

<https://www.astorservices.org/resources/dutchess-county-helping-our-families-guide/>



REVISED 2/14/2018



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.*

DIRECTORY

Introduction	Page 2
Useful Terms and Definitions	Page 4
Child Development Information	Page 5
Behavioral Health in Early Childhood	
Behavioral Health in Middle Childhood	
Transitioning to Adulthood	
Public Health Nursing Division	Page 9
Astor Head Start	Page 10
Infant Socialization	Page 11
Child Care Assistance	Page 12
Education	Page 13
Dutchess County School Districts	Page 19
After School Programs & Recreation	Page 21
Family Education, Support and Advocacy	Page 27
Mental Health America of Dutchess County	Page 32
Developmental Disabilities	Page 34
Behavioral and Community Health	Page 35
Health Homes	Page 36
Mobile Crisis Intervention and Prevention Team (MCIPT)	Page 39
C-SPOA (Single Point of Access)	Page 40
ECCSI (Enhanced Coordinated Children's Services Initiative)	Page 41
Hospital Diversion Programs	Page 42
Safety and Victim Assistance Programs	Page 45
Department of Community and Family Services	Page 46
Emergency Financial Assistance & SNAP	Page 52
SSI & SSDI (Social Security Income and Disability Insurance)	Page 53
DC Office of Probation and Community Corrections	Page 53
PINS (Persons in Need of Supervision), Juvenile Delinquency	
Chemical Dependency	Page 55
LGBTQ	Page 57
Older Youth/Young Adults	Page 58
Teen Pregnancy	Page 60
Emergency and Transitional Housing	Page 61
Health Services	Page 61
Dutchess County Public Transit	Page 62
Community Action Partnership	Page 62
Food Pantries of Dutchess County	Page 63
Acronyms	Page 65
Informational Websites	Page 68
Quick Access Phone Directory	Page 70

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 to 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:

- Insurance coverage. Check with your insurance company beforehand 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.
- Be specific when discussing your concerns about your child's behavior. 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.

- Medication. 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 twice per week for at least 3 consecutive months 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 Outpatient 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.

River Haven Independent Living Support Program (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*

*11 Park St,
Millerton, NY 1254
518-789-3077*

*50 Delafield Street,
Poughkeepsie, NY 12601
845-452-7726*

*6423 Route 55,
Wingdale, NY 12594
845-832-3331*

*6 Mill Rd.
Red Hook, NY 12571
845-758-4103*

*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 (18 months 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.

Preschool Special Education Programs

Special Class Integrated Services are offered at the Mt. Alvernia, Beacon, Poughkeepsie and Wingdale locations. The goal of this program is to provide an enriching preschool program to children in an inclusive classroom setting.

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

Special Class 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 needs often include behavior management needs.

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

Therapeutic Preschool serves the Mid-Hudson Region at our Poughkeepsie location. The goal of this program is to provide educational and therapeutic services for children with social emotional needs who require a structured day program.

Services: Play therapy and social skills training occur in the preschool classroom. Ongoing assessment and treatment planning take place to insure best practice. 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,
Rhinebeck NY
845-876-5952*

*32 Raymond Ave,
Poughkeepsie NY
845-473-5952*

*484 Main St,
Beacon, NY 12508
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.

Tuesdays 10:30-12pm in Poughkeepsie

Mondays 3-4:30pm in Beacon

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 core 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:

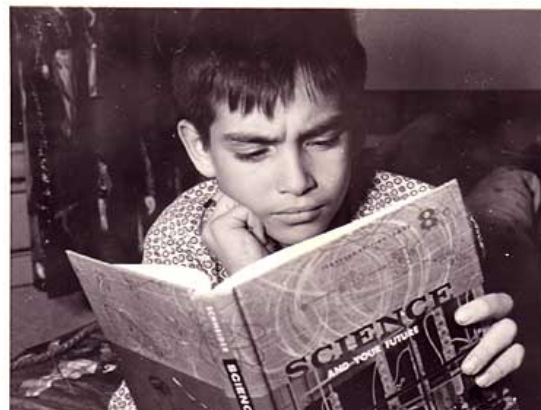
- Provided a homebound tutor (vial guidance counselor-secondary).
- Objectives of topics to be covered for the next three weeks (brief outline).
- Books and any worksheets each week.
- Homework and in-class assignments each week.
- Grade all assignments and tests.
- Determination of student's report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

ACSD SEPTA (Arlington Central School District Special Education PTA)

All are welcome to become a member of a SEPTA/SEPTO, one does not have to be a parent or teacher in that school district, as the information shared through speaker events and other activities and events is generally not specific to the district of that SEPTA/SEPTO.

Arlington SEPTA also offers a Spanish Speaking support group and contact information to speak with someone in Spanish about their concerns regarding Special Education services and their child

ACSD SEPTA (Arlington Central School District Special Education PTA)

144 Todd Hill Road, Lagrangeville, NY 12540

845-478-4488

ArlingtonSchoolsSEPTA@gmail.com

http://www.arlingtonschools.org/pages/arlington_schools/Parents/SEPTA__Edline_

<https://www.facebook.com/ACSDSEPTA> and <https://twitter.com/acsdsepta>

Spanish speakers: acsdseptaEspanol@gmail.com and 845-478-4488

Day Treatment Programs

Payment and transportation is provided by the school district.

Referrals are made by the school district.

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

Parent Training and Information Center
Westchester Independent Living Center
and Putnam Independent Living Services
845-228-7457

Becky Coles: bcoles@putnamils.org
Denise Green: dgreen@putnamils.org

Karen Lynch
Taconic Resources for Independence, Inc.
82 Washington Street, Suite 214
Poughkeepsie, NY 12601
845-452-3913 X 112
k.lynch@taconicresources.org

Advocates & Attorneys

Advocates

Pat Exman - 845-383-1092 - www.exmanadvocacy.com (located in Dutchess)

Advocates & Attorneys

Barger & Gaines - <http://bargergaines.com/>

Andrew Cuddy - www.cuddylawfirm.com

Littman Krooks - www.littmankrooks.com

Gil McMahon - <http://www.specialedlawadvocacy.com> (located in Putnam)

Attorneys

Rachel Asher - <http://ashergaughran.com>

BJ Ebenstein - www.barbaraebenstein.com

Andrea Gellen - www.mccm.com (located in Poughkeepsie)

Peter Hoffman - <http://www.pdhoffmanlaw.com>

Legal Services of the Hudson Valley- <http://www.lshv.org>

Gary Mayerson - www.mayerslaw.com

Julie Passman - 914-253-8804

Marna Solarsch - <http://www.marnasolarshlaw.com>

Michael Sussman - http://sussmanwatkinslaw.com/attorneys_staff/sussman.html

Tracey Spencer Walsh - 917-566-2677

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 Aderson

Phone: 845-486-4460 x20121

Beacon City School District

10 Education Drive, Beacon, NY 12508

Phone: 845-838-6900 Fax: 845-838-6905

Website: www.beaconcityk12.org

School Liaison: Dawn Condello

Phone: 845-838-6900 x2015

DC BOCES

5 BOCES Road , Poughkeepsie, NY 12601

Phone: 845-486-4800 x2200

Website: www.dcboces.org

School Liaison: Denise Dzikowski

Phone: 845-486-4800 x8804

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

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 Chadwell-Dennis

Phone: 845-229-4000 x1611

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 Affigne

Phone: 845-677-4200 x1106 or x1107

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

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

Poughkeepsie City School District

District Office: 55 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

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

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

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

Wappingers Central School District

25 Corporate Drive, Hopewell Junction, NY 12533

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

Website: www.wappingersschools.org

School Liaison: Diane Morina

Phone: 845-298-5000 x40103

Webutuck Central School District

194 Haight Road, Amenia, NY 12501

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

Website: www.webutuckschools.org

School Liaison: Katherine McEhroe

Phone: 845-373-4106



AFTER SCHOOL PROGRAMS & RECREATION

After School Connections

Northeast Community Center

51 S Center St, Millerton, NY 12546

518-592-1399 x103

http://www.neccmillerton.org/after_school.php



Born Again Disciples

Hudson Valley Community Center

110 South Grand Ave, Poughkeepsie, NY 12603

845-471-0430

www.bad-ny.com



Boy Scouts of America Hudson Valley Council

6 Jeanne Dr, Newburgh, NY 12550

845-566-7300

www.hudsonvalleyscouting.org



BOY SCOUTS OF AMERICA®
HUDSON VALLEY COUNCIL

Liberty Partnership Program

3399 North Rd. Poughkeepsie NY

845-849-0330

www.marist.edu/academics/libertypartnerships

Cubs Place

Vassar Brother's Medical Center

45 Reade Place, Poughkeepsie, NY

845-416-7771

<https://www.inspirecp.org/services/cub%E2%80%99s-place/>

Cub's Place



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

845-454-8204

<https://www.hrhcare.org/healthcenters/poughkeepsie-partnership/>



Kids on Ice

14 Civic Center Plaza, Poughkeepsie, NY 12601

845-454-5800

www.midhudsonciviccenter.org

Girl Scouts Heart of the Hudson

3 Neptune Rd, Poughkeepsie NY

845-452-1810

www.girlscoutshh.org



Job Corps

800-733-JOBS (5627)

www.jobcorps.gov



Salvation Army

19 Pershing Ave, Poughkeepsie NY

845-471-1210

<http://poughkeepsie.satruck.org/>

570 Main St, Poughkeepsie, NY 12601

845-471-1730

Lucky Orphans Horse Rescue

2699 Route 22, Dover Plains, NY 12522 845-877-0685

www.luckyorphanshorserescue.org

**R.E.A.L. Skills Network**

29 North Hamilton St. Poughkeepsie, NY 12601

845-452-6088 x3169

www.realskillsnetwork.com

Southlands Foundation

5771 Route 9, Rhinebeck, NY 12572

845-876-4862

www.southlands.org

**Teen Resource Activity Center (TRAC)**

29 North Hamilton Street Poughkeepsie, NY 12601

845-452-1110 x3033

www.familyservicesny.org

**Hudson Valley Community Center**

110 South Grand Avenue, Poughkeepsie, NY 12603

845-471-0430

<http://www.hvcommunitycenter.com/>



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/recreation.html

Beacon
845-765-8440
cityofbeacon.org/Government/parksrecreation.htm

Beekman
845-724-5300
beekmanrec.com/

Clinton
845-266-3445
townofclinton.com/departmen/recreation

Dover
845-832-9168
townofdoverny.us/ParksandRecreation.cfm

East Fishkill
845-226-8395
eastfishkillny.org/node/66

Fishkill (town)
845-831-7800 ext. 3312
fishkill-ny.gov/parks.html

Hyde Park
845-229-8086
hydeparkny.us/Recreation/

LaGrange
845-452-1972
LaGrange
lagrangeny.gov/Government/parks.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_recreation/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
Poughkeepsie
cityofpoughkeepsie.com/parks-and-recreation/

Red Hook
845-758-4600
www.redhook.org/TownDepartments/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/recreation.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.us>

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.eastfishkilllibrary.org>

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

Howland Public Library
313 Main Street
Beacon, NY 12508
914-831-1134
<http://howland.beacon.lib.ny.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.pleasantvalleylibrary.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 211 information system maintains listing of local support groups and other helpful referral information.



NAMI-Mid-Hudson

P.O. Box 787, Poughkeepsie NY 12602

845-206-9892 (Please leave a message)

namimidhudson.org

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

NAMI Mid-Hudson is the local affiliate that offers free educational programs, supports, and advocacy for families and individuals living with mental health conditions. NAMI Mid-Hudson also offers mental health literacy programs for educators and students.

Our Mission: NAMI Mid-Hudson advocates for and support individuals with mental illness, 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. Bring mental wellness to our community.



Parent Empowerment Classes

35 Van Wagner Road Poughkeepsie, New York 12603

845-454-0595

thecpca.com

Parent Empowerment Program -Parent educators work with various groups of parents to build skills, enhance knowledge of child development and age appropriate expectations for children and provide support through group interactions. Classes are offered to parents in substance abuse recovery, involved with CPS, the court system or any parent seeking additional skills. Workshop series are also offered to parent groups through PTAs, daycare centers and other community organizations.

Special Needs Parenting Program -Case Managers provide parent education classes and weekly home visiting support for parents with mental retardation and developmental disabilities living in our community and who are pregnant or parenting young children. In addition to learning parenting skills, parents gain socialization and support from peers and receive assistance in meeting the needs of their young children. Case Managers work closely with other service providers involved with our families.

Teen Parenting Program -This is a program directed specifically to address the needs of young parents, ages 13 to 20. Special care will be given to age-appropriate, supportive and cooperative learning. The parents of those young parents will also be educated on how to have nurturing and sustaining relationships with their children. 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.



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, Wappinger's 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 Wappinger's School District Calendar. Call for additional Bible study groups and times.



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

17 Anderson St. New Rochelle, NY 10801

914-246-7879

<http://www.theguidancecenter.org/early-childhood/>

- Family Day Sundays - Two Sundays a month from 2pm to 4pm (siblings welcome).
- Parent Support Group- Held monthly from 9:30-11am
- Individual Counseling Services – Up to six sessions are available to parents/caregivers of children on the autism spectrum (Free)

Cornell Cooperative Extension

Relatives as Parents Program (RAPP) works with families, older adults and other relatives caring for grandchildren, nieces and nephews throughout Dutchess County providing educational workshops, support groups, respite events, inter-generational activities, referrals and resources for caregivers raising their relative children. RAPP staff works with relative caregivers and their children to provide a fun, safe, welcoming space for them to connect with other families in similar situations to their own.

Coffee and Conversation Support Groups are held in three locations covering Poughkeepsie, Southern Dutchess and Eastern Dutchess.

- First Wednesday of every month at Immaculate Conception Church, Amenia
- Second Thursday of every month at St. Paul's Church, Poughkeepsie
- Third Tuesday of every month at St. Mary's Church, Fishkill

Respite Events RAPP provides respite to relative caregivers through a variety of events, respite referrals to local agencies and twice a year the support groups will join together for special events: the Winter Holiday Party and Summer Picnic.

RAPP Youth Program As a complement to our Coffee and Conversation support groups for relative caregivers, RAPP offers educational youth activities for school aged children. Held at the same time as Coffee and Conversation at our Poughkeepsie and Eastern Dutchess locations, RAPP youth are offered fun filled educational activities that promote communication, positive peer relationships skills, and facilitates a safe and welcoming space for discussion and growth. Participants have the opportunity to sharpen basic life skills while having fun with peers from similar life situations. By pairing the delivery of evidence-based educational lessons with a myriad of physical activities, RAPP Youth Program promotes the health of the whole child.

Topics for our RAPP youth groups include several activities that aim to connect youth with their physical and emotional environments.

Maureen Callamari mc2524@cornell.edu 845-677-8223

Parenting Workshops Teaches participants parenting skills in the areas of understanding children, how to help children learn and thrive, effective discipline and personal stress management. Parents of children of any age can benefit from these programs.

Discipline is NOT a Dirty Word - Discipline is NOT a Dirty Word is a three session educational series designed for parents, grandparents and other relatives raising children. Discipline is NOT a Dirty Word encourages participants to learn their parenting style and to discuss the seven basic principles of positive discipline. Program participants learn how to react to and guide their children's behavior through experiential activities, discussion and practice examples.

Parenting the Second Time Around (PASTA) - Parenting the Second Time Around (PASTA) is an eight session series designed for grandparents and other relatives raising children. PASTA participants will address their feelings regarding their changing roles and responsibilities, receive an overview of child development, learn positive discipline techniques, be encouraged to see themselves as advocates for their relative children and review adolescent development and indicators of high risk behaviors. In addition, one session of PASTA is taught by an attorney where the discussion addresses relevant legal issues and resources. Another session of PASTA is taught by a mental health professional to discuss improving family communication.

Jessica Canale, Family and Consumer Education Team Leader Jmc646@cornell.edu (845) 677-8223, ext. 137

Abbott House

100 Commerce St., Suite 101 New Windsor, NY 12553

845-457-5030



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/](mailto: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



Catholic Charities Community Services of Dutchess County

218 CHURCH STREET, POUGHKEEPSIE, NY 12601

845-452-1400

Catholic Charities Community Services of Dutchess County (CCCSDC) helps solve the problems of local individuals in need: the neglected child, the homeless family, the newly arrived immigrant or refugee and 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.

- Feeding Our Neighbors
 - Protecting Children & Youth
 - Strengthening Families & Resolving Crisis
 - Supporting the Physically & Emotionally Challenged
 - Welcoming & Integrating Immigrants and Refugees
-
- Case management services for those who are legally blind, including orientation and mobility services, vocational rehabilitation services and job readiness programs for those who are seeking employment.
 - Services for the Deaf and Hard of Hearing – Catholic Pastoral Ministry. Catholic Pastoral Ministry is a program of Catholic Charities Community Services of Dutchess County where compassionate staff who are skilled in American Sign Language (ASL) offer spiritual, social and supportive services to the deaf and hearing impaired.
 - 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, Entrepreneur Workshops and "Know your Rights" presentations.
 - 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.
 - Catholic Youth Organization (CYO) supports and coordinates parish-based youth programs— spiritual, cultural, and athletic, which foster the growth of each young person. CYO is best known for its sports programs in which more than 700 Dutchess County youth participate each year. CYO also holds annual art and essay contests.

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

www.mhadutchess.org

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 134

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 Your Defiant Children.

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 The Explosive Child.

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 Your Defiant Child. Dr. Barkley has also written the book Defiant Teens in collaboration with Gwenyth H. Edwards and Arthur L. Robin.

How to Talk So Kids and Teens Will Listen and Listen So Kids and Teens Will Talk – (7 Sessions) “How to Talk So Kids Will Listen” is a six-part video workshop based on the book How to Talk So Kids Will Listen 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 Emotional Sobriety 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, Letting Go with Love and Confidence by Kenneth Ginsburg, M.D., M.S. Ed., and Susan Fitzgerald. The course guides parents through the really touch areas.

Diabetes Self-Management – (6 Sessions)

Chronic Disease Self-Management – (6 Sessions)

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 person-centered 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*

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*

Dover Counseling Center

*6423 Rt. 55
Wingdale, NY 12594
Phone: 845-350-3010
Fax: 845-350-3013
Monday-Thursday 9-8, Friday 9-5*

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*

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*





Dutchess County Children's Single Point of Access

New York's Medicaid program serves over 5 million enrollees with a broad array of health care needs and challenges. Navigating the healthcare system can be difficult for relatively healthy Medicaid recipients and even more so for enrollees who have complex chronic conditions that drive a high volume of inpatient episodes.

Health Homes 101

What is a Health Home?

A Health Homes is not a place you go; it is a care management service model where a child's needs are addressed in a comprehensive manner. This is done primarily through a "care coordinator" who oversees and provides access to all of the services an individual needs to assure that they receive everything necessary to stay healthy, out of the emergency room and out of the hospital. Health Records are shared among providers so that services are not duplicated or neglected. Health Home services are provided through a network of organizations - providers, health plans and community based organizations. When all the services are considered collectively they become a virtual "Health Home".

Who is Eligible to be in a Health Home?

Children from birth *through* age 21 enrolled in Medicaid and have **TWO OR MORE** chronic health conditions OR **ONE** single qualifying condition: (Level of care is based on the determined level of acuity after a NYCANS is completed by the Health Home)

- Two or more chronic health conditions such as: Asthma, Substance Abuse Disorder, Diabetes, Congenital Heart problems, or Epilepsy
- HIV/AIDS (**single qualifying condition**)
- Diagnosed with a Severe Mental Illness (SMI) including Severe Emotional Disturbance (SED) (**single qualifying condition**) such as: Depressive Disorders, Anxiety Disorders, Eating Disorders, and Gender Dysphoria Disorders and has experienced functional limitations due to the diagnosis.
- Complex Trauma (**single qualifying condition**); often severe and pervasive such as abuse or neglect. The wide-ranging long-term impact of this exposure may be disruptive to the social emotional functioning, cognitive process and relationships with others.

What does a Health Home do?

A Health Home offers:

- Service Coordination & Collaboration
- Linkages to Community & Social Supports
- If you need further information or would like to enroll your child in a Health Home please call or email:

*Dutchess County Department of Behavioral and Community Health
Children's SPOA Coordinator,
Deborah Disanza-Galano, LCSWR
(845) 486-2768 or dagalano@dutchessny.gov*



Dutchess County Children's Health Homes

Children's Health Home of Upstate New York (CHHUNY)

Abbott House:

Irvington, NY (CHHUNY)

Contact: Donya Locke, (914) 591-7300 ext. 13269

Cell #: (914) 327-1986

dlocke@abbotthouse.net

Specializing in working with children's mental health issues, complex trauma and attachment disorders.

Astor Services for Children & Families:

Poughkeepsie, NY (CHHUNY)

Contact: Denise Brown, (845) 452-2372 ext. 120

hhreferrals@astorservices.org

Specializing in work with children from birth to age 21, enrolled in Medicaid with SED diagnosis or two chronic medical conditions.

Children's Home of Poughkeepsie:

Poughkeepsie, NY (CHHUNY)

Contact: Courtney Rovere, (845) 452-1420 x145

crovere@childrenshome.us

Care Managers specialize in working with children in foster care, child welfare, SED and children's mental health.

Green Chimneys:

Brewster, NY (CHHUNY)

Contact: Eva Zegarra, (845) 279-2378 ext. 212

Cell#: (845) 279-2588

ezegarra@greenchimneys.org

Specialize in working with children that have mental health issues, SED and special needs children, bilingual care managers and 24/7 hotline available to all families.

Mental Health America, Dutchess County:

Poughkeepsie, NY (CHHUNY & CHCC)

Contact: Cody Walters, (845) 473-2500 x3020

cwalters@mhadutchess.org

Care managers that specialize in working with children and families that are experiencing disruptions due to mental health issues and residential instability.

Rehabilitation Support Services (RSS):

Goshen, NY (CHHUNY & CHCC)

Contact: Erica Velez, (845) 615-9019 ext. 343

evelez@rehab.org

Specializing in psychiatric and substance abuse disorders, transitional age youth, child welfare and SED

Community HealthCare Collaborative (CHCC)

Hudson River Healthcare/Community HealthCare Collaborative (CHCC):

Amenia, NY (CHCC)

Contact: Sophia Huang, (914) 570-8648

shuang@hrhcare.org

Specializing in chronic health conditions, diabetes, obesity, hypertension, and caring for your mental health/wellness when managing chronic issues.

Mental Health America, Dutchess County:

Poughkeepsie, NY (CHHUNY & CHCC)

Contact: Cody Walters, (845) 473-2500 x3020

cwalters@mhadutchess.org

Care managers that specialize in working with children and families that are experiencing disruptions due to mental health issues and residential instability.

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Dutchess County
Children's SPOA
Coordinator
Deborah Disanza-Galano,
LCSWR
230 North Road,
Poughkeepsie, NY 12601
(845) 486-2768
dagalano@dutchessny.gov

DUTCHESS COUNTY DEPARTMENT OF BEHAVIORAL 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.

Each local government in New York State is responsible for providing a Single Point of Access for Children and Families. The purpose of CSPOA is to identify children/adolescents (5-18) in Dutchess County with the highest risk of placement outside the home as a result of serious mental health issues and provide timely access to an array of supports based on the identified need of the child/adolescent and the family.

The goal of Children's SPOA is to strengthen and empower the children/adolescents and their families so they can lead safe and productive lives. By accessing these supports and services the goal is to reduce hospitalizations/residential placements (RTF) and partner with Dutchess County agencies that will provide services for the children and their families

C-SPOA Services and Eligibility

Home and Community Base Services (Waiver) Youth with high service needs and at risk for out-of-home placement due to mental illness may qualify for Waiver which provides Individualized Care Coordination and a range of supportive services (e.g. Respite, Skill-Building, Family Support, Intensive In-home Services, and Crisis Response) to enable youth to be served in the community.

Case Management: The goal is to link the individual/family to community supports. To help build on the child's strengths and improve their coping skills. There are a limited number of slots for this service. It is available to families that hold private insurance.

Care Coordination: Medicaid Service Coordination for children from (5-21) that meet qualifying conditions. Acuity level is determined by care management agency that family is referred to.

Community Residence (CR): We make appropriate contacts to expedite a youth's application.

Residential Treatment Facility (RTF) applications are reviewed and forwarded to PACC committee for determination.

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

Every application is screened and reviewed. The committee will make individualized recommendations for other appropriate community supports and services. We utilized town recreation programs and libraries in the child's community.

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, LCSWR
CSPOA COORDINATOR
Children's Single Point of Access
230 North Road Poughkeepsie, New York 12601
(845) 486-2768 • Fax: (845) 486-2829
dagalano@dutchessny.gov

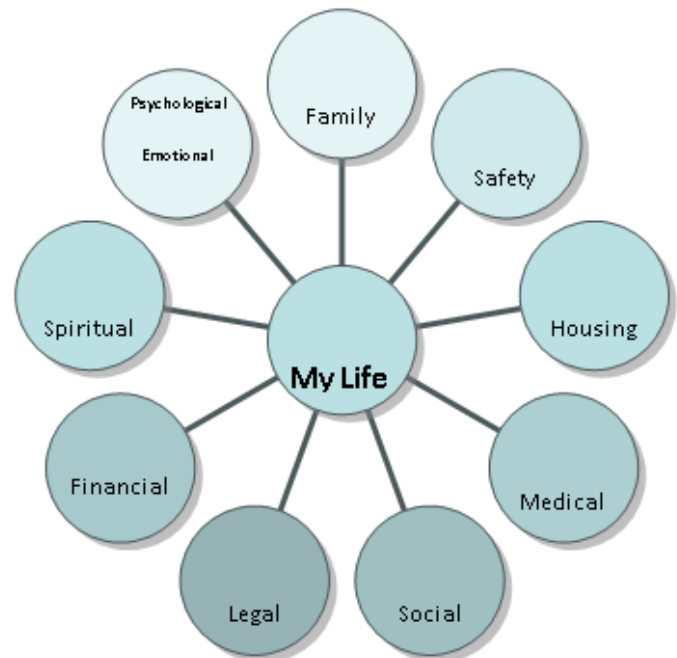
ASTOR SERVICES FOR CHILDREN & FAMILIES

ECCSI (ENHANCED COORDINATED CHILDREN'S SERVICES INITIATIVE)



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: 845-430-9861

Fax: 845-554-1376

Email: kcastell@astorservices.org

HOSPITAL DIVERSION PROGRAMS

DUTCHESS COUNTY STABILIZATION CENTER

230 North Road

Poughkeepsie, NY 12601

Text/Phone: (845) 485-9700

Toll Free: (877) 485-9700

Fax: (845) 485-9927

DutchessNY.gov/Stabilization



The Stabilization Center is:

- Open 24 hours a day, 7 days a week, 365 days a year
- 100% voluntary
- For youth, adults, and families a safe, comfortable, secure, and welcoming environment
- A recognized alternative to a hospital emergency department
- Is a non-medical approach to crisis response

The Stabilization Center provides Crisis Counseling & Mental Health Assessments, Supervised Outpatient Withdrawal Services, Addictions & Substance Use Counseling, Peer Advocacy & Supports, Youth & Family Counseling, and Linking to Community-based Resources to divert those feeling overwhelmed due to substance use, mental illness, and/or other life issues away from unnecessary emergency room visits or the criminal justice system and toward the help they need.

- The Stabilization Center offers services to address mental health and substance use crises. Staff will evaluate and match individuals to the services they need.
- Guests will be connected immediately to resources and support — some right at our location, and others throughout Dutchess County.
- No appointments or referrals are necessary. Guests can walk in at any time—24 hours a day, 7 days a week, 365 days a year.
- No one is ever denied service based on lack of health insurance or inability to pay.
- Guests will be permitted to stay up through 23 hours.

HPA/Live Well Intensive Outpatient Program for Eating Disorders

Meaghan Furman

207 Washington Street, Suite 202

Poughkeepsie, NY 12601

Phone: 845-372-4367

www.hpallivewell.com

LiveWell IOP provides a higher level of care for patients, with insurance, 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.

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.

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.

Dutchess Intensive Day Treatment (IDT) –

Phone: 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.

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 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.

MidHudson Regional Hospital
of Westchester Medical Center



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

24 hour hotline 845-485-5550

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



Grace Smith House

Offers services to women, children and adolescents who are experiencing domestic violence; Services include shelter, bilingual support, safety, information and referral, crisis hotline, transitional housing, support groups, community events, outreach prevention, teen dating, screening and referrals within health care office, supportive counseling and advocacy.

1 Brookside Ave. Poughkeepsie, NY 12601

845-452-7155

gracesmithhouse.org

House of Hope

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.

PO Box 1326, Wappingers Falls, NY 12590

845-765-0293

hudsonvalleyhouseofhope.org

Family Services Center for Victim Safety and Support

Offers a range of services for victims of all crimes including sexual assault and domestic violence through the Crime Victims Assistance Program, 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.

29 N Hamilton St, Poughkeepsie, NY 12601

845-452-1110 x 3121 or x 3083

24hr Hotline: 845-485-5550

familyservicesny.org

Office of Victim Services (OVS)

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

800-247-8035 (NYS)

ovs.ny.gov

24-hour Crime Victims and Rape Crisis Hotline

845-452-7272

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

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.

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

***To make a report concerning suspected child abuse or neglect contact 800-342-3720
800-635-1522 - Mandated Reporter Hotline***



The Center for the Prevention of Child Abuse

Provides support, bilingual 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 care 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
- Teen Parenting for parents 12 to 20.
- *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

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



Dutchess County Task Force against Human Trafficking

The mission of the taskforce is to prevent human trafficking by working collaboratively to raise knowledge and awareness in our county, to identify potential victims and to provide comprehensive trauma informed Services.

David Garcia - Human Trafficking Coordinator

Phone: 845-249-4878

Cell: 914-475-3589

E-mail: David.Garcia@dfa.state.ny.us

Dutchess County Department of Community and Family Services

60 Market Street Poughkeepsie, NY 12601 & The Center for the Prevention of Child Abuse

35 Van Wagner Road, Poughkeepsie, NY 12603

Human Trafficking Services Resource Guide – Ulster County 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

Programs and Services

Transitional and Supportive Services

- Family Assistance (TANF)
- Safety Net Assistance
- Emergency Aid to Families and to Adults
- Supplemental Nutritional Assistance Program (SNAP)
- Day Care Assistance
- Home Energy Assistance (HEAP)
- Indigent Burial
- Child Support
- Medicaid

Protective Services

- Children Services
 - Child Protective Services
 - Foster Care
 - Adoption
 - Preventive Services
- Youth Services
- Adult Protective Services

Additional Functions

- Special Investigative Unit
- Fair Hearings
- Administrative & Fiscal Services

Children's Services

Division Phone:	845-486-3220	Fax:	845-486-3238
Phone Hot Lines:	Child Abuse Hotline		800-342-3720
	Child Abuse Hotline for Mandated Sources		800-635-1522
	Justice Center Hotline		855-373-2122
Division Contacts and Titles:	Colleen Mahoney, Director		845-486-3012
	Ann Woolsey, Assistant Director		845-486-3381
	Tracy Connelly, Quality Assurance Supervisor		845-486-3099
Business Hours:	Monday- Friday: 9am – 5pm		
Other Specifics about Business Hours	Child Protective Services case managers and supervisors provide on call coverage 24 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.		

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 Supervisor 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.

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

Children's Services – Child Protective Services

Unit Phone:	845-486-3080	Fax:	845-486-3111
Unit Supervisors:	Rebecca Andersen, Case Supervisor 845-486-3365 Monica Balassone, Case Supervisor 845-486-3377 David Garcia, Case Supervisor 845-486-3073 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 Supervisors:	Jackie Sessa, Case Supervisor	845-486-3065
	Vanessa Stuart, Case Supervisor	845-486-3095
	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 JuneEllen.Notaro@dfa.state.ny.us		
Business Hours:	Monday - Friday 9am – 5pm Appointments with Youth Workers can be arranged at other 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

Forensic Evaluations, Enhanced Coordinated Children's Services Initiative (ECCSI).

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.

Dutchess County Department of 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.

Hudson River Housing, River Haven Shelter

Respite services for youth

JFC Consulting

Medical consultation on child abuse cases.

Lexington Center for Recovery

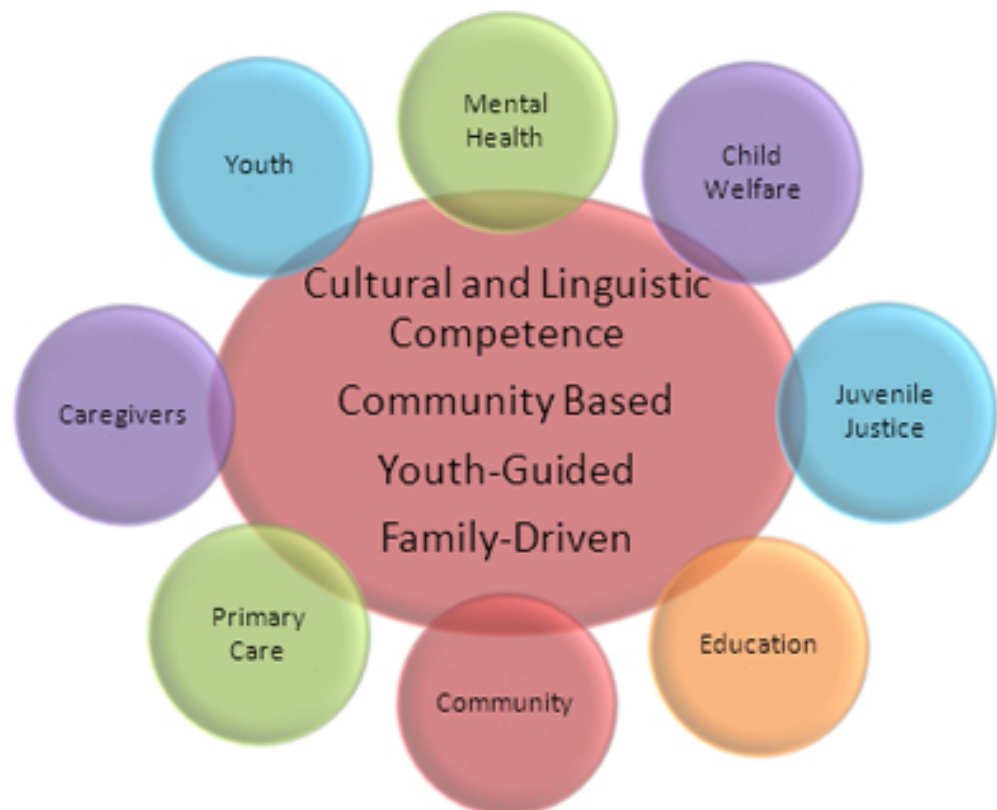
Two colocated substance abuse professionals

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 examination



EMERGENCY FINANCIAL ASSISTANCE & SNAP

SNAP - Supplemental Nutrition Assistance Program helps low-income working people, seniors, and the disabled to put healthy food on the table. SNAP benefits are issued electronically on a monthly basis. SNAP eligibility is based on household income, household size, and other factors. For secure, fast, and confidential service you can log onto:

www.mybenefits.ny.gov or you can also apply in person at Dutchess County Department of Community and Family

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

Services locations:

DCFS Beacon

223 Main Street, Beacon, NY 12508

Tel: (845) 838-4800, Fax: (845) 838-4888

M-F 9 a.m. – 5 p.m.

DCFS Eastern Dutchess Government Center

131 County House Road, Millbrook, NY 12545

Tel: (845) 677-5532, Fax (845) 677-5508

M-F 9 a.m. – 5 p.m.

DCFS Main Office

60 Market Street, Poughkeepsie, NY 12601

Tel: (845) 486-3000, Fax: (845) 486-3232

M, T, Th, F 8:30 a.m. – 5 p.m.

Wednesdays – emergencies only

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.

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.



DUTCHESS COUNTY OFFICE OF PROBATION 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 jfire@dutchessny.gov 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

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

J-RISC – Juvenile Risk Intervention Services Coordination 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

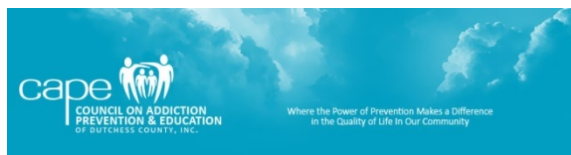
PAGE PARK CLINIC
41 Page Park Drive
Poughkeepsie, NY
845.486.2950

MAIN STREET CLINIC
412 Main Street
Poughkeepsie, NY
845.486.8880

WAPPINGERS FALLS
942 Rte. 376
Wappinger's Falls, NY
845.765.2366

DOVER PLAINS
7 Dover Village Plaza
Dover Plains, NY 12522
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)

807 Rte. 52 Room 028
Fishkill, NY 12524
845- 765-8301 x100
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

Eric D'Entrone – Regional Coordinator

Edentrone@libertymgt.com

Ph: (646) 529-7609

Fx: (718) 228-8489

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

845-471-0310 marc.us.com

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

The Turning Point

241 North Rd, Poughkeepsie, NY 12601

845-483-5511

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

147 Union St. Suite 102, 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.



MHA Teen Challenge

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.

Young Adult Transition Program

253 Mansion St, Poughkeepsie, NY 12601

845-473-2500

www.mhadutchess.org

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.

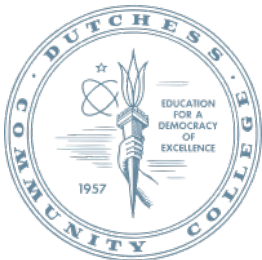


DC BOCES Programs

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

845-790-3590

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

451 Fishkill Avenue, Beacon, NY 12508

845-831-2124

www.mhadutchess.org

Services for adults 18 + 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

77 Cannon Street

Poughkeepsie, NY 12601

Phone: 845-452-5104 Fax: 845-625-1510

Eastern Dutchess

PO Box 397, 3414 Route 22,

Dover Plains, NY 12522

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

Northern Dutchess

44-46 Market Street

Red Hook, NY 12571

Phone: 845-876-1611 Fax: 800-872-3165

Southern Dutchess

10 Eliza St.

Beacon, NY 12508

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 Bank of the Hudson Valley



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 Pantry	50 Leedsville Road	Fridays 3pm-5pm	(845)373-9161
Beacon	Dutchess CAP Beacon	10 Eliza Street	Monday-Friday 8:30am-4:30pm	(845)831-2620
Beacon	Salvation Army - Beacon Food Pantry	372 Main Street	Tuesday-Thursday 9am-12pm	(845)831-1253
Beacon	St. Andrew's/ Luke's Food Pantry	17 South Avenue	Saturdays 10am-11am	(845)831-1369
Dover Plains	Center of Compassion Food Pantry	52 Mill Street	Mon-Fri, By Appointment Only	(845)877-6168
Dover Plains	Dutchess CAP - Harlem Valley	3414 Route 22	Monday-Friday 8:30-4:30	(845)877-9272
Fishkill	First Reformed Church Food Pantry	1153 Main Street	Mon-Fri, 9am-12pm By Appointment Only	(845)896-4546
Fishkill	New Vision Church of Deliverance, Inc. Food Pantry	831 Route 52	Tuesdays & Thursdays 11am-1pm	(845)202-7199
Hopewell Junction	St. Columba Church	835 Route 82	By Appointment Only	(845)227-7863
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,; Sun 10am-2pm	(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	Pantry: Monday 6:00-7:30pm By appointment Soup kitchen: Saturdays 11:30-12:30	(845)473-8454
Poughkeepsie	Catholic Charities	218 Church Street	Dietary needs pantry: 3rd Thursday of each month from 10-12pm. Please bring a copy of your current prescription for high blood pressure or diabetes management	(845)452-1400

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	Mon, Tues, Thurs, Fri 8:30-11:30 Closed Wed	(845)454-3792
Poughkeepsie	Dutchess Outreach Lunch Box	29 North Hamilton St. Suite 202	Mon-Fri 11:15-12:45pm/2-4pm/5-6pm	(845)471-2522
Poughkeepsie	Endtime Harvesters International Food Pantry	668 Dutchess Turnpike Ste. 206	Saturdays 12pm-3pm	(845)670-6715
Poughkeepsie	God's Helping Hands Food Pantry	120 Hudson Ave	1 st and 2 nd Tuesday 11-12:30pm Last Tuesday of month 1-3pm	(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
Poughkeepsie	Salvation Army - Poughkeepsie Breakfast	19 Pershing Avenue	Monday-Friday 8:30-9:30	(845)471-1210
Poughkeepsie	St. Paul's Poughkeepsie Food Pantry	161 Mansion Street	Tues/Weds/Thurs 10am-2pm	(845)452-8440
Poughkeepsie	The Potter House Food Pantry	54 Noxon Street	2 nd and 4 th Friday of the month 10:30-12:30	(845)452-7484
Poughkeepsie	Trinity Temple Food Pantry	19 North Bridge Street	Wednesdays 10am-7pm	(845)471-5815
Red Hook	Dutchess CAP Red Hook	44-46 East Market St.	Monday-Friday 8:30-4:30	(845)876-1611
Red Hook	Red Hook United Methodist Church Food Pantry	4 Church St. Suite 2	Sundays 1pm-2:30	(845)758-6283
Red Hook	St. Vincent De Paul Society	30 Benner Road	3rd Sundays 11:30-1pm	(845)758-3732
Rhinebeck	Jayne Brooks Memorial Food Pantry	6436 Montgomery Street	Fridays 10am-2pm	(845)876-3533
Rhinebeck	Rhinebeck Reformed Church Food Pantry	6368 Mill Street	Tuesday 10-2pm Last Tuesday of month 5-7pm	(845)876-3727
Wappinger's Falls	Pathstone - Wappinger's Falls	29 Marshall Road Suite 3F	Monday-Thursday 9am-2pm	(845)298-8998
Wappinger's Falls	Zion Episcopal Church Food Pantry	12 Satterlee Place	Wednesdays 12:30-2pm, 6:30-7:30 Wappinger's Falls residents only	(845)297-9797

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

B

BETA	BOCES Education and Training Academy
BOCES	Board of Cooperative Educational Services

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 Services
DCBH	Dutchess County Department of Behavioral and Community Health
DCJ	Dutchess County Jail
DD	Developmental Disability
DDRO	Developmental Disability Regional Office
DSM-V	Diagnostic and Statistical Manual of Mental Disorders – Fifth Edition

E

ECCSI	Enhanced Coordinated Children's Services Initiative
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ED 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 Act
IDT Intensive Day Treatment (RCPC - Poughkeepsie)
IEP Individualized Education Plan

L

LGBTQ Lesbian, Gay, Bi-sexual, Transgender, Queer and Questioning
LGU Local Government Unit

M

MADD Mothers against Drunk Driving
MHA Mental Health America
MHR Mid-Hudson Regional

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

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

T

TRI	Taconic Resources for Independence
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V

VA	Veterans' Administration
VBH	Vassar Brothers Medical Center

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

www.nycareerzone.org

www.caregiver.com

www.catholiccharitiesny.org

www.connectforkids.com

www.ccf.ny.gov/index.htm

www.dutchessny.gov

www.glsen.org

www.ftnys.org

www.ffcmh.org

<http://midhudson.org>

www.lawhelp.org/NY

www.ncset.org

www.parentcenterhub.org

www.nmha.org

www.acces.nysed.gov/vr/

www.nysteachs.org

www.pacer.org

www.parenttoparentnys.org

www.safeyouth.gov

www.aacap.org

www.armsacres.com/

www.astorservices.org

www.capedc.org

www.dcboces.org/index.php

www.dutchesscap.org

Administration for Children's Services

Career Zone

Articles on Caregiver Issues

Catholic Charities

Connect for Kids (Annie E. Casey Foundation)

NY State Council on Children and Families

Dutchess County Government website

Gay, Lesbian, and Straight Education

Network

Families Together in New York State

Federation of Families for Children's Mental Health

Library

Helps low-income NY'ers solve legal problems

National Center on Secondary Education and Transit

Center for Parent Information and Resources (CPIR)

National Mental Health America

New York State Education Department –

Adult Career and Continuing Education

Services Vocational Rehabilitation

New York State Technical & Education

Assistance Center for Homeless Students

PACER (children and young adults with disabilities)

Parent to Parent in NY State

Youth Violence Prevention

American Academy of Child and Adolescent Psychiatry

Arms Acres (Liberty Management)

Astor Services For Children & Families

Council on Addiction Prevention & Education

Dutchess County BOCES

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)

www.dutchessoutreach.org

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

www.midhudsonregionalthospital.org/

Mid-Hudson Regional Hospital of Westchester Medical

www.opwdd.ny.gov

Taconic Developmental Disabilities
Services Office

www.taconicresources.org

Taconic Resources for Independence - Disability Links - on-line
Parent Resource guide

www.dutchessmediation.org/

The Mediation Center

www.unitedwaydutchess.org

United Way Dutchess County

www.samhsa.gov

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)	888-227-4641
Astor Services for Children & Families Home Based Services	845-486-9743
Astor Services for Children & Families Counseling Services Poughkeepsie	845-417-6004
Council on Addiction Prevention & Education	845-765-8301
Catholic Charities	845-452-1400
Center for the Prevention of Child Abuse	845-454-0599
Children's Medical Group	845-452-1700
Dutchess County BOCES	845-486-4840
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)	845-486-3518
Dutchess County Healthy Families	845-452-3387
Dutchess Outreach	845-454-3792
Family Services	845-452-1110
Family Partnership	845-452-6088
Four Winds Hospital	800-546-1770
Grace Smith House	845-471-3033
Hudson River Housing	845-454-5176
Mental Health America (MHA)	845-473-2500
Mid-Hudson Regional Hospital of Westchester Medical Center	845-483-5000
Taconic Resources for Independence	845-452-3913
Taconic DDRO	845-473-5050
United Way Dutchess	845-471-1900
Vassar Brothers Medical Center	845-454-8500

NOTES

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