

## **Referral List**

**The Dutchess County Stabilization** Center is a walk-in facility at 230 North Road, Poughkeepsie, NY. 845-485-9700. They are available 24 hours a day, seven days per week. The center offers mobile crisis response, referrals, support, advocacy, and emergency treatment for emotional distress, depression, anxiety, addiction, and family issues.

\*\*\* No one is denied service for lack of health insurance or ability to pay.

### **Social Service Assistance**

NED Corps

Marina O'Neil 845-264-4675

Millbrook Free Library Mondays & Fridays 1:00-4:30pm

Dutchess County Department of Social Services

60 Market St.

Poughkeepsie, NY 12601

845-486-3190

Family Services

29 Hamilton St.

Poughkeepsie, NY 845-452-1110

Teen Pregnancy Services

Planned Parenthood

17 Noxon Rd.

Poughkeepsie, NY

845-471-1540

### **Drug & Alcohol Programs**

Alanon & Alateen

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

1-800-245-4656

Arms Acres

75 Seminary Hill Road

Carmel, New York 10512

845-225-3400 ext.6233

Debra Olsen

Cell:914-806-1020

Email: [dolsen@libertymgt.com](mailto:dolsen@libertymgt.com)

Drug & Alcohol Counseling Programs

Daytop Substance Abuse Centers  
Headquarters: 212-354-6000  
Conifer Park  
79 Glenridge Rd.  
Glenville, New York 12302  
1-800-989-6446  
24 hours a day admission: contact 1-800-9-conifer

Dutchess County CAPE-Council on Addiction Prevention & Education  
845-765-8301

Daytop  
Rhinebeck Locations  
1-800-2-DAYTOP

Lexington Center for Recovery  
Poughkeepsie Counseling Services  
20 Manchester Road  
Poughkeepsie, NY 12603  
Call Dutchess County Help Line for appt. 845-485-9700  
Contact: Jennifer Salimbene [Jennifsa@dcdmh.org](mailto:Jennifsa@dcdmh.org)

Mid-Hudson Addiction Recovery Center  
845-471-0310

Step One Rehabilitation Center  
Highland, NY  
845-691-9191

The Turning Point @ St. Francis Hospital  
Alcohol/ Substance Abuse Rehabilitation  
831-3500

### **Domestic Abuse**

**Grace Smith House Shelters (staffed 24 hours a day, 7 days a week)** Mary  
Lou Heissenbuttel Residence Poughkeepsie (Shelter #1): 845-471-3033  
Northeast Residence (Shelter #2): 518-789-6977

### **Battered Women's Services (support groups, referrals, advocacy and support)**

Poughkeepsie: 845-485-5550  
Beacon: 845-838-1800  
Dover: 845-877-3898  
Red Hook: 845-876-1554

### **New York State Adult Domestic Violence Hotlines**

English: 1-800-942-6906  
Spanish: 1-800-942-6908  
New York State Elder Abuse Hotline: 1-800-342-9871  
New York State Child Abuse Hotline: 1-800-342-3720

New York State Child Abuse and Neglect Prevention Information Line: 1-800-342-7472

### **Eating Disorders**

Avalon  
Eating Disorder Treatment Center  
346 Harris Hill Road  
Williamsville, NY 14221  
716-839-0999

Cambridge Eating Disorder Center  
Three Bow Street  
Cambridge, Mass 02138 888-900-cedc  
[www.Eatingdisordercenter.org](http://www.Eatingdisordercenter.org)

Integrated Health Solutions, Inc.  
1073 Main St. Suite 202A  
Fishkill, New York 12524  
845-896-2238

### **Mental Health Services & Private Therapists**

Astor Community-Based Services  
46 Lincoln Ave, Poughkeepsie, NY 12601  
(845) 473-9561 / 845-471-6004

DC Dept. of Mental Hygiene  
Dutchess County Helpline  
845-485-9700

Four Winds  
800 Cross Road  
Katonah, New York 10586  
914-763-8151

Bridges Counseling Group  
1081 Main Street  
Fishkill, NY 12524  
845-897-4600

Cindy Noah-LCSW  
Millbrook  
845-595-2463

Saint Francis Adolescent Intensive Outpatient Services  
241 North Rd.  
Poughkeepsie, New York 12601  
845-431-8287

Kathy Sajdak CSW-R

5807 Chelsea Drive North  
Hopewell Jct. NY 12533  
845-227-6895  
Laura Cooper MSW, CSW  
8 Highland Rd.  
Poughkeepsie, NY 12601  
845-485-2255

Mid Hudson Counseling Group  
1009 Rte. 82  
Hopewell Jct. NY 12533  
845-227-9223  
Michael Galano CSWR  
Deborah DiSanza- Galano CSWR

Spectrum Behavioral Health  
510 Haight Ave.  
Poughkeepsie, NY 12603  
Francine Glaser LCSW  
845-485-3500

Joseph Szost LCSWR  
Psychotherapy Services  
PO Box 636  
Millbrook, NY 12545  
845-227-8903

Summit Counseling  
1989 Rte. 52  
Hopewell Junction, New York 12533  
845-206-6512  
Laura Bernabe  
Pamela Evans  
Diane Light Spiro-Adolescent Group  
Diane Ferris  
Diane Chillo- specializes in eating disorders

Kathryn Sajdak  
5807 Chelsea Cove Dr. North  
Hopewell Jct. NY 12533  
845-227-6895

Thomas VanAken-Psychiatrist  
1150 Rte. 52  
Fishkill, NY 12524 845-896-2544

Patricia Wilkins  
Lorraine Prezkuta  
Elizabeth Walwyn

All Certified Social Workers  
1539 Professional Services  
Rte. 44 Suite #2  
Pleasant Valley, NY 12569  
845-635-8038  
Taconic Counseling Services  
12 Broad Street  
Fishkill, NY 12524  
845-896-7787

Mary Anne Fielding, LCSW  
1989 Rte. 52  
Hopewell Jct. NY 12533  
914-420-2965

Family Connections Center for Counseling  
Dutchess Arts Bldg  
1323 Rte. 9- suite 101A  
Wappingers Falls, NY 12590  
845-297-0024

Play to Heal Counseling Center  
27 College View Ave.  
Poughkeepsie, New York 12603  
845-7020394

### **Smoking Cessation**

Smoking Cessation Classes  
St. Francis Hospital  
241 North Rd.  
Poughkeepsie, NY 845-483-5777

Counselors:  
A. Andrew Packard  
154 Church St.  
Millbrook, NY 845-677-2300

Marilyn Green LCW-R  
Janine DeFranco  
202 Hooker Ave.  
Poughkeepsie, NY 845-473-2175

Patricia Glantt CSW  
6 Spur Way  
Poughkeepsie, NY  
845-462-4455

### **Youth Services**

RiverHaven  
305 Mill Street Poughkeepsie, NY 12601  
845-454-2300

Dutchess County Department of Probation  
50 Market St.  
Poughkeepsie, New York 12601  
845-486-2600  
Dutchess County Youth Services Unit  
Don Creighton Jr.  
845-877-4120

### **Emergency numbers**

Alcoholics Anonymous  
845-452-1111

Battered Women's Services  
845-485-5550

Dutchess County Department of Mental Hygiene Helpline  
845-485-9700

Child Abuse  
1-800-342-3720

Domestic Abuse  
1-800-942-6906

Drug Abuse-Daytop  
1-800-2-daytop

Rape Hotline  
845-452-7272

Suicide Prevention Hotline  
845-485-9700

DC Sheriff  
845-486-3800