



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

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

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

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

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