

Dutchess • Orange • Putnam • Rockland • Sullivan • Ulster • Westchester

RESOURCE DIRECTORY[©]



PRODUCED BY

CAPE OF DUTCHESS COUNTY

COUNCIL ON ADDICTION PREVENTION AND EDUCATION



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.

Disclaimer

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 and wellness, enrichment, support groups, schools, and transportation. CAPE does not endorse the information, content, or accuracy of the contributions or any site linked to this document and does not take responsibility for any omissions. By sharing material with CAPE (including text, photographs, graphics, video or audio), contributors agree to grant CAPE permission to use, modify, edit, or delete any portion of the information submitted (free of charge) in accordance with the parameters set by CAPE.

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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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CAPE: The Council on Addiction 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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EMERGENCY CONTACTS



ADDICTION CRISIS

NATIONAL

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

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

National Helpline _____ **800-662-HELP**
800-662-4357

NEW YORK STATE

- **Office of Alcoholism and Substance Abuse Services (OASAS)**

<https://www.oasas.ny.gov/>

24/7 Hopeline _____ **(877) 846-7369**

DUTCHESS COUNTY

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

A Mental Health Professional is available 24 hours a day.
www.co.dutchess.ny.us

24/7 Helpline _____ **(845) 485-9700**

Toll Free Phone _____ **(877) 485-9700**

Text _____ **(845) 485-9700**

CHILD ABUSE

NATIONAL

- **National Child Abuse Hotline**

The hotline is staffed 24/7 with professional crisis counselors who, through interpreters, can provide assistance in 170 languages.

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

NEW YORK STATE

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

<http://ocfs.ny.gov/main/cps/default.asp>

52 Washington Street
 Rensselaer, NY 12144-2796

Toll Free Phone _____ **(800) 342-3700**

Phone _____ **(518) 473-7799**

Deaf /Hard of Hearing TDD/TTY * _____ **(800) 639-5168**

Video Relay System Provider _____ **(800) 342-3720**

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

* TELEPHONE COMMUNICATIONS for Deaf/Hearing or Speech Impaired

TTY: Teletype/Text to Voice and Voice to Text

TDD: Telecommunication Device for the Deaf

711: Nationwide Relay Service for text telephone

CRIME VICTIMS

DUTCHESS COUNTY

- **Crime Victims Assistance Program of Family Services**

Don't go through being a victim alone.

29 North Hamilton Street
 Poughkeepsie, NY 12601

24/7 Hotline _____ **(845) 452-7272**

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EMERGENCY – CALL 911

ULSTER COUNTY

● Ulster County Crime Victims Assistance

Offers a 24 hour confidential crisis hotline for victims of sexual assault and domestic violence.

5 Pearl Street
Kingston NY 12401

MON-FRI 9AM-5PM

Phone _____ (845) 340-3443

NIGHTS, WEEKENDS & HOLIDAYS

Phone _____ (845) 340-3442

DISASTER

REGIONAL

● American Red Cross of the Mid-Hudson Valley

Call for disaster assistance 24 hours a day and services for the armed forces 24 hours a day.

www.redcross.org/eny

4 Jefferson Plaza, Suite 302
Poughkeepsie, NY 12601

Phone _____ (845) 471-0200

ULSTER COUNTY

● Department of Health and Mental Health

DISASTER DISTRESS

Hotline _____ (800) 985-5990

Text "TalkWithUs" _____ 66746



DOMESTIC VIOLENCE

NATIONAL

● National Domestic Violence Hotline

24/7 Hotline _____ (800) 799-7233

TTY Phone _____ (800) 787-3224

NEW YORK STATE

● New York State Domestic and Sexual Violence Office for the Prevention of Domestic Violence

Provides local resources and supportive counseling.

www.opdv.ny.gov

24/7 Hotline _____ (800) 942-6906

DUTCHESS COUNTY

● Domestic Violence Services

24/7 Hotline _____ (845) 485-5550

● Family Services

24/7 Hotline _____ (845) 485-5550

● Grace Smith House

24/7 Hotline _____ (845) 471-3033

● House of Faith Ministry

DBA Hudson Valley House of Hope

24/7 Hotline _____ (845) 765-0294

ORANGE COUNTY

● Safe Homes of Orange County

24/7 Hotline _____ (888) 503-4673

PUTNAM COUNTY

● Putnam/Northern Westchester Women's Resource Center

24/7 Hotline _____ (845) 628-2166

ROCKLAND COUNTY

● Center For Safety and Change

Domestic violence

Sexual trauma

Women and children only

24/7 Hotline _____ (845) 634-3344

SULLIVAN COUNTY

● Safe Passage

24/7 Hotline _____ (845) 292-5700

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ULSTER COUNTY

● Family Domestic Violence Services

Counselors available
Shelter service

24/7 Hotline _____ (845) 338-2370

MONDAY–FRIDAY 9:00 AM TO 5:00 PM

● Family of Woodstock

Crisis intervention, information, prevention, and support services to address the needs of individuals and families.

Administration Offices

166 Albany Avenue

Kingston, NY 12402

Phone _____ (845) 331-7080

Fax _____ (845) 331-0526

WASHBOURNE HOUSE – DOMESTIC VIOLENCE CENTER

24/7 Hotline _____ (845) 338-2370

24/7 Hotline _____ (845) 647-2443

24/7 Hotline _____ (845) 679-2485

24/7 Hotline _____ (845) 255-8801

● Ulster County Crime Victims Assistance

When we receive a crisis call, we provide victims with in-person or telephone crisis counseling. We can accompany victims to hospitals, police agencies and courts, and also advocate with these agencies on a victim's behalf.

5 Pearl Street

Kingston NY 12401

MON-FRI 9AM-5PM

Phone _____ (845) 340-3443

NIGHTS, WEEKENDS & HOLIDAYS

Phone _____ (845) 340-3442

WESTCHESTER COUNTY

● Hope's Door

24/7 Hotline _____ (888) 438-8700

● Northern Westchester Shelter

24/7 Hotline _____ (914) 238-2800

● My Sister's House

24/7 Hotline _____ (800) 298-7233

GAMBLING

NATIONAL/NEW YORK STATE

● Gamblers Anonymous

www.gamblersanonymous.org

Hotline _____ (855) 222-5542



● Gam-Anon Family Support

For family members and associates who are negatively effected by an individual with a gambling addiction.

www.gam-anon.org

PO Box 307

Massapequa Park, NY 11762

Phone _____ (718) 352-1671

HOSPITALS

DUTCHESS COUNTY

● MidHudson Regional Hospital of Westchester Medical Center

www.westchestermedicalcenter.org/mhrh

241 North Road

Poughkeepsie, NY 12601

Phone _____ (845) 483-5000

Emergency Room Phone _____ (845) 431-8220

● Northern Dutchess Hospital – Health Quest

www.healthquest.org/rhinebeck/northern-dutchess-hospital.aspx

6511 Spring Brook Ave

Rhinebeck, NY 12572

Phone _____ (845) 876-3001

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• Vassar Brothers Medical Center – Health Quest

www.healthquest.org

45 Reade Place
Poughkeepsie, NY 12601

Phone _____ (845) 454-8500

ORANGE COUNTY

• Bon Secours Community Hospital

www.bonsecourscommunityhosp.org

160 East Main Street
Port Jervis, NY 12771

Phone _____ (845) 858-7000

• Orange Regional Medical Center

www.ormc.org

707 East Main Street
Middletown, NY 10940

Phone _____ (845) 333-1000

• St. Anthony Community Hospital

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

19 Laurel Ave
Cornwall, NY 12518

Phone _____ (845) 534-7711

70 Dubois Street
Newburgh, NY 12550

Phone _____ (845) 561-4400

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



ROCKLAND COUNTY

• Good Samaritan Hospital (Member of Bon Secours Charity Health System)

www.goodsamhosp.org

255 Lafayette Ave
Suffern, NY 10901

Phone _____ (845) 368-5000

• Helen Hays Hospital

www.helenhayeshospital.org

51-55 North Route 9W
West Haverstraw, NY 10993

Phone _____ (845) 786-4000

• Nyack Hospital

www.nyackhospital.org/index.asp

160 North Midland Ave.
Nyack, NY 10960

Phone _____ (845) 348-2000

SULLIVAN COUNTY

• Catskill Regional Medical Center (CRMC)

www.crmcny.org

68 Harris Bushville Road
Harris, NY 12742

Phone _____ (845) 794-3300

• Grover M. Hermann Hospital (CRMC) Callicoon, NY campus

www.crmcny.org

8881 NYS Route 97
Callicoon, NY 12723

Phone _____ (845) 887-5530

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ULSTER COUNTY

- **Ellenville Regional Hospital**

www.ellenvilleregional.org

10 Healthy Way
Ellenville, NY 12428

Phone _____ (845) 647-6400

- **HealthAlliance Hospital: Broadway Campus
(Member of HealthAlliance of the Hudson Valley)**

www.hahv.org

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

- **HealthAlliance Hospital
Mary's Avenue Campus**

www.hahv.org

105 Mary's Ave.
Kingston, NY 12401

Phone _____ (845) 338-2500

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 Street
Mount Kisco, NY 10549

Phone _____ (914) 666-1200

- **Phelps Memorial Hospital Center**

Phone _____ (914) 366-3000

www.phelpshospital.org

701 North Broadway, Route 9 at Road 117
Sleepy Hollow, NY 10591

- **Westchester Medical Center**

www.westchestermmedicalcenter.com

100 Woods Road
Valhalla, NY 10595

Phone _____ (914) 493-7000

- **White Plains Hospital**

www.wphospital.org

41 East Post Road
White Plains, NY 10601

Phone _____ (914) 681-0600



MENTAL HEALTH CRISIS

NATIONAL

- **National Suicide Prevention Lifeline**

www.suicidepreventionlifeline.org

24/7 Hotline _____ (800) 273-8255

- **Veterans Crisis Line**

www.veteranscrisisline.net

Phone _____ (800) 273-8255 (PRESS 1)

Mobile Text _____ 838255

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DUTCHESS COUNTY

• Dutchess County Department of Behavioral and Community Health

Crisis, referrals and mobile crisis intervention team

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

230 North Road
Poughkeepsie NY 12601

DUTCHESS COUNTY MOBILE CRISIS INTERVENTION TEAM

In-school/on-location emergency assessment. Clinician will assess safety and make recommendation. Cannot transport or mandate treatment.

Phone _____ (845) 486-2864

MONDAY–FRIDAY: 8:00 AM TO 8:00 PM

SATURDAY–SUNDAY: 8:00 AM TO 4:00 PM

MOBILE CRISIS INTERVENTION 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.

24/7 Phone or Text _____ (845) 485-9700

Toll Free Helpline _____ (877) 485-9700

Text DMH _____ 741741

Fax _____ (845) 485-9927

ORANGE COUNTY

• Mobile Mental Health

Referrals, recommendations of support groups, on-site emergency mental health evaluations.

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

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

ROCKLAND COUNTY

• Behavioral Health Response Team

24/7 Hotline _____ (845) 517-0400

SULLIVAN COUNTY

• Mobile Mental Health Team in Sullivan County

Outreach crisis (for over 18 years old)

WEEKDAYS: 8:00 AM TO 8:30 PM; WEEKENDS: 8:00 AM TO 12:00 AM

24/7 Hotline _____ (845) 790-0911

• Sullivan County Dept of Community Services – Behavioral Health Clinic

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.

HOURS: MON, THU, FRI 9AM-5PM; TUE, WED 9AM-8PM

WALK-IN SERVICE (NO APPOINTMENT): MON-THU FROM 9AM-12PM

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

20 Community Lane
Liberty, NY 12254

Phone _____ (854) 292-8770

Fax _____ (854) 513-2110



ULSTER COUNTY

• Department of Health and Mental Health

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

Phone _____ (845) 340-4110

Fax _____ (845) 340-4094

MOBILE MENTAL HEALTH TEAM

The Mobile Mental Health Team operates out of two hubs in the county located in Kingston and Ellenville. NO CHARGE

KINGSTON: 7 DAYS A WEEK, 10AM TO 10PM

239 Golden Hill Lane
Kingston, NY 12401

ELLENVILLE: 7 DAYS A WEEK, 12PM TO 10PM

50 Center St, Ellenville, NY 12428

Phone _____ (844) 277-4820



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● Ulster County Crisis Hotline: 24/7

Hotline _____ (845) 338-2370

Phone or Text _____ (845) 679-2485

● Ulster County Mobile Mental Health

ACCESS: Supports for Living
1 PM-11 PM

Hotline _____ (844) 277-4820

● Ulster County SPEAK

National Suicide Prevention Lifeline

Hotline _____ (800) 273-TALK
8255

WESTCHESTER COUNTY

● Crisis Prevention and Response Team

24/7 Hotline _____ (914) 925-5959

MOBILE EMERGENCIES ARE MONDAY-FRIDAY: 9:00 AM TO 5:00 PM

MISSING PERSONS

NATIONAL

● Child Find of America

Dedicated to locating missing children, 18 years old and under, and bringing them home. Helps parents and families involved in child abduction by setting up communication between a professional family mediator and parents with a goal to resolve the dispute.

www.childfindofamerica.org

21 South Elting Corners Road
Highland, NY 12528

Phone _____ (845) 883-6060

● National Runaway Safeline

If you are thinking of running from home, if you have a friend who has run away, or if you are a runaway ready to go home, call.

24/7 Hotline _____ (800) RUNAWAY
(800) 786-2929

NEW YORK STATE

● Missing Persons Clearinghouse, NY

www.criminaljustice.ny.gov/missing

80 South Swan Street
Albany, NY 12210

24/7 Hotline _____ (800) 346-3543

MONDAY-FRIDAY: 8:00 AM TO 4:00 PM

POISON CONTROL

NATIONAL

● American Association of Poison Control Centers

24/7 HELP FOR POISON EMERGENCIES

www.aapcc.org

24/7 Hotline _____ (800) 222-1222

RAPE CRISIS

DUTCHESS COUNTY

● Crime Victims Assistance Program of Family Services

Don't go through being a victim alone.

29 North Hamilton Street
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

SPECIAL NEEDS ABUSE OR NEGLECT

● New York State Justice Center for the Protection of People with Special Needs

www.justicecenter.ny.gov

161 Delaware Avenue
Delmar, NY 12054-1310

Phone _____ (518) 549-0200

TTY Phone _____ 711

(FOR NYS RELAY, THEN GIVE OPERATOR THE PHONE NUMBER ABOVE)

● Vulnerable Persons Central Register Hotline

If you see or suspect abuse or neglect, report it.

24/7 Hotline _____ (855) 373-2122

TTY Phone _____ (855) 373-2123

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NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER



SUICIDE PREVENTION

NATIONAL

- **National Suicide Prevention Lifeline**

www.suicidepreventionlifeline.org

24/7 Hotline _____ (800) 273-8255

ULSTER COUNTY

- **Department of Health and Mental Health**

FAMILY OF WOODSTOCK, INC

24/7 Crisis Hotline _____ (845) 338-2370

SUICIDE PREVENTION, EDUCATION, AWARENESS & KNOWLEDGE

Ulster County SPEAK has a suicide response team that provides assistance to individuals, families, schools or organizations in the event of a suicide.

Phone _____ (845) 340-4110

UTILITIES EMERGENCY

- **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.

Hotline for Terminations of Service

Hotline _____ (800) 342-3355



VETERANS CRISIS

NATIONAL

- **Veteran's Crisis Line**

Veterans, service members, and their loved ones can call, text, or chat online to receive free, confidential support 24 hours a day, 7 days a week, 365 days a year, even if they are not registered with VA or enrolled in VA health care.

The responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances – from those coping with mental health issues that were never addressed to recent Veterans dealing with relationships or the transition back to civilian life.

Take a self-check quiz at www.VeteransCrisisLine.net/quiz

www.veteranscrisisline.net

Crisis Line _____ (800) 273-8255 (Press 1)

Text message _____ 838255

TTY _____ (800) 799-4889



- **The American Red Cross Hero Care Center**

Available 7 days a week, 24 hours a day, 365 days a year, with two options for requesting assistance, online and by phone.

www.redcross.org/get-help/military-families

Emergency Phone _____ (877) 272-7337

- **American Red Cross of the Mid-Hudson Valley**

The Red Cross 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 help an average of 150,000 military families and veterans annually.

www.redcross.org/eny

4 Jefferson Plaza, Suite 302

Poughkeepsie, NY 12601

Phone _____ (845) 471-0200



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

ACTIVITIES

ADULTS

NEW YORK STATE

• Cornell University

As Cornell University's online learning platform, eCornell delivers online professional certificate programs to individuals and organizations around the world. The certificate programs are personally developed by Cornell faculty with expertise in a wide range of topics, including leadership and management, marketing and technology, human resources, healthcare, hospitality and more. Students learn in an interactive, small cohort format to gain skills they can immediately apply in their organizations and earn an Executive Certificate from Cornell University.

www.ecornell.com

eCornell Offices
950 Danby Road, Suite 150
Ithaca, NY 14850

Phone _____ (607) 330-3200

DUTCHESS COUNTY

• Poughkeepsie Public Library District

We provide social and educational community events. Discussions and lectures explore local history, ethnic diversity, aging, race relations, literature, theatre, creative writing, poetry, national and international policy, cultural trends, healthy living, exercise, and more. Programs offer valuable tips regarding money management, retirement planning, tax preparation, gardening, cooking, health care, insurance, starting a business, changing careers, home renovation, genealogical research, etc.

We partner with local organizations to help raise awareness and increase dialogue on various aspects of life (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.

ADRIANCE MEMORIAL LIBRARY

www.poklib.org

93 Market Street
Poughkeepsie, NY 12601

Phone _____ (845) 485-3445

Reference Department _____ Ext. 3702

Youth Services _____ Ext. 3320

BOARDMAN ROAD BRANCH LIBRARY

141 Boardman Road
Poughkeepsie, NY 12603

Phone _____ (845) 485-3445

DUTCHESS COUNTY

• Verplanck Garden Club

Our mission is to stimulate, educate and support the community in home gardening conservation of natural resources and protection of the environment. Monthly meetings are geared toward this mission and are held the 2nd Tuesday of the month at 7:00 pm.

For more information about what VGC does and how you can be part of this worthwhile organization visit our Facebook page: Verplanck Garden Club or email: verplanckgardenclub@yahoo.com.

(No phone contact availability. Email only.)

verplanckgardenclub@yahoo.com

Fishkill Town Hall
807 Route 52
Fishkill, NY 12524



CHILDREN/YOUTH

AFTER-SCHOOL PROGRAMS

NATIONAL

• Scouting (Boys and Girls)

BOY SCOUTS OF AMERICA

www.scouting.org

www.beascout.org

GIRL SCOUTS USA

www.girlscouts.org

REGIONAL

HUDSON VALLEY COUNCIL (Boy Scouts)

www.hudsonvalleyscouting.org

Phone _____ (845) 566-7300

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

DUTCHESS COUNTY

● Catharine Street Community Center (CSCC)

An after-school enrichment program for kindergarten through 3rd grade youth in the Northside area of the City of Poughkeepsie. Homework time is offered as well as arts and crafts and physical fitness activities. Transportation is provided from all local schools. Parents must pick up by 6:30 PM.

www.catharinecenter.org

152 Mansion Street
Poughkeepsie, NY 12601

Mailing Address:
69 Catharine Street
Poughkeepsie, NY 12601

Phone _____ (845) 473-2272

Fax _____ (845) 473-5107

● Community Family Development, Inc.

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

www.communityfamilydevelopment.org/

269 Mill Street
Poughkeepsie, NY 12601

Phone _____ (845) 471-5301

4-H YOUTH DEVELOPMENT

4-H is a positive youth development organization that empowers young people to reach their full potential while giving back to their communities.

● Cornell University Cooperative Extension – Dutchess County

We work to extend the educational resources of Cornell University and other educational institutions to the people of Dutchess County to foster economic, social and environmental improvement.

www.ccedutchess.org

2715 US-44
Millbrook, NY 12545

Phone _____ (845) 454-7140

DUTCHESS COUNTY FARM AND HOME CENTER

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.

dutchess@cornell.edu

Phone _____ (845) 677-8223

Fax _____ (845) 677-6563

● Beacon Recreation Center

www.cityofbeacon.org/government/parksrecreation.htm

23 West Center Street
Beacon, NY 12508

Phone _____ (845) 677-8223

Fax _____ (845) 677-6563

● Council on Addiction Prevention and Education (CAPE)

MARATHON PROJECT

The Marathon Project is a new, innovative distance-running program that pairs adult mentors with at-risk youth in the Poughkeepsie, Hyde Park and Newburgh School Districts, as well as the DC Department of Probation.

This is an after-school training program that aims to reduce risk factors of childhood obesity, gang involvement, school drop-out, and substance abuse.

www.capedc.org

807 Route 52, Room 28
Fishkill, NY 12524

Phone _____ (845) 765-8301 Ext. 101

Fax _____ (845) 765-8304

● Family Services, Inc.

www.familyservicesny.org

29 North Hamilton Street
Poughkeepsie, NY 12601

Phone _____ (845) 452-1110 Ext. 3408

TEEN RESOURCE ACTIVITY CENTER (TRAC)

We provide a safe environment for local adolescents and provide access to computers with internet access; recreational activities (football, basketball, softball); homework tutoring; dance/social events; video games; board games; community service opportunities; trips; arts and crafts; workshops; educational resources/materials.

Phone _____ (845) 452-1110

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

CATHARINE STREET COMMUNITY CENTER (CSCC)

The After School Program provide a safe, fun and learning-based environment for children ages 5-12. We operate Monday through Friday from school dismissal time to 5:30 PM, with a late option of 6:00 PM.

Programs are currently offered in the following schools in the City of Poughkeepsie: Kreiger Elementary School, Clinton Elementary School. We offer a free busing option to students in Morse, Smith and Warring Elementary Schools.

Children play organized sports and games, participate in enrichment activities, and have a scheduled, supervised homework session.

Special events like Kids Expo, Community Performances, and field trips may be offered during non-program hours.

Phone _____ (845) 452-1110 Ext. 3297

● **Mill Street Loft**

www.millstreetloft.org

455 Pershing Avenue
Poughkeepsie, NY 12601

Phone _____ (845) 471-7477

Fax _____ (845) 471-7507

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.

GIRL'S LITCLUB

A 32-week after-school program using literature and storytelling to advance the literacy rates of youth. Girl's LitClub serves middle-school girls from the City of Poughkeepsie.

● **Poughkeepsie Public Library District**

Free after school tutoring and 'reading buddies' available for elementary age children. Many socialization and literacy-boosting opportunities for children, birth-18. Many creative opportunities for children to explore music, literature, theatre, poetry, dance, graphic design, computer generated art, painting, puppetry, cooking, building, logic, and more! Many strong early literacy programs. Extensive 'Parenting and Child-Care' resources support care-givers, new parents, grandparents, and families in transition due to disruptive life circumstances. Safe and educational place for teens to 'hang out' and explore their interests.

ADRIANCE MEMORIAL LIBRARY

www.poklib.org

93 Market Street
Poughkeepsie, NY 12601

Phone _____ (845) 485-3445

Reference Department _____ Ext. 3702

Youth Services _____ Ext. 3320

BOARDMAN ROAD BRANCH LIBRARY

141 Boardman Road
Poughkeepsie, NY 12603

Phone _____ (845) 485-3445

● **Scouting (Boys and Girls)**

BOY SCOUTS OF AMERICA

www.scouting.org

www.beascout.org

HUDSON VALLEY COUNCIL (BOY SCOUTS)

www.hudsonvalleyscouting.org

Phone _____ (845) 566-7300

GIRL SCOUTS CENTRAL OFFICE

(Headquarters for Hudson Valley)

2 Oak Lane
Pleasantville, NY 10570

Phone _____ (845) 452-1810



GIRL SCOUTS HEART OF THE HUDSON

The Girl Scouts of Dutchess County is dedicated to providing a progressive, contemporary and enjoyable array of programs and services that are responsive to the pressing needs of all girls and young women.

www.girlscoutshh.org

3 Neptune Road
Poughkeepsie, NY 12601

Phone _____ (845) 452-1810

● **Habilidad – Mill Street Loft**

Spanish for "ability" is an arts-based after-school program for City of Poughkeepsie high school students. It was created in response to the rapidly growing population of Spanish speaking youth in our community.

www.millstreetloft.org

55 Pershing Avenue
Poughkeepsie, NY 12601

Phone _____ (845) 471-7477

Fax _____ (845) 471-7507

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

• Young Rhinebeck

(Formerly Rhinebeck Connections, Inc.)

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

ROCKLAND

• Village of Haverstraw

HAVERSTRAW CENTER

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

PARKS & RECREATION DEPARTMENT

The Village's Recreation Department operates a summer camp and has a community center with a full gymnasium, two kitchens, a computer lab with 12 computers, an art room, game room, large multi-purpose rooms as well as a suite of counseling offices suitable for individual, group and family sessions, and a conference room.

http://www.voh-ny.com/dept_youth.htm

50 West Broad Street
Haverstraw, NY 10927

Phone _____ 845-429-5731

ULSTER COUNTY

• Scouting (Boys and Girls)

BOY SCOUTS OF AMERICA

www.scouting.org

www.beascout.org

HUDSON VALLEY COUNCIL (Boy Scouts)

www.hudsonvalleyscouting.org

Phone _____ (845) 566-7300

GIRL SCOUTS CENTRAL OFFICE

(Headquarters for Hudson Valley)

2 Oak Lane
Pleasantville, NY 10570

Phone _____ (845) 452-1810

RIP VAN WINKLE COUNCIL (ULSTER AND GREEN COUNTY)

The Boy Scouts of America provides a program for young people that builds character, trains them in the responsibilities of participating citizenship, and develops personal fitness.

The Child and Drug Abuse Prevention and Education Program (ages 6–20) offers a guide on youth protection.

www.rvwbsa.org/

75 Pine Street
Kingston, NY 12401

Phone _____ (845) 339-0846

CAMPS/SUMMER PROGRAMS

DUTCHESS COUNTY

• Catharine Street Community Center (CSCC)

CSCC'S 6 to 8 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

Mailing Address:
69 Catharine Street
Poughkeepsie, NY 12601

Phone _____ (845) 473-2272

Fax _____ (845) 473-5107

• Camp Ramapo for Children

Camp Ramapo is 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
P.O. Box 266
Rhinebeck, NY 12572

Phone _____ (845) 876-8403

Fax _____ (845) 876-8414

• 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 Avenue
Poughkeepsie, NY 12603

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Phone _____ (845) 471-0430

Fax _____ (845) 471-0659

SOL SILVER DAY CAMP

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

CAMP GAN RIMON

Ages 4 to 12 (5-week program)

● **Mill Street Loft**

www.millstreetloft.org

45 Pershing Avenue
Poughkeepsie, NY 12601

Phone _____ (845) 471-7477

Fax _____ (845) 471-7507



DUTCHESS ARTS CAMP

A multi-arts summer program that builds self-esteem in children as they learn through the arts with professional artists. This camp 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

● **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 For High School Students

Vassar College Lacrosse for Boys

Vassar Woman's Soccer Elite ID Camp

Vassar Co-ed Squash Training Camp

www.vassarathletics.com

124 Raymond Ave

P.O. Box 720

Poughkeepsie, NY 12604

Phone _____ (845) 437-7946

ORANGE COUNTY

● **Camp Redwood**

We have 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 Road
Walden, NY 12586

Phone _____ (845) 564-1180

Fax _____ (845) 564-1128

PUTNAM COUNTY

● **Green Chimneys Children's Services, Inc.**

400 Doansburg Road

Brewster, NY 10509

www.greenchimneys.org

Phone _____ (845) 279-2995

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

400 Doansburg Road

Brewster, NY 10509

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

NATURE'S NURSERY CAMP

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.

www.greenchimneys.org/nursery-summercamp

Phone _____ (845) 279-2995 Ext. 301

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 Road

Carmel, NY 10512

Phone _____ (845) 225-8226

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RESOURCE DIRECTORY

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ROCKLAND COUNTY

● Village of Haverstraw

VILLAGE OF HAVERSTRAW SUMMER CAMP PROGRAM

This is a six-week summer program, beginning in early July and ending in mid-August. The camp is open to youth ages six through fourteen and is open to the first 175 children who apply. Activities include breakfast and lunch, swimming, arts and crafts, field trips, movies, sports, and other positive alternatives for youth.

THE CAMP DAY BEGINS AT 8:15 AM AND ENDS AT 3:00 PM. AN “AFTER CAMP” PROGRAM FROM 3:00 PM – 5:30 PM IS AVAILABLE.

VILLAGE OF HAVERSTRAW SUMMER YOUTH PROGRAM

This is a camp program for teens entering 9th–12th grade. It is a positive alternative program for youth who either have summer school or cannot find employment. We offer recreational, educational as well as volunteer opportunities. A typical week consists of volunteering, an educational workshop every Wednesday, and weekly trips to bowling and movies.

THE PROGRAM RUNS MONDAY – FRIDAY FROM 12:00 PM – 5:00 PM.



PRESCHOOL PROGRAMS/DAY CARE

DUTCHESS COUNTY

● Poughkeepsie Public Library District

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

ADRIANCE MEMORIAL LIBRARY

www.poklib.org

93 Market Street
Poughkeepsie, NY 12601

Phone _____ (845) 485-3445
Youth Services _____ Ext. 3320

BOARDMAN ROAD BRANCH LIBRARY

141 Boardman Road
Poughkeepsie, NY 12603

Phone _____ (845) 485-3445

● Astor Services for Children and Families

www.astorservices.org

Main Office
6339 Mill Street
P.O. Box 5005
Rhinebeck, NY 12572

Phone _____ (845) 871-1000

Fax _____ (845) 876-2020

Programs Location
50 Delafield Street
Poughkeepsie, NY 12601

Phone _____ (845) 452-7726

HEAD START PROGRAM

Provides comprehensive child development program for children ages 3-5 for low-income families in Dutchess County.

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.

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).

● Catharine Street Community Center (CSCC)

www.catharinecenter.org

152 Mansion Street
Poughkeepsie, NY 12601

Mailing Address:
69 Catharine Street
Poughkeepsie, NY 12601

Phone _____ (845) 473-2272

Fax _____ (845) 473-5107

BRIDGE DAYCARE PROGRAM

FOR CHILDREN 3 TO 4 YEARS OLD. 8:00 AM TO 6:30 PM

UNIVERSAL PRE-KINDERGARTEN

For children age 4; mornings only. Located at various sites throughout the city of Poughkeepsie, including at Catharine Street Community Center.

● Children's Community Services

www.childrenscommunityservices.org

1143 Main Street
Fishkill, NY 12524

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Phone _____ (845) 896-9876

Fax _____ (845) 896-1534

PARENTS AND TOTS FOR ADULTS AND 2-3 YEAR OLDS

Parents & Tots provides a wonderful opportunity for parents to introduce their child to "school". Unlike playgroup settings, this program is based on a preschool day and offers many opportunities for children to be exposed to the skills they will need as they go to preschool on their own. Their first chance to work as part of a group in circle time, craft time, story time and snack is fun and provides a learning experience for both child and parent.

DEKINDER PRESCHOOL FOR 3 AND 4 YEAR OLDS

DeKinder Preschool offers quality early childhood education programs for three and four year olds. Our experience orientated program is designed to promote a positive self-concept and the development of social and cognitive skills.

We also offer "Before and After School Care" following the Wappingers Central School Districts schedule.

• **Community Family Development, Inc.**

A not-for-profit organization that provides infant, toddler, pre-school, universal pre-kindergarten, after school care, and summer programming for children from 6 weeks through 12 years old.

www.cfdcenter.org

269 Mill Street
Poughkeepsie, NY 12601

Phone _____ (845) 471-5301

Phone _____ (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**

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

www.fppchurch.org/Nursery/index.htm

1168 NY-55
LaGrangeville, NY 12540

Phone _____ (845) 485-1145

• **Hudson Valley Community Center (HVCC)**

www.hvcommunitycenter.com/

110 South Grand Avenue
Poughkeepsie, NY 12603

Phone _____ (845) 471-0430

SOL SILVER EARLY CHILDHOOD CENTER

Programs include Pre-Kindergarten and Kindergarten. The Early Childhood Center believes that children learn through play and exploration. Children will be encouraged to see, smell, hear, touch and taste as they learn qualities of the world around them. Ages 18 months to 6 years old. Accepts DSS.

• **Northeast-Millerton Library**

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

www.nemillertonlibrary.org

75 Main Street
PO Box 786
Millerton, NY 12546

Phone _____ (518) 789-3340

• **Stepping Stones Preschool**

This non-sectarian nursery school for 2-5 years old encourages growth in all areas of social, emotional, physical and cognitive development. It offers the youngster a wide range of rich and varied experiences in order to provide a good beginning to satisfying and rewarding school.

www.fishkill.org/umc

Fishkill United Methodist Church
38 Broad Street
Fishkill, NY 12524

Phone _____ (845) 896-5453

WEEKEND PROGRAMS

• **Catholic Youth Organization (CYO) Parish Based Youth Programs**

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 Street
Poughkeepsie, NY 12601

Phone _____ (845) 452-1400

Fax _____ (845) 452-3336

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RESOURCE DIRECTORY

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LIBRARIES

REGIONAL

● Mid-Hudson Library System

www.midhudson.org

Phone _____ (845) 471-6060

DUTCHESS COUNTY

ADRIANCE MEMORIAL LIBRARY

Poughkeepsie, NY

AMENIA FREE LIBRARY

Phone _____ (845) 373-8273

BEEKMAN LIBRARY

Poughquag, NY

Phone _____ (845) 724-3414

BLODGETT MEMORIAL LIBRARY

Fishkill, NY

Phone _____ (845) 896-9215

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

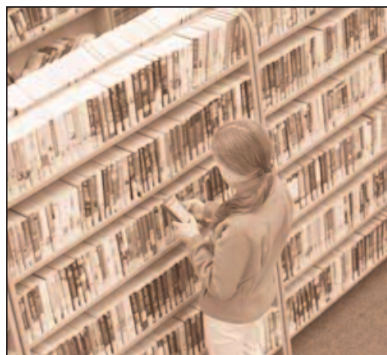
Hopewell Junction, NY

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

Phone _____ (845) 677-3611

PAWLING FREE LIBRARY

Phone _____ (845) 855-3444

PLEASANT VALLEY FREE LIBRARY

Phone _____ (845) 635-8460

STANFORD FREE LIBRARY

Stanfordville, NY

Phone _____ (845) 868-1341

STARR LIBRARY

Rhinebeck, NY

Phone _____ (845) 876-4030

ORANGE COUNTY

MIDDLETOWN THRALL LIBRARY

Phone _____ (845) 341-5454

SUNY ORANGE LIBRARY

Middletown, NY

Phone _____ (845) 341-4855

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

NEWBURGH FREE LIBRARY

Phone _____ (845) 563-3600

WOODBURY PUBLIC LIBRARY

Highland Mills, NY

Phone _____ (845) 928-6162

CORNWALL PUBLIC LIBRARY

Phone _____ (845) 534-8282

GOSHEN PUBLIC LIBRARY & HISTORICAL SOCIETY

Phone _____ (845) 294-6606

TUXEDO PARK LIBRARY

Phone _____ (845) 351-2207

NEWBURGH FREE LIBRARY TOWN BRANCH

Newburgh Mall

Phone _____ (845) 566-0460

MONTGOMERY FREE LIBRARY

Phone _____ (845) 457-5616

MOFFAT LIBRARY

Washingtonville, NY

Phone _____ (845) 496-5483

MONROE FREE LIBRARY

Phone _____ (845) 783-4411

RUSHMORE MEMORIAL LIBRARY

Highland Mills, NY

Phone _____ (845) 928-6770

ORANGE COUNTY LAW LIBRARY

Goshen, NY

Phone _____ (845) 291-3138

JOSEPHINE-LOUISE LIBRARY

Walden, NY

Phone _____ (845) 778-7621

HIGHLAND FALLS PUBLIC LIBRARY

Phone _____ (845) 446-3113

CHESTER PUBLIC LIBRARY

Phone _____ (845) 469-4252

FLORIDA PUBLIC LIBRARY

Phone _____ (845) 651-7659

PINE BUSH AREA LIBRARY

Phone _____ (845) 744-3375

ALBERT WISNER PUBLIC LIBRARY

Warwick, NY

Phone _____ (845) 986-1047

LITERACY VOLUNTEERS OF AMERICA

Middletown, NY

Phone _____ (845) 341-5460

PUTNAM COUNTY

REED MEMORIAL LIBRARY

Carmel Hamlet, NY

Phone _____ (845) 225-2439

MAHOPAC LIBRARY

Phone _____ (845) 628-2009

KENT PUBLIC LIBRARY

Carmel Hamlet, NY

Phone _____ (845) 225-8585

PUTNAM VALLEY FREE LIBRARY

Phone _____ (845) 528-3242

PATTERSON LIBRARY

Phone _____ (845) 878-6121

BREWSTER PUBLIC LIBRARY

Phone _____ (845) 279-6421

DESMOND-FISH LIBRARY

Garrison, NY

Phone _____ (845) 424-3020

JULIA L BUTTERFIELD LIBRARY

Cold Spring, NY

Phone _____ (845) 265-3040

WOO JU MEMORIAL LIBRARY

Carmel Hamlet, NY

Phone _____ (845) 225-1445

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SOMERS LIBRARY

Katonah, NY

Phone _____ (914) 232-5717

NEWBURGH FREE LIBRARY

Phone _____ (845) 563-3600

HIGHLAND FALLS PUBLIC LIBRARY

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

US MILITARY ACADEMY LIBRARY

Phone _____ (845) 938-8325

RUTH KEELER MEMORIAL LIBRARY

North Salem, NY

Phone _____ (914) 669-5161

PAWLING FREE LIBRARY

Phone _____ (845) 855-3444

WEST POINT LIBRARY

Phone _____ (845) 938-2974

BLODGETT MEMORIAL LIBRARY

Fishkill, NY

Phone _____ (845) 896-9215

GEORGE KURIAN REFRNC BKS LIBRARY

Yorktown Heights, NY

Phone _____ (914) 962-3287

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

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

Phone _____ (845) 634-4997

PEARL RIVER PUBLIC LIBRARY

Phone _____ (845) 735-4084

ORANGEBURG LIBRARY

Phone _____ (845) 359-2244

VALLEY COTTAGE LIBRARY

Phone _____ (845) 268-7700

NYACK PUBLIC LIBRARY

Phone _____ (845) 358-3370

PIERMONT PUBLIC LIBRARY

Phone _____ (845) 359-4595

ROSE MEMORIAL LIBRARY ASSOCIATION

Stony Point, NY

Phone _____ (845) 786-2100

ROCKLAND COUNTY GUIDANCE CENTER

New City, NY

Phone _____ (845) 638-5666

SLOATSBURG PUBLIC LIBRARY

Phone _____ (845) 753-2001

SUFFERN FREE LIBRARY

Phone _____ (845) 357-1237

TAPPAN FREE LIBRARY

Phone _____ (845) 359-3877

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TOMKINS COVE PUBLIC LIBRARY

Phone _____ (845) 786-3060

TUXEDO PARK LIBRARY

Phone _____ (845) 351-2207

WEST NYACK FREE LIBRARY

Phone _____ (845) 358-6081

SULLIVAN COUNTY

MAMAKATING LIBRARY

Wurtsboro, NY

Phone _____ (845) 888-8004

WESTERN SULLIVAN PUBLIC LIBRARY

Narrowsburg, NY

Phone _____ (845) 252-3360



WESTERN SULLIVAN LIBRARY—JEFFERSONVILLE BRANCH

Phone _____ (845) 482-4350

WESTERN SULLIVAN PUBLIC LIBRARY

Callicoon, NY

Phone _____ (845) 887-4040

RAMAPO CATSKILL LIBRARY SYSTEM

Livingston Manor, NY

Phone _____ (845) 243-3747

SULLIVAN & CROMWELL LAW LIBRARY

New York, NY

Phone _____ (212) 558-3780

FALLSBURGH LIBRARY INC

South Fallsburg, NY

Phone _____ (845) 436-6067

NEW YORK PUBLIC LIBRARY – STEPHEN A. SCHWARZMAN BUILDING

New York, NY

Phone _____ (917) 275-6975

NEW YORK PUBLIC LIBRARY – NEW AMSTERDAM LIBRARY

New York, NY

Phone _____ (212) 732-8186

NEW YORK PUBLIC LIBRARY MULBERRY STREET BRANCH

New York, NY

Phone _____ (212) 966-3424

SULLIVAN FREE LIBRARY

Chittenango, NY

Phone _____ (315) 687-6331

HARVARD LIBRARY

New York, NY

Phone _____ (212) 827-1246

FORDHAM UNIVERSITY QUINN LIBRARY

New York, NY

Phone _____ (212) 636-7400

POETS HOUSE

New York, NY

Phone _____ (212) 431-7920

NEW YORK LAW SCHOOL

New York, NY

Phone _____ (212) 431-2100

BRIDGEPORT LIBRARY

Phone _____ (315) 633-2253

ETHELBERT B. CRAWFORD PUBLIC LIBRARY

Monticello, NY

Phone _____ (845) 794-4660

SULLIVAN LIBRARY AT DOMINICAN COLLEGE

Blauvelt, NY

Phone _____ (845) 848-7505

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ULSTER COUNTY

KINGSTON LIBRARY

Phone _____ (845) 331-0507

TOWN OF ULSTER LIBRARY

Kingston, NY

Phone _____ (845) 338-7881

TOWN OF ESOPUS LIBRARY

Port Ewen, NY

Phone _____ (845) 338-5580

A.J. WILLIAMS-MYERS AFRICAN ROOTS LIBRARY

Kingston, NY

Phone _____ (845) 687-7023

STONE RIDGE PUBLIC LIBRARY

Phone _____ (845) 687-7023

ELTING MEMORIAL LIBRARY

New Paltz, NY

Phone _____ (845) 255-5030 ext. 2

MACDONALD DEWITT LIBRARY

Stone Ridge, NY

Phone _____ (845) 687-5213

KINGSTON LIBRARY

Phone _____ (845) 340-0824

HURLEY LIBRARY

Phone _____ (845) 338-2092

OLIVE FREE LIBRARY

West Shokan, NY

Phone _____ (845) 657-2482

PHOENICIA LIBRARY ASSOCIATION

Phone _____ (845) 688-7811

THIRD JUDICIAL DISTRICT LAW LIBRARY

Kingston, NY

Phone _____ (845) 340-3053

GARDINER LIBRARY

Phone _____ (845) 255-1255

SARAH HULL HALLOCK FREE LIBRARY

Milton, NY

Phone _____ (845) 795-2200

WOODSTOCK PUBLIC LIBRARY DISTRICT

Phone _____ (845) 679-2213

HIGHLAND PUBLIC LIBRARY

Phone _____ (845) 691-2275

WALLKILL PUBLIC LIBRARY

Phone _____ (845) 895-3707

SAUGERTIES PUBLIC LIBRARY

Phone _____ (845) 246-4317

HIGHLAND PUBLIC LIBRARY

Clintondale, NY

Phone _____ (845) 691-2275

WEST HURLEY LIBRARY

Phone _____ (845) 679-6405



WESTCHESTER COUNTY

ARDSLEY PUBLIC LIBRARY

Phone _____ (914) 693-6636

(ARMONK) NORTH CASTLE PUBLIC LIBRARY

Phone _____ (914) 273-3887

NORTH WHITE PLAINS BRANCH

Phone _____ (914) 948-6359

BEDFORD FREE LIBRARY

Phone _____ (914) 234-3570

BEDFORD HILLS FREE LIBRARY

Phone _____ (914) 666-6472

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BRIARCLIFF MANOR PUBLIC LIBRARY

Phone _____ (914) 941-7072

BRONXVILLE PUBLIC LIBRARY

Phone _____ (914) 337-7680

CHAPPAQUA LIBRARY

Phone _____ (914) 238-4779

CROTON FREE LIBRARY

Croton-on-Hudson, NY

Phone _____ (914) 271-6612

DOBBS FERRY PUBLIC LIBRARY

Phone _____ (914) 693-6614

EASTCHESTER PUBLIC LIBRARY

Phone _____ (914) 793-5055

GREENBURGH PUBLIC LIBRARY

Elmsford, NY 10523

Phone _____ (914) 721-8200

HARRISON PUBLIC LIBRARY

Phone _____ (914) 835-0324

WEST HARRISON BRANCH LIBRARY

Phone _____ (914) 948-2092

HASTINGS-ON-HUDSON PUBLIC LIBRARY

Phone _____ (914) 478-3307

IRVINGTON PUBLIC LIBRARY

Irvington-on-Hudson, NY

Phone _____ (914) 591-7840

KATONAH VILLAGE LIBRARY

Phone _____ (914) 232-3508

LARCHMONT PUBLIC LIBRARY

Phone _____ (914) 834-2281

MAMARONECK PUBLIC LIBRARY DISTRICT

Phone _____ (914) 698-1250

(MONTROSE) HENDRICK HUDSON FREE LIBRARY

Phone _____ (914) 739-5654

MOUNT KISCO PUBLIC LIBRARY

Phone _____ (914) 666-8041

MOUNT PLEASANT PUBLIC LIBRARY

Pleasantville, NY

Phone _____ (914) 769-0548

MOUNT PLEASANT BRANCH LIBRARY

Valhalla, NY

Phone _____ (914) 741-0276

MOUNT VERNON PUBLIC LIBRARY

Central Library of Westchester

Phone _____ (914) 668-1840

NEW ROCHELLE PUBLIC LIBRARY

Phone _____ (914) 632-7878

HUGUENOT CHILDREN'S LIBRARY

New Rochelle, NY

Phone _____ (914) 632-8954

(NORTH SALEM) RUTH KEELER MEMORIAL LIBRARY

Phone _____ (914) 669-5161

OSSINING PUBLIC LIBRARY

Phone _____ (914) 941-2416

(PEEKSKILL) THE FIELD LIBRARY

Phone _____ (914) 737-1212

(PELHAM) TOWN OF PELHAM PUBLIC LIBRARY

Phone _____ (914) 738-1234

PORT CHESTER-RYE BROOK PUBLIC LIBRARY

Phone _____ (914) 939-6710

POUND RIDGE LIBRARY DISTRICT

Phone _____ (914) 764-5085

PURCHASE FREE LIBRARY

Phone _____ (914) 948-0550

RYE FREE READING ROOM

Phone _____ (914) 967-0480

SCARSDALE PUBLIC LIBRARY

Phone _____ (914) 722-1300

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

Phone _____ (914) 245-5262

SOMERS LIBRARY

Phone _____ (914) 232-5717

(SOUTH SALEM) LEWISBORO LIBRARY

Phone _____ (914) 763-3857

(TARRYTOWN) THE WARNER LIBRARY

Phone _____ (914) 631-7734

TUCKAHOE PUBLIC LIBRARY

Phone _____ (914) 961-2121

WHITE PLAINS PUBLIC LIBRARY

Phone _____ (914) 422-1400

YONKERS PUBLIC LIBRARY

Phone _____ (914) 337-1500

GRINTON I. WILL BRANCH

Yonkers, NY 10710

Phone _____ (914) 337-1500

CRESTWOOD BRANCH

Yonkers, NY 10707

Phone _____ (914) 337-1500

PARKS

DUTCHESS COUNTY

• Dutchess County Department of Parks

Our primary goal is the enhancement of the quality of life for all county residents. We operate six active facilities. A wide variety of activities and programs are conducted including swimming, boating, picnicking, hiking, camping, miniature golf, pavilion rentals, playgrounds, water spray park, soccer, softball, a nature center, and nature trails.

www.dutchessny.gov

85 Sheafe Road
Wappingers Falls, 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

ROCKLAND COUNTY

• Village of Haverstraw Parks and Recreation

http://www.voh-ny.com/dept_youth.htm

50 West Broad Street
Haverstraw, NY 10927

Phone _____ 845-429-5731

EMELINE PARK

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

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.

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.

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.

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.

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

WESTCHESTER COUNTY

● Westchester County Government

148 Martine Avenue
White Plains, NY 10601

Phone _____ (914) 995-4636

GOLF

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

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.

PARKS AND RECREATIONAL AREAS

The 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.

WESTCHESTER COUNTY CENTER

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

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.

LASDON PARK AND ARBORETUM

Lasdon Park, Arboretum and Veterans Memorial is a magnificent 234 acre property consisting of woodlands, open grass meadow and formal gardens with flower and shrub specimens from all over the world.

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.

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.

RECREATION



DUTCHESS COUNTY

● City and Town Recreation Departments

BEACON

Phone _____ (845) 838-5024

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

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

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

● 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

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.

81 Highland Avenue
Middletown, NY 10940

www.middletownymca.org

Phone _____ (845) 344-9622

SOUTH ORANGE FAMILY YMCA

45 Gilbert Street Extension
Monroe, NY 10950

Phone _____ (845) 782-9622

Phone _____ (845) 986-6422

PUTNAM COUNTY

● Patterson Recreation

We provide the residents of Patterson, NY and the 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 Street
Patterson, NY 12563

Phone _____ (845) 878-7200



WESTCHESTER COUNTY

● Westchester Departments of Recreation

CARVER CENTER

Port Chester, NY

Phone _____ (914) 939-4464

DOLES RECREATION CENTER

Mt Vernon, NY

Phone _____ (914) 665-2447

GRACE CHURCH COMMUNITY CENTER

White Plains, NY

Phone _____ (914) 949-3112

GREENBURGH PARKS & RECREATION

Ardsey, 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

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

THE PLAY PLACE

Kids' indoor multi-purpose sports facility with tennis, soccer & more plus a cafe and playground.

Elmsford, NY

Phone _____ (914) 347-5291

PLEASANTVILLE RECREATION DEPARTMENT

Pleasantville, NY

Phone _____ (914) 769-7950

PURCHASE COMMUNITY HOUSE

Purchase, NY

Phone _____ (914) 949-2636

THEODORE D YOUNG COMMUNITY CENTER

White Plains, NY

Phone _____ (914) 989-3600

TUCKAHOE COMMUNITY CENTER

Tuckahoe, NY

Phone _____ (914) 961-3100

WEST HARRISON RECREATION CENTER

West Harrison, NY

Phone _____ (914) 949-5265

WESTCHESTER JEWISH COMMUNITY SERVICES CENTER

Hartsdale, NY

Phone _____ (914) 949-6761

WESTCHESTER JEWISH COMMUNITY SERVICES

Yonkers, NY

Phone _____ (914) 378-0180

VILLAGE MT. KISCO RECREATION

Mt Kisco, NY

Phone _____ (914) 241-0306

YONKERS RECREATION CTR

Yonkers, NY

Phone _____ (914) 377-6450

THE YOUTH CENTER

Scarsdale, NY

Phone _____ (914) 722-8358

SENIOR CITIZENS

DUTCHESS COUNTY

• **Dover-Wingdale Senior Citizens Program/ Recreation Department**

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.townofdoverny.us

Phone _____ (845) 832-9168

• **Dutchess County Office For The Aging**

www.dutchessny.gov

27 High Street
Poughkeepsie, NY 12601

Phone _____ (845) 486-2555

TTY Phone _____ (845) 486-2555

Fax: _____ (845) 486-2571



• **Hudson Valley Community Center of Dutchess County (HVCC)**

www.hvcommunitycenter.com

110 South Grand Ave.
Poughkeepsie, NY 12603

Phone _____ (845) 471-0430

LUNCH AND LEARN

A weekly program that helps keep our minds healthy and active.

11:30AM: PROGRAM — SPEAKER OR PERFORMER (FREE)

12:30PM: LUNCH (\$5)

1:00PM: BRAIN GAMES (FREE)

SWIMMING

Heated indoor pool, with monthly swim lessons that include membership, water exercise classes for children and adults.



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

ORANGE COUNTY

• Orange County Office for the Aging

18 Seward Avenue, 2nd Floor
Middletown, NY 10940

Phone _____ **845-615-3700**

Fax _____ **845-346-1191**

PUTNAM COUNTY

• Putnam County Office for Senior Resources

Putnam County Office Building
40 Gleneida Avenue, 3rd Floor
Carmel, New York 10512

Phone _____ **(845) 808-1700**

Fax _____ **(845) 808-1942**

ROCKLAND COUNTY

• Rockland County Office for the Aging

<http://rocklandgov.com>
50 Sanatorium Road, Bldg B
Pomona, NY 10970

Phone _____ **(845) 364-2110**

Fax _____ **(845) 364-2348**

SULLIVAN COUNTY

• Sullivan County Office for the Aging

Sullivan County Government Center
100 North Street, PO Box 5012
Monticello, NY 12701

Phone _____ **(845) 794-3000, Ext. 0241**

Direct Dial _____ **(845) 807-0241**

Fax _____ **(845) 807-0260**

ULSTER COUNTY

• Ulster County Office for the Aging

1003 Development Court
Kingston, NY 12401

Phone _____ **(845) 340-3456**

Toll Free _____ **(845) 914-3456**

Fax _____ **(845) 340-3583**

WESTCHESTER COUNTY

Westchester County Department of Senior Programs and Services

9 South First Avenue
Mount Vernon, NY, 10550

www.westchestergov.com/seniors

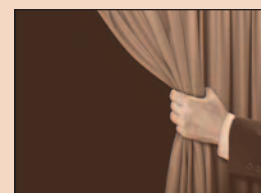
Phone: _____ **(914) 813-6300**

www.westchestergov.com/seniors

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

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER



TOURISM WEBSITES

NEW YORK STATE

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

DUTCHESS COUNTY

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

ORANGE COUNTY

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

PUTNAM COUNTY

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



ROCKLAND COUNTY

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

SULLIVAN COUNTY

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

ULSTER COUNTY

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

WESTCHESTER COUNTY

- **Westchester County Tourism**
www.westchestertourism.com

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RESOURCE DIRECTORY

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ADDICTION: NON SUBSTANCE

CO-DEPENDENCE

NATIONAL

• Co-Dependence Anonymous

www.coda.org

DUTCHESS COUNTY

• St. John's Evangelical Lutheran Church

12-Step Program to develop healthy relationships, give support, and share our journeys recovering from Co-dependency.

MEETINGS: SUNDAY 3:00 PM; WEDNESDAY 7:00 PM

55 Wilbur Blvd.

Poughkeepsie, NY 12603

Phone _____ (845) 452-1550

Meeting Information _____ (845) 474-2211

DEBT

NATIONAL

• Debtors Anonymous (DA)

A 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.

www.debtorsanonymous.org

Empire State Intergroup

Hudson Valley/Catskills/Capital Region

www.empirestateda.org

GENERAL SERVICE GROUP

P.O. Box 920888

Needham, MA 02492

Phone _____ (800) 421-2383

Fax _____ (718) 453-2745

NEW YORK STATE

DEBTORS ANONYMOUS OF GREATER NY

www.danyc.org

Phone _____ (212) 969-8111

EATING DISORDERS

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

Information/Referral Helpline _____ (800) 931-2237

MONDAY–THURSDAY: 9:00 AM TO 9:00 PM; FRIDAY: 9:00 AM TO 5:00 PM



• 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

• Renfrew Center Eating Disorder Treatment Facility (For Women)

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

GAMBLING

NATIONAL

• 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

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RESOURCE DIRECTORY

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● 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 11762

Phone _____ (718) 352-1671

NEW YORK STATE

● New York State Office of Alcoholism and Substance Abuse Services (OASAS)

Our mission is to improve the lives of New Yorkers by leading a premier system of addictions services through prevention, treatment and recovery.

www.oasis.ny.gov

1450 Western Avenue
Albany, NY 12203

Phone _____ (518) 473-3460

NYS OASAS GAMBLING ADDICTION

Referrals to NYS Certified OASAS Facilities
Crisis intervention

24/7 Hopeline _____ (877) 846-7369

ROCKLAND COUNTY

● Lexington Center for Recovery

<http://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

ROCKLAND COUNTY GAMBLING TREATMENT PROGRAM

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.

<http://www.lexingtonctr.org>

Airmont Clinic
100 Route 59
Airmont, NY 10901

Phone _____ (845) 369-9701

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. Based on individual needs of client – affordable, confidential, individualized.

www.catholiccharitiesoc.org

396 Broadway
Monticello, NY 12701

Phone _____ (845) 794-8080 Ext. 122

WESTCHESTER COUNTY

● Lexington Center for Recovery

ADMINISTRATIVE OFFICES

(NARCAN trainer)

www.lexingtonctr.org

116 Radio Circle Suite 307
Mount Kisco, NY 10549

Phone _____ (914) 666-0191

PROBLEM GAMBLERS RECOVERY PROGRAM

Gambling treatment providing individual, group and family services. Prevention/education services. Offices in New Rochelle and Mt. Kisco.

www.lexingtonctr.org

24 Smith Avenue
Mount Kisco, NY 10549

Phone _____ (914) 666-6740 Ext. 125

SEXUAL COMPULSION

NATIONAL

● Sex Addicts Anonymous International Service Organization

12-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

P.O. Box 70949
Houston, TX 77270

Phone _____ (347) 815-4722

BUSINESS HOURS: 10:00 AM TO 6:00 PM CENTRAL TIME

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• Sexaholics Anonymous International Central Office

A 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 37024

Toll Free Phone _____ (866) 424-8777

Phone _____ (615) 370-6062

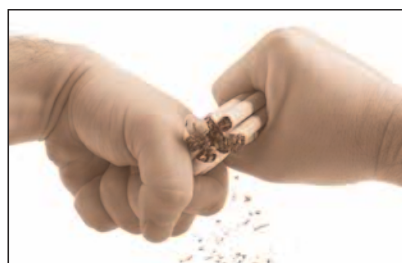
Fax _____ (615) 370-0882

• Sex Addicts Anonymous – New York City Inter-Group

12-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.nycsaa.org

Phone _____ (347) 815-4722



SMOKING CESSATION

NATIONAL

• American Cancer Society

QUIT FOR LIFE

The American Cancer Society (ACS) is committed to fighting cancer through balanced programs of research, education, patient service, advocacy, and rehabilitation.

www.cancer.org
www.lung.org

National Phone _____ (800) 227-2345

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

• National Cancer Institute (NCI)

NCI's Smokefree.gov 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. Information about a wide range of topics related to smoking and quitting. Smokefree apps, quizzes, and materials to download, print, or order.

LiveHelp – Online Instant Messaging Service

Telephone Quitline – Individualized counseling, printed information, referrals to other resources, and recorded messages.

SmokefreeTXT – National Cancer Institute's Text Messaging service.

Smoking Cessation Counselors – Available through LiveHelp, MONDAY THROUGH FRIDAY, 8:00 AM TO 11:00 PM, EASTERN TIME

www.smokefree.gov

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

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

• American Lung Association

Our mission is to save lives by improving lung health and preventing 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.

www.lung.org

Phone _____ (800) LUNG-USA
(800) 586-4872

NEW YORK STATE

• NYS Smokers' Quitline

www.nysmokefree.com

Phone _____ (866) NY-Quits
(866) 697-8487

NY Relay Service _____ 711

Voice or TTY _____ (866) 897-8487

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ADDICTION: SUBSTANCE

ADDICTION CRISIS

DUTCHESS COUNTY

• Dutchess County Dept. of Mental Hygiene

A Mental Health Professional is available 24 hours a day for emergency, information and referral services.

www.co.dutchess.ny.us

24/7 Helpline _____ **(845) 485-9700**

Toll Free Phone _____ **(877) 485-9700**

Text _____ **(845) 485-9700**

• Cornerstone of Rhinebeck

At Cornerstone the 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**

• 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.

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 to obtain all of the insurance benefits to which they may be entitled. Our mission is multi-faceted:

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.

WEEKDAYS, MONDAY TO FRIDAY, 9AM-5PM.

Phone _____ **(845) 458-7455**

DETOX FACILITIES

OUT OF STATE

• Gateway Rehab Center

A not-for-profit organization that provides treatment services for adults, youth and young adults, and families with alcohol and other drug-related problems. -- from treatment (using a 12 step recovery program) and prevention to extended care and employee assistance in multiple locations.

Non-Hospital Based Detox

In patient

Out patient

www.gatewayrehab.org/

100 Moffett Run Road
Aliquippa, PA 15001

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

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

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

DUTCHESS COUNTY

• Mid-Hudson Addiction Recovery Center (MARC)

Chemical Dependency Crisis Center for adults 18 years old and up.

www.marc.us.com

51 Cannon Street
Poughkeepsie, NY 12601

Phone _____ **(845) 471-0310**

• Mid-Hudson Regional Hospital of Westchester Medical Center

TURNING POINT

IN-PATIENT REHABILITATION PROGRAM:

We offer a variable-length-of-stay program accessed either post detox or without. Individuals learn to develop and strengthen their recovery skills in an environment that offers treatment planning, counseling, and development of support systems. Each treatment experience is individualized to meet that person's needs.

MEDICALLY MANAGED WITHDRAWAL SERVICES (DETOX):

We provide a service designed to aid in the medical management of withdrawal symptoms.

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OUTPATIENT TREATMENT PROGRAMS

We offer a Day Rehabilitation Program 5 days per week with 4-hour daily treatment programming; an Intensive Outpatient Service, usually 3 days per week with 3 hours of daily treatment programming; and Individual and Group Therapy.

241 North Road
Poughkeepsie, NY 12601

Phone _____ (845) 483-5511

Inpatient Phone _____ (845) 483-5514

Outpatient Phone _____ (845) 483-5512

PUTNAM COUNTY

• Arms Acres

We provide 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

Liberty Management
75 Seminary Hill Road
Carmel, NY 10512

Phone _____ (845) 225-3400

Admissions _____ (888) 227-4641

Fax _____ (845) 704-6183

ORANGE COUNTY

• Helping Others Needing Our Resources/ Emergency Housing Group, Inc. (HONOR EHG)

A residential treatment program, for 18 and older (16/17 with parental consent) that offers medically monitored withdrawal services.

<http://honorhelpingothers.org>

MIDDLETOWN ADDICTIONS CRISIS CENTER

38 Seward Avenue
Middletown, New York 10940

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

Fax _____ (845) 342-3268

• Catholic Charities Community Services of Orange County Recovery Center

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; where RECOVERY is a celebrated and commonplace reality.

Our Mission is to work with all sectors of the community toward the prevention, intervention, and treatment of alcohol, tobacco, other drug and gambling addictions, and related issues.

Medically Supervised Detox; Medically Monitored Withdrawal
www.catholiccharitiesoc.org

396 Broadway
Monticello, NY 12701

Phone _____ (845) 794-8080

• St. Christopher's Inn at Graymoor

A 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. St. Christopher's Inn is home to St. Anthony's Clinic an alcohol and substance abuse outpatient program.

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/Evenings Phone _____ (800) 424-0027

Supervised Detox Phone _____ (845) 335-1028

• 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

Phone _____ 211

(PHONE LINE OPEN 7 DAYS PER WEEK, ALL YEAR, FROM 9:00 AM TO 7:00 AM)

ROCKLAND

• 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

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ULSTER COUNTY

• Benedictine Hospital

CHEMICAL DEPENDENCY

ACUTE CARE/DETOX TREATMENT CENTER

A treatment facility in Kingston, New York that specializes in substance abuse services. The facility provides hospital inpatient options for those who enroll.

105 Mary's Avenue
Kingston, NY 12401

Phone _____ (845) 334-4705

• 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.

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 to obtain the insurance benefits to which they may be entitled.

Phone _____ (845) 458-7455

WESTCHESTER COUNTY

• St. John's Riverside Hospital Detox Unit

Short-term inpatient unit to restore physiologic function impaired by alcohol. Provides medical care and also group and individual counseling and referral to outpatient services. Arrangements for aftercare provided.

72-bed detox unit. Available 24/7

www.riversidehealth.org

2 Park Avenue
Yonkers, NY 10703

Phone _____ (914) 964-7971

DRIVINGS WHILE INTOXICATED (DWI)

DUTCHESS COUNTY

• 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/DWIndex.htm

626 Dutchess Turnpike, Room 201
Poughkeepsie, NY 12603

Phone _____ (845) 486-3603

Fax _____ (845) 486-3612

ORANGE COUNTY

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

ADAC is a nonprofit organization dedicated to the public health issue of alcoholism and other drug addictions.

ADAC 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.

STOP DWI/TRAFFIC SAFETY PROGRAM

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.

224A Main St.
P.O. Box 583
Goshen, NY 10924

Phone _____ (845) 294-9000

ULSTER COUNTY

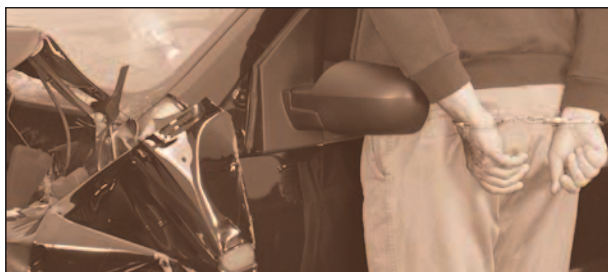
• Ulster County Stop DWI

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.

Ulster County Law Enforcement Center
380 Boulevard
Kingston, NY 12401

Phone _____ (845) 340-3448

Fax _____ (845) 340-3449



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HOUSING/COMMUNITY RESIDENCES

OUT OF STATE

• Caron Foundation Recovery Center

Clinical Treatment Centers located in Pennsylvania, Florida and Texas. Caron offers gender-separate and specific treatment programs for adolescents, adults, and seniors, including assessments, primary, relapse and extended residential treatment programs as well as support for families.

www.caron.org

Administrative Office
244 East 58th Street
New York, NY 10022

Admissions Phone _____ (800) 854-6023

DUTCHESS COUNTY

• Mid-Hudson Addiction Recovery Centers (MARC)

www.marc.us.com

Administrative Office
51 Cannon Street
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 Street
Poughkeepsie, NY 12601

Phone _____ (845) 452-9168

CHEMICAL DEPENDENCY CRISIS CENTER

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

51 Cannon Street
Poughkeepsie, NY 12601

Phone _____ (845) 471-0310

DOWLING HOUSE

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

2103 New Hackensack Road
Poughkeepsie, NY 12603

Phone _____ (845) 454-4661

FLORENCE MANOR

Promotes recovery by providing a continuum of residential services to individuals suffering from alcohol and other drug addictions.

24 bed community residence for women ages 18 and older.

24 West Cottage Road

Poughkeepsie, NY 12601

Phone _____ (845) 896-5450



• Salvation Army Adult Rehabilitation Center

The adult male rehabilitation center is a long-term Christian-Faith based residential self-help rehab facility. Residents participate in work therapy, character formation counseling, life management groups, as well as in-house and community-based 12 step meetings.

www.poughkeepsie.satruck.org

570 Main Street
Poughkeepsie, NY 12601

Phone _____ (845) 471-1730 Ext. 302

• Samaritan/Daytop Village

Samaritan/Daytop 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

Admissions Phone _____ (845) 647-6575

FOX RUN – RHINEBECK

Men's Residential

Phone _____ (845) 876-5400

MEADOW RUN – RHINEBECK

Women's Residential

Phone _____ (845) 876-3789

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• Waryas House/Abilities First

A community residence and two-year substance abuse treatment program for people with mental retardation and developmental disabilities. There are 13 beds available. Detox is not available.

Special tracks for Alcohol, Cocaine, Heroin or Marijuana Addiction. Criminal Justice, Life Skills, Prescription Drugs, Vocational Skills.

Group sessions include Anger Management/Conflict Resolution, Codependency, Depression, Grief & Loss, HIV/AIDS, Impulsive Control, Music/Art Therapy, Nicotine Cessation, Psychiatric, Sexual Addictions.

101 Inwood Avenue
Poughkeepsie, NY 12601

Phone _____ (845) 452-1913

ORANGE COUNTY

• Catholic Charities Community Service of Orange County

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 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 in every setting and domain and to all age groups.

Women's and Men's Community Residences, Sober Men Achieving Recovery Together (SMART House), 34 House, Shelter and Care Apartments.

www.catholiccharitiesoc.org

396 Broadway
Monticello, NY 12701

Phone _____ (845) 794-8080

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. Pregnant women are accepted. No one is refused due to inability to pay. Re-entry and after-care also provided.

www.newhopemanor.org

35 Hillside Road
Barryville, NY 12719

Phone _____ (845) 557-8353

Fax: _____ (845) 557-6603

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 the residents in formulating individualized service plans. These generally include – medication management and training, life skills training, and services and interventions that support sobriety, health and wellness.

11 Overbaugh Street
Saugerties NY 12477

Phone _____ (845) 246-2645

• Samaritan/Daytop Village

Samaritan/Daytop 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

Admissions Phone _____ (845) 647-6575

SAMARITAN VILLAGE – ELLENVILLE

Men's and Women's Residential

Phone _____ (845) 647-8006

WOMAN'S VETERAN PROGRAM – ELLENVILLE

Phone _____ (845) 647-4592

• St. Christopher's Inn at Graymoor

A 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. The Inn is home to St. Anthony's Clinic and OASAS licensed alcohol and substance abuse outpatient program. Ambulatory detox available. CARF accredited.

Community Day Program

Intensive Out-Patient

In-Patient Rehab

10 Bed Ambulatory Detox

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



RESOURCE DIRECTORY

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● St. Joseph's Addiction Treatment and Recovery Centers

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.
www.stjoestreatment.org

JOSEPH'S HOUSE

www.transitionalhousing.org/li/saintjosephsaddictiontreatment
ctrjosephshousesupportiveliving

7 Fallkill Place
Poughkeepsie, NY 12601

Phone _____ (845) 483-7051

● St. Vincent's Hospital Westchester (St. Joseph's Medical Center)

SISTER ANNE MARY REGAN

Half-way house for women

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

18 Spring Street
Portchester, 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
P.O. Box 610
Kerhonkson, NY 12520

Phone _____ (845) 626-3555

Fax _____ (845) 626-3840

● Walter Hoving Home

A 12-month Christian residential program for growth that helps women who have been addicted to drugs, alcohol, prostitution, etc. to get a new start on life. Target Population: 18 years old and up

www.walterhovinghome.org

40 Walter Hoving Road
Garrison, NY 10524

Phone _____ (845) 424-3674

WESTCHESTER COUNTY

● Halfway Houses of Westchester

Community resident with therapeutic living atmosphere, counseling, AA meetings, education, social, and recreational activities.

10 beds, men only. Referral to OPD tx.

longview14@verizon.net

14 Longview Avenue
White Plains, NY 10605

Phone _____ (914) 946-0949



● Sister Anne Mary Regan Residence for Women

24-hour care in a short term transitional residence for 20 females.

www.svcmcny.org

St. Joseph's Hospital St. Vincent's Division
18 Spring Street
Port Chester, NY 10573

Phone _____ (914) 848-3101

● FDR Veteran's Administration Hospital

VAT 70 PROGRAM

This facility 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

Building 57
Montrose, NY 10548

Phone _____ (914) 737-4400 Ext. 2358

● Volunteers of America Shelter, Inc. – Crossroads

Therapeutic living atmosphere, counseling, AA meetings. Educational, social, and recreational activities

www.voa.org

17 beds, for men. Referral to OPD tx.

395 Webster Avenue
New Rochelle, NY 10801

Phone _____ (914) 636-8689

Produced by CAPE: Council on Addiction Prevention and Education

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NARCOTICS

NATIONAL/NEW YORK STATE

• New York State Office of Alcoholism and Substance Abuse Services (OASAS)

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.

www.oasas.ny.gov/atc/atc heroin training.cfm

For more information on heroin/opioid addiction: CombatHeroin.ny.gov

RUSSELL E. BLAISDELL ADDICTION TREATMENT CENTER

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

Phone _____ (845) 359-8500

BRONX ADDICTION TREATMENT CENTER

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

Phone _____ (718) 904-0026

CREEDMOOR ADDICTION TREATMENT CENTER

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

Phone _____ (718) 264-3740

KINGSBORO ADDICTION TREATMENT CENTER

754 Lexington Avenue
Brooklyn, NY 11221

Phone _____ (718) 453-3200

MCPIKE ADDICTION TREATMENT CENTER

1213 Court Street
Utica, NY 13502

Phone _____ (315) 738-4600

JOHN L. NORRIS ADDICTION TREATMENT CENTER

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

Phone _____ (585) 461-0410

CHARLES K. POST ADDICTION TREATMENT CENTER

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

Phone _____ (631) 434-7200

ST. LAWRENCE ADDICTION TREATMENT CENTER

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

Phone _____ (315) 393-1180

SOUTH BEACH ADDICTION TREATMENT CENTER

777 Seaview Avenue, Building 3
Staten Island, NY 10305-3499

Phone _____ (718) 667-5202

MARGARET A. STUTZMAN ADDICTION TREATMENT CENTER

360 Forest Avenue
Buffalo, NY 14213-1205

Phone _____ (716) 882-4900

DICK VAN DYKE ADDICTION TREATMENT CENTER

1330 County Road 132
Ovid, NY 14521-9716

Phone _____ (607) 869-9500

RICHARD C. WARD ADDICTION TREATMENT CENTER

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

Phone _____ (845) 341-2500

• Substance Abuse and Mental Health Services Administration (SAMHSA)

OPIOID DEPENDENCE TREATMENT

Buprenorphine and naloxone Sublingual Film information (Note: To be used in conjunction with mental health and/or addiction counseling.)

<http://buprenorphine.samhsa.gov>

National Helpline _____ 800-662-HELP
800-662-4357

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DUTCHESS COUNTY

• Dutchess County Department of Health

HEROIN AND OPIOID OVERDOSE TRAINING

www.co.dutchess.ny.us/CountyGov/Departments/Health/HDindex.htm

29 North Hamilton Street
Poughkeepsie, NY 12601

Phone for Individuals _____ (845) 486-2963

Phone for Groups _____ (845) 486-3432

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

21 Old Route 6
Carmel, NY 10512
(across from NY Sports Club)

Phone _____ (845) 225-5202

Fax _____ (845) 225-0700

• Putnam County Department Of Health

putnamcountyny.com

1 Geneva Road
Brewster, NY 10509

Phone _____ (845) 808-1390

FOR INFORMATION ON NARCAN TRAININGS: EXT. 43117

• Lexington Center For Recovery

METHADONE MAINTENANCE

Out-patient clinic that treats opiate addiction population.

www.lexingtonctr.org

230 North Road
Poughkeepsie, NY 12601

Phone _____ (845) 486-2850

• National Institute on Drug Abuse (NIH/NIDA)

www.drugabuse.gov



WESTCHESTER COUNTY

• Guidance Center – METRO Chemical Dependency Treatment Center

www.tgcny.org

26 Sickles Avenue
New Rochelle, NY 10801

Phone _____ (914) 631-0700

• Lexington Center for Recovery, Inc.

www.lexingtonctr.org

3 Corporate Drive
Peekskill, NY 10566

Phone: _____ (914) 257-3500

• Montefiore Hospital (MMTP) Methadone Maintenance Treatment Programs

www.ssmc.org

3 South 6th Avenue
Mount Vernon, NY 10550

Phone _____ (914) 664-5981

• St. John's Riverside Hospital (MMTP) Methadone Maintenance Treatment Programs

www.riversidehealth.org

2 Park Avenue
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

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PRESCRIPTION MEDICATION DROP BOXES

• New York State Department of Environmental Conservation

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.

www.dec.ny.gov/chemical/63826.html#upper

• Stop DWI New York – Dutchess County

More than 70% of abused prescription medications are obtained from friends or relatives. The medication drop box program provides safe disposal of unused/unwanted medications, keeping these harmful substances out of the environment and away from those who would abuse them.

www.co.dutchess.ny.us/CountyGov/Departments/STOPDWI/DW

PREVENTION, EDUCATION, AND INFORMATION

NATIONAL

• National Institute on Drug Abuse (NIDA)

NIDA's mission is to bring the power of science to bear on drug abuse and addiction. There are two critical components: The first is the strategic support and conduct of research across a broad range of disciplines. The second is ensuring the rapid and effective dissemination and use of the results of that research to significantly improve prevention and treatment and to inform policy as it relates to drug abuse and addiction.

www.drugabuse.gov

Phone _____ (877) 726-4727

• Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

www.samhsa.gov

1 Choke Cherry Road
Rockville, MD 20857

Phone _____ (877) SAMHSA7
(877) 726-4727



NEW YORK 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 regionally and statewide. Councils were created to provide information and referrals to families and individuals in need of alcohol and other drug information.

<http://canys.net/>

• Office of Alcoholism and Substance Abuse Services (OASAS)

OASAS 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. In addition, the Office licenses and supervises nearly 1,000 local chemical dependence treatment programs. The agency inspects and monitors these programs to guarantee quality of care and to ensure compliance with state and national standards.

HOURS: 8AM–4PM

www.oasas.ny.gov

1450 Western Avenue
Albany, NY 12203

Phone _____ (518) 473-3460

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

DUTCHESS COUNTY

• Adriance Memorial Library

www.poklib.org

93 Market Street
Poughkeepsie, NY 12601

Phone _____ (845) 485-3445

Reference Department _____ Ext. 3702

Youth Services _____ Ext. 3320

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BOARDMAN ROAD BRANCH LIBRARY

Provides books, videos and websites that focus on teen health, social skills and substance abuse prevention information.

141 Boardman Road,
Poughkeepsie NY 12603

Phone _____ (845) 485-3445

Reference Department _____ Ext. 3702

Youth Services _____ Ext. 3320

● **Council on Addiction Prevention and Education of Dutchess County, Inc. (CAPE)**

www.capedc.org

807 Route 52, Room 28
Fishkill, NY 12524

Phone _____ (845) 765-8301

Fax _____ (845) 765-8304

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.

Phone _____ (845) 765-8301 Ext. 110

THE BUTT STOPS HERE

Smoking Cessation program which is an evidence-based program, developed by Seton Health in Albany. The seven sessions utilizes both nicotine replacement therapy in combination with group counseling.

Phone _____ (845) 765-8301 Ext. 110

CAMPUS COALITION

A group made up of representatives from Marist and Vassar Colleges, the Council, 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.

Phone _____ (845) 765-8301 Ext. 110

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

INFORMATION AND REFERRAL SERVICES

Provides substance abuse information and treatment referrals.

Phone _____ (845) 765-8301 Ext. 110



MARATHON PROJECT

The Marathon Project is a new, innovative distance running program that pairs adult mentors with at-risk youth in the Poughkeepsie, Hyde Park and Newburgh School Districts, as well as the DC Department of Probation. This is an after-school training program that aims to reduce risk factors such as childhood obesity, gang involvement, school dropout, and substance abuse. The Marathon Project provides opportunities for students to set and achieve goals, explore avenues for character development, improve health, and build positive student/adult relationships.

Phone _____ (845) 765-8301 Ext. 110

PROJECT SUCCESS

Schools Using Coordinated Community Efforts to Strengthen Students (Project SUCCESS) is designed to prevent and reduce substance use among students 12 to 18 years of age.

The program was originally developed for students attending alternative high schools who are at high risk for substance use and abuse due to poor academic performance, truancy, discipline problems, negative attitudes toward school, and parental substance abuse. In recent years, Project SUCCESS has been used in regular middle and high schools for a broader range of high-risk students.

Phone _____ (845) 765-8301 Ext. 103

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 school-based SADD Chapters.

Phone _____ (845) 765-8301 Ext. 110

PROFESSIONAL EDUCATION PROGRAM

Professional Education Program is a series of substance abuse related trainings sponsored by the Council for people working in the field of addiction. These trainings provide CASAC/CP/CPS NYS OASAS credit hours.

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.

Phone _____ (845) 765-8301 Ext. 111

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TRAINING OF TRAINERS (TOT)

An 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 training aims 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

TEEN DRIVING: A FAMILY AFFAIR

Teen Driving is a program that brings the Victim Impact Panel model into local high schools as part of the student's application for a parking permit 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 serious physical, legal, medical, and financial costs resulting from drinking and driving. Families are asked to create a Family Policy.

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

TIPS

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

Phone _____ (845) 765-8301 Ext. 110

VICTIM IMPACT PANEL (VIP) PROGRAM

A program that 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. This program is aimed at reducing recidivism among people convicted of Driving While Intoxicated (DWI) and Driving While Ability Impaired (DWAI).

The Victim Impact Panel is comprised of people whose lives have been forever changed by a drunk driver. Panel speakers have lost loved ones or been injured themselves as a result of someone's choice to drink and drive. Their compelling stories never fail to impact the audience of DWI offenders. 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

COMMUNITY COALITIONS

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.

EASTERN DUTCHESS COMMUNITY COALITION

Phone _____ (845) 877-5750 Ext. 1159

NORTHERN DUTCHESS COMMUNITY COALITION

thendctc@gmail.com

SOUTHERN DUTCHESS COMMUNITY COALITION

Phone _____ (845) 765-8301 Ext. 113

● **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

● **Mid-Hudson Library System**

Health Information Project (HIP)

www.midhudson.org

Phone _____ (845) 471-6060

ORANGE COUNTY

● **Alcoholism and Drug Abuse Council of Orange County, NY**

The Alcoholism & Drug Abuse Council of Orange County (ADAC) is a 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 and the abuse of alcohol and other drugs;

PREVENTING the diseases of alcoholism and other drug dependencies and the abuse of alcohol and other drugs through education and information dissemination.

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, recovery services.



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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)

COMMUNITY COALITION BUILDING AND DEVELOPMENT

Spearhead county and community substance abuse prevention coalitions.
Provide training in current best practices in prevention.
Assist to implement research-based prevention strategies and programs.
Evaluate prevention efforts.

EARLY INTERVENTION SERVICES

Teen Intervene (ages 12-19)

MID-HUDSON PREVENTION RESOURCE CENTER

Assisting community coalitions across the seven-county Mid-Hudson region in implementing the Strategic Prevention Framework and Community Mobilization efforts.

SCHOOL OF ADDICTION STUDIES

350-hr Credentialed Alcoholism/Substance Abuse Counselor Curriculum.
Courses for CASAC credential renewal 250-hour Credentialed Prevention
Training/education for professionals working in addictions/other fields
10 month program
Day and evening classes available
Recovery Coach Academy

SCHOOL-BASED PREVENTION

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

STAYIN'OUT PROJECT

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

STOP-DWI/TRAFFIC SAFETY

Victim Impact Panel
Annual Enforcement Conference
Safe Teens Driving Forums
Child Passengers Safety Checkpoints

TREATMENT ALTERNATIVES FOR SAFER COMMUNITIES (TASC)

www.adacinfo.com

224A Main Street
P.O. Box 583
Goshen, NY 10924

Phone _____ (845) 294-9000

PUTNAM COUNTY



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

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

www.putnamncadd.org

67 Gleneida Ave.
Carmel, NY 10512

Phone _____ (845) 225-4646

Fax _____ (845) 225-5935

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.

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

120 North Main Street - Suite 301
New City, NY 10956

Phone _____ (845) 634-6677

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● Rockland Council on Alcoholism and Other Drug Dependence

Our mission is to increase public awareness of the disease of addiction, through prevention education and advocacy.

INFORMATION AND REFERRAL SERVICES

Information about addiction, self-help meetings, and chemical dependency/co-dependency treatment programs. A vast library of literature pertaining to all aspects of addiction is present on-site. No cost services.

INFORMATION/REFERRALS

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 such as information dissemination, education, positive alternatives, early intervention, community/professional mobilization and social/environmental approaches.

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

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

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
Re-credentialing hours
www.rcadd.com

25 Smith Street, Suite 101
Nanuet, NY 10954

Phone _____ (845) 215-9788

● Village of Haverstraw

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 for all ages, and an extensive community mobilization component featuring environmental strategies.

HAVERSTRAW CENTER

The Center provides counseling, community information and education, and positive alternative activities for youth and families, especially those at risk. It offers a multi-service prevention program serving North Rockland residents, with a certified prevention/intervention counseling component, evidence-based and promising prevention programs for youth and families, positive alternative activities for all ages (especially youth), and an extensive community mobilization component featuring environmental strategies and other OASAS-approved approaches.

http://www.voh-ny.com/dept_youth.htm

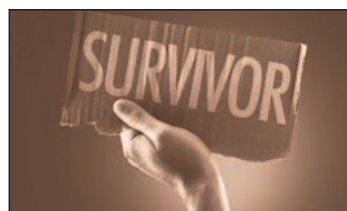
50 West Broad Street
Haverstraw, NY 10927

Phone _____ 845-429-5731

ULSTER COUNTY

● 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 County; to improve the quality of prevention services; to extend the reach of prevention services; and to increase our understanding of substance abuse by performing and advocating for community assessment.





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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

ulsterpreventioncouncil.org

Phone _____ (845) 458-7406

● **UlsterHelps.org**

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

WESTCHESTER COUNTY

● **Archdiocese of NY**

www.dioceseny.org
Administrative Office
2789 Schurz Avenue
Bronx, NY 10465

Phone _____ (718) 904-1333

WESTCHESTER SITE

Parochial School-based Prevention Program: Alcohol and substance abuse prevention/early intervention in most parochial high schools in Westchester. Call program office for information about a particular school.

145 New Street
Mamaroneck, NY 10543

Phone _____ (914) 698-1682

● **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

Phone _____ 211

(PHONE LINE OPEN 7 DAYS PER WEEK, ALL YEAR, FROM 9:00 AM TO 7:00 AM)

● **Arms Acres**

Short-term rehabilitation beds available for 97 adults and 32 adolescents (12-19 years old): contact with family members. Primary Care beds. Education and self-help group meetings.

www.armsacres.com

P.O. Box X
Seminary Hill Road
Carmel, NY 10512

Phone _____ (845) 225-3400

● **Cortlandt Division of Recreation**

Early intervention/education prevention services.

www.townofcortlandt.com

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.

www.harrisonyouth.org

84 Calvert Street
Harrison, NY 10528

Phone _____ (914) 835-7500

● **Hastings Youth Advocate Program**

Outpatient counseling, hot line, and early intervention.

www.hastingsgov.org

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.

www.communitycounselingcenter.org

234 Stanley Avenue
Mamaroneck, NY 10543

Phone _____ (914) 698-7549

Produced by CAPE: Council on Addiction Prevention and Education

807 Rte 52, Suite 28 | Fishkill, NY 12524 | 845-765-8301 | 845-765-8304 (fax) | www.CapeDC.org | Facebook: CapeDC.org | Twitter: @CapeofDC



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

• National Council on Alcoholism and Drug Dependence/Westchester, Inc.

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.

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.

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

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

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

RECOVERY COACH TRAINING

The training will provide participants with tools and resources useful in providing recovery support services and emphasizes the skills needed to link people in recovery to needed supports within the community that promote recovery – 30 Hours Certificate Program.

FAMILY INFORMATION SERIES

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

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.

PARENT & STUDENT PROGRAMS

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

DRINKING AND DRIVING PROGRAM

New York State DMV Bureau of Driver Training Programs.

www.ncaddwestchester.org

5 Waller Ave., Suite 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 Road
Tarrytown, NY 10591

Phone _____ (914) 332-1300

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

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

ADMINISTRATION

Phone _____ (914) 995-5220

PROGRAM ADMINISTRATION

Phone _____ (914) 995-6191

Fax _____ (914) 995-5872

CHEMICAL DEPENDENCY

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 Development Program

Services in recreation and education. Family Development Program.

www.yonkerscap.org

164 Ashburton Avenue
Yonkers, NY 10701

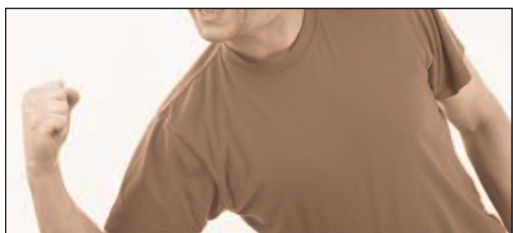
Phone _____ (914) 423-5905



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

SELF-HELP



ALCOHOL ADDICTION

NATIONAL

● 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. The only requirement for membership is a desire to stop drinking.

(Note: There are no dues or fees for AA membership.)

AA National Organization:

www.aa.org

● Adult Children of Alcoholics (ACOA) World Service Organization

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**

LITERATURE DISTRIBUTION CENTER

1400 East 33rd Street

Signal Hill, CA 90755

Literature Orders Phone _____ **(562) 595-7831**

● Al-Anon/Alateen

Al-Anon is 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.

ALATEEN MEETING INFORMATION: ADVOCACY AGENCIES MONDAY-FRIDAY, 8:00 AM TO 6:00 PM (EXCEPT HOLIDAYS)

Al-Anon meeting information in New York South Assembly Area

www.alanonny.org/home.html

Al-Anon Family Groups

www.al-anon.org

Alateen Chat Meetings

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

24/7 Meeting Information _____ **(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 about their feelings. Teens are also welcome in Al-Anon.

● 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. Find a meeting in your area.

www.draonline.org

● Children of Alcoholics Foundation

www.coaf.org

DUTCHESS COUNTY

● Alcoholics Anonymous (AA) Meetings – Dutchess

Dutchess County Administrative Office

P.O. Box 3547

Poughkeepsie, NY 12603

Dutchess County Resource Information

www.dutchessaa.org

Dutchess County Meetings

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

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

PLEASANT VALLEY UNITED METHODIST CHURCH

92 Martin Road

Pleasant Valley, NY 12569

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

ST. JOHN'S EVANGELICAL LUTHERAN CHURCH

www.stjohnselc.org

55 Wilbur Boulevard

Poughkeepsie, NY 12603

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

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

Produced by CAPE: Council on Addiction Prevention and Education

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

ORANGE COUNTY

www.orangenya.org/meeting_list/meetings.php

Phone _____ (845) 534-8525

PUTNAM COUNTY

www.simeetings.com/LA/NY/PutnamCtySmMtgs.html

ROCKLAND COUNTY

www.simeetings.com/LA/NY/RocklandCtyMtgs.html

Phone _____ (845) 352-1112

● Alcoholics Anonymous (AA) – of Rockland County New York

For people who have issues with the use of alcohol.

www.rocklandnyaa.org

49 S Main St, Spring Valley, NY 10977

Phone _____ (845) 352-1112

● Lexington Center for Recovery

<http://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

OPIOID TREATMENT PROGRAM (OTP)

706 Executive Blvd, Suite D

Valley Cottage, New York 10989

Phone _____ (845) 362-3904

● Rockland County Al-Anon Family Groups

The 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

SULLIVAN COUNTY

www.simeetings.com/LA/NY/SullivanCtyMtgs.html

www.scia-aa.com

Phone _____ (866) 490-5686

ULSTER COUNTY

www.orangenya.org/meeting_list/meetings.php

Phone _____ (845) 331-6360

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

ADAC is a nonprofit organization dedicated to the public health issue of alcoholism and other drug addictions.

ADAC 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.

ADAC 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.

SELF-HELP MEETINGS

Meetings in Orange County, NY for Alcoholics Anonymous (AA), Gamblers Anonymous (GA), Narcotics Anonymous (NA), Overeaters Anonymous (OAK).

224A Main St.

P.O. Box 583

Goshen, NY 10924

Phone _____ (845) 294-9000

WESTCHESTER COUNTY

INTER-GROUP ASSOCIATION OF AA OF NEW YORK

We provide information on A.A. Meetings, Twelve Step Contacts, A.A. Events, and Volunteer information for the Greater New York City Area and Westchester County.

www.nyintergroup.org/contact.cfm

Administrative Office (no meetings at this address):

307 Seventh Avenue (between W 27-28 St), Suite 201

New York, NY 10001-6007

NYC Phone _____ (212) 647-1680

Westchester Phone _____ (914) 949-1200





RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

CHEMICAL DEPENDENCE

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. Find a meeting in your area.

www.draonline.org

• Nar-Anon and Narateen Family Support

Nar-Anon, an anonymous program for family members or friends of drug abusers. Narateen is an anonymous program for teenage family members or friends of drug abusers.

NAR-ANON

www.nar-anon.org/naranon

Find A Nar-Anon Meeting:

www.nar-anon.org/find-a-meeting

NAR-ANON WEB STORE

<http://nar-anon-webstore.myshopify.com>

NARATEEN

www.nar-anon.org/narateen

Phone _____ (310) 534-8188

MONDAY–FRIDAY: 9:00 AM TO 5:00 PM PACIFIC STANDARD TIME



• Narcotics Anonymous (National)

An addict, any addict, can be free from the disease of addiction. We help people find meetings.

WORLD SERVICES OFFICE: 8:00 AM TO 5:00 PM PACIFIC STANDARD TIME

www.na.org

Find a meeting:

www.na.org/meetingsearch

P.O. Box 9999

Van Nuys, CA 91409

Phone _____ (818) 773-9999

Fax _____ (818) 700-0700

REGIONAL

• Narcotics Anonymous (Mid-Hudson)

P.O. Box 1092

Kingston, NY 12401

www.na.org

Phone _____ (845) 431-9011

MARIJUANA ADDICTION

NATIONAL

• Marijuana Anonymous

We are a fellowship of men and women who help each other to recover from marijuana addiction. There is no fee for membership.

www.marijuana-anonymous.org

P.O. Box 7807

Torrance, CA 90504

Phone _____ (800) 766-6779

ROCKLAND COUNTY

New York City, Rockland County, and Philadelphia:

www.ma-newyork.org

Phone _____ (212) 459-4423

TREATMENT CENTERS

INFORMATION/REFERRAL

NATIONAL

• Substance Abuse and Mental Health Services Administration (SAMHSA)

www.findtreatment.samhsa.gov

National Helpline _____ (800) 662-HELP
(800) 662-4357

OUT OF STATE

• Gateway Rehab Center

Provides treatment services for adults, youth, young adults, 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.

In patient and Out patient

Non-Hospital-Based Detox

Produced by CAPE: Council on Addiction Prevention and Education

807 Rte 52, Suite 28 | Fishkill, NY 12524 | 845-765-8301 | 845-765-8304 (fax) | www.CapeDC.org | Facebook: CapeDC.org | Twitter: @CapeofDC



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

www.gatewayrehab.org

100 Moffett Run Road
Aliquippa, PA 15001

Toll Free Phone _____ (800) 472-1177

Phone _____ (412) 604-8900

Fax _____ (724) 375-8815

ROCKLAND COUNTY

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

The Mission of the Rockland Council on Alcoholism & Other Drug Dependence Inc. 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 about recovery; to provide support for the recovery community; to reduce the incidence of alcoholism and chemical dependency through prevention education and training.

<http://www.rcadd.org>

25 Smith St # 101
Nanuet, NY 10954

Phone _____ (845) 215-9788

IN-PATIENT

DUTCHESS COUNTY

• Cornerstone of Rhinebeck

Our emphasis is on the individual. Every aspect of treatment is directed toward 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.

HealthAlliance Hospital
105 Marys Avenue
Kingston, NY 12401

Phone _____ (845) 334-4705

ORANGE COUNTY

• Richard C. Ward Addiction Treatment Center

A 48-bed in-patient facility that has been offering innovative treatment services to aid in the recovery of people with addictions. Programs include group and individual therapy, acupuncture services, dual recovery groups, case-by-case Methadone Maintenance, Suboxone and Vivitrol treatment, creative arts, pet therapy and more.

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

117 Seward Ave.
Middletown, NY 10940

Phone _____ (845) 341-2500

Fax _____ (845) 341-2570

RICHARD C. WARD ADDICTION TREATMENT CENTER (ATC)

Inpatient rehabilitation services: 60 beds – 40 male, 20 female. 2-3 female and children beds (up to age 5, able to be in day care, and physically well).

Females Call _____ (845) 341-2508

Males Call _____ (845) 341-2511

PUTNAM COUNTY

• Arms Acres

154-bed facility with separate units for men, women, and adolescents. Treatment programs are provided by a professionally licensed staff in the fields of medicine, psychiatry, nursing, social work, and addiction counseling. Transportation is available upon request.

www.armsacres.com

Liberty Management
75 Seminary Hill Road
Carmel, NY 10512

Phone _____ (845) 225-3400

Admissions Phone _____ (888) 227-4641

Fax _____ (845) 704-6183

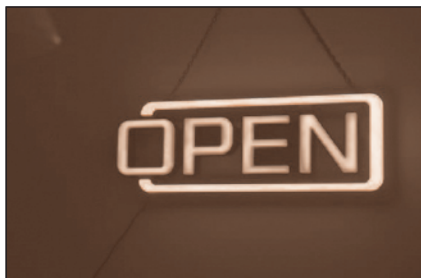
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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER



ROCKLAND COUNTY

• Open Arms, Inc.

Open Arms provides residential treatment and supportive living services for men and women in early recovery from chemical dependence. Residents come primarily from Rockland, Orange, and Westchester Counties.

At Open Arms a structured environment is maintained, and 24 hour/seven day a week support is provided to all residents, with round the clock staffing at both the men's and women's community residences.

Scheduled recreation groups, individual and group counseling, opportunities to learn Life Skills, daily Morning Meditation Groups, weekly in-house Relapse Prevention Groups, monthly Nutritional Groups, and Smoking Cessation Groups are available to our residents.

<http://openarmsrockland.org/> For more information

Phone _____ (845) 429-9514.

• Good Samaritan Hospital

ALCOHOL AND DRUG TREATMENT

Our Behavioral Health Department In-patient Alcoholism and Drug Treatment Facility offers a detoxification program and a rehabilitation program. The program 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.

The medical treatment plan includes: Identification of predisposing medical and psychiatric problems that may contribute to substance abuse; Education of the patient regarding the disease and choices for treatment.

We assign a specialized team of chemical dependency professionals, including physicians, nurses, psychiatrists, social workers, counselors and nutritionists to provide support in individual, group and family settings.

255 Lafayette Avenue
Suffern, NY 10901

Phone _____ 845-368-5242

• 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.

We provide a full range of treatment options in a culturally sensitive and judgment-free environment to assist individuals on their road to recovery. Our staff includes Addiction Counselors, Licensed Social Workers and Mental Health Counselors, Medical and Psychiatric personnel that are sensitive to the needs of the patients.

<http://www.nyackhospital.org/Nyack-Hospital-Our-Services-Addiction-and-Recovery-Home.asp>

160 North Midland Avenue
Nyack, NY 10960

Satellite Location

7 N Main St
Spring Valley, NY 10970

Phone _____ (845) 348-2070

Inpatient Services _____ (845) 348-2072

Outpatient Services _____ (845) 348-2075

• Russell E. Blaisdell Alcoholism Rehabilitation Unit (Formerly Rockland Psychiatric Center)

52 beds. Individual and group counseling; education; AA meetings. Specialize in traumatic brain injury (TBI).

The main objective of is to help patients live fulfilling lives without the use of alcohol and drugs. Addiction is viewed by the staff of the Blaisdell ATC as a disease characterized by a pathological use pattern supported by physiological, behavioral, emotional, and social factors.

140 Old Orangeburg Rd, Building 57
Orangeburg, NY 10962

www.oasas.state.ny.us

Phone _____ (845) 359-8500

• Samaritan Daytop Village

An Integrated Outpatient Treatment Programs 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. Individuals receive one-on-one counseling and group therapy services.

<http://samaritanvillage.org>

620 Route 303
Blauvelt, NY 10913

Phone _____ (845) 353-2730



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

ULSTER COUNTY

• Benedictine Hospital

CHEMICAL DEPENDENCY

ACUTE CARE/DETOX TREATMENT CENTER

A treatment facility in Kingston, New York that specializes in substance abuse services. The facility provides hospital inpatient options for those who enroll.

105 Mary's Avenue
Kingston, NY 12401

Phone _____ (845) 334-4705

• Conifer Park

Adolescent Program: Private residential chemical dependency treatment facility situated on 32 wooded acres. Offers comprehensive services for treatment of alcoholism and substance abuse. Programming is highly structured to foster both positive peer support and provide a safe therapeutic milieu in which each patient can address emotional and behavioral changes necessary to promote and maintain recovery.

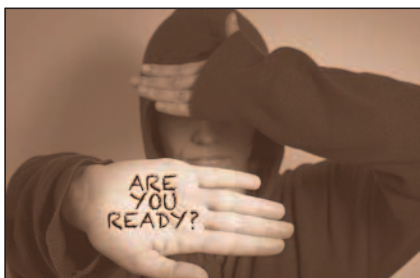
Treatment also focuses on addressing the impact of chemical dependency on the family system. During the school year, a strong tutorial component maintains a vital link between the treatment professionals and school personnel to maintain consistency throughout the adolescent's treatment and to facilitate successful re-entry back into the school environment.

Up to 42 days in treatment as needed.

www.coniferpark.com

79 Glenridge Road
Glenville, NY 12392

Phone _____ (646) 529-7609



• 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.

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.

WEEKDAYS, MONDAY TO FRIDAY, 9AM-5PM.

Phone _____ (845) 458-7455

• Never Alone Inc.

Adolescent Program: Never Alone is a long-term, 6-12 month, 22-bed inpatient program for adolescents who are chemically dependent. Never Alone is licensed by the NYS Office of Alcoholism & Substance Abuse Services (OASAS). Separate programs for males and females are offered: 8-beds for females, 14-bed males. Specialty areas include: individual and group therapy, family therapy, behavioral interventions, educational lectures, relapse prevention training, anger management, trauma treatment, psychiatric care, and recovery groups.

Long-term residential programs and sober living supports offered in addition to outpatient follow up care placement.

ADMISSIONS WEEKDAYS 9AM-5PM

www.neveralonerehab.com

20 Crofts Road
Hurley, New York 12443

Phone _____ (845) 339-4272

• Villa Veritas Foundation, Inc.

We take a holistic approach to the healthcare practices it employs in the treatment of alcohol and drug addiction. Inpatient and residential treatment is designed to address the whole person; body, mind and spirit. Programs incorporate Nicotine Addiction, Recreational Activities Program, and Spiritual Retreats/Wellness Weekends. 18 years old and up.

Women's Program

Men's Program

www.villaveritas.org

5 Ridgewood Road
P.O. Box 610
Kerhonkson, NY 12520

Phone _____ (845) 626-3555

Fax _____ (845) 626-3840



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

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

Building 57

Montrose, NY 10548

● Mid-Hudson Regional Hospital of Westchester Medical Center

TURNING POINT

In-Patient Rehabilitation Program

Variable-length-of-stay program. Individuals learn to develop and strengthen their recovery skills in an environment that offers treatment planning, counseling, and development of support systems.

Medically Managed Withdrawal Services (Detox)

Service designed to aid in medical management of withdrawal symptoms.

241 North Road

Poughkeepsie, NY 12601

Admissions Phone _____ (845) 483-5511

MONDAY–FRIDAY: 8:00 AM TO 4:30 PM

Inpatient Phone _____ (845) 483-5514

AFTER HOURS AND ON WEEKENDS

● New York Presbyterian - Weill Cornell Medical College – Westchester Division

18-bed facility for inpatient rehabilitation. Provides individual, group, and family services, as well as co-occurring services.

www.cornellpsychiatry.org

21 Bloomingdale Road

White Plains, NY 10605

Phone _____ (888) 694-5700

● Phelps Memorial Hospital

In-Patient Substance Abuse Rehabilitation Unit (specializing in treating patients with mental illness)

The Behavioral Rehabilitation Unit is a 42 bed inpatient substance-abuse service that treats adults 19 years of age and above.

<http://phelpshospital.org>

701 North Broadway

Sleepy Hollow, NY 10951

Phone _____ (914) 366-3027



● St. John's Riverside Hospital "Revelations"

45-bed facility for inpatient rehabilitation. Provides individual, group, and family services.

www.riversidehealth.org

2 Park Avenue

Yonkers, NY 10703

Phone _____ (914) 964-7952

● St. Joseph's Hospital – St. Vincent's Division Alcoholism Unit

30-bed inpatient rehabilitation unit, providing group therapy, psychotherapy, family counseling, and AA counseling.

www.svcmc.org

240 North Street

Harrison, NY 10528

Phone _____ (914) 967-6500 Ext. 273

● St. Vincent's Hospital of Westchester – Substance Abuse and Mental Health

In-patient and out-patient for substance abuse treatment and mental health services for people ages 13 years old +.

13 years and younger for out-patient mental health only.

www.stvincentswestchester.org

275 North Street

Harrison, NY 10528

Main Phone _____ (914) 967-6500

Toll Free Phone _____ (855) 239-0015

24/7 Evaluation and Referral Phone _____ (914) 925-5320



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

● Westchester County Treatment Alternatives for Safer Communities (TASC)

TASC is an alternative to incarceration in which the court determines if a person may participate. TASC screens and refers individuals that may have drug, alcohol, or mental health problems for further evaluation or treatment and reports on their progress to the court.

www.westchestergov.com

112 East Post Road
White Plains, NY 10601

Phone _____ (914) 995-6191

Phone _____ (914) 737-4400 Ext. 2358

OUT-PATIENT

NEW YORK 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 Avenue, Unit 7D
Albany, NY 12208

Phone _____ (518) 689-3094

OUT OF STATE

● Gateway Rehab Center

Provides treatment services for adults, youth and young adults, and families with alcohol and other drug-related problems. Offers a variety of comprehensive services from treatment and prevention to extended care.

www.gatewayrehab.org

100 Moffett Run Road
Aliquippa, PA 15001

Toll Free Phone _____ (800) 472-1177

Phone _____ (412) 604-8900

Fax _____ (724) 375-8815

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.accessupports.org

Phone _____ (888) 750-2266

POUGHKEEPSIE

26 Oakley Street

Phone _____ (845) 240-7707

RHINEBECK

47 West Market Street

Phone _____ (845) 516-1053

MILLBROOK

131 County House Road, #101

Phone _____ (845) 605-3542

● Bridge Back Program

HealthAlliance 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 1260

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



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

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.

82 Washington Street
Poughkeepsie, NY 12601

Phone _____ (845) 486-3680

Fax: _____ (845) 486-3690

● **Mid-Hudson Regional Hospital of Westchester Medical Center**

TURNING POINT

In-Patient Rehabilitation Program

We offer a variable-length-of-stay program. Individuals learn to develop and strengthen their recovery skills in an environment that offers treatment planning, counseling, and development of support systems.

Medically Managed Withdrawal Services (Detox)

We provide a service designed to aid in the medical management of withdrawal symptoms.

Outpatient Treatment Programs

We offer a Day Rehabilitation Program 5 days per week with 4-hour daily treatment; an Intensive Outpatient Service, usually 3 days per week with 3 hours of daily treatment; and Individual and Group Therapy.

241 North Road
Poughkeepsie, NY 12601

Phone _____ (845) 483-5511

Inpatient Phone _____ (845) 483-5514

Outpatient Phone _____ (845) 483-5512

● **Spectrum Behavioral Health General Information**

We are 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.

Central Dutchess County Intake
514 Haight Avenue
Poughkeepsie, NY 12603

General Information Phone _____ (845) 485-9098

Intake Phone _____ (845) 485-3500

Front Desk Phone _____ (845) 485-3506

Southern Dutchess County

798 Route 9, #A
Fishkill, NY 12524

Front Desk Phone _____ (845) 897-2384

Ulster County
230 Aaron Court
Kingston, NY 12401

General Information Phone _____ (845) 485-9098

ORANGE COUNTY

● **ACCESS: Supports for Living**

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

Phone _____ 888-750-2266

MIDDLETOWN

16-24 Union Street

Phone _____ (845) 343-5556

NEW WINDSOR

67 Windsor Highway

Phone _____ (845) 562-6850

PUTNAM COUNTY

● **Arms Acres**

Outpatient treatment programs at Arms Acres are provided by a full spectrum of professionally licensed staff in the field of Psychiatry, Nursing, Social Work, and Addiction Counseling. Treating the disease of chemical dependency requires physical, mental and spiritual rehabilitation. The Arms Acres Outpatient treatment program is multidisciplinary in scope and individualized in approach. The principles and traditions of Alcoholics Anonymous and Narcotics Anonymous are integrated and applied in every element of therapy.

LOCATION HOURS

TUE, WED, THUR: 7 AM-10 PM

MON AND FRI: 7 AM-8 PM

SAT: 7 AM-12 NOON

21 Old Route 6
Carmel, NY 10512
(across from NY Sports Club)

Phone _____ (845) 225-5202

Fax _____ (845) 225-0700

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807 Rte 52, Suite 28 | Fishkill, NY 12524 | 845-765-8301 | 845-765-8304 (fax) | www.CapeDC.org | Facebook: CapeDC.org | Twitter: @CapeofDC



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

• CoveCare Center (formerly Putnam Family and Community Services)

CoveCare Center provides mental health, substance use, and supportive services for adults, children, families, and seniors. Our innovative, compassionate approach to care fosters healing, recovery, and wellness.

MONDAY-THURSDAY: 8:30AM-8:30PM

FRIDAY: 8:30AM-5:30PM

SATURDAY: 8:30AM-2:30PM

www.covecarecenter.org

1808 Route 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 _____ **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 _____ **Ext. 221**

At 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.

• 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 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

ROCKLAND COUNTY

• 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.

We provide a full range of treatment options in a culturally sensitive and judgment-free environment to assist individuals on their road to recovery. Our staff includes Addiction Counselors, Licensed Social Workers and Mental Health Counselors, Medical and Psychiatric personnel that are sensitive to the needs of the patients.

<http://www.nyackhospital.org/Nyack-Hospital-Our-Services-Addiction-and-Recovery-Home.asp>

160 North Midland Avenue
Nyack, NY 10960

Satellite Location

7 N Main St
Spring Valley, NY 10970

Phone _____ (845) 348-2070

Inpatient Services _____ (845) 348-2072

Outpatient Services _____ (845) 348-2075

• Lexington Center for Recovery

Provides a comprehensive range of substance abuse treatment, counseling and support for individuals afflicted with chemical/alcohol addiction problems. Services include support groups, individual and family 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

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

Headquarters Phone _____ (914) 666-0191

Rockland After Hours Phone _____ (845) 729-2197

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

AIRMONT CLINIC

100 Route 59
Airmont, NY 10901

Phone _____ (845) 369-9701

HAVERSTRAW CLINIC

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

Phone _____ (845) 947-3810

ROCKLAND METHADONE MAINTENANCE TREATMENT PROGRAM (MMTP)

706 Executive Blvd, Suite D
Valley Cottage, New York 10989

Phone _____ (845) 362-3904



● **Mental Health Association of Rockland County**

The Mental Health Association is a primary source of community mental health treatment and empowerment programs for adults and children in Rockland County.

www.mharockland.org/home.cfm

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.

140 Route 303 - Suite I
Valley Cottage, NY 10989

Phone _____ (845) 267-2172 Ext. 205

● **Samaritan Daytop Village**

Samaritan Daytop Village's Integrated Outpatient Treatment Programs 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 Route 303
Blauvelt, NY 10913

Phone _____ (845) 353-2730

SULLIVAN COUNTY

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

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 9AM-5PM; TUE, WED 9AM-8PM

WALK-IN SERVICE (NO APPOINTMENT): MON-THU FROM 9AM-12PM

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

20 Community Lane
Liberty, NY 12254

Phone _____ (845) 292-8770

Fax _____ (845) 513-2110

ULSTER COUNTY

● **Bridge Back**

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

www.hahv.org/service/bridgeback-methadone

2905-2 Rt. 9W
Saugerties, NY 12477

Phone _____ (845) 943-6091

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

METHADONE TREATMENT PROGRAM

2 Barbarosa Lane
Kingston, NY 12401

Phone _____ (845) 943-6022

● **Spectrum Behavioral Health** **General Information**

We are 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.

Ulster County
230 Aaron Court
Kingston, NY 12401

General Information Phone _____ (845) 485-9098

● **Step One**

Phase, Adolescents, Intensive Morning Outpatient, Young Adults, Forensics, Family, DWI, Psychiatric, Marijuana Early Intervention, MICA Mental Wellness and Women's Programs. Spanish speaking counselors available.
www.step1ny.org/highland.html

106 Vineyard Avenue
Highland, NY 12528

Phone _____ (845) 691-9191

Fax _____ (845) 691-9339

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 Street
Yorktown Heights, NY 10598

Phone _____ 914-962-5101

● **Guidance Center Mount Vernon**

SUNRISE (OPEN DOOR CLINIC)

Individual, group, and adolescent day and evening clinic services.
(NARCAN trainer)

256 Washington Street
Mount Vernon, NY 10550

Phone _____ (914) 631-0700

THE HUB

Adolescent day treatment services with educational component. After-school clinic adolescent services. Co-occurring, family counseling, and coordination of services.

256 Washington Street
Mount Vernon, NY 10550

Phone _____ (914) 631-0700



● **Innovative Health Systems (Day Rehab & Clinic)**

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

www.ihsi.com

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

Phone _____ (914) 683-8050

● **Inter-Care, Ltd.**

Day/evening intensive and clinic services for adults.

aparisi@inter-care.org

7 West Cross Street
Hawthorne, NY 10532

Phone _____ (914) 437-6800

● **Lexington Center for Recovery**

ADMINISTRATIVE OFFICES

(NARCAN trainer)

www.lexingtonctr.org

116 Radio Circle Suite 307
Mount Kisco, NY 10549

Phone _____ (914) 666-0191





RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

PROBLEM GAMBLERS RECOVERY PROGRAM

Gambling treatment providing individual, group and family services. Prevention/education services. Offices in New Rochelle and Mt. Kisco.

www.lexingtonctr.org

24 Smith Avenue
Mount Kisco, NY 10549

Phone _____ (914) 666-6740 Ext. 125

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 Avenue
Mt. Kisco, NY 10549

Phone _____ (914) 666-6740

3 Cottage Place
New Rochelle, NY 10801

Phone _____ (914) 235-6633

3 Corporate Drive
Peekskill, NY 10566

Phone _____ (914) 257-3500

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

● **Peekskill Area Health Center – Pathways**

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

www.hrhcare.org

1037 Main Street
Peekskill, NY 10566

Phone _____ (914) 734-8740

● **Phelps Memorial Hospital Alcohol Treatment Center (ATS)**

Clinic and Day Rehab/co-occurring services/DTAT/Adolescents/Family Vocational Service.

www.PhelpsHospital.org

22 Rockledge Avenue
Ossining, NY 10562

Phone _____ (914) 944-5220



● **St. Joseph's Hospital St. Vincents Division**

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

OUTPATIENT ADDICTION RECOVERY SERVICE (OARS)

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

275 North Street
Harrison, NY 10528

Phone _____ (914) 925-5239

www.svcmc.org

EXCEL ADOLESCENT ADDICTION TREATMENT PROGRAM

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

www.svcmc.org

275 North Street
Harrison, NY 10528

Phone _____ (914) 925-5112

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

MAXWELL INSTITUTE (CLINIC)

92 Yonkers Avenue
Tuckahoe, NY 10707

Phone _____ (914) 337-6033

PORT CHESTER RECOVERY CENTER

Spanish speaking groups, individual, and adolescents

132 Pearl Street
Port Chester, NY 10573

Phone _____ (914) 939-2700

● **St. John's Riverside Hospital**

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 Street
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 Avenue
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 Avenue
Yonkers, NY 10704

Phone _____ (914) 964-8000

● **St. Vincent's Hospital of Westchester – St. Joseph's Medical Center**

www.stvincentswestchester.org

275 North Street
Harrison, NY 10528

Main Phone _____ (914) 967-6500

MAXWELL INSTITUTE

92 Yonkers Ave.
Tuckahoe, NY 10707

Phone _____ (914) 337-6033

PORT CHESTER RECOVERY CENTER

132 Pearl Street
Port Chester, NY 10573

Phone _____ (914) 939-2700

EVALUATION AND REFERRAL

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

Phone _____ (914) 925-5320

CRISES TEAM (WESTCHESTER COUNTY ONLY)

Emergencies for mental health/substance abuse in Westchester.

Phone _____ (914) 925-5959



This Resource Directory is produced by
CAPE: The Council of Addiction 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

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

HEALTH AND WELLNESS

ADOPTION

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

AIDS/HIV



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 nor. Our programs and services are designed to provide consumers with the experiences that will equip them to lead such lives in the community. 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

11 Twin Maples Plaza, Suite 5
Saugerties, NY 12477

Phone (845) 247-9110

Fax (845) 247-9120

PARAS HOUSE

Unlicensed 8 bed congregate setting for persons who are HIV+ or who have AIDS.

1826 Route 32
Saugerties, NY 12477

Phone (845) 247-1799

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

DUTCHESS COUNTY

• Catharine Street Community Center (CSCC)

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.

FAMILIES FACING CHALLENGES

Advocacy and support services for needy families includes skills building, service coordination and referrals for those striving for self-sufficiency.

www.catharinecenter.org

152 Mansion Street
Poughkeepsie, NY 12601

Mailing Address:
69 Catharine Street
Poughkeepsie, NY 12601

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

Main Office
85 Civic Center Plaza, Suite 106
Poughkeepsie, NY 1260

Phone (845) 486-3400

After-Hours Phone (845) 431-6465
(Public Health Emergencies)

TTY Phone (845) 486-3417

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RESOURCE DIRECTORY

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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.

Counseling and testing is available by appointment or walk-in. All testing is free of charge, anonymous, and confidential. On-site educational presentations and partner services programs are available.

WALK-INS — TUESDAY/THURSDAY 9:30 AM to 12:00 PM. (FREE AND CONFIDENTIAL)

www.hrhcare.org

Walk In: 9:30 AM to 12:00/1:30 PM to 4:00 PM

Phone _____ (845) 486-3401

HIV Information Line

Phone _____ (845) 486-3408

BEACON

223 Main Street
Beacon NY 12508

Phone _____ (845) 838-4800

MILLBROOK

131 County House Road
Millbrook NY 12545

Phone _____ (845) 677-4000

● **Hudson Valley Community Services**

The 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 services, employment services, medical services, housing assistance, social services, legal support services, food programs and clothing.

www.hudsonvalleycs.org

40 Garden Street
Poughkeepsie, NY 12601

Phone _____ (845) 471-0707

Fax _____ (845) 471-0857

● **Institute for Family Health**

HIV/AIDS: 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

Family Practice Center of Hyde Park
11 Crumb Elbow Road
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 Street
Poughkeepsie, NY 12601

Phone _____ (845) 562-7800

National Phone _____ (800) 230-PLAN

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

ANGER MANAGEMENT

DUTCHESS COUNTY

● **Mental Health Association In Ulster County**

www.mhainulster.com

PO Box 2304
Kingston, NY 12402-2304

Phone _____ (845) 339-9090 Ext. 115

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 anger safely and explore any co-occurring issues of trauma.

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

ATTENTION DEFICIT/HYPERACTIVITY (ADD/ADHD)

NATIONAL

• Children and Adults with Attention-Deficit/ Hyperactivity Disorder (CHADD)

NATIONAL RESOURCES CENTER ON ADHD

National clearinghouse for the latest evidence-based information on ADHD.

www.help4adhd.org

Phone _____ (800) 233-4050

Call Center: Monday–Friday 1:00 pm to 5:00 pm Eastern Time

NATIONAL ADVOCACY ORGANIZATION

Education advocacy and support for individuals with ADHD.

www.chadd.org

AUTISM

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

Camp Ramapo is 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

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

• Guiding Eyes for the Blind, Inc.

Guiding Eyes is a 501(c)(3) nonprofit organization that provides superbly bred and trained guide dogs to men and women who are blind or visually impaired. Dogs not suited for guide work may become service dogs for children on the autism spectrum. All services are offered free of charge to people who are blind, visually impaired and children with autism.

www.guidingeyes.org

611 Granite Springs Road

Yorktown Heights, NY 10598

Toll Free Phone _____ (800) 942-0149

Phone _____ (914) 245-4024

Fax _____ (914) 245-1609

• Greystone Programs, Inc.

Greystone Programs, Inc. is committed to providing exceptional services & life enriching opportunities for children, adults and families living with Autism and other developmental disabilities.

RESIDENTIAL AND OCCUPATIONAL PROGRAMS

By providing residential environments which are uplifting and functional, we guide participants to attain the highest level of personal accomplishment.

IN HOME THERAPY PROGRAMS

Family interaction produces a “calming” effect on the family unit, allowing family members to experience pleasure together. Therapy opens 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.

www.greystoneprograms.org

36 Violet Avenue

Poughkeepsie, NY 12601

Phone _____ (845) 452-5772

Produced by CAPE: Council on Addiction Prevention and Education

807 Rte 52, Suite 28 | Fishkill, NY 12524 | 845-765-8301 | 845-765-8304 (fax) | www.CapeDC.org | Facebook: CapeDC.org | Twitter: @CapeofDC



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

BLIND/VISUALLY IMPAIRED

NATIONAL

● VISIONS: Services for the Blind and Visually Impaired

BLINDLINE®

Blindline® is a fully accessible web site created by VISIONS in collaboration with the American Foundation for the Blind to provide direct access to a New York statewide database of organizations and services for people who are blind or visually impaired, their family members, counselors, and other professionals.

www.blindline.org

Phone _____ (888) 625-1616

NEW YORK STATE

● New York State Commission for the Blind (NYSCB)

7 District Offices in NYS

<http://ocfs.ny.gov/main/cb/distoffices.asp>

<http://ocfs.ny.gov/main/cb/about.asp>

Phone _____ (866) 871-3000



DUTCHESS COUNTY

● Catholic Charities Community Services of Dutchess County

Catholic Guild for the Blind offers rehabilitation and education services to legally blind adults under a contract with the NYS Commission for the Blind and Visually Handicapped. CGB provides orientation and mobility, personal and home management, adaptive communication skills, social services, computer training and referrals for low vision services.

www.catholiccharities-dutchesscounty.org

218 Church Street
Poughkeepsie, NY 12601

Phone _____ (845) 452-1400

Fax _____ (845) 452-3336

TTY _____ (845) 452-3338

ROCKLAND COUNTY

● VISIONS: Services for the Blind and Visually Impaired

VISIONS is a 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 in all our locations.

www.visionsvcb.org

500 Greenwich Street, 3rd Floor
New York, NY 10013

Toll Free Phone _____ (888) 245-8333

Phone _____ (212) 625-1616

Fax _____ (212) 219-4078

VISIONS CENTER ON BLINDNESS (VCB)

Rockland County
111 Summit Park Road
Spring Valley, NY 10013

Phone _____ (212) 625-1616

WESTCHESTER COUNTY

● Guiding Eyes for the Blind, Inc.

Guiding Eyes is a 501(c)(3) nonprofit organization that provides superbly bred and trained guide dogs to men and women who are blind or visually impaired. Dogs not suited for guide work may become service dogs for children on the autism spectrum. All Guiding Eyes dogs expand horizons for people to achieve life's goals. All services are offered free of charge to people who are blind or visually impaired and to families with children with autism.

www.guidingeyes.org

611 Granite Springs Road
Yorktown Heights, NY 10598

Phone _____ (800) 942-0149

Phone _____ (914) 245-4024

Fax _____ (914) 245-1609

● New York State Commission for the Blind (NYSCB)

7 District Offices in NYS

<http://ocfs.ny.gov/main/cb/distoffices.asp>

<http://ocfs.ny.gov/main/cb/about.asp>

Phone _____ (866) 871-3000

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

DISTRICT 5: WHITE PLAINS

Vocational rehab services; Programs for children; Programs for older adults
(Note: Must be legally blind for services.)

445 Hamilton Avenue, 5th Floor, Room 503

White Plains, NY 10601

Phone _____ (914) 993-5370

BLOOD DONATIONS



DUTCHESS COUNTY

• American Red Cross of the Mid-Hudson Valley

The American Red Cross is 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, Suite 302

Poughkeepsie, NY 12601

Phone _____ (845) 471-0200

Fax _____ (845) 471-3899

BRAIN/TRAUMATIC INJURY

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 provide services under OPWDD's Home and Community Based Waiver Program and Department of Health's Traumatic Brain Injury Waiver Program.

We serve all seven lower New York 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 Road, Suite #9, 3rd Floor

West Nyack, NY 10994

Phone _____ (845) 627-0627

Fax _____ (845) 627-0629

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.

Residential Program

Cardinal Hayes Home has 110 developmentally disabled young people residing in its Intermediate Care Facilities (ICFs).

Educational Program

Cardinal Hayes School for Special Children is a not-for-profit 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

P.O. Box CH

Millbrook, NY 12545

Phone _____ (845) 677-6363

Fax _____ (845) 677-6691

BURN SURVIVORS

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

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER



CHILD ADVOCACY

ABUSE/NEGLECT

NEW YORK 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 Street

Rensselaer, NY 12144

Immediate Emergency _____ **911**

Hotline _____ **(800) 342-3720**

Mandated Sources _____ **(800) 635-1522**

TDD/TTY Phone _____ **(800) 638-5163**

• New York State Office of Children and Family Services

<http://ocfs.ny.gov>

Capital View Office Park

52 Washington Street

Rensselaer, NY 12144-2834

Phone _____ **(518) 473-7793**

Fax _____ **(518) 486-7550**

CHILD ABUSE & NEGLECT

Phone _____ **(800) 342-3720**

Phone TDD/TTY _____ **(800) 638-5163**

ABANDONED INFANT

Phone _____ **(866) 505-7233**

DOMESTIC VIOLENCE

Phone _____ **(800) 942-6906**

JUSTICE CENTER HOTLINE

Phone _____ **(855) 373-2122**

FOSTER CARE AND ADOPTION

Phone _____ **(800) 345-KIDS**

ADULT PROTECTIVE SERVICES

Phone _____ **(844) 697-3505**

• Prevent Child Abuse New York Helpline

Prevent Child Abuse NY serves as a resource for parents and families, advocates for programs and policies that support families and prevent child abuse, and fosters a statewide network of individuals and organizations committed to prevention.

www.preventchildabuseny.org

33 Elk Street, Suite 201

Albany, NY 12207

Helpline _____ **(800) CHILDREN**
(800) 244-5373

Fax _____ **(518) 436-5889**

• 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**



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.



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

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, treatment and judicial systems agree to use the center as a means of reducing the trauma to children by accepting one interview that is taped for court testimony. Crime victim advocate 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 to 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/ssi
ndex.htm

60 Market Street
Poughkeepsie, NY 12601

Phone _____ (845) 486-3000

Fax _____ (845) 486-3090

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

CHILD PROTECTIVE SERVICES

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

Hotline _____ (800) 342-3720

Phone _____ (845) 486-3080

ADOPTION AND HOMEFINDING UNIT

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

Phone _____ (845) 486-3085

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

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.

● 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 in Dutchess County, or anywhere in Ulster County 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

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

Phone _____ (845) 452-3387

333 Fishkill Ave.
Beacon, NY 12508

Phone _____ (845) 838-2518

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

DUTCHESS/ULSTER COUNTIES

● 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

Administration:
39 John Street
Kingston, NY 12401

Phone _____ (845) 331-7080

KEY PROGRAM CONTACT INFORMATION

24-Hour Hotline, Walk-In Centers, and Food Pantries

Ellenville Phone _____ (845) 647-2443

New Paltz Phone _____ (845) 255-8801

Woodstock Phones _____ (845) 679-2485
_____ (845) 338-2370

KINGSTON YOUTH PREVENTION PROGRAMS

Phone _____ (845) 331-1110

FAMILY HOUSE ADOLESCENT SHELTER

Phone _____ (845) 338-5953

MIDWAY ADOLESCENT SUPPORTED HOUSING

Phone _____ (845) 339-5508
_____ (845) 647-1346

DARMSTADT HOMELESS SHELTER

Phone _____ (845) 331-1395

FAMILY INN HOMELESS SHELTER

Phone _____ (845) 340-1847

ADOLESCENT CASE MANAGEMENT

Phone _____ (845) 331-7080

ADULT CASE MANAGEMENT

Phone _____ (845) 331-7080

CHILD CARE SERVICES AND SUBSIDY

Phone _____ (845) 331-7080

Phone _____ (518) 822-1944

DOMESTIC VIOLENCE HOTLINE AND SHELTER

Phone _____ (845) 338-2370

EVOLVE GROUP EDUCATION FOR BATTERERS

Phone _____ (845) 331-7080

ADOPTION/FOSTER CARE

NEW YORK STATE

● New York State Office of Children and Family Services

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>

FOSTER CARE AND ADOPTION

Phone _____ (800) 345-KIDS

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 Avenue, #200
Poughkeepsie, NY 12601

Phone _____ (845) 452-1805



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

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

BEHAVIORAL AND EMOTIONAL CHALLENGES

NEW YORK 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

DUTCHESS

• 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.

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, and other special care needs. For children and youth, ages 0-21 years, with serious physical or behavioral conditions.

HealthInfo@DutchessNY.gov

85 Civic Center Plaza, Suite 106

Poughkeepsie, NY 12601

Phone _____ (845) 486-3419

Fax _____ (845) 486-3546

TTY Phone _____ (845) 486-3417

CHILD CARE AT FAMILY COURT

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.

Phone _____ (845) 431-1854

POUGHKEEPSIE

29 North Hamilton Street

Poughkeepsie, NY 12601

Phone _____ (845) 452-1110

KINGSTON

85 Grand Street

Kingston, NY 12401

Phone _____ (845) 331-0594

CHILD SUPPORT

DUTCHESS COUNTY

• 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.

www.childsupport.ny.gov

Phone _____ (845) 486-3000

NYS Child Support Helpline _____ (888) 208-4485

DUTCHESS COUNTY

• 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

Main Office

70 Overocker Road

Poughkeepsie, NY 12603



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

Toll Free Phone _____ (888) 288-4148
Phone _____ (845) 473-4141
TTY Phone _____ (800) 662-1220
Fax _____ (845) 473-4161

ORANGE COUNTY

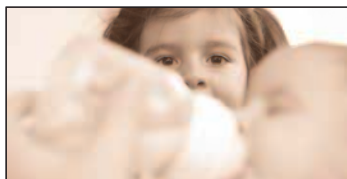
• Child Care Council of Orange County Inc.

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.

www.childcarecounciloc.org

40 Matthews Street, Suite 103
 Goshen, NY 10924

Toll Free Phone _____ (844) 461-4689
Phone _____ (845) 294-4012
Fax _____ (845) 294-4045



PUTNAM COUNTY

• 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

Main Office

70 Overocker Road
 Poughkeepsie, NY 12603

Putnam Office:

10 Old Route 6, Building 3
 P.O. Box 1029
 Carmel, NY 10512

Toll Free Phone _____ (888) 288-4148
Phone _____ (845) 473-4141
TTY Phone _____ (800) 662-1220
Fax _____ (845) 473-4161

EARLY INTERVENTION

• 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 1260

Phone _____ (845) 486-3400

After-Hours Phone _____ (845) 431-6465
 (Public Health Emergencies)

TTY Phone _____ (845) 486-3417

223 Main Street
 Beacon NY 12508

Phone _____ (845) 838-4800 Ext. 131

County House Road
 Millbrook NY 12545,

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. Children, age 0-3.

Phone _____ (845) 486-3518

223 Main Street
 Beacon NY 12508

Phone _____ (845) 838-4800 Ext. 131

County House Road
 Millbrook NY 12545,

Phone _____ (845) 677-4000



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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

FOOD NEEDS – WIC PROGRAM

(NUTRITION SUPPLEMENT FOR WOMEN, INFANTS, CHILDREN)

DUTCHESS COUNTY

● Hudson River HealthCare (HRHCare)

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

AMENIA

HRHCare Health Center at Amenia:

3360 Route 343

Amenia, NY 12501

Phone _____ (845) 838-7038

BEACON

The HRHCare Health Center at Beacon:

6 Henry Street

Beacon, NY 12508

Phone _____ (845) 831-0400

POUGHKEEPSIE

Atrium Health Center at Poughkeepsie:

MidHudson Regional Hospital

1 Webster Avenue, Suite 202

Poughkeepsie, NY 12601

Phone _____ (845) 790-7990

Family Partnership Health Center at Poughkeepsie:

29 North Hamilton Street

Poughkeepsie, NY 12601

Phone _____ (845) 454-8204

Livingston Street Health Center at Poughkeepsie:

34 Livingston Street

Poughkeepsie, NY 12601

Phone _____ (845) 240-7860

HEALTH INSURANCE

NATIONAL

● Benefits.gov

Benefits.gov was launched in an effort to provide citizens with easy, online 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.

Prior to Benefits.gov, citizens looking for government benefit information had to search through a complicated maze of web pages, often unsuccessfully. There was no easy-to-use, single source of benefit information to help citizens understand which benefit programs they may be eligible for, or how to apply. Today, millions of citizens have easy, online access to information from across 17 Federal agencies on Benefits.gov.

www.benefits.gov

● Centers for Medicare and Medicaid Services (CMS.gov)

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, Maryland 21244-1850

Toll Free Phone _____ (877) 267-2323

TTY Toll-Free _____ (866) 226-1819

Medicare Service Center

Phone _____ (800) MEDICARE

(800) 633-4227

TTY Phone _____ (877) 486-2048

● InsureKidsNow.gov

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

Phone _____ (800) 698-4KIDS

NEW YORK STATE

● New York State Department of Health

CHILD HEALTH PLUS

www.health.ny.gov/health_care/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.

Phone _____ (800) 698-4KIDS

4543

TTY _____ (877) 898-5849

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

LEAD POISON PREVENTION

DUTCHESS COUNTY

• Dutchess County Department of Health

Information, referral and technical assistance is provided (for all ages) to individuals and groups in the community. Home visits are made to children who have elevated blood lead levels. Environmental inspections are arranged through the D.C. Department of Health.

www.co.dutchess.ny.us

387 Main Street
Poughkeepsie, NY 12601

Phone (845) 486-3400

TTY (845) 486-3417

CHILDHOOD LEAD POISONING PREVENTION

Provides education, outreach and environmental investigations about lead poisoning, testing procedures and measures for remediation. All children between the ages of six months and six years should be checked by a health care provider. The Department of Health also provides individual case management and follow-up to children with elevated blood lead levels.

Phone (845) 486-3419

223 Main Street
Beacon NY 12508

Phone (845) 838-4800 Ext. 131

County House Road
Millbrook NY 12545,

Phone (845) 677-4000

MEDICAL – GENERAL PRACTICE

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 Avenue
Poughkeepsie, NY 12603

Phone (845) 452-1700

Fax (845) 452-1752

• Institute for Family Health 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 Road
Hyde Park, NY 12538

Phone (845) 229-1020

Fax (845) 229-2005

MEDICAL – LIFE-THREATENING ILLNESS

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 Road
North Salem, NY 10560

Phone (914) 277-4547



• Make-A-Wish Foundation of the Hudson Valley

We grant the wishes of children, 2 ½ 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

Produced by CAPE: Council on Addiction Prevention and Education

807 Rte 52, Suite 28 | Fishkill, NY 12524 | 845-765-8301 | 845-765-8304 (fax) | www.CapeDC.org | Facebook: CapeDC.org | Twitter: @CapeofDC



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

MENTAL HEALTH

DUTCHESS/ULSTER COUNTIES

• 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

205 South Ave, Suite 104

Poughkeepsie, NY 12601

Phone _____ (845) 554-1365

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.

Phone _____ (845) 554-1365 Ext. 102

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.

Phone _____ (845) 554-1365 Ext. 100

Helpline Phone _____ (845) 485-9700

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.

Astor Counseling Center – Beacon

223 Main Street

Beacon, NY 12508

Phone _____ (845) 838-4920

Astor Counseling Center – Dover

6423 Route 55

Wingdale, NY 12594

Phone _____ (845) 350-3010

Astor Counseling Center – Hyde Park

4252 Albany Post Road, Suite 2

Hyde Park, NY 12538

Phone _____ (845) 233-5935

Astor Counseling Center – Kingston

239 Golden Hill Lane

Kingston, NY 12401

Phone _____ (845) 340-4105



Astor Counseling Center – New Paltz

137 North Chestnut Street

New Paltz, NY 12561

Phone _____ (845) 419-0850

Astor Counseling Center – Poughkeepsie

46 Lincoln Ave.

Poughkeepsie, NY 12601

Phone _____ (845) 471-6004

Astor Counseling Center – Ulster

50 Center Street

Ellenville, NY 12428

Phone _____ (845) 647-3349

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) 489-0081

• 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.

HealthInfo@DutchessNY.gov

85 Civic Center Plaza, Suite 106

Poughkeepsie, NY 12601

Phone _____ (845) 486-3419

Fax _____ (845) 486-3546

TTY Phone _____ (845) 486-3417

Crisis Counseling

24/7 Helpline _____ (845) 485-9700

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

ROCKLAND

• 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 clinic staff designs individualized treatment plans for many types of emotional and mental disorders. Our highly effective treatment plans include combinations of medication and group therapies.

255 Lafayette Avenue
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. Services include support groups, individual and family 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

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

Headquarters Phone _____ **(914) 666-0191**

Rockland After Hours Phone _____ **(845) 729-2197**

AIRMONT CLINIC

100 Route 59
Airmont, NY 10901

Phone _____ **(845) 369-9701**

HAVERSTRAW CLINIC

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

Phone _____ **(854) 947-3810**

ROCKLAND METHADONE MAINTENANCE TREATMENT PROGRAM (MMTP)

706 Executive Blvd, Suite D
Valley Cottage, New York 10989

Phone _____ **(845) 362-3904**

WESTCHESTER COUNTY

• Behavioral Health Services at White Plains Hospital

The Department of Behavioral Health 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 specializing in the diagnosis and treatment of mental health problems.

The Anxiety and Phobia Treatment Center

Adult Mental Health Clinic

Continuing Day Treatment Program (CDT)

Child and Adolescent Service

www.wphospital.org

www.wphospital.org/about-us/news-events/calendar-of-events

41 E. Post Rd
White Plains NY 10601

Phone _____ **(914) 681-1119**

MENTORING

NATIONAL

• Big Brothers/Big Sisters of America (BBBS)

Our mission is to provide children facing adversity with strong and enduring, professionally supported one-to-one relationships that change their lives for the better, forever. This mission has been the cornerstone of the organization's 110-year history. 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 and supports these one-to-one mentoring matches throughout their course.

www.bbbs.org

2202 N. Westshore Blvd., Suite 455
Tampa, FL 33607

Phone _____ **(813) 720-8778**

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER



ORANGE COUNTY

Serving Dutchess, Orange, Sullivan, and Ulster Counties

www.mentorachild.org

148 Temple Hill Road

P.O. Box 426

Vails Gate, NY 12584-0426

Phone _____ (845) 562-5900

ROCKLAND COUNTY

www.bbbsofrc.com

65 North Main Street

New City, NY 10956

Phone _____ (845) 634-2199

WESTCHESTER COUNTY

Serving Putnam and Westchester

www.fsw.org

One Summit Avenue

White Plains, NY 10606

Phone _____ (914) 260-4714

MISSING AND EXPLOITED CHILDREN

NATIONAL

• National Center for Missing and Exploited Children (NCMEC)

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
(800) 843-5678

PHYSICALLY HANDICAPPED

DUTCHESS COUNTY

• 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 1260

Phone _____ (845) 486-3400

After-Hours Phone _____ (845) 431-6465
(Public Health Emergencies)

TTY Phone _____ (845) 486-3417

223 Main Street

Beacon NY 12508

Phone _____ (845) 838-4800 Ext. 131

County House Road

Millbrook NY 12545,

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. Eligible to low income, Dutchess youth, ages years, with physical disabilities

Phone _____ (845) 486-3419

SPECIAL NEEDS

DUTCHESS COUNTY

• 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.



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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

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, Suite 106
Poughkeepsie, NY 12601

Phone _____ (845) 486-3419

Fax _____ (845) 486-3546

TTY Phone _____ (845) 486-3417

SUPERVISED VISITATION

DUTCHESS COUNTY

● **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 Street, 2nd Floor
Poughkeepsie, NY 12601

Main Phone _____ (845) 431-1855

Supervised Visitation:

Phone _____ (845) 331-5641 Ext. 223

COMMUNITY HEALTH CENTERS

DUTCHESS COUNTY

● **Hudson River HealthCare (HRHCare)**

Access to comprehensive primary and preventive health care, especially for the underserved and vulnerable.

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

DOVER PLAINS

3174 Route 22
Dover Plains, NY 12522

Phone _____ (845) 877-4793

PINE PLAINS

19 Pilch Drive
Pine Plains, NY 12567

Phone _____ (518) 398-8844

POUGHKEEPSIE

Atrium Health Ctr at Poughkeepsie – MidHudson Regional Hospital
1 Webster Avenue, Suite 202
Poughkeepsie, NY 12601

Phone _____ (845) 790-7990

Family Partnership Health Center at Poughkeepsie
29 North Hamilton Street
Poughkeepsie, NY 12601

Phone _____ (845) 454-8204

Livingston Street Health Center at Poughkeepsie
34 Livingston Street
Poughkeepsie, NY 12601

Phone _____ (845) 240-7860

● **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 Road
Hyde Park, NY 12538

Phone _____ (845) 229-1020

Fax _____ (845) 229-2005

WESTCHESTER COUNTY

● **Coachman – Family Services**

Community Health and Healthcare Services for homeless, individuals, and families in need. Services Available: Cancer, Community Health, Dental Services, Diagnostic Services, Family Health, Family Planning, Pharmacy, Pregnancy, Primary Health Care, Social Services, STDs, and Women's Health.

123 East Post Road
White Plains, NY 10601

Phone _____ (914) 949-1000 Ext. 140

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

COMMUNICABLE DISEASES

NEW YORK 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.

www.health.ny.gov

90 Church St
New York, NY 10007

Phone _____ (212) 417-4200

Nights and Weekends

For public health emergencies, including communicable disease reports.

Phone _____ (866) 881-2809

DUTCHESS COUNTY

• 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

After-Hours Phone _____ (845) 431-6465
(Public Health Emergencies)

TTY Phone _____ (845) 486-3417

COMMUNICABLE DISEASE INFORMATION AND PREVENTION

Provides information about the prevention and control of infectious disease.

Phone _____ (845) 486-3402

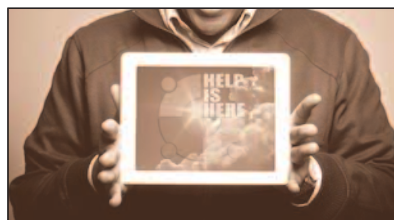
223 Main Street
Beacon NY 12508

Phone _____ (845) 838-4800 Ext. 131

County House Road
Millbrook NY 12545,

Phone _____ (845) 677-4000

COMPUTER ACCESS/LITERACY



DUTCHESS COUNTY

• Adriance Memorial Library

We offer a series of free classes on basic computer skills and technology. We also offer a daily computer lab. Public computers are available for email and research with current library card.

www.poklib.org

93 Market Street
Poughkeepsie, NY 12601

Phone _____ (845) 485-3445

Reference Department _____ Ext. 3702

Youth Services _____ Ext. 3320

BOARDMAN ROAD BRANCH LIBRARY

141 Boardman Road
Poughkeepsie, NY 12603

Phone _____ (845) 485-3445

Reference Department _____ Ext. 3702

Youth Services _____ Ext. 3320

• Dutchess County New York Public Libraries

Find information on the 30 libraries of Dutchess County. Our libraries belong to the Mid-Hudson Library System which serves the communities of Columbia, Dutchess, Greene, Putnam, and Ulster Counties.

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

PUTNAM COUNTY

• Kent Public Library

The Kent library has 12 computers which can be used without charge to access the Internet.

www.kentlibrary.org

17 Sybil's Crossing
Kent Lakes, NY 10512

Phone _____ (845) 225-8585

Fax _____ (845) 225-8549

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

• Mid-Hudson Library System

www.midhudson.org

Phone _____ (845) 471-6060

• 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.yoyrnca.org

clubbhouse@yomca.org

17 Riverdale Avenue
Yonkers, NY 10701

Phone _____ (914) 963-0183

CPR TRAINING



DUTCHESS COUNTY

• American Red Cross of the Mid-Hudson Valley

The American Red Cross 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.

Call for disaster assistance 24 hours a day and services for the armed forces 24 hours a day.

Office Hours:

MONDAY–FRIDAY: 8:30 AM to 4:30 PM

When office is closed, voice message will give you prompts to direct you for 24 hour services.

www.redcross.org/eny

4 Jefferson Plaza, Suite 302
Poughkeepsie, NY 12601

Phone _____ (845) 471-0200

Fax _____ (845) 471-3899

CRIME VICTIMS

IMPAIRED DRIVERS

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) ASKMADD
(877) 275-6233

DOMESTIC VIOLENCE AND SEXUAL ASSAULT

DUTCHESS COUNTY

• Crime Victims Assistance Program of Family Services

Don't go through being a victim alone.

29 North Hamilton Street
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

ROCKLAND COUNTY

• Center for Safety and Change

Center for Safety & 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 (e.g., 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

HOURS: 9AM–5PM

Phone _____ (845) 634-3391

24/7 Hotline _____ (845) 634-3344

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

ULSTER COUNTY

● Ulster County Crime Victims Assistance

When the County Crime Victims Assistance Program receives a crisis call, staff members or trained volunteers provide victims with in-person or telephone crisis counseling. We can accompany victims to hospitals, police agencies and courts, and also advocate with these agencies on a victim's behalf.

5 Pearl Street
Kingston NY 12401

MON-FRI 9AM-5PM

Phone _____ (845) 340-3443

NIGHTS, WEEKENDS & HOLIDAYS

Phone _____ (845) 340-3442

DEAF/HEARING IMPAIRED

NATIONAL

● 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

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 Street
Poughkeepsie, NY 12601

Phone _____ (845) 452-1400

Fax _____ (845) 452-3336

TTY _____ (845) 452-3338

● Center for Communications Disorders – Mid-Hudson Regional Hospital of Westchester Medical Center

Early intervention provides evaluation and treatment for speech, language, hearing and swallowing for children and adults.

www.midhudsonregional.org

115 Delafield Street
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>

Taconic Resources for Independence
82 Washington Street
Poughkeepsie, NY 12601

Phone _____ (845) 896-5322

● 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 Street, #214
Poughkeepsie, NY 12601

Phone _____ (845) 452-3913

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

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

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 Road
New Rochelle, NY 10801

Phone (914) 712-1990
(914) 712-1991



DISASTER RELIEF

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.

Office Hours

MONDAY—FRIDAY: 8:30 AM TO 4:30 PM

When office is closed, voice message will give you prompts to direct you for 24 hour services.

Call for disaster assistance and services to the armed forces 24/7.

www.redcross.org/eny

4 Jefferson Plaza, Suite 302
Poughkeepsie, NY 12601

Phone (845) 471-0200

Fax (845) 471-3899

DOMESTIC VIOLENCE

NATIONAL

• National Domestic Violence

Provides lifesaving tools and immediate support to anyone affected by domestic violence across the US. Trained advocates are available 24/7.

www.thehotline.org

Live Chat: www.thehotline.org from 7AM-2AM Central

24/7 Hotline (800) 799-SAFE
(800) 799-7233

TTY (800) 787-3224

NEW YORK STATE

• New York State Domestic and Sexual Violence Office for the Prevention of Domestic Violence

Provides local resources and supportive counseling.

www.opdv.ny.gov

24/7 Hotline (800) 942-6906

DUTCHESS COUNTY

• Family Services, Inc.

To help families and individuals help themselves through direct services, collaboration and advocacy.

www.familyservicesny.org

29 North Hamilton Street
Poughkeepsie, NY 12601

Phone (845) 452-1110

CRIME VICTIMS ASSISTANCE PROGRAM

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.

24/7 Phone (845) 452-7272

Fax (845) 452-7298

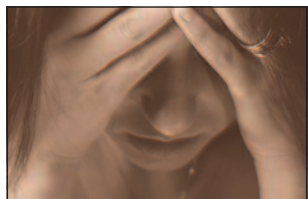
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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER



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.

Phone _____ **(845) 485-5550**

● **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**

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**

● **House of Faith Ministry**

DBA Hudson Valley House of Hope

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

P.O. Box 1326

Wappingers Falls, NY 12590

Phone _____ **(845) 765-0293**

ORANGE COUNTY

● **Safe Homes of Orange County**

Safe Homes of Orange County works to eliminate all forms of domestic violence through education, outreach and provision of services to individuals and families affected by domestic abuse. Services include: a 24-hour hotline, a 13-bed shelter facility, advocates, legal assistance, El Abrazo de Mis Hermanas (Latina Advocate), court advocate, weekly support groups, and education initiatives.

www.safehomesoforangecounty.org

280 Broadway, 3rd floor

Newburgh, NY 12551

Phone _____ **(888) 503-HOPE**

(888) 503-4673

Fax _____ **(845) 562-2216**

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. We have a 24-hour hotline, an emergency shelter, individual and group counseling, support and empowerment groups, multilingual counseling programs (Creole, French, Spanish, Yiddish, Hebrew, Hindi), court assistance and accompaniment, advocacy, medical and legal information, referral services, comprehensive crime victims assistance program, Sexual Assault Forensic Examiner Program (SAFE), short and long-term therapy, 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**

ULSTER COUNTY

● **Family of Woodstock, Inc.**

www.familyofwoodstockinc.org

39 John St.

Kingston, NY 12401

Phone _____ **(845) 338-2370**

16 Rock City Road

Woodstock, NY 12498

Phone _____ **(845) 338-2370**

Produced by CAPE: Council on Addiction Prevention and Education

807 Rte 52, Suite 28 | Fishkill, NY 12524 | 845-765-8301 | 845-765-8304 (fax) | www.CapeDC.org | Facebook: CapeDC.org | Twitter: @CapeofDC



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

24 HOUR HOTLINE, WALK-IN CENTERS, AND FOOD PANTRIES

Ellenville Phone _____ (845) 647-2443
New Paltz Phone _____ (845) 255-8801
Woodstock Phones _____ (845) 679-2485
 _____ (845) 338-2370

KINGSTON YOUTH PREVENTION PROGRAMS

Phone _____ (845) 331-1110

FAMILY HOUSE ADOLESCENT SHELTER

Phone _____ (845) 338-5953

MIDWAY ADOLESCENT SUPPORTED HOUSING

Phone _____ (845) 339-5508
 _____ (845) 647-1346

DARMSTADT HOMELESS SHELTER

Phone _____ (845) 331-1395

FAMILY INN HOMELESS SHELTER

Phone _____ (845) 340-1847

ADOLESCENT CASE MANAGEMENT

Phone _____ (845) 331-7080

ADULT CASE MANAGEMENT

Phone _____ (845) 331-7080

CHILD CARE SERVICES AND SUBSIDY

Phones _____ (845) 331-7080
 _____ (518) 822-1944

DOMESTIC VIOLENCE HOTLINE AND SHELTER

Phone _____ (845) 338-2370

EVOLVE GROUP EDUCATION FOR BATTERERS

Phone _____ (845) 331-7080

WESTCHESTER COUNTY

● Hope's Door

We are a 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. Services include an emergency shelter program, 24-hour hotline, safety planning, counseling and advocacy, legal referrals, support groups, a children's program, prevention of teen dating abuse, community education, and workplace violence prevention.
 PO Box 203
 Pleasantville, NY 10570

24/7 Hotline _____ (888) 438-8700

Main Office Phone _____ (914) 747-0828

Fax _____ (914) 747-3825

DOWN SYNDROME

DUTCHESS COUNTY

● Down Syndrome Association of the Hudson Valley

The Down Syndrome Association Hudson Valley, established by a group of parents in the 1980s, is a volunteer driven organization created for local families. We wish to see our children and adults with Down syndrome live fulfilling, empowered lives and strive to meet the individual needs.

Mission

Provide support to new parents; Obtain and provide up to date information on Down syndrome; Increase community awareness of Down syndrome; Enhance employment opportunities for people with Down syndrome; Improve education for students with Down syndrome.

www.dsahv.org

P.O. Box 161

Hopewell Junction, NY 12533

Phone _____ (845) 226-1630



ENGLISH AS A 2ND LANGUAGE

DUTCHESS COUNTY

● Adriance Memorial Library

Host conversational English classes with monthly guest speakers.

www.poklib.org

93 Market Street

Poughkeepsie, NY 12601

Phone _____ (845) 485-3445

Reference Department _____ Ext. 3702

Youth Services _____ Ext. 3320

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

BOARDMAN ROAD BRANCH LIBRARY

141 Boardman Road
Poughkeepsie, NY 12603

Phone _____ (845) 485-3445

Reference Department _____ Ext. 3702

Youth Services _____ Ext. 3320



• **Literacy Connections of the Hudson Valley**

We are a charitable organization devoted to providing basic literacy education for adults and literacy support and enrichment for children.

ENGLISH LANGUAGE LEARNERS

Tutoring for adults who are new speakers of English and are interested in improving their conversational speaking, listening, and reading skills.

www.literacyconnections.org

325 Main Street
Poughkeepsie, NY 12601

Phone _____ (845) 452-8670

Fax _____ (845) 452-3050

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

ENVIRONMENTAL SERVICES

DUTCHESS COUNTY

• **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.

cwww.dutchessny.gov

Main Office
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

Beacon Site

223 Main Street
Beacon NY 12508

Phone _____ (845) 838-4800

Millbrook Site

131 County House Road
Millbrook NY 12545

Phone _____ (845) 677-4000

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 food borne illnesses, sewage failures, animal infestations, and animal bites. Provides technical assistance for chemical spills or other hazardous waste.

Phone _____ (845) 486-3404



EVICTIONS

DUTCHESS COUNTY

• **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

Family Partnership Center
29 N Hamilton Street, Suite 202
Poughkeepsie, NY 12601

Phone _____ (845) 454-3792

Fax _____ (845) 454-3815

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HEALTH AND WELLNESS – Faith | Finance | Food

FOOD NEEDS

**Phone** (845) 471-7333

DUTCHESS COUNTY

Phone (845) 677-8223 Ext. 132

DUTCHESS COUNTY

Phone (845) 452-2245

WESTCHESTER COUNTY

Phone (914) 923-1100

(PHONE LINE OPEN 7 DAYS PER WEEK, ALL YEAR, FROM 9:00 PM TO 7:00 PM)



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

FOOD PANTRIES

DUTCHESS COUNTY

- **Beulah Baptist Church Food Pantry**

92 Catharine Street
Poughkeepsie, NY 12601

Phone _____ (845) 473-8454

- **Daily Bread Soup Kitchen**

26 Mill Hill Road
Woodstock, NY 12498

Phone _____ (845) 679-2336

- **Dover Plains Dutchess Community Action Food Pantry**

3414 Route 22
Dover Plains, NY 12522

Phone _____ (845) 877-9272

- **Dutchess Outreach Food Pantry**

29 N. Hamilton Street, Suite 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, homelessness, substance abuse, suicide prevention, child care, adolescent issues, and sustenance.

ELLENVILLE

221 Canal Street
Ellenville, NY 12428

Phone _____ (845) 647-2443

NEW PALTZ

51 North Chestnut Street
New Paltz, NY 12561

Phone _____ (845) 255-8801

- **First Reformed Church of Fishkill Food Pantry**

1153 Main Street
Fishkill, NY 12524

Phone _____ (845) 896-4546

- **To God Be The Glory Food Pantry**

4 Howard Street/Hudson Gardens
Poughkeepsie, NY 12601

Phone _____ (845) 452-5525

- **Good Neighbor Food Pantry**

18 Tinker Street
Woodstock, NY 12498

Phone _____ (845) 417-5535



- **Guild of St. Margaret Soup Kitchen**

12 Depot Street
Middletown, NY 10940

Phone _____ (845) 344-0569

- **Love Reaches Out Food Pantry – Full Gospel Center**

1138 Route 55
LaGrangeville, NY 12540

Phone _____ (845) 452-4673

- **Pawling Resource Center**

Community Resources and Service Center Food Pantry

126 East Main Street
Pawling, NY 12564

Phone _____ (845) 855-3459

- **Pleasant Valley Ecumenical Food Pantry**

92 Martin Road
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

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

● Rondout Valley Food Pantry

3021 Route 213 East
Stone Ridge, NY 12484

Phone _____ (845) 687-4013

● St. Columba Rectory

P.O. Box 428
Route 82
Hopewell Junction, NY 12533

Phone _____ (845) 227-7863

● St. George Episcopal Church Food Pantry

105 Grand Street
Newburgh, NY 12550

Phone _____ (845) 561-5355

ORANGE COUNTY

● St. Patrick's Soup Kitchen

55 Grand Street
Newburgh, NY 12550

Phone _____ (845) 561-5023

● Trinity Temple Seventh-Day Adventist (SDA) Food Pantry

19 North Bridge Street
Poughkeepsie, NY 12601

Phone _____ (845) 297-0811

● Vineyard No Strings Attached Food Pantry

609 Route 82
Hopewell Junction, NY 12533

Phone _____ (845) 227-7832

● Zion Food Pantry

12 Satterlee Place
Wappingers Falls, NY 12590

Phone _____ (845) 297-5032



ULSTER COUNTY

● Family of Woodstock

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, adolescent issues, and sustenance.

WOODSTOCK

16 Rock City Road
Woodstock, NY 12498

Phone _____ (845) 679-2485

● First Reformed Church of Fishkill Food Pantry

1153 Main Street
Fishkill, NY 12524

Phone _____ (845) 896-4546



NUTRITIONAL COUNSELING

● Hudson River HealthCare (HRHCare)

HRHCare patients can meet with certified nutrition counselors to learn more about how to choose and combine healthy foods to meet their own dietary needs and achieve a more active, healthy lifestyle.

www.hrhcare.org

POUGHKEEPSIE FAMILY PARTNERSHIP CENTER

29 North Hamilton Street
Poughkeepsie, NY 12601

Phone _____ (845) 454-8204

Fax _____ (845) 454-8247

ATRIUM HEALTH CENTER AT POUGHKEEPSIE

MidHudson Regional Hospital
1 Webster Avenue, Suite 202
Poughkeepsie, NY 12601

Phone _____ (845) 790-7990



RESOURCE DIRECTORY

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● 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. Services are personalized for each patient and take into consideration many factors.

<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 ASSISTANCE PROGRAM (SNAP)

● Catholic Charities Community Services of Dutchess County

As facilitated enrollers for the Supplemental Nutrition Assistance Program (SNAP), 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 supplies. Catholic Charities Community Services of Dutchess County helps solve the problems of local individuals in need: the neglected child, the homeless family, the newlywed arrived immigrant or refugee, the hungry senior, the newly unemployed for non-Catholics and Catholics alike. Catholic Charities Community Services is a resource for needy families and individuals in Dutchess County, offering a wide array of free and professionally administered direct services to county residents at our main office in downtown Poughkeepsie and throughout the county.

Services

Strengthening Families and Resolving Crises/Case Management

Feeding the Hungry/SNAP (Food Stamp) Assistance Program

Welcoming and Integrating Immigrants and Refugees/Catholic Charities

Community Services of Dutchess County is the NYS Office for New Americans

Kinship Circles of Support for Immigrant Women

Supporting the Physically and Emotionally Challenged

Catholic Guild For The Blind

Hudson Valley Deaf Center

Protecting and Nurturing Children and Youth

CYO Parish Based Youth Programs

www.catholiccharities-dutchesscounty.org

218 Church Street

Poughkeepsie, NY 12601

Phone _____ (845) 452-1400

Fax _____ (845) 452-3336

TTY _____ (845) 452-3338

● 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)

GOVERNMENT WEBSITES

NATIONAL

● U.S. Department of Health & Human Services

www.acf.hhs.gov

● Centers for Medicare and Medicaid Services (CMS.gov)

www.cms.gov

● Benefits.gov

www.benefits.gov

● Administration for Children and Families

www.acf.hhs.gov

● InsureKidsNow.gov

www.insurekidsnow.gov

● Medicaid.gov

medicaid.gov

● Medicare.gov

www.medicare.gov

● National Institutes of Health

www.nih.gov

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RESOURCE DIRECTORY

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● Substance Abuse and Mental Health Services

www.samhsa.gov/index.aspx

● Social Security Administration

www.socialsecurity.gov

● AbilityOne® Program

www.abilityone.gov

● US Government Agencies

www.usa.gov

REGION

● 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>

HEALTH INFORMATION

NATIONAL

● Benefits.gov

Benefits.gov was launched in an effort to provide citizens with easy, online 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.

Prior to Benefits.gov, citizens looking for government benefit information had to search through a complicated maze of web pages, often unsuccessfully. There was no easy-to-use, single source of benefit information to help citizens understand which benefit programs they may be eligible for, or how to apply. 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 CDC](#)

www.cdc.gov/about/organization/mission.htm

1600 Clifton Road

Atlanta, GA 30333

Phone _____ (800) 232-4636

● Centers for Medicare and Medicaid Services (CMS.gov)

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, Maryland 21244-1850

Toll Free Phone _____ (877) 267-2323

TTY Toll-Free _____ (866) 226-1819

[Medicare Service Center](#)

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



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

• 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.

medicaid.gov

• Medicare.gov

The official U.S. government site for Medicare provides information for people with Medicare, Medicare open enrollment, and benefits.

http://www.medicare.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 staff refer 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

NEW YORK 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.

www.health.ny.gov

90 Church St
New York, NY 10007

Phone (212) 417-4200

Nights and Weekends

For public health emergencies, including communicable disease reports.

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 quickly compare health plan options and apply for assistance that could lower the cost of your health coverage. 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

HOURS: 8AM–8PM

Phone (855) 355-5777

DUTCHESS COUNTY

• 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.

HEALTH EDUCATION PROGRAMS

Provides health education presentations that are age appropriate, culturally sensitive and tailored to meet specific needs, from pre-school to seniors. Some presentations include information on Nutrition, Oral Health Care, Diabetes, Lead, Lyme Disease, and much much more.

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

P.O. 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.



RESOURCE DIRECTORY

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www.ppmhv.org
178 Church Street
Poughkeepsie, NY 12601

National Phone _____ (800) 230-PLAN
(800) 230-7526

Phone _____ (845) 562-7800

ORANGE COUNTY

• Orange County Health Department Community Health Outreach (CHO)

CHO is 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 (MICH), and more.

www.orangecountygov.com/content/124/1334/705/default.aspx

130 Broadway
Newburgh, NY 12550

Phone _____ (845) 360-6680

Fax _____ (845) 565-5279

ORANGE/SULLIVAN COUNTIES



• Maternal Infant Services Network of Orange, Sullivan and Ulster Counties (MISN)

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 (free assistance to get, keep and use health insurance coverage; how to deal with medical bills, health reform) in Orange, Sullivan, Ulster, Dutchess and Putnam Counties. Find Family & Community Health & Wellness Sessions (Childbirth, Breastfeeding, New Moms, 4th trimester) in Orange, Sullivan and Ulster Counties. Find Teen Health and Wellness programs in Orange and Sullivan Counties.

www.misn-ny.org

Facebook: www.facebook.com/MISN.NY

10 Little Britain Road
Newburgh, NY 12550

Phone _____ (800) 453-4666
(Bilingual Helpline)



HOSPICE

DUTCHESS COUNTY

• Hudson Valley Hospice

Bereavement services include mailings, literature library, telecare, individual counseling, family counseling, various support groups (including ones for children and teens), memorials, and community referrals. The staff are available for the bereaved family members 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

ORANGE/SULLIVAN COUNTIES

• Hospice of Orange and Sullivan Counties, Inc.

We provide the highest quality of hospice palliative care for those people facing a life limiting illness, care that best meets the needs of the patients and their families. We also provide bereavement support programs to the community. In addition to in-home care and support, the organization also operates the 11-bed Kaplan Family Hospice Residence.

The model of hospice care includes medical, emotional and spiritual care.

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

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RESOURCE DIRECTORY

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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.

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.

Family Services

100 Aaron Court

Kingston, NY 12401

Phone _____ (845) 458-7455



HOSPITALS

DUTCHESS COUNTY

• MidHudson Regional Hospital of Westchester Medical Center

www.westchestermedicalcenter.org/mhrh

241 North Road

Poughkeepsie, NY 12601

Phone _____ (845) 483-5000

Emergency Room Phone _____ (845) 431-8220

• Northern Dutchess Hospital – Health Quest

www.healthquest.org/rhinebeck/northern-dutchess-hospital.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

ORANGE COUNTY

• Bon Secours Community Hospital

www.bonsecourscommunityhosp.org

160 East Main Street

Port Jervis, NY 12771

Phone _____ (845) 858-7000

• Orange Regional Medical Center

www.ormc.org

707 East Main Street

Middletown, NY 10940

Phone _____ (845) 333-1000

• St. Anthony Community Hospital

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

19 Laurel Ave

Cornwall, NY 12518

Phone _____ (845) 534-7711

70 Dubois Street

Newburgh, NY 12550

Phone _____ (845) 561-4400

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



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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

ROCKLAND COUNTY

- **Good Samaritan Hospital**
(Member of Bon Secours Charity Health System)
www.goodsamhosp.org
255 Lafayette Ave
Suffern, NY 10901
Phone _____ (845) 368-5000

- **Helen Hays Hospital**
www.helenhayeshospital.org
51-55 North Route 9W
West Haverstraw, NY 10993
Phone _____ (845) 786-4000

- **Nyack Hospital**
www.nyackhospital.org/index.asp
160 North Midland Ave.
Nyack, NY 10960
Phone _____ (845) 348-2000

SULLIVAN COUNTY

- **Catskill Regional Medical Center (CRMC)**
www.crmcny.org
68 Harris Bushville Road
Harris, NY 12742
Phone _____ (845) 794-3300

- **Grover M. Hermann Hospital (CRMC)**
Callicoon, NY campus
www.crmcny.org
8881 NYS Route 97
Callicoon, NY 12723
Phone _____ (845) 887-5530

ULSTER COUNTY

- **Ellenville Regional Hospital**
www.ellenvilleregional.org
10 Healthy Way
Ellenville, NY 12428
Phone _____ (845) 647-6400

- **HealthAlliance Hospital: Broadway Campus**
(Member of HealthAlliance of the Hudson Valley)
www.hahv.org
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

- **HealthAlliance Hospital**
Mary's Avenue Campus
www.hahv.org
105 Mary's Ave.
Kingston, NY 12401
Phone _____ (845) 338-2500

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 Street
Mount Kisco, NY 10549
Phone _____ (914) 666-1200

- **Phelps Memorial Hospital Center**
Phone _____ (914) 366-3000
www.phelpshospital.org
701 North Broadway, Route 9 at Road 117
Sleepy Hollow, NY 10591



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

● Westchester Medical Center

www.westchestermedicalcenter.com

100 Woods Road

Valhalla, NY 10595

Phone _____ (914) 493-7000

● White Plains Hospital

www.wphospital.org

41 East Post Road

White Plains, NY 10601

Phone _____ (914) 681-0600

HOUSING

● 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

Phone _____ 211

(PHONE LINE OPEN 7 DAYS PER WEEK, ALL YEAR, FROM 9:00 AM TO 7:00 PM)

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, Exodus After Care, and Technology.

www.goodcounselhomes.org

P.O. Box 6068

Hoboken, NJ 07030

Hotline _____ (800) 723-8331



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/ssindex.htm

60 Market Street

Poughkeepsie, NY 12601

Phone _____ (845) 486-3300

Fax _____ (845) 486-3025

ULSTER COUNTY

● Gateway Community Industries

Gateway is a not-for-profit agency committed to providing the highest quality of service 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 and satisfaction in their lives. 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

LOW INCOME HOUSING

DUTCHESS COUNTY

● Hudson River Housing, Inc. Neighborhood Preservation Company

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 low cost housing developer. <http://hudsonriverhousing.org/>

313 Mill Street

Poughkeepsie, NY 12601

Phone _____ (845) 454-5176

Fax _____ (845) 485-1641

Produced by CAPE: Council on Addiction Prevention and Education

807 Rte 52, Suite 28 | Fishkill, NY 12524 | 845-765-8301 | 845-765-8304 (fax) | www.CapeDC.org | Facebook: CapeDC.org | Twitter: @CapeofDC



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

PERMANENT HOUSING PROGRAMS

391 Manchester Road
Poughkeepsie, NY 12601

Phone _____ (845) 452-0019

Fax _____ (845) 471-1632

● **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

HOMELESS SHELTERS

DUTCHESS COUNTY

● **Hudson River Housing, Inc.**

HRH provides homeless shelters as well as quality, affordable rental housing for individual, families and seniors throughout the Mid-Hudson Valley region. 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 stable, affordable, permanent housing of their own.

www.hudsonriverhousing.org

313 Mill Street
Poughkeepsie, NY 12601

Phone _____ (845) 454-5176

Fax _____ (845) 485-1641

HUDSON RIVER LODGING – GANNETT HOUSE PROGRAM

Gannett House addresses the basic needs of homeless individuals and families that are placed in emergency housing at Hudson River Lodging. Individuals and families must apply for placement through the Dutchess County Department of Social Services. Gannett House provides meals, transportation, 24-hour security, and other immediate assistance a family or individual may need as they adjust to their temporary living situation. Once immediate needs are addressed, Gannett House Case Managers assist participants in overcoming the issues that led to their homelessness in accessing needed community resources and in working toward their goals, including transitioning to more stable housing.

391 Manchester Road
La Grange, NY 12601

Phone _____ (845) 452-0019

WEBSTER HOUSE/HILLCREST HOUSE

The Gail V. Webster Memorial Shelter for the Homeless (formerly DCCH) provides emergency housing, dinner and breakfast, and shower facilities for up to 60 homeless adults each night of the year. Staff is available at the shelter site and by appointment to provide counseling, advocacy, and referral information.

www.hudsonriverhousing.org

28 Snow Terrace
Poughkeepsie, NY 12601

Phone _____ (845) 452-5197

After-Hours Emergency Phone _____ (845) 471-8454



● **Living Room: Mel's Place** **Mental Health America of Dutchess County**

Homeless & MICA Service (Mentally Ill and Chemically Addicted) Families and Individuals, without a place to call home and who are dealing with mental health-related and/or addiction issues are provided with supportive services and referrals to community services for housing, employment, addiction, health and other services. The Living Room provides a safe haven during the day, with needed facilities for the homeless.

www.mhadutchess.org

29 North Hamilton Street
Poughkeepsie, NY 12601

Phone _____ (845) 471-9329

Phone _____ (845) 473-2500 Ext. 2130

Fax _____ (845) 471-9431

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

ORANGE COUNTY

● Helping Others Needing Our Resources/ Emergency Housing Group (HONOR EHG)

www.honorhelpingothers.org

ADULT AND FAMILY SHELTERS

38 Seward Avenue
Middletown, NY 10940

Phone _____ (845) 343-7115

Fax _____ (845) 342-3175

A FRIEND'S HOUSE – YOUTH SHELTER

For children 1-17 years old

Phone _____ (845) 343-0970

LIVING INDEPENDENTLY THROUGH KNOWLEDGE AND SKILLS (LINKS)

Case management and aftercare

Phone _____ (845) 343-7115

Fax _____ (845) 342-0959

● Newburgh Ministry

WINTERHAVEN

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 Street
P.O. Box 1449
Newburgh, NY 12551

Phone _____ (845) 561-0070

Fax _____ (845) 561-5087

ULSTER COUNTY

● 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

Administration
166 Albany Avenue
P.O. Box 3516
Kingston, NY 12402

Phone _____ (845) 331-7080

Fax _____ (845) 331-0526

24/7 Hotline _____ (845) 679-2485

(Call or Text)

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, who need a clean and sober living environment. The program also provides Intensive Homeless Supervision, for those at risk, including those involved in the criminal justice system.

40 Thomas Street
Kingston, NY 12401

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 12401

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 12401

Phone _____ (845) 339-5508

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

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

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
(845) 338-2370

WESTCHESTER COUNTY

• Samaritan House of Lifting Up Westchester

Shelter for single homeless women.

33 Church Street
White Plains, NY 10601

Phone _____ (914) 948-3075

IMMIGRATION

DUTCHESS COUNTY

• Catholic Charities Community Services of Dutchess County

WELCOMING & INTEGRATING IMMIGRANTS & REFUGEES

We provide services for immigrants in need of assistance for citizenship applications, deferred action for childhood arrivals applications, family petitions, green card applications, work authorization applications, applications for immigrant victims of domestic violence or other crimes.

ESOL (English Speakers of Other Languages) classes are offered on site two days and evenings per week throughout the county. Volunteers assist with language practice and civics lessons to prepare students for citizenship.

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 Street
Poughkeepsie, NY 12601

Phone _____ (845) 452-1400

Fax _____ (845) 452-3336

TTY _____ (845) 452-3338

• Literacy Connections of the Hudson Valley

We are a 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



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 Avenue
Mount Kisco, NY 10549

Phone _____ (914) 666-3410

Fax _____ (914) 666-3430

IMMUNIZATIONS/VACCINATIONS

DUTCHESS COUNTY

• Dutchess County Department of Behavioral and Community Health

cwww.dutchessny.gov

Main Office
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

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RESOURCE DIRECTORY

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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.

Flu Clinic Info Line _____ (845) 486-3435

223 Main Street
Beacon NY 12508

Phone _____ (845) 838-4800 Ext. 131

County House Road
Millbrook NY 12545,

Phone _____ (845) 677-4000

CHILDHOOD/ADULT VACCINATIONS AND TRAVEL IMMUNIZATIONS

Provides routine childhood vaccinations and recommended adult vaccines. Also offers travel vaccinations.

Phone _____ (845) 486-3409

Travel Vaccines _____ (845) 486-3504

• 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 Road
Hyde Park, NY 12538

Phone _____ (845) 229-1020

Fax _____ (845) 229-2005

JUVENILE DELINQUENCY PREVENTION

DUTCHESS COUNTY

• Juvenile Aid Bureau

Reaches youth through quick and firm response to all juvenile issues and with relevant education/prevention program 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

LEGAL ASSISTANCE

DUTCHESS COUNTY

• Dutchess County District Attorney

www.co.dutchess.ny.us/countygov/departments/districtattorney/daindex.htm

236 Main Street
Poughkeepsie, NY 12601

Phone _____ (845) 486-2300

• Dutchess County Family Court

www.nycourts.gov/ecourts

50 Market Street
Poughkeepsie, NY 12601

Phone _____ (845) 431-1850

Fax _____ (845) 486-2510

• Dutchess County Office for the Aging

Legal Services for the Elderly designed to provide legal advice, and sometimes, representation, to Dutchess County Residents age 60 and over. 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. Clients are assisted in Medicaid and Medicare; consumer issues and property rights, evictions, access to public assistance and Social Security.

www.co.dutchess.ny.us/CountyGov/Departments/Aging/AGIndexlegal.htm

Phone _____ (866) 486-2555

Phone _____ (845) 486-2555

• 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 larger social problems such as homelessness, child neglect, and domestic abuse.

Additional locations in: Dutchess, White Plains, Yonkers, Kingston, Mount Vernon, Newburgh, Peekskill and Spring Valley.

www.lshv.org

331 Main Street (Suite 200)
Poughkeepsie, NY 12601

Phone _____ (845) 471-0058

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

● 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/PublicDefender/PDIndex.htm

Dutchess County Office Building
22 Market Street, 4th Floor
Poughkeepsie, NY 12601

Phone (845) 486-2280

Fax (845) 486-2266

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



CHILDREN'S RIGHTS

ORANGE COUNTY

● Children's Rights Society Inc.

The Children's Rights Society, Inc. is a not-for-profit corporation that is funded by the State of New York to provide legal services for children in Orange County. Their mission is to secure justice for and to protect the rights of the children they represent. There is never a charge for services, however, they may only represent a child when they are appointed by the court.

<http://childrensrightsinc.org>

213 West Main Street
Post Office Box 1002
Goshen, NY 10924

Phone (845) 291-2670

Fax (845) 291-2679

LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUESTIONING (LGBTQ)



ORANGE COUNTY

● Hudson Valley LGBTQ Community Center

The 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 Street
Kingston, NY 124012

Toll Free Phone (888) 857-LGBT

Phone (845) 331-5300

WESTCHESTER COUNTY

● Gay, Lesbian, Straight Education Network of the Hudson Valley (GLSEN)

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>

P.O. Box 604
Yorktown Heights, NY 10598

Phone (914) 962-7888

Fax (914) 962-8280



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

LITERACY

DUTCHESS COUNTY

• Literacy Connections of the Hudson Valley

Charitable organization devoted to providing basic literacy education for adults and literacy support and enrichment for children.

www.literacyconnections.org

Dutchess Office
325 Main Street
Poughkeepsie, NY 12601

Phone _____ (845) 452-8670

Fax _____ (845) 452-3050

Columbia County Office
400 State St
Hudson, NY 12534

Phone _____ (518) 697-8227

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.

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.

ENGLISH SPEAKERS

Tutoring for adults who already know the English language but struggle with reading and writing skills.

TUTORING FOR PRE-HIGH SCHOOL EQUIVALENCY ASSESSMENT

Tutoring for adults in basic reading and math that can prepare them to take the assessment test for the high school equivalency exam.

ROCKLAND COUNTY

NEW CITY LIBRARY

Phone _____ (845) 708-9072

220 North Main St.
New City NY 10956

HAVERSTRAW LITERACY ZONE

Haverstraw Center
50 West Broad Street (Ext. 13)
Haverstraw NY 10927

Phone _____ (845) 429-5731



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

WESTCHESTER COUNTY

• Literacy Solutions NY, Inc.

Literacy Solutions NY, Inc. 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 provides these services with the addition of social and human services counseling and guidance to help adult students overcome barriers to learning.

www.LiteracySolutionsNY.org

One Larkin Center
Yonkers NY 10701

YONKERS RIVERFRONT LIBRARY

Phone _____ (914) 375-7964

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RESOURCE DIRECTORY

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LOW INCOME SUPPORT

NATIONAL

• Administration for Children and Families

The Administration for Children and Families (ACF), within the Department of Health and Human Services (HHS) 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

NEW YORK STATE

• New York State Department of Health

www.health.ny.gov/health_care/medicaid/program/longterm/familyplanbenprog.htm

Phone _____ (800) 541-2831

DUTCHESS COUNTY

• Dutchess County Community Action Partnership

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

BEACON

10 Eliza Street
Beacon, NY 12508

Phone _____ (845) 831-2620

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

• Institute for Family Health

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 Road
Hyde Park, NY 12538

Phone _____ (845) 229-1020

Fax _____ (845) 229-2005

• Institute for Family Health

Dutchess County Maternal Infant Child Health Collaborative (MICHHC)

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.

www.institute.org

Phone _____ (845) 452-3387

• 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 Road, #3F
Wappingers Falls, NY 12590

Phone _____ (845) 298-8998

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RESOURCE DIRECTORY

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● Hudson River HealthCare (HRHCare)

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 the incidence of unintentional pregnancies.

www.hrhcare.org

ATRIUM HEALTH CENTER AT POUGHKEEPSIE

MidHudson Regional Hospital
1 Webster Avenue, Suite 202
Poughkeepsie, NY 12601

Phone _____ (845) 790-7990

HEALTH CENTER AT AMENIA

3360 Route 343
Amenia, NY 12501

Phone _____ (845) 838-7038

FAMILY PARTNERSHIP HEALTH CENTER AT POUGHKEEPSIE

29 N. Hamilton Street
Poughkeepsie, NY 12601

Phone _____ (845) 454-8204

HEALTH CENTER AT BEACON

6 Henry Street
Beacon, NY 12508

Phone _____ (845) 831-0400

LIVINGSTON STREET HEALTH CENTER AT POUGHKEEPSIE

34 Livingston Street
Poughkeepsie, NY 12601

Phone _____ (845) 240-7860

PLANNED PARENTHOOD OF THE MID-HUDSON VALLEY

17 Noxon Street
Poughkeepsie, NY 12601

MEDIATION

DUTCHESS COUNTY

● Mediation Center of Dutchess County, Inc.

Mediation services and conflict intervention training to support people in 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 Coalition on Elder Abuse.

www.dutchessmediation.org

147 Union Street, Suite 102
Poughkeepsie, NY 12601

Phone _____ (845) 471-7213

Fax _____ (845) 471-7264



● Mid-Hudson Divorce and Family Mediation Center

Provides mediation services for separating, divorcing or divorced couples as a non-adversarial alternative to the traditional legal process. Services offered in Poughkeepsie, East Fishkill, Hopewell Junction, and Millbrook.
www.mhmediation.com

280 Route 82
Hopewell Junction, NY 12533

Phone _____ (845) 471-7167

Fax _____ (845) 896-3790

MEDICAL

WESTCHESTER COUNTY

● White Plains Hospital

White Plains Hospital is a voluntary, not-for-profit health care organization whose mission is to offer high quality acute health and preventive medical care to all people who live in, work in or visit Westchester County and its surrounding areas. Our services extend beyond inpatient and outpatient care to include assessing and improving the health care status of the local community, professional community and business sector. The Hospital strives to enhance its capabilities and deliver health care services within the scope of its resources and in a cost effective manner. All care and services will be provided without regard to race, color, creed, national origin, age, sexual orientation or ability to pay.

www.wphospital.org

www.wphospital.org/about-us/news-events/calendar-of-events

41 E. Post Rd
White Plains NY 10601

Phone _____ (914) 681-1119

Produced by CAPE: Council on Addiction Prevention and Education

807 Rte 52, Suite 28 | Fishkill, NY 12524 | 845-765-8301 | 845-765-8304 (fax) | www.CapeDC.org | Facebook: CapeDC.org | Twitter: @CapeofDC



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

CANCER

ORANGE COUNTY/WESTCHESTER

• American Cancer Society – Hudson Valley

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

121 Executive Drive
New Windsor, NY 12553

Phone _____ (845) 440-2549

Phone _____ (845) 440-2500

2 Lyon Place
White Plains, NY 10601

Phone _____ (914) 949-4800

DIABETES

NEW YORK 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 Avenue Extension, Suite 204
Albany, NY 12205

National Phone _____ (800) DIABETES
_____ (800) 342-2383

Phone _____ (518) 218-1755

Fax _____ (518) 218-0114

EPILEPSY

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, including education and training, advocacy, vocational services, service coordination, and community independence training.

www.learnaboutepilepsy.com

Phone _____ (800) 640-0371

HEART HEALTH

DUTCHESS COUNTY

• American Heart Association/American Stroke Association (Hudson Valley)

The mission of the American Heart Association is to build healthier lives, free of cardiovascular diseases and 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 Road, Suite #9, 3rd Floor
West Nyack, NY 10994

Phone _____ (845) 627-0627

Fax _____ (845) 627-0629

KIDNEY AND UROLOGY

NATIONAL

• Kidney and Urology Foundation of America

Kidney & Urology Foundation of America (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, to be a resource for valuable information on kidney or urologic diseases, to inform people of current research treatment options, and to provide a link to physicians.

www.kidneyurology.org

63 West Main Street, Suite G
Freehold, NJ 07728

Toll Free Phone _____ (800) 633-6628

Phone _____ (212) 629-9770

Fax _____ (212) 629-5652

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER



LUNG HEALTH

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

LYME DISEASE

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 06371

Phone _____ (203) 233-6463

• Dutchess County Department of Behavioral and Community Health

cwww.dutchessny.gov

Main Office
85 Civic Center Plaza, Suite 106
Poughkeepsie, NY 1260

Phone _____ (845) 486-3400

After-Hours Phone _____ (845) 431-6465
(Public Health Emergencies)

TTY Phone _____ (845) 486-3417

TICK IDENTIFICATION AND LYME DISEASE PREVENTION

Offers a free tick identification service to the public. The service 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.

Phone _____ (845) 486-3402

223 Main Street
Beacon NY 12508

Phone _____ (845) 838-4800 Ext. 131

County House Road
Millbrook NY 12545,

Phone _____ (845) 677-4000



OPHTHALMOLOGY

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

NATIONAL

• American Parkinson Disease Association

With the dual purpose to Ease the Burden – Find the Cure for Parkinson's disease, APDA provides patient services and education, and funds research toward finding the cure.



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

www.apdaparkinson.org

www.apdaoptimism.org

135 Parkinson Avenue

Staten Island, NY 10305

Phone _____ (800) 223-2732

Fax _____ (718) 981-4399

RABIES

DUTCHESS COUNTY

• Dutchess County Department of Behavioral and Community Health

RABIES PROGRAMS

Offers information and public awareness of rabies. Also 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

131 County House Road

Millbrook NY 12545

Phone _____ (845) 677-4000

Preventive Pet Rabies Vaccines

Phone _____ (845) 486-3404

Pre-Exposure to Rabies

Phone _____ (845) 486-3409

Post Exposure to Rabies

Phone _____ (845) 486-3404

SEXUALLY TRANSMITTED INFECTIONS

• Dutchess County Department of Behavioral and Community Health

cwww.dutchessny.gov

Main Office

85 Civic Center Plaza, Suite 106

Poughkeepsie, NY 1260

Phone _____ (845) 486-3400

After-Hours Phone _____ (845) 431-6465

(Public Health Emergencies)

TTY Phone _____ (845) 486-3417

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.

Phone _____ (845) 486-3401

223 Main Street

Beacon NY 12508

Phone _____ (845) 838-4800 Ext. 131

County House Road

Millbrook NY 12545,

Phone _____ (845) 677-4000

SPINA BIFIDA

NATIONAL

• Spina Bifida Association

Provides information on Spina Bifida, refers callers to Spina Bifida support groups, clinics, programs, incontinence training, and independent living. Also offers annual National Conference and scholarships.

Spinabifidaassociation.org

1600 Wilson Blvd., Suite 800

Arlington, VA 22209

Phone _____ (202) 944-3285

Fax _____ (202) 944-3295

TUBERCULOSIS

DUTCHESS

• 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) 838-4800

131 County House Road

Millbrook NY 12545

Phone _____ (845) 677-4000

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

MENTAL HEALTH SERVICES

• 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

Phone _____ **211**

(PHONE LINE OPEN 7 DAYS PER WEEK, ALL YEAR, FROM 9:00 AM TO 7:00 PM)

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

Phone _____ **(845) 486-4944**

Grades K-6

5 BOCES Road

Poughkeepsie, NY 12601

Phone _____ **(845) 483-3996**

• 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

Phone _____ **(845) 486-6330**

• Dutchess County Department of Behavioral and Community Health

cwww.dutchessny.gov

Main Office

85 Civic Center Plaza, Suite 106

Poughkeepsie, NY 1260

Phone _____ **(845) 486-3400**

After-Hours Phone _____ **(845) 431-6465**

(Public Health Emergencies)

TTY Phone _____ **(845) 486-3417**

Beacon Site

223 Main Street

Beacon NY 12508

Phone _____ **(845) 838-4800**

Millbrook Site

131 County House Road

Millbrook NY 12545

Phone _____ **(845) 677-4000**

STABILIZATION CENTER

The Stabilization Center is 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 within Dutchess County who are experiencing a behavioral or emotional crisis. Serves adults, as well as children/youth. No referral or appointment is necessary.

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 HELPLINE you can access Hudson Valley Mental Health, Astor Services, Lexington Center for Recovery, as well as the Department of Behavioral and Community Health.

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.

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

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.

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

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

230 North Road
Poughkeepsie NY 12601

24/7 Helpline _____ (845) 485-9700

Toll Free Helpline _____ (877) 485-9700

Text DMH _____ 741741

Fax _____ (845) 485-9927

• Dutchess County Department of Health – Administration

Business Address
387 Main St
Poughkeepsie, NY 12601

Phone _____ (845) 486-3432

• 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

POUGHKEEPSIE

230 North Road
Poughkeepsie, NY 12601

Phone _____ (845) 486-2703

Fax _____ (845) 486-2865

MILLBROOK

135 County House Road
Millbrook, NY 12545

Phone _____ (845) 677-4050

Fax _____ (845) 677-4056

DOVER PLAINS

7 Market Street
Dover Plains, NY 12522

Phone _____ (845) 877-4100

Fax _____ (845) 877-4112

RHINEBECK

6529 Springbrook Avenue
Rhinebeck, NY 12572

Phone _____ (845) 876-2006

Fax _____ (845) 876-5641

BEACON

223 Main Street
Beacon, NY 12508

Phone _____ (845) 838-4900

Fax _____ (845) 838-4915



• 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. No one is turned away.

www.institute.org

11 Crumb Elbow Road
Hyde Park, NY 12538

Phone _____ (845) 229-1020

Fax _____ (845) 229-2005

• Mental Health America of Dutchess County

Family Support and Advocacy

www.mhadutchess.org

253 Mansion Street
Poughkeepsie, NY 12601

Phone _____ (845) 473-2500

Fax _____ (845) 473-4870

RESOURCE SPECIALIST FOR CASE MANAGEMENT/ADULT ADVOCACY

Resources for mental health.

Families made aware of the rights of adult persons experiencing mental illness with respect to medical and social services systems.

Peer-led support groups available.

Phone _____ (845) 473-2500 Ext. 1316

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



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

DEPRESSION AND BIPOLAR SUPPORT GROUP

For individuals with Depression and Bipolar Disorder. No Fee/No Registration.

Phone _____ (845) 473-2500 Ext. 1316

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.

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

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

Individual Respite is an opportunity for the child to spend quality time with a respite worker, while the family takes a much needed break.

Recreational Respite

An opportunity for the child to participate in monthly group activities, as well as family activities.

Phone _____ (845) 473 -2500 Ext. 1324

RESPIRE 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

● **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)**

An approved interfaith mental health service center for the American Association of Pastoral Counselors, we provide pastoral counseling and mental health services. The Center serves people in crisis, as well as those pursuing personal growth.

Poughkeepsie United Methodist Church

2381 New Hackensack Road

Poughkeepsie, NY 12603

www.frmh.org

Phone _____ (845) 855-9701

● **PEOPLE, Inc.**

PEOPLE, Inc. is a peer-run, mental health, not-for-profit agency that provides Advocacy & Peer Support, Supported Housing, Rose House – Short-term Crisis Respite, Reach One Recovery Center, Employment and Benefits Counseling, Health Home Care Coordination, and Technical Consulting around peer services, alternative crisis services, and integration. www.projectstoempower.org

126 Innis Ave.

Poughkeepsie, NY 12601

Phone _____ (845) 452-2728

Fax _____ (845) 452-2793

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

● Spectrum Behavioral Health

General Information

We are 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.

Treatment Modalities

Individual psychotherapy

Group psychotherapy

Family and couples psychotherapy

Play therapy

Psychiatric evaluations

Medication Management

Psychological testing

IOP Services and 24 Hour Crisis intervention

Central Dutchess County

514 Haight Avenue

Poughkeepsie, NY 12603

General Information Phone _____ (845) 485-9098

Intake Phone _____ (845) 485-3500

Front Desk Phone _____ (845) 485-3506

Southern Dutchess County

798 Route 9, #A

Fishkill, NY 12524

ORANGE COUNTY

● 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

Administration

30 Harriman Drive

Goshen, NY 10924

Phone _____ (845) 291-2600

Fax _____ (845) 291-2628

MENTAL HEALTH CLINICS

Welcome individuals and families seeking support and services to address mental illness, chemical dependence, and the needs of the developmentally disabled.

www.orangecountygov.com

CHILD AND FAMILY CLINIC

141 Broadway, Lower Level

Newburgh, NY 12550

Phone _____ (854) 568-5260

Fax _____ (845) 568-5213

PORT JERVIS MENTAL HEALTH CLINIC

146 Pike Street

Port Jervis, NY 12771

Phone _____ (845) 858-1456

Fax _____ (845) 858-1459

● Orange Regional Medical Center

707 East Main Street

Middletown, NY 10940

Phone _____ (845) 333-1000

Out-patient Counseling Services:

Phone _____ (845) 333-7800

In-patient acute psychiatric mental care Emergency Room:

Phone _____ (845) 331-1300

PUTNAM COUNTY

● CoveCare Center (formerly Putnam Family and Community Services)

CoveCare Center provides mental health, substance use, and supportive services for adults, children, families, and seniors. Our innovative, compassionate approach to care 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. We provide services for adults, children, families, and seniors.

MONDAY-THURSDAY: 8:30AM-8:30PM

FRIDAY: 8:30AM-5:30PM

SATURDAY: 8:30AM-2:30PM

www.covecarecenter.org

1808 Route 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

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

● 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.

Winter: 9AM-5PM

Summer: 8AM-4PM

www.putnamcountyny.com

110 Old Route Six, Bldg. #2

Carmel, NY 10512

Phone _____ (845) 808-1500

Fax _____ (845) 225-8635

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. Our specially trained clinic staff designs individualized treatment plans for many types of emotional and mental disorders.

255 Lafayette Avenue

Suffern, NY 10901

Phone _____ 845-368-5242

● 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

● Mental Health Association of Rockland County

The Mental Health Association is a primary source of community mental health treatment and empowerment programs for adults and children in Rockland County.

<http://www.mharockland.org/home.cfm>

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.

140 Route 303 - Suite I

Valley Cottage, NY 10989

Phone _____ (845) 267-2172 Ext. 205



SULLIVAN COUNTY

● 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 positive difference.

www.crmcny.org

68 Harris Bushville Road

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.

HOURS: MON, THU, FRI 9AM-5PM; TUE, WED 9AM-8PM

WALK-IN SERVICE (NO APPOINTMENT): MON-THU FROM 9AM-12PM

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

20 Community Lane

Liberty, NY 12254

Phone _____ (854) 292-8770

Fax _____ (854) 513-2110

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

ULSTER COUNTY

● HealthAlliance of the Hudson Valley Adult and Adolescent Partial Hospitalization Programs

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. We believe that a history of mental illness does not preclude an individual's potential or ability to lead a normal, productive life. Our programs and services are designed to provide consumers with experiences that will equip them to lead such lives in the community. 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, New York 12477

Phone _____ (845) 247-9110

Fax _____ (845) 247-9120

ULSTER COUNTY

● Department of Health and Mental Health

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.

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

Phone _____ (845) 340-4110

Fax _____ (845) 340-4094

MOBILE MENTAL HEALTH TEAM

The Mobile Mental Health Team of Ulster County is 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 an urgent issue in the home, school, or community at no cost.

The team is comprised of mental health clinicians, medical personnel, and peers who have lived the experience of overcoming mental health challenges.

The Mobile Mental Health Team operates out of two hubs in the county located in Kingston and Ellenville. NO CHARGE

Kingston: 7 days a week, 10am to 10pm

239 Golden Hill Lane
Kingston, NY 12401

Ellenville: 7 days a week, 12pm to 10pm

50 Center St, Ellenville, NY 12428

Phone _____ (844) 277-4820

● Spectrum Behavioral Health General Information

We are 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 work closely with community services such as court, probation, parole, hospitals, children and family services. We are also OASAS Certified.

Treatment Modalities

Individual psychotherapy

Group psychotherapy

Family and couples psychotherapy

Play therapy

Psychiatric evaluations

Medication Management

Psychological testing

IOP Services and 24 Hour Crisis intervention

230 Aaron Court

Kingston, NY 12401

General Information Phone _____ (845) 485-9098

WESTCHESTER COUNTY

● 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

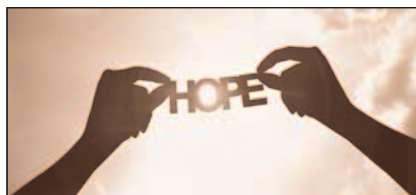
800 Cross River Road
Katonah, NY 10518

Phone _____ (914) 763-8151



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER



● Phelps Counseling Service

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>

PHELPS OUT-PATIENT COUNSELING

755 North Broadway, Suite 250
Sleepy Hollow, NY 10591

Phone _____ (914) 366-3600

22 Rockledge Avenue
Ossining, NY 10562

Phone _____ (914) 944-5250

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

PHELPS HEALTH HOME CARE MANAGEMENT PROGRAM

Out patient – 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.

315 South Highland Ave.
Briarcliff Manor, New York 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

● Putnam Hospital Center

HealthQuest

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 1051

Phone _____ (845) 279-5711 Ext. 6713

TTY _____ (800) 421-1220

● 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 and expertise of psychiatrists, psychologists, clinical social workers, nurses, creative art therapists and other mental health professionals specializing in the diagnosis and treatment of mental health problems.

The Anxiety and Phobia Treatment Center

Adult Mental Health Clinic

Continuing Day Treatment Program (CDT)

Child and Adolescent Service

www.wphospital.org

www.wphospital.org/about-us/news-events/calendar-of-events

41 E. Post Rd
White Plains NY 10601

Phone _____ (914) 681-1119

GRIEF COUNSELING



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 Avenue
Poughkeepsie, NY 12603

Phone _____ (845) 471-5269

Produced by CAPE: Council on Addiction Prevention and Education

807 Rte 52, Suite 28 | Fishkill, NY 12524 | 845-765-8301 | 845-765-8304 (fax) | www.CapeDC.org | Facebook: CapeDC.org | Twitter: @CapeofDC



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

INFORMATION/REFERRAL

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

- Mental Health America of Dutchess County – Information Library**

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 have a private practice in the area. Pamphlets regarding mental health topics can be mailed to callers. Library with computers available.

www.mhadutchess.org

253 Mansion Street
Poughkeepsie, NY 12601

Phone _____ (845) 473-2500 Ext. 1325

Fax _____ (845) 473-4870

PARENTING

DUTCHESS COUNTY

- Mental Health America of Dutchess County**

www.mhadutchess.org

253 Mansion Street
Poughkeepsie, NY 12601

Phone _____ (845) 473-2500 Ext. 1321

Fax _____ (845) 473-4870

EMERGE PROGRAM

A support program for parents with psychiatric disabilities. The program offers parent support and assistance with child rearing issues in their home settings. The agency offers an ongoing support group serving this population.



COMMUNITY EDUCATION DIVISION

MHA Library

253 Mansion Street (2nd Floor)

Poughkeepsie, NY 12601

Library Phone _____ (845) 473-2500 Ext. 1325

Classes Phone _____ (845) 473-2500 Ext. 1309

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 can become very aggressive.

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 L. 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 traumatic experiences.

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.



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

● CoveCare Center (formerly Putnam Family and Community Services)

Provides mental health, substance use, and supportive services for adults, children, families, and seniors.

MONDAY-THURSDAY: 8:30AM-8:30PM

FRIDAY: 8:30AM-5:30PM

SATURDAY: 8:30AM-2:30PM

www.covecarecenter.org

1808 Route 6

Carmel, NY 10512

Phone _____ (845) 225-2700

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 _____ Ext. 220
Ext. 235

PREVENTION, EDUCATION, AND INFORMATION

NATIONAL

● Substance Abuse and Mental Health Services Administration (SAMHSA)

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

www.samhsa.gov/

1 Choke Cherry Road

Rockville, MD 20857

Phone _____ (877) SAMHSA-7

DUTCHESS COUNTY

● 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

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, including Hudson Valley Mental Health, Lexington Center for Recovery, Astor Children's and Family Services

www.HealthInfo@dutchessny.gov

230 North Road

Poughkeepsie NY 12601

Helpline _____ (845) 485-9700

Toll Free Helpline _____ (877) 485-9700

Text DMH _____ 741741

● Institute for Family Health

Dutchess County Maternal Infant Child Health Collaborative (MICHC)

If you are not planning to be pregnant, planning a pregnancy, are 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.

www.institute.org

Phone _____ (877) 726-4727

ORANGE COUNTY

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

Dedicated to the public health issue of alcoholism and other drug addictions.

ADAC 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.

ADAC 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.

SELF-HELP MEETINGS

Meetings in Orange County, NY for Alcoholics Anonymous (AA), Gamblers Anonymous (GA), Narcotics Anonymous (NA), Overeaters Anonymous (OA).

STOP DWI/TRAFFIC SAFETY PROGRAM

The goal of the STOP DWI Program in Orange County is to increase public awareness and to stop people from driving while intoxicated. They do this by educating the public on the deadly effects that driving under the influence has been known to have. The STOP DWI Program also provides support to victims or the families of victims of DWI.

224A Main St.

P.O. Box 583

Goshen, NY 10924

Phone _____ (845) 294-9000

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER



MIGRANT FARMWORKERS' FAMILIES

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 Road

Poughkeepsie, NY 12603

Phone _____ (845) 485-8627

Fax _____ (845) 485-1963

MISSING PERSONS

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 Road

Highland, NY 12528

Phone _____ (845) 883-6060

- **National Center for Missing and Exploited Children**

We are the leading 501(c)(3) nonprofit organization working with law enforcement, families and the professionals who serve them on issues relating to missing and sexually exploited children. Authorized by Congress to serve as the nation's clearinghouse on these issues.

www.missingkids.org

Toll Free Hotline _____ (800) THELOST
(800) 843-5678

NEW YORK STATE

- **Missing Person's Clearinghouse, NY**

Business Hours: Monday through Friday 8:00 AM to 4:00 PM

www.criminaljustice.ny.gov/missing

80 South Swan Street

Albany, NY 1210

24/7 Phone _____ (800) 346-3543

PARENTING

DUTCHESS/ULSTER COUNTIES

- **Institute for Family Health
Dutchess County Healthy Families**

If you are expecting a baby or have an infant under 3 months 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

The Family Partnership Building

29 North Hamilton, Suite 209

Poughkeepsie, NY 12601

Phone _____ (845) 452-3387

333 Fishkill Ave.

Beacon, NY 12508

Phone _____ (845) 838-2518

ULSTER COUNTY

- **Family Services Education Program**

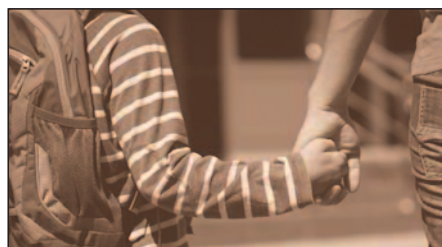
We provide home-based and group-based parenting education to families in Ulster Counties.

www.familyservicesny.org

100 Arron Court

Kingston, NY 12401

Phone _____ (845) 331-5641





RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

PREGNANCY/PRE AND PERINATAL CARE



NATIONAL

• Planned Parenthood Mid-Hudson Valley

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

www.ppmhv.org

178 Church Street
Poughkeepsie, NY 12601

National Toll Free Phone _____ (800) 230-PLAN
(800) 230-7526

Phone _____ (845) 562-7800

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 Avenue, Suite 2B
Poughkeepsie, NY 12603

FISHKILL

Phone _____ (845) 897-2288

POUGHKEEPSIE

Phone _____ (845) 473-1300

• 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.

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.

PERINATAL HEPATITIS B PROGRAM

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

Phone _____ (845) 486-3409

• 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

BEACON

333 Fishkill Avenue
Beacon, NY 12508

Phone _____ (845) 838-2518

Fax _____ (845) 202-5015

POUGHKEEPSIE

29 North Hamilton, Suite 209
Poughkeepsie, NY 12601

Phone _____ (845) 452-3387

Fax _____ (845) 452-3682

• Hudson River HealthCare (HRHCare)

FIRST STEPS

An 8-week series, led by the prenatal care team, includes information on prenatal care, breastfeeding, infant feeding choices, the hospital, labor and birth, post-partum care and baby care.

www.hrhcare.org

ATRIUM HEALTH CENTER AT POUGHKEEPSIE

MidHudson Regional Hospital
1 Webster Avenue, Suite 202
Poughkeepsie, NY 12601

Phone _____ (845) 790-7990

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FAMILY PARTNERSHIP HEALTH CENTER AT POUGHKEEPSIE

29 North Hamilton Street
Poughkeepsie, NY 12601

Phone _____ (845) 454-8204

Fax _____ (845) 454-8247

● **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 Road
Hyde Park, NY 12538

Phone _____ (845) 229-1020

Fax _____ (845) 229-2005

RAPE CRISIS/CRIME VICTIMS

DUTCHESS COUNTY

● **Crime Victims Assistance Program of Family Services**

Don't go through being a victim alone.

29 North Hamilton Street
Poughkeepsie, NY 12601

24/7 Hotline _____ (845) 452-7272

Phone _____ (845) 790-1110 Ext. 3083

TTY _____ (845) 790-5919

Interpreter services _____ (845) 797-3799

RUNAWAYS

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) RUNAWAY
_____ (800) 786-2929

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 Street
Poughkeepsie, NY 12601

Phone _____ (845) 454-3600

Fax _____ (845) 473-3254

SAFETY EDUCATION/INFORMATION

DUTCHESS COUNTY

● **American Red Cross of the Mid-Hudson Valley**

The Red Cross can provide you with the training and skills you need to prevent, prepare for and respond to emergencies. Up-to-date lifesaving skills for health care providers, first responders, lifeguards, teachers, and babysitters.

www.redcross.org/eny

4 Jefferson Plaza, Suite 302
Poughkeepsie, NY 12601

Phone _____ (845) 471-0200

Fax _____ (845) 471-3899

SENIOR CITIZENS

NEW YORK STATE

● **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.

HOURS: 8AM–5PM

www.aging.ny.gov

2 Lafayette St
New York, NY 10007

Phone _____ (212) 602-4180

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

DUTCHESS COUNTY

● **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 Street
Poughkeepsie, NY 12601

Phone _____ (845) 485-3445

Reference Department _____ Ext. 3702

BOARDMAN ROAD BRANCH LIBRARY

141 Boardman Road
Poughkeepsie, NY 12603

Phone _____ (845) 485-3445

Reference Department _____ Ext. 3702

● **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

27 High Street
Poughkeepsie, NY 12601

Phone _____ (845) 486-2555

● **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

SMOKING CESSATION

NATIONAL

● **American Cancer Society**

Quit For Life

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

www.cancer.org

www.lung.org

National Phone _____ (800) 227-2345

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



● **National Cancer Institute (NCI)**

NCI's Smokefree.gov 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. Smokefree.gov was 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

● **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
(800) 586-4872

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

NEW YORK STATE

● NYS Smokers' Quitline

www.nysmokefree.com

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

NY Relay Service _____ 711

Voice or TTY _____ (866) 897-8487

DUTCHESS COUNTY

● 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.

SMOKEFREE DUTCHESS

Provides information and resources to help reduce the risk of smoking-related diseases, and ways to help those who want to quit smoking.

www.smokefreedutchess.org

Phone _____ (845) 943-6070

Smokers Quit Line: _____ (866) 697-8487

SPECIAL NEEDS

NATIONAL

● Ticket to Work

Provides access to employment support services for social security disability beneficiaries who want to work.

www.ssa.gov/work

Help Line _____ (866) 968-7842

TTY Phone _____ (866) 833-2967

● Social Security Administration

The official website of the U.S. Social Security Administration.

www.socialsecurity.gov

TICKET TO WORK PROGRAM

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.

www.socialsecurity.gov/work/aboutticket.html

NEW YORK 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>

New York State Education Building
89 Washington Avenue
Albany, NY 12234

Phone _____ 800-222-JOBS
800-222-5627

● 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 New York state is continuing that legacy by standing up for the employment needs of people with disabilities. .

<http://www.nyess.ny.gov>

● New York State Justice Center for the Protection of People with Special Needs

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, New York 12054

General Phone _____ (518) 549-0200

Report Abuse _____ (855) 373-2122

TTY Relay _____ 711





RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER



• 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

DUTCHESS COUNTY

• 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

After-Hours Phone _____ (845) 431-6465
(Public Health Emergencies)

TTY Phone _____ (845) 486-3417

BEACON

223 Main Street
Beacon NY 12508

Phone _____ (845) 838-4800

MILLBROOK

131 County House Road
Millbrook NY 12545

Phone _____ (845) 677-4000

• Dutchess Safe Return Program

Launched in 2017, "Safe Return" 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) 486-3363

• Protective Services For Adults

Department of Community and Family Services

A state-mandated program which is provided without regard to income 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

60 Market Street
Poughkeepsie, NY 12601

Phone _____ (845) 486-3300

YOUNG ADULT INSTITUTE (YAI NETWORK)

Opportunities for people with developmental and learning disabilities and their families, helping the people we serve achieve their potential for independence, individuality, productivity and inclusion in their communities. YAI offers medical care, therapy, employment initiatives job training programs, assisting disabled people in finding housing, supporting families, and providing various recreational activities and events.



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

www.yai.org

460 West 34th Street

New York, NY 10001

Phone _____ (212) 273-6100

ROCKLAND COUNTY ASSOCIATIONS FOR LEARNING DISABILITIES (RCALD)

www.nhrny.org

123 West Road

Pleasant Valley, NY 12569

Phone _____ (845) 358-5700

● **Abilities First**

Organization serving the needs of over 1,500 children and adults with developmental disabilities in the Hudson Valley.

EDUCATION: Universal Pre-Kindergarten, School and pre-school and programs to students, ages 3–21 with developmental disabilities.

AT-HOME SERVICES: Supports individuals who live at home with their families. Community Habilitation staff assist in personal care, household skills, money management and respite services for the primary caregiver.

DAY HABILITATION PROGRAMS: Geared towards adults with severe disabilities over the age of 21. Provides training and activities that are centered around personal productivity in small community-based centers.

RESIDENCE PROGRAM: Offers adults with disabilities a wide range of living situations.

EMPLOYMENT SERVICES: Integrated Employment Services (IES) provides individualized job development as well as group or enclave work opportunities, intensive job coaching, and long-term follow along.

School-to-work services are offered to students in special education. Life Skills Enhancement Center (LSEC) offers students an opportunity to hone skills and participate in recreational activities. Work skills training, vocational evaluation, life skills, computer, recreation and literacy training are available.

SOCIAL WORK AND SERVICE COORDINATION: Enables opportunities for children and adults to obtain an education, engage in all available and appropriate therapies, find valuable work and live to their fullest potential.

www.abilitiesfirstny.org

70 Overocker Road

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, Suite 130

Poughkeepsie, NY 12603

Phone _____ (845) 635-8084

Fax _____ (845) 635-8083

● **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.

RESIDENTIAL PROGRAM

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

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.

COMMUNITY PROGRAMS

Waiver In-Home Respite Care; Day Habilitation Programs

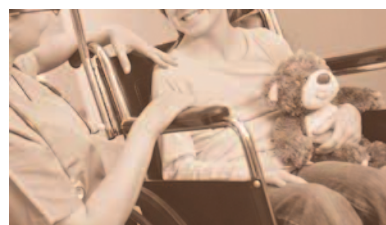
www.cardinalhayeshome.org

60 St. Joseph Drive

Millbrook, NY 12545

Phone _____ (845) 677-6363

Fax _____ (845) 677-6691



● **Dutchess County Department of Health Children with Special Needs Services**

www.dutchessny.gov

85 Civic Center Plaza, Suite 106

Poughkeepsie, NY 12601

Phone _____ (845) 486-3400

Fax _____ (845) 486-3447

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

Produced by CAPE: Council on Addiction Prevention and Education

807 Rte 52, Suite 28 | Fishkill, NY 12524 | 845-765-8301 | 845-765-8304 (fax) | www.CapeDC.org | Facebook: CapeDC.org | Twitter: @CapeofDC



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

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**

● **Dutchess County Department of Health Nursing Programs**

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**

PHYSICALLY HANDICAPPED CHILDREN'S PROGRAM

Financial assistance program to parents of physically handicapped children. There are eligibility requirements.

Phone _____ **(845) 486-3406**



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.

Phone _____ **(845) 486-3419**

● **Greystone Programs, Inc.**

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

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.

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) "Day Habilitation without walls" environment where each individual is afforded the opportunity to make choices, build relationships, and demonstrate citizenship.

www.greystoneprograms.org

36 Violet Avenue
Poughkeepsie, NY 12601

Phone _____ **(845) 452-5772**

● **Mid-Hudson Regional Early Education Center Mid-Hudson Rgnl. Hosp. of Westchester Medical Ctr.**

www.westchestermedicalcenter.org/mhrh

23 Spackenkill Road
Poughkeepsie, NY 12601

SPECIAL NEEDS PRESCHOOL

Preschool program 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. Locations in Poughkeepsie, Beacon, Hyde Park, Red Hook, Millbrook.

Phone _____ **(845) 431-8803**

EARLY INTERVENTION – CENTER FOR COMMUNICATION DISORDERS

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

115 Delafield Street
Poughkeepsie, NY 12601

Phone _____ **(845) 431-8800**

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



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

70 Kukuk Lane
Kingston, NY 12401

Phone _____ (845) 336-2616

• New Horizons Resources, Inc.

The goal of this program is to 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 Street, #214
Poughkeepsie, NY 12601

Phone _____ (845) 452-3913

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. This agency does not provide services, but will direct parents to appropriate agencies for services they need.

www.myindependentliving.org/EN-Services/EarlyChildhoodDirectionCenter

5 Washington Terrace
Newburgh, NY 12550

Phone _____ (845) 565-1162

Fax _____ (845) 565-0567

10 Prince Street, Suite 12
Monticello, NY 12701

Phone _____ (845) 794-3322

• 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 Street
Poughkeepsie, NY 12601

Phone _____ (845) 471-3820

Fax _____ (845) 452-3407

ORANGE/ROCKLAND/WESTCHESTER COUNTIES

• New York Foundling

The New York Foundling, in the tradition of openness and compassion of its sponsors, the Sisters of Charity, helps children, youth, and adults in need to reach their full potential, through advocacy, preventive and direct care services 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, The Foundling has established a successful legacy of meeting the needs of thousands of individuals and families who were facing significant life challenges.

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.



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

REFERRALS

OPWDD

Medicaid Service Coordinators

Medical Providers

Community Providers

Families

www.nyfoundling.org

590 Avenue of the Americas

New York, NY 10011

502 Airport Executive Park

Nanuet, NY 10954

Phone _____ (212) 886-4020

Fax _____ (212) 660-1336

ROCKLAND COUNT

• 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, not-for-profit organization dedicated to advocacy and providing services on behalf of people with disabilities. BRiDGES is one of 41 Independent Living Centers (ILC) operating in New York State under the auspices of New York State Education Department (NYSED) and New York State Department of Health (NYDOH).

www.bridgesrc.org

873 Route 45, Suite 108

New City, NY 10956

Phone _____ (845) 624-1366

Captioned Telephone _____ (845) 624-3053

Fax _____ (845) 624-1369



SUICIDE PREVENTION

NATIONAL

• National Suicide Prevention

No matter what problems you are dealing with, we want to help you find a reason to keep living. By calling 1-800-273-TALK (8255) you'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.

www.suicidepreventionlifeline.org

24/7 Helpline _____ (800) 273-8255

VETERANS CRISIS LINE

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.

Chat on-line is available through the website. Support for deaf and hard of hearing individuals is available. Receive confidential support 24 hours a day, 7 days a week, 365 days a year.

www.veteranscrisisline.net

Veterans Helpline _____ (800) 273-8255 (Press 1)

TTY _____ (800) 799-4889

Text _____ 838255

ULSTER COUNTY

• Family of Woodstock, Inc.

We are 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

Administration Offices

39 John St. Kingston, NY 12401

Phone _____ (845) 331-7080

Produced by CAPE: Council on Addiction Prevention and Education

807 Rte 52, Suite 28 | Fishkill, NY 12524 | 845-765-8301 | 845-765-8304 (fax) | www.CapeDC.org | Facebook: CapeDC.org | Twitter: @CapeofDC



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

TIME MANAGEMENT

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 Road

Poughkeepsie, NY 12601

Phone _____ (845) 431-8915

UTILITIES

NEW YORK STATE

• New York State Department of Public Service Consumer Complaint Assistance

Energy consumers who have a complaint about their utility service should first attempt to resolve it 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://www3.dps.ny.gov/W/PSCWeb.nsf/All/B40C096675BE10C085257687006F39E7?OpenDocument>

3 Empire State Plaza

Albany, NY 12223

[Utility Service Complaints/Inquiries](#)

Phone _____ (800) 342-3377

FROM 8:30 AM TO 4:00 PM

[Hotline for Terminations of Service](#)

Phone _____ (800) 342-3355

from 7:30 AM to 7:30 PM

[Competitive Energy Hotline](#)

Phone _____ (888) 697-7728

FROM 8:30 AM TO 4:00 PM

DUTCHESS COUNTY

• 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

After-Hours Phone _____ (845) 431-6465

(Public Health Emergencies)

TTY Phone _____ (845) 486-3417

223 Main Street

Beacon NY 12508

Phone _____ (845) 838-4800 Ext. 131

County House Road

Millbrook NY 12545,

HEAT OR WATER ISSUES

Numbers to call for heat or water emergencies or issues.

[Water Issues](#)

Phone _____ (845) 486-3404

[Heat Issues \(Mid Dutchess\)](#)

Phone _____ (845) 486-3404

[Heat Issues \(North & East Dutchess\)](#)

Phone _____ (845) 486-4001

[Heat Issues \(Southern Dutchess\)](#)

Phone _____ (845) 838-4801

VETERANS

NATIONAL

• American Red Cross of the Mid-Hudson Valley

The Red Cross helps military members, veterans and their families prepare for, cope with, and respond to the challenges of military service. 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.

The American Red Cross also offers services in disaster relief, disaster preparedness and blood donation.

OFFICE HOURS: 8:30 AM TO 4:30 PM, MONDAY TO FRIDAY.

24 HOURS A DAY AND FOR THE ARMED FORCES

www.redcross.org/eny

4 Jefferson Plaza, Suite 302

Poughkeepsie, NY 12601

Phone _____ (845) 471-0200

Fax _____ (845) 471-3899

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

● 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.

VAT 70 PROGRAM

This facility provides services for veterans of the armed forces only.

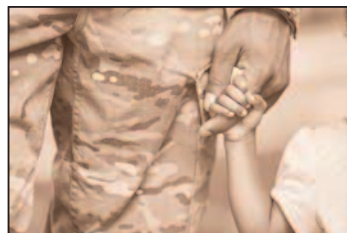
18-bed detoxification facility, 15 bed rehabilitation facility, 23-bed half-way house.

www.hudsonvalley.va.gov

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

● 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

● Veteran's Crisis Line

www.veteranscrisisline.net

Crisis Line _____ (800) 273-8255 (Press 1)

Text message _____ 838255

TTY _____ (800) 799-4889

NEW YORK 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. Patients must be medically and psychologically sub-acute and able to perform their own activities for daily living (ADLs).

113 Holland Avenue in Albany NY, Unit 7D
Albany, NY 12208

Phone _____ (518) 689-3094

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/VAIndex.htm

85 Civic Center Plaza, Suite 105
Poughkeepsie, NY 12601

Phone _____ (845) 486-2060

Fax _____ (845) 486-6452

● Samaritan/Daytop Village

Samaritan/Daytop 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

Admissions Phone _____ (845) 647-6575

FOX RUN – RHINEBECK

Men's Residential

Phone _____ (845) 876-5400

MEADOW RUN – RHINEBECK

Women's Residential

Phone _____ (845) 876-3789



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

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.

VETERAN'S SERVICES

BRiDGES proudly partners with the Rockland County Veteran Services Agency and Department of Mental Health to provide Peer Supports through the PFC Joseph P Dwyer Veteran Peer Support Program.

"Vet to Vet," uses a peer approach to support Veterans and Military Families facing challenges of Post-Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), and other issues related to their military service.

www.bridgesrc.org

873 Route 45, Suite 108
New City, NY 10956

Phone _____ (845) 624-1366

Captioned Telephone _____ (845) 624-3053

Fax _____ (845) 624-1369

VICTIMS' SERVICES

DUTCHESS COUNTY

• Crime Victims Assistance Program of Family Services

Don't go through being a victim alone.

29 North Hamilton Street
Poughkeepsie, NY 12601

24/7 Hotline _____ (845) 452-7272

VOCATIONAL (JOBS) ASSISTANCE

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

Phone _____ (800) 733-JOBS

(800) 733-5627

TTY _____ (877) 889-5627

BOSTON REGIONAL OFFICE (OVERSEES NYS)

Office of Job Corps, Room E-345

John F. Kennedy Federal Building

Boston, MA 02203

Phone _____ (617) 788-0186

Fax _____ (617) 788-0131

• Office of Temporary and Disability Assistance

Provides assistance and support to eligible families and individuals including food stamps, home energy assistance program (HEAP), child support enforcement and housing.

<http://otda.ny.gov>

40 N Pearl St
Albany, NY 12207

Phone _____ (800) 342-3009

NEW YORK 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

Building 12
W.A. Harriman Campus
Albany, NY 12240

Phone _____ (518) 457-9000

Phone _____ (888) 4-NYSDOL

(888) 469-7365

TTY/TTD _____ (800) 662-1220

DUTCHESS COUNTY

• Adriance Memorial Library

We offer many resources and workshops for job-seekers.

www.poklib.org

93 Market Street
Poughkeepsie, NY 12601

Phone: _____ (845) 485-3445

Reference Department _____ Ext. 3702

BOARDMAN ROAD BRANCH LIBRARY

141 Boardman Road
Poughkeepsie, NY 12603

Phone _____ (845) 485-3445

Phone _____ (845) 485-3445

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER



• Dutchess County BOCES (Board of Cooperative Educational Services)

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 Road
Poughkeepsie, NY 12601

Phone _____ (845) 486-4800

Fax _____ (845) 486-4981

• Dress for Success Dutchess County

80 Cannon St.
Poughkeepsie, NY 12601

Phone _____ (845) 452-5104 Ext. 144

Fax _____ (845) 625-1560

• 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

Administrative Offices
77 Cannon Street
Poughkeepsie, NY 12601

Phone _____ (845) 452-5104 Ext. 130

Fax _____ (845) 625-1510

• Dutchess One Stop

Support 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 and counseling, training, or employment advancement opportunities and a full service resource room.

www.dutchessonestop.org

191 Main Street
Poughkeepsie, NY 12601

Phone _____ (845) 473-9000

• Goodwill Industries of Greater NY and Northern, NJ, Inc.

To empower individuals with disabilities and other barriers to gain independence through the power of work. We serve children and youth, individuals with all types of disabilities, immigrants and refugees, unskilled and mature workers, U.S. veterans, public assistance applicants and recipients, ex-offenders, and any person with barriers to employment.

Each year, we provide access to opportunities to build careers and strong families for 95,000 people and place 8,400 individuals in jobs.

www.goodwillnynj.org

Headquarters
4-21 27th Avenue
Astoria, NY 11102

Phone _____ (718) 728-5400

WAPPINGERS FALLS GOODWILL STORE

1488 Route 9
Wappingers Falls, NY 12590

Phone _____ (845) 298-0311

KINGSTON GOODWILL STORE

1306 Ulster Avenue
Kingston, NY 12401

Phone _____ (845) 336-3303

• 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 Road, Suite 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

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RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER

• Mill Street Loft

PROJECT ABLE

Program which uses the arts to provide job skills training to youth, 14-21 years old, from the Northside of Poughkeepsie.

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.

www.millstreetloft.org

455 Pershing Avenue
Poughkeepsie, NY 12601

Phone _____ (845) 471-7477

Fax _____ (845) 471-7507

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.

MIDDLETOWN

www.orangecountygov.com

33 Fulton St., 2nd Floor
Middletown, New York 10940

Phone _____ (845) 346-1100

NEWBURGH

www.orangecountygov.com

3 Washington Center 4th Floor
Newburgh, NY 12550

Phone _____ (845) 568-5090

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.

www.rocklandcountycareercenter.org

One Perlman Drive
Spring Valley, New York 10977

Phone _____ (845) 356-5100

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-WorkforceDevelopment/SullivanWorksOneStopSystem/tabid/3090/Default.aspx>

50 North Street
Monticello, New York 12701

Phone _____ (845) 794-3340

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, New York 12401

Phone _____ (845) 338-4696



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 Avenue
New Rochelle, NY 10801

Phone _____ (914) 631-0700 Ext. 7225

• Westchester/Putnam Career Center

www.westchesterputnamonestop.com

110 Old Rte. 6, Building 3
Carmel, New York 10512

Phone _____ (845) 808-1651

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807 Rte 52, Suite 28 | Fishkill, NY 12524 | 845-765-8301 | 845-765-8304 (fax) | www.CapeDC.org | Facebook: CapeDC.org | Twitter: @CapeofDC



RESOURCE DIRECTORY

NY COUNTIES OF DUTCHESS • ORANGE • PUTNAM • ROCKLAND • SULLIVAN • ULSTER • WESTCHESTER



YOUTH DEVELOPMENT/SUPPORT

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" to 22522

DUTCHESS COUNTY

● Dutchess County Department of Community and Family Services – Division of Youth Services

The mission of the Division of Youth Services 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/YBindex.htm

60 Market St
Poughkeepsie, NY 12601

Phone _____ (845) 486-3000

● Hudson River Housing, Inc.

<http://hudsonriverhousing.org>

313 Mill Street
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 assistance with securing housing, financial entitlements, emergency services, education and employment goals, counseling, etc.

389 Manchester Rd.
Poughkeepsie, NY 12603

Phone _____ (845) 452-0019

RIVER HAVEN INDEPENDENT LIVING SERVICES

The services offered are for 16-21 years olds: counseling and assistance in addressing immediate needs, locating suitable housing, employment, educational/vocational training, therapy, medical assistance, financial support, and other services.

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 Rd.
Poughkeepsie, NY 12603

Phone _____ (845) 452-0019

Fax _____ (845) 471-1632

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.yoyrnca.org
clubbhouse@yomca.org

17 Riverdale Avenue
Yonkers, NY 10701

Phone _____ (914) 963-0183



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SCHOOLS

COLLEGES

DUTCHESS COUNTY

• 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 programs – 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.

ON-LINE COURSES

We offer several online graduate programs and a wide array of online and blended courses.

online.adelphi.edu

ONLINE GRADUATE PROGRAMS

<http://online.adelphi.edu/online-degree-programs>

ONLINE AND BLENDED COURSES

<http://online.adelphi.edu/all-online-and-blended-courses>

Hudson Valley Center

19 Baker Avenue, Suite 200

Poughkeepsie, NY 12601

Main Campus

1 South Avenue

Garden City, NY 11530

Phone _____ (800) ADELPHI
(800) 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

• 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 Road

Poughkeepsie, NY 12601

Phone _____ (845) 431-8000

• Marist College

Marist is dedicated to helping students develop the intellect, character, and skills required for enlightened, ethical, and productive lives in the global community of the 21st century.

Phone _____ (845) 575-3000

www.marist.edu

3399 North Road

Poughkeepsie, NY 12601

• Vassar College

Vassar College is a highly selective, coeducational, independent, residential liberal arts college founded in 1861.

www.vassar.edu

124 Raymond Avenue

Poughkeepsie, NY 12604

Phone _____ (845) 437-7000

HIGH SCHOOLS

ALTERNATIVE HIGH SCHOOLS

DUTCHESS COUNTY

• Dutchess County BOCES/Alternative High School Programs

Programs include: Adolescent Day Treatment, Alternative High School, Alternative High School Equivalency (GED), Alternative GED + Fresh Start, Intensive Day Treatment Transitional, July/August 12 Month Program, and Work Experience.

www.dcboces.org/AHS

900 Dutchess Turnpike

Poughkeepsie, NY 12603

Phone _____ (845) 486-4840

Fax _____ (845) 486-4852

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● 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 Road
Poughkeepsie, NY 12601

Phone _____ (845) 431-8000

COLLEGE PREPARATORY PROGRAMS

DUTCHESS COUNTY

● Marist Upward Bound

A federally funded college preparatory program designed to generate the skills and motivation necessary to complete secondary education and enter a program of postsecondary education. Services are provided after school at high school sites, on weekends and during the summer at Marist College.

www.marist.edu/upwardbound

3399 North Road
Poughkeepsie, NY 12601-1387

Phone _____ (845) 575-3258

HIGH SCHOOL EQUIVALENCY PROGRAMS

DUTCHESS COUNTY

● Dutchess Community College

www.sunydutchess.edu

53 Pendell Road
Poughkeepsie, NY 12601

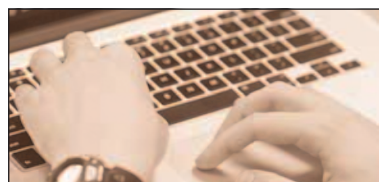
Phone _____ (845) 431-8905

● Dutchess County BOCES Adult Early Education Institute

www.dcboces.org/adults/literacy

1 Civic Center Plaza, Suite 300
Poughkeepsie, NY 12601

Phone _____ (845) 483-3640



ORANGE COUNTY

● Best Resource Center, Inc.

49 Grand St
Newburgh, NY 12550

Phone _____ (845) 562-2378

● Orange-Ulster BOCES

www.ouboces.org

Locations:

53 Bedford Ave.
Middletown, NY 10940

155 Dunderberg Rd.
Central Valley, NY 10917

39 West Street
Newburgh, NY 12550

150 Pike Street
Port Jervis, NY 12771

Reformed Church
16 Maple Ave.
Warwick, NY 10990

Main Phone _____ (845) 781-7615

● SUNY Orange

www.sunyorange.edu/ce

1 Washington Center
Newburgh, NY 12550

Phone _____ (845) 341-9532

Middletown Location:

Phone _____ (845) 341-4890

PUTNAM COUNTY

● Putnam-Northern Westchester BOCES

www.pnwboces.org

200 BOCES Drive
Yorktown Heights, NY 10598

Phone _____ (914) 245-2700

MICHAEL J. DIBART CENTER

Peekskill Library
4 Nelson Ave
Peekskill, NY 10566

Phone _____ (914) 737-1212

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ROCKLAND COUNTY

● Rockland BOCES

www.rocklandboces.org

131 Midland Ave. North
Nyack, NY 10960

Phone _____ (845) 348-3500

Technical Assistance Support Center Program:

TASC Phone: _____ (845) 348-3500 Ext. 3500

SULLIVAN COUNTY

● Sullivan County BOCES

www.scbores.org

6 Wierk Ave.
Liberty, NY 12754

Phone _____ (845) 295-4915

ULSTER COUNTY

● Kingston High School

www.kingstoncityschools.org

403 Broadway
Kingston, NY 12401

Phone _____ (845) 943-3864

● Orange-Ulster BOCES

www.ouboces.org

Locations:

53 Bedford Ave.
Middletown, NY 10940

Monroe-Woodbury High School
155 Dunderberg Rd.
Central Valley, NY 10917

39 West Street
Newburgh, NY 12550

150 Pike Street
Port Jervis, NY 12771

Reformed Church
16 Maple Ave.
Warwick, NY 10990

Main Phone _____ (845) 781-7615

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

200 BOCES Drive
Yorktown Heights, NY 10598

Phone _____ (914) 245-2700

MICHAEL J. DIBART CENTER

Peekskill Library
4 Nelson Ave
Peekskill, NY 10566

Phone _____ (914) 737-1212

● 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 (TASC – Treatment Accountability for Safer Communities)

www.yonkerspublicschools.org

75 Riverdale Avenue
Yonkers, NY 10701

Phone _____ (914) 592-0849

PRIVATE/INDEPENDENT SCHOOLS

DUTCHESS COUNTY

● Dutchess Day School (K-8)

We value children's natural curiosity and foster an enduring enthusiasm for learning. Students are encouraged to take intellectual risks, use their imagination, and develop independence and confidence.

www.dutchessday.org

415 Route 343
Millbrook, NY 12545

Phone _____ (845) 677-5014

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PUBLIC SCHOOL DISTRICT OFFICES

DUTCHESS COUNTY

• Arlington Central School District (K-12)

www.arlingtonschools.org

144 Todd Hill Road
LaGrangeville, NY 12540

Phone _____ (845) 486-4460

• Beacon City School District

www.beaconcitk12.org

10 Education Drive
Beacon, NY 12508

Phone _____ (845) 838-6900

• Dover Union Free School District

www.doverschools.org

2368 Route 22
Dover Plains, NY 12522

Phone _____ (845) 877-5700

• 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 Route 22
Pawling, NY 12564

Phone _____ (845) 855-4600

• Pine Plains Central School District

www.ppcsd.org

2829 Church Street
Pine Plains, NY 12567

Phone _____ (518) 398-7181

• Poughkeepsie City School District

www.poughkeepsieschools.org

11 College Avenue
Poughkeepsie, NY 12603

Phone _____ (845) 451-4900

• Red Hook Central School District

www.redhookcentralschools.org

9 Mill Road
Red Hook, NY 12571

Phone _____ (845) 758-2241

• Rhinebeck Central School District

www.rhinebeckcsd.org

45 North Park Road
Rhinebeck, NY 12572

Phone _____ (845) 871-5520

• Spackenkill Union Free School District

www.spackenkillschools.org

15 Croft Road
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 Avenue
Amenia, NY 12501

Phone _____ (845) 373-4100



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SUPPORT GROUPS

ADOPTION

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

ANXIETY AND DEPRESSION

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

ATTENTION DEFICIT/HYPERACTIVITY (ADD/ADHD)

WESTCHESTER COUNTY

• Children and Adults with Attention Deficit/ Hyperactivity Disorder (CHADD)

This is a support group that networks and educates parents of children, or adults, with Attention-Deficit Disorder, with or without hyperactivity.

MEETINGS ARE FIRST TUESDAY OF EACH MONTH (SEPTEMBER—JUNE)

www.chadd.net/376

Four Winds Hospital Conference Center
800 Cross River Road
Katonah, NY

Phone _____ (845) 704-2233

BEREAVEMENT

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

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 TO 8:30 PM.

www.healthquest.org/hq/events/1960.aspx

Vassar Brothers Medical Center, Conference Room A
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 (parent or spouse). One-on-one sessions are spiritually based. Once yearly mass for deceased children. Call for information.

835 Route 82
P.O. Box 428
Hopewell Junction, NY 12533

www.stcolumbaonline.org

Phone _____ (845) 227-8380

Fax _____ (845) 227-8390

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SULLIVAN COUNTY

• Catholic Charities Community Services of Orange County Recovery Center

Bereavement support group.

www.catholiccharitiesoc.org

396 Broadway
Monticello, NY 12701

Phone _____ (845) 794-8080

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.

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.

Family Services
100 Aaron Court
Kingston, NY 12401

Phone _____ (845) 458-7455

WESTCHESTER COUNTY

• 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 son or a daughter, a brother or a sister, or a grandchild.

www.compassionatefriends.org

P.O. Box 3696
Oak Brook, IL 60522

Phone _____ (877) 969-0010

WESTCHESTER COUNTY

The Compassionate Friends meets at this location at 7:00 PM.
The first Thursday of every month at 7:00 PM

The Presbyterian Church
39 North Broadway
White Plains, NY 10601

Phone _____ (914) 381-3389

CANCER

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 the month, 2–3:30 PM

Family and Caregiver Cancer Support Group

Third Monday of the month, 5:30–7 PM

Linda Young Ovarian Cancer Support Group

Last Wednesday of the month 7:00 to 8:30 PM

Men's Cancer Support Group

Second Monday of the month, 5:30–7 PM

Metastatic Cancer Support Group

First Tuesday of the 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

First and third Thursdays of the month, 11 – 12:30 PM

Second and fourth Saturdays of the month 10 – 11:30 AM

www.hahv.org/calendar

HealthAlliance Hospital
Mary's Ave Campus
80 Mary's Ave.
Kingston, NY 12401

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 Avenue
White Plains, NY 10601

Phone _____ (914) 644-8844

Fax _____ (914) 644-8284



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CAREGIVERS

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

HealthAlliance Hospital

Mary's Ave Campus

75 Mary's Ave.

Kingston, NY 12401

Phone _____ (845) 845-334-2813

DIABETES

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

Diabetes Education Center

37 Albany Ave.

Kingston, NY 12401

Phone _____ (845) 334-4249 Ext. 1

INCARCERATED YOUTH – FAMILY SUPPORT

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–8:00 PM.

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 Street

Poughkeepsie, NY 12601

Phone _____ (845) 473-2500

Fax _____ (845) 473-4870

INFORMATION/REFERRAL

WESTCHESTER COUNTY

• Westchester Self-Help Clearinghouse Program of the Westchester Jewish Community Center

A central resource for information and referral for mutual support groups covering a wide range of concerns relating to problems of health, mental health, and everyday life situations.

(Please Note: To reach The Self-Help Clearinghouse, please go to our web-site search box and type the words: "Self-Help-Clearinghouse Directory")

www.wjcs.com

845 North Broadway

White Plains, NY 10603

Phone _____ (914) 761-0600 Ext. 308

MENTAL HEALTH

WESTCHESTER COUNTY

• Mental Health America of Dutchess County

<http://mhadutchess.org>

253 Mansion Street

Poughkeepsie, NY 12601

Phone _____ (845) 473-2500

Fax _____ (845) 473-4870

FAMILY SUPPORT PROGRAM

A support program for families who have children with serious emotional disturbances. The program offers parents and siblings support groups, family activities, family advocacy and parent education training.

Phone _____ (845) 473-2500 Ext. 1343

Fax _____ (845) 473-4870

BEACON WELLNESS CENTER

Offers Personalized Recovery Oriented Services (PROS Program), whose components include: community rehabilitation and support, intensive rehabilitation, and on-going rehabilitation and support.

Phone _____ (845) 831-2124

Phone _____ (845) 473-2500 Ext. 1201

Fax _____ (845) 831-4197

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HELPING OTHERS THROUGH PERSONAL EXPERIENCE

(H.O.P.E. FOR FAMILIES)

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, 5:30 PM-7:00 PM

253 Mansion Street
Poughkeepsie, NY 12601

SECOND AND FOURTH TUESDAY OF THE MONTH, 6:00 PM-7:30 PM

249 Main Street
Beacon, NY 12508

Phone _____ (845) 473-2500 Ext. 1343

Fax _____ (845) 473-4870

OSTOMY

ULSTER COUNTY

• HealthAlliance of the Hudson Valley

OSTOMY SUPPORT GROUP

www.hahv.org/calendar

SECOND TUESDAY OF THE MONTH, 4–5 PM

HealthAlliance Hospital
Mary's Ave Campus
105 Mary's Avenue
Kingston, NY 12401

Phone _____ (845) 334-3125

TRANSPORTATION

PUBLIC TRANSIT

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

Phone _____ 511

• New Jersey Transit

www.njtransit.com/hp/hp_servlet.srv?hdnPageAction=HomePageTo

Phone _____ (973) 275-5555

TTY _____ (800) 772-2287

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 Street
Millerton, NY 12546

Phone _____ (518) 789-4259

• Dutchess County Public Transit

Public transportation throughout Dutchess County.

www.dutchessny.gov/publictransit

14 Commerce Street
Poughkeepsie, NY 12603

Toll Free Phone _____ (800) 924-8702

Phone _____ (845) 473-8424

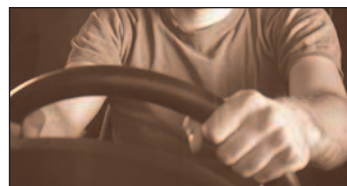
WESTCHESTER COUNTY

• 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

DUTCHESS COUNTY

• Alpha Taxi – Poughkeepsie

Phone _____ (845) 483-0000

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● 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

ORANGE COUNTY

● Central Taxi – Chester, Goshen, Central Valley

Phone _____ (845) 469-4441

● Maybrook Taxi – Maybrook

Phone _____ (845) 590-3118

● Night Owl Taxi Service – Greenwood Lake

Phone _____ (845) 595-1690

PUTNAM COUNTY

● Carmel Taxi – Carmel

Phone _____ (845) 225-5555

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

WESTCHESTER COUNTY

● Splendid Taxi

Phone _____ (914) 949-1333

This Resource Directory is produced by
CAPE: The Council of Addiction 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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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 COUNTY
Balmville
BeaverdamBlooming
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 COUNTY

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

ROCKLAND COUNTY

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 COUNTY

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

ULSTER COUNTY

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 COUNTY

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:
Bolted Cities
are County Seats





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