications as patient safety is our primary concern. We manage withdrawal from alcohol, opiates and prescription pain medications, benzodiazepines and designer drugs.

www.midhudsonNewYorkRegional.org/alcohol-drug-dependency



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

DETOX FACILITIES

241 North Rd.
Poughkeepsie, NY 12601

Phone _____ (845) 483-5511

Monday through Friday, 8am – 4:30pm

Inpatient Phone _____ (845) 483-5514

After hours and on weekends

NY – ORANGE COUNTY

- **Catholic Charities Community Services of Orange County Recovery Center**

CRISIS SERVICES UNIT (CSU)

Comprised of both Medically Supervised Detox and Medically Monitored Withdrawal programs, which include medical stabilization of withdrawal symptoms, individual, group, and motivational therapy, medical screening, assessment, and referral.

www.catholiccharitiesoc.org

396 Broadway
Monticello, NY 12701

Phone _____ (845) 794-8080

- **Helping Others Needing Our Resources/Emergency Housing Group (HONOR)**

HONOR RECOVERY

Residential Substance Abuse Program, serving men and women 18 or older. 20-bed residential, medicated-assisted treatment programs, 24-hour supervision, licensed practical nurses. Offers stabilization and provides patient-centered care. Residential detoxification.

<http://honorhelpingothers.org>

38 Seward Ave.
Middletown, NY 10940

Phone _____ (845) 343-7115 Ext. 200 or 202

Fax _____ (845) 342-3268

- **St. Christopher's Inn at Graymoor**

MEDICALLY SUPERVISED OUTPATIENT WITHDRAWAL (MSOW)

Designed for individuals who may be in need of an uncomplicated detox from alcohol, sedative hypnotics and opiates, before beginning a more intensive and structured treatment program for substance use disorder.

www.stchristophersinn-graymoor.org

21 Franciscan Way
Garrison, NY 10524

Admissions Phone _____ (845) 335-1020

Weekend/Evenings Phone _____ (800) 424-0027

Supervised Detox Phone _____ (845) 335-1028

NY – PUTNAM COUNTY

- **Arms Acres**

Medically supervised detoxifications and crisis counseling to adults and adolescents. Medicaid, managed care, and commercial insurances are accepted. Transportation is available upon request.

www.armsacres.com

75 Seminary Hill Rd.
Carmel, NY 10512

Phone _____ (845) 225-3400

Admissions _____ (888) 227-4641

Fax _____ (845) 704-6183

NY – ROCKLAND COUNTY



- **Good Samaritan Hospital**

IN-PATIENT ALCOHOLISM AND DRUG TREATMENT FACILITY

Offers detoxification and rehabilitation. Integrates 12-step spirituality with the science of addiction medicine. The detox phase of treatment is a comprehensive program providing medical, clinical, and spiritual care. Identification of predisposing medical and psychiatric problems that may contribute to substance abuse; Education regarding the disease and choices for treatment. Specialized team of chemical dependency professionals, including physicians, nurses, psychiatrists, social workers, counselors and nutritionists provide support in individual, group and family settings.

www.goodsamhosp.org/inpatient-chemical-dependency-program

255 Lafayette Ave.
Suffern, NY 10901

Phone _____ (845) 368-5242



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

OUT-PATIENT

● Nyack Hospital Recovery Center

Medically managed detox for patients who are experiencing, or at high risk for developing, life threatening symptoms of withdrawal from opiates, benzodiazepines, or alcohol.

www.nyackhospital.org

160 N. Midland Ave.

Nyack, NY 10960

Phone _____ (845) 348-2072

NY – ULSTER COUNTY

● Benedictine Hospital

ACUTE CARE/DETOX TREATMENT CENTER

Treatment facility in Kingston, NY that specializes in substance abuse services. Provides hospital inpatient options for those who enroll.

105 Mary's Ave.

Kingston, NY 12401

Phone _____ (845) 334-4705

● Ulster Department of Health and Mental Health

Offers a wide range of services and programs to County residents designed to prevent illness and ensure their physical, psychological and emotional well-being.

<https://ulstercountyny.gov/health/health-mental-health>

Phone _____ (845) 340-3150

Fax _____ (845) 334-8337

FAMILY ADVOCATE AT ULSTER PREVENTION COUNCIL

If you or someone you know is experiencing a substance abuse challenge, Ulster County has put into place a Family Advocate who can help connect people to available treatment and recovery services, as well as help them to obtain all of the insurance benefits to which they may be entitled.

- 1) Assist individuals and their families in gaining access to substance use disorder treatment;
- 2) Educate residents on their rights to insurance coverage in order to engage in treatment;
- 3) Provide family support as residents navigate through the substance use disorder systems of care.

<https://ulstercountyny.gov/health/health-mental-health>

Phone _____ (845) 458-7455

Weekdays, Monday to Friday, 9 am–5 pm

NY – WESTCHESTER COUNTY

● FDR Veteran's Administration Hospital

VAT 70 PROGRAM

Provides services for veterans of the armed forces only. 18-bed detoxification facility, 15 bed rehabilitation facility, 23-bed half-way house.

www.hudsonvalley.va.gov

2094 Albany Post Rd, Bldg. 57

Montrose, NY 10548

Phone _____ (914) 737-4400 Ext. 2358

Fax _____ (914) 788-4244

● St. John's Riverside Hospital Detox Unit

Short-term inpatient unit to restore physiologic function impaired by alcohol. Provides medical care, counseling, referral, and after-care.

72-bed detox unit. Available 24/7.

www.riversidehealth.org

2 Park Ave.

Yonkers, NY 10703

Phone _____ (914) 964-7971

OUT-PATIENT TREATMENT

CT – REGIONAL

● Beyond Urgent Care

SUBOXONE AND VIVITROL PROVIDERS

Bethel, New Milford, North Haven.

www.beyondurgentcared.com

Phone _____ (203) 403-6249

● Help, Inc.

SUBOXONE AND VIVITROL PROVIDERS

Danbury, Torrington, Waterbury.

www.cnvhelpp.org

Phone _____ (203) 756-8984





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

OUT-PATIENT

- **New Era Rehabilitation**

METHADONE, SUBOXONE, AND VIVITROL PROVIDERS

www.newerarehabilitation.com

Multiple Locations, CT

Phone _____ (203) 372-3333

- **New Milford Outpatient Clinic (MCCA)**

VIVITROL

Bethel, Derby, New Haven, New Milford, Ridgefield, Torrington, Waterbury

www.mccaonline.com

Phone _____ (203) 792-4515

- **Rushford**

Prevention and Wellness Assessment; Acute Care and Evaluation (Detox); Residential Addiction Treatment; Partial Hospital and Intensive Outpatient Programs; Psychiatric Evaluation; Medication Management; Individual, Group, and Family Therapy; Crisis Evaluation and Stabilization.

<https://rushford.org>

Rushford Offices

883 Paddock Ave.

Meriden, CT 06450

Phone _____ (877) 577-3233

- **Western CT Mental Health Services**

Outpatient services available in Torrington, Danbury, Waterbury, and elsewhere. Inpatient and detox. Intensive outpatient program (IOP), relapse prevention groups. Outpatient services: Co-Occurring and anger management groups, continuing care and referral services, psychiatric assessment and treatment.

www.ct.gov/dmhas

Adult Outpatient Danbury New Milford

Phone _____ (800) 874-6222

Phone _____ (860) 482-2613

- **Wheeler Clinics**

Intensive outpatient programs for substance abuse. Adults and children.

www.wheelerclinic.org

Phone _____ (888) 793-3500

Phone _____ (860) 524-1182

Crisis Hotline _____ (800) 273-8255

CT – FAIRFIELD COUNTY

- **Connecticut Counseling Centers**



Outpatient Treatment Programs are licensed to treat individuals over 16 wishing to receive substance abuse evaluations, referrals, urine testing and outpatient counseling. All substance abuse problems, including alcohol, pills, crack and cocaine. These services include: Methadone maintenance, medical and psychiatric services, Dual Diagnosis programs and more.

www.ctcounseling.org

60 Beaver Brook Rd.

Danbury, CT 6810

20 North Main St.

Norwalk, CT 6854

Phone _____ (203) 838-6508

- **Recovery Network of Programs**

Private, non-profit, behavioral health services agency helping to build better lives in the Greater Bridgeport Community. 18 different specialty programs provide various levels of individualized care for substance abuse, dual diagnosis, and homelessness. Outpatient and residential programs. Detox and methadone maintenance. HIV and Hep C counseling.

www.recovery-programs.org

Administrative Office

2 Trap Falls Rd. Suite 405

Shelton, CT 06484-4616

Phone _____ (203) 929-1954

CT – HARTFORD COUNTY

- **Community Mental Health Affiliates**

SUBOXONE AND VIVITROL PROVIDERS

www.cmhacc.org

125 Whiting Street

New Britain, CT 06051

Phone _____ (860) 826-1358



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

OUT-PATIENT

• Community Substance Abuse Center

METHADONE, SUBOXONE, AND VIVITROL PROVIDERS

www.hcrcenters.com

55 Fishfry St.
Hartford, CT 6120

Phone _____ (860) 247-8300

• CT Addiction Medicine

METHADONE, SUBOXONE, AND VIVITROL PROVIDERS

www.ctaddictionmedicine.com

546 Cromwell Ave. Suite 101
Rocky Hill, CT 06067

Phone _____ (860) 757-3874

333 Main St.
Hartford, CT 6117

Phone _____ (860) 757-3874

Phone _____ (860) 969-1101

• Farrell Treatment Center

SUBOXONE

www.farrell-tc.com

586 Main St.
New Britain, CT 06051

• Hartford Dispensary

METHADONE

Bristol, Hartford, Manchester, New Britain, New London, Norwich,
Willimantic, Torrington.

www.hartforddispensary.org

Phone _____ (800) 891-9360

• Key Community Care

SUBOXONE AND VIVITROL PROVIDERS

www.keyrecoveryhomes.com

663 E Main St.
Torrington, CT 06790

Phone _____ (860) 618-5959

202 Queen St.
Bristol, CT 06010

Phone _____ (860) 261-5752

CT – LITCHFIELD COUNTY

• Charlotte Hungerford Hospital

DUAL DIAGNOSIS ADOLESCENT OUTPATIENT PROGRAM

Intensive, highly structured, coordinates with schools etc.

www.charlottehungerford.org

540 Litchfield Street
Torrington, CT 006790

Phone _____ (860) 496-6380

OPIOID ADDICTION SERVICES

Opioid Addiction Services: Garrett Deutermann is the community case manager who works to connect those seeking treatment with available resources. Garrett completes individual assessments in the community and follow-up through detox, etc., as on going case management. CHH: The Adult Dual Diagnosis Intensive Outpatient Program (DDIOP) provides a confidential, highly structured, intensive intermediate level of care between inpatient and outpatient substance abuse treatment programs for adults.

www.charlottehungerford.org

540 Litchfield Street
Torrington, CT 006790

Phone _____ (860) 459-9726

Phone _____ (860) 496-6350

SUBOXONE

www.charlottehungerford.org

540 Litchfield St.
Torrington, CT 06790

Phone _____ (860) 459-9726

• Community Health and Wellness

SUBOXONE AND VIVITROL PROVIDERS

www.chwctorr.org

469 Migeon Ave.
Torrington, CT 06790

Phone _____ (860) 489-0931

• Department of Mental Health and Addiction Services (DHMAS)

CNV Help/Watkins Network, Hartford Dispensary, MCCA, McCall Center for Behavioral Health

www.ct.gov/dmhas



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

OUT-PATIENT

21 Prospect St.
Torrington, CT 06790

Phone _____ (860) 482-7242

• Greenwoods Counseling Referrals, Inc.

SUBOXONE

www.greenwoodsreferrals.org

25 South St.
Litchfield, CT 0759

Phone _____ (860) 567-4437

• McCall Center for Behavioral Health

A full range of alcohol and other drug prevention and treatment services including intervention programs, outpatient treatment, gender specific groups, trauma, treatment, mental health, psychiatric evaluation, treatment and medication management, medication assisted treatment, anger management and intensive inpatient as well as and intermediate residential care and recovery housing. Case management, housing for homeless veterans, and senior outreach.

www.mccallcenterct.org

469 Migeon Ave
Torrington, CT 06790

Phone _____ (860) 489-0931

231 N. Main St.
Winsted, CT 06098

Phone _____ (860) 496-2100

83 South Canaan Rd.
Canaan, CT 06018

Phone _____ (860) 496-2100

SUBOXONE AND VIVITROL PROVIDERS

A full range of alcohol and other drug prevention and treatment services, including intervention, intensive and traditional outpatient treatment, gender specific groups, trauma, mental health, and substance abuse clinical assessment, psychiatric evaluation, treatment and medication management, medication assisted treatment, anger management, residential care and recovery housing. Housing for homeless veterans, and senior outreach.

www.mccallcenterct.org

58 High St.
Torrington, CT 06790

Admissions Phone _____ (860) 618-6297

Outpatient Phone _____ (860) 496-2100

Residential Phone _____ (860) 496-2107

• Mountainside

Residential and outpatient programs. There is an emphasis on continuing care and wellness, including family healing. Group and individual counseling. 6 to 12 week outpatient, and recovery monitoring with a case manager. Vivitrol Program. Adolescent Program.

www.mountainside.com

187 South Canaan Rd.
Canaan, CT 06018

Phone _____ (800) 762-5433

SUBOXONE

www.mountainside.org

187 South Canaan Rd.
Canaan, CT 06031

Phone _____ (860) 824-1397



• Substance Abuse Walk-in Assessment Centers

Part of State of Connecticut Department of Mental Health and Addiction Services (DHMAS): CNV Help/Watkins Network, Hartford Dispensary, MCCA, McCall Center for Behavioral Health.

www.ct.gov/dmhas

140 Commercial Blvd.
Torrington, CT 06790

Phone _____ (860) 482-7242

Phone _____ (860) 482-8783

30 Peck Rd.
Torrington, CT 06790

Phone _____ (860) 482-2613

58 High St.
Torrington, CT 06790

Phone _____ (860) 496-2100



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

OUT-PATIENT

• Watkins Network (Central Naugatuck Valley Help)

A 4-month residential treatment program for substance abuse or co-occurring disorders. Gender-specific groups, medication management services, and discharge planning are offered. All services come with weekly individual counseling.

www.sobernation.com

21 Prospect St.
Torrington, CT 06790

Phone _____ (860) 482-7242

CT – NEW HAVEN COUNTY

• APT Methadone Maintenance: Legion Clinic

OUTPATIENT SUBSTANCE ABUSE TREATMENT

Group therapy is the primary form of treatment. Individual therapy is viewed as adjunctive to the group driven format and is available based on each individual's needs. Psychiatric services are available on-site for individuals who will benefit from them.

INTENSIVE OUTPATIENT PROGRAM (IOP)

I.O.P treatment is recommended for many individuals entering services to assist them to stabilize in treatment. This level of service involves attending treatment for a minimum of nine hours per week. This is broken up into attending the program 3 days/week and participating in three clinical contacts per day (group, individual counseling session, psychiatric consult). Once completing the intensive level of service it is recommended that individuals continue treatment at the outpatient level of service for ongoing support.

OUTPATIENT MEDICATION ASSISTED TREATMENT

APT currently offers two forms of medication assisted treatment for opioid dependence: 1) methadone and 2) buprenorphine (Suboxone®). For people with severe opioid dependence, these medications may be prescribed for a period of years to help stabilize and support the person making changes in other life areas.

www.aptfoundation.org

495 Congress Ave.
New Haven, CT 006519

Phone _____ (203) 781-4740

Intake Phone _____ 203-781-4357

• Connecticut Counseling Centers

The Outpatient Treatment Programs are licensed to treat individuals over the age of sixteen wishing to receive substance abuse evaluations, referrals, urine testing and outpatient counseling.

The Opioid Treatment Program (OPT) specializes in the treatment of all substance abuse problems, including alcohol, pills, crack and cocaine. Individual, couples, family and group counseling. Services include: Methadone maintenance, medical and psychiatric services, and dual diagnosis programs.

www.ctcounseling.org

4 Midland Rd.
Waterbury, CT 06705

Phone _____ (203) 755-8874

METHADONE, SUBOXONE, AND VIVITROL PROVIDERS

www.ctcounseling.org

50 Brookside Road
Waterbury, CT 006708

Phone _____ (203) 755-8874

• Connecticut Suboxone Health Care Referrals

Suboxone website maintains list of physicians that are licensed to prescribe Suboxone in Connecticut.

www.ctsuboxone.com

Phone _____ (860) 966-3964

• Cornell Scott Hill Health Center

Comprehensive array of treatment options are available of individuals seeking help for substance abuse issues including both outpatient and in-patient detox, ambulatory detox, methadone maintenance, Twelve-step education (AA and NA meetings) and individual and group therapy.

www.cornellscott.org

Administrative Offices
400 Columbus Ave.
New Haven, CT 006519

Phone _____ (203) 503-3300



METHADONE, SUBOXONE, AND VIVITROL PROVIDERS

121 Wakelee Ave.
Ansonia, CT 6401

Phone _____ (203) 503-3570



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

OUT-PATIENT

122 Wilmot Rd.
New Haven, CT 06515

Phone _____ (203) 503-3000

226 Dixwell Ave.
New Haven, CT 06511

Phone _____ (203) 503-3420

400 Columbus Ave.
New Haven, CT 006519

Phone _____ (203) 503-3250

428 Columbus Ave.
New Haven, CT 06519

Phone _____ (203) 503-3000

911 State St.
New Haven, CT 06511

Phone _____ (203) 503.3530

232 Cedar St.
West Haven, CT 06519

Phone _____ (203) 503.3300

285 Main St.
West Haven, CT 6516

Phone _____ (203) 503-3400

393 Columbus Ave.
New Haven, CT 06519

Phone _____ (203) 503-3080

62 Grant St.
New Haven, CT 06519

Phone _____ (203) 503.3350

● Waterbury Hospital

Services include partial hospitalization, intensive outpatient and outpatient treatment.

www.waterburyhospital.org

64 Robbins St.
Waterbury, CT 06708

Phone _____ (203) 573-7097

● Wellmore

Outpatient and residential service for children and adolescents and adults for mental health issues, including substance abuse.

www.wellmore.org

Phone _____ (203) 756-7287

Phone _____ (203) 755-1143

Phone _____ (203) 944-0366

NY – STATE

● Albany Stratton VA Medical Center

Serving veterans and community members 18 years of age or older who are experiencing intoxication, mild to moderate withdrawal symptoms, or a situational crisis due to withdrawal.

113 Holland Ave., Unit 7d
Albany, NY 12208

Phone _____ (518) 689-3094

NY – DUTCHESS COUNTY

● ACCESS: Supports for Living

Personalized recovery-oriented services (PROS) – life skills, family issues, employment. Combines treatment, support, and rehabilitation to speed recovery and help with mental illness or substance abuse.

www.accesssupports.org

Phone _____ (888) 750-2266

POUGHKEEPSIE

26 Oakley St.
Poughkeepsie, NY 60613

Phone _____ (845) 240-7707

RHINEBECK

47 West Market Street
Rhinebeck, NY 12572

Phone _____ (845) 516-1053

MILLBROOK

131 County House Road, #101
Millbrook, Ny 12545

Phone _____ (845) 605-3542



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

OUT-PATIENT

● Bridge Back Program

HEALTH ALLIANCE OF THE HUDSON VALLEY

Provide multidisciplinary treatments dedicated to serving the chemical dependency needs of our community. Five days per week with four hours daily treatment programming. Individual and group therapy.

www.hahv.org/service/bridgeback-methadone

10 Barbarossa Lane
Kingston, NY 12401

Phone _____ (845) 943-6091

● Dutchess County Department of Behavioral and Community Health

Plans for, develops, oversees, and provides a comprehensive and integrated array of services and programs to meet the mental health needs of the county residents for the prevention, treatment, and rehabilitation of mental illness, developmental disabilities or substance addiction.

www.dutchessny.gov

Main Office
85 Civic Center Plaza, Suite 106
Poughkeepsie, NY 12601

Phone _____ (845) 486-3400

CHEMICAL DEPENDENCY PROGRAM

Comprehensive Outpatient Alcoholism and Drug Abuse Treatment Programs. Methadone maintenance is also available.

Helplines _____ (845) 485-9700
_____ (877) 485-9700

INTENSIVE TREATMENT ALTERNATIVES PROGRAM (ITAP)

Serves residents who have problems with alcohol, drugs or other substances, and who is assessed as requiring intensive chemical dependency treatment. May serve as alternative to incarceration for chemically dependent individuals sentenced to probation/treatment by courts.

www.dutchessny.gov

82 Washington St.
Poughkeepsie, NY 12601

Phone _____ (845) 486-3680

Fax _____ (845) 486-3690

● Lexington Center for Recovery

Primary goal is to offer a program of recovery which respects the dignity and individuality of each person affected by alcohol and substance abuse.

41 Page Park Dr
Poughkeepsie, NY 12603

Mt. Kisco _____ (914) 666-6740

New Rochelle _____ (914) 235-6633

Peekskill _____ (914) 257-3500

Afterhours Phone _____ (914) 817-1199



● Mid-Hudson New York Regional Hospital of Westchester Medical Center

TURNING POINT

In addition to in-patient and detox programs, we offer a Day Rehabilitation Program 5 days per week with 4-hour daily treatment; an Intensive Out-patient Service, usually 3 days per week with 3 hours of daily treatment; and Individual and Group Therapy.

241 North Rd.
Poughkeepsie, NY 12601

Phone _____ (845) 483-5511

Inpatient Phone _____ (845) 483-5514

Outpatient Phone _____ (845) 483-5512

● Spectrum Behavioral Health

The largest behavioral health organization in the Mid-Hudson Valley.

We have been providing quality mental health and out-patient substance abuse treatment services to the Mid-Hudson region for over 20 years. We are also an OASAS Certified Chemical Dependency Program.

General Information Phone _____ (845) 485-9098

Central Dutchess County Intake
514 Haight Ave.
Poughkeepsie, NY 12603

Phone _____ (845) 485-3500

Phone _____ (845) 485-3506

798 Route 9, #A
Fishkill, NY 12524

Phone _____ (845) 897-2384



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

OUT-PATIENT

65 Albany Ave
Kingston, NY 12401

Phone _____ (845) 331-1079

NY – ORANGE COUNTY

● **ACCESS: Supports for Living**

PROS

Our personalized recovery-oriented services (PROS) offers support with life skills, family issues, or employment. The program combines treatment, support, and rehabilitation to speed recovery and help people with mental illness or substance abuse issues.

www.accesssupports.org

16-24 Union St.
Middletown, NY 10940

Phone _____ (845) 343-5556

67 Windsor Highway
New Windsor, NY 12553

Phone _____ (845) 562-6850

NY – PUTNAM COUNTY

● **Arms Acres**

At Arms Acres Outpatient Clinics, we provide quality substance abuse clinical services for you or someone you know and love. Medication Assisted Therapy (MAT); Treatment for Adolescents and Adults; Multidisciplinary Team; DWI Evaluations. LOCATION HOURS: Tue, Wed, Thur: 7 am–10 pm; Mon and Fri: 7 am–8 pm; Sat: 7 am–12 Noon.

<http://www.armsacres.com/>

21 Old Rte. 6
Carmel, NY 10512

Phone _____ (845) 225-5202

Fax _____ (845) 225-0700

● **CoveCare Center**

We believe that substance use disorder is a treatable disease that can be managed so that individuals can live substance-free, productive and satisfying lives. We provide individual, group and family counseling to people experiencing life problems related to substance use or dependence, and to family members affected by a loved one's addiction. M–Th: 8:30am–8:30pm; Fri: 8:30am–5:30pm; Sat: 8:30am–2:30pm.

www.covecarecenter.org

1808 Rte. 6
Carmel, NY 10512

Phone _____ (845) 225-2700

ALCOHOL & SUBSTANCE USE TREATMENT & PREVENTION

Includes individual and group counseling delivered by credentialed alcohol and substance abuse counselors and social workers who provide treatment that is unique to the needs of each person.

Phone _____ (845) 225-2700 Ext. 105

PERSONALIZED RECOVERY- ORIENTED SERVICES (PROSPER)

For people engaged in rehabilitation, (PROSper) can help you take back your life. We understand that everyone's path to recovery is unique. Our caring rehabilitation specialists will help you identify your needs and goals, and work with you to create a customized recovery plan.

Phone _____ (845) 225-2700 Ext. 221

● **St. Christopher's Inn at Graymoor**

A temporary shelter dedicated to the rehabilitation of men in crisis. We shelter over 1,500 residents per year, most of who suffer from alcoholism and/or drug addiction. St. Christopher's Inn is home to St. Anthony's Clinic and OASAS licensed and Commission on Accreditation of Rehabilitation Facilities (CARF) accredited alcohol and substance abuse outpatient program. Ambulatory detox available.

Men only Programs; Community Day Program; Intensive Outpatient; In-Patient Rehab; 10-bed Ambulatory Detox.

www.stchristophersinn-graymoor.org

21 Franciscan Way
Garrison, NY 10524

Admissions Phone _____ (845) 335-1020

weekend/Evening Phone _____ (800) 424-0027

Supervised Detox Phone _____ (845) 335-1028





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

NY – ROCKLAND COUNTY

• Lexington Center for Recovery

Provides a comprehensive range of substance abuse treatment, counseling and support for individuals afflicted with chemical/alcohol addiction. Services include support groups, counseling, psychiatric evaluation and monitoring, and intensive day treatment programs. Separate programs available for adolescents, for adults, and for family members and friends.

www.lexingtonctr.org

116 Radio Circle, Suite 307-309
Mount Kisco, NY 10549

Headquarters Phone _____ (914) 666-0191

Rockland After Hours Phone _____ (845) 729-2197

AIRMONT CLINIC

Substance Abuse Rehab Services. Treatment Type: Outpatient, Outpatient methadone/buprenorphine or vivitrol, Outpatient day treatment or partial hospitalization, Regular outpatient treatment. Treatment Approaches: Cognitive/behavioral therapy, Substance abuse counseling approach. Mon, Tues, and Thurs: 9 am – 9 pm; Wed and Fri: 9 am – 5 pm; Walk-In Hours: Mon, Wed, Thurs, Fri: 10 am–2 pm, Tues: 1 pm–3 pm.

www.lexingtonctr.org

100 Route 59 Suite 117
Airmont, NY 10901

Phone _____ (845) 369-9701

Intake Line _____ (845) 369-9701 Ext. 1114

HAVERSTRAW CLINIC

Hours: Mon, Wed and Thurs: 9 am – 8 pm; Tues and Fri: 9 am – 5 pm

www.lexingtonctr.org

Samsondale Professional Plaza
45 South Route 9W, Suite 209
West Haverstraw, NY 10993

Phone _____ (854) 947-3810

ROCKLAND METHADONE TREATMENT PROGRAM (MMTP)

To provide effective treatment for persons dependent on opium, heroin, morphine or any derivative or synthetic drug in that family. Hours: Monday – Saturday 6:00 am – 2:00 pm; Sunday 8:30 am – 10:30 am

www.lexingtonctr.org

706 Executive Blvd, Suite D
Valley Cottage, NY 10989

Phone _____ (845) 362-3904

TREATMENT

OUT-PATIENT

• Mental Health Association of Rockland County

Primary source of community mental health treatment and empowerment programs for adults and children in Rockland County.

www.mharockland.org/home.cfm

140 Rte. 303 - Ste. I
Valley Cottage, NY 10989

Phone _____ (845) 267-2172 Ext. 205

RECOVERY SERVICES CLINIC

Recovery Services provides outpatient clinic services to children, adolescents, young adults, adults, and families affected by personal and/or familial addiction issues.

www.mharockland.org/home.cfm

140 Rte. 303 - Ste. I
Valley Cottage, NY 10989

Phone _____ (845) 267-2172 Ext. 205

• Nyack Hospital Recovery Center

The Addiction Services of Nyack Hospital provides complete care to those struggling with substance abuse and chemical dependency, from medical detoxification and monitored inpatient care to outpatient treatment and community support. Our staff includes addiction counselors, licensed social workers, mental health counselors, and medical and psychiatric personnel.

www.nyackhospital.org/Nyack-Hospital-our-Services-Addiction-and-recovery-Home.asp

160 North Midland Ave.
Nyack, NY 10960

Phone _____ (845) 348-2070

Inpatient Services Phone _____ (845) 348-2072

Outpatient Services Phone _____ (845) 348-2075

• Samaritan Daytop Village

INTEGRATED OUTPATIENT TREATMENT PROGRAM

Allows participants to continue working, remain in school, and stay at home and in the community, while receiving treatment confidentially for drug and alcohol dependency. We cater to those with recent or current substance use disorders who do not require residential treatment.

<http://samaritanvillage.org>

620 Rte. 303
Blauvelt, NY 10913

Phone _____ (845) 353-2730



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

OUT-PATIENT

NY – SULLIVAN COUNTY

● Catholic Charities Community Services of Sullivan Cty.

We envision communities where health, safety, and wellness are the norm; where alcohol, tobacco, and other drug and gambling problems are minimal; where appropriate intervention and treatment are readily accessible to all who are in need; where recovery is a celebrated and commonplace reality; communities in which science-based prevention services are regularly and effectively provided to all age groups.

www.catholiccharitiesoc.org

396 Broadway
Monticello, NY 12701

Phone _____ (845) 794-8080

● Sullivan County Dept of Community Services – Behavioral Health Clinic

Local government unit for the development of behavioral health service plans for Sullivan County. Direct services in mental health, alcoholism, and drug abuse to all residents despite age or severity of their disability. HOURS: Mon, Thu, Fri: 9 am–5 pm; Tue, Wed–9 am–8 pm; Walk-in Service (no appointment): Mon-Thu from 9 am–12 pm.

<http://co.sullivan.ny.us>

20 Community Lane
Liberty, NY 12254

Phone _____ (854) 292-8770

Fax _____ (854) 513-2110

NY – ULSTER COUNTY

● Bridge Back

HealthAlliance of the Hudson Valley's outpatient addiction treatment program provides multidisciplinary treatments dedicated to serving the chemical dependency needs of our community.

METHADONE TREATMENT PROGRAM

Licensed outpatient substance abuse clinic, offering comprehensive, outpatient services to individuals, groups, and families – Adolescent (ages 14-18) and Adult Day Rehabilitation Programs, Three Intensive Outpatient Programs, Aftercare, Early Recovery, and Special Issues Program.

www.hahv.org/service/bridgeback-methadone

2 Barbarosa Ln.
Kingston, NY 12401

Phone _____ (845) 943-6022

2905-2 Rt. 9W
Saugerties, NY 12477

Phone _____ (845) 943-6091

● Spectrum Behavioral Health

The largest behavioral health organization in the Mid-Hudson Valley. We have been providing quality mental health and out-patient substance abuse treatment services to the Mid-Hudson region for over 20 years. We are also an OASAS Certified Chemical Dependency Program.

230 Aaron Court
Kingston, NY 12401

General Information Phone _____ (845) 485-9098



● Step One

Child and Family Guidance Center Addiction Services dedicated to providing family-oriented, time-limited, cost-effective, quality treatment programs to chemically dependent persons and their significant others. Assessment, diagnosis and treatment provided in a comfortable setting with diverse offerings to address substance abuse.

www.step1ny.org/highland.html

Administrative Offices
106 Vineyard Ave.
Highland, NY 12528

Phone _____ (877) 435-7410

Phone _____ (845) 691-9191

Fax _____ (845) 691-9339

NY – WESTCHESTER COUNTY

● Counseling Center at Yorktown Heights

Adult and adolescent intensive day and evening services; family support groups and 12-step meetings. Saturday hours.

2000 Maple Hill St.
Yorktown Heights, NY 10598

Phone _____ (914) 962-5101



● Guidance Center of Westchester

METRO CHEMICAL DEPENDENCY

Provides integrated methadone maintenance and mental health services to address the physical and emotional needs of opiate-dependent adults and those with co-occurring disorders.

www.tgcny.org

26 Sickles Ave.
New Rochelle, NY 10801

Phone _____ (914) 631-0700



SUNRISE (OPEN DOOR CLINIC)

Outpatient clinic that implements evidence-based interventions to help participants achieve recovery from alcohol or other controlled substances. Individual, group, and adolescent day and evening clinic services.

THE HUB

Designed to help adolescents and young adults (ages 12-21) make sound and thoughtful decisions as they restore balance to their lives and recover from substance use. The Hub is a safe and supportive environment offering different levels of outpatient substance use treatment. Adolescent day treatment services with educational component. Afterschool clinic adolescent services. Co-occurring, family counseling, and coordination of services.

256 Washington St.
Mount Vernon, NY 10550

Phone _____ (914) 631-0700

Intake _____ 914-613-0700 Ext. 7104

After Hours Phone _____ 914-286-3350

● Innovative Health Systems (Day Rehab and Clinic)

Individual, group, and family counseling; intensive and clinical services; acupuncture; Spanish-speaking, adolescents. Day and evening clinic.

www.ihsi.com

20 Church St. (2nd floor)
White Plains, NY 10603

Phone _____ (914) 683-8050

● Inter-Care, Ltd.

Day/evening intensive and clinic services for adults.

<https://www.inter-care.com/>

7 West Cross St.
Hawthorne, NY 10532

Phone _____ (914) 437-6800

● Lexington Center for Recovery

Our mission is to assure that the needs of those affected by substance abuse are addressed in a holistic approach and to service delivery with the recognition that successful recovery comes with a loving circle of support.

We strive to provide quality community-based service delivery to anyone affected by the tragedy of chemical dependency, during the day or evening, during the week or on the weekend.

www.lexingtonctr.org

116 Radio Circle Suite
Mount Kisco, NY 10509

Phone _____ (914) 666-6740

Westchester After Hours Phone _____ (914) 817-1199

GENERATIONS

Intensive 5-day-a-week treatment services for pregnant and recently delivered women and their infants. Childcare on site. Transportation available. Vocational services/Mentally Ill Chemical Abuser (MICA).

www.lexingtonctr.org

3 Cottage Place
New Rochelle, NY 10801

Phone _____ (914) 235-6633

OUTPATIENT SERVICES (CLINIC)

Day/evening intensive and clinic services for adults. Co-occurring services. Intensive after-school program and clinic program available for adolescents. Family program. Vocational Services.

www.lexingtonctr.org

24 Smith Ave.
Mount Kisco, NY 10509

Phone _____ (914) 666-6740

3 Corporate Drive
Peekskill, NY 10566

Phone _____ (914) 257-3500



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

OUT-PATIENT

● Montefiore Hospital (MMTP)

Private rehab facility located in Mount Vernon, NY. Montefiore Mount Vernon Hospital – Methadone Maintenance specializes in the treatment of mental health and substance abuse problems.

www.ssmc.org

3 South 6th Ave.

Mount Vernon, NY 10550

Phone _____ (914) 664-5981

Phone _____ (914) 361-6239

● Peekskill Area Health Center – Pathways

Evening and day clinic. Adolescents, Spanish speaking, family, and vocational services.

www.hrhcare.org

1037 Main St.

Peekskill, NY 10566

Phone _____ (914) 734-8740

● Phelps Memorial Hospital Alcohol Treatment Center

Clinic and Day Rehab/Co-occurring Services/DTATI/Adolescents/Family Vocational Service.

www.PhelpsHospital.org

22 Rockledge Ave.

Ossining, NY 10562

Phone _____ (914) 944-5220

● St. John's Riverside Hospital

Dedicated to providing comprehensive medical and nursing care in a compassionate, professional, respectful, and ethical manner to every patient.

www.riversidehealth.org

967 N. Broadway

Yonkers, NY 10701

Phone _____ (914) 964-4444

ARCHWAY

Clinic and day rehabilitation. Co-occurring disorders, Spanish-speaking staff, vocational services.

www.riversidehealth.org

20 East First St.

Mount Vernon, NY 10550

Phone _____ (914) 668-1450/51

GREENBURGH ALCOHOL TREATMENT SERVICES (ATS)

Clinic and day rehabilitation. Adolescents, Spanish groups, co-occurring services. GED and vocational services.

www.riversidehealth.org

30 Manhattan Ave.

Greenburgh, NY 10607

Phone _____ (914) 683-5311

NEW FOCUS

Clinic and day rehabilitation. adolescents, mentally ill chemical abuser (MICA), Spanish groups, GED, vocational services.

www.riversidehealth.org

2 Park Ave.

Yonkers, NY 10704

Phone _____ (914) 964-8000



METHADONE MAINTENANCE TREATMENT PROGRAMS

www.riversidehealth.org

2 Park Ave.

Yonkers, NY 10701

Phone _____ (914) 965-6603

● St. Joseph's Hospital (MMTP)

METHADONE MAINTENANCE TREATMENT PROGRAMS

317 South Broadway

Yonkers, NY 10705

Phone _____ (914) 378-7566

● St. Joseph's Medical Center

Since 1888, Saint Joseph's Medical Center has served Yonkers and the surrounding communities of lower Westchester and northern Bronx with patient-centered, quality-focused inpatient and outpatient care.

127 South Broadway

Yonkers, New York 10701

Phone _____ (914) 378-7000



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

OUT-PATIENT

• St. Joseph's Medical Center ^{CONT'}

EXCEL ADOLESCENT ADDICTION TREATMENT PROGRAM

Day rehabilitation and clinical treatment and intensive after school program for adolescents. Family and co-occurring services.

www.svmc.org

275 North St.
Harrison, NY 10528

Phone _____ (914) 925-5112

MAXWELL INSTITUTE (CLINIC)

Offers intensive and clinic-level outpatient chemical dependency treatment and education services for adults, adolescents, and their families.

www.stjosephs.org

92 Yonkers Ave.
Tuckahoe, NY 10707

Phone _____ (914) 337-6033

OUTPATIENT ADDICTION RECOVERY SERVICE (OARS)

Day rehabilitation and clinical treatment for adults. Co-occurring, Spanish, vocational services.

www.svmc.org

275 North St.
Harrison, NY 10528

Phone _____ (914) 925-5239

PORT CHESTER RECOVERY CENTER

Offers outpatient substance use disorder treatment services for adolescents and adults. Spanish speaking groups, individual, and adolescents.

www.stjosephs.org

132 Pearl St.
Port Chester, NY 10573

Phone _____ (914) 939-2700

POSITIVE DIRECTIONS

Day rehabilitation and clinical services. Spanish speaking groups and individual services. Day treatment for adults and evening clinic services 2 nights a week. Pre-vocational services. Men/Women's groups.

www.stjosephs.org

317 South Broadway
Yonkers, NY 10705

Phone _____ (914) 964-0905/6/7

• St. Vincent's Hospital of Westchester

A division of St. Joseph's Medical Center. Offers inpatient and outpatient mental health and addiction treatment services at its campus in Harrison and at off-site locations in White Plains, Tuckahoe and Port Chester.

www.stvincentswestchester.org

275 North St.
Harrison, NY 10528

Phone _____ (914) 967-6500

CRISES TEAM (WESTCHESTER COUNTY ONLY)

Emergencies for mental health/substance abuse in Westchester.

Phone _____ (914) 925-5959

EVALUATION AND REFERRAL

Out-patient and in-patient for substance abuse treatment and mental-health services.

Phone _____ (914) 925-5320

MAXWELL INSTITUTE

92 Yonkers Avenue
Tuckahoe, NY 10707

Phone _____ (914) 337-6033

W



• Westchester County Treatment Alternatives for Safer Communities (TASC)

An alternative to incarceration. The court determines if a person may participate. TASC refers individuals that may have drug, alcohol, or mental health problems for treatment and reports on their progress to the court.

www.westchestergov.com

112 East Post Rd.
White Plains, NY 10601

Phone _____ (914) 995-6191

Phone _____ (914) 737-4400 Ext. 2358



RESIDENTIAL TREATMENT

US – OUT OF STATE

● **Caron Foundation Recovery Center**

An internationally recognized non-profit organization dedicated to addiction and behavioral healthcare treatment, research, prevention, and medical education. Clinical Treatment Centers are located in Pennsylvania, Florida and Texas. Caron offers gender-separate and specific treatment programs for adolescents, adults, and seniors.

www.caron.org

244 East 58th St.
New York, NY 10022

Admissions Phone _____ **(800) 854-6023**

CT – REGIONAL

● **Rushford**

Prevention and Wellness Assessment, Acute Care and Evaluation (Detox), Residential Addiction Treatment, Partial Hospital Programs, Intensive Outpatient Programs, Psychiatric Evaluation, Medication Management, Therapy, Crisis Evaluation and Stabilization, Community Support Programs. Avon, Cheshire, Durham, Glastonbury, Meriden, Middletown, Portland.

<https://rushford.org>

Rushford Offices
883 Paddock Ave.
Meriden, CT 06450

Phone _____ **(877) 577-3233**

CT – FAIRFIELD COUNTY

● **MCCA's McDonough House**

www.mccaonline.com

38 Old Ridgebury Rd
Danbury, CT 06810

Phone _____ **(203) 792-4515**

● **Recovery Network of Programs**

Private, non-profit, behavioral health services agency helping to build better lives in the Greater Bridgeport Community. 18 different specialty programs provide various levels of individualized care for substance abuse, dual diagnosis, and homelessness. Outpatient and residential programs. Detox and methadone maintenance.

www.recovery-programs.org

Administrative Office
2 Trap Falls Rd. Suite 405
Shelton, CT 06484-4616

Phone _____ **(203) 929-1954**

480 Bond Street
Bridgeport CT, 06610

Phone _____ **(203) 416-1915**

IRANISTAN HOUSE

www.recovery-programs.org

964 Iranistan Ave.
Bridgeport, CT 06605

Phone _____ **(203) 367-0025**

Fax _____ **(203) 337-6273**

NEW PROSPECTS

Intensive residential rehabilitation program which offers treatment for adult men and women who are experiencing difficulties with substance dependence and a concurrent psychiatric disorder. The program has a status of Dual Diagnosis Enhanced Treatment, level 3.7, making it the only co-ed facility to provide this level of care in the state.

www.recovery-programs.org

392 Prospect St.
Bridgeport, CT 06604

Phone _____ **(203) 610-6252**

Fax _____ **(203) 610-6332**





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

RESIDENTIAL

● Recovery Network of Programs CONT'

SEAVIEW APARTMENT PROGRAM

Provides permanent, supportive housing for individuals who are chronically homeless at the time of admission and who are also living with psychiatric disorders, substance use disorders and/or HIV/AIDS.

www.recovery-programs.org

1826 Seaview Ave.
Bridgeport, CT 06610

Phone _____ (203) 610-8296

Fax _____ (203) 610-8720

TINA KLEM SERENITY HOUSE

Recovery house for twelve women who have co-occurring substance use and psychiatric disorders.

www.recovery-programs.org

74 Huntington Rd.
Bridgeport, CT 06608

Phone _____ (203) 366-7012

Fax _____ (203) 384-6279

URBAN MODEL

Offers transitional and supportive housing opportunities for individuals who are homeless and living with both psychiatric and substance use disorders.

www.recovery-programs.org

410 Poplar St.
Bridgeport, CT 06484

Phone _____ (203) 333-3445

Fax _____ (203) 579-5159

● Silver Hills Hospital

www.silverhillhospital.org

208 Valley Rd
New Canaan, CT 06484

Phone _____ (800) 899-4455

CT – HARTFORD COUNTY

● Blue Hills Hospital (DMHAS)

www.rehab.com/connecticut-valley-hospital-blue-hills.com

500 Vine St.
Hartford, CT 06112

Phone _____ (860) 293-6400

● Intercommunity

www.intercommunityct.org

16 Coventry St.
Hartford, CT 06112

Phone _____ (860) 714-3704

● Farrell Treatment Center

Partial Hospitalization/Day Treatment, Residential Long-Term Treatment, and Outpatient Services for those with mental and substance abuse disorders.

www.farrell-tc.com

586 Main St.
New Britain, CT 06051

Phone _____ (860) 225-4641

CT – LITCHFIELD COUNTY

● Highwatch Farm

www.highwatchrecovery.org

62 Carter Rd.
Kent, CT 06754

Phone _____ (888) 493-5368

Phone _____ (860) 927-3772

● MCCA's Men's Trinity Glen

www.mccaonline.com

149 West Cornwall Rd.
Sharon, CT 06757

Phone _____ (860) 672-6680

● MCCA's Women's Trinity Glen

www.mccaonline.com

62 Kent Cornwall Rd
Kent, CT 06757

Phone _____ (860) 672-6689

● McCall Center for Behavioral Health

Full range of alcohol and other drug prevention and treatment services including intervention programs, outpatient treatment, gender specific groups, trauma treatment, mental health, and substance abuse clinical assessment, psychiatric evaluation, medication management, intensive inpatient as well as intermediate residential care and recovery housing. Case management, housing for homeless veterans, and senior outreach.

www.mccallcenterct.org



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

RESIDENTIAL

Community Health and Wellness Center (CHWC)
469 Migeon Ave
Torrington, CT 06790

Phone _____ (860) 489-0931

58 High St.
Torrington, CT 06790

Admissions _____ (860) 618-6297

Outpatient _____ (860) 496-2100

Residential _____ (860) 496-2107

Fax _____ (860) 496-2111

PREVENTION PROGRAMS

Phone _____ (860) 496-2139

231 N. Main St.
Winsted, CT 06098

Phone _____ (860) 496-2100

83 South Canaan Rd.
Canaan, CT 06018

Phone _____ (860) 496-2100

● Mountainside

Residential and outpatient programs utilizing different approaches to get and stay sober. There is an emphasis on continuing care and wellness, including family healing. Group and individual counseling. 6-12 week outpatient with recovery monitoring. Vivitrol program. Adolescent Program.
www.mountaininside.com

187 South Canaan Rd.
Canaan, CT 06018

Phone _____ (800) 762-5433



CT – MIDDLESEX COUNTY

● CT Valley Hospital- Merritt Hall (DMHAS)

www.ct.gov/dmhas

P.O. Box 351
Middletown, CT 06457

Phone _____ (800) 828-3396



● The Connection

Provides mental health and substance abuse counseling in different region 2 towns. Residential programs, mostly in New Haven area.

www.theconnectioninc.org

196 Court St.
Middletown, CT 06457

Phone _____ (855) 435-7955

Phone _____ (860) 343-5500

CT – NEW HAVEN COUNTY

● Cornell Scott Hill Health Center

Comprehensive array of treatment options are available of individuals seeking help for substance abuse issues including both outpatient and inpatient detox, ambulatory detox, methadone maintenance, Twelve-step education (AA and NA meetings) and individual and group therapy.

www.cornellscott.org

Administrative Offices
400 Columbus Ave.
New Haven, CT 06519

Phone _____ (203) 503-3300

121 Wakelee Ave.
Ansonia, CT 06401

Phone _____ (203) 503-3570

122 Wilmot Rd.
New Haven, CT 006515

Phone _____ (203) 503-3000

226 Dixwell Ave.
New Haven, CT 06511

Phone _____ (203) 503-3420

428 Columbus Ave.
New Haven, CT 06519

Phone _____ (203) 503-3000



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

RESIDENTIAL

911 State St.
New Haven, CT 06511

Phone _____ (203) 503-3530

232 Cedar St.
West Haven, CT 06519

Phone _____ (203) 503-3300

285 Main St.
West Haven, CT 6516

Phone _____ (203) 503-3400

393 Columbus Ave.
New Haven, CT 06519

Phone _____ (203) 503-3080

62 Grant St.
New Haven, CT 06519

Phone _____ (203) 503-3350

• Help Inc.

www.cnvhelp.org
900 Watertown Ave.
Waterbury, CT 06708

Phone _____ (203) 756-8984



• The Connection

www.theconnectioninc.org
48 Howe St.
New Haven, CT 06511

Phone _____ (855) 435-7955

Phone _____ (860) 343-5500

Behavioral Health Line

• Wellmore Behavioral Health

www.wellmore.org
Corporate Offices
141 East Main Street, 4th floor
Waterbury, CT 06702

CHILD & ADOLESCENT OUTPATIENT SERVICES

141 East Main Street, 2nd floor
Waterbury, CT 06702

Phone _____ (203) 756-7287

Fax _____ (203) 596-0722

Monday – Thursday 9 am–8 pm; Friday 9 am–5 pm

ADULT OUTPATIENT SERVICES

402 East Main St.
Waterbury, CT 06702

Phone _____ (203) 755-1143

Fax _____ (203)-753-3274

Phone _____ (203) 574-9000

Fax _____ (203) 574-9006

Women's Phone _____ (203) 574-3311

Men's Phone _____ (203) 574-3986

Children's Phone _____ (203) 756-7287

NY – STATE

• New York State Office of Addiction Services and Supports (OASAS)

(formerly NY State Office of Alcoholism)

BRONX ADDICTION TREATMENT CENTER

500 Waters Place, Building 13
Bronx, NY 10461-2723

Phone _____ (718) 904-0026

CHARLES K. POST ADDICTION TREATMENT CENTER

Pilgrim Psychiatric Center Campus – Building #1
998 Crooked Hill Rd.
West Brentwood, NY 11717-1087

Phone _____ (631) 434-7200





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

RESIDENTIAL

CREEDMOOR ADDICTION TREATMENT CENTER

Building #19 – CBU 15
80-45 Winchester Boulevard
Queens Village, NY 11427

Phone _____ (718) 264-3740

DICK VAN DYKE ADDICTION TREATMENT CENTER

1330 County Rd. 132
Ovid, 14521-9716

Phone _____ (607) 869-9500

JOHN L. NORRIS ADDICTION TREATMENT CENTER

Rochester Psychiatric Center
1111 Elmwood Ave
Rochester, NY 14620-3005

Phone _____ (585) 461-0410

KINGSBORO ADDICTION TREATMENT CENTER

754 Lexington Ave.
Brooklyn, NY 11221

Phone _____ (718) 453-3200

MARGARET A. STUTZMAN ADDICTION TREATMENT CENTER

360 Forest Ave.
Buffalo, NY 14213-1205

Phone _____ (716) 882-4900

MCPIKE ADDICTION TREATMENT CENTER

1213 Court St.
Utica, NY 13502

Phone _____ (315) 738-4600

RICHARD C. WARD ADDICTION TREATMENT CENTER

117 Seward Ave., Bldg. 92, Suite #12/16
Middletown, 10940-1903

Phone _____ (845) 341-2500

RUSSELL E. BLAISDELL ADDICTION TREATMENT CENTER

Rockland Psychiatric Center, Building 57
PO Box 140
Orangeburg, NY 10962-1128

Phone _____ (845) 359-8500

SOUTH BEACH ADDICTION TREATMENT CENTER

777 Seaview Ave. Building 3
Staten Island, NY 10305-3499

Phone _____ (718) 667-5202

ST. LAWRENCE ADDICTION TREATMENT CENTER

Hamilton Hall
One Chimney Point Drive
Ogdensburg, NY 13669-2291

Phone _____ (315) 393-1180



● St. Joseph's Addiction Treatment & Recovery Center

At our 67-bed coeducational inpatient facility, clients typically stay with us between 28 and 90 days. Our lengthened, holistic approach to chemical dependency treatment is effective in attaining and maintaining sobriety.

ST. JOSEPH'S VETERANS RESIDENTIAL SERVICES

Nestled in a forest glade, the 25-bed facility offers a holistic, integrated recovery approach specifically tailored to the needs of veterans. Treats veterans with substance use disorder. Also treats veterans with a co-occurring disorder such as PTSD, anxiety, or depression.

www.stjoestreatment.org/admissions/veterans-residential-services

159 Glenwood Drive
Saranac Lake, NY 12983

Phone _____ (877) 813-8647

● Substance Abuse and Mental Health Services Administration (SAMHSA)

OPIOID DEPENDENCE TREATMENT

Buprenorphine and Naloxone Sublingual Film information (to be used in conjunction with mental health and/or addiction counseling.)

<http://buprenorphine.samhsa.gov>

NY – DUTCHESS COUNTY

● Mid-Hudson Addiction Recovery Centers (MARC)

Operates sober housing, serving graduates of MARC programs and other individuals in recovery. The program provides a sober environment with support services. When necessary, it provides rent subsidies as residents continue the transition to self-sufficiency and full integration into society.

www.marc.us.com



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

RESIDENTIAL

• Mid-Hudson Addiction Recovery Centers (MARC) CONT'

51 Cannon St.
Poughkeepsie, NY 12601

Phone _____ (845) 452-8816

Fax _____ (845) 485-4064

BOLGER HOUSE

24-Bed Community Residence for men ages 18 years old and up.

230 Church St.
Poughkeepsie, NY 12601

Phone _____ (845) 452-9168

CHEMICAL DEPENDENCY CRISIS CENTER

In-patient crisis center for men and women who have mild detox.

www.marc.us.com

51 Cannon St.
Poughkeepsie, NY 12601

Phone _____ (845) 471-0310

DOWLING HOUSE

½ way to ¾ house for men and women 19 years old and older.

www.marc.us.com

2103 New Hackensack Rd.
Poughkeepsie, NY 12603

Phone _____ (845) 454-4661

FLORENCE MANOR

24-bed community residence for women ages 18 and older.

www.marc.us.com

24 West Cottage Rd.
Poughkeepsie, NY 12601

Phone _____ (845) 896-5450

• Salvation Army Adult Rehabilitation Center

Long-term Christian-Faith based residential self-help rehab facility.

Residents participate in work therapy, character formation counseling, life management, as well as in-house and community-based 12 step meetings.

www.poughkeepsie.satruck.org

570 Main St.
Poughkeepsie, NY 12601

Phone _____ (845) 471-1730 Ext. 302

• Samaritan/Daytop Village

Provides compassionate, family oriented substance abuse treatment for adults. Samaritan/Daytop Village is based on the Therapeutic Community (TC) model. Individualized treatments provide professional counseling, medical, social, and spiritual attention. Adult Programs: residential, outpatient-call for locations, veterans, family, arts & music, recreation, and spiritual activities.

www.daytop.com

138-02 Queens Boulevard
Briarwood, NY 11435-2647

Admissions Phone _____ (845) 647-6575

Headquarters Phone _____ (718) 206-2000

Phone _____ (845) 876-3789

Phone _____ (845) 452-1913

FOX RUN

Men's Residential. Substance Use Disorder Treatment Services.

190 Fox Hollow Rd.
Rhinebeck, NY

Phone _____ (845) 876-5400

MEADOW RUN

Women's Residential. Substance Use Disorder Treatment Services.

88 Fox Hollow Rd.
Rhinebeck, NY

Phone _____ (845) 876-3789

• Waryas House/Abilities First

Community residence and two-year substance abuse treatment program for people with mental retardation and developmental disabilities. There are 13 beds available for adult men. Detox is not available. Special tracks for Alcohol, Cocaine, Heroin or Marijuana Addiction.

101 Inwood Ave.
Poughkeepsie, 12601

Phone _____ (845) 452-1913

NY – ORANGE COUNTY

• Catholic Charities Community Service of Orange County

Women's and Men's Community Residences, Sober Men Achieving Recovery Together (SMART House), ¾ House, Shelter and Care Apartments.

www.catholiccharitiesoc.org



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

396 Broadway
Monticello, NY 12701

Phone _____ (845) 794-8080

NY – SULLIVAN COUNTY

● New Hope Manor

We are a private, non-profit, 48-bed residential drug and alcohol rehabilitation center for females and infants born in treatment. Services include psychiatric evaluation, medication management, counseling, self-help groups, relapse prevention groups, spiritual and religious support, vocational/educational services, and parenting classes. Re-entry and after-care is also provided. Pregnant women are accepted. No one is refused due to inability to pay.

www.newhopemanor.org

35 Hillside Rd.
Barryville, NY 12719

Phone _____ (845) 557-8353

Fax: _____ (845) 557-6603

NY – ULSTER COUNTY

● Abel House

A housing and treatment center for substance abuse, eligible to OASAS certified individuals who are Medicaid-eligible and needing 24/7 care. The program offers approximately 6-9 months of sober housing. Staff work intensely with residents in formulating individualized service plans: medication management and training, life skills training, services and interventions that support sobriety, health and wellness.

11 Overbaugh Street
Saugerties, 12477

Phone _____ (845) 246-2645

● Samaritan Daytop Village

Provides compassionate, family oriented substance abuse treatment for adults. Samaritan/Daytop Village is based on the Therapeutic Community (TC) model. Individualized treatment plans provide professional counseling, medical, social and spiritual attention. Offers programs for adults.

www.daytop.com

Admissions Phone _____ (845) 647-6575

TREATMENT

RESIDENTIAL

SAMARITAN VILLAGE – ELLENVILLE

Substance Use Disorder Treatment Services.

751 Briggs Hwy.
Ellenville, NY 12428

Phone _____ (845) 647-8006

WOMAN'S VETERAN PROGRAM – ELLENVILLE

New York State's first residential treatment program dedicated to female veterans. It offers gender-specific treatment at a safe and encouraging environment for women veterans.

Phone _____ (845) 647-4592

● St. Christopher's Inn at Graymoor

Temporary shelter dedicated to the rehabilitation of men in crisis. The Inn shelters over 1,500 residents per year, most of whom suffer from alcoholism and/or drug addiction.

www.stchristophersinn-graymoor.org

21 Franciscan Way
Garrison, NY 10524

Weekend/Evening Phone _____ (800) 424-0027

Admissions Office Phone _____ (845) 335-1020

Supervised Detox Phone _____ (845) 335-1028



● St. Joseph's Addiction Treatment and Recovery Ctrs.

JOSEPH'S HOUSE

Our mission is to treat and provide a safe, sober environment for alcoholics and addicts: six 2-bedroom apartments for men and women ages 18 and up. Residential long-term treatment (more than 30 days).

www.stjoestreatment.org

www.transitionalhousing.org/li/saintjosephsaddictiontreatment

7 Fallkill Place
Poughkeepsie, NY 12601

Phone _____ (845) 483-7051



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TREATMENT

RESIDENTIAL

● St. Vincent's Hospital Westchester

SISTER ANNE MARY REGAN RESIDENCE

Half-way house for women. 24-hour care in a short term transitional residence for 20 females.

www.stvincentswestchester.org/residential-services/community-residences

18 Spring St.
Port Chester, NY 10573

Phone _____ (914) 848-3101

● Villa Veritas Foundation, Inc.

We take a holistic approach to healthcare practices we employ in the treatment of alcohol and drug addiction. Programs incorporate Nicotine Addiction, Recreational Program, and Spiritual Retreats/Wellness Weekends. Women's and Men's Programs, 18 years old and up.

www.villaveritas.org

5 Ridgewood Road
PO Box 610
Kerhonkson, NY 12520

Phone _____ (845) 626-3555

After-Hours Phone _____ (845) 532-2418

Fax _____ (845) 626-3840

● Walter Hoving Home

Twelve-month Christian residential program that helps women who have been addicted to drugs, alcohol, prostitution, etc. to get a new start on life.

www.walterhovinghome.org

40 Walter Hoving Rd.
Garrison, NY 10524

Phone _____ (845) 424-3674

NY – WESTCHESTER COUNTY

● FDR Veteran's Administration Hospital

VAT 70 PROGRAM

Provides services for veterans of the armed forces only. 18-bed detoxification facility, 15 bed rehabilitation facility, 23-bed half-way house.

www.hudsonvalley.va.gov

2094 Albany Post Rd., Bldg. 57
Montrose, NY 10548

Phone _____ (914) 737-4400 Ext. 2358

Fax _____ (914) 788-4244



● Halfway Houses of Westchester

Community residence with therapeutic living atmosphere, counseling, AA meetings, education, social, and recreational activities. 10 beds, men only.

longyiew14@verizon.net

14 Longview Ave.
White Plains, NY 10605

Phone _____ (914) 946-0949

● St. Vincent's Hospital Westchester

SISTER ANNE MARY REGAN RESIDENCE FOR WOMEN

Half-way house for women. 24-hour care in a short term transitiona residence for 20 females.

www.svcmcny.org

18 Spring St.
Port Chester, NY 10573

Phone _____ (914) 848-3101

● Volunteers of America Shelter – Crossroads

Therapeutic living atmosphere, counseling, AA meetings. Educational, social, and recreational activities. 17 beds for men.

www.voa.org

395 Webster Ave.
New Rochelle, NY 10801

Phone _____ (914) 636-8689

This Resource Directory is produced by
CAPE: The Council on Addiction, Prevention, and Education
of Dutchess County.

If you have any revisions to the information
provided or wish to be included in the next
edition of our Directory, please let us know.



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

ADULTS

SECTION II: WELLNESS

“Eight dimensions of wellness include: emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social.”

– U.S. Department of Health and Human Services (HHS)

ACTIVITIES

ADULTS

CT – LITCHFIELD COUNTY

• Center Congregational Church

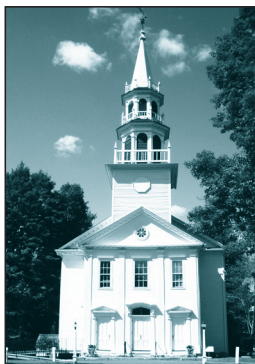
We are a spirit-led, mission-minded church that welcomes people from all backgrounds to be a part of its vibrant life and mission. We are a church that seeks to be an inviting and an exciting church, a place where the Spirit is alive, where people find deeper purpose for their lives, and where we seek to draw more people to the abundant life of faith in Jesus Christ.

<https://centerchurchtor.org>

155 Main St.
Torrington, CT 6790

Phone _____ (860) 489-8301

CT – NEW HAVEN COUNTY



• South Britain Congregational Church

We are a congregation of people from many different backgrounds, faith traditions, and histories. What brings us together is our faith, families, desire for community, and love for God. We offer faith formation programs, fellowship activities, and outreach opportunities. No matter who you are or where you are on life's journey, you are welcome here.

www.southbritainchurch.org

693 South Britain Rd.
Southbury, CT 06488 |

Phone _____ 203-264-5890

NY – NEW YORK STATE

• Cornell University (eCornell)

Delivers online professional certificate programs to individuals and organizations around the world. Certificate programs include leadership and management, marketing and technology, human resources, health-care, hospitality and more.

www.ecornell.com

950 Danby Rd. Suite 150
Ithaca, NY 14850

Phone _____ (607) 330-3200

NY – DUTCHESS COUNTY



• The Art Effect (formerly, Mill Street Loft)

Adult courses and workshops for students 16 years of age and older. Includes figure drawing, digital photography, painting, digital painting, and The Road to Scholarship: Parent and Student Prep.

45 Pershing Avenue
Poughkeepsie, NY 12601

Phone _____ (845) 471-7477

• Cornell University Cooperative Extension Dutchess Cty.

DUTCHESS COUNTY FARM AND HOME CENTER

Connects people with information they need on topics such as commercial and consumer agriculture; nutrition and health; youth and families; finances; energy efficiency; economic and community development; and sustainable natural resources. Our ability to match university resources with community needs helps us play a vital role in the lives of individuals, families, businesses, and communities throughout Dutchess County.

HOURS: Weekdays 8:30am–4:30pm

dutchess@cornell.edu

2715 Rte. 44
Millbrook, NY 12545

Phone _____ (845) 677-8223

Fax _____ (845) 677-6563



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

CHILDREN/YOUTH

AFTER-SCHOOL PROGRAMS

● Poughkeepsie Public Library District

Social and educational community events: Discussions and lectures on local history, ethnic diversity, aging, race relations, literature, theatre, creative writing, national and international policy, cultural trends, healthy living, exercise, and more. Programs on money management, retirement planning, tax preparation, gardening, cooking, health care, insurance, starting a business, changing careers, home renovation, genealogical research, etc. Dialogues on living with Alzheimers, deaf culture, poverty, faith, leisure activity, etc. Reading rooms with access to newspapers and magazines. Free access to extensive online resources in a wide spectrum of topics. HOURS: Mon–Thu, 9am–9pm; Fri–Sat, 9am–5pm; Sun, 2pm–5pm.

ADRIANCE MEMORIAL LIBRARY

www.poklib.org

93 Market St.
Poughkeepsie, NY 12601

Phone _____ (845) 485-3445

Reference Dept _____ Ext. 3702

Youth Services _____ Ext. 3320

BOARDMAN BRANCH (POUGHKEEPSIE PUBLIC LIBRARY)

HOURS: Mon–Thu, 9am–9pm; Fri–Sat, 9am–5pm; Sunday, Closed

www.poklib.org

141 Boardman Rd.
Poughkeepsie, NY 12603

Phone _____ (845) 485-3445

● Verplanck Garden Club

Stimulates, educates, and supports the community in home gardening, conservation of natural resource,s and protection of the environment. Monthly meetings held the 2nd Tuesday of the month at 7 pm. (No phone contact availability. Email only.)

Facebook: Verplanck Garden Club
email: verplankgardenclub@yahoo.com

807 Rte. 52
Fishkill, NY 12524



CHILDREN/YOUTH

AFTER-SCHOOL PROGRAMS

US – NATIONAL

● Boy Scouts of America

Scouting for boys and girls starts with their best selves and grows into their best future selves. It's fun, hands-on learning and achievement that put kids in the middle of the action and prepares them for life.

www.scouting.org

www.beascout.org

● Girl Scouts of America

Delivers the best leadership experience for girls, setting them up for a lifetime of success. Every year, thousands of inspiring future leaders are honored with the Girl Scout Gold Award, the most prestigious award in the world for girls, and the most difficult to earn. See how Gold Award Girl Scouts are taking action, creating change today for a better tomorrow.

www.girlscouts.org

NY – REGIONAL



● Boy Scouts of America

HUDSON VALLEY COUNCIL (BOY SCOUTS)

Prepares young people to make ethical and moral choices over their life-times by instilling in them the values of the Scout Oath and Law.

SCOUT OATH: On my honor I will do my best, to do my duty to God and my country, and to obey the Scout Law; To help other people at all times.

SCOUT LAW: A scout is trustworthy, loyal, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean and reverent.

www.hudsonvalleyscouting.org

Scout Service Center: 6 Jeanne Drive
Newburgh, NY 12550

Phone _____ (845) 566-7300

Fax _____ (845) 566-7332



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

CHILDREN/YOUTH

AFTER-SCHOOL PROGRAMS



● Girl Scouts Heart of the Hudson

Unleash her inner G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)™ serving girls in Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, and Westchester counties. Builds girls of courage, confidence, and character, who make the world a better place.

GIRL SCOUT PROMISE: On my honor, I will try: To serve God and my country; To help people at all times; And to live by the Girl Scout Law.

GIRL SCOUT LAW: I will do my best to be honest and fair, friendly and helpful, considerate and caring, courageous and strong, and responsible for what I say and do, and to respect myself and others, respect authority, use resources wisely, make the world a better place, and be a sister to every Girl Scout.

www.girlscoutshh.org

2 Great Oak Ln.
Pleasantville, NY 10570

Customer Care _____ (855) 232-GSHH

NY – DUTCHESS COUNTY

● The Art Effect (formerly, Mill Street Loft)

Empowers youth in Hudson Valley through the arts and media. Our programming sequence supports the personal and professional development of youth and provides them with the tools and support necessary to explore the arts. It is our commitment to support personal growth, self-expression, cooperation, and enhanced human services to build the creative community of the Hudson Valley.

PROGRAM FOR ADOLESCENT STUDENT WOMEN OF REAL DIRECTION (PASWORD)

A year-round program that uses the arts to address gender-specific issues for “at-risk” young women ages 11-18.

<https://feelthearteffect.org>

455 Pershing Avenue
Poughkeepsie, NY 12601

Phone _____ (845) 471-7477

Fax _____ (845) 471-7507

● Beacon Recreation Center

Facilities available within our parks include 4 softball, 3 baseball, 1 football, and 1 soccer field; 2 tennis, 4 basketball courts; 3 playgrounds, 5 picnic pavilions, walking paths, and a public pool.

www.cityofbeacon.org/government/parksrecreation.htm

23 West Center Street
Beacon, NY 12508

Phone _____ (845) 677-8223

Fax _____ (845) 677-6563

● Children’s Community Services

BEFORE AND AFTER SCHOOL PROGRAM

Designed for elementary school students, we provide age-appropriate activities in a safe and secure environment that allows children to be children. We follow the Wappingers School District calendar; providing care on 1/2 days and early dismissals (up to 3 hrs after WCSD closes).

www.childrenscommunityservices.org

1143 Main St.
Fishkill, NY 12524

Phone _____ (845) 896-9876

Fax _____ (845) 896-1534

● Community Family Development, Inc.

Provides infant, toddler, preschool, and pre-k after-school care, and summer programming. From ages 5 to 12 years, we help children develop social skills, personal interests and responsibility. Enrichment activities include homework tutoring, reading, arts and crafts, outdoor games, team sports, and an on-site garden. Transportation is provided to and from school. Care is also available on school-free days and during summer vacation.

www.communityfamilydevelopment.com

email: info@communityfamilydevelopment.com

269 Mill St.
Poughkeepsie, NY 12601

Phone _____ (845) 471-5301

● Cornell University Cooperative Extension Dutchess Cty.

4-H YOUTH DEVELOPMENT

Positive youth development organization that empowers young people to reach their full potential while giving back to their communities.

Phone _____ (845) 454-7140

Fax _____ (845) 485-2421



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

CHILDREN/YOUTH

AFTER-SCHOOL PROGRAMS

● Cornell University Cooperative Extension Dutchess CONT'

GREEN TEEN COMMUNITY GARDENING PROGRAM



We empower urban youth to be effective community change agents by immersing them in the local food system, teaching life and work skills through hands-on experiences in farming and gardening, health and nutrition, entrepreneurship, and leadership. For children and young adults ages 5-19 years old.

www.ccedutchess.org

email: dutchess@cornell.edu or hgb4@cornell.edu

2715 Route 44
Millbrook, NY 12545-5566

Phone _____ (845) 454-7140

Phone _____ (845) 677-8223

Fax _____ (845) 677-6563

● Council on Addiction Prevention and Education (CAPE)

THE MARATHON PROJECT



An innovative distance running program that pairs adult mentors with at-risk youth 12-18 years. The project aims to reduce risk factors such as childhood obesity, school drop outs, and substance misuse. This after school initiative provides opportunities for students and mentors to set and achieve goals, explore avenues of character development and improve health while building positive, student/adult relationship.

www.capedc.org

807 Rte. 52, Room 28
Fishkill, NY 12524

Phone _____ (845) 765-8301 Ext. 101

Fax _____ (845) 765-8304

● Family Services, Inc.

CATHARINE STREET COMMUNITY CENTER (CSCC)

After School Program provides safe, fun, and learning-based environment for children ages 5-12. Children play organized sports and games, participate in enrichment activities, and have a scheduled, supervised homework session. Special events like Kids Expo and field trips may be offered during non-program hours. HOURS: M-F from school dismissal time to 5:30 PM.

www.catharinecenter.org

152 Mansion St.
Poughkeepsie, NY 12601

Mailing Address:
69 Catharine St.
Poughkeepsie, NY 12601

Phone _____ (845) 473-2272

Fax _____ (845) 473-5107

CHILDREN'S CENTER AT DUTCHESS COUNTY FAMILY COURT

Provides childcare within the courthouse building for children 6 weeks to 12 years for families that have business there. We also provide referrals to services, like daycare, WIC, Medicaid, literacy, counseling, and further resources that may be useful to families.

<http://familyservicesny.org>

50 Market St. 3rd floor
Poughkeepsie, NY 12601

Phone _____ (845) 431-1854

TEEN RESOURCE ACTIVITY CENTER (TRAC)

Safe environment for local adolescents. Provides access to computers with internet; recreational activities (football, basketball, softball); homework tutoring; dance/social events; games; community service; trips; arts and crafts. FREE for ages 13-18. Monday-Friday 4pm-9pm.

<http://familyservicesny.org>

29 North Hamilton St. Suite L29
Poughkeepsie, NY 12601

Phone _____ (845) 452-1110 Ext. 3124

● Habilidad (Abilities)

An arts-based after-school program for City of Poughkeepsie High School students. Created in response to the growing population of Spanish speaking youth. Habilidad provides academic enrichment and career exploration, supporting the development of problem solving, identity, and self-esteem. The program is available to youth ages 13-18, from 3-5pm M-Th.

<https://feelthearteffect.org>



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

CHILDREN/YOUTH

AFTER-SCHOOL PROGRAMS

55 Pershing Avenue
Poughkeepsie, NY 12601

Phone _____ (845) 471-7477

Fax _____ (845) 471-7507

- **Mill Street Loft (See Art Effect)**

<https://feelthearteffect.org>

455 Pershing Avenue
Poughkeepsie, NY 12601

Phone _____ (845) 471-7477

- **Poughkeepsie Public Library District**

ADRIANCE MEMORIAL LIBRARY

Free after school tutoring and 'reading buddies' available for elementary age children. Many socialization and literacy-boosting opportunities for children, birth–18. Opportunities to explore music, literature, theatre, poetry, dance, graphic design, computer generated art, painting, puppetry, cooking, building, logic, and more! Safe and educational place for teens to 'hang out.' HOURS: M–Th, 9am–9pm; F–S, 9am–5pm; Sun, 2pm–5pm.

www.poklib.org

93 Market St.
Poughkeepsie, NY 12601

Phone _____ (845) 485-3445

Reference Department _____ Ext. 3702

Youth Services _____ Ext. 3320

BOARDMAN BRANCH

HOURS: Mon–Thu, 9am–9pm; Fri–Sat, 9am–5pm; Sunday, Closed.

141 Boardman Rd.
Poughkeepsie, NY 12603

Phone _____ (845) 485-3445

- **Young Rhinebeck**

We prepare youth to interact with their local and global community with intelligence, cultural competence, ethics, compassion and generosity. Our Programs include Life, Learning & Language (LLL), Half Day/Whole World Cultural Program, Art for a Cause, and Teen Film Series.

www.youngrhinebeck.org

P.O. Box 590
Rhinebeck, NY 12572

Phone _____ (845) 332-7305

NY – ROCKLAND COUNTY

- **Village of Haverstraw**

HAVERSTRAW PARKS AND RECREATION

Offers gorgeous park and recreational space for families, friends, and events. Residents and visitors enjoy the outdoors with community events: yoga, art festivals, and movie nights. Play some ball or watch the sunset from our parks and recreational spaces.

<https://voh-nyc.com>

Municipal Building
40 New Main St.
Haverstraw, NY 10927

Phone _____ (845) 429-0300

Fax: _____ (845) 429-0353

HAVERSTRAW CENTER

Provides counseling, community information and education: Positive alternative activities, recreation; curriculum and activity-based programs; counseling services; summer programs; community service programs.

HOURS: M–F 12–7pm; Sat; 10am–1pm. All other hours by appointment.

<http://voh-nyc.com/youth-family-services>

50 West Broad St.
Haverstraw, NY 10927

Phone _____ (845) 429-5731

Fax _____ (845) 429-5796

NY – ULSTER COUNTY

- **Boy Scouts of America**

RIP VAN WINKLE COUNCIL

Offers wide range of scouting activities for youth in Ulster and Greene Counties. Resources include the TriMount Camping Facility, community and sports programs, and opportunities for all ages, backgrounds, and interests.

www.rvwbsa.org

75 Pine Street
Kingston, NY 12401

Phone _____ (845) 339-0846

Phone _____ (845) 452-1810





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

CHILDREN/YOUTH

CAMPS/SUMMER PROGRAMS

NY – WESTCHESTER COUNTY

● Girl Scouts Central Office

Headquarters for Hudson Valley

2 Oak Lane

Pleasantville, NY 10570

Phone _____ (845) 452-1810

CAMPS/SUMMER PROGRAMS

NY – DUTCHESS COUNTY

● Camp Ramapo for Children

A 250-acre residential summer camp that serves children ages 6-16 who are affected by social, emotional, or learning challenges, including children affected by autism spectrum disorders.

www.ramapoforchildren.org

Route 52/Salisbury Turnpike

PO Box 266

Rhinebeck, NY 12572

Phone _____ (845) 876-8403

Fax _____ (845) 876-8414

● Catharine Street Community Center (CSCC)

SUMMER ENRICHMENT PROGRAM

Eight-week program provides summer daycare with tutoring and recreational activities for children in kindergarten through 3rd grade.

www.catharinecenter.org

152 Mansion Street

Poughkeepsie, NY 12601

Phone _____ (845) 473-2272

Fax _____ (845) 473-5107

● Hudson Valley Community Center (HVCC) of Dutchess County

Includes weekly themes of Gardening, Insects, Arts, Drama, Cooking, Music, Outdoor Construction, and Sports Skills.

www.hvcommunitycenter.com

110 South Grand Ave.

Poughkeepsie, NY 12603

Phone _____ (845) 471-0430

Fax _____ (845) 471-0659

CAMP GAN RIMON

Ages 4 to 12 (5-week program)

www.hvcommunitycenter.com

110 South Grand Ave.

Poughkeepsie, NY 12603

Phone _____

Fax _____

SOL SILVER DAY CAMP

Ages 18 Months to 3½ (6-week program).

www.hvcommunitycenter.com

110 South Grand Ave.

Poughkeepsie, NY 12603

Phone _____ (845) 471-0430

Fax _____ (845) 471-0659



● The Art Effect (formerly, Mill Street Loft)

DUTCHESS ARTS CAMP

Multi-arts summer program builds self-esteem as children learn through the arts with professional artists.

Offers drawing, cartooning, painting, clay studios, puppetry, mask making, weaving, papermaking, live action video, pinhole photography, music, drama, set design, jewelry making and bookmaking. Weekly sessions – July-August. Beacon: Ages 4-12; Millbrook: Ages 4-14; Poughkeepsie: Ages 4-14; Red Hook: Ages 6-12.

<https://feelthearteffect.org>

455 Pershing Avenue

Poughkeepsie, NY 12601

Phone _____ (845) 471-7477

Fax _____ (845) 471-7507

● Vassar College Athletic Summer Camps

Boys' Basketball Camp (Ages 7 to 15); Girls' Basketball Camp (Ages 7 to 15); Vassar College Soccer Day Camp for Boys and Girls (Ages 7 to 14);

Overnight Camps. High School Students: Vassar College Lacrosse for Boys, Vassar Woman's Soccer Elite ID Camp, Vassar Co-ed Squash Training Camp.



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

CHILDREN/YOUTH

CAMPS/SUMMER PROGRAMS

www.vassarathletics.com

124 Raymond Ave
PO Box 720
Poughkeepsie, NY 12604

Phone _____ (845) 437-7946

NY – ORANGE COUNTY

● Camp Redwood

A 50-year history of helping our campers gain a wide range of new skills and practical knowledge. Children have a happy and exciting Day Camp experience that enriches their lives. Activities include sports, physical fitness, art, music, culture, nature, and other forms of creativity.

www.campredwood.net

576 Rock Cut Rd.
Walden, NY 12586

Phone _____ (845) 564-1180

Fax _____ (845) 564-1128

NY – PUTNAM COUNTY

● Green Chimneys Children's Services, Inc.

Full and half day camp programs for children ages 3-6. Activities include outdoor sports, camp sing-alongs, swimming, arts and crafts, and visits to Green Chimneys Farm and Wildlife Center.



The Farm & Wildlife Center, located on our Brewster Campus, is home to over 200 farm animals, horses and permanently injured or imprinted wildlife. The farm is supported by a dedicated team of animal experts and caretakers who provide the utmost in care for our diverse species.

www.greenchimneys.org/nursery-summercamp

Main Office:
400 Doansburg Road, Box 719
Brewster, NY 10509

Phone _____ (845) 279-2995

Fax _____ (845) 279-3077



HILLSIDE SUMMER CAMP

Adventure and Day camp programs for ages 4 ½-15. Green Chimneys' 160 acres includes access to the Great Swamp, a Farm & Wildlife Center featuring over 300 animals, an indoor swimming pool and gym.

www.greenchimneys.org/hillsidesummercamp

Phone _____ (845) 279-2995 Ext. 166 or 336

CLEARPOOL SUMMER PROGRAMS

Adventure and day camp programs for ages 4 ½-15. Over 250 acres of fields, forests and streams including a natural lake for swimming and boating, a gym, an archery range, playground and campfire ring.

www.greenchimneys.org/clearpoolsummercamp

333 Clearpool Rd.
Carmel, NY 10512

Phone _____ (845) 225-8226

Fax _____ (845) 225-6337

NY – ROCKLAND COUNTY

● Village of Haverstraw

SUMMER CAMP PROGRAM

A six-week summer program, from early July to mid-August. Applications are available at the Village Hall or on the website. The camp day: 8:15 am–3 pm. An "after camp" program from 3:00 pm–5:30 pm is available for an additional cost. The camp is open to youth ages 6–14 and is open to the first 175 children who apply.

VILLAGE OF HAVERSTRAW SUMMER YOUTH PROGRAM

Free story-time and play/learning opportunities, birth through 5 years old. Weekly programs incorporate music, dance, art, reading and play.

<http://voh-ny.com/summer-programs>

40 New Main Street
Haverstraw, New York 10927

Phone _____ (845) 429-0300

Fax _____ (845) 429-0353



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

CHILDREN/YOUTH

PRESCHOOL/DAYCARE

PRESCHOOL/DAYCARE



CT – HARTFORD COUNTY

• Care 4 Kids

The goal of the Care 4 Kids program is to make child care affordable for low to moderate income families in Connecticut. The program is a partnership between the State of Connecticut, the families in the program and the providers who take care of the children. To participate in the program, there are certain eligibility requirements for parents, children and child care providers.

www.ctcare4kids.com

1344 Silas Deane Hwy.
Rocky Hill, CT 6067

Phone _____ (800) 214-5437

CT – LITCHFIELD COUNTY

• Brooker Memorial Early Learning and Child Care Ctr.

www.brookermemorial.org

157 Litchfield St.
Torrington, CT 6790

Phone _____ (860) 489-5437

• EdAdvance Head Start

Head Start provides an array of comprehensive, quality services, including health, nutrition, parent support, education, and mental health, to children ages three to five and their families. The program's vision is "each child and family leaves Head Start healthy, eager to learn, and ready for success."

<https://edadvance.org/students-families/head-start>

Phone _____ (860) 567-0863

WINCHESTER HEAD START

Phone _____ (860) 626-3296

NEW MILFORD HEAD START

Phone _____ (860) 304-4648

PLYMOUTH HEAD START

Phone _____ (860) 689-6832

TORRINGTON HEAD START

Phone _____ (860) 482-5286

LITCHFIELD HEAD START

Phone _____ (860) 567-0863

• Future Foundations

We serve infant, toddler, preschool, and elementary school children ages 6 weeks through the 5th grade. We offer full time and part time care. Our program was created to meet the needs of parents and caregivers who are concerned with providing their children with quality educational child care.

www.futurefoundationsct.com

email: futurefoundationsct@yahoo.com

21 Fern Dr.
Litchfield, CT 6759

Phone _____ (860) 489-7222

• Happy Days Home Care

Birth to 5 yrs old.

www.care.com

31 Tara Dr
Torrington, CT 6790

Phone _____ (860) 496-9105

• Hilltop Nursery School

"Excellence in Early Childhood Education, Distinctly Christian"

www.hilltopchristianelc.com

837 Charles St.
Torrington, CT 6790

Phone _____ (860) 482-3727

• Kindercare

We're more than educators. We help families build confidence for life. Our programs give children a foundation they can build on. Wherever they go, they'll be ready to think bigger, feel stronger, and aim higher.

www.kindercare.com

1260 Winsted Rd.
Torrington, CT 6790

Phone _____ (860) 496-8687



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

CHILDREN/YOUTH

PRESCHOOL/DAYCARE

- **Torrington Child Care Center**

NAEYC accredited full day care age 3 to 5 school readiness program.

www.torringtonchildcare.org

338 Kennedy Dr.

Torrington, CT 6790

Phone _____ (860) 482-2621

- **Torrington High School Preschool Lab**

Ages 3 to 5.

www.torrington.org

Major Besse Dr.

Torrington, CT 6790

Phone _____ (860) 489-8894 Ext. 4126

- **Torrington Preschool Center**

Private State LIC ages 3 to 5.

www.torringtonpreschool.com

46 Evans Street

Torrington, CT 6790

Phone _____ (860) 496-8677

- **YMCA Child Care Center**

Mission is to build a healthy spirit, mind and body, in children and adults, through programs that foster caring, honesty, respect and responsibility.

www.nwcty.org/programs/childcare

259 Prospect St.

Torrington, CT 6790

Phone _____ (860) 489-3133

NY – DUTCHESS COUNTY

- **Astor Services for Children and Families**

In the Mid-Hudson Valley, Astor operates all of the Head Start Programs in Dutchess County. Astor knows, as data has proven, that children need a good start in life.

www.astorservices.org

Main Office: 6339 Mill St.

P.O. Box 5005

Rhinebeck, NY 12572

Phone _____ (845) 871-1000

Fax _____ (845) 876-2020

EARLY HEAD START PROGRAM

Provides comprehensive child development services to young children, ages 0-3, and their families. Services are center-based and home-based.

www.astorservices.org

50 Delafield St.

Poughkeepsie, NY 12601

Phone _____ (845) 452-7726

Fax _____ (845) 876-2020

PRESCHOOL SPECIAL EDUCATION PROGRAM

Includes Special Class Integrated Services (inclusive setting), Special Class (self-contained setting), Therapeutic Preschool (educational and therapeutic services for children with emotional and/or behavioral problems).

www.astorservices.org

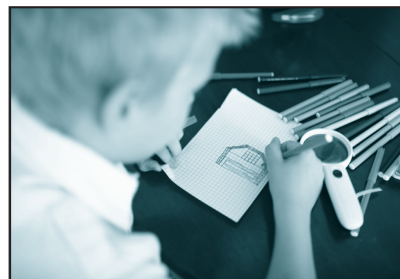
50 Delafield St.

Poughkeepsie, NY 12601

Phone _____ (845) 452-7726

Fax _____ (845) 876-2020

Phone _____ (845) 452-7726



- **Catharine Street Community Center (CSCC)**

Promotes and coordinates educational, health and cultural programming that enriches and enhances the lives of individuals, children and families in Dutchess County.

www.catharinecenter.org

152 Mansion Street

Poughkeepsie, NY 12601

Mailing Address:

69 Catharine St.

Poughkeepsie, NY 12601

Phone _____ (845) 473-2272

Fax _____ (845) 473-5107



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

CHILDREN/YOUTH

PRESCHOOL/DAYCARE

• Catharine Street Community Center (CSCC) ^{CONT'}

BRIDGE DAYCARE PROGRAM

For children 3 to 4 years old. 8 am to 6:30 pm.

www.catharinecenter.org

152 Mansion Street
Poughkeepsie, NY 12601

Mailing Address: 69 CatharineSt
Poughkeepsie, NY 12601

Phone _____ (845) 473-2272

Fax _____ (845) 473-5107

UNIVERSAL PRE-KINDERGARTEN

Under the auspices of the City of Poughkeepsie School District, CSCC, Universal Pre-Kindergarten helps prepare children for a successful start in school. For children age four. Located at various sites throughout the city of Poughkeepsie, including at Catharine Street Community Center.

Poughkeepsie City School District _____ (845) 451-4900

• Children's Community Services

DEKINDER PRESCHOOL

Half-day program dedicated to providing meaningful and enriching learning opportunities for 3-4 year olds. Hands-on experiences through art, music, literacy, math, and science. Also offers "Before and After School Care."

www.childrenscommunityservices.org

1143 Main St.
Fishkill, NY 12524

Phone _____ (845) 896-9876

Fax _____ (845) 896-1534

PARENTS AND TOTS

Once-a-week special program in a preschool setting. Hands-on activities allow the children to explore art, music, story time, sensory games, and free play. Children get to make arts and crafts, sing and dance, and read with one another. Children must be two years to start and a parent or family member must accompany them. Wednesdays or Fridays: 9:30-11am.

www.childrenscommunityservices.org

1143 Main St.
Fishkill, NY 12524

Phone _____ (845) 896-9876

Fax _____ (845) 896-1534

• Community Family Development, Inc.

Provides infant, toddler, pre-school, universal pre-kindergarten, after school care and summer programming for children from 6 weeks-12 yrs.

www.cfdcenter.org

269 Mill St.
Poughkeepsie, NY 12601

Phone _____ (845) 471-5301

Phone 2 _____ (845) 471-3343



• Community Nursery School – Poughkeepsie United Methodist Church

Non-sectarian. Offers a program geared toward total development of the child using "learn through play" methods. Ages 2 to 5 years old.

www.pokumc.org

2381 New Hackensack Road
Poughkeepsie, NY 12603

Phone _____ (845) 452-2933

Fax _____ (845) 452-3103

• Freedom Plains Presbyterian Nursery School

Developmental readiness program for 3-5 year olds, guiding and encouraging children in social, physical, emotional and cognitive growth. They learn by "doing" and having first-hand experiences in all areas.

www.fppchurch.org/WPS/youth/nursery-school/

1168 NY-55
Lagrangeville, NY 12540

Phone _____ (845) 485-1145

• Hudson Valley Community Center (HVCC)

SOL SILVER EARLY CHILDHOOD CENTER

Includes Pre-K and K. We believe that children learn through play and exploration. They will be encouraged to see, smell, hear, touch and taste as they learn qualities of the world around them. Ages 18 months – 6 years.

www.hvcommunitycenter.com/



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

CHILDREN/YOUTH

PRESCHOOL/DAYCARE

110 South Grand Ave.
Poughkeepsie, NY 12603

Phone _____ (845) 471-0430

- **Mid-Hudson Regional Early Education Center**

SPECIAL NEEDS PRESCHOOL

Providing services to children, 18 months-5 years, with speech, language, motor, and development disabilities. Half- and full-day programming offered September-June. A six week summer program is also offered in Poughkeepsie, Beacon, Hyde Park, Red Hook, Millbrook.

www.westchestermedicalcenter.org/mhrh

23 Spackenkill Road
Poughkeepsie, NY 12601

Phone _____ (845) 431-8803

Phone _____ (845) 431-8800

- **Northeast-Millerton Library**

Sing, Play, Read! Preschool aged story hour for parents/caregivers and children. 10:30am on Tuesdays.

www.nemillertonlibrary.org

75 Main Street
PO Box 786
Millerton, NY 12546

Phone _____ (845) 789-3340

- **Poughkeepsie Public Library District**

ADRIANCE MEMORIAL LIBRARY

Free story-time and play/learning opportunities, birth through 5 years old. Weekly programs incorporate music, dance, art, reading and play.

www.poklib.org

93 Market St.
Poughkeepsie, NY 12601

Phone _____ (845) 485-3445

Youth Services _____ Ext. 3320

BOARDMAN BRANCH

Weekly programs incorporate music, dance, art, reading and play.

www.poklib.org

141 Boardman Rd.
Poughkeepsie, NY 12603

Phone _____ (845) 485-3445



- **Stepping Stones Preschool**

Non-sectarian nursery school for 2-5 year olds. Encourages growth in all areas of social, emotional, physical and cognitive development. Offers wide range of experiences for a rewarding school experience.

www.fishkill.org/umc

38 Broad St.
Fishkill, NY 12524

Phone _____ (845) 896-5453

NY – ULSTER COUNTY

- **Center for Spectrum Services**

A private not-for-profit day school specifically designed for children, ages 3-12, with autism. Therapies include counseling, speech, occupational, and physical therapy.

www.centerforspectrumservices.org

70 Kukuk Lane
Kingston, NY 12401

Phone _____ (845) 336-2616

NY – WESTCHESTER COUNTY

- **White Plains Youth Bureau**

Early intervention/prevention programming in school district; after-school for Ferris Avenue community; and activities at the Youth Bureau.

www.ci.white-plains.ny.us

11 Amherst Place
White Plains, NY 10601

Phone _____ (914) 422-6489

- **Yonkers Community Action Program (YCAP)**

YOUTH DEVELOPMENT PROGRAM

Services in recreation and education. Family Development Program.

www.yonkerscap.org

164 Ashburton Ave.
Yonkers, 10701

Phone _____ (914) 423-5905



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

LIBRARIES

WEEKEND PROGRAMS

NY – DUTCHESS COUNTY

- **Catholic Youth Organization (CYO)**

Assists and supports parishes in developing vibrant parish youth athletic, cultural and spiritual programs for young people. CYO offers recreational programs as well as an annual art and essay contest.

www.catholiccharities-dutchesscounty.org

218 Church St.
Poughkeepsie, NY 12601

Phone _____ (845) 452-1400

Fax _____ (845) 452-3336

LIBRARIES



NY – REGIONAL

- **Mid-Hudson Library System (MHLS)**

Cooperative library system chartered by the New York Board of Regents is dedicated to strengthening local library service. Insures the public's right to free access, resource sharing, and professional library services.

103 Market Street
Poughkeepsie, New York 12601

<https://midhudson.org>

Phone _____ (845) 471-6060

Fax _____ (845) 454-5940

NY – NEW YORK CITY

FORDHAM UNIVERSITY QUINN LIBRARY

New York, NY

Phone _____ (212) 558-3780

HARVARD LIBRARY

New York, NY

Phone _____ (212) 827-1246

NEW YORK LAW SCHOOL

New York, NY

Phone _____ (212) 431-2100

NEW YORK PUBLIC LIBRARY – NEW AMSTERDAM LIBRARY

New York, NY

Phone _____ (212) 732-8186

NEW YORK PUBLIC LIBRARY – STEPHEN A. SCHWARZMAN BUILDING

New York, NY

Phone _____ (917) 275-6975

NEW YORK PUBLIC LIBRARY MULBERRY STREET BRANCH

New York, NY

Phone _____ (212) 966-3424

POETS HOUSE

New York, NY

Phone _____ (212) 431-7920

SULLIVAN & CROMWELL LAW LIBRARY

New York, NY

Phone _____ (212) 558-3780

NY – DUTCHESS COUNTY

ADRIANCE MEMORIAL LIBRARY

Poughkeepsie, NY

Phone _____ (845) 485-3445

AMENIA FREE LIBRARY

Amenia, NY

Phone _____ (845) 373-8273

BEEKMAN LIBRARY

Poughquag, NY

Phone _____ (845) 724-3414

BLODGETT MEMORIAL LIBRARY

Fishkill, NY

Phone _____ (845) 896-9215



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

LIBRARIES

BOARDMAN ROAD BRANCH LIBRARY

Poughkeepsie, NY

Phone _____ (845) 485-3445

CLINTON COMMUNITY LIBRARY

Rhinebeck, NY

Phone _____ (845) 266-5530

DOVER PLAINS LIBRARY

Wingdale, NY

Phone _____ (845) 832-6605

DUTCHESS COMMUNITY COLLEGE LIBRARY

Poughkeepsie, NY

Phone _____ (845) 431-8630

EAST FISHKILL COMMUNITY LIBRARY

Hopewell Junction, NY

Phone _____ (845) 221-9943

GEORGE SHERMAN DICKINSON LIBRARY

Poughkeepsie, NY

Phone _____ (845) 437-7492

GRINNELL LIBRARY

Wappingers Falls, NY

Phone _____ (845) 297-3428

HOWLAND PUBLIC LIBRARY

Beacon, NY

Phone _____ (845) 831-1134

LAGRANGE ASSOCIATION LIBRARY

Poughkeepsie, NY

Phone _____ (845) 452-3141

MILLBROOK LIBRARY

Millbrook, NY

Phone _____ (845) 677-3611

PAWLING FREE LIBRARY

Pawling, NY

Phone _____ (845) 855-3444



PLEASANT VALLEY FREE LIBRARY

Pleasant Valley, NY

Phone _____ (845) 635-8460

STANFORD FREE LIBRARY

Stanfordville, NY

Phone _____ (845) 868-1341

STARR LIBRARY

Rhinebeck, NY

Phone _____ (845) 876-4030

NY – ORANGE COUNTY

ALBERT WISNER PUBLIC LIBRARY

Warwick, NY

Phone _____ (845) 986-1047

CHESTER PUBLIC LIBRARY

Cornwall, NY

Phone _____ (845) 469-4252

CORNWALL PUBLIC LIBRARY

Florida, NY

Phone _____ (845) 534-8282

FLORIDA PUBLIC LIBRARY

Goshen, NY

Phone _____ (845) 651-7659

GOSHEN PUBLIC LIBRARY & HISTORICAL SOCIETY

Highland Falls, NY

Phone _____ (845) 294-6606

HIGHLAND FALLS PUBLIC LIBRARY

Walden, NY

Phone _____ (845) 446-3113



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

LIBRARIES

JOSEPHINE-LOUISE LIBRARY

Walden, NY

Phone _____ (845) 778-7621

LITERACY VOLUNTEERS OF AMERICA

Middletown, NY

Phone _____ (845) 341-5460

MIDDLETOWN THRALL LIBRARY

Warwick, NY

Phone _____ (845) 341-5454

MOFFAT LIBRARY

Washingtonville, NY

Phone _____ (845) 496-5483

MONROE FREE LIBRARY

Montgomery, NY

Phone _____ (845) 783-4411

MONTGOMERY FREE LIBRARY

Newburgh, NY

Phone _____ (845) 457-5616

NEWBURGH FREE LIBRARY

Newburgh, NY

Phone _____ (845) 563-3600



NEWBURGH FREE LIBRARY TOWN BRANCH

Goshen, NY

Phone _____ (845) 566-0460

ORANGE COUNTY LAW LIBRARY

Pine Bush, NY

Phone _____ (845) 291-3138

PINE BUSH AREA LIBRARY

Highland Mills, NY

Phone _____ (845) 744-3375

RUSHMORE MEMORIAL LIBRARY

Highland Mills, NY

Phone _____ (845) 928-6770

SUNY ORANGE LIBRARY

Middletown, NY

Phone _____ (845) 341-4855

TUXEDO PARK LIBRARY

Woodbury, NY

Phone _____ (845) 351-2207

NY – PUTNAM COUNTY

BLODGETT MEMORIAL LIBRARY

Fishkill, NY

Phone _____ (845) 896-9215

BREWSTER PUBLIC LIBRARY

Brewster, NY

Phone _____ (845) 279-6421

DESMOND-FISH LIBRARY

Garrison, NY

Phone _____ (845) 424-3020

GEORGE KURIAN REFRNC BKS LIBRARY

Yorktown Heights, NY

Phone _____ (914) 962-3287

HIGHLAND FALLS PUBLIC LIBRARY

Highland Falls, NY

Phone _____ (845) 446-3113

HOWLAND PUBLIC LIBRARY

Beacon, NY

Phone _____ (845) 831-1134

JOHN C. HART MEMORIAL LIBRARY

Shrub Oak, NY

Phone _____ (914) 245-5262



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

LIBRARIES

JULIA L. BUTTERFIELD LIBRARY

Cold Spring, NY

Phone _____ (845) 265-3040

KENT PUBLIC LIBRARY

Carmel Hamlet, NY

Phone _____ (845) 225-8585

MAHOPAC LIBRARY

Mahopac, NY

Phone _____ (845) 628-2009

NEWBURGH FREE LIBRARY

Newburgh, NY

Phone _____ (845) 563-3600

PATTERSON LIBRARY

Patterson, NY

Phone _____ (845) 878-6121

PAWLING FREE LIBRARY

Pawling, NY

Phone _____ (845) 855-3444

PUTNAM VALLEY FREE LIBRARY

Putnam Valley, NY

Phone _____ (845) 528-3242

REED MEMORIAL LIBRARY

Carmel Hamlet, NY

Phone _____ (845) 225-2439

RUTH KEELER MEMORIAL LIBRARY

North Salem, NY

Phone _____ (914) 669-5161

SOMERS LIBRARY

Katonah, NY

Phone _____ (914) 232-5717

US MILITARY ACADEMY LIBRARY

West Point, NY

Phone _____ (845) 938-8325



WEST POINT LIBRARY

West Point, NY

Phone _____ (845) 938-2974

WOO JU MEMORIAL LIBRARY

Carmel Hamlet, NY

Phone _____ (845) 225-1445

NY – ROCKLAND COUNTY

BAILEY LIBRARY

Nyack, NY

Phone _____ (845) 675-4580

FINKELSTEIN MEMORIAL LIBRARY

Spring Valley, NY

Phone _____ (845) 352-5700

HAVERSTRAW KINGS DAUGHTERS PUBLIC LIBRARY

Garnerville, NY

Phone _____ (845) 786-3800

HAVERSTRAW VILLAGE BRANCH

Haverstraw, NY

Phone _____ (845) 429-3445

LIBRARY MEDIA CENTER

Suffern, NY

Phone _____ (845) 574-4000

NANUET PUBLIC LIBRARY

Nanuet, NY

Phone _____ (845) 623-4281

NEW CITY LIBRARY

New City, NY

Phone _____ (845) 634-4997



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

LIBRARIES

NYACK PUBLIC LIBRARY

Nyack, NY

Phone _____ (845) 358-3370

ORANGEBURG LIBRARY

Orangeburg, NY

Phone _____ (845) 359-2244

PEARL RIVER PUBLIC LIBRARY

Pearl River, NY

Phone _____ (845) 735-4084

PIERMONT PUBLIC LIBRARY

Piermont, NY

Phone _____ (845) 359-4595



ROCKLAND COUNTY GUIDANCE CENTER

New City, NY

Phone _____ (845) 638-5666

ROSE MEMORIAL LIBRARY ASSOCIATION

Stony Point, NY

Phone _____ (845) 786-2100

SLOATSBURG PUBLIC LIBRARY

Sloatsburg, NY

Phone _____ (845) 753-2001

SUFFERN FREE LIBRARY

Suffern, NY

Phone _____ (845) 357-1237

TAPPAN FREE LIBRARY

Tappan, NY

Phone _____ (845) 359-3877

TOMKINS COVE PUBLIC LIBRARY

Tomkins Cove, NY

Phone _____ (845) 786-3060

TUXEDO PARK LIBRARY

Tuxedo, NY

Phone _____ (845) 351-2207

VALLEY COTTAGE LIBRARY

Valley Cottage, NY

Phone _____ (845) 268-7700

WEST NYACK FREE LIBRARY

West Nyack, NY

Phone _____ (845) 358-6081

NY – SULLIVAN COUNTY

BRIDGEPORT LIBRARY

Phone _____ (315) 633-2253

ETHELBERT B. CRAWFORD PUBLIC LIBRARY

Monticello, NY

Phone _____ (845) 794-4660

FALLSBURGH LIBRARY INC.

South Fallsburg, NY

Phone _____ (845) 436-6067

MAMAKATING LIBRARY

Wurtsboro, NY

Phone _____ (845) 888-8004

RAMAPO CATSKILL LIBRARY SYSTEM

Livingston Manor, NY

Phone _____ (845) 243-3747

SULLIVAN & CROMWELL LAW LIBRARY

New York, NY

Phone _____ (212) 558-3780

SULLIVAN FREE LIBRARY

Chittenango, NY

Phone _____ (315) 687-6331

SULLIVAN LIBRARY AT DOMINICAN COLLEGE

Blauvelt, NY

Phone _____ (845) 848-7505



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

LIBRARIES

WESTERN SULLIVAN LIBRARY – JEFFERSONVILLE BRANCH

Jeffersonville, NY

Phone _____ (845) 482-4350

WESTERN SULLIVAN PUBLIC LIBRARY

Callicoon, NY

Phone _____ (845) 887-4040

WESTERN SULLIVAN PUBLIC LIBRARY

Narrowsburg, NY

Phone _____ (845) 252-3360

NY – ULSTER COUNTY

A.J. WILLIAMS-MYERS AFRICAN ROOTS LIBRARY

Kingston, NY

Phone _____ (845) 687-7023

ELTING MEMORIAL LIBRARY

New Paltz, NY

Phone _____ (845) 255-5030 Ext. 2

GARDINER LIBRARY

Kingston, NY

Phone _____ (845) 255-1255

HIGHLAND PUBLIC LIBRARY

Clintondale, NY

Phone _____ (845) 691-2275

HURLEY LIBRARY

Hurley, NY

Phone _____ (845) 338-2092

KINGSTON LIBRARY

Kingston, NY

Phone _____ (845) 331-0507

KINGSTON LIBRARY

Kingston, NY

Phone _____ (845) 340-0824

MACDONALD DEWITT LIBRARY

Stone Ridge, NY

Phone _____ (845) 687-5213

OLIVE FREE LIBRARY

West Shokan, NY

Phone _____ (845) 657-2482



PHOENICIA LIBRARY ASSOCIATION

Phoenicia, NY

Phone _____ (845) 688-7811

SARAH HULL HALLOCK FREE LIBRARY

Milton, NY

Phone _____ (845) 795-2200

SAUGERTIES PUBLIC LIBRARY

Saugerties, NY

Phone _____ (845) 246-4317

STONE RIDGE PUBLIC LIBRARY

Stone Ridge, NY

Phone _____ (845) 687-7023

THIRD JUDICIAL DISTRICT LAW LIBRARY

Kingston, NY

Phone _____ (845) 340-3053

TOWN OF ESOPUS LIBRARY

Port Ewen, NY

Phone _____ (845) 338-5580

TOWN OF ULSTER LIBRARY

Kingston, NY

Phone _____ (845) 338-7881

WALLKILL PUBLIC LIBRARY

Wallkill, NY

Phone _____ (845) 895-3707

WEST HURLEY LIBRARY

West Hurley, NY

Phone _____ (845) 679-6405



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

LIBRARIES

WOODSTOCK PUBLIC LIBRARY DISTRICT

Woodstock, NY

Phone _____ (845) 679-2213

NY – WESTCHESTER COUNTY

(HARRISON) WEST HARRISON BRANCH LIBRARY

Harrison, NY

Phone _____ (914) 948-2092

(NORTH SALEM) RUTH KEELER MEMORIAL LIBRARY

North Salem, NY

Phone _____ (914) 669-5161

(PEEKSKILL) THE FIELD LIBRARY

Peekskill, NY

Phone _____ (914) 737-1212

(PELHAM) TOWN OF PELHAM PUBLIC LIBRARY

Pelham, NY

Phone _____ (914) 738-1234

(SHRUB OAK/YORKTOWN) JOHN C. HART MEMORIAL LIBRARY

Shrub Oak, NY

Phone _____ (914) 245-5262

(SOUTH SALEM) LEWISBORO LIBRARY

South Salem, NY

Phone _____ (914) 763-3857

(TARRYTOWN) THE WARNER LIBRARY

Tarrytown, NY

Phone _____ (914) 631-7734

(YONKERS) CRESTWOOD BRANCH

Yonkers, NY

Phone _____ (914) 337-1500

(YONKERS) GRINTON I. WILL BRANCH

Yonkers, NY

Phone _____ (914) 337-1500

ARDSLEY PUBLIC LIBRARY

Ardsley, NY

Phone _____ (914) 693-6636

BEDFORD FREE LIBRARY

Bedford, NY

Phone _____ (914) 234-3570

BEDFORD HILLS FREE LIBRARY

Bedford Hills, NY

Phone _____ (914) 666-6472

BRIARCLIFF MANOR PUBLIC LIBRARY

Briarcliff Manor, NY

Phone _____ (914) 941-7072

BRONXVILLE PUBLIC LIBRARY

Bronxville, NY

Phone _____ (914) 337-7680

CHAPPAQUA LIBRARY

Chappaqua, NY

Phone _____ (914) 238-4779

CROTON FREE LIBRARY

Croton-on-Hudson, NY

Phone _____ (914) 271-6612



DOBBS FERRY PUBLIC LIBRARY

Dobbs Ferry, NY

Phone _____ (914) 693-6614

EASTCHESTER PUBLIC LIBRARY

Eastchester, NY

Phone _____ (914) 793-5055

GREENBURGH PUBLIC LIBRARY

Elmsford, NY

Phone _____ (914) 721-8200



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

LIBRARIES

HARRISON PUBLIC LIBRARY

Harrison, NY

Phone _____ (914) 835-0324

HASTINGS-ON-HUDSON PUBLIC LIBRARY

Hastings-on-Hudson, NY

Phone _____ (914) 478-3307

HENDRICK HUDSON FREE LIBRARY

Montrose, NY

Phone _____ (914) 739-5654

HUGENOT CHILDREN'S LIBRARY

New Rochelle, NY

Phone _____ (914) 632-8954

IRVINGTON PUBLIC LIBRARY

Irvington-on-Hudson, NY

Phone _____ (914) 591-7840

KATONAH VILLAGE LIBRARY

Katonah, NY

Phone _____ (914) 232-3508

LARCHMONT PUBLIC LIBRARY

Larchmont, NY

Phone _____ (914) 834-2281

MAMARONECK PUBLIC LIBRARY DISTRICT

Mamaroneck, NY

Phone _____ (914) 698-1250

MOUNT KISCO PUBLIC LIBRARY

Mount Kisco, NY

Phone _____ (914) 666-8041

MOUNT PLEASANT BRANCH LIBRARY

Valhalla, NY

Phone _____ (914) 741-0276

MOUNT PLEASANT PUBLIC LIBRARY

Pleasantville, NY

Phone _____ (914) 769-0548

MOUNT VERNON PUBLIC LIBRARY (CENTRAL LIBRARY OF WESTCHESTER)

Mount Vernon, NY

Phone _____ (914) 668-1840

NEW ROCHELLE PUBLIC LIBRARY

New Rochelle, NY

Phone _____ (914) 632-7878

NORTH CASTLE PUBLIC LIBRARY

North Castle, NY

Phone _____ (914) 273-3887

NORTH CASTLE PUBLIC LIBRARY – NORTH WHITE PLAINS BRANCH

North Castle, NY

Phone _____ (914) 948-6359

OSSINING PUBLIC LIBRARY

Phone _____ (914) 941-2416

PORT CHESTER-RYE BROOK PUBLIC LIBRARY

Port Chester, NY

Phone _____ (914) 939-6710

POUND RIDGE LIBRARY DISTRICT

Pound Ridge, NY

Phone _____ (914) 764-5085

PURCHASE FREE LIBRARY

Purchase, NY

Phone _____ (914) 948-0550

RYE FREE READING ROOM

Rye, NY

Phone _____ (914) 967-0480

SCARSDALE PUBLIC LIBRARY

Scarsdale, NY

Phone _____ (914) 722-1300

SOMERS LIBRARY

Somers, NY

Phone _____ (914) 232-5717



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

PARKS

TUCKAHOE PUBLIC LIBRARY

Tuckahoe, NY

Phone _____ (914) 961-2121

WHITE PLAINS PUBLIC LIBRARY

White Plains, NY

Phone _____ (914) 422-1400

YONKERS PUBLIC LIBRARY

Yonkers, NY

Phone _____ (914) 337-1500

PARKS

NY – DUTCHESS COUNTY

• Dutchess County Department of Parks

Wide variety of activities and programs are conducted including swimming, boating, picnicking, hiking, camping, miniature golf, pavilion rentals, playgrounds, water spray park, soccer, softball, nature center, and trails.

www.dutchessny.gov

85 Sheafe Road
Wappingers Falls
Southern Dutchess, NY 12590

Phone _____ (845) 298-4600

BOWDOIN PARK

Wappingers Falls, NY

DUTCHESS STADIUM

Fishkill, NY

HARLEM VALLEY RAIL TRAIL

Northern Dutchess, NY

QUIET COVE

Poughkeepsie, NY

THOMAS J. BOYCE PARK

Wingdale, NY

WILCOX PARK

Milan, NY

WILLIAM R. STEINHAUS DUTCHESS RAIL TRAIL

Southern Dutchess, NY

NY – ROCKLAND COUNTY



• Village of Haverstraw Parks and Recreation

Gorgeous park and recreational space for families, friends, and events. We invite residents and visitors to enjoy the outdoors with community events such as yoga, art festivals, and movie nights. Relax from the hustle and bustle of Downtown Haverstraw and play some ball or watch the sunset from our parks and recreational space in the Village of Haverstraw.

AFRICAN AMERICAN & THE ROSE NELSON MEMORIAL PARK

Alongside the Hudson River, Jefferson Park offers play area for children that include playgrounds, ball fields, and basketball courts.

DUTCHTOWN PARK

Located in historic Dutchtown Haverstraw, Dutchtown Park provides lush trees with walking paths and play areas for the children.

EMELINE PARK

Offers sweeping views of the Hudson River. Gazebo space, playgrounds, and walking trails alongside the river. A favorite spot in Rockland County to catch an impressive sunset or sunrise.

GREENWAY TRAIL

Bike, Run, Walk the Village's greenway trail runs from the entrance of Bowline Point Park in "Little Italy" or Warren Court to Broad Street.

MANNY LOPEZ MUNICIPAL BALL FIELD

The Manny Lopez Ball Field hosts recreational baseball and softball teams, travel teams, school teams, tournaments, and Little League. Named in memory of Haverstraw resident, Army Corporal Manny Lopez.

NYACK PATH

The path begins in Dutchtown and extends into the Nyack Beach State Park. If you are in the mood for a walk with your dogs or going on a hiking walk with friends and family, you will not be disappointed with the scenery along the Hudson River.

www.voh-ny.com/dept_youth.htm

50 West Broad St.
Haverstraw, NY 10927

Phone _____ 845-429-5731



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

RECREATION

NY – WESTCHESTER COUNTY

• Westchester County Government

Our home county is fortunate to possess a wealth of talented, successful individuals; a strategic location adjacent to New York City; geography blessed by rolling hills, the mighty Hudson River and lovely L.I. Sound.

GOLF

Six beautiful 18-hole courses are located in the county. Driving ranges are available at Mohansic, Sprain, Dunwoodie and Saxon Woods.

LASDON PARK AND ARBORETUM

Magnificent 234 acre property consisting of woodlands, open grass meadow and formal gardens with flower and shrub specimens from all over the world.



MUSCOOT FARM

Muscoot Farm is an early-1900s interpretive farm operated by County Parks. It offers a year 'round schedule of programs for families, as well as tours, farmyard visits and hayrides for groups by reservation.

NATURE CENTERS

Visit Cranberry Lake Preserve, Croton Point Nature Center, Marshlands Conservancy, the Trailside Nature Museum at Ward Pound Ridge Reservation and Lenoir Preserve. Explore diversity of habitats from forests and meadows to salt marsh and shore.

PARKS AND RECREATIONAL AREAS

County Parks system spans nearly 18,000 acres and offers some of the most beautiful scenery in the country. Fifty parks and recreational areas offer hiking, swimming, bicycling, fishing, skating and picnicking.

PLAYLAND AND ICE CASINO

America's first totally planned amusement park and prototype for today's successful theme parks. The Playland Ice Casino has been Westchester's premier ice skating facility for more than 75 years.

POOLS AND BEACHES

Westchester County owns and operates sandy beaches and crystal-clear outdoor pools and aquatic centers, located in White Plains, Yonkers, Rye, Croton, White Plains and Mount Vernon.

SPORTS AND LEISURE

Your personal fitness starts with you. Come to the county parks to enjoy your favorite sport or activity - whether it be baseball, downhill skiing, mountain biking or a relaxing day of fishing.

TRAILWAYS

Bicycle and fitness trailways are open all year round. Check out the extensive list of trailways and maps that suit your fitness needs.

148 Martine Ave
White Plains, NY 10601

Phone _____ (914) 995-2000

WESTCHESTER COUNTY CENTER

Located at the junction of the Bronx River Parkway, Central Avenue, and Tarrytown Road in White Plains.

148 Martine Avenue
White Plains, NY 10601

Phone _____ (914) 995-4636

RECREATION

NY – DUTCHESS COUNTY

• Dutchess City and Town Recreation Departments

BEACON

Phone _____ (845) 838-5024

Phone _____ (845) 226-8395

Phone _____ (845) 831-3371

EAST FISHKILL

Phone _____ (845) 226-8395

FISHKILL

Phone _____ (845) 831-3371

HYDE PARK

Phone _____ (845) 229-8086

LAGRANGE

Phone _____ (845) 452-1972

MILLBROOK (TOWN OF WASHINGTON)

Phone _____ (845) 677-8278



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

RECREATION

• Dutchess City and Town Recreation Departments CONT'

PAWLING

Phone _____ (845) 855-1131

PLEASANT VALLEY

Phone _____ (845) 635-5242

POUGHKEEPSIE (CITY OF)

Phone _____ (845) 451-4100

POUGHKEEPSIE (TOWN OF)

Phone _____ (845) 485-3628

RED HOOK

Phone _____ (845) 758-4625

RHINEBECK

Phone _____ (845) 943-9526

UNIONVALE

Phone _____ (845) 724-5691

WAPPINGER (TOWN OF)

Phone _____ (845) 297-0720

• Hudson Valley Community Center (HVCC)

Serving the needs of families for more than 90 years, we provide social, educational, recreational and cultural programs for children and adults.

www.hvcommunitycenter.com

110 South Grand Ave.
Poughkeepsie, NY 12603

Phone _____ (845) 471-0430

NY – ORANGE COUNTY

• Warwick Valley Community Center

The mission of the Warwick Valley Community Center is to provide low cost and free recreational, educational and cultural programs and opportunities for the Warwick community.

www.wvcommunitycenter.org

11 Hamilton Avenue
Warwick, NY 10990

Phone _____ (845) 986-6422



• YMCA – Orange County

YMCA OF MIDDLETOWN

A community-based organization dedicated to reflecting Judeo-Christian principles through programs that build a healthy spirit/mind/body for all.

www.middletownymca.org

81 Highland Ave.
Middletown, NY 10940

Phone _____ (845) 344-9622

SOUTH ORANGE FAMILY YMCA

www.middletownymca.org

45 Gilbert St. Ext.
Monroe, NY 10950

Phone _____ (845) 986-6422

NY – PUTNAM COUNTY

• Patterson Recreation

Provides residents of Patterson, NY and surrounding community the opportunity to enhance their quality of life through programs and services that promote a healthy lifestyle and foster positive social interaction.

www.pattersonrec.org

65 Front St.
Patterson, NY 12563

Phone _____ (845) 878-7200

NY – WESTCHESTER COUNTY

• Westchester Departments of Recreation

CARVER CENTER

400 Westchester Ave.
Port Chester, NY 10573

Phone _____ (914) 939-4464

Phone _____ (914) 665-2447



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

RECREATION

Phone _____ (914) 949-3112

Phone _____ (914) 693-8985

DOLES RECREATION CENTER

Mt Vernon, NY

Phone _____ (914) 655-2447

GRACE CHURCH COMMUNITY CENTER

White Plains, NY

Phone _____ (914) 949-3112

GREENBURGH PARKS & RECREATION

Ardsley, NY

Phone _____ (914) 693-8985



HARRISON SOLLAZZO CENTER

Harrison, NY

Phone _____ (914) 670-3179

HUTCHINSON FIELD

Mt Vernon, NY

Phone _____ (914) 665-2420

JCC OF MID-WESTCHESTER

Scarsdale, NY

Phone _____ (914) 472-3300

MOUNT PLEASANT POOL AND RECREATION AREA

Valhalla, NY

Phone _____ (914) 742-2310

OWEN DOLEN RECREATION CENTER

Bronx, NY

Phone _____ (718) 822-4282

PLEASANTVILLE RECREATION DEPARTMENT

Pleasantville, NY

Phone _____ (914) 769-7950

PURCHASE COMMUNITY HOUSE

Purchase, NY

Phone _____ (914) 949-2636

THE PLAY PLACE

Kids' indoor multi-purpose sports facility: tennis, soccer, cafe, playground.
Elmsford, NY

Phone _____ (914) 347-5291

THE YOUTH CENTER

Scarsdale, NY

Phone _____ (914) 722-8358

THEODORE D YOUNG COMMUNITY CENTER

White Plains, NY

Phone _____ (914) 989-3600

TUCKAHOE COMMUNITY CENTER

Tuckahoe, NY

Phone _____ (914) 961-3100

VILLAGE MT. KISCO RECREATION

Mt Kisco, NY

Phone _____ (914) 241-0306

WEST HARRISON RECREATION CENTER

West Harrison, NY

Phone _____ (914) 949-5265

WESTCHESTER JEWISH COMMUNITY SERVICES

Yonkers, NY

Phone _____ (914) 378-0180

WESTCHESTER JEWISH COMMUNITY SERVICES CENTER

Hartsdale, NY

Phone _____ (914) 949-6761

YONKERS RECREATION CTR

Yonkers, NY

Phone _____ (914) 377-6450



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TOURISM



TOURISM WEBSITES

NY – NEW YORK STATE

- **New York City Tourism**
www.nycgo.com
- **New York Upstate Tourism**
www.newyorkupstate.com

NY – DUTCHESS COUNTY

- **Dutchess County Tourism**
www.dutchesstourism.com

NY – ORANGE COUNTY

- **Orange County Tourism**
www.orangetourism.org

NY – PUTNAM COUNTY

- **Putnam County Tourism**
www.tourputnam.org

NY – ROCKLAND COUNTY

- **Rockland County Tourism**
www.exploreroocklandny.com

NY – SULLIVAN COUNTY

- **Sullivan County Tourism**
www.scva.net

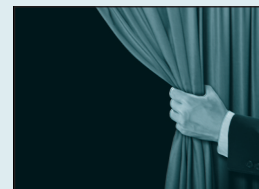
NY – ULSTER COUNTY

- **Ulster County Tourism**
www.ulstercountyalive.com

CHECK OUT TOURISM WEBSITES

Amusement
Antiques
Arts and Culture
Attractions
Bed and Breakfast
Campgrounds
Colleges
Dance
Cottages and Cabins
Education
Entertainment
Fairs
Family Fun
Farms and Markets
Films
Flea Markets
Kids Stuff
Hiking and Trails
History and Culture
Hotels and Motels
Inns and Lodges
Landmarks

LGBT Community
Museums
Music
Outdoor Activities
Performing Arts



Recreation
Restaurants
Shopping
Spas and Wellness
Special Events
Sports
Theaters
Vacation Rentals
Water and Land
Wedding Locations
Special Events
And Much More





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

ABUSE/NEGLECT



CHILD ADVOCACY

ABUSE/NEGLECT

US – NATIONAL

- **National Child Abuse Hotline**

Professional crisis counselors who, through interpreters, can provide assistance in 170 languages.

24/7 Hotline _____ (800) 4-A-CHILD
422-4453

NY – STATE

- **New York State Child Abuse and Mal Treatment**

Public and professions to report suspected abuse and/or maltreatment of children. Reports are registered and immediately transmitted to the local district Child Protective Services for investigation and follow-up.

www.ocfs.state.ny.us/main/cps

52 Washington St.
Rensselaer, NY 12144

Hotline _____ (800) 342-3720

Mandated Sources _____ (800) 635-1522

TDD/TTY Phone _____ (800) 638-5163

- **New York State Department of Health**

Family is an extended family of people helping others to help themselves through a network of services for domestic violence, homelessness, substance abuse, suicide prevention, child care and adolescent issues. The Growing Up Healthy Hotline provides information about health care, nutrition and other health and human services 24 hours/day, seven days a week in English, Spanish and other languages.

www.health.ny.gov/community/pregnancy/health_care/prenatal/guh.htm

Hotline _____ (800) 522-5006

TTY _____ (800) 655-1789

- **New York State Office of Children and Family**

<http://ocfs.ny.gov>

52 Washington St.
Rensselaer, NY 12144-2834

Phone _____ (518) 473-7793

Fax _____ (518) 486-7550

ABANDONED INFANT

Phone _____ (866) 505-7233

CHILD ABUSE & MALTREATMENT HOTLINE

Statewide Central Register receives calls alleging child abuse or maltreatment within New York State and relays information to local Child Protective Services and monitors their prompt response.

Hotline _____ (800) 342-3700

Phone _____ (518) 473-7799

TTY Phone _____ (800) 639-5168

Video Relay System Provider _____ (800) 342-3720

Mandated Reporter's Phone _____ (800) 635-1522

FOSTER CARE AND ADOPTION

Phone _____ (800) 345-KIDS

JUSTICE CENTER HOTLINE

Phone _____ (855) 373-2122

- **Prevent Child Abuse New York Helpline**

Serves as a resource for parents and families, advocates for programs and policies that support families and prevent child abuse, and fosters a state-wide network of individuals and organizations committed to prevention.

www.preventchildabuseny.org

33 Elk St., Ste. 201
Albany, NY 12207

Helpline _____ (800) CHILDREN
244-5373

Fax _____ (518) 436-5889



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

ABUSE/NEGLECT

NY – DUTCHESS COUNTY

- **Center for the Prevention of Child Abuse of Dutchess County**

Not-for-profit agency whose mission is to reduce the incidence of child abuse and neglect by providing prevention, education, and intervention services throughout Dutchess County. Child Advocacy Center provides a warm, home-like atmosphere and staffing to ease the trauma to children undergoing child sexual abuse investigation. Community law enforcement and judicial systems agree to use the Center by accepting one interview that is taped for court testimony. Crime victim and domestic violence advocate on site. Educational services provides educational workshops to local school districts, including Personal Safety Program (Pre-K-5), Internet Safety Program, Parent Empowerment Program, Teen Parenting Program and Special Needs Parenting Program.

www.preventchildabusedutchess.org

35 Van Wagner Rd.
Poughkeepsie, NY 12603

Phone _____ (845) 454-0595

Fax _____ (845) 454-0129

- **Children's Home of Poughkeepsie**

GROUP EMERGENCY FOSTER CARE

Provides emergency foster care, ages birth-18, to support child protective efforts by providing a safe, immediately available, 24/7 option in cases where removal of children from their homes is necessary to protect them from imminent danger. Diagnostic services are available to determine the placement of children in longer-term options such as Family Foster Homes, Boarding Homes, Group Homes or Residential Treatment Centers.

www.childrenshome.us

10 Children's Way
Poughkeepsie, NY 12601

Phone _____ (845) 452-1420

Fax _____ (845) 452-1488

- **Dutchess County Department of Community and Family Services**

www.co.dutchess.ny.us/countygov/departments/socialservices/ssindex.htm

60 Market St.
Poughkeepsie, NY 12601

Phone _____ (845) 486-3000

Fax _____ (845) 486-3090

ADOPTION AND HOMEFINDING UNIT

The Adoption and Homefinding Unit is responsible for recruiting, training and certifying foster and adoptive applicants.

Phone _____ (845) 486-3085

CHILD PROTECTIVE SERVICES

Responsible for the for the investigation of abuse and/or neglect of children under 18 years of age.

Phone _____ (845) 486-3080

Hotline _____ (800) 342-3720



CHILDREN'S SERVICES

Our primary mission is to ensure that children are safe , families are preserved, children have permanency , child and adolescent developmental needs are met, and adolescents receive independent living training

Phone _____ (845) 486-3220

FOSTER CARE UNIT

Foster care case managers counsel birth parents of children about their need for treatment for drug or alcohol addiction; sexual abuse; emotional disturbance; physical, mental, housing and employment problems and lack of knowledge of child development and parenting techniques.

PREVENTATIVE UNIT

Most referrals come from Child Protective Services when there have been indicated reports of child abuse or neglect and in-home services are needed. This unit is responsible for providing and/or obtaining service necessary to prevent the need for foster care of children.

Phone _____ (845) 486-3275

- **Family of Woodstock, Inc.**

Family is an extended family of people helping people to help themselves through a network of services for domestic violence, homelessness, substance abuse, suicide prevention, child care and adolescent issues.

www.familyofwoodstockinc.org

16 Rock City Road
Woodstock, NY 12498

Phone _____ (845) 338-2370



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

ADOPTION/FOSTER CARE

39 John St.
Kingston, NY 12401

Phone _____ (845) 331-7080

CHILD CARE SERVICES AND SUBSIDY

Phone _____ (518) 822-1944

DARMSTADT HOMELESS SHELTER

Phone _____ (845) 331-1395

DOMESTIC VIOLENCE HOTLINE AND SHELTER

Phone _____ (845) 338-2370

EVOLVE GROUP EDUCATION FOR BATTERERS

Phone _____ (845) 331-7080

FAMILY HOUSE ADOLESCENT SHELTER

Phone _____ (845) 338-5953

FAMILY INN HOMELESS SHELTER

Phone _____ (845) 340-1847

KEY PROGRAM CONTACT INFORMATION

Ellenville Phone _____ (845) 647-2443

New Paltz Phone _____ (845) 255-8801

Woodstock Phones _____ (845) 679-2485

KINGSTON YOUTH PREVENTION PROGRAMS

Phone _____ (845) 331-1110

MIDWAY ADOLESCENT SUPPORTED HOUSING

Phone _____ (845) 339-5508

Phone _____ (845) 647-1346



• Institute for Family Health

DUTCHESS COUNTY HEALTHY FAMILIES

If you are expecting a baby or have an infant under 3 months old, and you live in Poughkeepsie, Hyde Park, Beacon, or anywhere in Ulster County, we can help. Free home visiting services can provide support, information, resources to help families foster healthy family relationships.

www.institute.org

333 Fishkill Ave.
Beacon, NY 12508

Phone _____ (845) 838-2518

THE FAMILY PARTNERSHIP BUILDING

29 North Hamilton, Suite 209
Poughkeepsie, NY 12601

Phone _____ (845) 452-3387

ADOPTION/FOSTER CARE

CT – LITCHFIELD COUNTY

• Department of Children & Families

Our overall strategy as an agency is to partner with communities and empower families, to raise resilient children who thrive, based on five bold strategic goals. These goals have been fine-tuned to focus our direction. As part of a larger child welfare system, we will work in partnership to ensure a holistic understanding of what children and families deserve from us. We have listened to the feedback received thus far & are visualizing our strategic goals as circular – all feeding each other and into the agency's central vision.

www.ct.gov/dcf

62 Commercial Blvd.
Torrington, CT 06790

Phone _____ (860) 496-5700

NY – STATE

• New York State Office of Children and Family

FOSTER CARE AND ADOPTION

The Office of Children and Family Services provides a system of family support, juvenile justice, child care and child welfare services that promote the safety, permanency and well-being of our children, adults, families and communities.

<http://www.ocfs.ny.gov/main>

Phone _____ (800) 345-KIDS



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

CHILD CARE AT FAMILY COURT



NY – DUTCHESS COUNTY

• Abbott House

Abbott House places children, ages 18 and under, in foster, group or adoptive homes in the five boroughs of New York City and in Westchester, Rockland, Dutchess and Orange Counties.

EMERGENCY FOSTER BOARDING HOME PROGRAM

Emergency Foster boarding Home Program Provides short term emergency foster care for a maximum of 60 days.

FOSTER HOMES

The best place for a child to learn and grow is in a family environment, and Abbott House strives to ensure that each child entrusted to their care is given that opportunity.

GROUP HOMES & COMMUNITY RESIDENCE

Abbott House operates a total of three group homes and 1 community residence throughout New York each providing care to between 8 and 12 youth in a community-based setting. Their Preparing Youth for Adulthood (PYA) program gives youth the tools they need to become self-sufficient adults once they exit care.

www.abbotthouse.net

205 South Ave., #200
Poughkeepsie, NY 12601

Phone _____ (845) 452-1805

POST ADOPTIVE PROGRAM

Post Adoptive Program provides services to families with adopted children by providing counseling services and case management. Services include: in home family and individual counseling, parent education and guidance, educational advocacy, information on linkages to community resources and supports, and parent and children/teen support groups.

Phone _____ (845) 457-5030 Ext. 3505

NY – ROCKLAND COUNTY

• Adoption Crossroads

We offer search assistance in locating both birth parents and adopted adults. A free reunion registry is maintained and available. Support groups are also available every other week. Healing Weekends six times a year.

www.adoptionhealing.com

74 Lakewood Drive
Congers, NY 10920

Phone _____ (845) 268-0283

Fax _____ (845) 267-2736

CHILD CARE AT FAMILY COURT

NY – DUTCHESS/ULSTER COUNTIES

• Children's Center at Dutchess County Family Court

Provides temporary service for a safe, fun and caring place for children whose parents or guardians are attending to court business. We also provide referrals to services around the area such as Day Care, WIC, Medicaid Literacy Programs, and Counseling Support Programs.

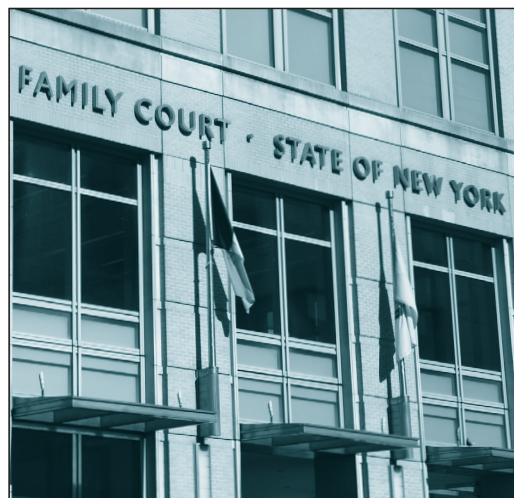
85 Grand St.
Kingston, NY 12401

Phone _____ (845) 431-1854

Phone _____ (845) 331-0594

29 North Hamilton Street
Poughkeepsie, 12601

Phone _____ (845) 452-1110





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

CHILD SUPPORT SERVICES

CHILD SUPPORT SERVICES

US – NATIONAL

- **Planned Parenthood Mid-Hudson Valley**

Non-profit organization offering pregnancy testing and counseling, abortion services and miscarriage care.

www.ppmhv.org

178 Church St.
Poughkeepsie, NY 12601

National Toll Free Phone _____ **(800) 230-Plan**
7526

Phone _____ **(845) 562-7800**

CT – FAIRFIELD COUNTY

- **Family and Children's Aid (FCA)**

Family & Children's Aid (FCA) is a child-focused 501(c)(3) not-for-profit organization offering high quality, innovative mental health care for children and their families.

FCA operates under the belief that children are society's most valuable assets. For over 200 years, FCA has been providing children with safe homes and therapeutic support allowing children to lead healthier lives. FCA believes that seeking help is a sign of strength. We believe excellent care should be available to individuals and families in all walks of life, whenever needed.

www.fcaweb.org

80 West Street
Danbury, CT 6810

Phone _____ **(203) 748-5689**

CT – LITCHFIELD COUNTY

- **Children's Brooker Memorial Dental Center**

Brooker Memorial Outreach networks with a variety of organizations to identify unmet needs of children and families. Since 1918, Brooker has developed programs through partnerships reflective of the times and needs of our community "to prepare children for life-long success through innovative programs and services in health and education."

www.brookermemorial.org

157 Litchfield St.
Torrington, CT 6790

Phone _____ **(860) 489-1328**

NY – DUTCHESS COUNTY

- **Birthright of Dutchess County, Inc.**

Emergency pregnancy services to girls and women who need help. Free self-administering pregnancy tests, maternity and infant clothing, community resource information, education guidance, medical care referrals, adoptions information, shelter homes, professional counseling referrals, legal advice referrals and speakers to schools or club groups.

www.birthright.org

2 Raymond Ave., Ste. 2b
Poughkeepsie, NY 12603

FISHKILL

Phone _____ **(845) 897-2288**

POUGHKEEPSIE

Phone _____ **(845) 473-1300**

- **Child Care Council of Dutchess and Putnam, Inc.**

We work to promote affordable and quality child care, provide information and support to families, and strengthen the early childhood workforce. Child Care Services learn about various child care options. Specialists are familiar with nys regulated child care – centers, homes and school age programs in the area.

www.childcaredutchess.org

70 Overocker Rd.
Poughkeepsie, NY 12603

Phone _____ **(845) 473-4141**

TTY Phone _____ **(800) 662-1220**

Fax _____ **(845) 473-4161**

Toll Free Phone _____ **(888) 288-4148**

- **Dutchess County Department of Community and Family Services**

Our goal is to ensure that legally responsible persons, to the best of their ability, contribute toward the support of their children, thus improving the self-sufficiency of families through financial and medical support.

MATERNAL AND CHILD HOME VISITS

Public Health Nurses provide home visits to assess women during the prenatal and postpartum period. Nurses also provide information and education about breastfeeding, newborn care and nutrition needs, growth and development, and injury and poison prevention. Case Management is provided through referrals to promote optimum health.



RESOURCE DIRECTORY FOR SOUTHERN NY AND WESTERN CT

CHILD SUPPORT SERVICES

- **Dutchess County Department of Community and Family Services** CONT'

PERINATAL HEPATITIS B PROGRAM

Provides individual case management and follow-up to infants born to mothers who are hepatitis b positive.

www.childsupport.ny.gov

Phone _____ (845) 486-3000

NYS Child Support Helpline _____ (888) 208-4485



- **Dutchess County Healthy Families**

We provide free services to support pregnant and parenting families in Poughkeepsie, Beacon, and Hyde Park. We also operate the Community Health Worker program which strives to prevent low birth weight and helps pregnant women access prenatal care, medical insurance, and safe housing.

www.healthyfamiliesnewyork.org

333 Fishkill Ave.
Beacon, NY 12508

Phone _____ (845) 838-2518

Fax _____ (845) 202-5015

The Family Partnership Building
29 North Hamilton, Suite 209
Poughkeepsie, NY 12601

Phone _____ (845) 452-3387

Fax _____ (845) 452-3682

- **Hudson River HealthCare (HRHCare)**

HRHCare provides coordinated medical, dental, and behavioral health care services to all, regardless of insurance status or ability to pay. Our staff speak many languages, and translation services are available to make sure all our patients get care in the language of their choice.

3360 Route 343
Amenia, NY 12501

Phone _____ (845) 838-7038

6 Henry Street
Beacon, NY 12508

Phone _____ (845) 831-0400

3174 Route 22,
Dover Plains, NY 12522

Phone _____ (845) 877-4793

19 Pilch Drive
Pine Plains, NY 12567

Phone _____ (518) 398-8844

1 Webster Ave, Suite 202
Poughkeepsie, NY

Phone _____ (845) 790-7990

34 Livingston St.,
Poughkeepsie, NY

Phone _____ (845) 240-7860

29 N. Hamilton St.
Poughkeepsie, NY

Phone _____ (845) 454-8204

- **Institute for Family Health**

Family Practice Center of Hyde Park offers primary medical and mental health care and social work services to patients of all ages. If you do not have insurance, we can help. No one is turned away.

www.institute.org

11 Crumb Elbow Rd.
Hyde Park, NY 12538

Phone _____ (845) 229-1020

Fax _____ (845) 229-2005

NY – ORANGE COUNTY



- **Child Care Council of Orange County Inc.**

Assists parents, child care programs and the community with information and resources to choose child care, provide child care and/or support Child Care and Early Learning Options in Orange County.



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

CHILDREN'S LEGAL RIGHTS | DISABILITIES

MENTAL DISABILITIES

www.childcarecounciloc.org

40 Matthews St., Ste. 103
Goshen, NY 10924

Toll Free Phone _____ (844) 461-4689

Phone _____ (845) 294-4012

Fax _____ (845) 294-4045

NY – PUTNAM COUNTY

• Child Care Council of Dutchess and Putnam, Inc.

The Council offers parents information on child care and gives referrals to child care programs from its database of over 400 programs in the two counties. The Council registers, renews, regulates and monitors Family Day Care and School Age programs. Technical assistance and required training are offered on an ongoing basis to child care providers. We also administer the Child and Adult Care Food Program (CACFP) for home-based child care, guiding providers on how to provide nutritious snacks and meals to the children in care.

www.childcaredutchess.org

10 Old Route 6, Building 3
PO Box 1029
Carmel, NY 10512

Toll Free Phone _____ (888) 288-4148

Phone _____ (845) 473-4141

TTY Phone _____ (800) 662-1220

Fax _____ (845) 473-4161



CHILDREN'S LEGAL RIGHTS

NY – DUTCHESS COUNTY

• Mental Health America of Dutchess County

COURT APPOINTED SPECIAL ADVOCACIES (CASA)

Children in or at-risk of placement in foster care due to abuse or neglect are appointed a trained citizen-volunteer advocate who acts as a fact finder for the judge in their case. Referrals are through Family Court.

Phone _____ (845) 473-2500 Ext. 1323

DISABILITIES

MENTAL DISABILITIES

CT – LITCHFIELD COUNTY

• Torrington Youth Service Bureau

www.taysb.org

8 Church St.
Torrington, CT 6790

Phone _____ (860) 496-0356

• Winchester Youth Service Bureau

www.connecticut.networkofcare.org

480 Main St.
Winsted, CT 06098

Phone _____ (860) 379-0708

NY – DUTCHESS COUNTY

• Greystone Programs, Inc.

Committed to providing exceptional services and life enriching opportunities for children, adults and families living with Autism and other developmental disabilities.

www.greystoneprograms.org

36 Violet Ave.
Poughkeepsie, NY 12601

Phone _____ (845) 452-5772

• Dutchess County Department of Behavioral and Community Health

CHILDREN WITH SPECIAL HEALTH CARE NEEDS PROGRAM (CSHCN)

A program for children with special health care needs such as Attention Deficit Disorder (ADD), Autism, Cerebral Palsy, Depression, Muscular Dystrophy, etc. For ages 0-21 years.

healthinfo@dutchessny.gov

85 Civic Center Plaza, Ste. 106
Poughkeepsie, NY 12601

Phone _____ (845) 486-3419

Fax _____ (845) 486-3547

TTY Phone _____ (845) 486-3418



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

DISABILITIES

PHYSICAL DISABILITIES

PHYSICAL DISABILITIES

NY – STATE

• ThinkDIFFERENTLY

The “ThinkDIFFERENTLY” initiative seeks to change the way individuals, businesses, organizations and communities relate to our neighbors with special needs. It is a call to action, a genuine challenge to determine if we have it within ourselves to look past our differences and treat others the way we would hope to be treated. We seek to lift each other up and embrace all residents of all abilities. This website is designed to be a starting point to find the services and connections you and your family need.

www.thinkdifferently.net

CHILDREN WITH SPECIAL NEEDS SERVICES

Ages birth through 5 years old

Phone _____ (845) 486-3518

CHILDREN WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES SERVICES

Ages 5 years through adulthood

Phone _____ (845) 486-2766

NY – DUTCHESS COUNTY

• Cardinal Hayes Home for Children (CHHC)

A full range of services to developmentally disabled children and young adults: residential care and developmental services for young people with IDD, cerebral palsy, autism, brain damage, and seizure disorders.

COMMUNITY PROGRAMS

Waiver In-Home Respite care; Day Habilitation Programs

EDUCATIONAL PROGRAM

Not-for-profit day school serving students who are multi-handicapped and reside at Cardinal Hayes Home or with their families in the community.

RESIDENTIAL PROGRAM

Cardinal Hayes Home has 119 developmentally disabled children and young adults residing in its Intermediate Care Facilities (ICFS) and Individual Residential Alternatives.

www.cardinalhayeshome.org

60 St. Joseph Drive
Millbrook, NY 12545

Phone _____ (845) 677-6363

Fax _____ (845) 677-6691



• Dutchess County Department of Behavioral and Community Health

85 Civic Center Plaza
Poughkeepsie, NY 12601

Phone _____ (845) 486-3400

PHYSICALLY HANDICAPPED CHILDREN'S PROGRAM (PHCP)

Provides financial assistance to income-eligible parents of children with chronic illness or physical disabilities, for diagnosis, evaluation and treatment programs. Also eligible to low income youth with physical disabilities.

Phone _____ (845) 486-3419

Fax _____ (845) 486-3546

TTY Phone _____ (845) 486-3417

CHILDREN WITH SPECIAL HEALTH CARE NEEDS (CSHCN)

A statewide public health program that provides information and referral services for health and related areas for families of CSHCN. This program is a referral linkage system to provide for children ages birth to 21 who have, or are suspected of having, a serious or chronic physical, developmental, behavioral, or emotional condition and who require a health or related service of a type or amount beyond what is required by children generally.
email: healthinfo@dutchessny.gov

Phone _____ (845) 486-3406

Fax _____ (845) 486-3554

EARLY INTERVENTION PROGRAM

The Dutchess County Early Intervention Program assists families with accessing appropriate services for children 0-3 years of age who have a diagnosed disability or developmental delay.

Phone _____ (845) 486-3518

PRESCHOOL SPECIAL EDUCATION PROGRAM

Services may be provided for eligible children with special needs, ages 3-5, in conjunction with the family's school district. Call your local school district's Office of Special Education to schedule an evaluation to determine eligibility.

Phone _____ (845) 486-2759



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

EARLY INTERVENTION

EARLY INTERVENTION

CT – HARTFORD COUNTY

• Care 4 Kids

The goal of the Care 4 Kids program is to make child care affordable for low to moderate income families in Connecticut. The program is a partnership between the State of Connecticut, the families in the program and the providers who take care of the children.

To participate in the program, there are certain eligibility requirements for parents, children, and child care providers.

www.ctcare4kids.com

1344 Silas Deane Hwy.
Rocky Hill, CT 6067

Phone _____ (800) 214-5437

CT – LITCHFIELD COUNTY

• Torrington Early Childhood Collaborative

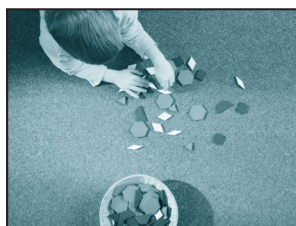
The Torrington Early Childhood Collaborative is a diverse group of passionate individuals who foster the Torrington tradition of coming together for the benefit of our children. Through a variety of small work groups comprised of parents, educators, healthcare providers, state and local government, business, faith-based and other community providers, we strive to increase awareness of, and involvement in, the many opportunities for preparing children to enter school as healthy, eager learners.

<https://www.facebook.com/pages/category/Nonprofit-Organization/Torrington-Early-Childhood-Collaborative-TECC-141487171338/>

P.O. Box 854
Torrington, CT 6790

Phone _____ (860) 806-1410

NY – DUTCHESS COUNTY



• Mid-Hudson Regional Early Education Center

115 Delafield St.
Poughkeepsie, NY 12601

Phone _____ (845) 431-8297

23 Spackenkill Road
Poughkeepsie, NY 12603

Phone _____ (845) 462-0906

MidHudson Regional Hospital
241 North Road
Poughkeepsie, NY 12601

Phone _____ (845) 431-8826

4246 Albany Post Road
Hyde Park, NY 12538

Phone _____ (845) 229-6044

EARLY INTERVENTION – CENTER FOR COMMUNICATION DISORDER

Provides evaluation and treatment for speech, language, hearing and swallowing for children and adults.

Phone _____ (845) 431-8800

SPECIAL NEEDS PRESCHOOL

Panichi Center For Communication and Learning
15 Hastings Drive
Beacon, NY 12508

Hudson Valley's only hospital-affiliated special needs preschool, welcoming students with medical conditions requiring interventions and therapy to address developmental disabilities and delays.

Phone _____ (845) 765-2760



NY – PUTNAM COUNTY

• Dutchess County Department of Behavioral and Community Health

EARLY INTERVENTION

Developmental assessment and early intervention for children with disabilities or developmental delays offers an evaluation and, if eligible, receives services to enhance the child's growth and development. Age 0-3.

www.dutchessny.gov

131 County House Road
Millbrook, NY 12545

Phone _____ (845) 486-3518

Phone _____ (845) 677-4000



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

FOOD NEEDS FOR CHILDREN – WIC | HEALTH BENEFITS



FOOD NEEDS FOR CHILDREN – WIC

NY – DUTCHESS COUNTY

• Hudson River HealthCare (HRHCare)

AMENIA

The WIC Program provides nutrition supplement in the form of vouchers to those financially and nutritionally eligible. Also provides nutrition education and links to health care providers and social services agencies.

www.hrhcare.org

3360 Route 343
Amenia, NY 12501

Phone _____ (845) 838-7038

BEACON

www.hrhcare.org

6 Henry Street
Beacon, NY 12508

Phone _____ (845) 831-0400

POUGHKEEPSIE

www.hrhcare.org

1 Webster Avenue, Suite 202
Poughkeepsie, NY 12601

Phone _____ (845) 790-7990

29 North Hamilton Street
Poughkeepsie, NY 12601

Phone _____ (845) 454-8204

34 Livingston St.
Poughkeepsie, NY 12601

Phone _____ (845) 240-7860

HEALTH BENEFITS

US – NATIONAL

• Benefits.gov

Launched in an effort to provide citizens with easy, online access to government benefit and assistance programs. The mission is to reduce the expense and difficulty of interacting with the government while increasing citizen access. Today, millions of citizens have easy, online access to information from across 17 federal agencies on benefits.gov.

benefits.gov

• Centers for Medicare and Medicaid Services

CMS Provides Health Coverage for 100 Million People through Medicare, Medicaid, and the Children's Health Insurance Program.

www.cms.gov

7500 Security Boulevard
Baltimore, MD 21244-1850

Toll Free Phone _____ (877) 267-2323

TTY Toll-Free _____ (866) 226-1819

MEDICARE SERVICE CENTER

Phone _____ (800) MEDICARE
633-4227

TTY Phone _____ (877) 486-2048

INSURE KIDS NOW

Information for children up to the age of 19 in need of health care coverage.
www.insurekidsnow.gov

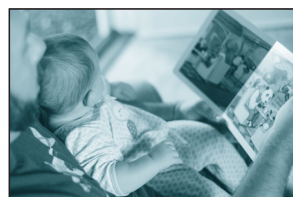
MEDICAID OF NEW YORK

Helpline _____ (800) 541-2831

CHILD HEALTH PLUS

New York State has a health insurance plan for kids, called Child Health Plus. Depending on your family's income, your child may be eligible to join either Children's Medicaid or Child Health Plus.

Phone _____ (800) 698-4KIDS
4543





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

HEALTH BENEFITS

CT – LITCHFIELD COUNTY

● **Brooker Memorial**

We are an organization just for kids. Offering Early Learning and Child Care, Pediatric Dental Care, Children's Therapy and much more!

The long-term goal of the Pediatric Dental Center is to educate parents and children about good oral health and nutrition, and to instill life-long oral health habits. Good dental habits help to keep your child's teeth and body healthy for their whole life. Our short-term goal is to introduce children to pediatric dentistry in a non-threatening way, to treat any dental issues they may have, and then to continue providing ongoing preventive pediatric dental care in partnership with each child and his/her parents.

157 Litchfield Street,
Torrington, CT 06790

www.brookermemorial.org

email: receptionist@brookermemorial.org

Phone _____ **(860) 489-1328**



NY – STATE

● **New York State Department of Health**

Our mission is protect, improve and promote the health, productivity and well-being of all New Yorkers. We serve the general public; health care providers, associations, facilities, stakeholders; public health leaders, researchers/scientific community; media; governments (local/state/federal); academia/education; health insurance firms and associations, insurers; health care-related foundations; public health departments in other states.

CHILD HEALTH PLUS

Child Health Plus (CHP) is a health insurance plan for children up to the age 19 who are not eligible for Medicaid and who have no health insurance. The program is available to all New York State residents, regardless of income or employment status. Coverage is offered through managed care organizations throughout the state.

www.health.ny.gov/health_care/child_health_plus

Phone _____ **(800) 698-4KIDS**
4543

TTY _____ **(877) 898-5849**

NY – DUTCHESS COUNTY

● **Children's Medical Group**

The Children's Medical Group provides care for children's needs 365 days a year. Offers routine well care visits, same day sick visits, evening, weekend, and holiday availability, as well as, full in-office laboratory services.

www.childrensmedgroup.com

104 Fulton Ave.
Poughkeepsie, NY 12603

Phone _____ **(845) 452-1700**

Fax _____ **(845) 452-1752**

● **Institute for Family Health**

THE FAMILY PRACTICE CENTER OF HYDE PARK

The Family Practice center of Hyde Park offers primary medical care, mental health care and social work services to patients of all ages, regardless of ability to pay. We accept Medicare, Medicaid and most private insurance plans. If you do not have insurance, we can help. No one is turned away.

www.institute.org

11 Crumb Elbow Rd.
Hyde Park, NY 12538

Phone _____ **(845) 229-1020**

Fax _____ **(845) 229-2005**

NY – WESTCHESTER COUNTY

● **Friends of Karen**

Provides emotional, financial and advocacy support to families who have children, 21 years old and under, with a life-threatening illness, including direct financial assistance, coverage of illness-related expenses, help to cover costs of childcare for siblings, advocacy, assistance with funeral arrangements, bereavement support, and sibling support programs.

www.friendsofkaren.org

118 Titicus Rd.
North Salem, NY 10560

Phone _____ **(914) 277-4547**





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

JUVENILE DELINQUENCY | LEAD POISON



- **Make-A-Wish Foundation of the Hudson Valley**

We grant the wishes of children, 2 1/2 years to 18 years old, with life-threatening medical conditions to enrich the human experience with hope. Strength and joy.

www.hudson.wish.org

832 South Broadway
Tarrytown, NY 10591

Phone _____ (914) 478-9474

JUVENILE DELINQUENCY PREVENTION

CT – LITCHFIELD COUNTY

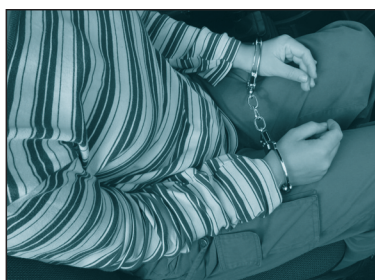
- **MST-Connecticut Junior Republic**

CJR's skilled and compassionate staff helps children, youth and families identify and utilize their strengths to meet challenges, resolve problems and relate to others in healthier, happier and more productive ways.

www.ctjuniorrepublic.org

168 South Main St.
Torrington, CT 6790

Phone _____ (860) 519-9826



CT – NEW HAVEN

- **Rushford**

At Rushford, the challenges of addiction and mental health issues are met by the passion of specialists who treat every client with care, compassion and respect – throughout their time with us, and even after.

www.rushford.org

883 Paddock Ave.
Meriden, CT 06450

Phone _____ (877) 577-3233

NY – DUTCHESS COUNTY

- **Juvenile Aid Bureau**

Reaches youth through quick and firm response to all juvenile issues and with relevant education/prevention programs in hopes of exerting positive pressure to deter would-be offenders and to help first- and second-time offenders to realize consequences.

www.townpolice.net/divisions/detective-bureau/juvenile-aid-bureau

19 Tucker Drive
Poughkeepsie, NY 12603

Phone _____ (845) 485-3688

LEAD POISON PREVENTION

NY – DUTCHESS COUNTY

- **Dutchess County Behavioral and Community Health**

Formerly the Department of Mental Hygiene and the Department of Health. We have integrated our services to better serve the residents of Dutchess County.

www.co.dutchess.ny.us

email: healthinfo@dutchessny.gov

387 Main St.
Poughkeepsie, NY 12601

Phone _____ (845) 486-3400

CHILDHOOD LEAD POISONING PREVENTION

The Dutchess County Childhood Lead Poisoning Primary Prevention (CLPPP) Program seeks to educate people about: How to identify the existence of lead-based paint; How lead-based paint affects the body; The dangers lead presents to people, especially children and pregnant women;





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

MENTAL HEALTH FOR CHILDREN

Where lead-based paint is most often located; How to use safe work practices to handle lead-based paint hazards; Performs risk assessments at City of Poughkeepsie homes to determine if the dwellings are lead safe. Provides education, outreach and environmental investigations about lead poisoning, testing procedures and measures for remediation.

223 Main Street
Beacon, NY 12508

Phone _____ (845) 838-4800 Ext. 131

Phone _____ (845) 486-3419

MENTAL HEALTH FOR CHILDREN

CT – REGIONAL

- **Connecticut Junior Republic**

CJR exists because children, youth, and families often need help to make positive changes in their lives. Since its founding in 1904, it has helped thousands of young people go on to lead productive and fulfilled lives by providing the care, treatment and educational services necessary for growth and change.

www.ctjuniorrepublic.org

550 Goshen Road, P.O. Box 161
Litchfield, CT 6759

Phone _____ (860) 567-9423



MULTI SYSTEMS THERAPY (MST)

Substance abuse and mental health assistance is provided on a daily basis through an array of residential, education, community, and home-based services in 12 locations across Connecticut: Bristol, Danbury, East Hartford, Litchfield, Middletown/Meriden, New Britain, New London, Torrington, Waterbury, Winchester, Winsted (Gilbert School).

www.ctjuniorrepublic.org

68 South Main St.
Torrington, CT 6790

Phone _____ (860) 519-9826

CT – LITCHFIELD COUNTY

- **CHH Youth and Families**

Charlotte Hungerford Hospital's Center for Youth and Families is a child advocacy center and professional mental health service that assists children, adolescents and their families with emotional, behavioral, developmental, and family difficulties.

<https://charlottehungerford.org/services/behavioral-health-services/children-families>

50 Litchfield Street
Torrington, CT 6790

Phone _____ (860) 489-3391



CT – NEW HAVEN COUNTY

- **Connecticut Counseling Centers**

Intensive Outpatient Program and other behavioral health services. Most services provided in New Britain but child, family and parenting programs are offered in their Torrington and Waterbury offices.

www.cmhacc.org

4 Midland Rd,
Waterbury, CT 6705

Phone _____ (203) 743-7574

- **Wellmore**

Outpatient and residential service for children and adolescents and adults for mental health issues, including substance abuse.

www.wellmore.org

Corporate Offices
141 E Main St.
Waterbury, CT 06702

Phone _____ (203) 574-9000

Fax _____ (203) 574-9006



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

MENTAL HEALTH FOR CHILDREN

• Wellmore CONT'

CHILD & ADOLESCENT OUTPATIENT SERVICES

Monday – Thursday 9am-8pm; Friday 9am-5pm

Phone _____ (203) 756-7287

Phone _____ (855) WELLMOR
935-5667

Fax _____ (203) 596-0722

MOBILE CRISIS SERVICES FOR CHILDREN, ADULTS & FAMILIES

www.wellmore.org

141 East Main Street 4th Floor
Waterbury, CT 6702

Phone _____ 211

• United Way's 211

Food • Housing and Shelters • Abuse Prevention
Government Services • Health and Mental Health
Youth Programs • Child Care • Job Assistance • Substance Abuse.

www.hudson211.org

Phone _____ 211

PHONE LINE OPEN 7 DAYS PER WEEK, ALL YEAR, FROM 9:00 AM TO 7:00 PM

NY – STATE

• Families Together

Family-run organization striving to establish a unified voice for children and youth with social, emotional, and behavioral challenges. Ensures that every family has access to needed information, support, and services.

www.ftnys.org

737 Madison Ave.
Albany, NY 12208

Phone _____ (888) 326-8644

NY – DUTCHESS COUNTY

• Dutchess BOCES (Youth Program)

DUTCHESS INTENSIVE DAY TREATMENT (IDT)

A short-term transitional program to serve adolescents in acute emotional crisis. Clinical services provided by Rockland Children's Psychiatric Center.

www.dcboces.org/AHS

Grades 7-12

900 Dutchess Turnpike
Poughkeepsie, NY 12603



Grades K-6

5 Boces Road
Poughkeepsie, NY 12601

Phone _____ (845) 483-3996

Grades K-6

Phone _____ (845) 486-4944

Grades 7-12

NY – DUTCHESS COUNTY

• Astor Services for Children and Families

When a child experiences emotional or behavioral difficulties at home, in school or in the community a parent may contact us for assistance.

www.astorservices.org/hudson-valley-early-recognition-screening.php

205 South Ave, Suite 104
Poughkeepsie, NY 12601

Phone _____ (845) 554-1365



ADOLESCENT PARTIAL HOSPITALIZATION PROGRAM

Health referral, symptom management, medication therapy, medication education, verbal therapy, case management, psychiatric rehabilitation readiness determination and referral, crisis intervention services, activity therapy and clinical support services.

www.astorservices.org

Phone _____ (845) 554-1365 Ext. 100

Helpline Phone _____ (845) 485-9700



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

MENTAL HEALTH FOR CHILDREN



ASTOR EARLY RECOGNITION SCREENING

The Early Recognition Screening Program partners with families and communities to facilitate the early recognition of emotional issues to provide for subsequent intervention with the child, family and caregivers.

www.astorservices.org/hudson-valley-early-recognition-screening.php

13 Mt. Carmel Place
Poughkeepsie, NY 12601

Phone _____ (845) 871-1000

Fax _____ (845) 876-2020

HOME-BASED CRISIS INTERVENTION

Designed to prevent psychiatric hospitalization, an intensive, short-term crisis intervention service and family education program. Contracted with The Dutchess County department of behavioral and community Health.

www.astorservices.org

Phone _____ (845) 554-1365 Ext. 102

● Astor Counseling Centers

Located throughout Dutchess and Ulster counties. Provides counseling, psychiatric services and case management to children ages 2-21 years old. First time clients can walk-in between 9:00 AM and 2:00 PM.

www.astorservices.org

Astor Counseling Center – Beacon
223 Main Street
Beacon, NY 12508

Phone _____ (845) 838-4920

BEACON

Monday, Wednesday, Friday 9-5, Tuesday, Thursday 9-9

223 Main Street
Beacon, NY 12508

Phone _____ (845) 838-4920

Fax _____ (845) 838-4924

POUGHKEEPSIE

Monday-Thursday 9-8, Friday 9-5

46 Lincoln Ave.
Poughkeepsie, New York 12601

Phone _____ (845) 471-6004

Fax _____ (845) 471-7099

HYDE PARK

Monday & Friday 9-5, Tuesday-Thursday 9-8.

Children's Medical Group, Suite 2
4252 Albany Post Rd.
Hyde Park, NY 12538

Phone _____ (845) 233-5935

Fax _____ (845) 233-4726

DOVER

Mondays 9-5, Tuesday-Thursday 9-8, Friday 9-5

6423 Rt. 55
Wingdale, NY 12594

Phone _____ (845) 350-3010

Fax _____ (845) 350-3013

RHINEBECK

Monday-Tuesday 12-8, Wednesday 11-8, Thursday-Friday 11-5.

187 E. Market Street
Rhinebeck, NY 12572

Phone _____ (845) 871-1535

NY – ULSTER COUNTY

● Astor Counseling Centers

Located throughout Dutchess and Ulster counties. Provides counseling, psychiatric services and case management to children ages 2-21 years old. First time clients can walk-in between 9:00 AM and 2:00 PM.

www.astorservices.org

Astor Counseling Center – Beacon
223 Main Street
Beacon, NY 12508

Phone _____ (845) 838-4920

ELLENVILLE

Wednesday 9-6, Thursday 9-8.

Trudy Resnick Farber Bldg
50 Center St
Ellenville, NY 12428



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

MENTAL HEALTH FOR CHILDREN

• Astor Counseling Centers CONT'

ELLENVILLE

Phone _____ (845) 647-3349

Fax _____ (845) 647-3352

NEW PALTZ

Monday 9-8, Tuesday 9-8, Wednesday 9-8, Friday 9-5.

137 N. Chestnut Street

New Paltz, NY 12561

Phone _____ (845) 419-0850

Fax _____ (845) 419-0852

KINGSTON

Monday 9-6, Tuesday-Thursday 9-8, Friday 9-5

239 Golden Hill Lane, Suite 100

Kingston, NY 12401

Phone _____ (845) 340-4105

Fax _____ (845) 340-4053

• Astor Services for Children and Families – School Based Behavior Health Programs

COLD SPRING ELEMENTARY SCHOOL

358 Homan Road

Stanfordville, NY 12581

Phone _____ (845) 868-7451



NEW PALTZ HIGH SCHOOL

130 S Putt Corners Road

New Paltz, NY 12561

Phone _____ (845) 419-0850

SEYMOUR SMITH ELEMENTARY SCHOOL

41 Academy Street

Pine Plains, NY 12567

Phone _____ (518) 398-3000

STISSING MOUNTAIN JR/SR HIGH SCHOOL

2829 Church Street

Pine Plains, NY 12567

Phone _____ (518) 398-7181

NY – ROCKLAND COUNTY

• Good Samaritan Hospital

MENTAL HEALTH OUTPATIENT CLINIC

The outpatient program at The Monsignor Patrick J. Frawley Psychiatric unit at Good Samaritan Hospital is designed to treat emotional and psychiatric disorders in adolescents, adults and geriatric patients in a warm and caring environment.

The program is licensed and certified by the NYS Department of Mental Health and accredited by the Joint Commission on Accreditation of Healthcare Organizations. Our specially-trained clinicians design individualized treatment plans. Our highly effective treatment plans include combinations of medication and group therapies.

255 Lafayette Ave.

Suffern, NY 10901

Phone _____ (845) 368-5242

• Lexington Center for Recovery

Provides a comprehensive range of substance abuse treatment, counseling and support for individuals afflicted with chemical/alcohol addiction problems. Separate programs available for adolescents, for adults, and for family members and friends.

www.lexingtonctr.org

Headquarters

116 Radio Circle, Suite 307-309

Mount Kisco, NY 10549

Headquarters Phone _____ (914) 666-0191

Rockland After Hours Phone _____ (845) 729-2197

NY – SULLIVAN COUNTY

• SullivanArc

CHILDREN'S MOBILE CRISIS INTERVENTION

The Arc Sullivan-Orange Counties, NY hosts "Children's Mobile Crisis Intervention" service in the Sullivan County area. The program, which is for children under 18, is designed to assist a parent or guardian in need of an intervention during a time of crisis.

Hotline _____ (845) 701-3777



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

MENTORING | MISSING AND EXPLOITED CHILDREN

NY – WESTCHESTER COUNTY

- **Behavioral Health Services at White Plains Hospital**

Provides a variety of outpatient mental health services utilizing a multi-disciplinary team approach to treatment. Patients benefit from the combined skills and expertise of psychiatrists, psychologists, clinical social workers, nurses, creative art therapists and other mental health professionals.

www.wphospital.org

41 E. Post Rd
White Plains, NY 10601

Phone _____ (914) 681-1119

MENTORING



US – NATIONAL

- **Big Brothers/Big Sisters of America (BBBS)**

We provide children facing adversity with strong and enduring, professionally supported one-to-one relationships that change their lives for the better, forever. With 313 agencies across the country, Big Brothers Big Sisters serves nearly 200,000 children, their families and 200,000 volunteer mentors. BBBS works to achieve measurable outcomes such as educational success, avoidance of risky behaviors, higher aspirations, greater confidence, and better relationships. Partnering with parents, guardians, schools, corporations and others in the community, BBBS carefully pairs children ("littles") with screened volunteer mentors ("bigs") and monitors these mentoring matches throughout their course.

www.bbs.org

2202 N. Westshore Blvd., Suite 455
Tampa, FL 33607

Phone _____ (813) 720-8778

NY – REGIONAL

- **Big Brothers/Big Sisters of America (BBBS)**

Serving Dutchess, Orange, Sullivan, and Ulster Counties.

www.mentorachild.org

ORANGE COUNTY

148 Temple Hill Road
P.O. Box 426
Vails Gate, NY 12584-0426

Phone _____ (845) 562-5900

PUTNAM COUNTY

www.fsw.org
One Summit Avenue
White Plains, NY 10606

Phone _____ (914) 260-4714

ROCKLAND COUNTY

www.bbbsofrc.com
65 North Main Street
New City, NY 10956

Phone _____ (845) 634-2199

WESTCHESTER COUNTY

www.fsw.org
One Summit Avenue
White Plains, NY 10606

Phone _____ (914) 260-4714

MISSING AND EXPLOITED CHILDREN

US – NATIONAL

- **National Center for Missing and Exploited**

Authorized by congress to serve as the nation's clearinghouse on the issue of missing and exploited children, it is the leading nonprofit organization working with law enforcement, families and professionals in the field.

www.missingkids.org

Phone _____ (800) THE-LOST
222-1222





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

PARENTING

PARENTING



CT – STATE

- **Parents Anonymous**

Our mission is to ensure meaningful parent and youth leadership with that results in better outcomes for families and communities by advocating, implementing and evaluating across systems through evidence-based Parents Anonymous® Groups, National Parent Helpline®, Shared Leadership® in Action, and National Certification of Parent Leaders and Staff.

www.parentsanonymous.org

Phone _____ (909) 625-6304

CT – HARTFORD COUNTY

- **CT Parent Power**

www.ctparentpower.org

1010 Bartholomew Ave.
Hartford, CT 6106

Phone _____ (203) 654-7958

CT – REGIONAL



- **Fatherhood Initiative of CT**

www.ct.gov/fatherhood

Bridgeport, Hartford, New Haven, Torrington, Waterbury, and others towns in CT.

Phone _____ (866) 628-3237

CT – NEW LONDON COUNTY

- **CT Parent Advocacy Center (CPAC)**

www.cpacinc.org

338 Main St.
Niantic, CT 6357

Phone _____ (860) 739-3089

NY – DUTCHESS COUNTY

- **CoveCare Center (formerly Putnam Family and Community Services)**

COMMUNITY-BASED SERVICES FOR ADULTS

Focuses on assisting children, parents, and adults of all ages who need help navigating life within the community. On-site and in-home services help to build parenting skills, empower strong families, provide early identification of social/emotional issues, and locate needed resources.

Phone _____ (845) 225-2700 Ext. 220

- **Dutchess County Department of Behavioral and Community Health**

MATERNAL AND CHILD HOME VISITING PROGRAM

Provides support to expectant/new parents in the home. Public health nurses provide education, support and case management services to pregnant and new parents, including those with other infants and young children. Health and social assessments and breastfeeding education and support services are also offered.

Phone _____ (845) 486-3419

- **Mental Health America Dutchess County (MHADC)**

www.mhadutchess.org

Headquarters: 253 Mansion Street (2nd floor)
Poughkeepsie, NY 12601

Phone _____ (845) 473-2500

Fax _____ (845) 473-4870

COMMUNITY EDUCATION DIVISION

“Managing Defiant Children” Source: *Defiant Children* by Russell A. Barkley. A six-week series gives parents/caregivers new skills designed to reduce defiant behavior in children and improve the parent-child relationship.

“Parenting the Explosive Child” Source: *The Explosive Child* by Ross W. Greene. This course is for parents and caregivers of children ages 2-11, who are easily frustrated, extremely inflexible, and aggressive.



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

RUNAWAYS

“How to Talk So Kids Will Listen and Listen So Kids Will Talk” Source: Book with above title by authors Adele Farber and Elaine Mazlish. A six-week course on communication and problem-solving skills that build strong relationships between parents and children and reduces stress.

“How to Talk So Teens Will Listen and Listen So Teens Will Talk” Source: Book with above title by Adele Farber and Elaine Mazlish. An eight-week course that tackles tough issues in a realistic and honest way to equip parents with skills to improve communication with their teen.

Managing Challenging Teens” Source: *Defiant Teens* by Russell A. Barkley and Arthur I. Robin. A ten-week research-based parent management and parent-adolescent problem-solving communication training.

“Parent Well-being” Multiple Sources: Three-week discussion on keeping yourself healthy while parenting.

“Take the Journey: From Relationship Trauma to Resilience and Balance” Source: *Emotional Sobriety* by Tian Dayton, Ph. D. A twelve-week journey of research-based information on healing and recovery from trauma.

“Parent education and custody effectiveness (P. E. A. C. E.)” A Six-hour course for adults who are separating or divorcing.

“Preparing your Child For School Success” Source: *Seven Skills for School Success* by Pam Schiller We identify seven components in the development of social and emotional intelligence in children.

255 Mansion St. (2nd Floor)
Poughkeepsie, NY 12601

Library Phone _____ (845) 473-2500 Ext. 1325

Classes Phone _____ (845) 473-2500 Ext. 130

EMERGE: PARENTS WITH PSYCHIATRIC DISABILITIES

Parents who have mental illness are helped to establish and work toward parenting goals that improve the quality of life for their families. Program offers support and assistance with child rearing issues in their home settings. The agency offers an ongoing support group serving this population.

Phone _____ (845) 473-2500 Ext. 1321

FAMILY SUPPORT AND ADVOCACY SERVICES

Credentialed Family Peer Advocate assists parents/caregivers in their interactions with community systems, hospitals, physicians, schools, social services, probation, etc.

Phone _____ (845) 473-2500 Ext. 1343

NY – DUTCHESS/ULSTER COUNTIES

- **Institute for Family Health**

If you are expecting a baby or have an infant under 3 mos old, we can help.

Our free home visiting services can provide support, information, knowledge and resources to help families give their children a great beginning and foster healthy family relationships.

www.institute.org

333 Fishkill Ave.
Beacon, NY 12508

Family Partnership Building
29 North Hamilton, Suite 209
Poughkeepsie, NY 12601

Phone _____ (845) 838-2518

Phone _____ (845) 452-3387

NY – ULSTER COUNTY

- **Family Services Education Program**

We provide home-based and group-based parenting education to families in Ulster Counties.

www.familyservicesny.org

100 Arron Court
Kingston, NY 12401

Phone _____ (845) 331-5641

RUNAWAYS

US – NATIONAL

- **National Runaway Safeline**

Dedicated to keeping homeless, run-aways, and at-risk youth safe.

www.1800runaway.org

3080 North Lincoln Avenue
Chicago, IL 60657

Toll Free Phone _____ (800) RUN-AWAY
786-2929

NY – DUTCHESS COUNTY

- **River Haven Youth Shelter**

Hudson River Housing A safe, temporary place to stay for youth between ages 10 and 17. Services are free, confidential and available 24/7.

www.hudsonriverhousing.org/youth.html

99 Thompson St.
Poughkeepsie, NY 12601

Phone _____ (845) 454-3600



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

SUPERVISED VISITATION | YOUTH DEVELOPMENT

SUPERVISED VISITATION

• Family Services – Supervised Visitation

The Dutchess County courthouse conducts court-ordered visits supervised by trained professionals to non-custodial parents and their children in a safe, nurturing environment.

www.familyservicesny.org

50 Market St., 2nd Floor
Poughkeepsie, NY 12601

Main Phone _____ (845) 431-1855

Phone _____ (845) 331-5641 Ext. 223

YOUTH DEVELOPMENT/SUPPORT

US – NATIONAL

• Loveisrespect

Loveisrespect engages, educates and empowers young people to prevent and end abusive relationships. Peer advocates are available 24/7 to provide confidential support and resources to those affected by dating abuse.

www.loveisrespect.org (live chat)

24/7 Hotline _____ (866) 331-9474

Text “LOVEIS” _____ 22522



CT – REGIONAL

• Warm the Children Fund

Warm The Children is a program whose mission is to provide new warm winter clothing for children of needy families. The mission is accomplished with the cooperative effort of Warm The Children, Inc., a local newspaper, a local charity partner (if the newspaper chooses to have one), social service agency or schools, volunteer shoppers, and cooperating retailers.

927 B Heritage Village
Southbury CT 06488

www.warmthechildren.org

Phone _____ (860) 489-3121



CT – HARTFORD COUNTY

• CT Office of Protection and Advocacy

www.ct.gov/opapd/site/default.asp

60B Weston St.
Hartford, CT 6120

Phone _____ (860) 297-4300

• CT Office of the Child Advocate

Oversees the protection and care of CT vulnerable and youngest citizens and advocates for their wellbeing.

www.ct.gov/oca

99 Asylum St. 1st floor
Hartford, CT 6105

Phone _____ (860) 566-2106

• FAVOR: Statewide Family Advocacy

Committed to empowering families as advocates and partners in improving educational and health outcomes for our children. FAVOR is the CT state organization of the Federation of Families for Children's Mental Health.

www.favor-ct.org

2138 Silas Deane Highway
Rocky Hill, CT 6067

Phone _____ (860) 563-3232

CT – LITCHFIELD COUNTY

• Family and Children's Aid (FCA)

www.fcaweb.org

387 Litchfield St.
Litchfield, CT 6759

Phone _____ (860) 482-6085



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

YOUTH DEVELOPMENT

- **Housatonic Youth Service Bureau**

www.hysb.org

236 Warren Tpk.

Falls Village, CT 6031

Phone _____ (860) 824-4720

NY – DUTCHESS COUNTY

- **Dutchess County Department of Community and Family Services**

DIVISION OF YOUTH SERVICES

The mission is to assure every youth (ages 0–21) a fair and equal opportunity to attain his/her full potential by providing and encouraging services that strengthen family life and by supporting families in their essential function of nurturing the youth's overall development.

www.co.dutchess.ny.us/countygov/departments/youthbureau/yb

60 Market St

Poughkeepsie, NY 12601

Phone _____ (845) 486-3000

- **Hudson River Housing**

HRH provides homeless shelters as well as quality, affordable rental housing for individual, families and seniors throughout the Mid-Hudson Valley.

Through our supported housing programs, we offer individuals diagnosed with disabling conditions the opportunity to successfully transition out of homelessness or residential care to affordable, permanent housing.

<http://hudsonriverhousing.org>

313 Mill St.

Poughkeepsie, NY 12601

Phone _____ (845) 454-5176

Fax _____ (845) 485-1641

INDEPENDENT LIVING SUPPORT PROGRAM (ILSP)

Non-residential support and advocacy program for youth, ages 10-17, who are prematurely faced with independent living and need help securing housing, financial entitlements, emergency services, education and employment goals, counseling, etc.

389 Manchester Road

Poughkeepsie, NY 12601

Phone _____ (845) 452-0019

RIVER HAVEN INDEPENDENT LIVING SERVICES

Services are offered to 16–21 years olds: counseling and assistance in addressing immediate needs, locating suitable housing, employment, educational/vocational training, therapy, medical assistance, financial support. Staff assist youth in developing independent living skills such as budgeting, banking, housekeeping, cooking, etc. The program can also provide emergency food and basic household supplies.

389 Manchester Road

Poughkeepsie, NY 12601

Phone _____ (845) 452-0019

Fax _____ (845) 471-1632

- **Mental Health America of Dutchess County**

RESPITE PROGRAM SCHOLARSHIPS

Children in the Respite Program are provided partial scholarships to local camps, classes or lessons.

Phone _____ (845) 473-2500 Ext. 1375

TEEN CHALLENGE

Teen challenge is an opportunity for youth, generally ages 14–18, to participate in weekly life skills lessons, community service, and recreation.

Phone _____ (845) 473-2500 Ext. 1358

YOUNG ADULT TRANSITION PROGRAM

Addresses challenges with life skills, education, employment, socialization and wellness.

Phone _____ (845) 473-2500 Ext. 1302

NY – WESTCHESTER

- **YMCA Clubhouse**

Provides support, life skills, prevention group, peer groups, vocational/ education assistance, computer lab, media class, fitness, college prep, resume prep. Free services for ages 13-21.

www.yoymca.org

17 Riverdale Ave.

Yonkers, NY 10701

Phone _____ (914) 963-0183





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

ADVOCACY FOR DISABLED

DISABILITIES

"Any condition of the body or mind (impairment) that makes it more difficult for the person with the condition to do certain activities (activity limitation) and interact with the world around them (participation restrictions)." – Centers for Disease Control/Prevention (CDC)

ADVOCACY FOR DISABLED



US – NATIONAL

• New York Employment Services System (NYESS)

EMPLOYMENT FIRST

The Employment First policy is part of a national movement to support the employment of people with disabilities. Equality and inclusiveness play a central role in the history of New York State, and it continues that legacy by standing up for the employment needs of people with disabilities.

www.nyess.ny.gov

• New York State Justice Center for the Protection of People with Special Needs

The Justice Center is committed to supporting and protecting the health, safety, and dignity of all people with special needs and disabilities through advocacy of their civil rights, prevention of mistreatment, and investigation of all allegations of abuse and neglect so that appropriate actions are taken. The Justice Center was created in legislation known as the "Protection of People with Special Needs Act" to establish the strongest standards and practices in the nation for protecting people with special needs. It serves both as a law enforcement agency and as an advocate for people with special needs.

161 Delaware Avenue
Delmar, NY 12054

General Phone _____ (518) 549-0200

Report Abuse _____ (855) 373-2122

• New York State Office for People with Developmental Disabilities

Developmental Disabilities State Operations Offices (DDS00S) administer and oversee state operations for the Office for People with Developmental Disabilities (OPWDD), including the direct delivery of services and supports to people with developmental disabilities by state staff. The officers are able to provide a consistent approach and culture, so that individuals and their families can expect continuous quality improvement in all services.

www.opwdd.ny.gov

Taconic Developmental Disabilities
State Operations Office 4
26 Center Circle
Wassaic, NY 12592

Phone _____ (845) 877-6821

Fax _____ (845) 877-9177

• Social Security Administration

The official website of the U. S. Social Security Administration. Free and voluntary program available to people ages 18 through 64 who are blind or have a disability and who receive Social Security disability Insurance (SSDI) or Supplemental Security Income (SSI) benefits.

TICKET TO WORK PROGRAM

Provides access to employment support services for social security disability beneficiaries who want to work.

www.socialsecurity.gov/work/aboutticket.html

Help Line _____ (866) 968-7842

TTY Phone _____ (866) 833-2967

CT – HARTFORD COUNTY

• Disability Rights Connecticut (DRCT)

At Disability Rights Connecticut, we provide legal advocacy and rights protection to a wide range of people with disabilities. This includes assisting individuals with problems such as abuse, neglect, discrimination, access to assistive technology, community integration, voting, and rights protection issues. DRCT also addresses issues through policy advocacy, education, monitoring, and investigation.

<https://www.disrightsct.org>

151 New Park Ave.
Hartford, CT 6106

Phone _____ (860) 257-4371

Voice/TTY _____ (860) 571-7235



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

ADVOCACY FOR DISABLED



NY – STATE

• ACCES-VR

Adult career and continuing education services. Vocational rehabilitation (ACCES-VR) offers access to a full range of employment and independent living services that may be needed by persons with disabilities through their lives. ACCES-VR assists individuals with disabilities to achieve and maintain employment and to support independent living through training, education, rehabilitation, and career development.

<http://www.acces.nysed.gov/vr>

89 Washington Ave.
Albany, NY 12234

Phone _____ 800-222-JOBS

NY – DUTCHESS COUNTY

• Abilities First

Organization serving the needs of over 1,500 children and adults with developmental disabilities in the Hudson Valley. Universal pre-k, school programs for students, ages 3–21 with developmental disabilities.

www.abilitiesfirstny.org

70 Overocker Rd.
Poughkeepsie, NY 12603

Phone _____ (845) 485-9803

Fax _____ (845) 485-5234

• Arc of Dutchess

We are a non-profit agency that provides services to individuals with developmental disabilities: employment services, day services, recreation and youth services, residential options, clinic services, and more.

www.dutchess-arc.org

84 Patrick Lane, Ste. 130
Poughkeepsie, NY 12603

Phone _____ (845) 635-8084

Fax _____ (845) 635-8083

• Cardinal Hayes Home for Children (CHHC)

Range of services to developmentally disabled children and young adults: Cardinal Hayes Home has 110 developmentally disabled young people residing in its Intermediate Care Facilities (ICFS). Cardinal Hayes School for Special Children serves students who are multi-handicapped. Community Programs, In-Home Respite Care, and Day Habilitation Programs

www.cardinalhayeshome.org

60 St. Joseph Drive
Millbrook, NY 12545

Phone _____ (845) 677-6363

Fax _____ (845) 677-6691

• Dutchess County Department of Behavioral and Community Health

Protect and promote the health of individuals, families, communities and our environment.

www.dutchessny.gov

85 Civic Center Plaza, Ste. 106
Poughkeepsie, NY 12601

Phone _____ (845) 486-3400

Fax _____ (845) 486-3447

BEACON OFFICE

223 Main Street
Beacon, NY 12508

Phone _____ (845) 838-4800

• Dutchess Safe Return Program

Provides families with personal tracking and communication devices to connect individuals with developmental and intellectual disabilities with help or be located when lost, ensuring they return home safely. Dutchess County Government is contracting with Life Button 24 to provide this services. There is a \$25 per month charge for this service starting in 2018.

Phone _____ (845) 486-3363

• Life Button 24

Life button 24 a device and monitoring system that can locate a person with special needs who has wandered off or has gone missing. There is a \$25 per month charge for this service starting in January, 2018.

Phone _____ (845) 486-3364





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

ADVOCACY FOR DISABLED

- **New Horizons Resources, Inc.**

ROCKLAND COUNTY ASSOCIATIONS FOR LEARNING DISABILITIES (RCALD)

www.nhrny.org

125 West Rd.
Pleasant Valley, NY 12569

Phone _____ (845) 358-5700

- **New York State Justice Center for the Protection of People with Special Needs**

If you see or suspect abuse or neglect call.

www.justicecenter.ny.gov

161 Delaware Ave.
Delmar, NY 12054-1310

Phone _____ (518) 549-0200

TTY Phone _____ 711



- **Protective Services For Adults**

Department of Community and Family Services is a state-mandated program which is provided to assist adults age 18 or older who, because of mental or physical impairments, can no longer provide for their basic needs for food, clothing, shelter or medical care, or protect themselves from neglect, abuse, or hazardous situations, and who have no one willing and able to help in a responsible manner.

www.co.dutchess.ny.us/countygov/departments/SocialServices/SAadult.htm

123 West Rd.
Pleasant Valley, NY 12569

Phone _____ (845) 486-3300

Phone _____ (212) 273-6100

- **Vulnerable Persons Central Registry (VPCR)**

JUSTICE CENTER HOTLINE

Maintains a central registry for reports of abuse and neglect.

24/7 Hotline _____ (855) 373-2122

TTY Phone _____ (855) 373-2123

- **Young Adult Institute (YAI)**

Provides opportunities for people with developmental and learning disabilities and their families. Helps them achieve their potential for independence, individuality, productivity, and inclusion in their communities. YAI offers medical care, therapy, employment initiatives, job training, housing assistance, and various recreational activities and events.

www.yai.org

460 West 34th Street
New York, NY 10001

Phone _____ (212) 273-6100

NY – ORANGE COUNTY

- **Independent Living, Inc.**

A consumer-directed, cross-disability advocacy and service organization dedicated to enhancing the quality of life for persons with disabilities. Advocacy, deaf and hard of hearing programs, long-term care, mental health services, community independence program, early childhood direction center, employment services, wellness center and more.

www.myindependentliving.org

5 Washington Terrace
Newburgh, NY 12550

Phone _____ (845) 565-1162

Videophone _____ (845) 765-8384

Fax _____ (845) 565-0567

- **Mid-Hudson Early Childhood Direction Center**

Offers free information, referral and assistance for parents and professionals concerned about the growth and development of young children with special needs.

NEWBURGH

5 Washington Terrace
Newburgh, NY 12550

Phone _____ (845) 565-1162

MIDDLETOWN

441 E. Main Street
Middletown, NY 10940

Phone _____ (845) 565-1162

MONTICELLO

14 Pelton Street, East Wing
Monticello, NY 12701

Phone _____ (845) 794-3322



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

ADVOCACY FOR DISABLED

• Mid-Hudson Workshop for the Disabled

Mid-Hudson Workshop for the Disabled provides competitive employment and training for the physically and/or medically disabled workers.

www.midhudsonworkshop.org

188 Washington St.
Poughkeepsie, NY 12601

Phone _____ (845) 471-3820

Fax _____ (845) 452-3407

NY – REGIONAL

• New York Foundling

Helps children, youth, and adults in need to reach their full potential, through advocacy, preventive, and direct care designed to strengthen families and communities. The Foundling welcomed their first child in need of help into their home on October 11, 1869. Since then, it has established a successful legacy of meeting the needs of thousands of individuals and families who were facing significant life challenges.

www.nyfoundling.org

590 Avenue of The Americas
New York, NY 10011

Phone _____ (212) 886-4020

Fax _____ (212) 660-1336

COMMUNITY RESIDENTIAL SERVICES

Provides residential care to over 200 adults with developmental disabilities. These programs operate in the Bronx, Manhattan, Staten Island, and Westchester, Rockland, and Orange counties. Our person-directed planning approach and service delivery team help our individuals achieve outcomes that are important to each of them: a home of their choice, relationships, participation in their community, and good health. Our professional staff works with our individuals to promote independence and to teach daily living skills, self-advocacy, and communication skills.

www.nyfoundling.org

502 Airport Executive Park
Nanuet, NY 10954

Phone _____ (845) 623-3461



NY – ROCKLAND COUNTY

• Bridges (formerly Rockland Independent Living Ctr.)

Bridges is committed to the full inclusion of people with disabilities in all aspects of community life. Most importantly, people with disabilities have the right to determine the course of their own lives. These principles form the cornerstone of their advocacy efforts, both individual and system-wide.



Bridges was founded under the name Rockland Independent Living Center (RILC). It is a community-based, peer-driven, cross-disability, nonprofit organization dedicated to advocacy and providing services on behalf of people with disabilities.

www.bridgesrc.org

873 Rte. 45, Ste. 108
New City, NY 10956

Phone _____ (845) 624-1366

Captioned Telephone _____ (845) 624-3053

Fax _____ (845) 624-1369

NY – ULSTER COUNTY

• New Horizons Resources, Inc.

Provide individuals who have developmental disabilities with opportunities and environments where they learn the skills and develop the confidence needed to live their lives as independently and as happily as possible.

123 West Rd
Pleasant Valley, NY 12569

Phone _____ (845) 473-3000

Fax _____ (845) 473-3030

• Taconic Resources for Independence, Inc.

Information about community resources of interest to person with disabilities. Services include peer counseling, independent living skills training, information and referral, individual and systems advocacy, and more.

www.taconicresources.org

82 Washington St., #214
Poughkeepsie, NY 12601

Phone _____ (845) 452-3913



ATTENTION DEFICIT/HYPERACTIVITY

US – NATIONAL

• **Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)**

Founded in 1987 in response to the frustration and sense of isolation experienced by parents and their children with ADHD. Many people seriously misunderstood ADHD. Many clinicians and educators knew little about the disability, and individuals with ADHD were often mistakenly labeled “a behavior problem,” “unmotivated,” or “not intelligent enough.”

ADHD is medically and legally recognized as a treatable yet potentially serious disorder, affecting up to nine percent of all children, and approximately four percent of adults.

www.chadd.org

email: customer_service@chadd.org

Toll Free Phone _____ **(800) 233-4050**

Phone _____ **(301) 306-7070**

Fax _____ **(301) 306-7090**

NY – WESTCHESTER COUNTY

• **Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)**

CHADD OF WESTCHESTER-PUTNAM & VICINITY, NY-376

This is a support group that networks and educates parents of children, or adults, with Attention-Deficit Disorder, with or without hyperactivity. We meet the 1st Mon of the month (Except SEP and APR).

TIMES: Support Session: 6:30 – 7:15 PM; General Meeting 7:30 PM.

www.chadd.net/376

Select Human Services Building
19 Marble Ave.
Pleasantville, NY 10570

Phone _____ **(845) 704-2233**



AUTISM

NY – DUTCHESS COUNTY

• **Anderson Center for Autism**

We are a person-centered not-for-profit organization that fosters independence and self-advocacy for children and adults with autism. We are committed to providing quality programs and an ongoing integrated support network for families and guardians.

www.andersoncenterforautism.org

4885 Route 9

P.O. Box 367

Staatsburg, NY 12580

Phone _____ **(845) 889-4034**

Fax _____ **(845) 889-3104**



• **Camp Ramapo for Children**

A 250-acre residential summer camp that serves children ages 6-16 who are affected by social, emotional, or learning challenges, including autism.

www.ramapoforchildren.org

Route 52/Salisbury Turnpike

P.O. Box 266

Rhinebeck, NY 12572

Phone _____ **(845) 876-8403**

Fax _____ **(845) 876-8414**

• **Center for Spectrum Services**

A private not-for-profit day school for ages 3-12, specifically designed for children with autism. Therapies include counseling, speech, occupational, and physical therapy.

www.centerforspectrumservices.org

70 Kukuk Lane

Kingston, NY 12401

Phone _____ **(845) 336-2616**



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

BLIND/VISUALLY IMPAIRED

- **Greystone Programs, Inc.**

Greystone Programs, Inc. is committed to providing exceptional services and life enriching opportunities for children, adults, and families living with autism and other developmental disabilities.

www.greystoneprograms.org

36 Violet Ave.
Poughkeepsie, NY 12601

Phone _____ (845) 452-5772

IN HOME THERAPY PROGRAMS

Family interaction produces a “calming” effect on the family unit, allowing family members to open channels of much-needed communication which in turn improves behavior, relationships and well-being.

PROJECT F.A.M.E.

(Forming Associations through Meaningful and Enriched Environments)

“Day Habilitation Without Walls” environment where each individual is afforded the opportunity to make choices, build relationships, and demonstrate citizenship.

RESIDENTIAL AND OCCUPATIONAL PROGRAMS

By providing residential environments which are uplifting and functional, we guide participants to attain the highest level of personal accomplishment.

- **Guiding Eyes for the Blind, Inc.**

Nonprofit organization that provides superbly bred and trained guide dogs to men and women who are blind, visually impaired or with autism.

Dogs not suited for guide work may become service dogs for children on the autism spectrum.

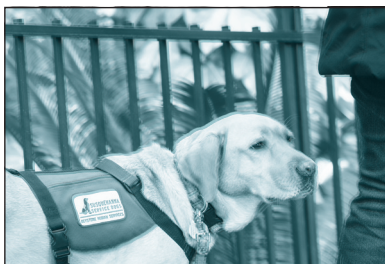
www.guidingeyes.org

611 Granite Springs Rd.
Yorktown Heights, NY 10598

Toll Free Phone _____ (800) 942-0149

Phone _____ (914) 245-4024

Fax _____ (914) 245-1609



BLIND/VISUALLY IMPAIRED



NATIONAL

- **American Council of the Blind**

Strives to improve the well-being of all blind and visually impaired people by: serving as a representative national organization of blind people; elevating the social, economic and cultural levels of blind people; improving educational and rehabilitation facilities and opportunities; cooperating with the public and private institutions and organizations concerned with blind services; encouraging and assisting all blind persons to develop their abilities and conducting a public education program to promote greater understanding of blindness and the capabilities of blind people.

www.acb.org

1155 15th St. N. W., Suite 1004
Washington, DC 20005

Phone _____ (202) 467 5081

- **American Foundation for the Blind**

Promotes wide-ranging, systemic change by addressing the most critical issues facing the growing blind and visually impaired population – employment, independent living, literacy, and technology. www.afb.org

Eleven Penn Plaza, Suite 300
New York, NY 10001

Phone _____ (800) 232 3044

- **Guiding Eyes for the Blind, Inc.**

The Guiding Eyes for the Blind is an international, non-profit, service organization and residential training facility dedicated to providing visually impaired individuals with a sense of independence and security through the assistance of professionally trained guide dogs.

www.guidingeyes.org

611 Granite Springs Rd.
Yorktown Heights, NY 10598

Phone _____ (800) 942-0149

Phone _____ (914) 245-4024

Fax _____ (914) 245-1609



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

BLIND/VISUALLY IMPAIRED

- **National Federation of the Blind (NFB)**

Blindness is not the characteristic that defines you or your future. Every day we raise the expectations of blind people, because low expectations create obstacles between blind people and their dreams. The NFB exists in fifty states, Washington, DC, and Puerto Rico.

www.nfb.org

email: nfb@nfb.org

200 East Wells Street at Jernigan Place
Baltimore, MD 21230

Phone _____ (410) 659-9314

Fax _____ (410) 685-5653

NY – STATE

- **New York State Commission for the Blind**

The mission of the New York State Commission for the Blind is to enhance employability, to maximize independence and to assist in the development of the capacities and strengths of people who are legally blind.

<http://ocfs.ny.gov/main/cb/about.asp>

Phone _____ (866) 871-3000

- **VISIONS: Services for the Blind and Visually Impaired**

Nonprofit rehabilitation and social service organization whose purpose is to develop and implement programs to assist people of all ages who are blind or visually impaired to lead independent and active lives in their homes and communities. All services are free of charge.

www.visionsvcb.org

500 Greenwich St, 3rd Floor
New York, NY 10013

Toll Free Phone _____ (888) 245-8333

Phone _____ (212) 625-1616

Fax _____ (212) 219-4078

BLINDLINE®

Blindline® is a fully accessible website created by VISIONS in collaboration with the American Foundation for the Blind to provide direct access to a NY Statewide database of organizations and services for people who are blind or visually impaired, their family, and other professionals.

www.blindline.org

Phone _____ (888) 625-1616



VISIONS CENTER ON BLINDNESS (VCB)

Non-profit organization that provide year round services for people of all ages, and their families, who are legally blind or severely visually handicapped. Services include: Employment and job replacement, rehabilitation, and general information on vision loss. All services are free of charge.

www.visionsvcb.org

112 Summit Park Rd.
Spring Valley, NY 10013

Phone _____ (212) 625-1616

NY – DUTCHESS COUNTY

- **Catholic Charities Community Services**

CATHOLIC GUILD FOR THE BLIND

Offers rehabilitation and education services to legally blind adults under a contract with the NYS Commission for the Blind. CGB provides orientation and mobility, personal and home management, adaptive communication skills, social services, computer training and referrals.

www.catholiccharities-dutchesscounty.org

218 Church St.
Poughkeepsie, NY 12601

Phone _____ (845) 452-1400

Fax _____ (845) 452-3336

TTY _____ (845) 452-3338

NY – WESTCHESTER COUNTY

- **New York State Commission for the Blind**

DISTRICT 5: WHITE PLAINS

Vocational rehab services; Programs for children; Programs for older adults (Note: Must be legally blind for services).

<http://ocfs.ny.gov/main/cb/about.asp>

445 Hamilton Ave., 5th Floor, Room 503
White Plains, NY 10601

Phone _____ (866) 871-3000

Phone _____ (914) 993-5370



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

DEAF/HEARING IMPAIRED

DEAF/HEARING IMPAIRED

US – NATIONAL

- **Hearing Loss Association of America (HLAA)**

The nation's leading organization representing consumers with hearing loss. The programs and events are designed to focus on you – the person. HLAA strives to give people the tools they need to live more successfully with hearing loss.

7910 Woodmont Ave, Suite 1200
Bethesda, MD 20814

Phone _____ (301) 657-2248

Fax _____ (301) 913-9413



- **Hear Now**

Hear Now is Starkey Hearing Foundation's domestic, application-based program assisting those permanently residing in the U.S. who are deaf or hard of hearing and have no other resources to acquire hearing aids.

www.starkeyhearingfoundation.org

6700 Washington Avenue South
Eden Prairie, MN 55344

Phone _____ (800) 328-8602

- **International Hearing Society**

Offers hearing aid information and referrals to hearing aid specialists and also confirms reliability of dealers and offers a list of society members.

www.ihsinfo.org

16880 Middlebelt Road, Suite #4
Livonia, MI 48154

Phone _____ (734) 522-7200

NY – DUTCHESS COUNTY

- **Catholic Charities Community Services of Dutchess County**

HUDSON VALLEY CATHOLIC DEAF CENTER

We provide specialized programs for children and adults, including educational and social services, religious education and sacramental preparation.

www.catholiccharities-dutchesscounty.org

218 Church St.
Poughkeepsie, NY 12601

Phone _____ (845) 452-1400

Fax _____ (845) 452-3336

TTY _____ (845) 452-3338

- **Mid-Hudson Regional Hospital of Westchester Medical Center**

CENTER FOR COMMUNICATIONS DISORDERS

Early intervention provides evaluation and treatment for speech, language, hearing and swallowing for children and adults.

www.midhudsonregional.org

115 Delafield St.
Poughkeepsie, NY 12601

Phone _____ (845) 431-8800

- **Hearing Loss Association of America (HLAA)**

MID-HUDSON CHAPTER

We provide assistance and resources for people with hearing loss and their families to learn how to adjust to living with hearing loss.

<http://hearingloss.org>

82 Washington St.
Poughkeepsie, NY 12601

Phone _____ (845) 896-5322

DIAL 711



Telecommunications Relay Services (TRS) enables a person with hearing or speech disabilities to use the phone system via a text telephone (TTY) or another device.

It is simple:

Dial 711

to be automatically connected to a TRS operator. It's fast, functional and free.



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

COLLEGES

• Taconic Resources for Independence, Inc.

Information, referrals, and resources for people with disabilities. Services include peer counseling, independent living skills training, and more.

www.taconicresources.org

82 Washington St., #214

Poughkeepsie, NY 12601

Phone _____ (845) 452-3913

NY – ORANGE COUNTY

• Independent Living, Inc.

A consumer-directed, cross-disability advocacy and service organization dedicated to enhancing the quality of life for persons with disabilities: Advocacy, deaf and hard of hearing programs, long-term care, mental health services, a community independence program, early childhood direction center, employment services, a wellness center and more.

www.myindependentliving.org

5 Washington Terrace

Newburgh, NY 12550

Phone _____ (845) 565-1162

Videophone _____ (845) 765-8384

Fax _____ (845) 565-0567



NY – WESTCHESTER COUNTY

• Iona College Language and Hearing Clinic

Offers evaluation and treatment for children who have been identified as having possible speech and hearing difficulties, due to a variety of reasons.

www.iona.edu/speechclinic

83 Clove Rd.

New Rochelle, NY 10801

Phone _____ (914) 712-1990

Phone _____ (914) 712-1991

EDUCATION

COLLEGES

• Adelphi University

New York's Adelphi University is a nationally ranked, doctoral research university where students succeed by gaining the skills, knowledge and exposure to thrive as professionals and active citizens in an interconnected and fast-paced global society. Nearly 8,000 students from 38 states and 46 countries pursue degrees in person and online through Adelphi's eight distinguished schools and program.

These include the College of Arts and Sciences, Gordon F. Derner Institute of Advanced Psychological Studies, Honors College, Robert B. Willumstad School of Business, Ruth S. Ammon School of Education, University College, College of Nursing and Public Health and School of Social Work. With learning hubs on Long Island, in Manhattan and the Hudson Valley, Adelphi serves communities, both regionally and globally.

<http://online.adelphi.edu/all-online-and-blended-courses>

1 South Ave.

Garden City, NY 11530

ON-LINE GRADUATE COURSES

We offer several online graduate programs and a wide array of online and blended courses.

<http://online.adelphi.edu/online-degree-programs>

ONLINE AND BLENDED COURSES

<http://online.adelphi.edu/all-online-and-blended-courses>

Phone _____ (800) ADELPHI
233-5744

• Bard College

Founded in 1860, Bard College in Annandale-on-Hudson, New York, is an independent, residential college of the liberal arts.

www.bard.edu

PO Box 5000

Annandale-on-Hudson, NY 12504

Phone _____ (845) 758-6822





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

COLLEGE PREP.

• Dutchess Community College

DCC offers approximately 60 academic degree and certificate programs. Classes typically start in August and January and are available in Poughkeepsie, Wappingers Falls, and online. Students do not need to be enrolled in a degree program to take a course.

www.sunydutchess.edu

53 Pendell Rd.
Poughkeepsie, NY 12601

Phone _____ (845) 431-8000



• Marist College

Dedicated to helping students develop the intellect, character, and skills required for enlightened and productive lives in the global community.

www.marist.edu

3399 North road
Poughkeepsie, NY 12601

Phone _____ (845) 575-3000

• Vassar College

Vassar College is a highly selective, coeducational, independent, residential liberal arts college founded in 1861.

www.vassar.edu

124 Raymond Ave.
Poughkeepsie, NY 12604

Phone _____ (845) 437-7000

COLLEGE PREPARATORY PROGRAMS

NY – DUTCHESS COUNTY

• Marist Upward Bound

Federally-funded college preparatory program is designed to generate the skills and motivation necessary to complete secondary education and enter a program of postsecondary education. Services provided after school at high school sites, on weekends and during the summer at Marist College.

www.marist.edu/upwardbound

3399 North Rd.
Poughkeepsie, NY 12601-1387

Phone _____ (845) 575-3258

Phone _____ (914) 963-0183



COMPUTER ACCESS

NY – PUTNAM COUNTY

• Kent Public Library

Has 12 computers which can be used without charge to access the Internet.

www.midhudson.org

17 Sybil's Crossing
Kent Lakes, NY 10512

Phone _____ (845) 225-8585

Fax _____ (845) 225-8549

• YMCA Clubhouse

Provides support, life skills, prevention group, peer groups, vocational/ education assistance, computer lab, media class, fitness, college and resume prep. Free services for ages 13-21.

www.yoyrnca.org

17 Riverdale Ave.
Yonkers, NY 10701

CPR TRAINING



NY – DUTCHESS COUNTY

• American Red Cross of the Mid-Hudson Valley

Offers services in disaster relief, disaster preparedness and blood donation. Volunteer opportunities for adults and youth are available. Courses in health and safety, such as CPR are also offered as is instruction for youth in health and safety issues.

www.redcross.org/eny

4 Jefferson Plaza, Ste. 302
Poughkeepsie, NY 12601

Phone _____ (845) 471-0200

Fax _____ (845) 471-3899



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

ESL | FINANCE/BUDGET

ENGLISH AS A 2ND LANGUAGE

- **Literacy Connections of the Hudson Valley**

ENGLISH LANGUAGE LEARNERS

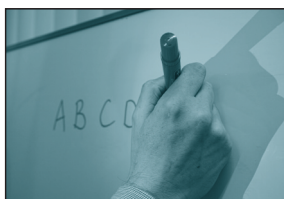
Devoted to providing basic literacy education for adults and literacy support and enrichment for children. Tutoring for adults who are new speakers of English and are interested in improving their skills.

www.literacyconnections.org

325 Main St.
Poughkeepsie, NY 12601

Phone _____ (845) 452-8670

Fax _____ (845) 452-3050



- **Poughkeepsie Public Library District**

ADRIANCE MEMORIAL LIBRARY

www.poklib.org

93 Market St.
Poughkeepsie, NY 12601

Phone _____ (845) 485-3445

Reference Dept _____ Ext. 3702

Youth Services _____ Ext. 3320

BOARDMAN BRANCH

HOURS: Mon–Thu, 9am–9pm; Fri–Sat, 9am–5pm; Sunday, Closed.

www.poklib.org

141 Boardman Rd.
Poughkeepsie, NY 12603

Phone _____ (845) 485-3445

NY – WESTCHESTER COUNTY

- **Mt. Vernon Adult Education**

www.mtvernoncsd.org (in community section on website)

183 Rich Ave.
Mt. Vernon, NY 10550

Phone _____ (914) 358-2441



FINANCE/BUDGET

CT – STATE

- **CT Association of Human Services**

Our mission is to end poverty and engage, equip and empower all families in Connecticut to build a secure future.

www.cahs.org

Phone _____ (860) 951-2212

NY – DUTCHESS COUNTY

- **Cornell University Cooperative Extension**

Through quality educational programs, CCEDC builds strong, healthy youth, adults, families and communities while enhancing the economic, social, agricultural and natural resources of Dutchess County. CCEDC links the research, knowledge and technology of the land grant system to the needs of individuals, families, businesses, and communities.

FINANCIAL LITERACY FOR YOUTH (FLY)

FLY is the movement whose goal is to empower young American to restore economic health through promoting financial literacy. The hallmark of FLY is the student-centric model that aims to inspire interest in personal finance and promote financial responsibility among youth. With the support of schools, nonprofit organizations and government, the Financial Literacy for Youth (FLY) engages the entire community in efforts to improve financial literacy for students.

<http://ccedutchess.org/youth-4-h/financial-literacy-for-youth-fly>

email: mc2524@cornell.edu

2715 Rte. 44

Millbrook, NY 12545

Phone _____ (845) 677-8223 Ext.122





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

HIGH SCHOOLS

ALTERNATIVE HIGH SCHOOLS

HIGH SCHOOLS

ALTERNATIVE HIGH SCHOOLS

NY – STATE

- **Board of Cooperative Educational Services (BOCES)**

A public organization provides shared educational programs and services to school districts. Today, BOCES continues to partner with school districts to provide a broad range of services to help meet the needs of learners.

boces.org

NY – DUTCHESS COUNTY

- **Dutchess Community College**

Online classes allow you to continue your education despite time or transportation issues. A range of online classes.

www.sunydutchess.edu

53 Pendell Rd.
Poughkeepsie, NY 12601

Phone _____ (845) 431-8000

- **Dutchess County BOCES**

www.dcboces.org/adults/literacy

1 Civic Center Plaza, Ste. 300
Poughkeepsie, NY 12601

Phone _____ (845) 483-3640

DUTCHESS COUNTY BOCES/ALTERNATIVE HIGH

Programs include: Adolescent Day Treatment, Alternative High School, Alternative High School Equivalency (GED), Alternative GED + Fresh Start, Intensive Day Treatment Transitional, and Work Experience.

www.dcboces.org/ahs

900 Dutchess Turnpike
Poughkeepsie, NY 12603

Phone _____ (845) 486-4840

Fax _____ (845) 486-4852

NY – ORANGE COUNTY

- **Best Resource Center, Inc.**

49 Grand St
Newburgh, NY 12550

Phone _____ (845) 562-2378

- **Orange-Ulster BOCES**

Assists local school districts in providing high-quality and varied educational opportunities that are also efficient and cost-effective.

ouboces.org

53 Bedford Ave.
Middletown, NY 10940

155 Dunderberg Rd.
Central Valley, NY 10917

39 West St.
Newburgh, NY 12550

150 Pike St.
Port Jervis, NY 12771

Reformed Church
16 Maple Ave.
Warwick, NY 10990

16 Maple Ave.
Warwick, NY 10990

Phone _____ (845) 781-7615

- **SUNY Orange**

www.sunyorange.edu/ce

1 Washington Center
Newburgh, NY 12550

Phone _____ (845) 341-9532

Phone _____ (845) 341-4890

NY – PUTNAM COUNTY

- **Putnam-Northern Westchester BOCES**

MICHAEL J. DIBART CENTER

www.pnwboces.org

200 Boces Drive
Yorktown Heights, NY 10598

4 Nelson Ave
Peekskill, NY 10566

Phone _____ (914) 245-2700

Phone _____ (914) 737-1212





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

HIGH SCHOOLS

PUBLIC SCHOOL DISTRICT OFFICES

NY – ROCKLAND COUNTY

- **Rockland BOCES**

www.rocklandboces.org

131 Midland Ave. North
Nyack, NY 10960

Phone _____ (845) 348-3500

TASC Phone: _____ (845) 348-3500 Ext. 3500

NY – SULLIVAN COUNTY

- **Sullivan County BOCES**

www.scboces.org

6 Wierk Ave.
Liberty, NY 12754

Phone _____ (845) 295-4915

NY – ULSTER COUNTY

- **Kingston High School**

www.kingstoncityschools.org

403 Broadway
Kingston, NY 12401

Phone _____ (845) 943-3864

- **Orange-Ulster BOCES**

www.ouboces.org

16 Maple Ave.
Warwick, NY 10990

Main Phone _____ (845) 781-7615

NY – WESTCHESTER COUNTY

- **Mt. Vernon Adult Education**

www.mtvernoncsd.org (in community section)

183 Rich Ave.
Mt. Vernon, NY 10550

Phone _____ (914) 358-2441

- **Putnam-Northern Westchester BOCES**

www.pnwbores.org

4 Nelson Ave
Peekskill, NY 10566

Phone _____ (914) 245-2700

- **Southern Westchester BOCES**

www.swbores.org/adulteducation

450 Mamaroneck Ave., 2nd Floor
Harrison, NY 10528

Phone _____ (914) 592-0849



- **VIVE School – Yonkers Pathways to Success**

TREATMENT ACCOUNTABILITY FOR SAFER COMMUNITIES (TASC)

www.yonkerspublicschools.org

75 Riverdale Ave.
Yonkers, NY 10701

Phone _____ (914) 592-0849

PUBLIC SCHOOLS DISTRICT OFFICES

- **Arlington Central School District (K-12)**

www.arlingtonschools.org

144 Todd Hill Rd.
Lagrangeville, NY 12540

Phone _____ (845) 486-4460

- **Beacon City School District**

www.beaconcit12.org

10 Education Drive
Beacon, NY 12508

Phone _____ (845) 838-6900

- **Dover Union Free School District**

www.doverschools.org

2368 Rte. 22
Dover Plains, NY 12522

Phone _____ (845) 877-5700



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

LITERACY

- **Millbrook Central School District**

www.millbrookcsd.org

43 Alden Place
Millbrook, NY 12545

Phone _____ (845) 677-4200

- **Pawling Central School District**

www.pawlingschools.org

515 Rte. 22
Pawling, NY 12564

Phone _____ (845) 855-4600

- **Pine Plains Central School District**

www.ppcsd.org

2829 Church St.
Pine Plains, NY 12567

Phone _____ (518) 398-7181

- **Poughkeepsie City School District**

www.poughkeepsieschools.org

11 College Ave.
Poughkeepsie, NY 12603

Phone _____ (845) 451-4900

- **Red Hook Central School District**

www.redhookcentralschools.org

9 Mill Rd.
Red Hook, NY 12571

Phone _____ (845) 758-2241

- **Rhinebeck Central School District**

www.rhinebeckcsd.org

45 North Park Rd.
Rhinebeck, NY 12572

Phone _____ (845) 871-5520

- **Spackenkill Union Free School District**

www.spackenkillschools.org

15 Croft Rd.
Poughkeepsie, NY 12603

Phone _____ (845) 463-7800

- **Wappingers Central School District**

www.wappingersschools.org

25 Corporate Park Drive
Hopewell Junction, NY 12533

Phone _____ (845) 298-5000

- **Webutuck Central School District**

www.webutuckschools.org

194 Haight Ave.
Amenia, NY 12501

Phone _____ (845) 373-4100

LITERACY



NY – REGIONAL

- **Literacy Connections of the Hudson Valley**

Charitable organization devoted to providing basic literacy education for adults and literacy support and enrichment for children.

BOOK BUDDIES

Volunteers give one hour a week to read with a child in 2nd or 3rd grade who is struggling with reading and needs extra practice reading aloud. Using materials provided by the teacher, the child reads aloud every week to the volunteer. This method has been proven to increase reading scores and ensure that children do not fall behind in this basic skill.

CLASSROOM BOOK BUDDIES

Volunteers go into schools and pre-schools to read to the class using the dialogic reading method to get children engaged in the story. Once a month the book is donated to the classroom to help build a classroom library.

CORRECTIONS EDUCATION

Tutoring for incarcerated individuals and persons transitioning post-release into society.

ENGLISH LANGUAGE LEARNERS

Tutoring for adults who do not speak English or are new to English.



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

SAFETY INFORMATION

• Literacy Connections of the Hudson Valley CONT'

ENGLISH SPEAKERS

Tutoring for adults who already know the english language but struggle with reading and writing skills.

www.literacyconnections.org

325 Main St.
Poughkeepsie, NY 12601

ADULT AND FAMILY LITERACY

Provides free tutoring for adults who read below a 6th grade level and for adults learning english as a second language. Trained volunteer tutors work with clients on an individual and small group basis. Family literacy programs involve reading activities and programs for adults and children.

400 State St.
Hudson, NY 12534

Phone _____ (845) 452-8670

Fax _____ (845) 452-3050

Phone _____ (518) 697-8227

Phone _____ (845) 708-9072

NY – ROCKLAND COUNTY

• Literacy Solutions NY

Nonprofit organization dedicated to providing student-centered English literacy services and acting as a resource for the advancement of literacy.

Rockland County Administrative Office
63 New Main Street
Haverstraw NY 10927

<http://literacysolutionsny.org/about-us/>

Phone _____ (845) 499-5464

HAVERSTRAW LITERACY ZONE

Haverstraw Center
50 West Broad Street
Haverstraw, NY 10927

Phone _____ (845) 429-5731

NEW CITY CENTER

Tutoring for adults in basic reading and math that can prepare them to take the assessment test for the high school equivalency exam.

220 North Main St.
New City, NY 10956

Phone _____ (845) 708-9072

NY – SULLIVAN COUNTY

• Literacy Volunteers of Sullivan County

Provides free one-to-one tutoring to adults who want to improve their reading, writing, speaking skills. Read It Again is a not-for-profit used book store within building. All profits go to direct support of Literacy Volunteers.

www.literacysullivan.org

63 North St. P.O. Box 759
Monticello, NY 12701

Phone _____ (845) 794-0017

NY – WESTCHESTER COUNTY

• Literacy Solutions NY

YONKERS RIVERFRONT LIBRARY

Provides basic literacy and English for speakers of other languages tutoring and classroom-based instructional services to educationally and economically disadvantaged adults in Westchester and Rockland Counties. Our Literacy Zone in Haverstraw adds social and human services counseling and guidance to help adult students overcome barriers to learning.

www.literacysolutionsny.org

One Larkin Center
Yonkers, NY 10701

Phone _____ (914) 375-7964

SAFETY INFORMATION

NY – ULSTER COUNTY

• Suicide Prevention Education, Awareness and Knowledge (SPEAK)



ULSTER COUNTY (SPEAK)

Coalition of community partners working to educate others about the warning signs and what you can do to prevent suicide.

<https://ulstercountyny.gov>

Hotline _____ (800) 273-TALK



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

TIME MANAGEMENT | VOCATIONAL ASSISTANCE

TIME MANAGEMENT

NY – DUTCHESS COUNTY

- **Dutchess Community College**

Personal and Professional Time Management (non-credit) 2-hour class. Effective Time Management enables you to hop off the time treadmill and accomplish more than you thought possible.

www.sunydutchess.edu

53 Pendell Rd.
Poughkeepsie, NY 12601

Phone _____ (845) 431-8915

VOCATIONAL ASSISTANCE



US – NATIONAL

- **Job Corps**

Young men and women, ages 16-24, who are income-eligible may receive training leading to a career, trade, high school equivalency or college preparation.

www.jobcorps.gov

Boston Regional Office (Oversees NYS)
John F. Kennedy Federal Building
Boston, MA 2203

Phone _____ (617) 788-0186

Fax _____ (617) 788-0131

Help Phone _____ (800) 733-JOBS

TTY _____ (877) 889-5627

- **Office of Temporary and Disability Assistance**

Provides assistance and support to eligible families and individuals: SNAP, home energy assistance program (HEAP), child support enforcement and housing.

<http://otda.ny.gov>

40 N Pearl St
Albany, NY 12207

General Telephone _____ (518) 473-1090

EMPLOYMENT AND TRAINING SERVICES

Provided to Temporary Assistance (TA) and Supplemental Nutrition Assistance Program (SNAP) applicants and recipients to support participation in work activities that have been approved and assigned by the local department of social services.

Phone _____ (800) 342-3009

NY – STATE

- **New York State Department of Labor**

The mission of the New York State department of labor is to protect workers, assist the unemployed, and connect job seekers to jobs.

www.labor.ny.gov/home

W.A. Harriman Campus
Building 12
Albany, NY 12240

Phone _____ (518) 457-9000

Phone _____ (888) 4-NYSDOL

TTY/TTD _____ (800) 662-1220

NY – DUTCHESS COUNTY

- **Dress for Success® Dutchess County**

The mission of Dress for Success® Dutchess County is to empower women to achieve economic independence by providing a network of support, professional attire and the development tools to help women thrive in work and in life.

80 Cannon St.
Poughkeepsie, NY 12601

Phone _____ (845) 452-5104 Ext. 144

Fax _____ (845) 625-1560





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

VOCATIONAL ASSISTANCE

- **Dutchess County Board of Cooperative Educational Services (BOCES)**

A large percentage of boces programs are instructional; they serve students with classroom programs and services – vocational-technical programs for high school students, physical and occupational therapy for students with disabilities, and literacy programs for adults.

www.dcboces.org/cti

5 Boces Rd.
Poughkeepsie, NY 12601

Phone _____ (845) 486-4800

Fax _____ (845) 486-4981

- **Dutchess County Community Action Partnership**

This employment Case Management Program provides the community with job skills and training support, clothing and apparel for interviews and help with maintaining self-sufficiency for candidate and family.

www.dutchesscap.org

77 Cannon St.
Poughkeepsie, NY 12601

Phone _____ (845) 452-5104 Ext. 130

Fax _____ (845) 625-1510

- **Dutchess One Stop**

Supports the needs of employers and job seekers through resources and services offered in a true one-stop environment. We provide access to skilled, pre-screened workers for employers as well as on-the-job and customized training opportunities. For the job seeker we offer career preparation, counseling, training, and a full service resource room.

www.dutchessonestop.org

191 Main St.
Poughkeepsie, NY 12601

Phone _____ (845) 473-9000

- **Goodwill Industries of Greater NY and Northern NJ**

To empower individuals with disabilities and other barriers to gain independence through the power of work. We serve young people with all types of disabilities, immigrants and refugees, unskilled and mature workers, US veterans, public assistance recipients, ex-offenders, and any person with barriers to employment.

www.goodwillnynj.org

Headquarters
4-21 27th Avenue
Astoria, NY 11102

Phone _____ (718) 728-5400

Phone _____ (845) 298-0311

- **KINGSTON GOODWILL STORE**

1306 Ulster Avenue
Kingston, NY 12401

Phone _____ (845) 336-3303

- **WAPPINGERS FALLS GOODWILL STORE**

1488 Route 9
Wappingers Falls, NY 12590

Phone _____ (845) 298-0311

- **Mid-Hudson Adult Career Continuing Education Services - Vocational Rehabilitation (ACCES VR)**

Providing vocational rehabilitation services to assist individuals with disabilities to achieve employment outcomes.

www.acces.nysed.gov/vr

301 Manchester Rd., Ste. 200
Poughkeepsie, NY 12603

Phone _____ (845) 452-5325

- **Mid-Hudson Workshop for the Disabled**

Provides competitive employment and training for physically and/or medically disabled workers.

www.midhudsonworkshop.org

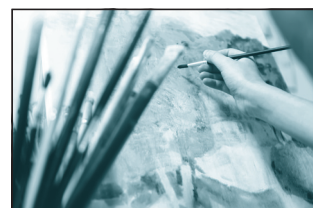
188 Washington Street
Poughkeepsie, NY 12601

Phone _____ (845) 471-3820

Fax _____ (845) 452-3407

- **Mill Street Loft (now called The Art Effect)**

Empowers young people to develop their creative voices, to shape their futures, and bring about positive social change. Participants explore, experience, and excel in the arts, introducing them to visual arts and media, giving them the opportunity to develop real skills in these fields, and guiding them towards achieving their academic and career goals.





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

VOCATIONAL ASSISTANCE

POUGHKEEPSIE YOUTH CHALLENGE (PYC)

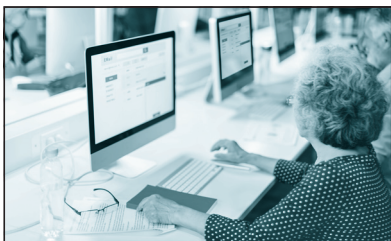
Utilizes the Art Institute of Mill Street Loft as a college preparedness course for urban youth living below national poverty guidelines. PYC is a tuition-free 4-year specialized curriculum for students in economic need.

<https://feelthearteffect.org>

455 Pershing Avenue
Poughkeepsie, NY 12601

Phone _____ (845) 471-7477

Fax _____ (845) 471-7507



PROJECT ABLE

Program which uses the arts to provide job skills training to youth, 14-21 years old, from the Northside of Poughkeepsie.

<https://feelthearteffect.org>

455 Pershing Avenue
Poughkeepsie, NY 12601

Phone _____ (845) 471-7477

Fax _____ (845) 471-7507

• Poughkeepsie Public Library District

ADRIANCE MEMORIAL LIBRARY

Technology support and computer classes for older patrons, plus activities, such as art, music, brain games, creative writing, poetry, and special programs on Medicare, Social Security, Retirement Planning, Healthy Aging, Home Maintenance, and AARP Tax Preparation Assistance.

www.poklib.org

93 Market St.
Poughkeepsie, NY 12601

Phone _____ (845) 485-3445

Reference Dept _____ Ext. 3702

Youth Services _____ Ext. 3320

BOARDMAN BRANCH

HOURS: Mon–Thu, 9am–9pm; Fri–Sat, 9am–5pm; Sunday, Closed.

www.poklib.org

141 Boardman Rd.
Poughkeepsie, NY 12603

Phone _____ (845) 485-3445

NY – ORANGE COUNTY

• Orange Works

The Orange County Employment and Training Administration is part of the Workforce Development System. We provide resources and services to businesses looking to build their workforce and potential employees.

www.orangecountygov.com

MIDDLETOWN

3 Washington Center, 4th Floor
Newburgh, NY 12550

Phone _____ (845) 346-1100

NEWBURGH

33 Fulton St., 2nd Floor
Middletown, New York 10940

Phone _____ (845) 568-5090

NY – ROCKLAND COUNTY

• Rockland County Career Center

Supports the adult, dislocated, and youth population in rockland county in their transition to obtaining employment by providing job search assistance, innovative training programs, workshops and other services.

Representatives of the New York Department of Labor provide services at the Rockland County Career Center in our Haverstraw location.

www.rocklandcountycareercenter.org

One Perlman Drive
Spring Valley, NY 10977

Phone _____ (845) 356-5100





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

FOOD PANTRIES

NY – SULLIVAN COUNTY

- **Sullivan Works One Stop System**

Comprised of a variety of community partners, our primary mission is to support the growth of the local economy by meeting the employment needs of job seekers, current workers and employers.

[http://co.sullivan.ny.us/departments/departmentsam/centerfor-50 North Street](http://co.sullivan.ny.us/departments/departmentsam/centerfor-50%20North%20Street)
Monticello, NY 12701

Phone _____ (845) 794-3340



NY – ULSTER COUNTY

- **Ulster County Career Center**

Finding employment has become a much more challenging task. We have a variety of resources available to assist you in meeting your career goals.

www.ulsterworks.com

601 Development Court Ulster Avenue
Kingston, NY 12401

Phone _____ (845) 338-4696

NY – WESTCHESTER COUNTY

- **Guidance Center of Westchester**

Offers essential and lasting support to those challenged by mental illness, substance abuse, poverty, and homelessness. Successful participants enter post-secondary education, vocational training or the work force with the skills and confidence necessary to thrive.

www.tgcny.org

277 North Ave.
New Rochelle, NY 10801

Phone _____ (914) 631-0700 Ext. 7225



FOOD NEEDS

FOOD PANTRIES



NY – DUTCHESS COUNTY

- **Beulah Baptist Church Food Pantry**

92 Catharine St.
Poughkeepsie, NY 12601

Phone _____ (845) 473-8454

- **Daily Bread Soup Kitchen**

26 Mill Hill Rd.
Woodstock, NY 12498

Phone _____ (845)-679-2336

- **Dover Plains Dutchess Community Action Food**

3414 Rte. 22
Dover Plains, NY 12522

Phone _____ (845) 877-9272

- **Dutchess Outreach Food Pantry**

29 N. Hamilton St., Ste. 202
Poughkeepsie, NY 12601

Phone _____ (845) 454-3792

- **Family of Woodstock**

Family is an extended family of people helping people to help themselves through a network of services for domestic violence, substance abuse, homelessness, suicide prevention, child care, adolescent issues, and food.

51 North Chestnut St.
New Paltz, NY 12561

Phone _____ (845) 255-8801

ELLENVILLE

221 Canal Street
Ellenville, NY 12428

Phone _____ (845) 647-2443



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

FOOD PANTRIES

- **First Reformed Church of Fishkill Food Pantry**

1153 Main St.
Fishkill, NY 12524

Phone _____ (845) 896-4546

- **Good Neighbor Food Pantry**

18 Tinker St.
Woodstock, NY 12498

Phone _____ (845) 417-5535

- **Guild of St. Margaret Soup Kitchen**

12 Depot St.
Middletown, NY 10940

Phone _____ (845) 344-0569



- **Love Reaches Out Food Pantry – Full Gospel Center**

1138 Rte. 55
Lagrangeville, NY 12540

Phone _____ (845) 452-4673

- **Pawling Resource Center**

COMMUNITY RESOURCES AND SERVICE CENTER FOOD PANTRY

126 East Main St.
Pawling, NY 12564

Phone _____ (845) 855-3459

- **Pleasant Valley Ecumenical Food Pantry**

92 Martin Rd.
Pleasant Valley, NY 12569

Phone _____ (845) 635-3022

- **Reach Out Church Food Pantry**

241 Crum Elbow Road
Hyde Park, NY 12538

Phone _____ (845) 229-6080

- **Rondout Valley Food Pantry**

3021 Route 213 East
Stone Ridge, NY 12484

Phone _____ (845) 687-4013

- **St. Columba Rectory**

P.O. Box 428 Rte. 82
Hopewell Junction, NY 12533

Phone _____ (845) 227-7863

- **St. George Episcopal Church Food Pantry**

105 Grand St.
Newburgh, NY 12550

Phone _____ (845) 561-5355

- **To God Be The Glory Food Pantry**

4 Howard St./Hudson Gardens
Poughkeepsie, NY 12601

Phone _____ (845) 452-5525

NY – ORANGE COUNTY

- **St. Patrick's Soup Kitchen**

55 Grand St.
Newburgh, NY 12550

Phone _____ (845) 561-5023



- **Trinity Temple Seventh-Day Adventist (SDA)**

19 North Bridge St.
Poughkeepsie, NY 12601

Phone _____ (845) 297-0811

- **Vineyard**

NO STRINGS ATTACHED FOOD PANTRY

609 Rte. 82
Hopewell Junction, NY 12533

Phone _____ (845) 227-7832



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

HUNGER RELIEF | NUTRITIONAL COUNSELING

- **Zion Food Pantry**

12 Satterlee Place
Wappingers Falls, NY 12590

Phone _____ (845) 297-5032

NY – ULSTER COUNTY

- **Family of Woodstock**

An extended family helping people to help themselves through a network of services for domestic violence, homelessness, substance abuse, suicide prevention, child care, adolescent issues, and sustenance.

16 Rock City Rd.
Woodstock, NY 12498

Phone _____ (845) 679-2485

- **First Reformed Church of Fishkill Food Pantry**

1153 Main St.
Fishkill, NY 12524

Phone _____ (845) 896-4546

HUNGER RELIEF

NY – DUTCHESS COUNTY

- **Dutchess County Office for the Aging**

Provides home delivered meals 4 days a week to those who qualify. You may receive one or two meals per day and there is a suggested contribution of \$3.00 per meal, for those who can afford to do so. Please call to see if you qualify for our program.

www.co.dutchess.ny.us/countygov/departments/aging/agindex.htm

27 High St.
Poughkeepsie, NY 12601

Phone _____ (845) 486-2555



- **Meals-on-Wheels of Greater Poughkeepsie**

A volunteer service that delivers a hot lunch and light supper to those in need 5 times a week, Monday through Friday.

www.mowaa.org

100 Cannon St.
Poughkeepsie, NY 12601

Phone _____ (845) 452-2245

NY – WESTCHESTER COUNTY

- **Food Bank for Westchester**

Our mission is to lead, engage and educate Westchester county in creating a hunger-free environment. We serve over 265 local hunger-relief programs throughout Westchester, including food pantries, soup kitchens, child and adult day-care centers, and shelters. The Food Bank provides 95% of all the food given to hungry families, children and seniors as cooked meals or groceries to take home.

www.foodbankforwestchester.org

200 Clearbrook Rd.
Elmsford, NY 10523

Phone _____ (914) 923-1100

- **United Way's 211**

Food; Housing; Abuse Prevention; Government Services; Health and Mental Health; Youth Programs; Job Assistance; Substance Abuse.

www.hudson211.org

Phone _____ 211

NUTRITIONAL COUNSELING

NY – DUTCHESS COUNTY

- **Hudson River HealthCare (HRHCare)**

Learn what you can do to get healthy, stay healthy and feel good.

www.hrhcare.org

Atrium Health Center at Poughkeepsie
Midhudson Regional Hospital
1 Webster Avenue, Suite 202
Poughkeepsie, NY 12601

Phone _____ (845) 790-7990

29 North Hamilton Street
Poughkeepsie, NY 12601

Phone _____ (845) 454-8204

Fax _____ (845) 454-8247



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

SUPPLEMENTAL NUTRITION – SNAP



NY – ULSTER COUNTY

• Hudson River HealthCare (HRHCare)

HRHCare providers work together to bring you coordinated medical, dental, and behavioral health care. Our staff speak many languages, and we have translation services available to make sure you receive care in the language of your choice. Learn what you can do to get healthy, stay healthy and feel good.

HRHCARE KINGSTON

1240 Ulster Avenue, Suite 104
Kingston, NY 12401
(Located in the Hudson Valley Mall)

Phone _____ (845) 768-1990

Phone _____ (844) HRH-CARE
474-2273

• Vassar Brothers Medical Center

HEALTHQUEST

Nutritional counseling is available at all Health Quest hospitals. A referral from your doctor is required. Once you receive your referral, call the hospital of your choice to make an appointment. Registered dietitians (RDS) and certified-dietitian nutritionists (CDNS) provide nutritional counseling. Using Medical Nutrition Therapy (MNT), they monitor body weight, assist with meal planning and provide recommendations for dietary interventions.

<http://healthquest.org/health-wellness/nutritional-counseling.aspx>

45 Reade Place
Poughkeepsie, NY 12601

Main Phone _____ (845) 454-8500 Ext. 72112

Appointment Phone _____ (845) 431-5647



SUPPLEMENTAL NUTRITION – SNAP

US – NATIONAL

• Food and Nutrition Service of the U.S. Department of Agriculture (FNS of USDA)

www.fns.usda.gov

Food & Nutrition Service
Braddock Metro Center II
1320 Braddock Place
Alexandria, VA 22314



Phone _____ (703) 305-2062

USDA Information Hotline _____ (202) 720-2791

SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN (WIC)

Provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

www.fns.usda.gov/wic

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

The largest federal nutrition assistance program. SNAP provides benefits to eligible low-income individuals and families via an Electronic Benefits Transfer card. This card can be used like a debit card to purchase eligible food in authorized retail food stores.

www.benefits.gov/benefit/361

SNAP Information Phone _____ (800) 221-5689



NY – DUTCHESS COUNTY

• Catholic Charities Community Services of Dutchess County

We assist individuals and families in determining eligibility for food stamps and applying for food benefits online the same day. Catholic Charities also provides hungry families with up-to-date information about local food pantries and the availability of emergency food.

www.catholiccharities-dutchesscounty.org

218 Church St.
Poughkeepsie, NY 12601

Phone _____ (845) 452-1400

Fax _____ (845) 452-3336

TTY _____ (845) 452-3338



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

ENVIRONMENTAL SERVICES | GOVT. HEALTH WEBSITES

HEALTH INFORMATION



ENVIRONMENTAL SERVICES

NY – DUTCHESS COUNTY

- **Dutchess County Department of Behavioral and Community Health**

Formerly the Department of Mental Hygiene and the Department of Health. We have integrated our services to better serve the residents of Dutchess County. Plans for, develops, oversees, and provides a comprehensive and integrated array of services and programs to meet the mental health needs of the county residents for the prevention, treatment, and rehabilitation of mental illness, developmental disabilities or substance addiction.

www.dutchessny.gov

85 Civic Center Plaza, Ste. 106
Poughkeepsie, NY 12601

Phone _____ (845) 486-3400

ENVIRONMENTAL REGULATORY SERVICES

Conducts inspections, monitors, and approves permits for public facilities including children's camps, food service facilities, swimming pools, sewage collection/disposal and treatment. Investigates sewage failures, food-borne illnesses, animal infestations, and animal bites. Provides technical assistance for chemical spills or other hazardous waste.

Phone _____ (845) 677-3400

Phone _____ (845) 486-3404

Public Health Emergencies _____ (845) 431-6465

TTY Phone _____ (845) 486-3417

223 Main Street
Beacon NY 12508

Phone _____ (845) 838-4800

GOVERNMENT HEALTH WEBSITES

US – NATIONAL

- **AbilityOne® Program**
www.abilityone.gov

- **Administration for Children and Families**
www.acf.hhs.gov

- **Benefits.gov**

Benefits.gov was launched in an effort to provide citizens with easy, on-line access to government benefit and assistance programs. The program's mission is to reduce the expense and difficulty of interacting with the government while increasing citizen access to government benefit information. Today, millions of citizens have easy, online access to information from across 17 federal agencies on benefits.gov.

www.benefits.gov

- **Centers for Disease Control and Prevention (CDC)**

CDC works 24/7 to protect America from health, safety and security threats, both foreign and in the U.S. CDC fights disease and supports communities and citizens to do the same. To accomplish our mission, CDC conducts critical science and provides health information that protects our nation against expensive and dangerous health threats, and responds when these arise.



www.cdc.gov/about/organization/mission.htm

1600 Clifton Road
Atlanta, GA 30333

Phone _____ (800) 232-4636

- **Centers for Medicare and Medicaid Services**

CMS provides health coverage for 100 million people through Medicare, Medicaid, and the Children's Health Insurance Program. And with health insurance reforms and health care exchanges, cms is improving health care and ensuring coverage for all Americans.

www.cms.gov

7500 Security Boulevard
Baltimore, MD 21244-1850



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

GOVERNMENT HEALTH WEBSITES

Main Toll Free Phone _____ (877) 267-2323

TTY Toll-Free _____ (866) 226-1819

Phone _____ (800) MEDICARE
(800) 633-4227

TTY Phone _____ (877) 486-2048



• Department of Health and Human Services

The Department of Health and Human Services (HHS) is the United States government's principal agency for protecting the health of all Americans and providing essential human services, especially for those who are least able to help themselves.

www.hhs.gov

• InsureKidsNow.gov

www.insurekidsnow.gov

• Medicaid.gov

Welcome to Medicaid.gov, your one-stop-shop for federal policy and program information about Medicaid, the Children's Health Insurance Program and the Basic Health Program.

www.medicaid.gov

• National Health Information Center

The National Health Information Center (NHIC) is a health information referral service sponsored by the Office of Disease Prevention and Health Promotion. NHIC puts health professionals and consumers who have health questions in touch with those organizations that are best able to provide answers. Using a database that contains descriptions of health-related organizations, NHIC refers people to the most appropriate resource.

www.health.gov/nhic



1101 Wootton Parkway
Rockville, MD 20852

Phone _____ (240) 453-8280

Fax _____ (240) 453-8281

• National Institutes of Health

NIH is the nation's medical research agency — supporting scientific studies that turn discovery into health. NIH's mission is to seek fundamental knowledge about the nature and behavior of living systems and the application of that knowledge to enhance health, lengthen life, and reduce the burdens of illness and disability.

www.nih.gov

• Social Security Administration

www.socialsecurity.gov

• Substance Abuse and Mental Health Services

www.samhsa.gov/index.aspx

• U.S. Department of Health & Human Services

www.acf.hhs.gov

• United Way's 211

www.hudson211.org



• US Government Agencies

www.usa.gov

CT – STATE

• Husky Infoline

We're here to help you be as healthy as you can be. Learn about your benefits, services, health conditions and community services. We can answer your questions, help you find a doctor, or talk to a nurse.

www.ct.gov/hh/site/default.asp

Phone _____ (877) 284-8759





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

GOVERNMENT HEALTH WEBSITES

- **Office of the Healthcare Advocate**

Can assist Connecticut residents with their healthcare coverage. If you have questions about enrollment, referrals, pre-authorizations, or grievances, we are here to help!

www.ct.gov/oha

Phone _____ (800) 434-7869

CT – LITCHFIELD COUNTY

- **Birth Certificates**

www.torringtonct.org/city-clerks-office

Clerk's Office, Torrington City Hall

130 Main St.

Torrington, CT 6790

Phone _____ (860) 482-2236

- **Sharon Social Services**

<http://www.sharonct.org/>

Sharon, CT 6069

Phone _____ (860) 364-1003

- **Social Security Administration Office**

www.ssa.gov

147 Litchfield St.

Torrington, CT 6790

Phone _____ (877) 405-0486

- **Torrington Police Dept.**

www.torringtonpd.org

576 Main St.

Torrington, CT 6790

Phone _____ (860) 489-2000

NY – STATE

- **New York State Department of Health**

Mission of the department of Health: Working together and committed to excellence, we protect and promote the health of New Yorkers through prevention, science and the assurance of quality health care delivery.

Nights/weekends: public health emergencies, including communicable disease reports.

www.health.ny.gov

90 Church St

New York, NY 10007

Phone _____ (212) 417-4200

Phone _____ (866) 881-2809

- **New York State of Health**

You and your family have many new low cost, quality health insurance options available through the Individual Marketplace. You can compare health plan options and apply for assistance that could lower the cost. You may also qualify for health care coverage from Medicaid or Child Health Plus through the Marketplace. Anyone can apply here.

<https://nystateofhealth.ny.gov>

191 7th Ave # 2n

New York, NY 10011

Phone _____ (855) 355-5777



NY – REGIONAL

- **Dutchess County Government**

<http://dutchessny.gov>

- **Orange County Government**

www.co.orange.ny.us

- **Putnam County Government**

www.putnamcountyny.com

- **Rockland County Government**

www.rocklandgov.com

- **Sullivan County Government**

www.co.sullivan.ny.us

- **Ulster County Government**

<http://ulstercountyny.gov>

- **Westchester County Government**

<http://www3.westchestergov.com>



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

HOSPICE

NY – DUTCHESS COUNTY

- **Dutchess County Department of Behavioral and Community Health**

www.dutchessny.org

HEALTH EDUCATION PROGRAMS

Provides health education that is age appropriate, culturally sensitive, and tailored to meet specific needs, from preschool to seniors.

Phone _____ (845) 486-3421

- **Dutchess County Medical Society**

We are an organization that maintains high standards of integrity, honor, and courtesy in the medical profession; considers and acts upon matters affecting the practice of medicine and the public health of Dutchess County; cultivates and advances education in the science of medicine. The focus of the Dutchess County Medical Society, Inc. is the physicians of the Hudson Valley region.

www.dcms.org

PO Box 496

Rhinebeck, NY 12572

Phone _____ (845) 452-2140

- **Planned Parenthood Mid-Hudson Valley**

Non-profit organization offering birth control, std testing and treatment, cancer screening and mammogram referrals, pregnancy testing, menopause care, screening for high blood pressure, diabetes, and high cholesterol.



www.ppmhv.org

178 Church St.

Poughkeepsie, NY 12601

National Phone _____ (800) 230-PLAN

Phone _____ (845) 562-7800

NY – ORANGE COUNTY

- **Orange County Health Department**

COMMUNITY HEALTH OUTREACH (CHO)

A county- and grant-funded unit of the Health Department that provides public health education, intervention services, case management and prevention services, help and support removing barriers to services, and advocacy to high-risk communities and/or specific public health issues in Orange County. Services include Lead Poisoning Prevention, Public Health Education, Healthy Neighborhoods Program, Smoking Cessation, Maternal Infant Community Health Collaborative (MICHC), and more.

www.orangecountygov.com/content/124/1334/705/default.aspx

130 Broadway

Newburgh, NY 12550

Phone _____ (845) 360-6680

Fax _____ (845) 565-5279

NY – ORANGE/SULLIVAN COUNTIES

- **Maternal Infant Services Network of Orange**

Set up an appointment to meet with our NYS certified Health Insurance Navigators in Orange, Sullivan, Ulster, Dutchess and Putnam counties to find health insurance. Meet with a community Health Advocate in Orange, Sullivan, Ulster, Dutchess and Putnam counties. Find Family & Community Health & Wellness Sessions (childbirth, breastfeeding, New Moms) Find Teen Health and Wellness programs in Orange and Sullivan counties.

www.misn-ny.org

10 Little Britain Rd.

Newburgh, NY 12550

Phone _____ (800) 453-4666

Bilingual Helpline

HOSPICE

NY – DUTCHESS COUNTY

- **Hudson Valley Hospice**

Bereavement services include mailings, literature library, telecare, individual and family counseling, support groups (including ones for children and teens), memorials, and community referrals. The staff are available for at least 13 months following the death of their loved one.

www.hvhospice.org

374 Violet Ave.

Poughkeepsie, NY 12601

Toll Free Phone _____ (800) 522-9132

Phone _____ (845) 485-2273



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

HOSPITALS

NY – ORANGE/SULLIVAN COUNTIES

• Hospice of Orange and Sullivan Counties

We provide the highest quality of hospice palliative care for those people facing a life-limiting illness. We also provide bereavement support programs. In addition to in-home care and support, the organization also operates the 11-bed Kaplan Family Hospice Residence.

www.hospiceoforange.com

800 Stony Brook Court
Newburgh, NY 12550

Toll Free Phone _____ (800) 924-0157

Phone _____ (845) 561-6111

Referrals _____ Ext 309

Bereavement Services _____ Ext 117

Fax _____ (845) 561-2179



NY – ULSTER COUNTY

• Department of Health and Mental Health

The Ulster County Department of Health And Mental Health offers a wide range of services and programs to county residents designed to prevent illness and ensure their physical, psychological and emotional well-being.

100 Aaron Court
Kingston, NY 12401

Phone _____ (845) 340-3150

Fax _____ (845) 334-8337

GRIEF SUPPORT GROUP

This group is for friends and family who have lost a loved one to the disease of addiction. Monday evenings from 7pm-8pm.

101 Aaron Court
Kingston, NY 12401

Phone _____ (845) 458-7455

HOSPITALS

CT – FAIRFIELD COUNTY

• Danbury Hospital

www.danburyhospital.org

152 West St.
Danbury, CT 6810

Phone _____ (203) 791-5150

• Silver Hills Hospital

www.silverhillhospital.org

208 Valley Rd.
New Canaan, CT 6840

Phone _____ (866) 542-4455

Phone _____ (203) 966-3561

CT – LITCHFIELD COUNTY

• Charlotte Hungerford Hospital

EMERGENCY MEDICAL SERVICES

The Charlotte Hungerford Hospital has designed a professional CME curriculum for CHH sponsored paramedics and intermediates to meet the state OEMS requirements, national standards, and those needed to maintain NREMT certification. It is committed to assisting the EMS professional in advancing their skills and keeping them current with trends and developments in the emergency care field.

PARTIAL HOSPITAL PLACEMENT

The program provides an intensive environment five days a week for people in the process of recovery from recent and severe mental health and co-occurring disorders. The primary goal is to minimize symptoms and optimize an individual's overall level of functioning as prevention to hospitalization or re-hospitalization.

www.charlottehungerford.org

540 Litchfield St.
Torrington, CT 6790

Phone _____ (860) 496-6350

www.charlottehungerford.org

115 Spencer Street
Winsted, CT 6098

Phone _____ (860) 738-6600



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

HOSPITALS

CT – NEW HAVEN COUNTY

- **Waterbury Hospital**

www.waterburyhospital.org

88 Grandview Ave.

Waterbury, CT 6708

Phone _____ (203) 573-7121

NY – DUTCHESS COUNTY

- **MidHudson Regional Hospital of Westchester**

www.westchestermedicalcenter.org/mhrh

241 North Rd.

Poughkeepsie, NY 12601

Phone _____ (845) 483-5000

Emergency Room Phone _____ (845) 431-8220

- **Northern Dutchess Hospital – Health Quest**

<https://healthquest.org/rhinebeck/hospital-information-ndh.aspx>

6511 Spring Brook Ave.

Rhinebeck, NY 12572

Phone _____ (845) 876-3001

- **Vassar Brothers Medical Center – Health Quest**

www.healthquest.org

45 Reade Place

Poughkeepsie, NY 12601

Phone _____ (845) 454-8500

NY – ORANGE COUNTY

- **Bon Secours Community Hospital**

www.bonsecourscommunityhosp.org

160 East Main St.

Port Jervis, NY 12771

Phone _____ (845) 858-7000

- **Orange Regional Medical Center**

www.ormc.org

707 East Main St.

Middletown, NY 10940

Phone _____ (845) 333-1000

- **St. Anthony Community Hospital**

www.stanthonycommunityhosp.org

www.charity.bonsecours.com/find-a-facility-st-anthony-community-hospital.html

15 Maple Ave

Warwick, NY 10990

Phone _____ (845) 986-2276

- **St. Luke's Cornwall Hospital**

www.stlukescornwallhospital.org

70 Dubois St.

Newburgh, NY 12550

Phone _____ (845) 561-4400

NEWBURGH CAMPUS

19 Laurel Ave.

Cornwall, NY 12518

Phone _____ (845) 534-7711

NY – PUTNAM COUNTY

- **Putnam Hospital Center – Health Quest**

www.healthquest.org/carmel/putnam-hospital-center.aspx

670 Stoneleigh Ave.

Carmel, NY 10512

Phone _____ (845) 279-5711

NY – ROCKLAND COUNTY

- **Good Samaritan Hospital**

www.goodsamhosp.org

255 Lafayette Ave.

Suffern, NY 10901

Phone _____ (845) 368-5000

- **Helen Hays Hospital**

Promotes independence and health through high quality, cost-effective medical rehabilitation care with dignity and respect for all.

www.helenhayeshospital.org

51-55 North Route 9W

West Haverstraw, NY 10993

Phone _____ (845) 786-4000

TTY _____ (845) 947-3187



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

HOSPITALS

- **Nyack Hospital**

www.nyackhospital.org/index.asp

160 North Midland Ave.

Nyack, NY 10960

Phone _____ (845) 348-2000

NY – SULLIVAN COUNTY

- **Catskill Regional Medical Center (CRMC)**

www.crmcny.org

68 Harris Bushville Rd.

Harris, NY 12742

Phone _____ (845) 794-3300

CALICOON CAMPUS – GROVER M. HERMANN HOSPITAL

www.crmcny.org

8881 NYS Rt. 97

Callicoon, NY 12723

Phone _____ (845) 887-5530

HARRIS CAMPUS

www.crmcny.org

68 Harris Bushville Rd.

Harris, NY 12742

Phone _____ (845) 794-3300

NY – ULSTER COUNTY

- **Ellenville Regional Hospital**

www.ellenvilleregional.org

10 Healthy Way

Ellenville, NY 12428

Phone _____ (845) 647-6400

- **HealthAlliance Hospital**

MARY'S AVENUE CAMPUS

105 Mary's Ave.

Kingston, NY 12401

Phone _____ (845) 338-2500

BROADWAY CAMPUS

396 Broadway

Kingston, NY 12401

Phone _____ (845) 331-3131

- **Margaretville Hospital – Delaware County**

Member of HealthAlliance of the Hudson Valley

www.hahv.org

42084 Route 28

Margaretville, NY 12455

Phone _____ (845) 586-2631

NY – WESTCHESTER COUNTY

- **New York Presbyterian Hudson Valley Hospital**

www.hvhc.org

1980 Crompond Rd.

Cortland Manor, NY 10567

Phone _____ (914) 737-9000



- **Northern Westchester Hospital**

www.nwhc.net

400 East Main St.

Mount Kisco, NY 10549

Phone _____ (914) 666-1200

- **Phelps Memorial Hospital Center**

www.phelpshospital.org

701 North Broadway

Sleepy Hollow, NY 10591

Phone _____ (914) 366-3000

- **Westchester Medical Center**

www.westchestermedicalcenter.com

100 Woods Rd.

Valhalla, NY 10595

Phone _____ (914) 493-7000

- **White Plains Hospital**

www.wphospital.org

41 East Post Rd..

White Plains, NY 10601

Phone _____ (914) 681-0600



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

COMMUNITY HEALTH CENTERS/PROGRAMS

HUMAN RIGHTS

COMMUNITY HEALTH CENTERS/PROGRAMS

CT – REGIONAL

• BH CARE

BHCare is a regional nonprofit organization that provides a comprehensive and integrated system of care for adults, children, and families who are struggling with mental health or substance use issues, or domestic violence. Branford, Ansonia, Derby, Multiple Towns, CT.

www.bhcare.org

Phone _____ (203) 483-2630

Phone _____ (203) 736-2601

LOWER NAUGATUCK VALLEY PARENT CHILD RESOURCE CENTER

30 Elizabeth St
Derby, CT 06418

Phone _____ (203) 954-0543

CT – LITCHFIELD COUNTY

• Community Health & Wellness Center (CHH)

Committed to keeping communities healthy. In a compassionate, high quality and patient-centered environment, services are accessible and provided without discrimination, with cultural competence, and where all people matter regardless of their ability to pay.

www.chwctorr.org

469 Migeon Ave.
Torrington, CT 6790

Phone _____ (860) 489-0391

MENTAL HEALTH SERVICES TO THE HOMELESS PROGRAM

www.charlottehungerford.org

540 Litchfield St.
Torrington, CT 6790

Phone _____ (860) 496-6350



NY – REGIONAL

• American Red Cross of the Mid-Hudson Valley

Disaster assistance and services for the armed forces.

www.redcross.org/eny

4 Jefferson Plaza, Suite 302
Poughkeepsie, NY 12601

Phone _____ (845) 471-0200

Fax _____ (845) 471-3899

NY – DUTCHESS COUNTY

• Catharine Street Community Center (CSCC)

Medical case management and support services HIV/AIDS infected County residents. Services include referrals and advocacy for entitlements, legal assistance, housing, direct care, and financial support.

www.catharinecenter.org

69 Catharine St.
Poughkeepsie, NY 12601

Phone _____ (845) 473-2272

• Institute for Family Health

FAMILY PRACTICE CENTER OF HYDE PARK

We offer primary medical care, mental health care and social work services to patients of all ages, regardless of ability to pay. If you do not have insurance, we can help. No one is turned away.

www.institute.org

11 Crumb Elbow Rd.
Hyde Park, NY 12538

Phone _____ (845) 229-1020

Fax _____ (845) 229-2005

• Hudson River HealthCare (HRHCare)

We provide access to comprehensive primary and preventive health care, especially for the underserved and vulnerable. Our staff speak many languages, and translation services are available.

www.hrhcare.org

AMENIA

3360 Route 343
Amenia, NY 12501

Phone _____ (845) 838-7038

BEACON

6 Henry Street
Beacon, NY 12508

Phone _____ (845) 831-0400



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

FAITH | GENDER/SEXUALITY (LGBTQIA+)

• Hudson River HealthCare (HRHCare) CONT'

POUGHKEEPSIE

www.hrhcare.org

Atrium Health Center at Poughkeepsie:
Midhudson Regional Hospital

1 Webster Avenue, Suite 202
Poughkeepsie, NY 12601

Phone _____ (845) 790-7990

29 North Hamilton Street
Poughkeepsie, NY 12601

Phone _____ (845) 454-8204

34 Livingston St.
Poughkeepsie, NY 12601

Phone _____ (845) 240-7860

NY – WESTCHESTER COUNTY

• Coachman – Family Services

Community Health and Healthcare Services for homeless individuals, and families in need: cancer, community health, dental, diagnostics, family health, family planning, pharmacy, pregnancy, primary health care, social services, STDS, and women's health.

123 East Post Rd.
White Plains, NY 10601

Phone _____ (914) 949-1000 Ext. 140

FAITH

NY – DUTCHESS COUNTY

• Dutchess County Interfaith Council

To promote understanding and respectful relationships among diverse faith communities by offering opportunities for education, worship, fellowship and service together.

www.dutchesscountyinterfaith.org/index.html

9 Vassar St.
Poughkeepsie, NY 12601

Phone _____ (845) 471-7333



GENDER/SEXUALITY (LGBTQIA+)

CT – HARTFORD COUNTY

• CT Women's Education and Legal Fund

CWEALF has advanced women's rights and opportunities in Connecticut since 1973. CWEALF is a statewide nonprofit organization that advocates for and empowers women and girls in Connecticut, especially those who are underserved or marginalized. We work to create an equitable society where women and girls thrive.

www.cwealf.org

75 Charter Oak Ave. Suite #1-300
Hartford, CT 6103

Phone _____ (860) 524-0601

NY – ORANGE COUNTY

• Hudson Valley LGBTQ Community Center

Offers a place where all lesbian, gay, bisexual, transgender, and queer people can gather, talk, share concerns, and create solutions.

www.lgbtqcenter.org

300 Wall St.
Kingston, NY 24012

Toll Free Phone _____ (888) 857-LGBT

Phone _____ (845) 331-5300



NY – WESTCHESTER COUNTY

• Gay, Lesbian, Straight Education Network

We strive to assure that each member of every school community is valued and respected regardless of sexual orientation or gender identity/ expression. We cover a variety of subjects and issues, from public policy to teacher training to supporting students and educators around the country.

<http://chapters.glsen.org/cgi-bin/iowa/hudsonvalley/home.html>

PO Box 604
Yorktown Heights, NY 10598

Phone _____ (914) 962-7888

Fax _____ (914) 962-8280



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

HOUSING

DISASTER RELIEF | EVICTIONS | HOMELESSNESS

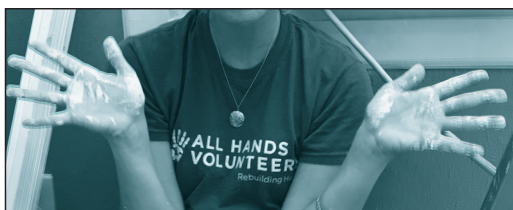
HOUSING

DISASTER RELIEF

NY – DUTCHESS COUNTY

- **American Red Cross of the Mid-Hudson Valley**

Offers services in disaster relief, disaster preparedness and blood donation. Volunteer opportunities for adults and youth are available. Courses in health and safety, such as cpr, are also offered as is instruction for youth in health and safety issues.



www.redcross.org/eny
4 Jefferson Plaza, Ste. 302
Poughkeepsie, NY 12601

Phone _____ (845) 471-0200

Fax _____ (845) 471-3899

EVICTIONS

NY – DUTCHESS COUNTY

- **Dutchess County Department of Community and Family Services**

ADULT TITLE XX SERVICES

Case Managers assist individuals and families temporarily residing in motels or shelters, facing an eviction, or at risk of homelessness locate permanent housing. Case Managers also provide service options related to health, finances, education, family planning, domestic violence, and any other issues which will assist the client to function at a higher level. Services for Adults are voluntary.

www.co.dutchess.ny.us/countygov/departments/socialservices/ssi
60 Market St.
Poughkeepsie, NY 12601

Phone _____ (845) 486-3300

Fax _____ (845) 486-3025

- **Dutchess Outreach**

Our goal is to meet the temporary needs of individuals and families, to act as an advocate through the referral and follow-up process, and to promote community awareness of social problems and generate support for improvement of the system's response to human needs.

www.dutchessoutreach.org

29 N Hamilton St., Ste. 202
Poughkeepsie, NY 12601

Phone _____ (845) 454-3792

Fax _____ (845) 454-3815

HOMELESSNESS

US – OUT OF STATE

- **Good Counsel Homes**

We are a Catholic agency that helps homeless pregnant women and their children by providing a loving family environment in a safe and secure shelter. There are four homes in New York and one in New Jersey. Programs include life skills, after care, and technology.

www.goodcounselhomes.org

P.O. Box 6068
Hoboken, NJ 7030

Hotline _____ (800) 723-8331



CT – STATE

- **CT Coalition to End Homelessness**

Collective mission is to prevent and end homelessness in Connecticut: Research and Analysis; Advocacy and Strategic Communications; Community Connections; Training, Technical Assistance, and Leadership Development; Emergency Assistance.

www.cceh.org

257 Lawrence St.
Hartford, CT 6106

Phone _____ (860) 721-7876



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

HOUSING

HOMELESSNESS

CT – LITCHFIELD COUNTY

• Charlotte Hungerford Hospital

MENTAL HEALTH SERVICES TO THE HOMELESS (MHSH)

Provides homeless individuals and families with outreach, engagement, screening, mental health and substance abuse assessments, and intakes. Assessments are provided by the Program Outreach Clinicians.

www.charlottehungerford.org

540 Litchfield St.
Torrington, CT 6790

Phone _____ (860) 496-6381

HOMELESS OUTREACH TEAM (H.O.T.)

Phone _____ (860) 496-6350



• Friends in Service to Humanity (FISH) of Northwestern CT

The mission of FISH NWCT is to provide the most basic of human needs—food, shelter and hope.

Since opening its doors in 1972, FISH has evolved into the largest emergency homeless shelter (35 beds) in the NWCT corner, providing families, individuals, and veterans a safe and secure haven as they await supportive housing, as well as serving the residents (over 1700 annually) of area communities as a food pantry.

www.fishnwct.org

email: info@fishnwc.org

332 South Main Street
Torrington, CT 06790

Phone _____ (860) 496-1648

Phone _____ (860) 482-7300
Office/Food Pantry Line

NY – DUTCHESS COUNTY

• Hudson River Housing, Inc.

Opening pathways of opportunity to help people and places achieve their full potential.

www.hudsonriverhousing.org

313 Mill St.
Poughkeepsie, NY 12601

Office Phone _____ (845) 454-5176

Office Fax _____ (845) 485-1641

After-Hours Emergency Phone _____ (845) 471-8454

EMERGENCY HOUSING

GANNETT HOUSE PROGRAM – FAMILIES

Provides meals and limited transportation along with support services to families dealing with homelessness. All families placed in the program work with a care manager to access community resources and transition to more stable housing.

To access Gannett House, you must first visit the Dutchess County Department of Community and Family Services to request housing assistance.

Department of Community and Family Services (DCFS)
60 Market St.
Poughkeepsie, NY 12601

Phone _____ (845) 486-3301

Monday–Friday, 9 am–5:00 pm

We cannot accept walk-ins at Gannett House.

391 Manchester Road
La Grange, NY 12601

House Phone _____ (845) 452-0019

WEBSTER HOUSE – ADULTS

Offers overnight emergency housing for residents of Dutchess County ages 18+. After a brief screening, those accepted are provided transportation. Dinner, shower, and laundry facilities are available. Breakfast and bus passes are provided in the morning.

Webster House is not open during the day.

To access housing, come to the screening site at 29 North Hamilton Street in Poughkeepsie by 6:30pm.

RIVER HAVEN – YOUTH SHELTER

Emergency housing and support services for runaway and homeless youth and young people who can otherwise benefit from short-term or respite housing due to family conflict or emergency, risk of court placement, or other issues. Certified by New York State to house youth ages 10 through 17.

Staff are available 24/7 to handle requests for housing, and provide related services: referrals, information, counseling, and crisis intervention for adolescents and their families.

Phone _____ (845) 454-3600



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

HOUSING

HOMELESSNESS



TRANSITIONAL HOUSING

HILLCREST HOUSE – ADULTS

Offers a supportive environment for adults transitioning out of homelessness. Residents pay an affordable monthly rent and participate in our on-site meal plan. Each resident is assigned a Case Manager to assist them in connecting to community resources and moving toward permanent housing.

28 Snow Terrace
Poughkeepsie, NY 12601

Phone _____ (845) 452-5197

LAGRANGE HOUSE PROGRAM – FAMILIES

Provides care management services for families transitioning out of homelessness. Residents pay an affordable monthly rent and work with care managers toward self-sufficiency and permanent housing.

Interested applicants for Hillcrest or LaGrange Houses must complete the Universal Housing Application and participate in a screening process and an interview: www1.nyc.gov/site/nycha/eligibility/apply.page

Phone _____ (845) 454-5176

VETERANS HOUSING

LIBERTY STATION – SUPPORTIVE HOUSING FOR VETERANS

Offers a supportive living environment in the company of other veterans. Units are single-room occupancy, with shared kitchen and bath facilities.

GARDEN STREET HOUSING – HOUSING FOR FEMALE VETERANS

Offers low-cost housing (with a preference for female veterans) with private baths and shared kitchen and common areas.

POUGHKEEPSIE COMMONS – APARTMENTS FOR VETERANS

A 72-unit apartment complex that offers 24 one-bedroom apartments exclusively for veterans.

Phone _____ (845) 454-5176

SENIOR HOUSING

CANNON STREET SENIOR HOUSING

Affordable housing for active adults age 55 or older. Conveniently located in downtown Poughkeepsie in close proximity to healthcare, pharmacy, grocery, municipal, and public transportation services.

MAYBROOK GARDENS SENIOR HOUSING

Provides 36 units of project-based section 8 housing for seniors 62 and older or individuals 18 and older with disabilities.

Phone _____ (845) 454-5176

• Living Room Program at Mel's Place

Affiliated with and run by Mental Health America of Dutchess County, this program is for homeless & mentally ill and chemically addicted (MICA) families and individuals without a place to call home and who are dealing with mental health-related and/or addiction issues. We provide supportive services and referrals to community services for housing, employment, addiction, health. The Living Room provides a safe haven during the day, with needed facilities for the homeless.

MENTAL HEALTH AMERICA OF DUTCHESS COUNTY

Not-for-profit mental health provider dedicated to the promotion of mental health, the prevention of mental illness and the improved care and treatment of persons with mental illness.

email: Info@mhadutchess.org

www.mhadutchess.org

253 Mansion Street
Poughkeepsie, NY 12601

Phone _____ (845) 473-2500

Fax _____ (845) 471-9431

LIVING ROOM/MEL'S PLACE

29 N. Hamilton St
Poughkeepsie, NY 12601

Phone _____ (845) 471-9329

NY – ORANGE COUNTY

• Helping Others Needing Our Resources (HONOR)

On any given evening, HONOR provides a temporary home to over 100 people. But we are so much more than a homeless shelter; we are committed to helping others needing our resources and if we can't help, we will refer you to someone who can.





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

HOUSING

HOMELESSNESS

• Helping Others Needing Our Resources (HONOR) CONT'

ADULT SHELTER

Located in Middletown, NY, HONOR provides emergency housing for single men and women in need. Guests are welcome for a limited time frame, generally 90 days, during which they are provided a warm, safe environment, three nutritionally balanced meals each day, and participation in our LINKS program which is designed to create an independent living plan that will help them move forward.

ECCLESIA HOUSE

Transitional housing in the city of Newburgh for homeless single women on the path to self-sufficiency. Residents are referred by staff at HONOR's Family Shelter for a stay of up to six months at Ecclesia House. This facility provides safe transitional housing for women who demonstrate potential for achieving total independence and self sufficiency. Ecclesia House staff prepare three nutritionally balanced meals a day and strive to help the residents learn skills to help them transition into society.

FAMILY AND SINGLE FEMALE SHELTER

Emergency housing for families and single women who have been displaced as a result of crisis or unforeseen circumstances.

Our facility provides a temporary home to 12–13 families and 8–10 single females on any given night. Each guest is provided three nutritionally balanced meals each day, in a warm, safe and welcoming environment. Children are provided busing to and from the school district where they currently attend school. Each family or single female receives counseling as well as a variety of services to enable them to become self-sufficient.

FRIEND'S HOUSE – YOUTH SHELTER

A short-term shelter for runaway & homeless youth 17 and under.



HONOR's first concern when youths arrive is to make them feel safe and cared for. Once they feel comfortable with a place to sleep, access to meals and snacks, the youths participate in assessment services and then return to school. If necessary our specially trained staff makes the necessary referrals to medical or mental health services.

During their stay guests receive tutoring, counseling, case management and mentoring with the goal of preparing them for re-entry into the community. After discharge from the program, case managers maintain contact.

HOUSING FIRST

A HUD-subsidized rental assistance program providing 36 apartments located throughout Orange County. HONOR provides immediate access to housing through Housing First, then helps the chronically homeless take care of their housing first for a specified period of time (up to a year), while providing counseling to assist their transition into traditional living.

LIVING INDEPENDENTLY THROUGH KNOWLEDGE AND SKILLS (LINKS)

Case management and aftercare programs and services.



STEPHEN SAUNDERS

Permanent housing and support to individuals with disabilities or a history of chronic homelessness. HONOR's HUD-funded residence provides permanent housing in the form of 10 apartments located in the city of Newburgh, New York. Residents have a variety of issues including disabilities, behavioral disorders or a history of chronic homelessness. HONOR provides case management, financial and health homes management.

<https://honorhelpingothers.org>

38 Seward Ave.
Middletown, NY 10940

Phone _____ (845) 343-7115

Fax _____ (845) 342-0959

Youth Phone _____ (845) 343-0968

• Newburgh Ministry

Today, 1 out of 3 Americans are one paycheck away from homelessness. We work to prevent homelessness in the Hudson Valley by providing shelter, clothing, hygiene supplies, coaching and support to help people become better advocates for themselves.

WINTERHAVEN

A 19-bed emergency homeless shelter for individual adults. Doors open nightly at 8:30 PM and close daily at 9:00 AM. Other services offered to the community includes a Hospitality Area and Thrift Store.

www.newburghministry.org

9 Johnston St.
PO Box 1449
Newburgh, NY 12551

Phone _____ (845) 561-0070

Fax _____ (845) 561-5087



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

HOUSING

HOMELESSNESS

NY – ULSTER COUNTY

● Family of Woodstock, Inc.

An extended family of people helping people to help themselves through a network of services for domestic violence, homelessness, substance abuse, suicide prevention, child care and adolescent issues. If you've got a problem, contact our hotline before it becomes a crisis.

www.familyofwoodstockinc.org

email: fowh@familyofwoodstockinc.org

Administration
166 Albany Avenue
PO Box 3516
Kingston, NY 12402

Phone _____ (845) 331-7080

Fax _____ (845) 331-0526

24/7 Hotline _____ (845) 679-2485

Call or text

FAMILY OF WOODSTOCK

Walk-in Hours: 7 days a week, 9:30am to 9:30pm.

16 Rock City Road
Woodstock, NY 12498

Phone _____ (845) 679-2485

Phone _____ (845) 338-2370

Fax _____ (845) 679-8490

FAMILY OF NEW PALTZ

Walk-in Hours: Monday-Thursday, 10am-5pm, and Friday, 10am-4pm.

51 North Chestnut Street
New Paltz, NY 12561

Phone _____ (845) 255-8801

Fax _____ (845) 255-3498

FAMILY OF ELLENVILLE

Walk-in Hours: Monday, Tuesday, Thursday, & Friday, 9:00am-4:30pm,
and Wednesday, 10:00am-6:30pm.

221 Canal Street
Ellenville, NY 12428

Phone _____ (845) 647-2443

Fax _____ (845) 647-2460

FAMILY OF KINGSTON

Walk-in Hours: Monday-Friday, 9:00am-5:00pm

39 John Street
P.O. Box 3516
Kingston, NY 12402

Phone _____ (845) 331-7080

Fax _____ (845) 331-0526

DARMSTADT HOMELESS SHELTER

Emergency shelter (up to 90 days) for up to 19 men and women. Housing and services for men and women participating in daily substance abuse and/or mental health programming. Supervision for those at risk.

40 Thomas Street
Kingston, NY 12402

Phone _____ (845) 331-1395

FAMILY HOUSE ADOLESCENT SHELTER

Emergency shelter for up to 14 runaway and homeless youth, ages 12–18, for up to a total of 60 days. By regulation, parental consent is not required.

Undisclosed Location
Rosendale, NY 12472

Phone _____ (845) 338-5953



FAMILY INN HOMELESS SHELTER

Emergency shelter for families (up to 90 days). ReSIDEntIAL children's program Provides services, advocacy and age-appropriate support for the homeless children and parents who reside in the shelter.

38 Thomas Street
Kingston, NY 12402

Phone _____ (845) 340-1847

MIDWAY I – ADOLESCENT SUPPORTED HOUSING

A supervised living program for up to 18 months for adolescents 16–21 and their infants who are homeless and not yet prepared to function independently. Youth who enter the program at age 16 can stay up to 24 months in order to complete their high school education.

189 O'Neil St.
Kingston, NY 12402

Phone _____ (845) 339-5508



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

HOUSING

LOW INCOME HOUSING

• Family of Woodstock, Inc. CONT'

MIDWAY II – ADOLESCENT SUPPORTED HOUSING

A supervised living program for up to 18 months for adolescents 16-21 and their infants who are homeless and not yet prepared to function independently. Youth who enter the program at age 16 can stay up to 24 months in order to complete their high school education.

3 Warren Street
Ellenville, NY 12428

Phone _____ (845) 647-1346

WASHBOURNE HOUSE

Our function is to provide safe shelter and comprehensive services to survivors of domestic violence and their children.

PO Box 3817
Kingston, NY 12402

Phone _____ (845) 679-2485

Phone _____ (845) 338-2370

Phone _____ (845) 331-1395

NY – WESTCHESTER COUNTY

• Samaritan House of Lifting Up Westchester

Shelter for single homeless women.

33 Church St.
White Plains, NY 10601

Phone _____ (914) 948-3075

LOW INCOME HOUSING

CT – LITCHFIELD COUNTY

• New Opportunities – CEAP/CHAP

Mission is to improve the quality of life for economically disadvantaged individuals by providing the necessary resources to increase their standard of living, foster self-improvement, and maximize self-empowerment.

Heating/electrical assistance, eviction prevention

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

Designed to help offset the winter heating costs of Connecticut's lower income households. CEAP is funded by the U.S. Department of Health and Human Services' Low Income Home Energy Assistance Program (LIHEAP) Block Grant. It administers CEAP, in collaboration with its partners, Community Action Agencies across the state.



COMMUNITY HOUSING ASSISTANCE PROGRAM (CHAP)

Helps youth aging out of Connecticut's foster care system as they move out on their own. CHAP offers help locating an apartment and rent is paid by DCF, handling money successfully, finding work and living independently.

www.newoppinc.org

Meriden Office:
55 West Main Street
Meriden, CT 06451

Phone _____ (203) 639-5060

Torrington Office:
59 Field Street
Torrington, CT 06790

Phone _____ (860) 482-9749

Waterbury Office:
232 North Elm Street
Waterbury, CT 06702

Phone _____ (203) 575-9799

NY – DUTCHESS COUNTY

• Greystone Programs

RESIDENTIAL AND OCCUPATIONAL PROGRAMS

Residential environments are as uplifting as they are functional, providing guidance to attain the highest level of personal accomplishment in occupational and leisure pursuit. Greystone continues to offer its participants the best opportunity to realize a life of fulfillment, joy and satisfaction.

• Hudson River Housing

HRH provides homeless shelters as well as quality, affordable rental housing for individual, families, and seniors throughout the Mid-Hudson Valley. This includes new construction, rehabilitation and reuse of buildings aimed at producing low-cost housing for low income families. As part of the project, Hudson River Housing serves as a low cost housing developer.



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

HOUSING

UTILITIES

Through our supported housing programs, we offer individuals diagnosed with severe mental illness, chronic chemical dependency, and/or other disabling conditions the opportunity to successfully transition out of homelessness or residential care to affordable, permanent housing.

<http://hudsonriverhousing.org/>

313 Mill St.
Poughkeepsie, NY 12601

Phone _____ (845) 454-5176

Fax _____ (845) 485-1641

PERMANENT HOUSING PROGRAMS

391 Manchester Road
Poughkeepsie, NY 12601

Phone _____ (845) 452-0019

Fax _____ (845) 471-1632

• Office of Temporary and Disability Assistance (OTDA)

Responsible for supervising programs that provide assistance and support to eligible families and individuals including food stamps, home energy assistance program (HEAP), temporary assistance, child support enforcement and housing and support services, among many other programs.

<http://otda.ny.gov>

40 N Pearl St
Albany, NY 12207

Phone _____ (800) 342-3009

• United Way's 211

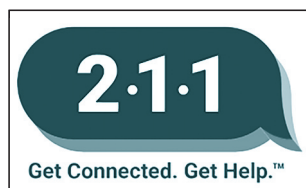
Your one-stop connection to the local services: abuse prevention, child care, food, government services health and mental health, housing and shelters, job assistance substance abuse, youth programs.

www.hudson211.org

391 Manchester Rd.
Poughkeepsie, NY 12601

Phone _____ (845) 452-0019

Information Phone _____ 211



CT – STATE

• Eversource (formerly Yankee Gas)

www.eversource.com

Phone _____ (800) 989-0900

CT – REGIONAL

• Eversource New Start

Eversource's New Start Forgiveness Program is available for qualified customers who receive certain government means-tested benefits. Program is designed to assist customers with past due electric and or gas bills. Eversource will forgive past due balances over a period of time if the customer pays the agreed monthly budgeted bill on time. Then, a portion of your past due balance will be eliminated, or "forgiven."

www.eversource.com

General Phone _____ (800) 592-2000

TTY/TDD _____ (800) 322-8242

New Start Phone _____ (866) 315-2496

CT – HARTFORD COUNTY



• Connecticut Energy Assistance Program (CEAP)

Designed to help offset the winter heating costs of Connecticut's lower income households, specifically those households whose income falls at or below 60 percent of the state median income. CEAP is funded by the U.S. Department of Health and Human Services' Low Income Home Energy Assistance Program (LIHEAP) Block Grant. The Connecticut Department of Social Services administers CEAP, in collaboration with its partners, Community Action Agencies across the state.

<https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating/Apply>

P.O. Box 270
Hartford, CT 6106

Phone _____ (800) 989-0900



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

IMMIGRATION

NY – STATE

• New York State Department of Public Service

CONSUMER COMPLAINT ASSISTANCE

Energy consumers who have a complaint about their service should attempt to resolve it with their energy company. If they are not satisfied, they should contact the Public Service Commission's Office of Consumer Services.

<http://www3.dps.ny.gov/w/pscweb.nsf/all/b40c096675be10c08>

3 Empire State Plaza
Albany, NY 12223

Phone _____ (800) 342-3377

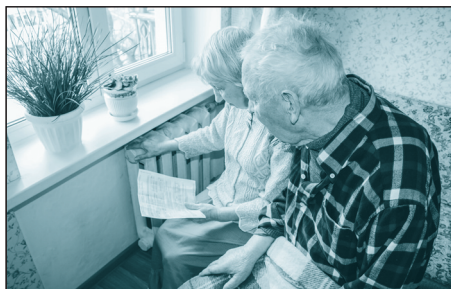
Utility Service Complaints/Inquiries
From 8:30 AM to 4:00 PM

Phone _____ (888) 697-7728

Competitive Energy Hotline
From 8:30 AM to 4:00 PM

Phone _____ (800) 342-3355

Hotline for Terminations of Service



NY – DUTCHESS COUNTY

• Dutchess County Department of Behavioral and Community Health

HEAT OR WATER ISSUES

Numbers to call for heat or water emergencies or issues.

Phone _____ (845) 486-3404

(Mid-Dutchess)

Phone _____ (845) 486-4001

Heat Issues (North & East Dutchess)

Phone _____ (845) 838-4801

Heat Issues (Southern Dutchess)

NY – ULSTER COUNTY

• New York State Department of Public Service – Consumer Complaint Assistance

Energy consumers should first attempt to resolve this with their energy company. If they are not satisfied with the resolution, they should then contact the Public Service Commission's Office of Consumer Services.

<http://www.dps.ny.gov/>

Hotline _____ (800) 342-3355

(Terminations of Service)

NY – ULSTER COUNTY

• Gateway Community Industries

Non-profit agency providing services to people with varying abilities in the Mid-Hudson Valley. Gateway assists adults in choosing, acquiring, using, and maintaining the skills and supports necessary to achieve success. We accomplish this through integrated vocational, therapeutic, business and residential services certified by OMH and OPWDD.

www.gatewayindustries.org

One Amy Kay Parkway
Kingston, NY 12401

Phone _____ (845) 331-1261

IMMIGRATION

US – STATE

• Connecticut Institute for Refugees and Immigrants

CIRI provides a compassionate array of high-quality legal, social, and educational programming for refugees, immigrants, and survivors of human trafficking and torture.

<https://cirict.org>

email: info@cirict.org

BRIDGEPORT OFFICE

670 Clinton Avenue
Bridgeport, CT 06605

Phone _____ (203) 336-0141

BURROUGHS COMMUNITY CENTER OFFICE

2470 Fairfield Avenue
Bridgeport, CT 06605

Phone _____ (203) 336-0141

Fax _____ (860) 760-6608



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

IMMIGRATION

HARTFORD OFFICE
175 Main Street, 2nd Floor
Hartford, CT 06106

Phone: _____ (860) 692-3085

Fax _____ (860) 760-6608

STAMFORD OFFICE
34 Woodland Avenue
Stamford, CT 06902

Phone _____ (203) 965-7190

Fax _____ (860) 760-6608

WATERBURY OFFICE
233 Mill Street 3rd Floor (Riba Aspira Building)
Waterbury, CT 06706

Phone _____ 203-754-6172 Ext. 102

NY – DUTCHESS COUNTY

• Catholic Charities Community Services

KINSHIP CIRCLES OF SUPPORT FOR IMMIGRANT WOMEN

We provide support groups to immigrant women to help them navigate life in their new community.

www.catholiccharities-dutchesscounty.org

218 Church St.
Poughkeepsie, NY 12601

Phone _____ (845) 452-1400

Fax _____ (845) 452-3336

TTY _____ (845) 452-3338



WELCOMING & INTEGRATING IMMIGRANTS & REFUGEES

Services for immigrants in need of assistance with applications: citizenship, deferred action for childhood arrivals, family petitions, green card and work authorization; immigrant crime victims. ESOL (English Speakers of Other Languages) classes are offered throughout the county. Volunteers assist with language practice and civics lessons.

www.catholiccharities-dutchesscounty.org

218 Church St.
Poughkeepsie, NY 12601

Phone _____ (845) 452-1400

Fax _____ (845) 452-3336

TTY _____ (845) 452-3338



• Literacy Connections of the Hudson Valley

Not-for-profit organization providing basic literacy education for adults and literacy support and enrichment for children using a state-approved tutor training method. There is no cost for tutoring services. adult education; literacy; ESL; tutoring; pre-high school equivalency prep.

www.literacyconnections.org

325 Main Street
Poughkeepsie, NY 12601

Phone _____ (845) 452-8670

Fax _____ (845) 452-3050

NY – WESTCHESTER COUNTY

• Neighbors Link

Our mission is to strengthen the whole community by actively enhancing the healthy integration of immigrants. Neighbors Link is a multifaceted community center offering adult education in language and employment skills; an after-school program; a family center for parenting programs to strengthen families and engage parents in their children's education; a children's evening program for parents taking evening classes; family support services including medical, legal and social service assistance and referrals; and a worker center for both skilled and unskilled workers.

www.neighborslink.org

27 Columbus Ave.
Mount Kisco, NY 10549

Phone _____ (914) 666-3410

Fax _____ (914) 666-3430



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

LOW INCOME SUPPORT

LOW INCOME SUPPORT

US – NATIONAL

- **Administration for Children and Families (AFC)**

Within the Department of Health and Human Services (HHS), AFC is responsible for federal programs that promote the economic and social well-being of families, children, individuals, and communities.

www.acf.hhs.gov

U.S. Department Of Health & Human Services
330 C Street, S.W.
Washington, D.C 20201

Phone _____ (202) 205-8347

Fax _____ (202) 205-9721

- **Office of Temporary and Disability Assistance**

The Office of Temporary and Disability Assistance (OTDA) is responsible for supervising programs that provide assistance and support to eligible families and individuals including food stamps, home energy assistance program (HEAP), temporary assistance, child support enforcement and housing and support services, among many other programs.

<http://otda.ny.gov>

40 N Pearl St
Albany, NY 12207

Phone _____ (800) 342-3009

CT – HARTFORD COUNTY

- **Hartford Department of Social Services (DSS)**

The Department of Social Services (DSS) delivers and funds a wide range of programs and services as Connecticut's multi-faceted health and human services agency. DSS serves about 1 million residents of all ages in all 169 Connecticut cities and towns. We support the basic needs of children, families, older and other adults, including persons with disabilities. Services are delivered through 12 field offices, central administration, and online and phone access options.

www.ct.gov/dss

Phone _____ (877) 284-8759



CT – LITCHFIELD COUNTY

- **Friends in Service to Humanity**

Our goal is to end homelessness and hunger by giving those in need the tools, resources and confidence needed to gain back their independence. We recognize the courage it takes to come forward and humbly ask for help. Every homeless person is an individual facing tough economic times; and every hungry family has their own unique story.

332 S Main St,
Torrington, CT 06790

Phone _____ (855) 6-CONNECT
(855) 626-6632

TTD/TTY _____ (800) 842-4524
for persons with speech or hearing difficulties



- **Goodwill Industries Thrift Shop**

Goodwill works to enhance people's dignity and quality of life by strengthening communities, eliminating barriers to opportunity, and helping them reach their full potential through learning and the power of work.

www.goodwill.org

1849 East Main ST.
Torrington, CT 6790

Phone _____ (860) 489-8670

- **Salvation Army**

Emergency food, shelter, clothing. Counseling and worship available.

www.salvationarmy.org

234 Oak Ave.
Torrington, CT 6790

Phone _____ (860) 482-3569

SALVATION ARMY THRIFT STORE

57 Main St.
Torrington, CT 6790

Phone _____ (860) 489-7170



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

LOW INCOME SUPPORT

- **St. Francis Thrift Store**

The mission at FISH/Friends in Service to Humanity of Northwestern CT is to meet the most basic of human needs – food, shelter and hope. Through support programs, financial donations and the generosity of volunteers and area residents, we strive to reach out and nurture individuals, families and veterans who may find themselves in economic crisis.

Our goal is to end homelessness and hunger by giving those in need the tools, resources and confidence needed to gain back their independence.

30 Prospect St.
Torrington, CT 6790

Phone _____ (860) 496-4177

NY – STATE

- **New York State Department of Health**

www.health.ny.gov/health_care/medicaid/program/longterm/fa

Phone _____ (800) 541-2831

NY – DUTCHESS COUNTY

- **Dutchess County Community Action Partnership**

BEACON

Serves low income residents of Dutchess County by creating opportunities and advocacy for systematic change that will support them in their journey to become self-sufficient.

www.dutchescap.org

10 Eliza Street
Beacon, NY 12508

Phone _____ (845) 831-2620

Phone _____ (845) 877-9272

Phone _____ (845) 452-5194

DOVER PLAINS

P.O. Box 397
3414 Route 22
Dover Plains, NY 12522

Phone _____ (845) 877-9272

POUGHKEEPSIE

77 Cannon Street
Poughkeepsie, NY 12601

Phone _____ (845) 452-5194

REDHOOK

44-46 East Market Street
Redhook, NY 12571

Phone _____ (845) 876-1611

PLANNED PARENTHOOD OF THE MID-HUDSON VALLEY

www.hrhcare.org

17 Noxon St.
Poughkeepsie, NY 12601



- **Institute for Family Health**

DUTCHESS COUNTY MATERNAL INFANT CHILD HEALTH COLLABORATIVE (MICHC)

No matter what stage of your life you are in: not planning to be pregnant anytime soon, planning a pregnancy, pregnant or just had a baby – we have services for you! Free and confidential services.

www.institute.org

Phone _____ (845) 452-3387

FAMILY PRACTICE CENTER OF HYDE PARK

Primary medical care, mental health care and social work services to patients of all ages, regardless of ability to pay. We accept Medicare, Medicaid and most private insurance plans. No one is turned away.

www.institute.org

11 Crumb Elbow Rd.
Hyde Park, NY 12538

Phone _____ (845) 229-1020

fax _____ (845) 229-2005

- **PathStone**

Community development and human service organization: services to low-income families and economically depressed communities, including Section 8 Housing Assistance, Farmworker and Senior employment and Training, and Financial Assistance for Individuals with HIV or Aids.

www.pathstone.org

29 Marshall Rd., #3f
Wappingers Falls, NY 12590

Phone _____ (845) 298-8998



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

MEDICAL INTEGRITY | MIGRANT FARM WORKERS



• Hudson River HealthCare (HRHCare)

FAMILY PARTNERSHIP HEALTH CENTER AT POUGHKEEPSIE

www.hrhcare.org

29 North Hamilton Street
Poughkeepsie, NY 12601

Phone _____ (845) 454-8204

FAMILY PLANNING BENEFIT PROGRAM

Public health insurance program for New Yorkers who need family planning services but may not be able to afford them. It is intended to increase access to confidential family planning services and to enable teens, women and men of childbearing age to prevent and/or reduce unintentional pregnancies.

www.hrhcare.org

Midhudson Regional Hospital
1 Webster Avenue, Suite 202
Poughkeepsie, NY 12601

Phone _____ (845) 790-7990

HEALTH CENTER AT AMENIA

Nutrition supplement in the form of vouchers to those eligible. Also provides links to health care providers and social services agencies.

www.hrhcare.org

3360 Route 343
Amenia, NY 12501

Phone _____ (845) 838-7038

HEALTH CENTER AT BEACON

www.hrhcare.org

6 Henry Street
Beacon, NY 12508

Phone _____ (845) 831-0400

LIVINGSTON STREET HEALTH CENTER AT POUGHKEEPSIE

www.hrhcare.org

34 Livingston St.
Poughkeepsie, NY 12601

Phone _____ (845) 240-7860

MEDICAL INTEGRITY

US – NATIONAL

• Office of Civil Rights

The U.S. Department of Health and Human Services (HHS) Office for Civil Rights (OCR) enforces Federal Civil Rights laws, Conscience and Religious Freedom Laws, the Health Insurance Portability and Accountability Act (HIPAA), Privacy, Security, and Breach Notification Rules, and the Patient Safety Act and Rule, which all protect your fundamental rights of nondiscrimination, conscience, religious freedom, and health information privacy.

Teaching health and social service workers about civil rights laws, conscience and religious freedom laws, health information privacy, and patient safety confidentiality laws.

Educating communities about civil rights, conscience and religious freedom rights, and health information privacy rights.

Investigating civil rights, conscience and religious freedom, health information privacy, and patient safety confidentiality complaints.

www.hhs.gov/ocr/index.html

Phone _____ (800) 308-1019

MIGRANT FARM WORKERS

NY – DUTCHESS COUNTY

• Mid-Hudson Rural and Migrant Ministry

Rural & Migrant Ministry works for the creation of a just, rural New York State: Nurturing leadership; Standing with the disenfranchised, especially farmworkers and rural workers; changing unjust systems and structures. Three areas: Accompaniment, education and youth empowerment.

www.ruralmigrantministry.org

PO Box 4757
360 Noxon Rd.
Poughkeepsie, NY 12603

Phone _____ (845) 485-8627

Fax _____ (845) 485-1963





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

LEGAL SUPPORT FOR ADULTS

LEGAL INFORMATION

LEGAL SUPPORT FOR ADULTS

CT – STATE

- **CT Legal Rights Project (CLRP)**

CLRP provides high quality legal services to low income persons with psychiatric disabilities living in Connecticut, primarily on matters related to their treatment and civil rights.

www.clrp.org

Phone _____ (860) 262-5030



- **CT Legal Services-Statewide**

We are Connecticut's largest nonprofit law firm, dedicated to improving the lives of low-income people by providing access to justice.

www.connlegalservices.org

Phone _____ (800) 413-7797

- **CT Women's Education and Legal Fund**

CWEALF has advanced women's rights and opportunities in Connecticut since 1973. It is a statewide nonprofit organization that advocates for and empowers women and girls in Connecticut, especially those who are underserved or marginalized. We work to create an equitable society.

www.cwealf.org

Phone _____ (800) 479-2949

- **Legal Aid**

Multiple locations state wide.

www.legal-aid.org

Phone _____ (800) 453-3320

- **Office of Victims Advocate**

OVA is an independent state agency charged with the responsibility of protecting and enforcing the rights of crime victims throughout the state.

<https://portal.ct.gov/OVA-Beta>

506 Hudson St.
Hartford, CT 6106

Phone _____ (888) 771-3126

- **Statewide Legal Services**

Statewide Legal Services of Connecticut staff is a dedicated and experienced group of people working to provide assistance to eligible people seeking help with legal problems affecting their most fundamental rights.

www.slsct.org

Phone _____ (800) 453-3320

Phone _____ (800) 233-7619

CT – LITCHFIELD COUNTY

- **Litchfield Superior Court**

www.jud.ct.gov

15 West St.
Litchfield, CT 6759

Phone _____ (860) 567-0855

- **Torrington Probate Court**

www.ctprobate.gov

140 Main St.
Torrington, CT 6790

Phone _____ (860) 489-2215

- **Winsted Probate Court**

www.ctprobate.gov

338 Main St.
Winsted, CT 6098

Phone _____ (860) 379-5576

NY – DUTCHESS COUNTY

- **Dutchess County District Attorney**

<https://www.dutchessny.gov/Departments/District-Attorney/District-Attorney.htm>

236 Main St.
Poughkeepsie, NY 12601

Phone _____ (845) 486-2300

- **Dutchess County Office for Aging**

Intended for senior citizens who would otherwise be unable to afford legal assistance, generally on immediate threats to income, shelter, patients' rights, and health matters, including advance directives.

www.co.dutchess.ny.us/countygov/departments/aging/agin-

Phone _____ (866) 486-2555



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

LEGAL ASSISTANCE FOR CHILDREN | MEDIATION

• Legal Services of the Hudson Valley

Provides free, high-quality civil legal services to low-income people. Services help struggling individuals resolve urgent, non-criminal legal problems that can lead to problems such as homelessness, child neglect, and domestic abuse. Additional locations: Dutchess, White Plains, Yonkers, Kingston, Mount Vernon, Newburgh, Peekskill and Spring Valley.

lshv.org

331 Main Street (Suite 200)
Poughkeepsie, NY 12601

Phone _____ (845) 471-0058

• Office Of The Public Defender

A county agency that represents, in criminal court, those persons charged with criminal offenses in Dutchess County or those who suspect that they may be so charged, and who cannot afford to hire an attorney.

www.co.dutchess.ny.us/countygov/departments/publicde-

23 Market St., 4th Floor
Poughkeepsie, NY 12601

Phone _____ (845) 486-2280

Fax _____ (845) 486-2266

NY – WESTCHESTER COUNTY

• New York Civil Liberties Union – Lower Hudson Valley

We deal with questions of first amendment violations: freedom of speech issues, racial, church/state, etc. This not-for-profit organization hears violations of the bill of rights. We do not deal with personal legal cases. We gather community information and collect data.

www.nyclu.org/lhv

297 Knollwood Road, Suite 217
White Plains, NY 10607

Phone _____ (914) 997-7479

Fax _____ (914) 997-2936

LEGAL ASSISTANCE FOR CHILDREN

CT – HARTFORD COUNTY,

• Children's Law Center of CT

www.clcct.org

30 Arbor St.
Hartford, CT 6106

Phone _____ (860) 232-9993

CT – LITCHFIELD COUNTY

• Juvenile Court Torrington

www.jud.ct.gov/juvenile/

410 Winsted Rd
Torrington, CT 6790

Phone _____ (860) 489-0201

NY – DUTCHESS COUNTY

• Dutchess County Family Court

www.nycourts.gov/ecourts

50 Market St.
Poughkeepsie, NY 12601

Phone _____ (845) 431-1850

Fax _____ (845) 486-2510

NY – ORANGE COUNTY

• Children's Rights Society Inc.

A non-profit corporation that is funded by the State of New York to provide legal services for children in Orange County. Its mission is to secure justice and protect the rights of the children they represent. Only represent children when appointed by the court. No charges.

<http://childrensrightsinc.org>

213 West Main Street

Post Office Box 1002
Goshen, NY 10924

Phone _____ (845) 291-2670

Fax _____ (845) 291-2679

MEDIATION

NY – DUTCHESS COUNTY

• Mediation Center of Dutchess County, Inc.

Mediation services and conflict intervention training, addressing conflict by expressing their needs, hearing the other's point of view, and exploring and choosing solutions. We also have an Anti-Bullying Initiative Program and a Coalition on Elder Abuse.

www.dutchessmediation.org

147 Union St., Ste. 102
Poughkeepsie, NY 12601

Phone _____ (845) 471-7213



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

BLOOD DONATIONS | BRAIN | CANCER | CHRONIC PAIN

MEDICAL INFORMATION

BLOOD DONATIONS

NY – DUTCHESS COUNTY

- **American Red Cross of the Mid-Hudson Valley**

The nation's largest blood collection organization, supplying approximately 40 percent of the blood and blood products used in our country.

www.redcross.org/eny

4 Jefferson Plaza, Ste. 302
Poughkeepsie, NY 12601

Phone _____ (845) 471-0200

Fax _____ (845) 471-3899



BRAIN/TRAUMATIC INJURY

NY – REGIONAL

- **Catholic Youth Organization (CYO)**

EPILEPSY SOCIETY OF SOUTHERN NEW YORK, INC.

Comprehensive services to people with epilepsy and other neurological, physical and developmental disabilities and their families. All of our services and programs focus on activities which help the individual live independently in the community with dignity: Education and Training, Advocacy, Vocational Services, Community Independence. We serve the counties of Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster and Westchester.

www.learnaboutepilepsy.com

Phone _____ (800) 640-0371

ORANGE COUNTY
200 Midway Park Drive
Middletown, NY 10940

Phone _____ (845) 341-0010

Fax _____ (845) 341-0017

ROCKLAND COUNTY
450 West Nyack Rd., Ste. #9, 3rd Floor
West Nyack, NY 10994

Phone _____ (845) 627-0627

Fax _____ (845) 627-0629

NY – DUTCHESS COUNTY

- **Cardinal Hayes Home for Children (CHHC)**

Range of services to developmentally disabled children and young adults: residential care and developmental services for physically disabled. Cardinal Hayes Home has 110 developmentally disabled young people residing in its Intermediate Care Facilities (ICFS). Cardinal Hayes School for Special Children is a day school serving students who are multi-handicapped. Community Program In-Home Respite Care and Day Habilitation Programs.

www.cardinalhayeshome.org

60 St. Joseph Drive
Millbrook, NY 12545

Phone _____ (845) 677-6363

Fax _____ (845) 677-6691

CANCER

US – NATIONAL

- **American Cancer Society**

We're on a mission to free the world from cancer. Until we do, we'll be funding and conducting research, sharing expert information, supporting patients, and spreading the word about prevention.

Helpline _____ (800) 227-2345

HUDSON VALLEY REGION

121 Executive Drive
New Windsor, NY 12553

Phone _____ 845-440-2549

CHRONIC PAIN

CT – HARTFORD COUNTY

- **Comprehensive Pain Management of Central CT**

Dedicated to clinical and patient excellence, we treat acute and chronic pain conditions, from the most common to the most complex and rare syndromes. We specialize in caring for patients with pain related to the spine, head, extremities, and most other pain conditions. Avon, Bristol, Plainville Southington, etc.

www.ctpaindoc.com

Main Phone _____ (860) 793-0500





COMMUNICABLE DISEASES

NY – STATE

• **New York State Department of Health**

Mission of the Department of Health: Working together and committed to excellence, we protect and promote the health of New Yorkers through prevention, science and the assurance of quality health care delivery. Regular updates on the Novel Coronavirus (COVID-19).

www.health.ny.gov

90 Church St
New York, NY 10007

Phone _____ (212) 417-4200

Phone _____ (866) 881-2809

Afterhours: Public health emergencies (communicable disease reports).

NY – DUTCHESS COUNTY



• **Dutchess County Department of Behavioral and Community Health**

COMMUNICABLE DISEASE INFORMATION AND PREVENTION

Provides information about the prevention and control of infectious diseases, including the Novel Coronavirus .

www.dutchessny.gov

BEACON

223 Main Street
Beacon, NY 12508

Phone _____ (845) 677-4000 Ext. 131

Phone _____ (845) 838-4800

POUGHKEEPSIE

387 Main St
Poughkeepsie NY 12601-3316

Phone _____ (845) 486-3402

NY – REGIONAL

• **Multi-County Community Development**

The Agency's mission is to enrich and empower the lives of its clients by providing services and opportunities for meaningful emotional, social, vocational and educational growth. MCCDC/RSS provides housing to people with mental illness, developmental disabilities, AIDS, and those recovering from alcohol addiction.

www.co.ulster.ny.us/mentalhealth/service7.html

11 Twin Maples Plaza, Suite 5
Saugerties, NY 12477

Phone _____ (845) 247-9110

Fax _____ (845) 247-9120

HOUSING OPPORTUNITIES FOR PERSONS WITH AIDS (HOPWA)

26-bed scattered site in Ulster, Dutchess and Orange Counties that provide rent subsidies and support services to clients who are HIV+ or have AIDS.

Phone _____ (845) 247 -9110

PARAS HOUSE

Unlicensed 8-bed congregate setting for persons who are AIDS/HIV.

1826 Route 32
Saugerties, NY 12477

Phone _____ (845) 247 -1799

Fax _____ (845) 247-9120

NY – DUTCHESS COUNTY

• **Catharine Street Community Center (CSCC)**

The Center enjoys a spacious facility which is ideally located and accessible.

HIV/AIDS PREVENTION/INTERVENTION

Medical case management and related support services without charges to HIV/AIDS infected Dutchess County residents, their family members, and/or caregivers. Services include referrals and advocacy for entitlements, legal assistance, housing, direct care, and financial support.

www.catharinecenter.org

Mailing Address:
69 Catharine Street
Poughkeepsie, NY 12601

152 Mansion Street
Poughkeepsie, NY 12601



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

COMMUNICABLE DISEASES

AIDS/HIV

Phone _____ (845) 473-2272

Fax _____ (845) 473-5107

• Dutchess County Department of Behavioral and Community Health

Plans for, develops, oversees, and provides a comprehensive and integrated array of services and programs to meet the mental health needs of the county residents for the prevention, treatment, and rehabilitation of mental illness, developmental disabilities or substance addiction.

www.dutchessny.gov

85 Civic Center Plaza, Suite 106

Poughkeepsie, NY 12601

Phone _____ (845) 486-3400

After-Hours Phone _____ (845) 431-6465

Public Health Emergencies

TTY Phone _____ (845) 486-3417

AIDS/HIV SERVICES AND INFORMATION

Services include the following: complete physical exams, vaccinations, family planning services, prenatal care with certified nurse mid-wives, WIC supplement food program, lab services and EKG, pediatrics, sick visits, blood pressure screening, nutritional counseling, STD and HIV testing, and referrals for specialized health care.

Provides anonymous and confidential AIDS/HIV counseling and testing free of charge by appointment or during walk-in clinics. All testing is free of charge, anonymous, and confidential. WALK-INS – T/Th 9:30am–12pm.

www.hrhcare.org

BEACON

223 Main Street

Beacon, NY 12508

Phone _____ (845) 486-3401

Phone _____ (845) 838-4800

Phone _____ (845) 486-3408

HIV Information Line

MILBROOK

131 County House Road

Millbrook, NY 12545

Phone _____ (845) 677-4000

• Hudson Valley Community Services

AIDS-RELATED COMMUNITY SERVICES PROGRAM

Offers free educational and harm-reduction materials, food, and referrals to community services. ARCS can help you get connected to case management; support groups; HIV testing and prevention services; drug treatment, employment; housing assistance; medical, social, and legal support services; food and clothing programs.

www.hudsonvalleycs.org

40 Garden St.

Poughkeepsie, NY 12601

Phone _____ (845) 471-0707

Fax _____ (845) 471-0857

• Institute for Family Health

Offers primary medical care, mental health care and social work services to patients of all ages, regardless of ability to pay. We accept Medicare, Medicaid and most private insurance plans. If you do not have insurance, we can help. No one is turned away.

www.institute.org

11 Crumb Elbow Rd.

Hyde Park, NY 12538

Phone _____ (845) 229-1020

Fax _____ (845) 229-2005

• Planned Parenthood – Mid-Hudson Valley

Non-profit organization offering HIV testing and counseling.

www.ppmhv.org

178 Church St.

Poughkeepsie, NY 12601

Phone _____ (845) 562-7800

National Phone _____ (800) 230-Plan

NY – ULSTER COUNTY

• Albany Medical College (AMC) Multi-Specialty

Nutrition and case management services for HIV+ adults as well as confidential HIV counseling and testing.

1561 Ulster Ave.

Lake Katrine, NY 12449

Phone _____ (845) 339-6755

Fax _____ (845) 473-4870



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

COMMUNICABLE DISEASES

LYME | SEXUALLY TRANSMITTED | TB

LYME DISEASE

US – NATIONAL

- American Lyme Disease Foundation**

Provides information and outreach programs for the prevention, diagnosis, treatment and control of lyme disease and other tick born infections.

www.aldf.com

PO Box 466

Lyme, ct 6371

Phone _____ (203) 233-6463



NY – DUTCHESS COUNTY

- Dutchess County Department of Behavioral and Community Health**

TICK IDENTIFICATION AND LYME DISEASE PREVENTION

Offers free tick identification to the public. Also makes an official record of the identification that can be forwarded to a medical provider and provides information on lyme's disease prevention and treatment.

223 Main Street

Beacon, NY 12508

Phone _____ (845) 677-4000 131

County House Road

Milbrook, NY 12545

Phone _____ (845) 838-4800

RABIES

NY – DUTCHESS COUNTY

- Dutchess County Department of Behavioral and Community Health**

RABIES PROGRAMS

Offers information and public awareness of rabies. Provides the preventive vaccines for domestic pets, and post exposure vaccines to people. If anyone suspects an animal is rabid, contact the Department of Health or the local police department immediately.

223 Main Street

Beacon, NY 12508

Phone _____ (845) 838-4800 Ext. 131

Phone _____ (845) 486-3404

Preventive pet rabies vaccines

Phone _____ (845) 486-3409

Pre-exposure to rabies

Phone _____ (845) 486-3404

Post exposure to rabies

SEXUALLY TRANSMITTED INFECTIONS

- Dutchess County Department of Behavioral and Community Health**

SEXUALLY TRANSMITTED INFECTIONS

Specialized medical care services, confidential testing and treatment for sexually transmitted diseases. (Note that parental consent is not required for adolescents.) Call or walk in for assistance.

85 Civic Center Plaza, Ste. 106

Poughkeepsie, NY 1260

Phone _____ (845) 486-3400

After-Hours Phone _____ (845) 431-6465

Public Health Emergencies

TTY Phone _____ (845) 486-3417

Phone _____ (845) 838-4800 Ext. 131

TUBERCULOSIS

- Dutchess County Department of Behavioral and Community Health**

TUBERCULOSIS PROGRAMS

Provides clinic and case management services for the diagnosis and treatment of Tuberculosis. Free testing is provided, and children under 18 must be accompanied by a parent or guardian when getting tested.

223 Main Street

Beacon, NY 12508

Phone _____ (845) 677-4000

131 County House Road

Millbrook, NY 12545

Phone _____ (845) 838-4800 Ext. 131



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

DENTAL | DIABETES | EPILEPSY | HEART

DENTAL

CT – STATE

• CT Dental Partnership

Since 2008, the CTDHP has managed all of the dental care services provided in the HUSKY Health Program. We administer the dental benefits on behalf of the Department of Social Services (DSS) helping more than 850,000 residents in Connecticut get access to free or low-cost, quality dental care.
www.ctdhp.com

Phone _____ (866) 420-2924

DIABETES

NY – STATE

• American Diabetes Association

Provides information to patients and professionals; promotes public awareness; and conducts fundraisers for diabetes research.

www.diabetes.org

Pine West Plaza

washington Ave. Extension, Ste. 204

Albany, NY 12205

National Phone _____ (800) DIABETES

Phone _____ (518) 218-1755

Fax _____ (518) 218-0114

NY – ULSTER COUNTY

• HealthAlliance of the Hudson Valley

DIABETES EDUCATIONAL SEMINAR

Third Wednesday of the month, 4:30 PM–5:30 PM

www.hahv.org/calendar

37 Albany Ave.

Kingston, NY 12401

Phone _____ (845) 334-4249 Ext. 1

EPILEPSY

NY – REGIONAL

• Capabilities Partnership, Inc.

EPILEPSY SOCIETY OF SOUTHERN NEW YORK, INC.

Comprehensive services to people with epilepsy and other neurological, physical and developmental disabilities for independent living. Services: education and training, advocacy, community independence training.

www.learnaboutepilepsy.com

Phone _____ (800) 640-0371

HEART HEALTH

NATIONAL

• American Heart Association

A non-profit organization that funds cardiovascular medical research, educates consumers on healthy living, and fosters cardiac care in an effort to reduce disability and deaths caused by cardiovascular disease and stroke.

www.heart.org

National Center

7272 Greenville Ave.

Dallas, TX 75231

Customer Service _____ (800) AHA-USA-1
242-8721

NY – REGIONAL

• American Heart Association/American Stroke

www.heart.org/hudsonvalley

301 Manchester Road, Suite 105

Poughkeepsie, NY 12603

Phone _____ (845) 905-2120

Fax _____ (845) 486-9950

ORANGE COUNTY

200 Midway Park Drive

Middletown, NY 10940

Phone _____ (845) 341-0010

Fax _____ (845) 341-0017

ROCKLAND COUNTY

450 West Nyack Rd., Ste. #9, 3rd Floor

West Nyack, NY 10994

Phone _____ (845) 627-0627

Fax _____ (845) 627-0629





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

IMMUNIZATIONS | KIDNEY | LUNG



IMMUNIZATION/VACCINATIONS

NY – DUTCHESS COUNTY

- **Dutchess County Department of Behavioral and Community Health**

We have integrated our services to better serve the residents of Dutchess County and we invite you to learn more about the services and programs we have to offer.

CHILDHOOD/ADULT VACCINATIONS AND TRAVEL IMMUNIZATIONS

Provides routine childhood vaccinations and recommended adult vaccines. Also offers travel vaccinations.

cwww.dutchessny.gov

Phone _____ (845) 486-3409

Travel Vaccines _____ (845) 486-3504

SEASONAL FLU AND H1N1 VACCINES

Offers Seasonal Flu, Pneumonia, and H1N1 vaccines to individuals living or working in Dutchess County. The Seasonal Flu Vaccine is available to adults 18 and up. Available to pregnant women, children (ages 6 months-24 years), and adults (25-64 years) with chronic health conditions, and people in professions working with children.

cwww.dutchessny.gov

131 County House Road
Millbrook, NY 12545

Flu Clinic Info Line _____ (845) 486-3435

223 Main Street
Beacon NY 12508

Phone _____ (845) 838-4800

- **Institute for Family Health**

Family Practice Center of Hyde Park offer primary medical care, including immunizations and vaccinations, and mental health care and social work services, to patients of all ages, regardless of ability to pay. No one is turned away.

www.institute.org

11 Crumb Elbow Rd.
Hyde Park, NY 12538

Phone _____ (845) 229-1020

Fax _____ (845) 229-2005

KIDNEY AND UROLOGY

US – NATIONAL

- **Kidney and Urology Foundation of America (KUFA)**

KUFA is a national, not-for profit organization dedicated to helping people with kidney and urologic diseases and individuals waiting for organ and tissue transplants. Their goal is to help people cope with a new diagnosis, provide valuable information on kidney or urologic diseases, to inform people of current treatment options, and to provide a link to physicians.

www.kidneyurology.org

63 West Main Street, Suite G
Freehold, NJ 7728

Toll Free Phone _____ (800) 633-6628

Phone _____ (212) 629-9770

Fax _____ (212) 629-5652

LUNG HEALTH

US – NATIONAL

- **American Lung Association**

We provide locally based programs for people with chronic lung disease including asthma, bronchitis, emphysema and lung cancer. Smoking cessation programs and air quality programs are also available.

www.lung.org/associations/charters/northeast

418 Broadway
Albany, NY 12207

Toll Free National Phone _____ (800) 586-4872

Phone _____ (518) 465-2013





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

OPHTHALMOLOGY | PARKINSON'S | POISON | REPRO.

OPHTHALMOLOGY

US – NATIONAL



- **Foundation of the American Academy of Ophthalmology**

Program provides medical eye exams and up to one year of care to U.S. citizens and legal residents within the continental U.S., Hawaii and Puerto Rico through Volunteer Ophthalmologists (EYEMDS), often at no out-of-pocket cost to those who qualify. 65 years old and up.

www.eyecareamerica.org

Eyecare America
P.O. Box 429098
San Francisco, CA 94142

Phone _____ (877) 887-6327

Fax _____ (415) 561-8567

PARKINSON'S DISEASE

US – NATIONAL

- **American Parkinson Disease Association (APDA)**

Provides patient services, education, and funds research toward finding the cure for Parkinson Disease.

www.apdaoptimism.org

135 Parkinson Ave.
Staten Island, NY 10305

Phone _____ (800) 223-2732

Fax _____ (718) 981-4399

POISON CONTROL

US – NATIONAL

- **American Association of Poison Control Centers**

POISON HELP HOTLINE

Free, confidential, and expert medical advice via the Poison Help hotline.

www.aapcc.org

24/7 Hotline _____ (800) 222-1222



CT – HARTFORD COUNTY

- **The Connecticut Poison Control Center (CPCC)**

Provides emergency poison information to members of the public whose loved ones are exposed to toxic substances, and to the health care professionals who care for them. Most exposures involve children under six years of age, but adults can be poisoned, too. We charge no fees for our emergency services, and we are available to all citizens of Connecticut 24/7/365 days a year. We also provide educational materials and programs to prevent future toxic exposures, and perform research to improve the detection and treatment of victims.

www.aapcc.org

263 Farmington Ave.
Farmington, CT 6032

Phone _____ (800) 222-1222

REPRODUCTIVE HEALTH

NY – DUTCHESS COUNTY

- **Institute for Family Health – Dutchess County Maternal Infant Child Health Collaborative (MICHC)**

No matter what stage of your life you are in – not planning to be pregnant anytime soon, planning a pregnancy, pregnant or just had a baby – we have services for you! Our free and confidential services aim to keep you healthy and give you the care you need. We can help with pregnancy prevention, getting health insurance, finding a doctor, planning a pregnancy, prenatal care, newborn care, and much more.

www.institute.org

Phone _____ (845) 452-3387

Phone _____ (877) 726-4727





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

ANGER | ANXIETY | COUNSELING

COUNSELING CENTERS/PROGRAMS

MENTAL HEALTH

"Includes our emotional, psychological, and social well-being."
 – U.S. Department of Health & Human Services (MentalHealth.gov)

ANGER MANAGEMENT

NY – DUTCHESS COUNTY

- **Mental Health Association in Ulster County**

MEN'S ANGER MANAGEMENT

A 10-week series designed to help men uncover the causes of their feelings of anger and regain control of their emotions.

WOMEN'S ANGER & TRAUMA MANAGEMENT

A 10-week series designed to help women identify, express, and manage safely and explore any co-occurring issues of trauma.

www.mhainulster.com

PO Box 2304
 Kingston, NY 12402-2304

Phone _____ (845) 339-9090 Ext. 115

ANXIETY AND DEPRESSION

CT – HARTFORD COUNTY

- **Anxiety Treatment Center**

www.ctanxiety.com

10 Forest Park Drive,
 Farmington, CT 6032

Phone _____ (860) 269-7813

NY – DUTCHESS COUNTY

- **Mental Health America of Dutchess County**

DEPRESSION AND BIPOLAR SUPPORT GROUP

For individuals with depression and bipolar disorder. No Fee/No Registration.

Phone _____ (845) 473-2500 Ext. 1316

NY – ULSTER COUNTY

- **Mental Health Association In Ulster County**

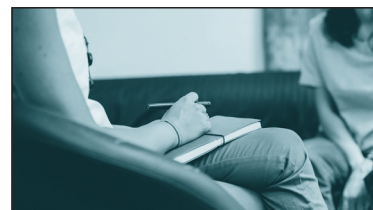
This professionally led group offers mindfulness based techniques for coping with anxiety and/or depression. Tuesdays, 3:00 PM to 4:00 PM

www.mhainulster.com

PO Box 2304 (Ext. 115)
 Kingston, NY 12402-2304

COUNSELING

COUNSELING CENTERS/PROGRAMS



US – NATIONAL

- **Emergency Mobile Psychiatric Services Hotline**

www.211ct.org

Phone _____ 211

CT – FAIRFIELD COUNTY

- **Connecticut Counseling Centers**

Intensive Outpatient Program and other behavioral health services. Most services provided in New Britain but child, family and parenting programs are offered in their Torrington and Waterbury offices.

www.cmhacc.org

60 Beaver Brook Rd.
 Danbury, CT 6810

Phone _____ (203) 743-7574

20 North Main St,
 Norwalk, CT 6854

Phone _____ (203) 755-8874

CT – HARTFORD COUNTY

- **Anxiety Treatment Center**

www.ctanxiety.com

10 Forest Park Dr. 1st Floor
 Farmington, CT

Phone _____ (860) 269-7813



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

COUNSELING

COUNSELING CENTERS/PROGRAMS

- **Institute of Living**

www.instituteofliving.org

200 Retreat Ave.
Hartford, CT 6114

Phone _____ (860) 545-7200

- **John Dempsey Hospital Psychiatry**

Adults with serious mental illness, persons with mental health and substance abuse disorders, persons with PTSD, Veterans, and persons with traumatic brain injury. Out-patient and partial hospitalization,

www.health.uconn.edu/psychiatry

10 Talcott Notch Rd
Farmington, CT 6032

Phone _____ (860) 679-6700

CT - HARTFORD COUNTY

- **Mental Health Association of CT Inc.**

MHC strives to expand the breadth of and access to community-based services at the federal and state levels enabling people with mental health conditions to engage with the types of services they need when they need them. MHC also ensures that they are not discriminated against as a result of their mental health diagnosis.

www.mhconn.org

20-30 Beaver Rd.
Wethersfield, CT 06109

Phone _____ (860) 496-7670

CT – LITCHFIELD COUNTY

- **CHH Behavioral Health Services**

www.charlottehungerford.org

540 Litchfield St.
Torrington, CT 6790

Phone _____ (860) 496-6350



- **Authentic Recovery, LLC**

www.authenticrecovery.org

100 Migeon Ave.
Torrington, CT 6790

Phone _____ (860) 805-2267

- **Catholic Family Services**

www.ccaoh.org

132 Grove St.
Torrington, CT 6790

Phone _____ (860) 482-5558

- **Charlotte Hungerford Behavioral Health Center**

www.charlottehungerford.org

540 Litchfield St.
Torrington, CT 6790

Phone _____ (860) 496-6350

CHARLOTTE HUNGERFORD CENTER FOR YOUTH AND FAMILIES

Phone _____ (860) 489-3391

- **Christian Counseling Connection**

www.christiancounselingconnection.org

42 Church St.
Torrington, CT 6790

Phone _____ (860) 626-1112

- **Greenwoods Counseling Referrals**

www.greenwoodsreferrals.org

25 South St.
Litchfield, CT 06759

Phone _____ (860) 567-4337

- **John Dempsey Hospital Psychiatry**

Adults with serious mental illness, persons with mental health and substance abuse disorders, persons with PTSD, Veterans, and persons with traumatic brain injury. Out-patient and partial hospitalization.

www.health.uconn.edu/psychiatry

58 High St.
Torrington, CT 6790

Phone _____ (860) 679-6700



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

COUNSELING

COUNSELING CENTERS/PROGRAMS

- **McCall Center for Behavioral Health**

www.mccallcenterct.org

(CHWC) 469 Migeon Ave

Torrington, CT 6790

Phone _____ (860) 496-2100

231 N, Main ST

Winsted, CT 6098

Phone _____ (860) 496-2100

83 South Canaan Rd

Canaan, CT 6031

Phone _____ (860) 496-2100

- **Northwest Center for Family and Mental Health**

www.cmhacc.org

100 Commercial Blvd.

Torrington, CT 6790

Phone _____ (860) 482-8561

- **Prime Time House, Inc.**

www.primetimehouse.org

836 Main St.

Torrington, CT 6790

Phone _____ (860) 482-3636

- **Torrington Youth Service Bureau**

www.taysb.org

8 Church St.

Torrington, CT 06790

Phone _____ (860) 496-0356

- **United Way**

www.unitedway.org

33 Kennedy Dr.

Torrington, CT 6790

Phone _____ (860) 489-4131

- **Western CT Mental Health Network**

www.ct.gov/dmhas

249 Winsted Rd.

Torrington, CT 06790

Main Number _____ (860) 496-3700

Access Center _____ (860) 482-1560

- **Winchester Youth Service Bureau**

www.connecticut.networkofcare.org

480 Main St.

Winsted, CT 06098

Phone _____ (860) 379-0708

CT – NEW HAVEN COUNTY

- **Authentic Recovery, LLC**

www.authenticrecovery.org

1 Carriage Place

Waterbury, CT 6702

Phone _____ (860) 805-2267

- **Wellmore, Inc.**

www.wellmore.org

70 Pine St.

Waterbury, CT 6710

Phone _____ (203) 756-7287

NY – REGIONAL

- **Multi-County Community Development Corp.**

The agency's mission is to enrich and empower the lives of its clients by providing services and opportunities for meaningful emotional, social, vocational and educational growth. We believe that a history of mental illness does not preclude an individual's potential or ability to lead a normal life. MCCDC/RSS provides housing services to people with mental illness, developmental disabilities, AIDS and those recovering from alcohol addiction.

www.co.ulster.ny.us/mentalhealth/service7.html

1826 Rte. 32

Saugerties, NY 12477

Phone _____ (845) 247-9110

Fax _____ (845) 247-9120





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

COUNSELING

COUNSELING CENTERS/PROGRAMS



NY - REGIONAL

- **United Way's 211**

Mental health information and referrals.

Helpline _____ **211**

NY – DUTCHESS COUNTY

- **Dutchess Clinic – NYS Office of Mental Health**

Part of The Rockland Psychiatric Center, the Dutchess Clinic provides services to out-patient clients for mental health services.

26 Oakley Street
Poughkeepsie, NY 12601

- **Dutchess County Department of Behavioral and Community Health**

387 Main St
Poughkeepsie, NY 12601

Phone _____ **(845) 486-3432**

DIVISION OF MENTAL HEALTH

Start by calling or texting. A mental hygiene professional connects you with the appropriate program and assists you in making appointments with providers.

230 North Road
Poughkeepsie, NY 12601

Helpline _____ **(845) 485-9700**

Toll-Free Helpline _____ **(877) 485-9700**

Text DMH _____ **741741**

MENTAL HEALTH HELPLINE

Provides a free and anonymous 24-hour telephone helpline (also with a crisis text line) for counseling, crisis intervention, information and referral, chemical dependency services, and clinic appointments.

Also provides suicide prevention call boxes at local Hudson Valley bridges: Mid-Hudson FDR, Beacon/Newburgh, Bear Mountain, Kingston/Rhinecliff, Rip Van Winkle, and Walkway over the Hudson. Through the helpline you can access Hudson Valley Mental Health, Astor Services, Lexington Center for Recovery, as well as the Department of Behavioral and Community Health. www.co.dutchess.ny.us/countygov/departments/dbch/hdindex.htm

MOBILE CRISIS INTERVENTION TEAM

The mobile crisis team is made up of mental health professionals that offer crisis prevention and intervention to individuals and families within Dutchess County who are experiencing a behavioral health or emotional crisis. The mobile crisis team provides crisis assessment, support, intervention and follow-up planning as well as linking to ongoing appropriate community services. Serves adults, as well as children and youth.

230 North Road
Poughkeepsie, NY 12601

General Information _____ **(845) 486-2864**

24/7 Helpline _____ **(845) 485-9700**

Text DMH _____ **741741**

Fax _____ **(845) 485-9927**

OUTPATIENT MENTAL HEALTH TREATMENT

Provides mental health assessments and evaluations, along with treatment through individual, group or family therapy, including adolescent and child counseling, and an anger management

PARTIAL HOSPITALIZATION PROGRAM

Provides an outpatient mental health program for individuals with mental illness, to help stabilize acute symptoms as an alternative to hospitalization. There is a sliding fee scale available to those who qualify.

STABILIZATION CENTER

A walk-in facility, open 24/7/365, for people dealing with mental health, substance use, or other life issues and crises. It is made up of mental health professionals who offer crisis services and intervention to individuals in the County who are experiencing a behavioral or emotional crisis. Serves adults, as well as children/youth. No referral or appointment is necessary. www.dutchessny.gov

85 Civic Center Plaza, Ste. 106
Poughkeepsie, NY 12601

Phone _____ **(845) 486-3400**

After-Hours Phone _____ **(845) 431-6465**
Public Health Emergencies

TTY Phone _____ **(845) 486-3417**



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

COUNSELING

COUNSELING CENTERS/PROGRAMS

- **Greystone Programs, Inc.**

IN HOME THERAPY PROGRAMS

Family interaction produces a “calming” effect, allowing family members to experience pleasure together. Therapy opens channels of much-needed communication which improves behavior, relationships and well-being.

PROJECT F.A.M.E.

Forming Associations through Meaningful and Enriched Environments provides a “Day Habilitation without Walls” environment where each individual is afforded the opportunity to make choices, build relationships, and demonstrate citizenship.

- **Hudson Valley Mental Health (HVMH)**

A private, voluntary organization. Provides comprehensive and integrated services to meet the mental health needs of the community. HVMH operates five New York State licensed outpatient mental health clinics.

www.hvmh.org

230 North Rd.
Poughkeepsie, NY 12601

137 N Chestnut St.
New Paltz, NY 12561

239 Golden Hill Dr.
Kingston, NY 12401

50 Center St #1315
Ellenville, NY 12428

Phone _____ (845) 486-2703

7 Market Street
Dover Plains, NY 12522

Phone _____ (845) 877-4100

Fax _____ (845) 877-4112

47 West Market Street - Suite 2
Rhinebeck, NY 12572

Phone _____ (845) 876-2006

Intake Phone _____ (845) 485-9700

223 Main Street
Beacon, NY 12508

Phone _____ (845) 838-4900

Fax _____ (845) 838-4915

- **Hudson Valley Region 211**

If you are a service provider interested in being included in the 2-1-1 Hudson Valley Resource database, please email us your information: 211info@hudson211.org.

2-1-1 Hudson Valley/Adirondack Regions
336 Central Park Avenue
White Plains, NY 10606

Phone _____ (800) 899-1479

- **Institute for Family Health**

DUTCHESS COUNTY MATERNAL INFANT CHILD HEALTH COLLABORATIVE (MICHC)



No matter what stage of your life you are in – not planning to be pregnant anytime soon, planning a pregnancy, pregnant or just had a baby – we have services for you! Our free and confidential services aim to keep you healthy and give you the care you need. We can help with pregnancy prevention, getting health insurance, finding a doctor, planning a pregnancy, prenatal care, newborn care, and much more. Our free and confidential services aim to keep you healthy and give you the care you need.

www.institute.org

Phone _____ (845) 452-3387

Phone _____ (877) 726-4727

FAMILY PRACTICE CENTER OF HYDE PARK

We offer primary medical care, mental health care and social work services to patients of all ages, regardless of ability to pay. No one is turned away.

www.institute.org

11 Crumb Elbow Rd.
Hyde Park, NY 12538

Phone _____ (845) 229-1020

Fax _____ (845) 229-2005

- **Mental Health America of Dutchess County**

Information is provided to visitors and callers regarding local mental health services. We maintain a private referral list of about 200 mental health professionals who are licensed and registered in New York State and who has a private practice in the area.



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

COUNSELING

COUNSELING CENTERS/PROGRAMS

www.mhadutchess.org

253 Mansion St.
Poughkeepsie, NY 1260

Main Phone _____ (845) 473-2500

Library Phone _____ (845) 473-2500 Ext. 1325

Fax _____ (845) 473-4870

BEACON WELLNESS CENTER

Offers personalized recovery-oriented services (PROS Program), whose components include: intensive rehabilitation, community rehabilitation, and ongoing support.

253 Mansion Street
Poughkeepsie, NY 12601

Phone _____ (845) 831-2124

Fax _____ (845) 831-4197

HOPE FOR FAMILIES (Helping Others through Personal Experience)

We are a family-led peer support group dedicated to providing support and information to families of children with emotional, behavioral, or social problems. Second and fourth Tuesday of the month, 6 PM-7:30 PM.

249 Main St.
Beacon, NY 12508

Phone _____ (845) 473-2500 Ext. 1343



• Mid-Hudson Regional Hospital of Westchester Medical Center

Mental Health Services

www.sfhospital.org

241 North Road
Poughkeepsie, NY 12601

Main Phone _____ (845) 483-5000

Emergency Phone _____ (845) 431-8892

Outpatient Phone _____ (845) 431-8287

Inpatient Phone _____ (845) 431-8752

• National Alliance on Mental Illness (NAMI) – Mid-Hudson Chapter Support Group Helpline

NAMI Mid-Hudson is part of America's largest grass-root organization dedicated to improving the lives of persons living with serious mental illness. We are a group of friends, relatives, and people in recovery representing thousands of consumers and their families in the Mid-Hudson Valley. Our local self-help support group enables members to share concerns, learn about mental illnesses, and gain a practical understanding of treatment and available resources. We currently have five support groups.

www.namimidhudson.org

P.O. Box 787
Poughkeepsie, NY 12602

Phone _____ (845) 206-9892

• Northeast Counseling Center Foundation for Religion and Mental Health (FRMH)

Interfaith Mental Health Service Center for the American Association of Pastoral Counselors, we provide pastoral counseling and mental health services.

www.frmh.org

Poughkeepsie United Methodist Church
2381 New Hackensack Road
Poughkeepsie, NY 12603

Phone _____ (845) 855-9701

• People USA

People USA is a nonprofit organization that provides people living with mental health or substance use issues with the highest quality, effective peer services and behavioral health care.

people-usa.org

info@people-usa.org

Phone _____ (845) 452-2728

DUTCHESS COUNTY
126 Innis Ave,
Poughkeepsie, NY 12601

Phone _____ (845) 452-2728 Ext 450

Second Phone _____ (845) 452-2728 Ext 606

ORANGE/ULSTER COUNTY
592 Ulster Ave. Suite A
Kingston, NY 12401

Phone _____ (845) 452-2728 Ext. 301

Second Phone _____ (845) 795-2346 Ext. 7



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

COUNSELING

COUNSELING CENTERS/PROGRAMS



• People USA CONT'

PUTNAM COUNTY
111 Philipse Brook Road
Garrison, NY 10524

Phone _____ (845) 452-2728 Ext. 401

Second Phone _____ (845) 452-2728 Ext 402

ROSE HOUSES

Short-term crisis respites that are home-like alternatives to hospital psychiatric ERs and inpatient units. They are 100% operated by peers who have their own experiences with behavioral health challenges. Our highly trained and skilled staff ensure that people feel engaged, safe, understood, and hopeful about their next steps.

www.projectstoempower.org

126 Innis Ave.
Poughkeepsie, NY 12601

Phone _____ (845) 452-2728

Fax _____ (845) 452-2793

• Spectrum Behavioral Health

We are the largest behavioral health organization in the Mid-Hudson Valley, providing quality mental health and out-patient substance abuse treatment to the Mid-Hudson region: Individual, group psychotherapy, family, couples psychotherapy; play therapy, medication management; psychological testing; intensive outpatient program (IOP); 24 hour crisis intervention.

514 Haight Avenue
Poughkeepsie, NY 12603

General Information Phone _____ (845) 485-9098

Intake Phone _____ (845) 485-3500

Front Desk Phone _____ (845) 485-3506

NY – ORANGE COUNTY

• Mobile Mental Health Team – Orange County

Connect with a trained counselor any time of the day or night when stress, depression or other mental health issues create a personal crisis.

24/7 Support Phone _____ (888) 750-2266

• Orange County Department of Mental Health

Ensures appropriate support and services are available to meet the needs so people and their families with mental illness, chemical dependency, developmental disabilities or any combination.

This is accomplished through collaboration with other county departments, community, and state agencies, schools, peers, self-advocates, and families.

www.orangecountygov.com

30 Harriman Drive
Goshen, NY 10924

Phone _____ (845) 291-2600

Fax _____ (845) 291-2628

CHILD AND FAMILY CLINIC

141 Broadway, Lower Level
Newburgh, NY 12550

Phone _____ (854) 568-5260

Fax _____ (845) 568-5213

MENTAL HEALTH CLINICS

For individuals and families seeking support and services to address mental illness, chemical dependence, and the needs of developmentally disabled.

PORT JERVIS MENTAL HEALTH CLINIC

146 Pike Street
Port Jervis, NY 12771

Phone _____ (845) 858-1456

Fax _____ (845) 858-1459

• Orange Regional Medical Center

As a recognized leader in behavioral health services, Orange Regional Medical Center's behavioral health team provides outpatient clinical services, treatments and counseling to patients and their families to successfully manage and overcome mental health illnesses.

707 East Main St.
Middletown, NY 10940

COUNSELING CENTER

75 Crystal Run Road, Suite 135
Middletown, NY 10941

Phone _____ (845) 333-1000



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

COUNSELING

COUNSELING CENTERS/PROGRAMS

NY – PUTNAM COUNTY

- **CoveCare Center (formerly Putnam Family and Community Services)**

Provides mental health, substance use, and supportive services for adults, children, families, and seniors. Our innovative, compassionate approach fosters healing, recovery, and wellness. Our highly qualified, professional staff of board-certified psychiatrists, certified clinical social workers, nurses, and peer specialists focus on your whole life.

www.covecarecenter.org

1808 Rte. 6

Carmel, NY 10512

Phone _____ (845) 225-2700

MENTAL HEALTH COUNSELING AND TREATMENT

If a mental health condition has begun to interfere with your life, or the life of someone you love, CoveCare Center can help. We provide services for adults, children, families, and seniors.

Phone _____ Ext. 124

- **Putnam County Department of Mental Health, Social Services & Youth Bureau**

Reviews services and local facilities for those residents of Putnam County who require mental health, alcoholism & substance abuse, or developmentally disabled services. Encourages programs of prevention, diagnosis, care, treatment, social and vocational rehabilitation, special education and training, consultation, and public education on these services.

www.putnamcountyny.com

110 Old Rte. Six, Bldg. #2

Carmel, NY 10512

Phone _____ (845) 808-1500

Fax _____ (845) 225-8635

- **Putnam Crisis Line**

Telephone evaluations for mental health and physical crisis situations. Assists with finding emergency workers when necessary.

24/7 Hotline _____ (845) 225-1222

NY – ROCKLAND COUNTY

- **Behavioral Health Response Team**

If you require mental health outreach services, help is available.

24/7 Hotline _____ (845) 517-0400

- **Good Samaritan Hospital**

MENTAL HEALTH OUTPATIENT CLINIC

The outpatient program at The Monsignor Patrick J. Frawley Psychiatric Unit at Good Samaritan Hospital is designed to treat emotional and psychiatric disorders in adolescents, adults and geriatric patients in a warm and caring environment.

255 Lafayette Ave.

Suffern, NY 10901

Phone _____ 845-368-5242

- **Mental Health Association of Rockland County**

RECOVERY SERVICES CLINIC

A primary source of community mental health treatment and empowerment programs for adults and children in rockland county. Recovery Services provides outpatient clinic services to children, adolescents, young adults, adults, and families affected by personal and/or familial addiction issues.

<http://www.mharockland.org/home.cfm>

140 Rte. 303 - Ste. I

Valley Cottage, NY 10989

Phone _____ (845) 267-2172 Ext. 205

- **Nyack Hospital Behavioral Health Center**

An adult acute care psychiatric unit that offers a full spectrum of psychiatric services and medical care. Having these services based in the hospital allows for the coordination of care without disruption for patients. We have the resources to diagnose and treat patients with complex medical and mental health problems.

www.nyackhospital.org

160 North Midland Ave.

Nyack, NY 10960

Phone _____ (845) 348-6700





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

COUNSELING

COUNSELING CENTERS/PROGRAMS

NY – SULLIVAN COUNTY

• Sullivan County Dept. of Community Services

BEHAVIORAL HEALTH CLINIC

Direct services in mental health to all residents of Sullivan. Hours: Mon, Thu, Fri 9am-5pm; Tue, Wed 9am-8pm; Walk-in Service: (no appointment): Mon-Thu 9am-12pm

<http://co.sullivan.ny.us>

20 Community Ln.
Liberty, NY 12254

Phone _____ (845) 292-8770

Fax _____ (845) 513-2110

• Mobile Mental Health Team – Sullivan County

Outreach crisis (for over 18 years old).

20 Community Ln.
PO Box 716
Liberty, NY 12754

24/7 Hotline _____ (845) 790-0911

• Catskill Regional Medical Center – CRMC Behavioral Health

Our Behavioral Health Unit (BHU) includes 18 beds in a modern, healing environment with a Behavioral Health Team that makes a difference.

www.crmcny.org

68 Harris Bushville Rd.
Harris, NY 12742

Phone _____ (845) 794-3300

Phone _____ (800) 528-6624

• Sullivan County Dept of Community Services – Behavioral Health Clinic

Local government unit for the development of behavioral health service plans for Sullivan county. In addition to providing funding for community-based behavioral services, the department offers direct services in mental health, alcoholism, and drug abuse to all residents of Sullivan County despite age or severity of their disability. All services are confidential.

<http://co.sullivan.ny.us>

20 Community Lane
Liberty, NY 12254

Phone _____ (854) 292-8770

Fax _____ (854) 513-2110

• Department of Health and Mental Health – Ulster County

The mission of the Ulster County Department of Mental Health is to ensure that people with mental health and/or substance abuse problems or developmental disabilities receive the behavioral health services they need to achieve the best quality of life possible. Kingston: 7 days-a-week, 10 am to 10 pm.

<http://ulstercountyny.gov/health/mental-health-department>

239 Golden Hill Lane
Kingston, NY 12401

Phone _____ (845) 340-4110

Fax _____ (845) 340-4094

MOBILE MENTAL HEALTH TEAM

Operated by Access: Supports for Living. Our mission is to respond to residents who are experiencing mental health challenges or crises. The team can respond to urgent issues in the home, school, or community at no cost. The team is comprised of mental health clinicians, medical personnel, and peers who have the experience of overcoming mental health challenges. Two hubs in the country located in Kingston and Ellenville. No charge. Ellenville: 7 days a week, 12 pm to 10 pm.

50 Center St
Ellenville, NY 12428

Phone _____ (844) 277-4820

• Family of Woodstock

FAMILY OF KINGSTON

Case management services for those struggling with mental health issues.

39 John St.
P.O. Box 3516
Kingston, NY 12402

email: info@familyofwoodstock.org

24/7 Talk or Text _____ (845) 679-2485

Phone _____ (845) 331-7080

Fax _____ (845) 331-0526

ULSTER COUNTY CRISIS HOTLINE 24/7

A text and chat hotline for issues involving mental health services.
textmeback.org

Hotline _____ (845) 338-2370



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

COUNSELING

COUNSELING CENTERS/PROGRAMS

- **HealthAlliance of the Hudson Valley**

We provide structured psychiatric and behavioral-health services for clients who need intensive treatment but do not require 24-hour in-patient care. The program provides short-term treatment to help clients either avoid or shorten an inpatient stay and better manage their lives and symptoms.

www.hahv.org/service/mental-health-services

105 Mary's Ave.
Kingston, NY 12401

Adolescent Programs Phone _____ (845) 334-3120

Adult Programs Phone _____ (845) 334-3110

- **Multi-County Community Development Corporation and Rehabilitation Support Services (MCCDC/RSS)**

Our mission is to enrich and empower the lives of our clients by providing services and opportunities for meaningful emotional, social, vocational and educational growth. MCCDC/RSS provides housing services to people with mental illness, developmental disabilities, aids and those recovering from alcohol addiction.

www.rehab.org

Ulster County Division Office
11 Twin Maples, Suite 5
Saugerties, NY 12477

Phone _____ (845) 247-9110

Fax _____ (845) 247-9120

- **Spectrum Behavioral Health**

We are the largest behavioral health organization in the Mid-Hudson Valley. We work closely with community services such as court, probation, parole, hospitals, children and family services. We are also OASAS certified.

230 Aaron Court
Kingston, NY 12401

General Information Phone _____ (845) 485-9098

- **Substance Abuse and Mental Health Services Administration (SAMHSA)**

DISASTER DISTRESS HELPLINE

Crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

www.samhsa.gov

24/7 Helpline _____ (800) 985-5990

TTY Phone _____ (800) 846-8517

- **Wellness Recovery Resources**

Public service for community members to review and retrieve information about recovery-oriented programs and services in Ulster County, NY.

<http://wellnessrecovery.org>

NY – WESTCHESTER COUNTY

- **Behavioral Health Services at White Plains Hospital**

Variety of outpatient mental health services utilizing a multi-disciplinary team approach to treatment. Patients benefit from the combined skills of psychiatrists, psychologists, clinical social workers, nurses, creative art therapists and other mental health professionals.

www.wphospital.org/about-us/news-events/calendar-of-events

41 E. Post Rd
White Plains, NY 10601

Phone _____ (914) 681-1119



- **Crisis Prevention and Response Team**

Responds to people in the community, visiting them at home and elsewhere. Walk-in evaluations available 24/7 at St. Vincent's Hospital in Harrison.

<https://mentalhealth.westchestergov.com/>

24/7 Hotline _____ (914) 925-5959

- **Four Winds Hospital**

Provides a broad range of inpatient and outpatient mental health treatment services for children (5-17 years old), and adults (18 and older).

www.fourwindshospital.com

800 Cross River Rd.
Katonah, NY 10518

Phone _____ (914) 763-8151



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

COUNSELING

COUNSELING CENTERS/PROGRAMS

• Phelps Hospital Counseling Service

PHELPS CONTINUING DAY TREATMENT PROGRAM

Mental health services for people over 18 years of age who require more intensive treatment than they can receive in a clinic setting.

315 South Highland Avenue
Briarcliff Manor, NY 10510

Phone _____ (914) 923-5700

Second Phone _____ (914) 923-5740

PHELPS HEALTH HOME CARE MANAGEMENT PROGRAM

Outpatient – mental health, chemical dependence, and medical illness our services support the provision of coordinated, comprehensive medical and behavioral health care to patients with chronic conditions. We help improve health outcomes, reduce preventable hospitalizations and emergency room visits, promote the use of health information technology and avoids unnecessary care.

316 South Highland Avenue
Briarcliff Manor, NY 10510

Phone _____ (914) 923-5740

PHELPS IN-PATIENT MENTAL HEALTH

Acute In-Patient Psychiatric Unit: 22-bed, acute, general psychiatric unit for adults and geriatric patients.

701 North Broadway
Sleepy Hollow, NY 10591

Phone _____ (914) 366-3513

PHELPS OUT-PATIENT COUNSELING

We are certified by the New York State office of Mental Health to provide group and individual therapy services to adolescents, young adults, adults, older adults and families. The counseling services provide assessment and treatment by board certified psychiatrists, nurse practitioners, and licensed clinical social workers.

<http://phelpshospital.org>

755 North Broadway, Suite 250
Sleepy Hollow, NY 10591

Phone _____ (914) 366-3600

22 Rockledge Avenue
Ossining, NY 10562

Phone _____ (914) 944-5250

PHELPS OUT-PATIENT COUNSELING

Phone _____ (914) 923-5740

• Putnam Hospital Center

The Behavioral Health department offers an Inpatient Mental Health Unit, Partial Hospital Program, 24 Hour crisis coverage in the emergency room and Healthquest Medical Practice Division of Psychiatry Outpatient Practice.

www.healthquest.org

670 Stoneleigh Ave.
Carmel, NY 10510

Phone _____ (845) 279-5711 Ext. 6713

TTY _____ (800) 421-1220

• St. Vincent's Hospital of Westchester

Walk-in evaluations available 24/7. Serves any person in Westchester County who is experiencing, or is at risk of, a psychological crisis, and who requires mental health intervention.

www.stvincentswestchester.org

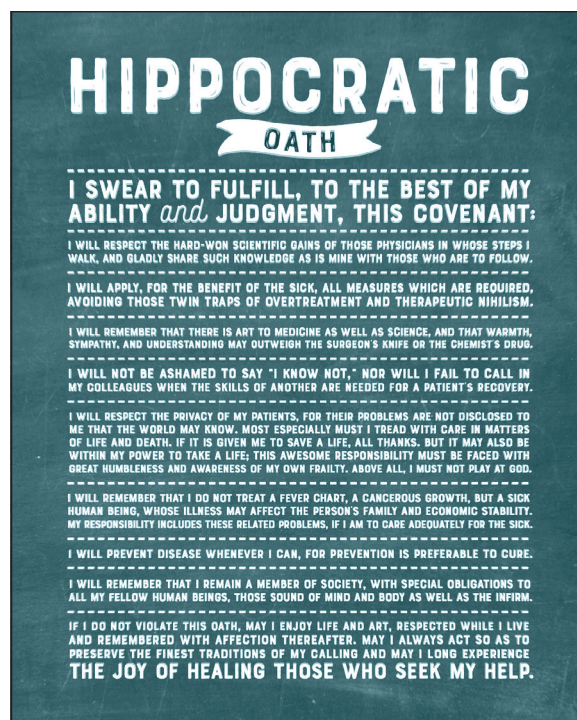
275 North St.
Harrison, NY 10528

CRISIS PREVENTION AND RESPONSE TEAM

Responds to people in the community, visiting them at home and elsewhere. Walk-in evaluations available 24/7 at St. Vincent's Hospital in Harrison.

<https://mentalhealth.westchestergov.com>

24/7 Hotline _____ (914) 925-5959





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

COUNSELING

GRIEF COUNSELING | INDIVIDUAL PRACTITIONERS

GRIEF COUNSELING

NY – DUTCHESS COUNTY

- **Center for Grief, Loss and Life Transition**

Our mission is to increase awareness and lower people's stress and pain related to loss and to suggest tools to help empower our clients.

www.shelleytatelbaum.com

39 College Ave.
Poughkeepsie, NY 12603

Phone _____ (845) 471-5269

NY – ULSTER COUNTY



- **Substance Abuse and Mental Health Services Administration (SAMHSA)**

DISASTER DISTRESS HELPLINE

Crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

www.samhsa.gov

24/7 Helpline _____ (800) 985-5990

TTY Phone _____ (800) 846-8517

INDIVIDUAL PRACTITIONERS

CT – STATE

- **Jacque Mott, LMFT**

Phone _____ (860) 707-5009

CT – HARTFORD COUNTY

- **Caroline Jestin, LPC**

Avon, CT 06001

Phone _____ (860) 214-7321

- **Lauren Johnson, MA LPC (Catalyst Counseling of CT)**

9 Covey Rd, Suite 2AF
Burlington, CT 06013

Phone _____ (860) 259-4441

- **Judy Cabeceiras, LMFT**

Canton, CT 06019

Phone _____ (860) 693-1708

CT – LITCHFIELD COUNTY

- **Angelo Farenga, LPC**

Watertown, CT 06795

Phone _____ (860) 417-2005

- **Catherine Lavoie APRN**

15 Meadow St.
Litchfield, CT 06759

Phone _____ (860) 488-1919

- **Charlotte Hungerford Behavioral Health Center
Individual Doctors and Therapist**

1061 East Main St.
Torrington, CT 06790

Phone _____ (860) 489-3391

- **Christeli Brunner, LCSW**

92 High St.
Winsted, CT 06098

Phone _____ (860) 806-1056

- **David Pavlick, LCSW**

286 Torrington Rd.
Torrington, CT 06759

Phone _____ (860) 567-0852

- **Holly Varanelli, LCSW**

210 Holabird Ave.
Winsted, CT 06098

Phone _____ (860) 485-4386



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

COUNSELING

INDIVIDUAL PRACTITIONERS | SUICIDE PREVENTION

- **Hope Payson, LADC**

92 High St.
Winsted, CT 06098

Phone _____ (860) 830-6439

- **Janet Downes**

194 Ashley Falls Rd.
Canaan, CT 06018

Phone _____ (860) 552-2905

- **Jennifer Thompson, LCSW**

92 High St.
Winsted/ Sandy Hook, CT 06098

Phone _____ (203) 232-7711

- **Judy Lydecker, LADC**

92 High St.
Winsted, CT 06098

Phone _____ (860) 485-2559

- **Kenneth Cohen, MD**

In Sharon on Fridays
22 Upper Main St.
Sharon, CT 06069

Phone _____ (212) 580-3433

- **Molly Hinchman PH.D**

West Cornell, CT
Cornwall, CT 06796

Phone _____ (860) 375-5588

- **Nicole Mulhall, LCSW**

100 Whiting St.
Winsted, CT 06098

Phone _____ (203) 598-4707

- **Oliver Taeb**

One Torrington Office Plaza,
Torrington, CT 06790

Phone _____ (860) 618-5910

- **Randall Dwenger, MD**

3 Brook St.
Lakeville, CT 06039

Phone _____ (860) 435-8863

- **Sara Cousins LCSW**

24 Sharon Rd
Lakeville, CT 06039

Phone _____ (860) 480-8660

CT – LITCHFIELD COUNTY/NEW HAVEN COUNTY

- **Authentic Recovery, LLC**

John Simoncelli LCSW, LADC, Christina Danforth LPC Sara Heller LADC,
LPC, Harry Gerowe LPC, Melissa Glaser LPC, Dorothy Timmermann LMFT,
Kimberly Montefusco LPC, Diane Desmarais LPC, LADC, Belinda Bridges
LCSW, Chuck Dodd LADC

www.authenticrecovery.org

100 Migeon Ave.
Torrington, CT 06790

1 Carriage Place
Waterbury, CT 06702

Phone _____ (860) 805-2267



SUICIDE PREVENTION

US – NATIONAL

- **National Alliance on Mental Health (NAMI)**

CRISIS AND SUICIDE PREVENTION HOTLINE

Nation's largest grassroots mental health organization dedicated to building better lives for millions of Americans affected by mental illness.

www.nami.org



SUICIDE PREVENTION

MENTAL HEALTH

RESOURCE DIRECTORY – 163

Text 838255



Veterans Helpline _____ **(800) 273-8255**

Text "Trevor" (202) 304-1200

Phone (800) 273-8255

Phone (800) 203-1234

24/7 Call or Text (845) 485-9700

Phone (845) 340-4110**Phone** (845) 331-7080



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

SENIOR CITIZENS

NATIONAL

- **American Association of Retired Persons (AARP)**

www.aarp.org

Phone _____ (800) 687-2277

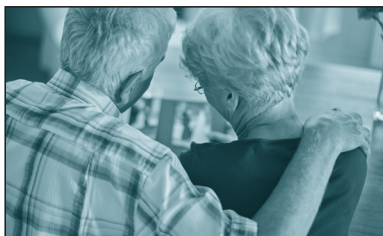
CT – STATE

- **Protective Services for the Elderly**

The PSE program is designed to safeguard people 60 years and older from physical, mental and emotional abuse, neglect (including self-neglect), abandonment and/or financial abuse and exploitation. Department of Social Services social workers respond to reports of elder maltreatment and devise a plan of care aimed at fostering safety while preserving the person's right of self-determination. Staff may help the person remain in the living situation he or she prefers, safeguard legal rights, prevent bodily injury or harm, determine service needs and then mobilize resources to provide necessary services.

<https://portal.ct.gov/DSS/Social-Work-Services/Social-Work-Services/Related-Resources>

Phone _____ (888) 385-4225



CT – REGIONAL

- **Western CT Area Agency on Aging**

The mission of the Western Connecticut Area Agency on Aging, Inc., is to develop, manage and provide comprehensive services for seniors, caregivers and individuals with disabilities through person-centered planning in order to maintain their independence and quality of life.

We are a private, non-profit corporation. Through designation as an Area Agency on Aging, the WCAAA is a funding source for services designed to maintain seniors in the community. Funding is derived from federal, state and local sources with clients contributing toward the cost of many supportive services.

<http://wcaaa.org/contact>

email: info@wcaaa.org

84 Progress Lane
Waterbury, CT 06705

Phone _____ (203) 757-5449

Toll Free Phone _____ (800) 994-9422

Fax _____ (203) 757-4081

CT – LITCHFIELD COUNTY

- **Senior Behavioral Health**

www.healthquest.org

Sharon Hospital
50 Hospital Hill
Sharon, CT 06069

Phone _____ (860) 364-4288

NY – STATE

- **New York Office for the Aging**

The mission of the New York State Office for the Aging is to help older New Yorkers to be as independent as possible for as long as possible through advocacy, development and delivery of person-centered, consumer-oriented, and cost-effective policies, programs and services which support and empower the elderly and their families, in partnership with the network of public and private organizations which serve them.

www.aging.ny.gov

2 Lafayette St
New York, NY 10007

Phone _____ (212) 602-4180

NY – DUTCHESS COUNTY

- **Dover-Wingdale Senior Citizens Program**

Come and visit our program and be informed of activities and trips that include cards, bingo, pokeno, dancing, arts and crafts and guest speakers.

www.townofdovernny.us

Phone _____ (845) 832-9168

- **Dutchess County Office for the Aging**

The Dutchess County Office for the Aging connects plans, coordinates and provides an array of community based services to the elderly and persons who require assistance in the long-term care system, in an effort to promote independence, dignity and quality of life.

www.co.dutchess.ny.us/countygov/departments/aging/agindex.htm



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

27 High St.
Poughkeepsie, NY 12601

Phone _____ (845) 486-2555

- **Hudson Valley Community Center of Dutchess County (HVCC)**

LUNCH AND LEARN

Weekly program that helps keep our minds healthy and active. HOURS:
11:30am – Program (speaker or performer); 12:30pm – Lunch (\$5)

SWIMMING

Heated indoor pool, with monthly swim lessons that include membership, water exercise classes for children and adults.

www.hvcommunitycenter.com

110 South Grand Ave.
Poughkeepsie, NY 12603

Phone _____ (845) 471-0430

- **Lutheran Care Center at Concord Village**

The Lutheran Care Center at Concord Village is a skilled nursing facility, for 18 years and up, offering both extended and short-term care. The 160-bed healthcare facility provides an extensive range of nursing and rehabilitative therapies and many thoughtful amenities. This facility also offers an adult day program that provides medical services, meals, socialization, and activities.

www.lutherancarecenter.org

965 Dutchess Turnpike
Poughkeepsie, NY 12603

Phone _____ (845) 486-9494

Fax _____ (845) 486-9491

- **Poughkeepsie Public Library District**

ADRIANCE MEMORIAL LIBRARY

Seniors interact with others and engage activities, such as art, music, brain games, creative writing, poetry, and special programs on Medicare, Social Security, retirement Planning, Healthy Aging, Home Maintenance, and aarp Tax Preparation Assistance extension services brings library materials to qualified homebound adults. Large Print books and books on cd loaned free of charge with library card. Technology support and computer classes for older patrons.

www.poklib.org

93 Market St.
Poughkeepsie, NY 12601

Phone _____ (845) 485-3445

Reference Dept _____ Ext. 3702



- **Poughkeepsie Public Library District**

BOARDMAN BRANCH

HOURS: Mon–Thu, 9am–9pm; Fri–Sat, 9am–5pm; Sunday, Closed.

www.poklib.org

141 Boardman Rd.
Poughkeepsie, NY 12603

Phone _____ (845) 485-3445

NY – ORANGE COUNTY

- **Orange County Office for the Aging**

18 Seward Avenue, 2nd Fl.
Middletown, NY 10940

Phone _____ 845-615-3700

Fax _____ 845-346-1191

NY – PUTNAM COUNTY

- **Putnam County Office for Senior Resources**

Programs and services, including Photo ID program; Expanded In-Home Services for the Elderly Program (EISEP); Elderly Pharmaceutical Insurance Coverage (EPIC); Health Insurance, Information, Counseling; Assistance Program (HIICAP); Home Energy Assistance Program (HEAP); Legal Services; Help with Senior Housing.

Putnam County Office Building
40 Gleneida Ave., 3rd Fl.
Carmel, NY 10512

Phone _____ (845) 808-1700

Fax _____ (845) 808-1942



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

• The Prevention Council of Putnam

SENIOR PARTNERSHIP SERVICES

For residents of Putnam County aged 55 and older who are struggling with mental health and/or substance use issues, CoveCare offers assessments, care management, and counseling at your home or at another convenient location. We'll connect you with other community resources and help you create a better quality of life.

Senior Partnership Services is a partnership between three Putnam County agencies: CoveCare Center, The Putnam County Office for Senior Resources, and the Prevention Council of Putnam County.

<https://preventioncouncilputnam.org/programs>

CoveCare Center
1808 Route 6
Carmel, NY 10512

Phone _____ 845-225-2700 ext. 216

Fax _____ 845-225-3207

NY – ROCKLAND COUNTY

• Rockland County Office for the Aging

There are more than 65,000 people in Rockland County over the age of 60. We assist older residents and their families to get information about programs available to them. We provide a variety of programs either through our efforts or through partners. The programs are designed to maintain maximum independence in the home and provide employment and volunteer activities. Advocacy by and for the elderly is our prime activity.

<http://rocklandgov.com>

50 Sanatorium Rd., Bldg B
Pomona, NY 10970

Phone _____ (845) 364-2110

Fax _____ (845) 364-2348

NY – SULLIVAN COUNTY

• Sullivan County Office for the Aging

The primary objective of the Office for the Aging is to be the lead advocate for the older population of Sullivan County. All the programs sponsored or directly operated by this office are designed to give choices to older people, with the hope that through these choices they will be able to remain in their own homes and communities as long as possible.

The Office for the Aging gives priority for services to those who are frail, low income, minority, and homebound.

100 North St., PO Box 5012
Monticello, NY 12701

Phone _____ (845) 794-3000 Ext. 0241

Direct Dial _____ (845) 807-0241

Fax _____ (845) 807-0260

NY – ULSTER COUNTY

• Ulster County Office for the Aging

It is the mission of the Ulster County Office for the Aging to assist Ulster County seniors to be as independent as possible, for as long as possible. This is accomplished through advocacy, development, and delivery of person-centered, consumer-oriented, and cost-effective policies, programs and services which support and empower the elderly and their families.

1003 Development Court
Kingston, NY 12401

Phone _____ (845) 340-3456

Toll Free _____ (845) 914-3456

Fax _____ (845) 340-3583

NY – WESTCHESTER COUNTY

• Westchester County Department of Senior Programs and Services

The Department of Senior Programs and Services offers seminars and activities throughout the year.

9 South First Avenue, 10th Floor
Mount Vernon, NY 10550-3414

Reception Desk _____ (914) 813-6400

Customer Service _____ (914) 813-6300

Medicare Information _____ (914) 813-6100

Elder Abuse Help Line _____ (914) 813-6436

Fax _____ (914) 813-6399





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

ADOPTION | BEREAVEMENT

SUPPORT GROUPS

ADOPTION

NY – ROCKLAND COUNTY



- **Adoption Crossroads**

Search assistance in locating both birth parents and adopted adults. A free reunion registry is maintained and available. Support groups are also available every other week. Healing Weekends six times a year. Support Group: Monthly – 1st and 3rd Thursdays from 7:15 To 9:30 PM.

www.adoptionhealing.com

74 Lakewood Drive
Congers, NY 10920

Phone _____ (845) 268-0283

Fax _____ (845) 267-2736

BEREAVEMENT

US – NATIONAL

- **Compassionate Friends National Office**

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. We provide highly personal comfort, hope, and support to every family experiencing the death of a family member.

www.compassionatefriends.org

P.O. Box 3696
Oak Brook, IL 60522

Phone _____ (877) 969-0010

- **Compassionate Friends National Office**

When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. We provide highly personal comfort, hope, and support to every family experiencing the death of a family member.

www.compassionatefriends.org

39 North Broadway
White Plains, NY 10601

Phone _____ (877) 969-0010

Phone _____ (914) 381-3389

NY – DUTCHESS COUNTY

- **HANDS Support Group**

We are a self-help support group for parents who have suffered the loss of a baby during any stage of pregnancy or shortly after birth. Networking with caring, supportive, bereaved parents with similar losses offers an opportunity to share experiences, emotions, and information in a confidential, non-judgmental atmosphere. We Meet Wednesdays 6:30 pm–8:30 pm.

www.healthquest.org/hq/events/1960.aspx

45 Reade Place
Poughkeepsie, NY 12601

Phone _____ (845) 483-6683

Phone _____ (845) 224-6470

- **St. Columba Rectory**

Support for parents who have lost children and private loss. One-on-one sessions are spiritually based. Yearly mass for deceased children.

www.stcolumbaonline.org

835 Route 82
PO Box 428
Hopewell Junction, NY 12533

Phone _____ (845) 227-8380

Fax _____ (845) 227-8390

NY – SULLIVAN COUNTY

- **Catholic Charities Community Services**

Bereavement Support Group
www.catholiccharitiesoc.org

396 Broadway
Monticello, NY 12701

Phone _____ (845) 794-8080

NY – ULSTER COUNTY

- **Department of Health and Mental Health**

GRIEF SUPPORT GROUP

This group is for friends and family who have lost a loved one to the disease of addiction. Monday evenings from 7pm-8pm.

101 Aaron Court
Kingston, NY

Phone _____ (845) 458-7455



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

BURN SURVIVORS | CANCER

• Department of Health and Mental Health

The Ulster County Department of Health and Mental Health offers a wide range of services and programs to county residents designed to prevent illness and ensure their physical, psychological and emotional well-being.

100 Aaron Court
Kingston, NY 12401

Phone _____ (845) 340-3150

Fax _____ (845) 334-8337

NY – WESTCHESTER COUNTY

• Compassionate Friends National Office

The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

www.compassionatefriends.org

WESTCHESTER COUNTY

The Compassionate Friends meets at this location at 7:00 PM.

39 North Broadway
White Plains, NY 10601

Phone _____ (914) 381-3389

BURN SURVIVORS

US – OUT OF STATE

• Phoenix Society for Burn Survivors

We offer information about burns and their treatment. Also offer referrals to support groups, peer counseling, family group meetings, and burn camps.

www.phoenix-society.org

1835 R W Berends Drive Sw
Grand Rapids, MI 49519

Toll Free Phone _____ (800) 888-2876

Phone _____ (616) 458 2773

Fax _____ (616) 458-2831

CANCER

NY – ULSTER COUNTY

• HealthAlliance of the Hudson Valley

Coping Skills for Cancer: Learn tools to reduce stress related to diagnosis, treatment and fear of recurrence using awareness and body-centered techniques.

Third Tuesday of month, 2–3:30 pm.

Family and Caregiver Cancer Support Group: 3rd Mon. of month 5:30–7 pm.

Linda Young Ovarian Cancer Support Group: Last Wed. of month 7–8:30 pm.

Men's Cancer Support Group: 2nd Mon. of month 5:30–7 pm.

Metastatic Cancer Support Group: 1st Tues. of month, 2–3:30 pm.

Nurturing Neighborhood Network Program: Connects people diagnosed with cancer to trained peer volunteers for individual support.

Women's Cancer Support Group: 1st/3rd Thurs. of month, 11–12:30 pm.

2nd/4th Sats. of the month 10–11:30 am.

www.hahv.org/calendar

80 Mary's Ave.

Kingston, NY 12401

NY – WESTCHESTER COUNTY

• Gilda's Club Westchester

We are a community of people (self/family/friends) whose lives have been touched by cancer. Free of charge and non-profit, Gilda's Club. Westchester offers support and networking groups, lectures, workshops and social events for men, women, children and teens in a home-like setting.

www.gildasclubwestchester.org

80 Maple Ave.

White Plains, NY 10601

Phone _____ (914) 644-8844

Fax _____ (914) 644-8284





RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

CAREGIVERS | INCARCERATED YOUTH | INFORMATION

CAREGIVERS

NY – DUTCHESS COUNTY

- **Mental Health America of Dutchess County**

RESPIRE PROGRAM

We are a support program that provides opportunities for caregivers of children with mental health needs to take a break from their caregiving. Individual respite is an opportunity for the child to spend quality time with a respite worker, while the family takes a much needed break.

Phone _____ (845) 473 -2500 Ext. 1324

NY – ULSTER COUNTY

- **HealthAlliance of the Hudson Valley**

STROKE/DEMENTIA CAREGIVERS SUPPORT GROUP

First Thursday of the month, 6:00 PM–7:30 PM.

www.hahv.org/calendar

75 Mary's Ave.
Kingston, NY 12401

Phone _____ (845) 845-334-2813

INCARCERATED YOUTH FAMILY SUPPORT

NY – DUTCHESS COUNTY

- **Mental Health America of Dutchess County**

INCARCERATED YOUTH FAMILY SUPPORT

For parents and family with young family members who are incarcerated. Meets at MHA the 2nd and 4th Mondays of the month from 6:30 PM–8 PM.

www.mhadutchess.org

253 Mansion St.
Poughkeepsie, NY 12601

Phone _____ (845) 473-2500

Fax _____ (845) 473-4870

- **Mental Health America of Dutchess County**

PARENTS OF INCARCERATED YOUTH

For parents whose child has been involved with the criminal justice system – jail, prison, or a residential youth correctional facility.

www.mhadutchess.org

253 Mansion St.
Poughkeepsie, NY 12601

Phone _____ (845) 473-2500

Fax _____ (845) 473-4870

INFORMATION/REFERRAL

CT – LITCHFIELD COUNTY

- **Charlotte Hungerford Hospital (CHH)**

www.charlottehungerford.org

540 Litchfield St.
Torrington, CT 6790

SUPPORT GROUPS AND SUICIDE HOTLINE

24/7 Hotline _____ (888) 784-2433

- **Women's Support Services (WSS)**

For support, advocacy, referrals or emergency shelter.

www.wssdv.org

158 Gay St
Sharon, CT 06069

Hotline _____ (860) 364-1900

NY – ORANGE COUNTY/WESTCHESTER

- **American Cancer Society – Hudson Valley Region**

QUIT FOR LIFE PROGRAM

The American cancer Society can assist tobacco users nationwide to stay well by providing them with evidence-based tobacco cessation services.

www.cancer.org

Main Phone _____ (845) 440-2549

24/7 Helpline _____ (800) 227-2345

Fax _____ (845) 567-4393

ORANGE COUNTY

121 Executive Drive
New Windsor, NY 12553

Phone _____ (845) 440-2500

WESTCHESTER COUNTY

2 Lyon Place
White Plains, NY 10601

Main Phone _____ (914) 949-4800



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

PUBLIC TRANSPORTATION | TAXI SERVICES

NY – WESTCHESTER COUNTY

- **Westchester Self-Help Clearinghouse**

WESTCHESTER JEWISH COMMUNITY CENTER PROGRAM

A central resource for information and referral for support groups covering a wide range of concerns relating to problems of health, mental health, and everyday life situations.

www.wjcs.com (Search Box: "Self-Help-Clearinghouse Directory")

845 North Broadway
White Plains, NY 10603

Phone _____ (914) 761-0600 Ext. 308

TRANSPORTATION

PUBLIC TRANSPORTATION

NY – REGIONAL

- **Coach USA/ShortLine Bus**

Daily scheduled service to/from New York City to Woodbury Common, Upstate NY points, colleges, Orange, Rockland, Sullivan, Bergen, Etc.

www.coachusa.com/shortline

Phone _____ (845) 610-2600

- **Metropolitan Transit Authority (MTA)**

Train and bus information in the Hudson Valley and surrounding areas.

www.hudson-river-valley.com/htm/hudsonvalley/link0327.html

- **New Jersey Transit**

www.njtransit.com/hp/hp_servlet.srv?hdnpagaction=home-pageto

Phone _____ (973) 275-5555

TTY _____ (800) 772-2287

NY – DUTCHESS COUNTY

- **Dial-A-Ride Bus**

Dial-A-Ride bus can take you anywhere in Dutchess County for medical, shopping or social trips – even to connect to the train. rides must be booked three days in advance of your appointment.

www.neccmillerton.org

51 South Center St.
Millerton, NY 12546

- **Dutchess County Public Transit**

Public transportation throughout Dutchess County.

www.dutchessny.gov/publictransit

14 Commerce St.
Poughkeepsie, NY 12603

Toll Free Phone _____ (800) 924-8702

Phone _____ (845) 473-8424

NY – WESTCHESTER COUNTY

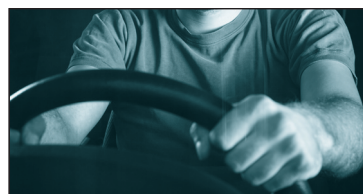
- **Westchester County Bee-Line Bus System**

The Westchester county Bee-line Bus System services both local stops and express services to Manhattan.

<http://transportation.westchestergov.com>

Phone _____ (914) 813-7777

TAXI SERVICES



NY – DUTCHESS COUNTY

- **Alpha Taxi – Poughkeepsie**

Phone _____ (845) 483-0000

- **Anthony's Taxi – Poughkeepsie**

Phone _____ (845) 485-8580

- **Red Hook Taxi Service – Red Hook**

Phone _____ (845) 758-1478

- **Ulster Express Taxi – Dutchess and Ulster**

Phone _____ (845) 229-8294

NY – ORANGE COUNTY

- **Central Taxi – Chester, Goshen, Central Valley**

Phone _____ (845) 469-4441



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

- **Maybrook Taxi – Maybrook**

Phone _____ (845) 590-3118

- **Night Owl Taxi Service – Greenwood Lake**

Phone _____ (845) 595-1690

NY – PUTNAM COUNTY

- **Carmel Taxi**

Phone _____ (845) 225-5555

NY – ULSTER COUNTY

- **Lee's Taxi and Shuttling Service – New Paltz**

Phone _____ (845) 225-2870

Phone _____ (845) 256-1111

- **Ulster Express Taxi – Ulster and Dutchess Counties**

Phone _____ (845) 229-8294

VETERANS

US – NATIONAL

- **American Red Cross of the Mid-Hudson Valley**

Helps military members, veterans, and their families prepare for, cope with, and respond to the challenges of military service. Emergency communications, support to wounded warriors and veterans, and access to community resources. Emergency communications, training, support to wounded warriors and veterans, and access to community resources help an average of 150,000 military families and veterans annually. Also offers services in disaster relief, disaster preparedness, and blood donation.

www.redcross.org/eny

4 Jefferson Plaza, Suite 302
Poughkeepsie, NY 12601

Phone _____ (845) 471-0200

Fax _____ (845) 471-3899

- **Department of Veterans Affairs**

VETERAN'S CRISIS LINE

Are you a Veteran in crisis or concerned about one?

Connect with the Veterans Crisis Line to reach caring, qualified responders. Many of them are veterans themselves. Or chat online.

www.veteranscrisisline.net

24/7 Crisis Line _____ (800) 273-8255 (Press 1)

Text _____ 838255

TTY _____ (800) 799-4889



- **FDR Veteran's Administration Hospital**

Dedicated to providing a wide range of services to the veterans of the Hudson Valley, we offer medical, surgical, psychiatric, substance abuse treatment and extended care.

www.hudsonvalley.va.gov

Building 28
Montrose, NY 10548

Phone _____ (914) 737-4400 Ext. 251

- **National Alliance on Mental Illness (NAMI) – Mid-Hudson**

HOME FRONT

Support and education for veterans with serious mental illness. Please contact NAMI for updated information on support groups and other educational information.

Phone _____ (845) 206-9892

- **The American Red Cross Hero Care Center**

Speak to a Red Cross emergency communications specialist.

www.redcross.org/get-help/military-families

Emergency Phone _____ (877) 272-7337

- **United States Department of Veterans Affairs**

Please visit website for information on VA such as benefits, burials and memorials, health care, resources, locations, vocational rehabilitation, employment, and more.

www.va.gov

Phone _____ (800) 827-1000



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

CT – HARTFORD COUNTY

- **Veterans Affairs – CT**

VA Connecticut encompasses an inpatient facility and Ambulatory Care Center in West Haven; an Ambulatory Care Center in Newington.

www.connecticut.va.gov/locations/Newington_Campus.asp

555 Willard Ave. Suite 116-A
Newington, CT 6111

Phone _____ (860) 594-6354

Phone _____ (860) 667-6747



CT – LITCHFIELD COUNTY

- **Veterans Service Office**

CT healthcare system is a treatment facility in Newington which specializes in substance abuse services. They provide partial hospitalization.

www.va.gov

33 Coe Place Fussencich Park
Torrington, CT 6790

Phone _____ (860) 489-2531

CT – NEW HAVEN COUNTY

- **Psychiatric ER (PER)**

The Psychiatric ER (PER) is the only VA Medical Center in the North East to have a separate unit devoted to treating psychiatric emergency. The PER provides emergency/urgent walk-in evaluation, medication assessment and management, crisis intervention, referrals, and crisis phone services available 24 hours a day, 7 days a week, for veterans in behavioral and emotional distress.

www.connecticut.va.gov/services/psychiatric_er.asp

950 Campbell Ave. Bldg. 2 - 1st floor
West Haven, CT 6516

Phone _____ (203) 932-5711 ext. 4471/4472

NY – STATE

- **Albany Stratton VA Medical Center**

Serving veterans and community members 18 or older who are experiencing intoxication, mild to moderate withdrawal symptoms, or a situational crisis due to withdrawal. Patients must be medically and psychologically sub-acute and able to perform their own activities for daily living.

113 Holland Ave, Unit 7d
Albany, NY 12208

Phone _____ (518) 689-3094

NY – DUTCHESS COUNTY

- **Division of Veterans Services – Dutchess County**

The primary objective of the Dutchess County Division of Veterans Services is to promote the interests and welfare of Veterans, their dependents and survivors. We aim to enhance their quality of life through counseling, claims assistance, education and advocacy by obtaining federal, state and local benefits to which they may be entitled.

www.co.dutchess.ny.us/countygov/departments/veteransaffairs/

85 Civic Center Plaza, Ste. 105
Poughkeepsie, NY 12601

Phone _____ (845) 486-2060

Fax _____ (845) 486-6452



- **Samaritan/Daytop Village**

Provides compassionate, family oriented substance abuse treatment for adults. Samaritan/Daytop Village is based on the Therapeutic Community (TC) model. Individualized treatment plans provide professional counseling, medical, social and spiritual attention. Offers programs for adults (residential, outpatient-call for locations, veterans, family, arts & music, recreation, and spiritual activities).

www.daytop.com

138-02 Queens Boulevard
Briarwood, NY 11435-2647

Admissions Phone _____ (845) 647-6575

Headquarters Phone _____ (718) 206-2000



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

DOMESTIC VIOLENCE/RAPE/SEXUAL ASSAULT

VICTIMS

DOMESTIC VIOLENCE/RAPE/SEXUAL ASSAULT

US – NATIONAL

- **National Domestic Violence**

Provides lifesaving tools and immediate support to anyone affected by domestic violence across the U.S. trained advocates; 170 languages.

www.thehotline.org



Hotline _____ **(800) 799-SAFE**
(from 7am-2am central time)

TTY _____ **(800) 787-3224**

Videophone _____ **(855) 812-1001**
Monday-Friday, 9 am-5 pm (PST)

- **Rape, Abuse and Incest National Network (RAINN)**

NATIONAL SEXUAL ASSAULT HOTLINE

Nation's largest anti-sexual violence organization partners with more than 1,000 local sexual assault service providers across the country. When you call, you will be connected with a trained staff member from a sexual assault service provider in your area.

www.rainn.org

24/7 Hotline _____ **(800) 656-HOPE**
4673

CT – STATE

- **CT Coalition against Domestic Violence**

We are a membership organization of Connecticut's 18 domestic violence service agencies that provide critical support to victims including counseling, support groups, emergency shelter, court advocacy, safety planning, and lethality assessment, among other services.

www.ctcadv.org

90 Pitkin St.
East Hartford, CT 6108

Phone _____ **(860) 281-1481**

Phone _____ **(860) 282-7899**

CT – LITCHFIELD COUNTY

- **Susan B. Anthony Project**

Provides crisis and support services for victims of domestic violence and sexual assault. All services are confidential, free, and available 24/7.

www.sbaproject.org

179 Water St.
Torrington, CT 6790

Phone _____ **(860) 482-7133**

Phone _____ **(860) 489-3798**

NY – NEW YORK STATE

- **New York College Campus Sexual Assault Hotline**

Reports sexual assault on a New York college campus to the New York State Police.

<https://www.health.ny.gov/>

24/7 Hotline _____ **(844) 845-7269**



- **New York State Domestic and Sexual Violence**

Provides assistance to all crime victims (i. e., battered women, rape or domestic violence victims, sexually abused individuals, etc.) in the form of professional counseling, information and referral, financial assistance and court accompaniment.

www.opdv.ny.gov

24/7 Hotline _____ **(800) 942-6906**

Deaf or Hard of Hearing _____ **711**

NY – DUTCHESS COUNTY

- **Crime Victims Assistance Program of Dutchess County**

Don't go through being a victim alone.

29 North Hamilton St.
Poughkeepsie, NY 12601

24/7 Hotline _____ **(845) 452-7272**

Family Services Phone _____ **(845) 790-1110 Ext. 3083**

TTY _____ **(845) 790-5919**

Interpreter Services _____ **(845) 797-3799**



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

DOMESTIC VIOLENCE/RAPE/SEXUAL ASSAULT

• Family of Woodstock, Inc.

A network of individuals, paid and volunteer, whose mission is to provide confidential and fully accessible crisis intervention, information, prevention, and support services to individuals and families.

ADOLESCENT CASE MANAGEMENT

Phone _____ (845) 331-7080

CHILD CARE SERVICES AND SUBSIDY

Phone _____ (845) 331-7080

Phone _____ (518) 822-1944

DARMSTADT HOMELESS SHELTER

Phone _____ (845) 331-1395

DOMESTIC VIOLENCE HOTLINE AND SHELTER

Phone _____ (845) 338-2370

EVOLVE GROUP EDUCATION FOR BATTERERS

Phone _____ (845) 331-7080

FAMILY HOUSE ADOLESCENT SHELTER

Phone _____ (845) 338-5953

FAMILY INN HOMELESS SHELTER

Phone _____ (845) 340-1847

KEY PROGRAM CONTACT INFORMATION

Family is an extended family of people helping people to help themselves through a network of services for domestic violence, homelessness, substance abuse, suicide prevention, child care and adolescent issues.

www.familyofwoodstockinc.org

Ellenville Phone _____ (845) 647-2443

New Paltz Phone _____ (845) 255-8801

Woodstock Phone _____ (845) 679-2485

Woodstock Phone _____ (845) 338-2370

KINGSTON YOUTH PREVENTION PROGRAMS

Phone _____ (845) 331-1110

MIDWAY ADOLESCENT SUPPORTED HOUSING

Phone _____ (845) 339-5508

Phone _____ (845) 647-1346

16 Rock City Road
Woodstock, NY 12498

Phone _____ (845) 338-2370

39 John St.
Kingston, NY 12401

Phone _____ (845) 331-7080

• Family Services, Inc.

To help families and individuals help themselves through direct services, collaboration and advocacy.

www.familyservicesny.org

29 North Hamilton St.
Poughkeepsie, NY 12601

Phone _____ (845) 452-1110

CENTER FOR VICTIM SAFETY AND SUPPORT (CVSS)

Provides assistance to all crime victims (i.e., battered women, rape or domestic violence victims, sexually abused individuals, etc.) In the form of professional counseling, information and referral, financial assistance and court accompaniment.

www.familyservicesny.org

30 North Hamilton St.
Poughkeepsie, NY 12601

24/7 Hotline _____ (845) 452-7272

Fax _____ (845) 452-7298

DOMESTIC VIOLENCE SERVICES

Battered Women's Services offers non-residential services to victims of domestic violence and their children. Staff provide counseling, advocacy, emergency assistance and community outreach education.

www.familyservicesny.org

31 North Hamilton St.
Poughkeepsie, NY 12601

Phone _____ (845) 485-5550

NON-RESIDENTIAL DOMESTIC VIOLENCE SERVICES.

If you or a friend is suffering from physical, emotional, psychological, or verbal abuse, this free service can help.

www.familyservicesny.org

Poughkeepsie, NY

24/7 Hotline _____ (845) 485-5550

Phone _____ (845) 452-1110



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

DOMESTIC VIOLENCE/RAPE/SEXUAL ASSAULT

- **Grace Smith House, Inc.**

We are a private not-for-profit domestic violence agency that provides residential and non-residential services to victims of domestic violence and their children: counseling, advocacy, support groups, children's programs and crisis intervention.

www.gracesmithhouse.org

P.O. Box 5205

Poughkeepsie, NY 12602

24/7 Hotline _____ **(845) 471-3033**

Phone _____ **(845) 452-7155**

Phone _____ **(845) 452-0908**

Fax _____ **(845) 471-1702**

GRACE SMITH HOUSE (NON-RESIDENTIAL)

Grace Smith House is a non-residential program that includes counseling, advocacy and case management related to domestic violence.

1 Brookside Ave.

Poughkeepsie, NY 12602

Phone _____ **(845) 452-0908**

Fax _____ **(845) 471-1702**



- **Hudson Valley House of Hope**

(Formerly House of Faith Ministry) House of Hope is a family violence service provider in the Dutchess County, New York area reaching out to victims of family violence each year with programs that keep women and children safe. House of Hope's mission is to eliminate sexual assault and domestic violence through sensitive prevention, intervention, and treatment.

www.hudsonvalleyhouseofhope.org

PO Box 1326

Wappingers Falls, NY 12590

24/7 Hotline _____ **(845) 765-0294**

Phone _____ **(845) 765-0293**

NY – ORANGE COUNTY

- **Safe Homes of Orange County**

Works to eliminate all forms of domestic violence through education, outreach, and services: 24-hour hotline, 13-bed shelter, advocates, legal assistance, Latina advocate, court advocate, weekly support groups, and education.

www.safehomesorangecounty.org

280 Broadway, 3rd Floor

Newburgh, NY 12550

24/7 Hotline _____ **(888) 503-HOPE**
(888) 503-4673

Main Phone _____ **(845) 562-5340**

Fax _____ **(845) 562-2216**

NY – PUTNAM COUNTY

- **Putnam/Northern Westchester Women's Resource Center**

Through residential and non-residential programs, women and children are assisted in healing from the traumas of domestic abuse. Survivors of sexual assault are assisted through confidential forensic rape exams, advocacy, counseling and support.

www.pnwwrc.org

24/7 Hotline _____ **(845) 628- 2166**

NY – ROCKLAND COUNTY

- **Center For Safety and Change**

A privately operated, grassroots organization dedicated to ending violence against women, children, and youth. All services are culturally sensitive and multilingual (Creole, French, Spanish, Yiddish, Hebrew, Hindi). We have a 24-hour hotline, emergency shelter, individual and group counseling, support and empowerment groups, court assistance and accompaniment, advocacy, medical and legal information, referral services, comprehensive crime victims assistance program, Sexual Assault Forensic Examiner (SAFE), children's services, culture-specific services, teen dating violence prevention program, and more.

www.centerforsafetyandchange.org

9 Johnsons Lane

New City, NY 10956

24/7 Hotline _____ **(845) 634-3344**

Phone _____ **(845) 634-3391**

Fax _____ **(845) 634-3396**



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

DOMESTIC VIOLENCE/RAPE/SEXUAL ASSAULT

• Center For Safety and Change CONT'

DOMESTIC AND SEXUAL TRAUMA HOTLINE

Provides both residential and non-residential services for survivors of intimate partner violence. Women and children only.

www.centerforsafetyandchange.org

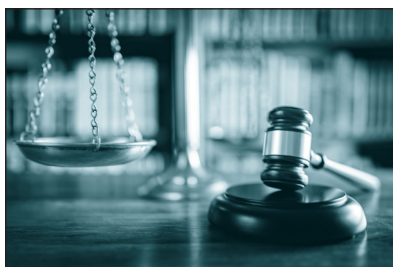
9 Johnsons Lane
New City, NY 10956

24/7 Hotline _____ (845) 634-3344

• Center for Safety and Change

Provides a full range of services and supports to domestic violence victims and their families both in person at one of their six office locations and by telephone. Domestic violence victims with special circumstances may receive services at other safe locations of their choice (library, restaurant, religious institution, private home).

Center for Safety & Change also maintains a presence at all six domestic violence courts in Rockland County.



<http://www.rocklandfamilyshelter.org>

9 Johnsons Ln.
New City, NY 10956

Phone _____ (845) 634-3391

Hours: 9AM–5PM

24/7 Hotline _____ (845) 634-3344

NY – SULLIVAN COUNTY

• Safe Passage Domestic Violence Program

A wide range of services provided to survivors of domestic and sexual violence. Free and confidential.

www.safepassagedv.org

100 North St.
Monticello, NY 12701

24/7 Hotline _____ (845) 292-5700

Main Phone _____ (845) 807-0397

NY – ULSTER COUNTY

• Family of Woodstock)

Crisis intervention, information, prevention, and support services to address the needs of individuals and families.

www.familyofwoodstockinc.org

166 Albany office
Kingston, NY 12402

24/7 Hotline _____ (845) 331-7080

FAMILY OF ELLENVILLE

221 Canal Street
Ellenville, NY 12428

24/7 Hotline _____ (845) 647-2443

Fax _____ (845) 647-2460

FAMILY OF NEW PALTZ

51 North Chestnut St.
New Paltz, NY 12561

24/7 Hotline _____ (845) 255-8801

Fax _____ (845) 255-3498

WASHBOURNE HOUSE (FAMILY OF WOODSTOCK)

Safe shelter and comprehensive services to survivors of domestic violence and their children.

www.familyofwoodstockinc.org

PO Box 3817
Kingston, NY 12402

24/7 Hotline _____ (845) 679-2485

24/7 Hotline _____ (845) 338-2370

24/7 Hotline _____ (845) 647-2443

• Hope's Door

Private, non-profit organization that provides a safe haven and caring services to survivors of domestic violence. Programs are free, confidential and offered in English and Spanish. Emergency shelter, 24/7 hotline, counseling, legal referrals, support groups, children's program, teen dating abuse prevention, community education, and workplace violence prevention.

PO Box 203
Pleasantville, NY 10570

24/7 Hotline _____ (888) 438-8700

Main Office Phone _____ (914) 747-0828



RESOURCE DIRECTORY

FOR SOUTHERN NY AND WESTERN CT

IMPAIRED DRIVERS | MISSING PERSONS

• My Sister's Place

Emergency Shelters provide a confidentially located, safe haven to individuals and families who are fleeing abusive partners. Supports victims of domestic violence, sexual assault, stalking, and human trafficking.

Administrative Offices
3 Barker Ave.
White Plains, NY 10601

24/7 Hotline _____ (800) 298-SAFE
7233

Administrative Phone _____ (914) 683-1333

Fax _____ (914) 683-1412

• Northern Westchester Shelter

Provides up to 3 months of emergency shelter for victims of domestic violence and their children. Men are accepted.

www.shelterlistings.org
PO Box 203
Pleasantville, NY 10570

24/7 Hotline _____ (914) 238-2800

IMPAIRED DRIVERS

US – NATIONAL

• Mothers Against Drunk Driving (MADD)

Our goal is to end drunk driving, help fight drugged driving, serve the victims of these violent crimes, and prevent underage drinking.

www.madd.org

Phone _____ (877) ASK-MADD
275-6233



MISSING PERSONS

US – NATIONAL

• Child Find of America

We are dedicated to locating missing children (18 years old and under) and bringing them home. Also helps parents and families involved in child abduction by setting up communication between a professional family mediator and the parents with a goal to reconcile the dispute.

www.childfindofamerica.org

21 South Elting Corners Rd.
Highland, NY 12528

Phone _____ (845) 883-6060

• National Center for Missing and Exploited Children

Working with law enforcement, families, and professionals on issues relating to missing and sexually exploited children. Authorized by congress to serve as nation's clearinghouse.

www.missingkids.org

Toll Free Hotline _____ (800) The-lost
843- 5678

• National Runaway Safeline

National communication system for runaway and homeless youth.

www.1800runaway.org

3141B N. Lincoln
Chicago, IL 60657

24/7 Hotline _____ (800) RUN-AWAY
786-2929

Text _____ 66008

NY – NEW YORK STATE

• Missing Person's Clearinghouse, NY

www.criminaljustice.ny.gov/missing

80 South Swan St.
Albany, NY 12210

24/7 Phone _____ (800) 346-3543

• Missing Persons Clearinghouse

Division of Criminal Justice Service. Staffed by professionals with extensive experience handling missing person cases.

www.criminaljustice.ny.gov/missing

80 South Swan St.
Albany, NY 12210

24/7 Hotline _____ (800) 346-3543

This Resource Directory is produced by
CAPE: The Council of Addiction, Prevention, and Education
of Dutchess County.

If you have any revisions to the information
provided or wish to be included in the next
edition of our Directory, please let us know.



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