

YOUR GUIDE
to
MENTAL HEALTH
&
ADDICTION SERVICES



in and around Columbia County, NY

MENTAL HEALTH SERVICES

Columbia County Department of Human Services (CCDHS)

325 Columbia Street, Suite 300, Hudson, NY 12534

Phone: (518) 828-9446

Fax: (518) 828-8098

Objectives: To develop and maintain a coordinated integrated continuum of services which permits all individuals to reach their personal potential and live their lives with dignity and independence.

Services provided: See below.

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Mental Health Clinic (with satellite locations throughout the county)

Phone: (518) 828-9446

Fax: (518) 822-8096

Services provided: Individual and group therapy for the residents of Columbia County. In addition, we offer psychiatric evaluations and medication management. Children and family services provided at satellite locations throughout Columbia County. Contact the Mental Health Clinic for additional satellite information.

Hours: Monday, Tuesday, and Friday: 8 am – 5 pm.; Wednesday and Thursday: 8:00 am – 7:00 pm; Crisis Line – 24 hours: (518) 828-9446.

Target population: Ages 5 and up.

Eligibility criteria: Must be a resident of Columbia County.

How to apply for services: Call 828-9446 and ask to schedule an intake assessment.

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Mental Health Center Care Coordination Services

Contact: John Lyons, Child and Adult Care Coordination Services Director

Phone: (518) 828-9446 ext. 2246; **Fax:** (518) 828-9450; **Email:** jlyons@columbiacountyny.com

Services provided: Comprehensive Case Management, Care Coordination and Health Promotion, Comprehensive Transition Care, Patient and Family Support, Referrals to Community and Social Support Services.

Hours: Monday, Tuesday & Friday: 8 am – 5 pm.

Target population: Adults and children.

Eligibility criteria: Adults: serious mental health condition or HIV/AIDS or two chronic conditions including physical, mental health or substance use disorders. Children: mental health needs.

How to apply for services: Contact the Child and Adult Care Coordination Services Director

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CCDHS Single Point of Access (SPOA)-Children

Contact: Susan Whittaker, Children’s Single Point of Access (SPOA) Coordinator

Phone: (518) 828-9446 ext. 1230; **Fax:** (518) 822-8096; **Email:** susan.whittaker@columbiacountyny.com

Services provided: Facilitate a Level of Care meeting with the SPOA Team, which is made up of case management representatives and family support agencies, family members and the identified youth, if age appropriate. Determine if case management is appropriate and what level of care would be helpful.

Hours: Monday – Friday, 9 am – 5 pm.

Target population(s): Youth with a mental health diagnosis (also having behavioral problems) which is interfering with their success at home, at school or in the community.

Eligibility criteria: Mental health diagnosis.

How to apply for services: Contact SPOA Coordinator for an application.

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CCDHS Single Point of Access (SPOA)-Adults

Contact: John Lyons, Adult Single Point of Access (SPOA) Coordinator

Phone: (518) 828-9446 ext. 2246; **Fax:** (518) 822-8096; **Email:** john.lyons@columbiacountyny.com

Services provided: The Adult SPOA Program helps connect specially identified applicants to the most appropriate residences and services. The goal is to remove barriers to successful community living for adults with serious mental illness.

Hours: Monday -- Friday, 9 am -- 5pm.

Target population(s): Adults with serious mental illness who need assistance accessing residential and community services.

Eligibility criteria: Adults with a serious mental illness.

How to apply for services: Contact SPOA Coordinator for an application.

Mental Health Association of Columbia-Greene Counties

713 Union St., Hudson, NY 12534

Phone: (518) 828-4619

Fax: (518) 828-1196

Website: www.mhacg.org

Services provided: Residential services, recovery services, clinical services, supported employment, supported education, day programs, peer support, case management, school based services, crime victim services, health home care coordination and mentoring.

Hours: Office: Monday—Friday, 9 am – 5 pm; specific programs have varied hours.

Target population: Adults with mental illness; homeless; children and families; crime victims.

Eligibility criteria: Based on program.

How to apply for services: Based on program.

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Mobile Crisis Assessment Team (MCAT)

Phone: (518) 943-5555

Website: None

Services provided: Phone assessments and consultation; on-site face to face mental health assessments; referrals to available services; follow up from psychiatric hospitalizations; wellness calls and visits when someone is concerned

Hours: 7 days/week; Noon-8pm

Target population: Individuals or family/caretakers of individuals who appear to be in a mental health crisis situation.

Eligibility criteria: Resident of Columbia or Greene county

How to apply for services: Call phone number provided above. Anonymous calls accepted.

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Apogee Center

160 Fairview Avenue, Suite 232. Hudson, NY 12534

Phone: (518) 697-0976

Website: <http://www.apogeecenter.org>

Email: apogeecenter@mhacg.org

Facebook: Apogee Center

Services provided: Apogee Center in Hudson offers an array of mental health services and support to adults to ensure recovery for people living with mental illness, including peer-to-peer services and Wellness Recovery Action Plan services. Our services are confidential and free of charge.

Target population: We assist people from all walks of life, who may be experiencing the stigma of being mentally ill or struggling with mental health issues

National Alliance on Mental Illness (NAMI)-Columbia County

P.O. Box 269, Valatie, NY 12184

Phone: (518) 336-0246

Contact: Pat Anders, President

Facebook: NAMI Columbia County, NY

Local Meetings: Chatham (1st Friday of the month, Chatham Chiropractic Office).

Services provided: Education and support for families and individuals affected by mental illness in Columbia County. Advocacy at the family, county, and state level for proper treatment of those with mental illness.

Hours of operation: Check website for local meetings and events

Target population: Individuals and families in Columbia County affected by mental illness.

How to apply for services: Contact President for more information.

Columbia Memorial Hospital-Inpatient/Outpatient Psychiatric Services

71 Prospect Ave, Hudson, NY 12534

Phone: (518) 828-7601

Website: <https://www.columbiamemorialhealth.org/psychiatry/>

Services Provided: Inpatient acute psychiatric care. Outpatient psychiatric services offered in Hudson (71 Prospect Avenue, 5th floor) and Catskill (Greene Medical Arts Building, 159 Jefferson Heights, Suite C-104)

Hours: Monday-Friday, 9am-4pm, with additional evening hours (Outpatient)

Four Winds Hospitals

30 Crescent Ave, Saratoga Springs, NY 12866

Phone: (518) 584-3600

Website: www.fourwindshospital.com

Services Provided: Inpatient and outpatient mental health services for children (age 5+), adolescents, and adults.

Hours: Referrals can be made 24/7.

Local Private Clinicians who specialize in Mental Health/Substance Use Issues:

Dr. Ellen Forman, PhD

430 E Allen St., Hudson

(518) 828-7400

Florence Meyers, LCSW

808 Warren St., #1, Hudson

(518) 828-1122

Adam O'Brien, LMHC, CASAC

Trauma Therapist (EMDR-PC trained)

Chatham, NY

(518) 573-2925

mutualarisingcounseling@gmail.com

ADDICTION SERVICES

Twin County Recovery Services, Inc.

350 Power Avenue; PO Box 635; Hudson, NY 12534

Phone: (518) 751-2083 ext. 320

Fax: (518) 751-2086

Website: www.twincountyrecoveryervices.org

Services provided: Outpatient clinics (addiction medications, including Vivitrol and Suboxone prescribed), community residences, community prevention, Drinking Driver Program, Jail Addiction Counseling Services (at Columbia County Jail).

Hours: Vary depending on program. Outpatient: Monday – Friday, 8 am – 7 pm.

Target population: Individuals with alcohol and substance abuse problems.

Eligibility criteria: Diagnostic.

How to apply for services: Call or stop in

Alcoholics Anonymous

Columbia County Answering Service: (518) 463-0906; Greene County Answering Service: (518) 625-2002;

Capital District Central Office: (518) 463-0906

Website: www.aa.org

Local Meetings: <http://meetings.aahmbny.org/index.php>

Services Provided: Alcoholics Anonymous is a fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.

Narcotics Anonymous

Phone: ABCD Regional Helpline (888) 399-5519

Website: www.na.org

Local Meetings: <http://abcdrna.org/list-search/>

Services Provided: NA offers recovery from the effects of addiction through working a 12-step program, including regular attendance at group meetings. Group meetings provide help from peers and offer an ongoing support network for addicts who wish to reach and maintain a drug-free lifestyle.

Nar-Anon Family Support Meetings

Website: <http://www.nar-anon.org>

Email: wso@nar-anon.org

Local Meetings: Chatham (Wed at 7pm, Christ Emmanuel Lutheran Church, 19 Park Row, Chatham, NY 12037); meetings in Capital Region also.

Contact: Lori Antonson (518) 858-6124

Services Provided: The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a twelve step program, we offer our help by sharing our experience, strength, and hope.

Al-Anon Family Groups

Website: www.al-anon.org

Email: wso@al-anon.org

Local Meetings: Valatie (Wednesdays, 7pm, St Luke's Lutheran Church); Copake (Wednesdays, 7:30pm, Copake United Methodist Church); Hudson (Sundays, 7pm, Christ Church). Find other local meetings here: <http://al-anon.info/MeetingSearch/Al-AnonMeetings.aspx?language=EN>

Services Provided: Provide understanding and support to friends and families of problem drinkers.

Friends of Recovery-NY (FOR-NY)

1529 Western Ave., Albany, NY 12203

Phone: (518) 487-4395

Website: www.for-ny.org

Email: familyrecovery@for-ny.org

Services Provided: Friends of Recovery – New York (FOR-NY) is a statewide Recovery Community Organization (RCO) working on behalf of thousands of individuals and families in New York to educate decision makers and the public about addiction recovery. We are dedicated to ending discrimination and removing barriers to treatment, housing, and employment; and we support the expansion of recovery support services for individuals and families.

Young People in Recovery--Hudson Chapter

360 Solaris, Warren St., Hudson, NY 12534

Phone: (720) 600-4977

Email: yprhudson@gmail.com

Contact: Eushabell Rodriguez

Website: www.youngpeopleinrecovery.org

Facebook: YPR-Hudson, NY

Services Provided: Local chapters support young people in or seeking recovery by empowering them to obtain stable employment, secure suitable housing, and explore continuing education. Chapters also advocate on the local and state levels for better accessibility of these services and other effective recovery resources.

Hours: Check Facebook page for local workshops, support groups, meetings.

Councils on Addiction of New York State (CANYS)

Columbia/Greene Council: Twin County Recovery Services

350 Power Ave., Hudson, NY 12534

Phone: (518) 751-2083

Website: www.canys.net/councils.htm **Email:** BethS@twincountyrecoveryservices.org

Services Provided: CANYS is an organization of prevention, education, treatment and intervention agencies throughout NYS that meets to address concerns and issues that affect residents of NYS.

Catholic Charities of Columbia and Greene Counties

Columbia Co.: 431 East Allen Street, Hudson, NY 12534

Phone: (518) 828-8660

Greene Co.: 66 William Street, Catskill, NY 12414

Phone: (518) 943-1462; **Fax:** (518) 828-4016

Email: info@cathcharcg.org

Website: www.catholiccharitiescg.org

Services provided: Alcohol and Substance Use Prevention Program (school-based); provide information and referral services.

Hours: Monday, Tuesday, Thursday, and Friday, 8:30 am - 4 pm; Wednesday, 11 am – 7 pm; other hours vary by program.

Target populations: Poor and vulnerable children and families.

Eligibility criteria: Varies by Program.

How to apply for services: Call 828-8660.

NYS Office of Alcoholism and Substance Abuse Services (OASAS)

1450 Western Ave., Albany, NY 12203-3526

Phone: (518) 473-3460; Website: www.oasas.ny.gov

Services Provided: Oversees state-run treatment centers. Provides guidance, oversight, advocacy for persons affected by alcohol and/or substance use.

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OASAS HopeLine

Phone: (877) 8HOPENY or (877)-846-7369

Services Provided: Offering help and hope 24 hours a day, 365 days a year for alcoholism, drug abuse and problem gambling. Crisis and motivational interviewing for callers in need; referrals to more than 1,500 local prevention and treatment providers; 48 hours call back to those who wish to be contacted; multi-lingual. All calls are confidential.

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OASAS Bed Availability Dashboard

Website: <https://bi1.oasas.ny.gov/analytics/saw.dll?Dashboard>

Purpose: Search bed availability using a single criteria or any combination of county, city, organization, gender and age group. Residential only, not outpatient.

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OASAS Provider Directory Search

Website: https://www.oasas.ny.gov/providerDirectory/index.cfm?search_type=2

Purpose: Online database of all Certified Providers, searchable by Region, County, Zip Code and Program Type.

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OASAS Regional Field Office Staff

Website: www.oasas.ny.gov/pio/regdir.cfm

Purpose: Directory of 11 OASAS Field Staff Offices, including contact information and address.

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State-Operated Addiction Treatment Centers (ATCs)

Website: <https://www.oasas.ny.gov/atc/index.cfm>

Purpose: Admission Criteria, full list of 12 ATC's, including address, list/link to catchment area map and contact info.

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Level of Care for Alcohol and Drug Treatment Referral

Website: <https://www.oasas.ny.gov/treatment/health/locadtr/index.cfm>

Purpose: Web-based tool used by substance abuse treatment providers, Medicaid Managed Care plans, and other referral sources to determine the most appropriate level of care for a client with a substance use disorder.

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OASAS Guide to Accessing Treatment for Individuals & Families Seeking Support

Website: <https://www.oasas.ny.gov/treatment/index.cfm>

Purpose: View 10 brief educational videos below that provide general information about navigating the substance use disorder system of care. This video series describes the types of substance use disorder treatment services available and answers common questions individuals and families may have about treatment and recovery.

Chatham Cares 4 U Outreach Initiative Program

Chatham Police Department

Village Hall, 77 Main St., Chatham, NY 12037

Services Provided: In partnership with the Police Assisted Addiction Recovery Initiative, Chatham Cares 4 U encourages residents struggling with substance use to walk into the police station, turn over their drugs and ask for help. Instead of being charged, individuals will be placed into a drug treatment program regardless of financial means and/or insurance coverage. Participants will be assigned a volunteer to assist and guide them throughout the recovery process.

Stable Solutions, LLC: Equine Assisted Growth & Learning

Old Chatham, NY (Services provided at Kinder Farm, Kinderhook, NY)

Phone: (631) 796-7744

Email: stablesolutionsllc@gmail.com

Website: www.stablesolutions.org

Services Provided: Equine assisted therapy and equine assisted learning for adolescents and adults who desire a unique and motivating source for personal growth. Individual and group sessions offered, as well as workshops.

Local Practitioners with Substance Use Disorder Specialty:

Marilyn Miller, NP

Columbia Memorial Health 71 Prospect Ave.,

Hudson, Medical Office Bldg-Suite 130

(518) 697-3540

Dr. William Murphy

Chatham-Ghent Family Care

31 Dardess Drive, Chatham

(518) 392-6650

Dr. Robert Klein

Columbia Memorial Addiction Services

71 Prospect Ave., Hudson, Medical Office Bldg-

Suite 240

(518) 697-3582

The Healthcare Consortium

325 Columbia St., Suite 200, Hudson, NY 12534

(518) 822-8820

Website: www.columbiahealthnet.org

Services Provided: The Healthcare Consortium helps residents in Columbia and Greene Counties to get and stay healthy by increasing their access to healthcare services. Services include: Assistance enrolling in health insurance, including Medicaid, Child Health Plus and the Essential Plans, help getting low or no –cost prescription medications; information about long-term services and supports; and, non-emergency medical transportation (Columbia County residents only).

Capital District/Mid-Hudson Addiction Service Options:

St. Peter's Addiction Recovery Center (SPARC)

3 Mercycare Lane, Guilderland, NY

Phone: (518) 452-6700; Website: www.sphcs.org/addictionrecoverysparc

Services Provided: Medical detox offered at St. Peter's hospital in Albany. Outpatient services available for those ages 18+ in six facilities (located in Albany, Schenectady and Saratoga counties). Inpatient treatment available at Guilderland location. SPARC also operates a men's community residence in Albany county. Adolescents (age 13-18) can seek treatment at one of four different outpatient facilities (Latham, Cohoes, Saratoga Springs, Schenectady).

Conifer Park

79 Glenridge Rd., Glenville.

Phone: 1-800-989-6446; Website: www.coniferpark.com/

Services Provided: Medical detox and crisis intervention services. Inpatient rehab programs (separate women's program as well). Outpatient services offered at six clinics: Schenectady, Troy, Glens Falls, Rochester, Syracuse, and Plattsburgh. Adolescent program available at Arms Acres location (www.armsacres.com).

Cornerstone of Rhinebeck

91 Serenity Hill Rd., Rhinebeck.

Phone: (845) 266-3481; Website: www.cornerstoneny.com

Services Provided: Cornerstone offers Inpatient rehab and medical detox. 24 inpatient units that operate 24/7.

Mid-Hudson Addiction Recovery Centers, Inc. (MARC)

51 Cannon St., Poughkeepsie.

Phone: (845) 452-8816; Website: www.marc.us.com

Services Provided: Crisis Center offers inpatient non-medical detox. Bolger House is a 24-bed men's residence. Florence Manor is a 24-bed female residence. Dowling House is a co-ed, 12-bed, supported housing environment.

HealthAlliance of the Hudson Valley (Benedictine Hospital)

105 Mary's Avenue, Kingston.

Phone: (845) 338-2500; Website: www.hahv.org/find-care/services/addiction-recovery/

Services Provided: Medical Detox, Inpatient Addiction Treatment Program, and Inpatient Rehab offered in hospital setting. Outpatient treatment offered at Bridge Back of Kingston (Benedictine) Hospital in two locations: Kingston and Saugerties (845-943-6091).

Samaritan Daytop Village

Administrative Headquarters: 138-02 Queens Blvd., Briarwood.

Phone: (718) 206-2000 or 1-800-532-HELP (4357); Website: www.samaritanvillage.org

Services Provided: In late 2015, Daytop Village, Inc merged with Samaritan Village. All levels of care provided. Long term residential treatment programs in Ellenville and Rhinebeck.

St. Mary's Healthcare Addiction Services

427 Guy Park Avenue, Amsterdam.

Phone: (518) 841-7325; Website: www.smha.org/our-doctors/addiction-services

Services Provided: Medical alcohol detox provided at St. Mary's hospital in Amsterdam. 24/7 crisis hotline (842-9111). Inpatient rehab (St. Joseph's Hall) at St. Mary's hospital location (841-7325). Opioid treatment, including Methadone Maintenance Treatment Program (843-4410). Outpatient clinic services including services for dually diagnosed (843-4410). Evening rehab offer intensive alcoholism treatment four evening/week, allowing a person in treatment to maintain employment (843-4410).

Richard C. Ward Addiction Treatment Center

117 Seward St., Suites 12-16, Middletown.

Phone: (845) 341-2500; Website: www.addicted.org/directory/item/rc-ward-addiction-treatment-center-inpatient-rehabilitation-unit.html

Services Provided: A 60- bed, NYS-operated, inpatient facility offering innovative treatment and services to aid in the recovery of addicts and their families. Ward ATC offers Acupuncture Services, a Specialized Women's Track, Dual Recovery Groups, and a new creative arts program called Innervations to help addicts express feelings in healthy ways. Serves a 10-county area including Columbia and Greene.

McPike Addiction Treatment Center

1213 Court St., Utica.

Phone: (315) 738-4600; Website: www.oasas.ny.gov/atc/mcpike/general.cfm

Services Provided: A 68-bed, NYS-operated inpatient facility providing a proven individualized program of recovery for adult men and women who have a chemical addiction. Serves 16 counties, including Columbia and Greene.

Hudson Mohawk Recovery Center

743 Columbia Turnpike, East Greenbush.

Phone: (518) 477-7535; Website: www.hmrecovery.net

Services Provided: Offers a continuum of care, including both outpatient and residential programs. Outpatient services offered at Troy, Hoosick Falls, and East Greenbush sites. Outpatient intensive evening and intensive day programs available in Troy. Outpatient services for adolescents offered at all three sites. Residential services offered for men and women.

Hope House, Inc.

573 Livingston Ave., Albany.

Phone: (518) 482-4673; Website: www.hopehouseinc.org

Services Provided: Bette Center is a 35-bed, co-ed, long-term residential intensive treatment program (261 N. Pearl St., Albany. 465-2441). Hubbard Centers are clinically-intensive residential communities for adolescents age 13-21 (573 Livingston Ave., Albany. 452-0001 (boys). 486-8965 (co-ed)). Outpatient services located at 747 Madison Ave., Albany (427-8207). Women and children's supportive 'halfway house' located at 890 Madison Ave., Albany (453-8351).

The Addictions Care Center of Albany (ACCA)

90 McCarty Ave., Albany.

Phone: (518) 465-5470; Website: www.theacca.net

Services Provided: Outpatient services offered including day rehab, a medically-supervised outpatient program, and an evening program (1044 Broadway Ave., Albany. 434-2367). Community residences offered for men and women who are in early to later stages of recovery (434-8083).

New Choices Recovery Center

302 State St., Schenectady.

Phone: (518) 346-4436; Website: www.newchoicesrecovery.org

Services Provided: Outpatient and residential services provided.

Capital City Rescue Mission

259 S. Pearl St., Albany.

Phone: (518) 462-0459; Website: <http://www.capitalcityrescuemission.com>

Services Provided: Free shelter, clothing, food (3 meals/day, 365 days/yr), clothing provided to residents in need. Addiction recovery program as well. Residents who participate in addiction recovery program are sheltered 9 months - 1 year.

St. Joseph's Addiction Treatment Center

91 Woodruff St., Saranac Lake.

Phone: (518) 891-3950 or (877) 813-8647; Website: <http://www.stjoestreatment.org>

Services Provided: Inpatient and outpatient treatment and aftercare services offered to men, women, teens and their families, veterans in several locations in NYS.

This guide was compiled by the Healthcare Consortium,
with support from the Rural Health Network Development Program,
a program of the State Office of Rural Health at the New York State Department of Health.

Suggestions for updates and additions can be submitted to the Healthcare Consortium
at any time by writing us at the following:

325 Columbia St., Suite 200, Hudson, NY 12534

or

ccchc@columbiahealthnet.org

Please note "MH and Addiction Services Guide" in the Attention or Subject lines.



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