DUTCHESS COUNTY HELPING OUR FAMILIES GUIDE 2017



www.co.dutchess.ny.us

Dutchess County Helpline

CRISIS COUNSELING & INFORMATION REFERRALS

Available to all Dutchess County public mental health and chemical dependency services Appointments for assessment can be made for the appropriate clinic in your area

> 24 HOURS A DAY TOLL FREE: (877) 485-9700 CALL OR TEXT 485-9700





Guide prepared by: Enhanced Coordinated Children's Services Initiative Dedicated in memory of Kathy Decker, CCSI Family Advocate



WELCOME TO THE DUTCHESS COUNTY RESOURCE GUIDE

You can use this guide to locate up-to-date community resources for your children and family members. Service providers and other professionals can use this guide to assist families with connecting to community resources.



"Children with disabilities, like all children, are an incredible blessing that bring parents and families much joy and happiness. Having a child with disabilities, however, often causes families to change directions, to travel different roads, to learn new skills, and to redefine priorities." – Understanding Family Support and Opening Doors to the Future: Family Resource Guide

AGENCIES STRIVE TO DELIVER SERVICES THAT ARE:

- Strength-based and family-driven.
- Show respect for children and families.
- Driven by quality and competence
- Value early identification and intervention
- Provide comprehensive services that address all needs.
- Emphasize safety and well-being; we have common goals with our families—we all want what is best for the child.
- Culturally competent based on team work, collaboration and partnership with families.

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Don't forget there is now a general information number you can call in Dutchess County to find out about a broad range of services: "211"

USEFUL TERMS AND DEFINITIONS

ELIGIBILITY – Most services have eligibility requirements. Eligibility may depend on factors such as diagnosis and/or IQ. Children whose disabilities are not easily classified are more likely to fall between the cracks.

DIFFERENT DEFINITIONS OF "CHILD"- Differing State regulations lead to different definitions for what constitutes a minor child and for how long parents are responsible. In criminal justice, a child becomes an adult at age 16. At age 16, a youth may legally drop out of school. However, parents are financially responsible for their children until they reach age 21, meaning that a youth cannot receive public assistance to live independently unless parents contribute child support.

HIPPA- stands for the Healthy Insurance Portability and Accountability Act of 1996. It protects your confidentiality as applied to PHI (private health information), means the information is not made available or disclosed t unauthorized persons or processes.

MANDATED REPORTER- New York State and the New York State Child Protective System recognize certain professionals as holding the important role of mandated reporter of child abuse or maltreatment. These professionals can be held liable by both the civil and criminal legal systems for intentionally failing to make a report. Mandated reporters are required to report instances of suspected child abuse or maltreatment only when they are presented with reasonable cause to suspect child abuse or maltreatment in their professional roles.

PARENTAL PERMISSION- Many services require parental permission up to age 18. Some services may be provided in the absence of parental permission (e.g. runaway, homeless, and drug and alcohol services).

PARENTAL RESPONSIBILITY- Parents are often held responsible for the behavior of their children.

SURRENDER OF CUSTODY- If your child must be placed in a residential treatment setting and DCFS is the placing agency, you may be asked to surrender custody as a condition of placement. It is possible that parents are financially responsible for some of the payment for out of home placement.

Things to remember when you seek mental health services:

- <u>Insurance coverage</u>. Check with your insurance company <u>beforehand</u> to find out what kind of mental health coverage you have. Obtain a list of eligible providers or find out the process for qualifying for mental health services with your plan. If there is a co-pay find out if it increases over time, or if there are limits to your coverage (e.g. a limit of 10 sessions). You may need to see your primary care physician for a referral.
- <u>Be specific when discussing your concerns about your child's behavior.</u> Ask when scheduling the appointment or at the first (intake) session if there is a staff member who has expertise in that area.

- Gain knowledge and maintain active participation in your child's treatment. All parents/caregivers have feelings and emotions that are overwhelming when assisting their child in treatment. Seeking treatment is not a failure in parenting. It is like seeking medical attention like you would for an illness. Parents/caregivers of a child born with a disability often go through grief, shock, and denial. They may minimize the situation and then experience an overwhelming sense of guilt and failure. These are stresses in their lives that they hope and expect that the mental health professional, as the expert, will be able to "fix" their child. Even if your child receives excellent counseling services, he or she is with the family or in school much more of the time. Families themselves often need to change their rules and learn new ways of working together, in order to help the child. Be sure to ask your child's counselor for advice with any behavior management issues you have at home.
- <u>Medication</u>. There are many effective medications for a variety of mental health and behavioral problems from depression to hyperactivity. Every child responds differently. The prescribing physician will explain the benefits and risks of medication and any side effects. Medication often takes time to reach a therapeutic level.

CHILD DEVELOPMENT INFORMATION

Behavioral Health in Early Childhood

Behaviors in early childhood which create concerns for parents may still be age-appropriate (e.g. temper tantrums ages 2-3, sexual curiosity, and occasional bed-wetting after toilet training is completed, etc.). Children who have been exposed to violence, family disruption or other trauma are more likely to display problematic behaviors.

Bed wetting - If your child is wetting the bed <u>twice per week for at least 3 consecutive months</u> and this causes significant stress in other areas of functioning (social, at school, e.g.) then it should be flagged as a time to take action. Check with your pediatrician to rule out a medical condition. If this is ruled out, it is likely that some psychological factors are involved.

School Avoidance - School avoidance is a young child's irrational *fear* of going to school. It is to be distinguished from a child who does not want to go to school or who is skipping school to hang out with friends. In some cases, the child may have specific fears of something (e.g. bullies, academic demands). Sometimes the child is not so much afraid to go to school as afraid to leave home due to worry about what may happen to a parent when the child is gone (e.g. fear of parental illness (physical or mental); fear of parental incapacity due to substance abuse; fear of domestic violence). It is important to talk to your child to better understand the fear as well as to the teacher who may have a different view of the problem. The teacher may be extremely helpful in working out a plan to help your child feel more comfortable and less anxious about being in school. The school may ask you to talk to the school psychologist or social worker about your concerns.

Sexual behaviors - in children can range from normative behaviors to sexually harmful behaviors. Some behaviors may include: masturbation, interest in seeing or touching other children's body parts, "flashing" one's genitals, watching pornography, or more serious sexually harmful behaviors.

Sexually harmful behaviors - may result from curiosity, a child having been exposed to the sexual behavior of adults or the internet, or from having been a victim of sexual abuse. There are many possibly reasons why a youth may engage in these behaviors and it is necessary to have an evaluation determine the best course of action.

- There is specialized treatment for youth who cause sexual harm. The specialized treatment includes safety planning, individual treatment, family treatment, sexual health curriculum, and skills building.

Cruelty to animals - If your child exhibits cruel or excessively punitive behavior towards animals, it is important not to dismiss or ignore it. This behavior may be coupled with other behaviors, such as anger, threatening behavior toward others, physical fights, stealing, destructiveness and lying. This behavior may be a one-time event for your child or could be part of a more persistent pattern.

Aggressive behavior - Aggressive behavior can be observed in physical or verbal attacks on others. Younger children may display aggression by hitting or yelling at playmates and being destructive with toys or school supplies. Youth may engage in physical fighting, bullying, and defiance of authority or delinquent acts.

Steps you can take to assist your child(ren):

- See your pediatrician. Your child's doctor knows your child and is the first person to consult with your concerns.
- Seek help from a children's mental health professional.

Astor Dutchess County Counseling Centers 845-486-9700 Walk-ins Welcome from 9am - 2pm Astor Counseling Centers provide counseling, psychiatric services and care management to children and adolescents (ages 2-21) and their families.

Gain knowledge and support for yourself. Many parents and caregivers are helped by attending parenting skills programs. Caring for a child with special needs can be extremely demanding. Family support groups are available for families coping with emotional disabilities (Mental Health America 845-473-2500) or developmental disabilities (Taconic DDRO Family Support Coordinator 845-471-9226). See Family Education, page 25.

Behavioral Health in Middle Childhood

Anxiety Disorders - Emotional disorders characterized by unrealistic and/or excessive fear and worry, decreased concentration and memory, indecisiveness, irritability, impatience, anger and sleep disturbances. The list includes: Generalized Anxiety disorder, Panic Disorder, Phobic Disorder, Acute Stress Disorder, PTSD and Obsessive-Compulsive Disorder. *Post-traumatic Stress Disorder* is the development of behaviors or symptoms following an extreme traumatic stressor. Events experienced by others that may be traumatic for a child include: personal assault, serious accident or injury to a close family member or friend; sudden death of a family member or close friend. Children who have been exposed to domestic violence are also vulnerable to becoming traumatized.

Depression - Depression refers to a group of emotional disorders characterized by, sadness, discouragement, despair, pessimism about the future, reduced activity and productivity, sleep disturbance or excessive fatigue and feelings of hopelessness. In childhood, depression can look different from the way it manifests in adults. Instead of appearing sad, a child may be irritable, agitated or cranky. There may be a loss of interest in friends, games or sports, which previously were a source of pleasure. School performance may suffer. Again, there are many effective treatments for depression, all of which start with an evaluation by a mental health professional.

Non Suicidal Self-Injury - Cutting, scratching, or pinching skin enough to cause damage. Banging or punching, burning skin or pulling out large amounts of hair. Self-harm can be completed so that the person escapes unbearable emotional pain and to relieve the tension.

Suicidal Thoughts and Gestures - Threats of suicide should always be taken seriously. If your child is making statements like "life stinks" or "I hate life", it may not be intent to commit suicide, but it deserves further discussion. Substance abuse is often a factor that increases feelings of hopelessness, or removes the barriers to acting on suicidal thoughts.

Suicidal Ideation – Suicidal ideation refers to the serious contemplation of suicide or thought patterns that lead to killing yourself. If a child expresses a desire to die, they need an evaluation by a mental health professional. If your child has a plan to kill themselves or has attempted suicide in the past; it is important that the child not be left alone and regardless of the child's intentions, emergency help must be sought.

- 911 if an injury is life-threatening
- Dutchess County's 24 hour Helpline (845-485-9700) can provide assistance and/or Mobile Crisis services.
- Mid-Hudson Regional Emergency Department for mental health assessment.

Chemical Dependency (Drug/Alcohol Abuse) - Children may use drugs or alcohol in an attempt to diminish the stress of family or school concerns. Underage drinking and drug use are both against the law, however many families and peer cultures permit or encourage substance use as acceptable teen behavior. We know that the younger a child is when they begin to use alcohol or drugs; the more likely they are to be impaired by substance use.

If a child's behavior or school performance is declining and a parent is suspect of substance abuse, there are counselors professionally trained in diagnosing and treating substance abuse and dependence.

Conduct Disorder - The child may demonstrate aggression toward people and animals, repeated physical fighting, initiate fighting, use of weapons, stealing, destruction of property, deceit and repeated lying to obtain something. The child frequently breaks rules at home and in school.

Oppositional Defiant Disorder - The child is often spiteful, refuses to follow rules, and blames others rather than taking responsibility for their own behavior.

A key to addressing these concerns is helping parents to find effective methods for addressing the behaviors with consistent rules and consequences. Another key element in addressing oppositional or anti-social behavior is ensuring that all adults who interact with your child are consistent in setting limits and imposing consequences for behavior that is unacceptable.

Eating Disorders - If you have noticed distinct differences in your child's eating patterns, it is important to talk to your child about what is going on.

Anorexia Nervosa - Anorexia is diagnosed when an individual is underweight and using extreme weight-loss strategies. A key element is that the teen exhibits a significant disturbance in the perception of the shape or size of their body. Signs of anorexia may be: very restricted diet of low calorie foods, excessive exercise, frequent weighing, obsessive measuring of body parts, skipped menstrual cycles, medical problems such as anemia or dehydration, fatigue or even excess energy.

Bulimia - Bulimia is a disorder defined as consumption of an abnormally large amount of food in a very short period of time. Often the food is very high in calories. In an attempt to compensate for the weight gain, the individual attempts to rid themselves of the food through purging or through the use of laxatives and diuretics.

Binge Eating – Is a disorder when a person has recurrent episodes of eating an unusually large amount of food in a short period of time. These binges occur at least twice per week over 6 months. They feel disgusted, distressed, and ashamed over their actions.

Attachment Disorder - Children with attachment disorders or other attachment problems have difficulty connecting to others and managing their own emotions. This results in a lack of trust and self-worth, a fear of getting close to anyone, anger, and a need to be in control. A child with an attachment disorder feels unsafe and alone. Attachment disorders are the result of negative experiences in this early relationship. If young children feel repeatedly abandoned, isolated, powerless, or uncared for—for whatever reason—they will learn that they can't depend on others and the world is a dangerous and frightening place.

Reactive Attachment Disorder (RAD) - Children with reactive attachment disorder have been so disrupted in early life that their future relationships are also impaired. They have difficulty relating to others and are often developmentally delayed. Reactive attachment disorder is common in children who have been abused, bounced around in foster care, lived in orphanages, or taken away from their primary caregiver after establishing a bond.

Transitioning to Adulthood

Family Focus vs. Individual Focus - Youth moving into later adolescence experience a push for greater independence, even when the skills to be independent are lacking. One fact is worth remembering: parents remain legally and financially responsible for their children up to age 21. Youth generally do not become eligible for public assistance as individuals until age 21.

Despite this, in some service systems youth are considered "adult" at an earlier point. For example, in the criminal justice system, a youth at age 16 is charged as an adult and youth as young as 13 charged with a serious crime may be treated as an adult.

In the mental health system, a youth is served in the adult system at age 18, however in the Astor Clinics a child can be served up to the age of 21.

In the education system, a youth must attend school up until at least the age of 16, and in some school districts up to age 18. In NYS, all youth are entitled to a free public education until they obtain a high school diploma or reach the age of 21. A youth with a Developmental Disability can remain in school until age 21.

Once a youth is considered an adult in various service systems, the wishes and input of family members do not have to be considered unless the youth gives written consent. Most adult services assume an individual rather than family focus and many service providers recognize the importance of including family members.

Mental Health Planning - Youth age 18 and over entering the mental health system will enter the adult service system. If the youth is *already* receiving mental health services through the Astor Counseling Centers, they may be continued up to age 21, or until such time as treatment can be concluded or a transition to the adult system has been arranged.

Educational and Vocational Planning - Transition planning - planning for what path a youth will follow upon leaving school should begin at age 15. Schools have guidance staff, however with large student caseloads; a parent must be very persistent in finding out what educational and vocational options are best suited for their child. Although all students are now expected to pass Regents exams to receive a High School diploma, the TASC and other vocational options can provide the youth with basic requirements to enter the job market. School guidance offices, one-stop employment centers and ACCES-VR (Adult Career and Continuing Education Services-Vocational Rehabilitation), all can provide information about eligibility and career planning. For young adults with Developmental Disabilities gaining eligibility with Taconic DDRO will open the door for many more services.

Independent living- Most youth visualize living in an apartment and being able to support themselves. Many of these youth do not earn enough to accomplish this, or else would benefit from basic budgeting, banking and housekeeping skills to make this happen. There are independent living skills programs available in the community (River Haven in Poughkeepsie is one) that can assist.

<u>River Haven Independent Living Support Program</u> (845-454-2300) assist older youth who lack sufficient family support, in meeting their basic needs and preparing for independent living. River Haven also provides supervised transitional housing for up to 10 young people, ages 16-20, who are working toward becoming self-sufficient. Even those who have the skills to live independently may be too young to sign a legally binding lease or may need parental consent to obtain services. Until they master the skills necessary, and are legally responsible for their own affairs, all youth will need some support (both personal and financial) from caring adults.

Adult Single Point of ACCESS [SPOA] – 845-486-3737

Supportive housing for the mentally ill, through the Department of Behavioral & Community Health Young people, age 18 and over, with severe persistent mentally illness and are in need of supportive housing as they enter adulthood may be eligible for housing in a range of residential options. Applicants must be in mental health treatment (contact Helpline at 845-485-9700). Referrals are made through the primary therapist or care manager.

DUTCHESS COUNTY DEPARTMENT OF BEHAVIORAL AND COMMUNITY HEALTH PUBLIC HEALTH NURSING DIVISION

Maternal, Infant, and Child Home Visits

 Public Health Nurses provide skilled nursing services to pregnant and parenting families. Services include health assessments, developmental screening, breastfeeding support, case management, education, and referrals to community resources.

Lead Poisoning Prevention

 Case management, education and follow-up are provided for children and pregnant women with elevated blood lead levels. Referrals may be made for environmental investigation

Breastfeeding Support & Education Center

The Center offers breastfeeding assistance and education by trained lactation staff.
 Breastfeeding support and education services, including classes and individual appointments, are available Monday- Friday 9 AM-5PM. Call 845-486-3419 to schedule.

Children with Special Health Care Needs (CSHCN)

CSHCN is a statewide public health program that provides information and referral services for health and related areas to families of children with special health care needs. These are children from birth to age 21 who are suspected of having or who have a serious physical, developmental, behavioral or emotional condition that require health related services that other children generally do not need.

Physically Handicapped Children's Program (PHCP)

 The CSHCN program offers financial assistance through the Physically Handicapped Children's Program. The program assists families to pay medical bills for children with severe chronic illnesses and /or physical disabilities. Children must live in Dutchess County and meet income eligibility guidelines for conditions covered by the program.

For more information, please call 845-486-3419

ASTOR HEAD START

29 Willow St, Beacon, NY 12508 845-838-9904

6423 Route 55, Wingdale, NY 12594 845-832-3331 11 Park St, Millerton, NY 1254 518-789-3077

30 Benner Rd, Red Hook, NY 12571 845-876-1041 50 Delafield Street, Poughkeepsie, NY 12601 845-452-4167

136 Sheafe Road, Wappingers Falls NY 12590 845-296-1879

Astor Head Start Program

Head start serves children at six locations in Dutchess County. Children 3 or 4 years of age may apply for the program, which offers a five hour a day classroom experience for those who qualify as well as county wide home based services.

Early Head Start Program

The goal of Astor's Early Head Start Program is to provide comprehensive child development services to young children ages 0-3 and to their families. This program provides services through two models:

- *The Home-Based Program* consists of a weekly 90 minute home visit by a Parent Infant Education who supports the parents and child with information and activities on child development, parenting skills, nutrition and health. Socializations are offered.
- *The Center-Based Nurturing Rooms* offer small groups of children of mixed ages (six weeks through three years) opportunities for individualized development through primary care giving, one-on-one routines, and exploration of interesting, safe materials in a child-focused environment.

For more information or to make a referral to Astor's Early Childhood Programs, contact your neighboring head start center.

Preschool Special Education Programs

<u>Special Class Integrated Services</u> are offered at the Mt. Alvernia, Beacon, Poughkeepsie and Wingdale locations. The goal of this program is to provide a stimulating preschool program to children with disabilities by integrating disabled and non-disabled children in an inclusive classroom setting.

Services: Diagnostic and evaluative services; speech and language; physical, occupational and play therapies are all offered in accordance with individualized education plans.

<u>Special Class</u> serves the Mid-Hudson Region at our Beacon and Poughkeepsie locations. The goal of this program is to provide special education and therapeutic services in a self-contained classroom for children whose disability causes behavior management needs.

Services: The special early childhood education classroom participants receive all Head Start Services.

<u>Therapeutic Preschool</u> serves the Mid-Hudson Region at our Poughkeepsie location. The goal of this program is to provide educational and therapeutic services for children with emotional disturbances and/or behavioral problems who require a structured day program. We want to enable the child to return to a less restrictive pre-school setting.

Services: This program provides assessment and treatment planning, crisis intervention, case management and verbal therapies. Social thinking, task and skill training and socialization activities are provided in an educational/therapeutic milieu designed by an interdisciplinary team of clinical and educational staff. All children and families receive comprehensive Head Start services.

INFANT SOCIALIZATION

Mid-Hudson Children's Museum

75 North Water Street Poughkeepsie, NY 12601 845-471-0589 www.mhcm.org

The ideal destination for families with young children; exhibits focus on early literacy, art, early STEM, health and the local community, providing an educationally rich environment through which children have the opportunity to develop foundational skills, to engage in purposeful play, and to develop interpersonal connections.

Visit the website for more information on hours of operation, admission, and ways to save.

Waddle N' Swaddle

41 E. Market Street Suite 4,	32 Raymond Ave,	484 Main St,
Rhinebeck NY	Poughkeepsie NY	Beacon, NY 12508
845-876-5952	845-473-5952	845-831-5952

Waddle n Swaddle Playdates

An opportunity for creative and collaborative play in a safe, supportive environment; Open to caregivers and their babies and toddlers (0 months to 3 years). No RSVP necessary.

Thursdays, 1-2:30pm

Waddle n Swaddle Nursing Circle

This support group is designed to help with common breastfeeding concerns such as general coverage of positioning, latch assessment, returning to work preparation, bottle introduction and adjusting to life with a breastfeeding baby. Bring your baby to share and learn in a friendly and supportive atmosphere. Expectant Mothers are welcome. RSVP not necessary.

Mondays, 1-2pm in Rhinebeck on the 2nd Monday of the month

Wednesdays, 1-2pm in Beacon

Thursdays, 1-2pm in Poughkeepsie

Contact Jenn Sullivan, CBS via email: jenn@waddlenswaddle.com or by phone: 845-240-8399

CHILD CARE ASSISTANCE

Department of Community and Family Services

60 Market Street

Poughkeepsie, NY 12601 Phone: 845-486-3000 Fax: 845-486-3090

Low-income families may be eligible for funds to subsidize the cost of child care. Currently, a family at 175% of the poverty level can qualify (e.g. an income of \$27,878 for a family of 2).

To request an application or for further information, families should call the Department of Community and Family Services.

The Child Care Council of Dutchess and Putnam Counties

70 Overocker Rd, Poughkeepsie, NY 12603 845-473-4141 73 Gleneida Ave, Carmel, NY 10512 845-228-1994

The primary provider of information and referral about day care and after school programs throughout the county - The Child Care Council provides information to families and support to day care centers, family day care homes, group family day care, school age child care and informal day care providers. The Council also provides training for providers in establishing and maintaining the day care setting in keeping with NYS regulations. Parents should consult the Child Care Council for more specific guidance about locating child care that best fits the needs of their children.

EDUCATION

This section is taken from the NYS Education Law, so it is general in nature. To get more specific information, you will need to contact your school district directly.

School Registration/Transfer

Parents/Guardians may check on the school's website for the pre-registration forms and documents necessary to enroll a child. If the pre-registration forms cannot be located, please call the intended school; contact information can be found on page 18.

Screening of new school entrants – Every new student to a school must be provided with a screening to determine which students may have handicapping conditions or may be gifted.

If such screening indicates a possible handicapping condition, a referral shall be made to the Committee on Special Education with notification of the referral to the parents/legal guardians.

If the screening indicates a possibly gifted child, the name and finding shall be reported to the Principal and to the parents/legal guardians.

Parents/Guardians of children will receive information in advance regarding the purpose of screening, the areas to be screened and the referral process. The information shall be communicated either orally or in writing to the parents.

Assignment of students to classes – The building principal is responsible for assignment of students and must take into account:

- The educational, emotional and social needs of each student as determined by professional knowledge and as revealed by any information, which may be supplied by the student, former schools and parent/guardians.
- The appropriate size for each class.
- An equitable load for each teacher.

A deadline is established for changing the assignment of students in grades 7-12 to classrooms.

After the deadline, changes may only be made in cases of:

- Unexpected student failure in the work of the previous year.
- Earning of course credit by the student during the summer months.
- A change in the career plans of the student.

Home Schooling

If a parent chooses to instruct their children at home, the school district will attempt to cooperate with parents. The school district maintains that a child who is educated at home should receive an education in a manner consistent with an educational plan and at least substantially equivalent to that given to minors of like age and attainments in the local public schools. The required subjects should be taught in a competent, systematic and sequential manner, specifically in relation to the basic care curriculum of reading, mathematics and writing. The Superintendent shall develop appropriate regulations and procedures in accordance with State Requirements.

Homebound Instruction provided by the School District

Homebound instruction is provided to students who are absent for two weeks or more due to documented medical or psychiatric illness. Prior approval via the Office of Pupil Personnel Services is required and is made on a case by case basis. Students in kindergarten are not eligible for homebound instruction. Homebound instruction is intended to provide continuity for the student while he/she is absent from school but is not intended to fully duplicate the education the student would receive while attending school.

Eligibility for Homebound Instruction – Student must be currently enrolled in grades 1-12 or in Special Education. Homebound instruction request for approval form must be completed and submitted to the Director of Pupil Personnel. Requests must include documentation from a physician or psychiatrist stating specific medical or psychological needs for homebound instruction and anticipated duration of absence.

Guidelines – Students in grades 1-5 are provided five hours minimum of instruction per week and ten hours minimum of instruction for students in grades 6-12.



Instruction can take place in the student's home. A parent or other responsible adult must be present for the duration of each homebound instruction session.

Instruction for hospitalized students, even if out of the area, can be arranged as part of the approval process. Instruction takes place only on days the School District is in session for students. In special cases, arrangements for instruction in such places as a public library can be made by the district.

Regulations and Procedures for Guidance Counselors, Principals:

- Complete and submit Request for Approval form.
- Upon submission of form, contact student's teacher for assignments.
- Serve as a liaison between school, teacher, homebound tutor and parent.
- Obtain books and assignments from all of student's teachers on a weekly basis.
- Disperse work completed by student to classroom teachers on a weekly basis.
- Provided a homebound tutor with a schedule of students Regents Exams and school finals at least ten days prior to an exam week.

Classroom Teachers' Responsibilities:

- Provided a homebound tutor (vial guidance counselor-secondary).
- Objectives of topics to be covered for the next three weeks (brief outline).
- Books and any worksheets each week.
- Homework and in-class assignments each week.
- Grade all assignments and tests.
- Determination of student's report cared grades (teacher may consult with tutor).

Parent's Responsibilities:

- Parent or other responsible adult MUST be present for the duration of all homebound instruction sessions or provide transportation for the instruction provided in a public setting.
- Ensure that their child is completing all assignments and putting forth appropriate effort.
- Notify student's homebound tutor in advance if student is unavailable for tutoring session.
- Notify child's guidance counselor as to when student is expected to return to school.

Student's Responsibilities:

- Be ready to learn when homebound tutor arrives.
- Complete all assignments on time, including homework.
- On your own time, practice and/or review topics covered during homebound instruction sessions.

Disciplinary Procedures

If your child has misbehaved in school and the disciplinary action has reached the point of suspension, the School District is required to:

- Notify the parent/guardian immediately.
- Send out a letter to the child's home within a 24 hour period notifying the parent/guardian that the child has been suspended.

Students in Mainstream Education - If a regular education student has been suspended multiple times or is actively in trouble, they are sent out a letter regarding a *Superintendents' Conference*. This meeting is a preventive meeting as a warning to the *Superintendents' Hearing*. The *Superintendents' Hearing* is held to determine whether or not permanent suspension is needed. The *Superintendents' Hearing* also can be called if a student has committed a major violent incident.

Students in Special Education – If a student has been actively in trouble, they will send out a letter for a *Superintendents' Hearing*, but notice will also be sent out regarding a Manifestation Determination/Emergency CSE Meeting. The CSE will determine whether the school placement is effective or if a new placement needs to be considered. The *Superintendents Hearing* looks at the last suspension that the child received and asks if it was done in accordance with the student's handicapping condition. If it is determined that it was in accordance with the handicapping condition, then the student cannot be penalized. If the act was not, then the Superintendent has the right to expel the child.

Bus Suspensions – Suspensions from the bus are carried through in the same manner, however, the letter home has a different format. The school requests that the parent/guardian speak with their child regarding their manner on the bus and work with the bus driver to cooperate. They maintain a policy that riding the school bus is a privilege, not a right.

Filing of a PINS Petition by the School District – School districts may file a "Person in Need of Supervision" petition with the Office of Probation where there is a persistent pattern of truancy, drug use or incorrigible behavior or a combination of these problems that has not been corrected with the interventions described above. *See DC Office of Probation section for further detail*.

Special Education

"Special Education in Plain Language" produced by the New York State Special Education Task Force provides a clear explanation of the special education process. See this website for links to their publication: http://www.nyspecialedtaskforce.org/publications.html

Dutchess County Early Intervention Program

85 Civic Center Plaza – Suite 106

Poughkeepsie, NY 12601 Phone: 845-486-3518 Fax: 845-486-3554

Through the Dutchess County Department of Behavioral & Community Health, Early Intervention provides a multi-disciplinary evaluation at no charge to assess developmental status and determine eligibility for Early Intervention services (such as speech therapy, physical therapy, parent training, etc.). Children can be eligible for the Early Intervention Program if they are under three years old AND have a disability OR developmental delay.

The Early Childhood Direction Center in Newburgh serves a four county area (including Dutchess County) and provides information, referral and service coordination for children with disabilities from birth to age five. Please call 85-565-1162 for more information.

Committee on Special Education (CSE)

Any child between the ages of 3 and 21 with a disability, who, by reason of the disability, may need special education and related services, must be evaluated by the school district's CSE to make that determination and to officially certify the child in one of the designated disability groups.

Committee on Pre-School Education (CPSE)

Each school district has a Committee on Pre-School Education (CPSE), which makes disability determinations for children with disabilities between the ages of 3 through 5. While each school district manages its own CSE process, if you have questions or concerns about how this process is working for you and your child, it can be helpful to consult the Regional Associate at the *Hudson Valley Regional Office at 518-473-1185*.

Day Treatment Programs

Payment and transportation is provided by the school district. Referrals are made by the school district.

Dutchess Intensive Day Treatment (IDT) – 845-486-4944

A transition program operated in Poughkeepsie through Astor and DC BOCES. This program is for students in crisis and can provide stabilization through a more intense therapeutic environment, prevent hospitalization or provide support following a hospitalization. The IDT program is five days a week with daily group therapy, individual therapy, three hours of academic tutoring and a planned gradual transition back to the home school. There is a middle and high school 30 day program for students ages 13 and over and a 60 day program for children ages 7 through 12 years.

Pre-School Day Treatment – 845-452-7726

Operated at the Delafield Campus in Poughkeepsie by Astor Community Based Services and provides both educational and clinical services for children age 3 through 5 who are classified by their school district and for whom such a level of care is recommended by the school district.

School Age Day Treatment – 845-485-8901 ext. 145

Operated at Mt. Carmel Campus in Poughkeepsie by Astor Community Based Services, provides both educational and clinical services for children ages 5 through 12 that are classified by their school district and for whom such a level of care is recommended by the school district.

Adolescent Day Treatment – 845-486-4840

Jointly operated by DC BOCES and Astor at the BETA and Salt Point sites in Poughkeepsie. ADT provides intensive clinical and educational services for adolescents' ages 12 through 21 classified by their school district and recommended for placement in the program.

Educational Rights of Children: Youth that are Homeless or in Temporary Housing

Under the McKinney-Vento Homeless Assistance Act, a federal law, children and youth experiencing homelessness or living in temporary housing have the right to:

- Attend school regardless of where they live or how long they have lived there.
- Choose between: A. the school attended when they student was last permanently housed, B. the last school the student attended or C. the school where they are temporarily living.
- Immediate enrollment in school without requiring any documents regarding residency, immunizations, academic records, etc.
- Free transportation to school.
- Free meals at school.
- Participate in any school activity or program available to other students.
- Get special education services immediately if an Individualized Education Plan is in place.

These rights protected under the McKinney-Vento Act pertain to children and youth who are: staying in emergency or transitional shelters; sharing housing of others due to loss of their own housing, economic hardship or similar reason; living in places not meant for sleeping (car, abandoned buildings, parks, etc.); staying in a motel, hotel or campground; in a temporary living situation while awaiting foster care placement; or otherwise lacking a fixed, regular or adequate residence.

Preschool services are also covered under the McKinney-Vento Act for children who are homeless or in temporary housing.

The McKinney-Vento Act applies to children living with their families as well as unaccompanied youth who are not in the physical custody of a parent/guardian. Unaccompanied youth do not need a parent or guardian to enroll in school.

An appeal process is available for situations in which the school district does not agree that a student is homeless as defined by the McKinney-Vento Act. The district must provide a written explanation of this decision. The parent/guardian or unaccompanied youth has thirty days to file an appeal with the State Education Department. Each Local Education Agency (LEA) or School District is required to appoint a Liaison for the Education of Homeless Children and Youth who is responsible for:

- Identifying children and youth who may be homeless.
- Making sure children are enrolled in school immediately.
- Educating students and/or parents about educational rights of homeless children.
- Mediating and settling disagreements between the student and the school.
- Coordinating with outside agencies (i.e. shelters, transportation services, etc.).
- Making students and/or parents aware of programs and services offered by the school for homeless students. A listing of the Liaisons for each of Dutchess County school Districts follows.

For answers to additional questions, more information, contact: NYS-TEACHS (New York State Technical and Educational Assistance Center for Homeless Students) 800-388-2014 or www.nysteachs.org

New York Educational Advocates

Sometimes families need the help of outside expertise to negotiate appropriate services for their child with the Committee on Special Education. The individuals listed below come from various backgrounds- some are attorneys, others have substantial experience with the educational system. Many charge fees; others have no fee but limited time available. This list is not meant to be a recommendation of the services, just a resource list for you to consult and evaluate for yourself.

Barbara J. Ebenstein, Esq. 53 Pengilly Drive New Rochelle, NY 10804 914-355-5945 States served: NY, CT

Karen Lynch Taconic Resources for Independence, Inc. 82 Washington Street, Suite 214 Poughkeepsie, NY 12603 845-452-3913 X 112

DUTCHESS COUNTY SCHOOL DISTRICTS

Arlington Central School District

144 Todd Hill Rd, LaGrangeville, NY 12540

Phone: 845-486-4460 Fax: 845-486-4492

Website: www.arlingtonschools.org

School Liaison: Laura Addison Phone: 845-486-4460 x20121

DC BOCES

5 BOCES Road, Poughkeepsie, NY 12601

Phone: 845-486-4800 x2200 Website: www.dcboces.org School Liaison: William Bell Phone: 845-486-4800 x2222

Hyde Park Central School District

P.O. Box 2033, Hyde Park, NY 12538

Phone: 845-229-4000 Fax: 845-229-4056

Website: www.hpcsd.org

School Liaison: Heather Dennis

Phone: 845-229-4050

Beacon City School District

10 Education Drive, Beacon, NY 12508 Phone: 845-838-6900 Fax: 845-838-6905

Website: www.beaconcityk12.org

School Liaison: Cecilia Danserean-Rumley

Phone: 845-838-6900

Dover Union Free School District

2368 Route 22, Dover Plains, NY 12522

Phone: 845-877-5700 Fax: 845-877-5766

Website: www.doverschools.org School Liaison: MaryBeth Kenny

Phone: 845-877-5700 x1285

Millbrook Central School District

P.O. Box AA, Millbrook, NY 12545

Phone: 845-677-4200 Fax: 845-677-4206

Website: www.millbrookcsd.org School Liaison: Kathleen Affigine

Phone: 845-677-4200 x1109

Pawling School District

District Office: 515 Route 22,

Pawling, NY 12564

Phone: 845-855-4600 Fax: 845- 855-4659

Website: www.pawlingschools.org

School Liaison: Scott Rice

Phone: 845-855-4626

Poughkeepsie City School District

District Office: 11 College Avenue,

Poughkeepsie, NY 12603

Phone 845-451-4950 Fax: 845-451-4954

Website: www.poughkeepsieschools.org

School Liaison: Steven Rappleyea

Phone: 845-437-3473

Rhinebeck Central Schools

District Office: P.O. Box 351

Rhinebeck, NY 12572

Phone: 845-871-5520 Fax: 845-876-4276

Web site: www.rhinebeckcsd.org School Liaison: Emily Davison

Phone: 845-871-5570 x5551

Wappingers Central School District

167 Meyers Corners Road, Wappingers Falls,

NY 12590 Suite 200

Phone: 845-298-5000 Fax: 845-298-5041

Website: www.wappingersschools.org

School Liaison: Diane Morina Phone: 845-298-5000 x40103

Pine Plains Central School District

District Office: 2829 Church Street.

Pine Plains, NY 12567

Phone: 518-398-7181 Fax: 518-398-6592

Website: www.pineplainsschools.org School Liaison: Maryann Stoorvogel

Phone: 518-398-7181 x1310

Red Hook Central Schools

District Office: Mill Road,

Red Hook, NY 12591

Phone: 845-758-2241 Fax: 845-758-3366

Website: www.redhookcentralschools.org

School Liaison: Joseph DeCaro

Phone: 845-758-2241 x26400

Spackenkill Union Free School District

District Office: 15 Croft Road.

Poughkeepsie, NY 12603

Phone: 845-463-7800 Fax: 845-463-7804

Website: www.spackenkillschools.org

School Liaison: Lori Mulford

Phone: 845-463-7808

Webutuck Central School District

194 Haight Road, Amenia, NY 12501

P.O. Box 405

Phone: 845-373-4100 Fax: 845-373-4102

Website: www.webutuckschools.org

School Liaison: Katherine McEhroe

Phone: 845-373-4106



AFTER SCHOOL PROGRAMS & RECREATION

NAME	LOCATION	PHONE NUMBER	WEBSITE
After School Connections	Northeast Community Center 51 S Center St, Millerton, NY 12546	518-789-4259	afterschool-connections.org
Born Again Disciples	Hudson Valley Community Center 110 South Grand Ave, Poughkeepsie, NY 12603	845-471-0430	bad-ny.com
Boy Scouts of America Hudson Valley Council	6 Jeanne Dr, Newburgh, NY 12550	845-566-7300	www.hudsonvalleyscouting.org
Cubs Place	Vassar Brother's Medical Center 45 Reade Place, Poughkeepsie, NY	845-416-7771	
Dutchess Arts Camp	Mill Street Loft 45 Pershing Avenue Poughkeepsie, NY 12601	845-471-7477	www.millstreetloft.org
Family Partnership Center	29 North Hamilton St, Poughkeepsie, NY	845-452-6088	
Girl Scouts Heart of the Hudson	3 Neptune Rd, Poughkeepsie NY	845-452-1810	www.girlscoutshh.org
Job Corps		800-733-JOBS (5627)	jobcorps.gov
Kids on Ice	14 Civic Center Plaza, Poughkeepsie, NY 12601	845-454-5800	midhudsonciviccenter.org
Liberty Partnership Program	29 N. Hamilton St. Poughkeepsie NY	845-454-4199	marist.edu/academics/libertypartne rships
Lucky Orphans Horse Rescue	2699 Route 22, Dover Plains, NY 12522	845-877-0685	luckyorphanshorserescue.org
Nubian Directions	248 Main Street, Poughkeepsie, NY 12601	845-452-8574	nubiandirections.org
R.E.A.L. Skills Network	126 S Cherry St, Poughkeepsie, NY 12601	845-452-1964	realskillsnetwork.com
Salvation Army	19 Pershing Ave, Poughkeepsie NY	845-471-1210	newyork.salvationarmy.org
	570 Main St, Poughkeepsie, NY 12601	845-471-1730	
Southlands Foundation	5771 Route 9, Rhinebeck, NY 12572	845-876-4862	southlands.org
Teen Resource Activity Center (TRAC)	29 North Hamilton Street Poughkeepsie, NY 12601	845-452-1110	familyservicesny.org
Vassar College Boys and Girls Summer Programs		845-437-7450	summerprogrms.vassar.edu

TOWN/CITY RECREATION DEPARTMENTS

Contact your local recreation departments via website or phone to explore additional recreational opportunities

Amenia 845-373-8860

ameniany.gov/departments/recreat eastfishkillny.org/node/66

ion.html

Beacon 845-765-8440

cityofbeacon.org/Government/par

ksrecreation.htm

Beekman 845-724-5300 beekmanrec.com/

Clinton 845-266-3445

townofclinton.com/department/rec

reation/

Dover 845-832-9168

townofdoverny.us/ParksandRecre

ation.cfm

East Fishkill 845-226-8395

Fishkill (town)

845-831-7800 ext. 3312 fishkill-ny.gov/parks.html

Hyde Park 845-229-8086

hydeparkny.us/Recreation/

LaGrange 845-452-1972

lagrangeny.gov/Government/park

s.htm

Millbrook/Washington

845-677-8278 towrecreation.com/

Millerton 518-789-4489

villageofmillerton.net/parks---

recreation-1.html

Northeast (Millerton)

518-789-4489

townofnortheastny.gov/recreation/

Pawling 845-855-1131

pawling.org/pages/pawlingny_rec

reation//Index

Pine Plains 518-567-7207

pineplains-

ny.gov/content/Parks/View/15

Pleasant Valley 845-266-9222 pvrec.com/info/ Poughkeepsie (town)

845-485-3628

poughkeepsietownrec.com

Poughkeepsie

(city)

845-451-4100

cityofpoughkeepsie.com/parks-

and-recreation/

Red Hook 845-758-4600

www.redhook.org/TownDepartme

nts/Recreation.html

Rhinebeck 845-943-9526

rhinebeck-ny.gov/parks--

recreation.html

Stanford 845-868-7782

townofstanford.org/departments

Tivoli

845-757-2021

tivoliny.org/RecreationAreas.html

Union Vale

845-724-691

uvparksandrec.com/

Wappinger

845-297-0720

townofwappinger.us/recpages/recr

eation.html

Wappingers Falls 845-297-8773 x 7

wappingersfallsny.gov/recreation-

and-parks-department



DUTCHESS COUNTY LIBRARIES

Most libraries offer a "story time" for preschoolers and a summer reading programs for school age children. Check your local library's calendar for activities and times.

Amenia Free Library 3309 Route 343 Amenia, NY 12501 914-373-8273

Beekman Library Rt. 55 & Dorn Rd Clove Valley Plaza Lagrangeville, NY 12540 845-724-3414 http://www.beekmanlibrary. org

Blodgett Memorial Library
District of Fishkill
37 Broad Street
Fishkill, NY 12524
845-896-9215
http://blodgett.fishkill.lib.ny

Dover Plains Library 1797 Route 22 Wingdale, NY 12594 845-832-6605 http://dover.lib.ny.us

East Fishkill Community
Library
348 Route 376
Hopewell Junction, NY
12533
845-221-9943
http://www.eastfishkilllibrar
y.org

Grinnell Library
Association
2642 East Main Street
Wappingers Falls, NY
12590
845-297-3428
http://www.grinnell.wappin
gers.lib.ny.us

Howland Public Library 313 Main Street Beacon, NY 12508 914-831-1134 http://howland.beacon.lib.n y.us

Hyde Park Free Library 2 Main Street Hyde Park, NY 12538 845-229-7791 http://hydepark.lib.ny.us

Lagrange Association Library 488 Freedom Plains Road Poughkeepsie, NY 12603 845-452-3141 http://www.laglib.org

Millbrook Free Library 3 Friendly Lane Millbrook, NY 12545 845-677-3611 http://millbrooklibrary.org

Morton Memorial Library & Community House 82 Kelly St Rhinecliff, NY 12574 845-876-2903

Patterson Library
Association
1167 Route 311
Patterson, NY 12563
845-878-6121
http://www.pattersonlibrary.
org

Pawling Free Library 11 Broad Street Pawling, NY 12564 914-855-3444 http://pawling.lib.ny.us Pleasant Valley Free
Library
1584 Main Street
Pleasant Valley, NY 12569
845-635-8460
http://www.pleasantvalleyli
brary.org

Poughkeepsie Library District - Adriance Memorial Library 93 Market Street Poughkeepsie, NY 12601 845-485-3445 http://www.poklib.org

Poughkeepsie Public Library – Boardman Road Branch 141 Boardman Rd., Poughkeepsie NY 12603 845-485-3445

Staatsburg Library Society
72 Old Post Road
Staatsburg, NY 12580
845-889-4683
http://www.staatsburg.lib.ny
.us

Stanford Free Library 14 Creamery Road Stanfordville, NY 12581 845-868-1341 http://standfordlibrary.org

Starr Library 68 West Market Street Rhinebeck, NY 12572 845-876-4030 http://starr.rhinebeck.lib.ny. us

DUTCHESS COUNTY POLICE DEPARTMENTS

Contact your local department to explore additional locations and contact information

Dutchess County Sheriff's Office 150 North Hamilton Street, Poughkeepsie, NY 12601 Phone: 845-486-3800

> Amenia 122 Route 44, Millerton, NY 12546 845-789-3535

Beacon City 1 Municipal Plaza, Beacon, NY 12508 845-831-4111

Clinton 2 New Street, Clark Mills, NY 13321 315-853-5244

East Fishkill 2468 Route 52, Hopewell Junction, NY 12533 845-221-2111 Fishkill – Town 801 Route 52, Fishkill, NY 12524 845-831-7800

Fishkill – Village 1095 Main Street, Fishkill, NY 12524 845-896-7821

Hyde Park 3 Cardinal Road, Hyde Park, NY 12538 845-229-9340

Millbrook/Washington 35 Merritt Avenue Millbrook, NY 12545 845-677-7300

Millerton Village 21 Dutchess Avenue, Millerton, NY 12546 518-789-3115 Poughkeepsie – City 62 Civic Center Plaza, Poughkeepsie, NY 12601 845-451-4000

Poughkeepsie – Town 19 Tucker Drive, Poughkeepsie, NY 12603 845-485-3666

Red Hook 7467 South Broadway, Red Hook, NY 12571 845-758-0060

Rhinebeck Village 76 East Market Street, Rhinebeck, NY 12572 845-876-8181

Wappingers Falls 2628 South Avenue, Wappingers Falls, NY 12590 845-297-2211

New York State Troop K patrols the counties of Columbia, Dutchess, Putnam, and Westchester. To contact the state troopers, please call 845-677-7300.

Poughkeepsie 2541 Route 44, Salt Point, NY 12578

Livingston 3353 Route 9, Hudson, NY 12534

Kinderhook Village Hall, Route 9, Kinderhook, NY 12106

Pine Plains Town Hall, Route 199, Pine Plains, NY 12567

New Lebanon P.O. Box 86, Route 20, New Lebanon, NY 12125

Rhinebeck 5696 Route 9 South, Rhinebeck, NY 12572 Wappinger 18 Middlebush Road, Wappinger Falls, NY 12590

Brewster 1672 Route 22, Brewster, NY 10509

Dover Plains PO Box 425, Route 22, Dover Plains, NY 12522

East Fishkill PO Box 41, Stormville, NY 12582

LaGrangeville 120 Stringham Road, LaGrangeville, NY 12540

Stormville Box 96, Stormville, NY 12582 Hawthorne 200 Bradhurst Avenue, Hawthorne, NY 10532

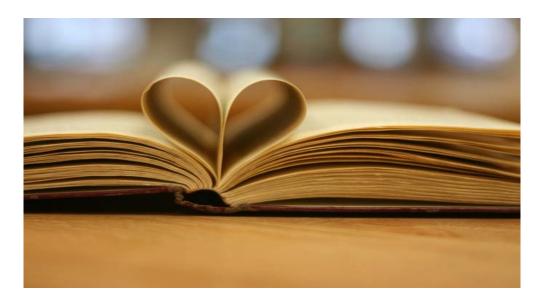
Cortlandt 1 Memorial Drive, Croton On Hudson, NY 10520

Lewisboro 81 Spring Street, Lewisboro, NY 10590

Mohegan Lake 3113 East Main Street, Mohegan Lake, NY 10547

Pound Ridge Box 45, Pound Ridge, NY 10576

Somers 295 Route 100, Somers, NY 10589



FAMILY EDUCATION, SUPPORT AND ADVOCACY

Contact information, locations, and availability of support groups and classes change frequently. The 211information system maintains listing of local support groups and other helpful referral information.

NAMI

P.O. Box 787, Poughkeepsie NY 12602 845-206-9892 namimidhudson.org

The National Alliance on Mental Illness is the nation's largest grass-roots mental health organization dedicated to building better lives for millions of Americans affected by mental illness and their loved ones.

Our Mission: Advocate for and support individuals with mental illnesses, family members and their loved ones. Eradicate stigma. Support research, causes and treatment and access to services regarding mental illness. Educate the public about mental illness. Work to improve public and private support systems for individuals with mental illnesses. Promote and teach NAMI Free Educational Classes.

Parent Empowerment Classes

35 Van Wagner Road Poughkeepsie, New York 12603 845-454-0595 thecpca.com

Classes provide support, information, resources and referrals. Parenting classes are conducted at schools, community centers and PTA meetings as well as in prisons and rehab centers for at-risk parents, and cover such topics as positive discipline and nurturing.

ADHD/Autism Support Group

Vassar Brothers Hospital 45 Reade Pl, Poughkeepsie, NY 12601 845-416-7771

A support group for parents and caregivers living with children who are "differently abled"; Build community with others who share the same struggles.

Dutchess County Healthy Families

29 North Hamilton, Suite 209 Poughkeepsie, NY 12601 845-452-3387 institute.org/health-care/services-for-families/institute.org/health-care/services/michc/

A voluntary home visiting agency that provides prenatal and child development information to pregnant and parenting families in Poughkeepsie, Hyde Park, Wappingers Falls, Fishkill, East Fishkill and Beacon. There are two programs in the agency; The Healthy Families Program provides in home support and education around pregnancy and parenting for children up to five years, while the Community Health Worker Program is a shorter term care management program with a focus on maternal and infant health.

Mom's "Living Well" Bible Study Group

Fishkill Baptist Church 107 Route 82, Fishkill, NY 12524 845-896-9386 ext. 1 fishkillbaptist.net

This group meets at 9:30-11:30 AM on Thursdays, September through May. Child care provided for children ages 0-5 years, suggested donations of \$1 per child. This group follows the Wappingers School District Calendar. Call for additional Bible study groups and times.

The Guidance Center of Westchester/Parent's Place Inc.

2 Central Ave, Tarrytown, NY 914-631-2513 theguidancecenter.org/parents-place

- Family Day Sundays Two Sundays a month from 2pm to 4pm (siblings welcome).
- Parents Only Wednesday Morning Coffee Group- 1st Wednesday, 10am-11:30am.
- Individual Counseling Services Up to six sessions are available to parents/caregivers of children on the autism spectrum (Free)

Abbott House

100 Commerce St., Suite 101 New Windsor, NY 12553 845-457-5030 www.abbotthouse.net

- Family Assessment and Community Enhancement Program (FACE)

The FACE program serves children and families in need of supportive, structured, and therapeutic interventions in the cities of Newburgh and Poughkeepsie. FACE is a voluntary, community-based program. FACE works with families using a Trauma Focused Cognitive Behavioral therapy Model (TF-CBT), addressing the emotional and behavioral symptoms of traumatized individuals. FACE provides in-home coaching and parenting skills and crisis intervention. For more information, contact *Elizabeth Nash* at 845-457-5030 ext.3523; 914-308-7320; or enash@abbotthouse.net/

- HEART Program

The HEART Program (Helping Each Adoptive and Guardianship Family Remain Together) provides in home counseling services for families who have adopted or who have legal guardianship on issues ranging from dealing with loss and grief, to Reactive Attachment Disorder, to parents' need for support. Parent and children's support groups are offered. For more information, contact *Catharine Raffaele* at 845-457-5030 ext. 3525; 914-740-6225; or craffaele@abbotthouse.net

- Post Adoption Services

Abbott House offers services to TANF eligible families who are preparing to adopt or have adopted. Services include counseling, parent education, educational advocacy and community resource linkages. Post Adoption Services sponsors a monthly support group for parents who have adopted or are in the process of adopting. There is a concurrent group for children age 8 and up. For more information, contact *Kathleen McQuoid*, *MSW* at 845-457-5030 ext. 3528 or *kmcquoid@abbotthouse.net*

Relatives as Parents Program (RAPP)

27 High Street Poughkeepsie NY 12601 845-486-2555 ccedutchess.org/family/relatives-as-parents-program

Cornell Cooperative Extension works with older adults and other relatives caring for grandchildren, nieces, nephews, etc. Program provides counseling, advocacy and seminars held on the 2nd Thursday of the month at St Paul's church in Poughkeepsie, 3rd Thursday at St. Mary's church in Fishkill and 1st Wednesday at Immaculate Conception Church on Lavelle Road in Amenia. For more information, call Maureen Calamari.

Catholic Charities Community Services of Dutchess County 845-452-1400

- Helps solve the problems of local individuals in need: the neglected child, the homeless family, the newly arrived immigrant or refugee, the hungry senior, or the newly unemployed for non-Catholics and Catholics alike. CCCSDC 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.
- We provide service for those who are legally blind, including orientation and mobility services, vocational rehabilitation services and job readiness programs for those who are seeking employment.
- Catholic Charities welcomes Dutchess County's immigrants and helps them become full participants in American society. The Immigration legal team provides expert guidance in reuniting them with their families, obtaining work authorization, green card assistance, preparing individuals for citizenship exams and protecting people from exploitation. With our community partner, Dutchess Community College, we offer free ESL classes for those selected to participate in our Office for New Americans Program as well as Naturalization and Citizenship Workshops and Entrepreneur Workshops.
- Support groups for rural Hispanic mothers in the Northeast Communities of Dutchess learn about the New York State school system, nutrition and ways to integrate into our society. Services are available to all Dutchess County residents and are offered in English and Spanish.

The Family Partnership Center

29 North Hamilton Street in Poughkeepsie, NY 845-452-1110 x 3119 www.hrhcare.org/healthcenters/poughkeepsie-partnership

The Partnership Center is a catalyst to forge community partnerships through collaboration and advocacy in health and human services, cultural and educational opportunities to improve the lives of individuals and families.



MENTAL HEALTH AMERICA OF DUTCHESS COUNTY

253 Mansion St, Poughkeepsie NY 12601 845-473-2500



MHA offers a variety of programs designed to support parents and youth:

CASA - (Court Appointed Special Advocates) provides a voice for the child who is in foster care. Referral is through Family Court.

EMERGE - A community-based supportive program for parents with a psychiatric disability and their children. Support, skill-building and advocacy are offered with a goal of helping families remain together, referrals are made by the parent's clinician.

Respite Services - The Respite Program gives parents/caregivers an opportunity to take time for themselves, a "respite" from the challenges of caring for children and youth with special mental health needs. In addition, the programs provide the children and youth with SED varied opportunities for enrichment, learning, positive relationships with adults, and peer interaction with one another in an individual and group setting.

Family Advocacy – credentialed Family Peer Advocate assists parents in their interactions with community systems, hospitals, physicians, schools, social services, etc., and provides information on community resources.

MHA Library- Schools, agencies and individuals in Dutchess County can borrow numerous videos, pamphlets and books, to research on mental health related topics, access a private referral list of approximately 200 psychiatrists, psychologists and social workers, and obtain information on local support groups and agencies.

Hours: Monday through Friday: 9 a.m. – 5 p.m. Located on 2nd floor of 253 Mansion St, Poughkeepsie NY Contact Janet Caruso at 845-473-2500 x 1325

Family Support for Youth in the Justice System – This support group is for parents whose child has been involved with the criminal justice system – jail, prison or a residential youth correctional facility. This group meets every 2nd and 4th Monday from 6:30pm to 8pm at MHA. For more information, call: 845-473-2500 x1343

MHA H.O.P.E. (Helping Others through Personal Experiences) for FAMILIES – Offers support and services to families with a child experiencing social, emotional or behavioral difficulties. Free sibling and youth support groups are available. For more information, call: 845-473-2500 x 1343

MHA Community Education Workshops and Trainings

Contact Marlene Taylor, M.P.S. at 845-473-2500 x 1309 Workshops and trainings can be developed to meet your specific needs.

Your Defiant Child – (6 Sessions) This is a research based skill-building series for caregivers or educators of defiant children ages 2-11. The course material is derived from the work of Russell A. Barkley, Ph.D., author of <u>Your Defiant Children</u>.

Parenting Explosive Children – (8 Sessions) This course is for caregiver of children ages 2-11 who are easily frustrated, extremely inflexible, lose control, and become verbally and physically aggressive. The course is based upon the work of Ross W. Greene, Ph. D., author of <u>The Explosive Child.</u>

Parenting Challenging Teens – (5 Sessions) This course is for caregivers of adolescents. The course is a natural progression from research and family therapy based on the work Russell A. Barkley, author of <u>Your Defiant Child.</u> Dr. Barkley has also written the book <u>Defiant Teens</u> in collaboration with Gwenyth H. Edwards and Arthur L. Robin.

How to Talk So Kids Will Listen and Listen So Kids Will Talk – (6 Sessions) "How to Talk So Kids Will Listen" is a six-part video workshop based on the book <u>How to Talk So Kids Will Listen</u> and Listen So Kids Will Talk by award winning authors Adele Faber and Elaine Mazlish.

P.E.A.C.E. ~ **Parent Education and Custody Effectiveness** – (6 hours) This six hour course is a child-centered educational program for separating and divorcing parents.

Preparing Your Child for School Success – (Part 1: 4 Sessions / Part 2: 4 Sessions) This course is based on the book Seven Skills for School Success by Pam Schiller.

Take the Journey from Relationship Trauma to Resilience and Balance - (15 Sessions) The course is based on the book <u>Emotional Sobriety</u> by Tian Dayton, Ph.D. The book outlines a holistic approach to healing the mind, body, and spirit by helping you understand and regulate your emotions and behaviors to find balance.

Parent Well Being – (4 Sessions) Keeping yourself healthy while parenting, working and experiencing other life stressing circumstances.

Raising Responsible, Resilient, Self Sufficient Teens – (6 Sessions) The course is based on the book, <u>Letting Go with Love and Confidence</u> by Kenneth Ginsburg, M.D., M.S. Ed., and Susan Fitzgerald. The course guides parents through the really touch areas.

DEVELOPMENTAL DISABILITIES

The Taconic Developmental Disabilities Regional Office (Taconic DDRO)

76 Firemen's Way, Poughkeepsie, NY 12603 845-452-9220

Taconic DDRO is a regional office of the New York State Offices for Persons with Developmental Disabilities (OPWDD). DDRO works in partnership with voluntary service provider agencies, assisting individuals with developmental disabilities to attain their highest levels of independence and offers an array of services and supports to eligible individuals in the community, including day programs, employment support and residential support.

The Front Door

38 Firemen's Way, Poughkeepsie NY, 845-473-5050 or Toll Free 844-880-2151 www.ddconnections.org

Opening the door to a richer, fuller life – that's the goal of OPWDD's new Front Door—a personcentered approach for people with developmental disabilities that prioritizes individual choices, needs, and desires in making decisions.

Front Door Lead – Dutchess County Initial and Phase 1 Front Door Inquiries

Sharon Josephs, 845-473-5050 x 143

Front Door Lead – Dutchess County Eligibility

Kelli Robbins, 845-473-5050 x 110

Front Door - Service Amendments Contact for Individuals and Waiver Enrollments, MSC Coordinator

Liz Kline, 845-473-5050 x 165

Front Door – Service Amendments Contact for Individuals and Waiver Enrollments Myrna Cherry, 845-473-5050 x 148

Hudson Valley Behavioral Solutions

3 Roethal Drive, Suite 1A, Hopewell Junction, NY 12533 845-897-1788 behaviorsos.com

Offers intensive intervention for children on the autism spectrum and are in-network providers with many insurance carriers. Services include Comprehensive ABA Assessments, Individualized Direct Instruction, Functional Behavior Assessments and Behavior Intervention Plans, School Consultations, Parent Consultations, Staff Trainings, Social Skills Classes, Special Events, and Sibling Support Groups.

BEHAVIORAL AND COMMUNITY HEALTH

Astor Services for Children & Families Hudson Valley Counseling Services

First time clients who would like to be seen at one of the Centers can walk in between the hours of 9am-5pm.

Astor Counseling Services provide counseling, psychiatric services and care management to children and adolescents (ages 2-21 years) and their families. They do this through an interdisciplinary staff that includes child psychiatrists, clinical psychologists, social workers, mental health counselors and family advocates. These professionals are committed to using their expertise in the best interest of the children and families they serve.

To be eligible for Astor Counseling Services, the youth must:

- Reside in Dutchess County.
- Be between the ages of 2-21 years old.
- Have a mental health concern that interferes with one's own life, the family's life or life within the community.

The Astor Counseling Center staff has expertise in a variety of treatment approaches designed to assist children and families.

Poughkeepsie Counseling Center

46 Lincoln Avenue

Poughkeepsie, New York 12601

Phone: 845-471-6004 Fax: 845-471-7099

Monday-Thursday 9-8, Friday 9-5

Dover Counseling Center

6423 Rt. 55

Wingdale, NY 12594 Phone: 845-350-3010

Fax: 845-350-3013

Monday-Thursday 9-8, Friday 9-5

Rhinebeck Counseling Center (Satellite)

187 E. Market Street Rhinebeck, NY 12572 Phone: 845-616-5335

Monday-Tuesday 12-8,

Wednesday 11-8, Thursday-Friday 11-5

Beacon Counseling Center

223 Main Street

Beacon, NY 12508

Phone: 845-838-4920

Fax: 845-838-4924

Monday, Wednesday, Friday 9-5, Tuesday,

Thursday 9-9

Hyde Park Counseling Center

Children's Medical Group, Suite 2

4252 Albany Post Rd,

Hyde Park, NY 12538

Phone: 845-233-5935

Fax: 845-233-4726

Monday & Friday 9-5, Tuesday-Thursday 9-8



AND COMMUNITY HEALTH MOBILE CRISIS INTERVENTION AND PREVENTION TEAM (MCIPT)

The team is made up of experienced mental health staff and offers crisis prevention and intervention to individuals and families within Dutchess County who are experiencing a mental health or emotional crisis. Staff responds to individuals in the community by outreach, face to face contact, family meetings, phone or text to provide assessment, support, intervention and follow-up planning as well as linking to ongoing appropriate community services. The Team serves all ages.

The Mobile Team's outreach services:

- Are available 24/7/365 in order to provide the appropriate emergency assessments and linkages to ongoing services
- Are trained mental health professionals
- Are hospital and jail diversions for children, youth and adults
- Coordinate emergency department behavioral health services at Mid-Hudson Regional Hospital

Dutchess County Helpline Toll Free 877-485-9700 Call or Text 845-485-9700

Download the Dutchess County Helpline App. FREE

- Learn about the warning signs of suicide
- Gain access to local resources
- Connect to *HELPLINE* directly through the app
- Watch informational videos





DUTCHESS COUNTY DEPARTMENT OF BEHAVIORAL AND COMMUNITY HEALTH C-SPOA CHILDREN'S SINGLE POINT OF ACCESS

C-SPOA identifies children/adolescents (5-18) with the highest risk of placement outside of the home as a result of serious behavioral health issues and provides timely access to an array of supports based on the identified need of the child/adolescent and the family.

The goal is to strengthen and empower families to lead safe and productive lives. By accessing these supports and services the goal is to reduce hospitalization/residential placement (RTF).

Who is eligible for C-SPOA?

These are a few of the criteria that a child/adolescent needs to meet to be eligible:

- Diagnosis of designated emotional disturbance
- Extended impairment in functioning with severe symptoms

Part of the evaluation is using the Child & Adolescent Needs & Strengths (CANS) assessment tool

How to Make a Referral?

- Complete a Universal CSPOA application with the child/adolescent therapist.
- https://www.omh.ny.gov/omhweb/guidance/hcbs/forms/universal_referral_form.pdf
- Return completed referral by fax, email, or mail to:

Deborah Disanza-Galano, LCSW-R C-SPOA Coordinator 230 North Road, Poughkeepsie, NY 12601

Phone: 845-486-2768 Fax: 845-486-2829

Email: dgalano@dutchessny.gov



ASTOR SERVICES FOR CHILDREN & FAMILIES ECCSI (ENHANCED COORDINATED CHILDREN'S SERVICES INTITIATIVE)



ECCSI is a collaborative effort among families, community agencies and other concerned parties that seek to strengthen pregnant women and/or the families of children, ages 0-18. The purpose is to improve the overall functioning of the family to prevent out-of-home placement when child(ren) are involved in more than one service system and effectively coordinate and provide linkages/services to meet the family's unique needs.

The family meets with their own providers and community agency staff to design one Family Plan to identify their strengths of the family, identify the current concerns and barriers and to successfully link to services that will assist family members in meeting their goals. The ECCSI team stays in contact with the family and the supportive team to monitor completion of tasks on the plan.



For more information or to complete a pre-screen for eligibility, contact:

Katie L. Castell, LCSW-R Phone: 845-452-6077 x115 Fax: 845-452-6235

Email: kcastell@astorservices.org

HOSPITAL DIVERSION PROGRAMS

NOW OPEN

Dutchess County Stabilization Center

230 North Road, Poughkeepsie, NY 12601

The Stabilization Center is a 24/7/365 walk-in facility that serves Dutchess County residents who are experiencing emotional distress, anxiety, depression, family issues, addiction, intoxication, and more.

The Center is:

- A recognized alternative to a hospital emergency department for mental health, substance use, or other life issues
- · A walk-in facility that requires no appointment or referral
- 100% voluntary
- For individuals of all ages, including youth, adults, and families
- Designed to connect people immediately to the community resources they need

Services at the Stabilization Center include crisis counseling, mental health assessments, supervised withdrawal services, addiction/substance use counseling, and peer advocacy & supports.

For information or immediate help, CALL or TEXT Dutchess County HELPLINE at (845) 485-9700 or call toll-free at (877) 485-9700.



The Stabilization Center is a service of the Dutchess County Department of Behavioral & Community Health in partnership with PEOPLe, Inc.; Mid-Hudson Addiction Recovery Centers; MidHudson Regional Hospital of Westchester Medical Center; and Astor Services for Children & Families.

HPA/Live Well Intensive Outpatient Program for Eating Disorders

207 Washington Street, Suite 202

Poughkeepsie, NY 12601

Phone: 845-372-4367

LiveWell IOP provides a higher level of care for patients who require a highly structured approach in order to make sustained change. This program was designed to aid those suffering with an eating disorder – anorexia, bulimia and/or binge eating, as well as a wide range of other psychological

concerns – anxiety disorders, depression, bipolar disorder, ADHD, PTSD, OCD, etc.

Our program takes a comprehensive approach, which incorporates individual counseling, family counseling, group therapy, and nutritional counseling. At HPA/LiveWell, individuals receive treatment 4 hours per day, 3 days a week. Treatment can last anywhere from 3 to 12 months and is

determined by the individual's progress. For more information, visit www.hpalivewell.com

Adolescent Intensive Outpatient Program (AIOP)

Phone: 845-431-8287

The AIOP at Mid-Hudson Regional Hospital provides more intensive mental health treatment, five days per week, for three hours each day. Services include group therapy, family therapy, individual therapy and medication management. Classroom instruction is also available on site following the

treatment program each day. Most insurance accepted. For children ages 12-18 years old.

Home-Based Crisis Intervention Program (HBCI)

Phone: 845-554-1365

The Astor Home-Based Crisis Intervention Program (HBCI), designed to prevent psychiatric hospitalization, is an intensive, short-term crisis intervention service and family education program. Crisis intervention, home-based assessment & treatment planning, psycho-education, family &

individual therapy, care management & referral services are provided by our interdisciplinary staff.

Therapists are available to families' 24-hours a day, 7 days a week, to respond to a crisis situation. Referrals to Astor's HBCI Program are accepted from psychiatric hospital emergency services,

schools, children's mental health providers, as well as other public agencies working with children.

Adolescent Partial Hospitalization Program (PHP)

Phone: 845-554-1091

PHP offers an intensive treatment program designed to keep adolescents in the community and prevent inpatient hospitalization. The PHP Program uses intensive group, individual and family therapy to stabilize the adolescents' symptoms and avoid inpatient admission. This program may be

used as an initial point of entry into mental health care; as a step up from routine or intensive

outpatient services; as a step down from acute inpatient care; or to prevent hospitalization. The

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program provides an educational component to enable the adolescent to keep up with his/her school work. In addition, adolescents are provided with extra support in any learning areas that are challenging to them.

Hours of Operation: Monday through Friday, from 8:00 am - 4:00 pm. Therapists are on call to youth enrolled when the program is closed.

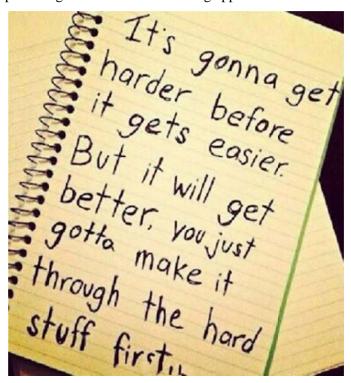
Referrals can be made by phone to Astor's Partial Hospital Program. An intake/screening appointment

will be scheduled within 48 hours of the phone call.

Four Winds Hospital

800 Cross River Road Katonah, New York 10536 Phone: 1-914-763-8151 Admissions: 1-800-528-6624

Four Winds provides inpatient and outpatient mental health treatment services for children, adolescents and adults (ages 5 and older). Four Winds Hospitals offer the highest quality, specialized mental health treatment for a full range of psychiatric and substance abuse disorders. Treatment is patient-centered and conducted in a caring, compassionate and safe environment that recognizes the dignity and strengths of each individual.



Mid-Hudson Regional Hospital of Westchester Medical Center

Mid-Hudson Regional Hospital 241 North Rd, Poughkeepsie, NY 12601 Emergency Psychiatric Care 845-431-8892 Mental Health Services Outpatient – Children, Adolescents, Adults 845-431-828

For emergency psychiatric situations the child, adolescent or adult should be taken directly to the Brinn Center at the Emergency Department to receive an emergency assessment to determine the need for hospitalization. Mid-Hudson Regional Hospital has adult inpatient only; all child and adolescents would be referred out of county. Most hospitalizations are short-term, to stabilize and support the child. The hospitals along with the family create a discharge plan for follow-up in the community.

SAFETY AND VICTIM ASSISTANCE

Comprehensive Services, Information about Rights and Support/Advocacy

Has anyone threatened to harm you, your family, or a loved one?

Grace Smith House

1 Brookside Ave. Poughkeepsie, NY 12601 845-452-7155 gracesmithhouse.org

Offers services to women and children who are experiencing domestic violence; Services include shelter, safety, information and referral, crisis hotline and supportive counseling and advocacy.

House of Hope

PO Box 1326, Wappingers Falls, NY 12590 845-765-0293 hudsonvalleyhouseofhope.org

Operates a (14) bed residential shelter, which provides 24 hour emergency shelter, crisis intervention and counseling services for victims of domestic violence and their children.

Family Services Center for Victim Safety and Support

29 N Hamilton St, Poughkeepsie, NY 12601 845-452-1110 x 3121 or x 3083 24hr Hotline: 845-485-5550

familyservicesny.org



Offers a range of services for victims of all crimes including sexual assault and domestic violence through the <u>Crime Victims Assistance Program</u>, which is available to those who work, live or attend school in Dutchess County and have been victims of a crime. Provides support for women who have been battered or abused, including information and referral, counseling, children' DV support group; 24-hour, 7 days a week emergency room accompaniment to any victim and nurses trained to provide sexual assault forensic exams.

Office of Victim Services (OVS)

800-247-8035 (NYS) ovs.ny.gov

Victims of crime can receive financial compensation for lost belongings, lost wages and other crime related expenses.

24-hour Crime Victims and Rape Crisis Hotline 845-452-7272

Dutchess County Department of Community and Family Services: Child Protective Services

60 Market Street Poughkeepsie, NY 12601 845-486-3000

Based on a report to the State Central Registry Hotline, Child Protective Services investigates the domestic violence and assesses the need for services, provides crisis intervention and refers for community services.

The hotline number to make a report concerning suspected child abuse or neglect is: 800-342-3720 The hotline number for mandated reporters is: 800-635-1522

The Center for the Prevention of Child Abuse

35 Van Wagner Road Poughkeepsie, New York 12603 845-454-0595 thecpca.com

Provides support, information and referrals to the families of child victims, and to children in families where domestic violence in the household. The center provides parenting education through three programs: the Teen Parent Program (TPP), the Parent Empowerment Program (PEP), and the Special Needs Parent Program (SNPP)

- *TPP* provides case management, parenting classes, coordination of services, educational advocacy, and home visits for pregnant and/or parenting individuals 21 years old or younger. Program Director Diane Labenski
- *PEP* is a 28 week general parenting class program for parents 22 years or older. Individuals can make self-referrals or they can be referred by various agencies. This program is for individuals who do not meet the criteria for the other CPCA programs. Program Director Diane Labenski
- *SNPP* provides intensive case management, parenting classes, coordination of services, and home visits for parents 17 years and older who are intellectually/developmentally disabled including learning disabilities, IEP, special education and/or resource services. Program Director Danette Garcia

For more information, email parenting@thecpca.com

Other Programs offered through the Child Advocacy Center:

- Crimes against Children Unit interviews child victims of sexual assault in a private area.
- *The Personal Safety Program* works with pre-school and elementary-aged children in local schools, educating parents and teachers about protecting children from sexual assault.
- *Internet Safety Workshops* use a skit format to offer children, teenagers and adults strategies for avoiding exposure to pornography and for preventing online exploitation of children by pedophiles.
- Community Education provides speakers to community groups to raise awareness of child maltreatment and neglect to empower adults to intervene effectively on behalf of children in need. The Mandated Reporters' Training offers state certification to mandated reporters of child abuse and refresher courses to groups to update their knowledge in recognizing and reporting child abuse and neglect.
- *P.A.R.E.N.T.S.* is a 22 week parenting program for parents in chemical dependency recovery who have children in out-of-home placements.

Human Trafficking Services Resource Guide – Ulster County

Jackie Arsenuk, Safe Harbour Coordinator 845-340-3927 ulster.safeharbour@gmail.com

* Dutchess County will release a resource guide - TBA *

National Human Trafficking Resource Center: 1-888-373-7888



DUTCHESS COUNTY DEPARTMENT OF COMMUNITY AND FAMILY SERVICES

60 Market Street Poughkeepsie, NY 12601 Agency Telephone: 845-486-3000 Sabrina Jaar Marzouka, JD, MPH Commissioner

Children's Services

Division Phone:	845-486-3220	Fax:	845-486-3238	
Phone Hot Lines:	Child Abuse Hotline	800-342-37	720	
I none Hot Lines.	Child Abuse Hotline for Mandated Sources	800-635-152	22	
	Justice Center Hotline	855-373-2	122	
	Colleen Mahoney, Director	845-486-30	012	
Division Contacts	Ann Woolsey, Assistant Director	845-486-3381		
and Titles:	Tracy Connelly, Quality Assurance 845-486-3099			
	Supervisor			
Business Hours:	Monday- Friday: 9am – 5pm			
041	Cl. 11 Part of Commission of the Commission of t			
Other Specifics	Child Protective Services case managers and supervisors provide on call coverage 24			
about Business	hours per day, 365 days per year to investigate reports of Child Abuse or Neglect made to the New York State Central Register Child Abuse Hotline.			
Hours	made to the New York State Central Register	Cilia Abuse	e Houme.	

The Children's Services Division provides a wide array of services to promote the safety, permanency and wellbeing of Dutchess County children. Services are provided directly by staff members in the division and through contracts with many public and private community agencies. Services address issues including but not limited to substance abuse, mental illness, developmental disabilities, domestic violence, sexual abuse, medical needs, and child care. Contracts for a continuum of foster care services are also maintained, from foster home care through institutional care.

Children's Services – Adoption and Home-Finding

Unit Phone:	845-486-3220	Fax:	845-486-3238
Unit Supervisor:	Antoinette McKenzie, Case Supe	ervisor	845-486-3085

- Recruits, trains, certifies, and monitors foster/adoptive families on a continuous basis;
- Determines appropriate foster/adoptive home placements for children when these are needed;
- Conducts foster parent, public and private adoption home studies.

Often our foster parents become adoptive parents. Others provide temporary care until children are discharged to more permanent living situations. When possible, children can be placed with relatives as foster parents. To inquire about becoming a foster or adoptive parent, call 845-486-3220.

Children's Services – Child Protective Services

Unit Phone:	845-486-3080	Fax:	845-486-3111
	Rebecca Andersen, Case Supervisor		845-486-3365
	Monica Balassone, Case Supervisor		845-486-3377
	David Garcia, Case Supervisor		845-486-3073
Unit Supervisors:	Joseph Lansang, Case Supervisor		845-486-3275
	Diane Malone, Case Supervisor		845-486-3383
	Heather Stickle, Case Supervisor (CAC)		845-486-6501
	Marcia Taylor, Case Supervisor		845-486-3066

- Investigates reports of alleged child abuse or maltreatment received through the State Central Register (SCR) 24 hours per day seven days per week;
- Offers/arranges services when needed for families through the Department's own programs and community service providers to ensure child safety and reduce the risk of future abuse or maltreatment;
- Participates in the Dutchess County Multidisciplinary Investigative Team at the Child Advocacy Center, to conduct investigations with law enforcement regarding allegations of sexual abuse and serious physical abuse of children.

Children's Services - Foster Care

Unit Phone:	845-486-3220	Fax: 845-486-3238	
	Jackie Sessa, Case Supervisor	845-	486-3065
Unit Supervisors:	Vanessa Stuart, Case Supervisor 845-486-3095		486-3095
	Heather Vosburgh, Case Supervisor	845-486-3067	

- Ensures safe, nurturing temporary care for each child in foster care or Article 10 placement with relatives, with the goal of return to family if possible, adoption if the family cannot be reunited, or preparation for independent living or discharge to another appropriate resource as is appropriate for each child;
- Ensures that all foster children receive the medical, developmental, educational and mental health services they require;
- Works with birth parents of children to arrange services and resolve issues that brought their children into foster care so that children may safely return home.

Children's Services – Institutional Care and Detention

Unit Phone:	845-486-3220	Fax:	845-486-3238
Unit Supervisor:	Vivian Alexopoulos, Case Supervisor	845-	486-3188

- Arranges for and supervises non-secure and secure detention placements when Family Court remands youth to detention;
- Arranges for voluntary foster care placements for Dutchess County children and families when necessary;
- Locates, coordinates and supervises placement of children in all levels of foster care;
- Provides case management to children placed in therapeutic foster home, group home or institutional settings to address their emotional, developmental or medical needs.

Youth Services

Division Phone:	845-486-3664	Fax:	845-486-3288		
Division Head and Title:	June Ellen Notaro, Director of Youth Services 845-486-3662 June Ellen Notaro @dfa.state.ny.us				
Business Hours:	Monday - Friday 9am – 5pm Appointments with Youth Workers can be arra	anged at othe	er times.		

Youth Services staff members provide free, confidential short term supportive services for youth residing

in Dutchess County ages 4 to 21 years. Assistance includes:

 Direct services for youth and families to help problem solve personal, family or school difficulties;

- Advocacy to ensure youth rights are respected;
- Referrals to find additional help;
- Education to teach coping skills plus presentations to community or school groups on youth issues.

The Division administers New York State Office of Children and Family Services (OCFS) grant funding to promote positive youth development, increase youth developmental assets and decrease juvenile delinquency. The Division is also responsible for providing youth empowerment opportunities in the community, increasing public awareness of youth issues, and enhancing community resources for children and youth through inter-agency collaborations.



Other Services Provided by Contracts with Community Agencies Include:

Abbott House

Mandated preventive services to avoid the need for out of home placement.

Astor Services for Children & Families

Intensive home based services to children, Forensic Evaluations and the Enhanced Coordinated Children's Services Initiative (ECCSI), which is a tiered inter-agency project to coordinate services to children with emotional or behavioral concerns that put them at risk of out-of-home placement

Berkshire Farm Center

Non-secure detention services Dutchess Pathways Mandated Preventive Services Program, to avoid the need for out of home placement.

Child Abuse Prevention Center

Child Advocacy Center Coordination, Special Needs and Parent Empowerment Parenting Programs, community education and Safe Harbor child trafficking services.

Children's Home of Poughkeepsie

18 Emergency foster care placement beds which includes diagnostic evaluations when needed.

<u>Dutchess County Department of</u> Behavioral and Community Health

Collocated Credentialed Alcoholism and Substance Abuse Counselor (CASAC)

Family Services, Inc.

Sexual abuse offender and non-offender programs.

Grace Smith House

Two domestic violence liaisons located in Children's Services who provide direct client services, training and consultation for division staff regarding domestic violence issues.

<u>Hudson River Housing, River Haven</u> <u>Shelter</u>

Respite services for youth

JFC Consulting

Medical consultation on child abuse cases.

Lexington Center for Recovery

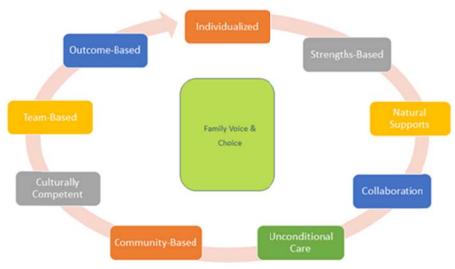
Two collocated substance abuse professionals

Office of Probation and Community Corrections

Various preventive services to meet the needs of youth alleged or designated to be Persons In Need of Supervision (PINS) and/or Juvenile Delinquents (JDs), to avoid the need for detention or out-of-home placement

Westchester Institute for Human Development

Child sexual abuse medical examinations.



EMERGENCY FINANCIAL ASSISTANCE & SNAP

The Dutchess County Department of Community and Family Services provide assistance with the costs of housing, medical care, food and other emergency needs, with eligibility based on income and medical need. There are a variety of programs, with different eligibility requirements. Financial assistance may also include work requirements, participation in a treatment program or the filing of a support petition.

For more specific information, visit the DCFS office at 60 Market St., Poughkeepsie, or call 486-3000.

Satellite offices are located in Beacon and Millbrook for residents in those localities:

Beacon Center 223 Main St. Suite 101 Beacon, NY 12508

Reception Phone: 845-838-4800

Eastern Dutchess Government Center 131 County House Road Suite 308 Millbrook, NY 12545

Reception Phone: 845-677-5532

SOCIAL SECURITY INCOME AND DISABILITY INSURANCE (SSI AND SSDI)

Supplemental Security Income (SSI)

877-405-6747 or 800-772-1213

SSI is a program that pays monthly benefits to eligible individuals with disabilities who have limited income and assets. Eligibility requirements must be met and the process is lengthy. Persons eligible for SSI are also eligible for Medicaid and Food Stamps. This program is available to children and adults. For a child, it is based on the parent's income until they are 18, then only the child's income and assets are considered.

Social Security Disability Insurance (SSDI)

877-405-6747 or 800-772-1213

SSDI is a program that pays monthly benefits to adults who become disabled and have worked long enough to meet the "work credits" requirement. It is also available to children who were disabled before the age of 22 and whose parents are retired, disabled or deceased.

AND COMMUNITY CORRECTIONS

PINS (Persons In Need of Supervision)

50 Market Street Poughkeepsie, NY 12601 845-486-2600

What behavior indicates that a parent should consider filing a PINS petition?

It is important to seek help early, before your child nears the age of 18. If your child is engaging in any of the following behaviors, you may wish to consider filing a PINS complaint through the Dutchess County Office of Probation and Community Corrections:

- Running away
- Truancy
- Frequently breaking curfew
- Frequently defiant not responding to parental authority
- Drug and alcohol use

Of course, many youth display some of these behaviors from time to time, especially during adolescence. However, if your child is frequently or habitually engaging in these behaviors and you believe that he or she is beyond your control, a PINS complaint is one course of action to consider. Sometimes counseling and other family supports can help improve the situation. River Haven offers counseling and emergency housing for runaway teens or teens that can benefit from a "cooling off" period. Another option is to request an Enhanced Coordinated Children's Services Initiative (ECCSI) Network meeting (see page 36).

How do I file a PINS complaint, if this is what I decide to do?

If you decide to file a PINS complaint, you may contact *the Office of Probation and Community Corrections* at 845-486-2600 for an appointment to discuss your concerns. If a PINS complaint is decided upon, a probation officer will gather information about your child.

As the parent/complainant, you have the right to withdraw the complaint at any time. However, if a school or other party files against your child, they may request court intervention if they believe the matter has not been successfully resolved.

Dutchess County Juvenile Fire setter (J-FIRE) Intervention Response and Education

845-486-3994

The Dutchess County J-FIRE Program provides a comprehensive, non-punitive, multidisciplinary approach to address the problem of juvenile fire setting by early identification, assessment, education, and intervention on the effort to protect lives and property. J-FIRE uses an evidence-based assessment

process that helps determine the level of risk as well as educational strategies for children and families. In collaboration with firefighters, police and probation officers, and mental health clinicians, the J-FIRE program services are available to youth ages 3-17 to improve safety for the families in Dutchess County. To make a referral call or email <u>jfire@dutchessny.gov</u> and an Intervention Specialist will follow up for an appointment to meet.

Astor Services for Children & Families Probation Based Services

6339 Mill St, Rhinebeck, NY 12572 845-486-4840

<u>CST – Collaborative Solutions Team</u> is a multi-disciplinary team of professionals to provide assessment/referrals and consultation services.

<u>J-RISC – Juvenile Risk Intervention Services Coordination</u> provides Functional Family Therapy services to JD and PINS youth and families who are identified high risk by the YASI tool in the domains for family, community/peer, skills and attitudes.

CHEMICAL DEPENDENCY

Lexington Center for Recovery

PAGE PARK CLINIC	MAIN STREET CLINIC	BEACON CLINIC	DOVER PLAINS
41 Page Park Drive	412 Main Street	249 Main Street	7 Dover Village Plaza
Poughkeepsie, NY	Poughkeepsie, NY	Beacon, NY	Dover Plains, NY 12522
845.486.2950	845.486.8880	845.765.2366	845.444.2333

Adolescent program that uses an evidenced based program called The Seven Challenges, which is designed for adolescent substance abusing or substance dependent individuals, to motivate a decision and commitment to change. It helps young people look at themselves, understand what it takes to give up a drug abusing lifestyle, and prepare for and attain success when they commit to making changes. All treatment begins with a comprehensive evaluation designed to identify problems and concerns for the adolescent and family. Following the evaluation, a therapist will work with the client and family to determine the goals of treatment. To schedule an evaluation, call the Dutchess County HELPLINE at: 845-485-9700 or Toll Free at 877-485-9700

Council on Addiction Prevention & Education (CAPE)

80 Washington St, Poughkeepsie, NY 12601 845- 471-0194 capedc.org

CAPE specializes in prevention – the key ingredient to wellness. The agency provides evidence-based education and counseling to provide the tools to build healthier individuals, families and communities. The Council develops programming to suit the needs of the client/organization.



Arms Acres

75 Seminary Hill Rd, Carmel, NY 10512 1-888-227-4641 armsacres.com

With 179 inpatient beds licensed by New York State OASAS to provide inpatient detoxification (on a medically supervised unit) and inpatient rehabilitation, Arms Acres services are offered to adults *and adolescents ages 12 to 18 years old*. The multidisciplinary treatment team includes physicians, psychiatrists, nurse practitioners, nurses, certified alcoholism and substance abuse counselors, social workers, family specialists and activities specialists. Treatment includes Relapse Prevention, Dual Focus groups, Medication Assisted Treatment, a weekly Family Program, Equine Assisted Therapy, and Therapeutic Fitness/Recreation. The program follows evidence based Trauma Informed Clinical approaches and utilizes the Seeking Safety and Cognitive Behavioral Therapy models of treatment.

M.A.R.C. - Mid-Hudson Addiction Recovery Centers, Inc.

51 Cannon St, Poughkeepsie, NY 12601 845- 452-8816 marc.us.com

Non-medical alcohol and drug detox services as well as a range of recovery housing for individuals ages 18 and over.

The Turning Point

241 North Rd, Poughkeepsie, NY 12601 845-483-5511

Medical detoxification and rehabilitation program for individuals ages 18 and over.

Alcoholics Anonymous of Dutchess County – 845-452-1111

Narcotics Anonymous of Dutchess County – 845-431-9011

LGBTQ

GLSEN

212-727-0135 glsen.org

The Gay, Lesbian & Straight Education Network strives to assure that each member of every school community is valued and respected regardless of sexual orientation or gender identity/expression. Nationally, GLSEN works to ensure safe schools for ALL students, regardless of sexual orientation and gender identity.

Westchester Sub-Chapter (Westchester, Putnam and Rockland Counties) Mary Jane Karger P.O. Box 604 Yorktown Heights, NY 10598 914-962-7888 WestchesterNY@chapters.glsen.org Ulster Sub-Chapter (Ulster, Dutchess and Orange Counties) Rob Conlon P.O. Box 14 Milton, NY 12547 914-588-1306 UlsterNY@chapters.glsen.org

PFLAG

202-467-8180 www.pflag.org

PFLAG envisions a world where diversity is celebrated and all people are respected, valued, and affirmed inclusive of their sexual orientation, gender identity, and gender expression.

Our Mission: By meeting people where they are and collaborating with others, PFLAG realizes its vision through:

- Support for families, allies and people who are LGBTQ
- Education for ourselves and others about the unique issues and challenges facing people who are LGBTQ
- Advocacy in our communities to change attitudes and create policies and laws that achieve full equality for people who are LGBTQ

Hudson Valley LGBTQ Community Center

300 Wall Street Kingston, New York 12401 845-331-5300 http://www.lgbtqcenter.org

Assists Lesbian, Gay, Bisexual, Transgender, Inter-sexed, Queer, and Questioning individuals and their families and friends through support, education and advocacy; please call for group information.



OLDER YOUTH/YOUNG ADULT

The Mediation Center

9 Vassar St, Poughkeepsie, NY 12601 845-471-7213 dutchessmediation.org

Offers alternative dispute resolution services for youth and for parents and children (Parent/Child Mediation) as well as special education/ early intervention mediation

Taconic Resources for Independence, Inc.

82 Washington St, Suite 214, Poughkeepsie, NY 12601 845-452-3913 taconicresources.org

Information about community resources of interest to persons with disabilities; provides referral and advocacy services.

ACCES-VR (Adult Career and Continuing Education Services-Vocational Rehabilitation)

Manchester Mill Centre 301 Manchester Rd, Suite 200, Poughkeepsie, NY 12603 845-452-5425 acces.nysed.gov/vr/mid-hudson-district-office

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. Through its administration of vocational rehabilitation and independent living programs, VR coordinates policy and services relating to:

- Transition youth services for high school students and youth up to age 25 with disabilities from school and post school to adult services.
- Vocational rehabilitation services for working age individuals with disabilities.
- Independent living services for people with disabilities of all ages.
- Business services for hiring a qualified diverse workforce.

Marist College – Upward Bound Program

845-575-3258

Provides high school students who have the ability to do well academically, but require additional academic and counseling assistance, to help prepare them for college life.

Young Adult Transition Program

253 Mansion St, Poughkeepsie, NY 12601 845-473-2500 mhadc.com

For persons aged 18-27 with mental illness; Provides weekly life skills curriculum that addresses goals that can include: increasing self-advancement through school and vocational means, enhancing life skills, encouraging civic engagement and furthering wellness self-management.

Children's Bereavement Group

915 Route 212, Centerville, Saugerties, NY 12477 Phone: 845-246-9581 Fax: 845-246-9582 sjechurch.org

Provides support to children coping with the loss of a loved one. The group is held bi-monthly at Hudson Valley Hospice on the 2nd and 4th Tuesdays of the month from 6pm-8pm. Caregivers should attend with the child, free to Hospice families or a \$15 fee for non-Hospice families. Dinner is included.

DC BOCES Programs

Phone: 845-486-4800 Fax: 845-486-4981 dcboces.org

Provides vocational and educational services to youth from school age to 21 as well as to adult learners; BOCES HSE Classes are offered free, day and evening, in Beacon, Poughkeepsie, Dover Plains and Red Hook. Classes prepare adults for the HSE exam.

Dutchess Community College HSE Program

53 Pendell Road, Poughkeepsie, NY 12601 845-431-8905 sunydutchess.edu

For individuals who have dropped out of school, reached 16 by July of the given year, and is seeking college admission.

Cornell Cooperative Extension 4-H Youth Development

845-677-8223

Provides youth up to the age of 19 with organized 4-H club activities while developing personal skills

PROS: Personal Recovery Oriented Services

249 Main St, Beacon, NY 12508 845-831-2124 omh.ny.gov/omhweb/pros

Services for adults 18 + with emotional disabilities

Teen Challenge Clubhouse

253 Mansion St, Poughkeepsie, NY 12601 845-473-2500 x 1350

MHA offers group socialization, life skills, and training through research-based curriculums, recreation and support to teens 14-19 with emotional disabilities.

TEEN PREGNANCY

The Center for the Prevention of Child Abuse: The Teen Parenting Program

35 Van Wagner Road, Poughkeepsie, New York 12603 845-454-0595 thecpca.com/services

Offers parent skill classes/groups using the Nurturing Parents Curriculum, home visits, care management, and community referrals. Eligibility: any pregnant and/or parenting teen, male or female, ages 13-20.

Astor Early Childhood Programs

50 Delafield Street, Poughkeepsie, NY 12601 845-452-4167

Early Childhood Services are available to pregnant teenagers. Services offered during weekly home visits include prenatal education, support and referrals.



CARE-NET

226 Church St, Poughkeepsie, NY 12601 845-471-9284

Offers free and confidential assistance to pregnant and parenting teens and young adults. Services provided include counseling, referrals and resources. Spanish speaking staff is available.

EMERGENCY AND TRANSITIONAL HOUSING

Hudson River Housing, Inc.

313 Mill St, Poughkeepsie, NY 12601 845-454-5176 hudsonriverhousing.org

Offers emergency, transitional housing, and permanent supportive housing for individuals and families; in addition, the organization provides homeownership education and services, foreclosure prevention services and affordable rental housing for low and medium income households.

HRH services for older youth/young adults include:

- *River Haven Shelter* provides emergency shelter for runaway and homeless youth, 10 through 17. For more information, call 845-454-3600
- River Haven Independent Living Support Program provides non-residential care management for older homeless or at risk youth/young adults who are in need of support as they work toward increasing their level of self-sufficiency and prepare for independent living. For more information, call 845-454-2300
- River Haven Transitional Living Community (TLC) provides supervised transitional housing, where older youth 18 and up can stay for up to 18 months as they prepare to move on to an independent living situation or other stable housing. Those interested in TLC must first contact the River Haven Independent Living Program. For more information, call 845-454-2300

HEALTH SERVICES

Planned Parenthood – Health Center

17 Noxon St, Poughkeepsie, NY 12601 845-562-7800 www.plannedparenthood.org

Planned Parenthood strives to:

- provide comprehensive reproductive and complementary health care services in settings which preserve and protect the essential privacy and rights of each individual
- advocate public policies which guarantee these rights and ensure access to such services
- provide educational programs which enhance understanding of individual and societal implications of human sexuality
- promote research and the advancement of technology in reproductive health care and encourage understanding of their inherent bioethical, behavioral, and social implications.



DUTCHESS COUNTY DIVISION OF PUBLIC TRANSIT

14 Commerce Street, Poughkeepsie, NY 12603
Phone: (845) 473-8424 Fax: (845) 473-8643
co.dutchess.ny.us/CountyGov/Departments/MassTransit/PLLoopbus.htm

Division of Public Transit Bus provides transit service to Dutchess County through two modes of service: fixed route service and demand response services like Dial-A-Ride and Paratransit. Public Transit runs a RailLink bus service in cooperation with the Metro-North railroad. Dutchess County Division of Public Transit also coordinates non-emergency Medicaid transportation for the Dutchess County Department of Social Services.

Contact Cynthia Ruiz, Dutchess County Transit Administrator or Michael Grattini, First Transit General Manager for more information

COMMUNITY ACTION PARTNERSHIP

dutchesscap.org

Central Dutchess / Administrative Offices
Northern Dutchess
44-46 Market Street
Poughkeepsie, NY 12601
Red Hook, NY 12571
Phone: 845-452-5104 Fax: 845-625-1510
Phone: 845-876-1611 Fax: 800-872-3165

Eastern Dutchess
PO Box 397, 3414 Route 22,
Dover Plains, NY 12522
Beacon, NY 12508

Phone: 845-877-9272 Fax: 800-872-3165 Phone: 845-831-2620 Fax: 800-872-3165

The Dutchess County Community Action Agency Inc. partners with families and individuals to eliminate poverty and identify resources for families to enhance their self-reliance. Some programs include:

Employment Assistance

- Helps families achieve self- sufficiency through total "wrap around services". We help individuals enter the workforce by assisting in resume writing, employment searches and practice interview skills. All services and activities are done in a dignified manner through strength based approach programs and services within CAP

Dress for Success of Dutchess County

- Provides interview and employment appropriate clothing to disadvantage women
- Our mission is to help women acquire jobs, retain new position and succeed in mainstream work place

Volunteer Income Tax Assistance

- free tax preparation, earned income credit and child care tax credit

Weatherization Assistance Program (WAP)

- Helps income eligible families reduce their energy bills. Weatherization work is performed on your home to help you stay warmer in the winter and cooler in the summer.

Retired & Senior Volunteer Program (RSVP)

- recruit and place individuals 55 and older with volunteer opportunities, utilizing their talents and skills to engage in meaningful service activities in their communities

FOOD PANTRIES OF DUTCHESS COUNTY

As these listings change frequently, please verify that this information is up to date before heading to the location.

City	Agency	Address	Hours	Phone
Amenia Union	Food of Life	50 Leedsville	Fridays 3pm-5pm	(845)373-9161
	Pantry	Road		
Beacon	Dutchess CAP	10 Eliza Street	Mon 9am-11am,	(845)831-2620
	Beacon		Wed/Fri 9am-	
			11am, 1pm-2pm	
Beacon	Salvation Army -	372 Main Street	Monday-Friday	(845)831-1253
	Beacon Food		9am-12pm	
	Pantry			
Beacon	St. Andrew's/	17 South Avenue	Saturdays 10am-	(845)831-1369
	Luke's Food		11am	
	Pantry			
Dover Plains	Center of	52 Mill Street	Mon-Fri, By	(845)877-6168
	Compassion Food		Appointment Only	
	Pantry			
Dover Plains	Dutchess CAP -	3414 Route 22	Monday-Friday	(845)877-9272
	Harlem Valley		8:30-4:30	
Fishkill	First Reformed	1153 Main Street	Mon-Fri, By	(845)896-4546
	Church Food		Appointment Only	
	Pantry			
Fishkill	New Vision	831 Route 52	Tuesdays &	(845)202-7199
	Church of		Thursdays 11am-	
	Deliverance, Inc.		1pm	
	Food Pantry			
Hopewell	No Strings	609 Route 82	Mon-Fri By	(845)227-7832
Junction	Attached Food		Appointment;	
	Pantry		Fri/Sat/Sun	
			Deliveries	
Hopewell	St. Columba	835 Route 82	By Appointment	(845)227-7863
Junction	Church		Only	

City	Agency	Address	Hours	Phone
Hyde Park	Hyde Park Food Pantry	28 Harvey Street	Fridays 9:30-11:30	(845)889-8138
Hyde Park	Reach Out Food Pantry	241 Crum Elbow Road	Fridays 2pm-5pm	(845)229-6080
Lagrangeville	Love Reaches Out Food Pantry	1138 Route 55	Weds 10am-2pm, 8pm-8:30; Sun 12- 12:30	(845)452-4673
Lagrangeville	Trinity United Methodist Church Food Pantry	6 South Cross Road	Last Thursdays 7pm-8pm	(845)223-3152
Pawling	Community Resource Service Center	126 East Main Street	Mon-Fri 10am- 4pm, Sat 10am- 3pm	(845)855-3459
Pine Plains	Pine Plains Comm. Food Locker	4146 East Church Street	2nd Saturdays 10am-12pm	(518)398-7273
Pleasant Valley	Pleasant Valley Ecumenical Food Pantry	92 Martin Road	Wednesdays 7pm- 8pm	(845)635-3022
Poughkeepsie	Beulah Baptist Church Soup Kitchen	92 Catharine Street	Saturdays 11:30- 12:30	(845)473-1662
Poughkeepsie	Dutchess CAP - Poughkeepsie	77 Cannon Street	Monday-Friday 8:30-4:30	(845)452-5104
Poughkeepsie	Dutchess Outreach Food Pantry	29 N. Hamilton St., Suite 202	Monday-Friday 8:30-11:30	(845)454-3792
Poughkeepsie	Dutchess Outreach Lunch Box	29 North Hamilton St. Suite 202	Weds-Mon 1-3pm, 5-6pm; Tues 11- 1pm, 5-6pm	(845)471-2522
Poughkeepsie	Endtime Harvesters International Food Pantry	668 Dutchess Turnpike	Saturdays 12pm- 4pm	(845)485-2582
Poughkeepsie	GIFTS	29 No. Hamilton St., Suite 202	Mon/Wed/Fri Deliveries	(845)471-2522
Poughkeepsie	God's Helping Hands Food Pantry	120 Hudson Ave	Tuesdays 1pm- 3pm	(845)471-7976
Poughkeepsie	HLPC Missions Supper Kitchen	33 South Clover Street	Saturdays 5pm- 7pm	(845)473-2439
Poughkeepsie	Reach Out and Touch Food Pantry	100 Cannon Street	Tuesdays 9:30- 12pm	(845)337-3611
Poughkeepsie	River Haven I.L.S. Food Pantry	391 Manchester Road	Monday-Friday 9am-5pm	(845)454-2300

City	Agency	Address	Hours	Phone
Poughkeepsie	Salvation Army -	19 Pershing	Monday-Friday	(845)471-1210
	Poughkeepsie	Avenue	8:30-9:30	
	Breakfast			
	Program			
Poughkeepsie	Salvation Army -	19 Pershing	Monday-Friday By	(845)471-1210
	Poughkeepsie	Avenue	Appointment Only	
	Food Pantry			
Poughkeepsie	St. Paul's	161 Mansion	Tues/Weds/Thurs	(845)452-8440
	Poughkeepsie	Street	10am-2pm	
	Food Pantry			
Poughkeepsie	The Potter House	54 Noxon Street	Fridays 10:30-	(845)452-7484
	Food Pantry		12:30	
Poughkeepsie	Trinity Temple	19 North Bridge	Wednesdays	(845)471-5815
	Food Pantry	Street	10am-7pm	
Red Hook	Dutchess CAP Red	44-46 East	Monday-Friday	(845)876-1611
	Hook	Market St.	8:30-4:30	
Red Hook	Red Hook United	4 Church St. Suite	Sundays 1pm-2:30	(845)758-6283
	Methodist Church	2		
	Food Pantry			
Red Hook	St. Vincent De	30 Benner Road	3rd Sundays	(845)758-3732
	Paul Society		11:30-1pm	
Rhinebeck	Jayne Brooks	6436	Fridays 10am-2pm	(845)876-3533
	Memorial Food	Montgomery		
	Pantry	Street		
Rhinebeck	Rhinebeck	6368 Mill Street	Tuesdays &	(845)876-3727
	Reformed Church		Thursdays 10am-	
	Food Pantry		12pm	
Wappingers Falls	Pathstone -	29 Marshall Road	Monday-Thursday	(845)298-8998
	Wappingers Falls	Suite 3F	9am-2pm	
Wappingers Falls	Zion Episcopal	12 Satterlee Place	Wednesdays	(845)297-9797
	Church Food		12:30-2pm, 6:30-	
	Pantry		7:30	



ACRONYMS

A

AA Alcoholics Anonymous

ACCES-VR Adult Career and Continuing Education Services-Vocational Rehabilitation

ACOA Adult Children of Alcoholics
ADA Americans with Disabilities Act

ADT Adolescent Day Treatment (Astor/BOCES)

AIOP Adolescent Intensive Outpatient Program (Mid-Hudson Regional)

ALANON Organization of relatives and friends whose lives have been affected by the

alcoholism of another

ALATEEN Organization of teen children of alcoholics

APS Adult Protective Services

В

BOCES Education and Training Academy
BOCES
Board of Cooperative Educational Services

 \mathbf{C}

CAC Child Advocacy Center
CAMI Chemical Abuser/ Mental Ill

CASSP Child and Adolescent Service System Program

CCF Council on Children and Families or Congregate Care Facility

CDT Continuing Day Treatment

CFC Choices for Change

CMHC Community Mental Health Center

CPS Child Protective Services

CPSE Committee for Preschool Special Education

CR Community Residence

CRC Certified Rehabilitation Counselor

CPSE Committee on Pre-school Special Education

CSE Committee on Special Education

D

DCFS Dutchess County Department of Community and Family ServicesDCBH Dutchess County Department of Behavioral and Community Health

DCJ Dutchess County JailDD Developmental Disability

DDRO Developmental Disability Regional Office

DSM-V Diagnostic and Statistical Manual of Mental Disorders – Fifth Edition

ECCSI Enhanced Coordinated Children's Services Initiative

EIP Emotionally Disturbed
EIP Early Intervention Program

H

HBCI Home-Based Crisis Intervention

HCBS Home and Community-Based Services Waiver Program

HRH Hudson River Housing

HRFO Hudson River Field Office (OMH)

I

ID Intellectual Disability

IDEA Individuals with Disabilities Education ActIDT Intensive Day Treatment (RCPC - Poughkeepsie)

IEP Individualized Education Plan

 \mathbf{L}

LGBTQ Lesbian, Gay, Bi-sexual, Transgender, Queer and Questioning

LGU Local Government Unit

 \mathbf{M}

MADD Mothers against Drunk Driving

MHA Mental Health America
MHR Mid-Hudson Regional

 \mathbf{N}

NA Narcotics Anonymous

NAMI National Alliance for the Mentally Ill

NARANON Organization for relatives and friends of substance abusers

P

PACC Pre-Admission Certification Committee

PH Partial Hospitalization

PINS Person in Need of Supervision
PO Probation Officer / Parole Officer

PROS Personal Recovery Orientated Services

R

RCPC Rockland Children's Psychiatric Center

RPC Rockland Psychiatric Center
RSS Rehabilitation Support Services

 \mathbf{S}

SAC Student Assistance Counselor

SED Serious Emotional Disturbance or State Education Department

SETRC Special Education Training and Resource Center

SPOA Single Point of Access (for High Risk Children's Services)

SPOE Single Point of Entry (for Adult Housing; for Adult Care Management)

SPMI Seriously and Persistently Mentally Ill

SSD Social Security Disability

SSDI Social Security Disability Income
SSI Supplemental Security Income

 \mathbf{T}

TRI Taconic Resources for Independence

 \mathbf{V}

VA Veterans' Administration

VBH Vassar Brothers Medical Center

 \mathbf{W}

WIC Women, Infants and Children Feeding Program

WIN Work Incentive Program

INFORMATIONAL WEBSITES

Also use your search option on social media for more information.

www.ci.nyc.ny.us/html/acs/home.html Administration for Children's Services

www.nycareerzone.org Career Zone

<u>www.caregiver.com</u> Articles on Caregiver Issues

www.catholiccharitiesny.org Catholic Charities

www.connectforkids.com Connect for Kids (Annie E. Casey

Foundation)

www.ccf.ny.gov/index.htm NY State Council on Children and Families

<u>www.dutchessny.gov</u> Dutchess County Government website

www.glsen.org Gay, Lesbian, and Straight Education

Network

www.ftnys.org Families Together in New York State

www.ffcmh.org Federation of Families for Children's

Mental Health

http://midhudson.org Library

<u>www.lawhelp.org/NY</u>

Helps low-income NY'ers solve legal

problems

www.ncset.org National Center on Secondary Education

and Transit

www.parentcenterhub.org Center for Parent Information and Resources

(CPIR)

www.nmha.org National Mental Health America

www.acces.nysed.gov/vr/ New York State Education Department –

Adult Career and Continuing Education

Services Vocational Rehabilitation

www.nysteachs.org New York State Technical & Education

Assistance Center for Homeless Students

www.pacer.org PACER (children and young adults with

disabilities)

www.parenttoparentnys.org Parent to Parent in NY State

www.safeyouth.gov Youth Violence Prevention

www.aacap.org American Academy of Child and

Adolescent Psychiatry

<u>www.armsacres.com/</u> Arms Acres (Liberty Management)

<u>www.astorservices.org</u> Astor Services For Children & Families

www.capedc.org Council on Addiction Prevention &

Education

www.dcboces.org/index.php Dutchess County BOCES

www.dutchesscap.org Dutchess County Community Action

Agency

www.dccacd.org/ Dutchess County Council on Alcoholism

and Chemical Dependency

www.co.dutchess.ny.us/ Dutchess County Online (links to county

agencies)

<u>www.dutchessoutreach.org</u>
Dutchess Outreach
www.familyservicesny.org/
Family Services

www.fourwindshospital.com/ Four Winds Hospital

www.hudsonriverhousing.org/ Hudson River Housing

www.mhadutchess.com/ Mental Health America of Dutchess County

www.namimidhudson.org National Alliance for the Mentally Ill

www.omh.state.ny.us/ NYS Office of Mental Health

<u>www.midhudsonregionalhospital.org/</u> Mid-Hudson Regional Hospital of

Westchester Medical

www.opwdd.ny.gov Taconic Developmental Disabilities

Services Office

<u>www.taconicresources.org</u> Taconic Resources for Independence -

Disability Links - on-line Parent Resource

guide

www.dutchessmediation.org/
The Mediation Center

www.unitedwaydutchess.org United Way Dutchess County

<u>www.samhsa.gov</u> Substance Abuse and Mental Health

Services Administration

www.asha.org American Speech Language Hearing

Association

QUICK ACCESS PHONE DIRECTORY

** Please refer to specific sections of the guide for additional services **

Arms Acres (Liberty Management)
Astor Services for Children & Families Home Based Services
Astor Services for Children & Families Counseling Services Poughkeepsie 845-417-6004
Council on Addiction Prevention & Education
Catholic Charities
Center for the Prevention of Child Abuse
Children's Medical Group
Dutchess County BOCES
Dutchess County Department of Behavioral and Community Health (DCBH) 845-485-9700
Dutchess County Department of Community and Family Services (DCFS) 845-486-3000
Dutchess County Early Intervention (EI)
Dutchess County Healthy Families
Dutchess Outreach
Family Services
Family Partnership
Four Winds Hospital
Grace Smith House
Hudson River Housing 845-454-5176
Mental Health America (MHA)
Mid-Hudson Regional Hospital of Westchester Medical Center
Taconic Resources for Independence
Taconic DDRO
**
United Way Dutchess

NOTES
