



Clarkstown Central School District - Office of Pupil Services
Mental Health & Community Resources
 2025-2026

Clarkstown Central School District Pupil Services Support:

	School Psychologists	Student Assistance Counselors
Bardonia	Brittany Miller x4309 bmiller@ccsd.edu Sarah Silfin ssilfin@ccsd.edu	Michele Hughes x4314 mhughes2@ccsd.edu
Lakewood	Ann Harnett x5209 aharnett@ccsd.edu Vanessa McWilliams vmcwilliams@ccsd.edu	Jennifer Wolf x5216 jwolf@ccsd.edu
Laurel Plains	Caryn Friedland x4609 cfriedland@ccsd.edu Beth Bennett x4610 ebennett@ccsd.edu	Laurie Anello x4623 lanello@ccsd.edu
Link	Jennifer Grundstein x4509 jgrundstein@ccsd.edu Jaime DiGirolamo x4510 jdigirolamo@ccsd.edu	Laurie Anello x4510 lanello@ccsd.edu
Little Tor	Kristen Byrne x4709 kbyrne@ccsd.edu	Michele Hughes x4713 mhughes@ccsd.edu
New City	Pia Weston x4909 pweston@ccsd.edu Dara Nevins - x4916 dnevins@ccsd.edu Carla Zambri - x4916 czambri@ccsd.edu Beth Bennett STRIVE ebennett@ccsd.edu	Alexis Lieval x4910 alieval@ccsd.edu

Strawtown	Antonia Edelstein x 4409 aedelstein@ccsd.edu	Theresa Dowd x4707 tdowd@ccsd.edu
West Nyack	Alyssa Plasencia x4209 aplasencia@ccsd.edu Anthony Cali x 4219 acali@ccsd.edu	Alexis Lieval x4210 alieval@ccsd.edu
Woodglen	Marissa Christensen x4814 mchristensen@ccsd.edu TBD x4809	Theresa Dowd x4808 tdowd@ccsd.edu
Birchwood	Carolyn Newell x4114 cnewell@ccsd.edu Lindsay Popilskis x4110 lpopilskis@ccsd.edu Marc Rauch x4108 mrauch@ccsd.edu Joseph Yanni x4109 jyanni@ccsd.edu	Susan Buchweitz x4113 sbuchweitz@ccsd.edu Lisa Slater x4115 lslater@ccsd.edu
Felix Festa Middle School	Diane Benjamin - PEC/Spirit x5848 dbenjamin@ccsd.edu Susan Heyman-STRIVE x2091 sheyman@ccsd.edu Tonia Driscoll - 7th/C x5346 tdriscoll@ccsd.edu Veronica Valentine- 6th/A x5443 vvalentine@ccsd.edu Amy Avecilla - 8th/D x5747 aavecilla@ccsd.edu Sarah Silfin (.8) x2091 ssilfin@ccsd.edu	Eva Dolgin- 7th/C x5391 edolgin@ccsd.edu Jodi Janis - 6th/A x5496 jjanis@ccsd.edu Diane Cleary- 8th/D x5731 dcleary@ccsd.edu Taylor Miller (RAP) x5541 tmiller@ccsd.edu
North High School	Katrina Kaplan PEC x6583 Kkaplan@ccsd.edu Jennifer Catina Carousel x6592 jcatina2@ccsd.edu Stephanie Marzella ENL x6503 smarzella@ccsd.edu Juliana Girling x6521 jgirling@ccsd.edu	Elyse Sellers (K-R, SAIL) x6573 esellers@ccsd.edu Mariluz Hernandez (S-Z, ELL) x6506 mhernandez@ccsd.edu

South High School	Stephanie Mazzone x3427 smazzone@ccsd.edu Laura Goodman Strive/Spirit x3470 lgoodman@ccsd.edu Michelle Peduto-Pappas Strive mpeduto@ccsd.edu Yesenia Matos x3469 ymatos@ccsd.edu Jaime DiGirolamo Strive x3444 jdigirolamo@ccsd.edu	Nancy Seery x3477 nseery@ccsd.edu Susan Solar x3438 ssolar@ccsd.edu
District	Reyna Pleitez District rpleitez@ccsd.edu x6327 Sheila Juarez District sjarez@ccsd.edu x6468 Jessica Mondesir - District/TAP jmondesir@ccsd.edu x6393 Carla Zambri czambri@ccsd.edu	
Incarcerated Youth Program	Dara Nevins dnevins@ccsd.edu	Jen Mitru jmitru@ccsd.edu
Shining Stars Preschool	Vanessa McWilliams vmcwilliams@ccsd.edu	

General Crisis Services:

988 Suicide and Crisis Lifeline

Text or Call **988**

[988 Lifeline.org](https://988lifeline.org)

[Ayuda in Espanol](#)

American Foundation for Suicide Prevention

Call or text 988 or text TALK to 741741.

<https://afsp.org/>

Center for Safety & Change

24 hour hotline-(845) 634-3344 (local domestic, intimate partner, teen dating violence support)

<https://www.centerforsafetyandchange.org/>

Rockland County Children's Behavioral Health Response Team and CARE Team (Community Assistance Response and Engagement)

845-517-0400 or toll-free at 1-844-255-BHRT (2478) 24/7 <http://www.rocklandhelp.org/>

CARE Team

Short term home and community support for children struggling with behavioral and mental health difficulties, ages 0-21, Open 365 days/year
845-517-0400 or toll-free at 1-844-255-BHRT (2478) 24/7

Rockland Paramedic Services Home Based Crisis Intervention

The Home-Based Crisis Intervention Program is a clinically oriented program with support services by a MSW or Psychiatric Consultant which assists families with children in crisis by providing an alternative to hospitalization. Families are helped through crises with intense interventions and the teaching of new effective parenting skills. The overall goal of the program is to provide short-term, intensive in-home crisis intervention services to a family in crisis due to the imminent risk of their child being admitted to a psychiatric hospital. The target population for the HBCI Program is families with a child or adolescent ages 5 to 17 years of age, who are experiencing a psychiatric crisis so severe that unless immediate, effective intervention is provided, the child will be removed from the home and admitted to a psychiatric hospital. Families referred to the program are expected to come from psychiatric emergency services.

Rockland County Department of Social Services

- Adolescent Services/Family Services/Preventive-all voluntary and anyone can make a referral with parents permission
845-364-3050
- Multi-Systemic Therapy (MST)
Evidenced based therapeutic service for youth/families with involvement in the justice system or at risk of becoming involved
845-364-3050
- Partial Hospital Program (PHP)
 - Astor Services for Children and Families 845.871.1000
 - School day length program for students pre/post hospitalization
 - Includes schooling, intensive 1:1 group and family therapy
 - Short term (4-6 weeks)
 - Located at the BOCES BERC building in Nyack

The Rockland County Partnership for Safe & Healthy Youth Center

BOCES Educational Resource Center (BERC)
131 N. Midland Avenue
Nyack, New York 10960
(845) 405-4180 (Referrals)

American Rescue Plan**Help with Child Tax Credit**

https://campaignforamericaschildren.com/?utm_source=redirect&utm_medium=vid&utm_campaign=myrescueplan_org&utm_id=orp

Child Abuse Hotline

1-800-422-4453

Domestic Crisis 24 hour Hotline

1--888-438-8700

Domestic Violence 24 hour Hotline

1-888-298-7233

Love Shouldn't Hurt Hotline (Domestic Violence)

1-800-621-4357

Sanctuary Runaway Hotline

1-800-786-2929

National Eating Disorders Association

1-800-931-2237

<https://www.nationaleatingdisorders.org/>

Family Services:**Saint Dominic's Family Services- Youth Behavioral Health Information and Referral Line**

Family Peer Advocates can help answer questions about behavioral health resources in the community

Phone: 833-YOUTH BH, 833-968-8424

Greater Mental Health Association of Westchester/Rockland County

845-267-2172

<https://greatermentalhealth.org/about/>

NAMI (National Alliance on Mental Illness)

Phone: Rockland Helpline-845-359-8787

Email: info@namirockland.org

www.namirockland.org

NAMI Rockland Family Peer Support Services

Supports for families with a child experiencing emotional or behavioral health concerns

<https://www.nami.org/Ho>

Phone: 845-359-8784

Email: familysupport@namirockland.org

Affordable Connectivity for WIFI

<https://www.fcc.gov/acp>

Grief Support:

Hospice

845-634-4974

<https://unitedhospiceinc.org/>

Cavalry hospital

(646) 739-1005

free support group for grief

<https://www.calvaryhospital.org/patients-families/bereavement-department-welcome/>

Support for Children

<https://www.calvaryhospital.org/patients-families/bereavement-department-welcome/childrens-bereavement-support/>

Bereavement Resources

<https://www.calvaryhospital.org/about/bereavement-resources/>

Rockland Jewish Family Services

Carol King, LCSW, 845-354-2121 x142

<https://rjfs.org/mental-health-wellness/bereavement-support/>

Conducting an After Shiva group for those grieving spouses or life partners.

Substance Use Treatment:

Outpatient Clinics

- Achieve Behavioral Health (Monsey, Airmont, Pomona) 845.425.5252
Medicaid, managed care and many private insurances
- Alley Valley [\(845\) 351-0300](tel:8453510300)
 - Medicaid, managed care, private insurances on a case by case basis
- Frawley Clinic (Suffern) [845.368.5000](tel:8453685000)
 - Medicaid, managed care and many private insurances
- MHA Westchester (Haverstraw/Nyack) 914.266.2922
 - Medicaid, managed care, private insurances on a case by case basis
- VCS (New City) [\(845\) 634-5729](tel:8456345729)
 - Medicaid/managed care, or sliding scale. Also volunteer counselors

Substance Use Programs for Adolescents

- Daytop 845-353-2730
- Lexington Center for Recovery (Haverstraw/Airmont) 833.515.4673
- RCADD (prevention) [\(845\) 215-9788](tel:8452159788)
- CANDLE (prevention) [\(845\) 634-6677](tel:8456346677)

Food Resources:

[CCSD Food Resources](#)

[Find Meals for Kids When Schools are Closed | USDA-FNS](#)

[Rockland Community Against Hunger](#)

[People to People Food Pantry](#)

[Find Food](#)

Housing Resources:

[Find Housing](#)

[Helping Hands](#)

[Emergency Rental Assistance](#)

[Homeless Shelter Directory](#)

LGBTQ+ Support:

The Rockland County Pride Center

<https://rocklandpridecenter.org/>

Rockland PFLAG

845-202-1620

<https://pflag.org/chapter/pflag-rockland-county>

The Trevor Project

<https://www.trevorspace.org/>

Mental Health Services:

Astor Services - Partial Hospitalization Program

(845) 405-4146

<https://www.astorservices.org/program/hudson-valley-adolescent-partial-hospitalization/>

Four Winds Hospital

1-800-528-6624

<https://www.fourwindshospital.com/>

High Focus Centers

1-800-877-3628

[High Focus Centers](#)

Volunteer Counseling Services

845-634-5729

<https://vcs-inc.org/>

PM Pediatrics Behavioral Health

<https://pmpediatriccare.com/behavioral-health/>

Handspring Behavioral Health

<https://www.handspringhealth.com/>

Charlie Health Mental Health (Remote)

<https://www.charliehealth.com/>

Self Help Support Groups:**Al-anon/alateen (support for family/friends of a substance abuser):****Rockland County Al-Anon Information Service**

PO Box 127

Thiells NY 10984

Work Phone: (845) 727-2050

Work Email: rc_ais@yahoo.com

Website: <http://www.rockland-al-anon.org>

AlcoholicsAnonymous:

<https://rocklandnyaa.org/rockland-county-virtual-meetings/>

Marijuana Anonymous:

<https://marijuana-anonymous.org/find-a-meeting/>

Narcotics Anonymous:

<https://na.org/>

Overeaters Anonymous:

<https://oa.org/find-a-meeting/?type=0>

Multilingual Resources:**Proyecto Faro**

Immigrant-led organizing & solidarity for immigrants in Rockland County, NY

<https://proyectofarorockland.org/resources/>

United We Dream

<https://unitedwedream.org/>

We Have Rights Website

<https://www.wehaverights.us>

Catholic Charities Immigration

78 Hudson Ave
Haverstraw, NY 10927
(845) 942-5791

Worker Justice Center of New York

(845) 331-6615

9 Main Street
Kingston, NY 12401
Immigration, Civil Rights and Employment

My Sisters' Place

(914) 683-1333

1 Walter Street
White Plains, NY 10601
Immigration, Divorce, Domestic Violence and Family

Rockland Legal Services

7 A Perlman Drive
Spring Valley, NY 10977
(845) 476-3831

MEDICAL CARE WITH TRANSLATORS:**JAWONIO/Cornerstone HealthCare**

260 N Little Tor Road
New City, NY
(845) 999-3060

Yeager Health Center - Internal Medicine/Podiatry/Audiology/Dental/Behavioral

50 Sanatorium Road
Pomona, NY 10970
(845) 364-2000

SunRiver HealthCare (All Medical Services)

31 West Broad Street
Haverstraw, NY 10927
(845) 429-4499