

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



**REVISED 5/2/2018**



## 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.*

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

## **USEFUL TERMS AND DEFINITIONS**

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

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

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

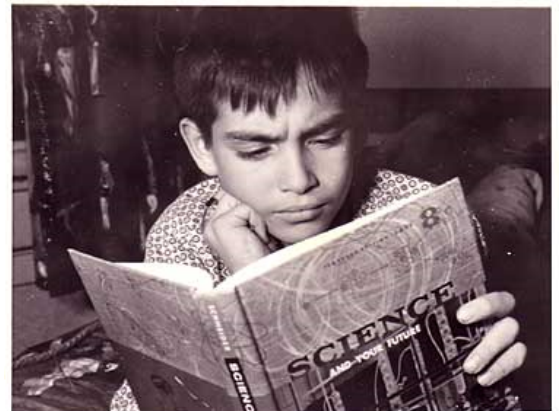
- Provided a homebound tutor (vial guidance counselor-secondary).
- Objectives of topics to be covered for the next three weeks (brief outline).
- Books and any worksheets each week.
- Homework and in-class assignments each week.
- Grade all assignments and tests.
- Determination of student's report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

[http://www.arlingtonschools.org/pages/arlington\\_schools/Parents/SEPTA\\_\\_Edline\\_](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](mailto: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](http://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](mailto:bcoles@putnamils.org)*  
*Denise Green: [dgreen@putnamils.org](mailto: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](mailto:k.lynch@taconicresources.org)*

### **Advocates & Attorneys**

#### **Advocates**

*Pat Exman - 845-383-1092 - [www.exmanadvocacy.com](http://www.exmanadvocacy.com) (located in Dutchess)*

#### **Advocates & Attorneys**

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

*Andrew Cuddy - [www.cuddylawfirm.com](http://www.cuddylawfirm.com)*

*Littman Krooks - [www.littmankrooks.com](http://www.littmankrooks.com)*

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

#### **Attorneys**

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

*BJ Ebenstein - [www.barbaraebenstein.com](http://www.barbaraebenstein.com)*

*Andrea Gellen - [www.mccm.com](http://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](http://www.mayerslaw.com)*

*Julie Passman - 914-253-8804*

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

*Michael Sussman - [http://sussmanwatkinslaw.com/attorneys\\_staff/sussman.html](http://sussmanwatkinslaw.com/attorneys_staff/sussman.html)*

*Tracey Spencer Walsh - 917-566-2677*

# **Alternative Education**

## **TASC New York**

Since January 2014 that New York State is using the TASC for the purpose of high school equivalency (HSE) testing, instead of GED. HSE testing is for people who didn't graduate high school and gives them the chance to earn an equivalent credential. The TASC measures knowledge at a level that is comparable to that of graduating high school seniors.

There are five TASC testing fields: Reading, Writing, Mathematics, Science and Social studies. Testing must be done at a state-designated testing site, there is NO online TASC or GED testing option.

### **What is the TASC?**

New York said goodbye to the GED in January 2014 as the GED exam was getting too expensive and only offered on a computer. Reasons enough for New York to welcome a different supplier of the state's high school equivalency (HSE) test. Therefore, the state switched to the TASC (Test Assessing Secondary Completion). Because the state subsidizes the cost of HSE testing for its residents, price played an important role in this decision. The New York State HSE diploma is all across America accepted in the same way as a standard high school diploma by practically all employers and colleges.

### **Is the TASC exam free?**

As said before, in New York, YES! But if you are thinking about going for the TASC examination, be aware that the TASC exam can only be taken by you in person and only at an official TASC testing center. There is no fee to take the TASC set of five tests for New York State residents.

### **Can I take the TASC/GED exam online?**

No, that's impossible. The New York State Education Department is the only organization that is allowed to issue HSE (High School Equivalency) diplomas in the state of New York, and though there are internet sites that offer good online preparation programs, you cannot take the tests over the internet. Beware of fraudulent "diploma/certificate" issuing websites that claim differently. These documents are not legitimate and not even worth the paper they're printed on.

Before you are going to enroll in online TASC prep courses why not benefit from the many NY State Education Department-approved courses at no cost at all. Just check out the listing above. Again, bear in mind that the GED /TASC tests are not offered via the internet and that you have to appear in person at an official state-approved TASC/ GED testing center.

### **Poughkeepsie TASC prep classes – Former GED**

#### **Literacy Connections**

325 Main Street – Poughkeepsie – NY 12601 – Phone: 845 . 452 . 8670

#### **Dutchess Community College (SUNY High School Equivalency Program)**

53 Pendell Road – Poughkeepsie – NY 12601 – Phone: 845 . 431 . 8911

**Adult Learning Institute (Dutchess BOCES)**

1 Civic Center Plaza – Suite 300 – Poughkeepsie – NY 12601 – Phone: 845 . 483 . 3640 x 6108

**Christ Episcopal Church**

20 Carroll Street – Poughkeepsie – NY 12601 – Phone: 845 . 452 . 8220

**Dutchess County Community Action Agency**

77 Cannon Street – Poughkeepsie – NY 12601 – Phone 845 . 452 . 5104 ext. 130

**Dutchess County BOCES**

5 BOCES Road – Poughkeepsie – NY 12601 – Phone: 845 . 486 . 4800

**Chamber of Commerce (Workforce Development)**

1 Civic Ctr Plaza, Ste 400 – Poughkeepsie – NY 12601 – Phone: 845 . 454 . 1700

**Circle of Courage Learning Center (DCC)**

160 Union St – Poughkeepsie – NY 12601 – Phone: 845 . 431 . 8911

**Youth Build Nubian Directions (DCC)**

248 Main St – Poughkeepsie – NY 12601 – Phone: 845 . 431 . 8911

**Adriance Library (Dutchess BOCES)**

93 Market Street – Poughkeepsie – NY 12601 – Phone: 845 . 483 . 3640 x 6108

**Changepoint Church (DCC)**

260 Mill St – Poughkeepsie – NY 12601 – Phone: 845 . 431 . 8911

**Locations around Poughkeepsie****Albany Adult Learning Ctr**

141 Western Ave, Albany, New York 12203, Ph: 518 . 475 . 6540

Check out all Albany region options at: [Albany area GED \(TASC\) Programs](#)

**Hudson River Health Care Center (DCC)**

3360 Route 343 – Amenia – NY 12501 – Phone: 845 . 431 . 8911

**Beacon Community Resource Center (DCC)**

23 W Center Street – Beacon – NY 12508 – Phone: 845 . 431 . 8911

**Howland Public Library (Community Room – Dutchess BOCES)**

313 Main Street – Beacon – NY 12508 – Phone: 845 . 483 . 3640 x 6108

**Community Action Partnership Beacon**

10 Eliza Street – Beacon – NY 12508 – Phone: 845-483-3640 ext. 6108

Applicants must call to make an appointment

**Fishkill Correctional Facility TASC Program**

18 Strack Drive – Beacon – NY 12508 – Phone: 845 . 831 . 4800

Not open to the public

**Questar III**

1 Franklin Street – Catskill – NY 12414 – Phone: 518 . 943 . 9434

**Western Connecticut Regional Ad. Education**

10 Crosby St – Danbury – Connecticut 06810 – Ph: 203 . 797 . 4731

Discover all Danbury region GED prep locations at: [Danbury GED Programs](#)

**Dover Elementary School (DCC)**

9 School Street – Dover Plains – NY 12522 – Phone: 845 . 431 . 8911

**Ulster BOCES Adult Learning Center**

28 Maple Avenue – Ellenville – NY 12428 – Phone: 845 . 647 . 1343

**Ulster BOCES**

80 N Main Street – Ellenville – NY 12428 – Phone: 845 . 647 . 1343

**Ellenville Adult Ed. Center**

104 Center Street – Ellenville – NY 12428 – Phone: 845 . 210 . 7105

**New Vision Church of Deliverance (DCC)**

831 NY-52 – Fishkill – NY 12524 – Phone: 845 . 431 . 8911

**Rose Women’s Care Center (Ulster BOCES)**

24 Main Street – Highland – NY – Phone: 845 . 331 . 5050

**Kerhonkson Elementary (Ulster BOCES)**

30 Academy Street – Kerhonkson – NY – Phone: 845 . 331 . 5050

**Kingston School District (HSE Program)**

Cioni Admin Building – Kingston – NY 14850 – Phone: 845 . 339 . 3000

**SUNY Ulster (Business Resource Center)**

One Development Court – Kingston – NY 12401 – Phone: 845 . 339 . 2025

**SUNY Ulster Kingston Center**

94 Mary’s Avenue – Kingston – NY 12401 – 845 . 339 . 2025

**Ulster County Community Action TASC Classes**

70 Lindsley Avenue – Kingston – NY 12401 – Phone: 845 . 338 . 8750

**Everett Hodge Community Center**

15-21 Franklin Street – Kingston – NY 12401 – Phone: 845 . 331 . 9681

**YMCA of Ulster County**

209 Clinton Avenue – Kingston – NY 12401- Phone: 845 . 338 . 2042

**Kingston High School TASC Program**

403 Broadway – Kingston – NY 12401 – Phone: 845 . 331 . 1970

**Ulster County Literacy Association**

480 Aaron Ct – Kingston – NY 12401 – Phone: 845 . 331 . 6837

**Clinton Avenue Methodist Church**

122 Clinton Avenue – Kingston – NY 12401 – Phone: 845 . 331 . 5050

**Ulster BOCES at Lake Katrine**

727 Grant Avenue – Lake Katrine – NY 12449 – Phone: 845 . 382 . 1281

**Sullivan County BOCES TASC Education**

6 Wierk Avenue – Liberty – NY 12754 – Phone: 845 . 791 . 4070

**Sullivan County Community Coll. (High School Equivalency Program)**

112 College Road – Loch Sheldrake – NY 12759 – Phone: 845 . 434 . 5750

**Literacy Volunteers of Orange County**

70 Fulton Street – Middletown – NY 10940 – Phone: 845 . 341 . 5460

**Orange/Ulster BOCES (TASC Program)**

130 Dolson Avenue – 3rd Floor – Middletown – NY 10940 – Phone: 845 . 781 . 6715

**North East Community Center Millerton (DCC)**

51 S Center St – Millerton – NY 12546 – Phone: 845 . 610 . 2574

For Spanish: 845 . 554 . 2239

**Millerton Elementary School (DCC)**

5833 S Elm Ave – Millerton – NY 12546 – Phone: 518 . 789 . 4259

**Sullivan County BOCES TASC Education**

22 St John Street – Monticello – NY 12701 – Phone: 845 . 791 . 4070

**Literacy Volunteers of Sullivan County**

63 North Street – Monticello – NY 12701 – Phone: 845 . 794 . 0017

**Orange-Ulster BOCES TASC Program**

471 Broadway – Newburgh – NY 12550 – Phone: 845 . 781 . 4363 ext. 108

**Best Resource Center**

49 Grand Street – Newburgh – NY 12550 – Phone: 845 . 562 . 2378

**SUNY Orange Adult Continuing Education**

1 Washington Center – Newburgh – NY 12550 – Phone: 845 . 341 . 9532

**Newburgh Armory Unity Center TASC Classes**

321 S William Street – Newburgh – NY 12550 – Phone: 845 . 245 . 4035

**New Paltz Middle School**

2 South Manheim Blvd – New Paltz – NY 12561 – Phone: 845 . 331 . 5050

**Mid-Hudson Migrant Outreach Program (SUNY)**

1 Hawk Dr – New Paltz – NY 12561 – Phone: 845-257-7869

**Plattekill Elementary School (Ulster BOCES)**

1270 Route 32 (Room 28) – Plattekill – NY 12568 – Phone: 845 . 331 . 5050

**Ulster BOCES TASC Program**

319 Broadway – Port Ewen – NY 12466 – Phone: 845 . 331 . 0902

**Red Hook High School (DCC)**

103 W Market St – Red Hook – NY 12571 – Phone: 845 . 431 . 8911

**SUNY Ulster Continuing and Professional Education**

491 Cottekill Rd – Stone Ridge – NY 12484 – Phone: 845 . 339 . 2025

**Dutchess Community College South (Hollowbrook Office Park)**

31 Marshall Rd – Bldg 4 – Wappingers Falls – NY 12590, Phone: 845 . 790 . 3610

**Wappingers Central School District TASC Program**

167 Myers Corners Rd – Suite 200 – Wappingers Falls – NY 12590 – Phone: 845 . 298 . 5000 ext. 130

**Grinnell Library TASC Instruction**

2642 E Main St – Wappingers Falls – NY 12590 – Phone: 845 . 298 . 5000

**Roy C Ketcham High-TASC Instruction**

99 Myers Corners Rd – Wappingers Falls – NY 12590 – Phone: 845 . 298 . 5000

**Poughkeepsie area GED (TASC) testing centers****Dutchess Community College**

53 Pendell Road – Poughkeepsie NY 12601, Phone: 845-483-3640 x 129

**Kingston High School**

403 Broadway – Kingston, NY 12401, Phone: 845-943-3012

**Sullivan County BOCES**

19 Ferndale-Loomis Road – Liberty, NY 12754, Phone: 845-791-4070

**Middletown High School**

24 Gardner Avenue Ext – Middletown, NY 10940, Phone: 845-326-1595

**Best Resource Center**

49 Grand Street – Newburgh, NY 12550, Phone: 845-562-2378

## **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](http://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](http://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](http://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](http://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](http://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](http://www.millbrookcsd.org)

School Liaison: Kathleen Affigine

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](http://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](http://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](http://www.poughkeepsieschools.org)  
School Liaison: Steven Rappleyea  
Phone: 845-437-3473

**Rhinebeck Central Schools**

District Office: P.O. Box 351  
Rhinebeck, NY 12572  
Phone: 845- 871-5520 Fax: 845-876-4276  
Web site: [www.rhinebeckcsd.org](http://www.rhinebeckcsd.org)  
School Liaison: Emily Davison  
Phone: 845-871-5570 x5551

**Wappingers Central School District**

25 Corporate Drive, Hopewell Junction, NY 12533  
Phone: 845-298-5000 Fax: 845-298-5041  
Website: [www.wappingersschools.org](http://www.wappingersschools.org)  
School Liaison: Diane Morina  
Phone: 845-298-5000 x40103

**Red Hook Central Schools**

District Office: Mill Road,  
Red Hook, NY 12591  
Phone: 845-758-2241 Fax: 845-758-3366  
Website: [www.redhookcentralschools.org](http://www.redhookcentralschools.org)  
School Liaison: Joseph DeCaro  
Phone: 845-758-2241 x26400

**Spackenkill Union Free School District**

District Office: 15 Croft Road,  
Poughkeepsie, NY 12603  
Phone: 845-463-7800 Fax: 845-463-7804  
Website: [www.spackenkillschools.org](http://www.spackenkillschools.org)  
School Liaison: Lori Mulford  
Phone: 845-463-7808

**Webutuck Central School District**

194 Haight Road, Amenia, NY 12501  
Phone: 845-373-4100 Fax: 845- 373-4102  
Website: [www.webutuckschools.org](http://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](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](http://www.bad-ny.com)



### **Boy Scouts of America Hudson Valley Council**

6 Jeanne Dr, Newburgh, NY 12550

845-566-7300

[www.hudsonvalleyscouting.org](http://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](http://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](http://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](http://www.midhudsonciviccenter.org)

### **Girl Scouts Heart of the Hudson**

3 Neptune Rd, Poughkeepsie NY

845-452-1810

[www.girlscoutshh.org](http://www.girlscoutshh.org)



### **Job Corps**

800-733-JOBS (5627)

[www.jobcorps.gov](http://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](http://www.luckyorphanshorserescue.org)

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

29 North Hamilton St. Poughkeepsie, NY 12601

845-452-6088 x3169

[www.realskillsnetwork.com](http://www.realskillsnetwork.com)

**Southlands Foundation**

5771 Route 9, Rhinebeck, NY 12572

845-876-4862

[www.southlands.org](http://www.southlands.org)

**Teen Resource Activity Center (TRAC)**

29 North Hamilton Street Poughkeepsie, NY 12601

845-452-1110 x3033

[www.familyservicesny.org](http://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](http://Ameniany.gov/departments/recreation.html)

Beacon  
845-765-8440  
[cityofbeacon.org/Government/parksrecreation.htm](http://cityofbeacon.org/Government/parksrecreation.htm)

Beekman  
845-724-5300  
[beekmanrec.com/](http://beekmanrec.com/)

Clinton  
845-266-3445  
[townofclinton.com/departmen/recreation](http://townofclinton.com/departmen/recreation)

Dover  
845-832-9168  
[townofdoverny.us/ParksandRecreation.cfm](http://townofdoverny.us/ParksandRecreation.cfm)

East Fishkill  
845-226-8395  
[eastfishkillny.org/node/66](http://eastfishkillny.org/node/66)

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

Hyde Park  
845-229-8086  
[hydeparkny.us/Recreation/](http://hydeparkny.us/Recreation/)

LaGrange  
845-452-1972  
LaGrange  
[lagrangeny.gov/Government/parks.htm](http://lagrangeny.gov/Government/parks.htm)

Millbrook/Washington  
845-677-8278  
[towrecreation.com/](http://towrecreation.com/)

Millerton  
518-789-4489  
[villageofmillerton.net/parks---recreation-1.html](http://villageofmillerton.net/parks---recreation-1.html)

Northeast (Millerton)  
518-789-4489  
[townofnortheastny.gov/recreation/](http://townofnortheastny.gov/recreation/)

Pawling  
845-855-1131  
[pawling.org/pages/pawlingny\\_recreation//Index](http://pawling.org/pages/pawlingny_recreation//Index)

Pine Plains  
518-567-7207  
[pineplains-ny.gov/content/Parks/View/15](http://pineplains-ny.gov/content/Parks/View/15)

Pleasant Valley  
845-266-9222  
[pvrec.com/info/](http://pvrec.com/info/)

Poughkeepsie (town)  
845-485-3628  
[poughkeepsietownrec.com](http://poughkeepsietownrec.com)

Poughkeepsie (city)  
845-451-4100  
*Poughkeepsie*  
[cityofpoughkeepsie.com/parks-and-recreation/](http://cityofpoughkeepsie.com/parks-and-recreation/)

Red Hook  
845-758-4600  
[www.redhook.org/TownDepartments/Recreation.html](http://www.redhook.org/TownDepartments/Recreation.html)

Rhinebeck  
845-943-9526  
[rhinebeck-ny.gov/parks--recreation.html](http://rhinebeck-ny.gov/parks--recreation.html)

Stanford  
845-868-7782  
[townofstanford.org/departments](http://townofstanford.org/departments)

Tivoli  
845-757-2021  
[tivoliny.org/RecreationAreas.html](http://tivoliny.org/RecreationAreas.html)

Union Vale  
845-724-691  
[uvparksandrec.com/](http://uvparksandrec.com/)

Wappinger  
845-297-0720  
[townofwappinger.us/recpages/recreation.html](http://townofwappinger.us/recpages/recreation.html)

Wappingers Falls  
845-297-8773 x 7  
[wappingersfallsny.gov/recreation-and-parks-department](http://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

**Crisis Intervention Training:** Team of speciality trained officers where the emotional state of an individual may be beyond normal patrol capabilities. On going partnership between law enforcement, advocacy and behavioral health systems.

*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](http://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](http://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/](http://institute.org/health-care/services-for-families/)*

*[institute.org/health-care/services/michc/](http://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](http://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](mailto: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](mailto:Jmc646@cornell.edu)    (845) 677-8223, ext. 137



## Abbott House

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

845-457-5030

### 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](mailto: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](mailto: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](http://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](http://www.mhadutchess.org)*

**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 2<sup>nd</sup> 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 Gwentyth 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 tough 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.

The Front Door strives to:

- Improve the way people learn about OPWDD and available service options
- Better connect individual needs to available services
- Give people as many opportunities as possible for self-direction

Front Door services rest on the philosophy of self-determination and the idea that people with developmental disabilities have the right to:

- Enjoy more meaningful relationships with family, friends, and others in their lives
- Experience personal growth
- Fully participate in their communities
- Live in the home of their choice

Ultimately, opening the Front Door means people with developmental disabilities will have the opportunity to pursue their dreams and live the lives of THEIR choosing.

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.

## What is a Health Home?

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A Health Home 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?

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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.

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, LCSWR  
(845) 486-2768 or [ddisanza@dutchessny.gov](mailto:ddisanza@dutchessny.gov)

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

**Abbott House:** Irvington, NY (CHHUNY)

Contact: Filomena LoRusso (914) 591-7300 ext. 13020

Cell #: (914) 843-7080, [florusso@abbotthouse.net](mailto:florusso@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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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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Contact: Erica Velez, (845) 615-9019 ext. 343

[evelez@rehab.org](mailto:evelez@rehab.org)

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

## **DUTCHESS COUNTY DEPARTMENT OF BEHAVIORAL AND COMMUNITY HEALTH**

### **C-SPOA CHILDREN'S SINGLE POINT OF ACCESS**

**C-SPOA** identifies children/adolescents (5-18) with the highest risk of placement outside of the home as a result of serious behavioral health issues and provides timely access to an array of supports based on the identified need of the child/adolescent and the family. The goal 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 place-ments (RTF) and partner with Dutchess County agencies that will provide services for the children and their families.

#### **C-SPOA Services and Eligibility**

**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.

**Health Home 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.

**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.

**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](https://www.omh.ny.gov/omhweb/guidance/hcbs/forms/universal_referral_form.pdf)
- Return completed referral by fax, email, or mail to:

*Deborah Disanza, LCSW-R*  
*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\*](mailto: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
- 



# **ASTOR SERVICES FOR CHILDREN & FAMILIES**

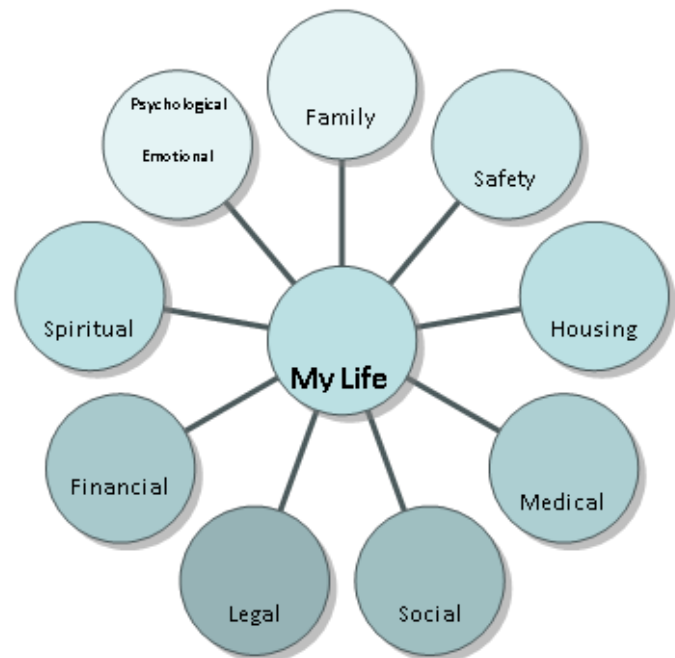
## **ECCSI (ENHANCED COORDINATED CHILDREN'S SERVICES INITIATIVE)**



ECCSI is a collaborative process 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 to 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 the strengths of their family, identify the current concerns and barriers, and to successfully link to services that will assist all 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](mailto: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](http://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**

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



**Grace Smith House      24 hour hotline      845 – 471 - 3033**

Offers services to individuals and families who are experiencing domestic violence. Services include shelter, support groups, advocacy, individual counseling, bilingual support, safety planning, information and referral, a 24- hour crisis hotline & transitional housing.. Prevention & education presentations available on teen dating violence, internet safety, bullying & cyber bullying. Training is available for healthcare providers on domestic violence.

***1 Brookside Ave. Poughkeepsie, NY 12601***

***24 hour hotline: 845-471-3033***

***Office: 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](mailto:parenting@thecpca.com)**

**35 Van Wagner Road  
Poughkeepsie, New York 12603  
845-454-0595  
[thecpca.com](http://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](mailto: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](mailto: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**

<b>Division Phone:</b>	845-486-3220	<b>Fax:</b>	845-486-3238
<b>Phone Hot Lines:</b>	Child Abuse Hotline		800-342-3720
	Child Abuse Hotline for Mandated Sources		800-635-1522
	Justice Center Hotline		855-373-2122
<b>Division Contacts and Titles:</b>	Colleen Mahoney, Director		845-486-3012
	Ann Woolsey, Assistant Director		845-486-3381
	Tracy Connelly, Quality Assurance Supervisor		845-486-3099
<b>Business Hours:</b>	Monday- Friday: 9am – 5pm		
<b>Other Specifics about Business Hours</b>	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

<b>Unit Phone:</b>	845-486-3220	<b>Fax:</b>	845-486-3238
<b>Unit Supervisor:</b>	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.

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

## Children's Services – Child Protective Services

<b>Unit Phone:</b>	845-486-3080	<b>Fax:</b>	845-486-3111
<b>Unit Supervisors:</b>	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

<b>Unit Supervisors:</b>	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

<b>Unit Phone:</b>	845-486-3220	<b>Fax:</b>	845-486-3238
<b>Unit Supervisor:</b>	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

<b>Division Phone:</b>	845-486-3664	<b>Fax:</b>	845-486-3288
<b>Division Head and Title:</b>	June Ellen Notaro, Director of Youth Services 845-486-3662 JuneEllen.Notaro@dfa.state.ny.us		
<b>Business Hours:</b>	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**

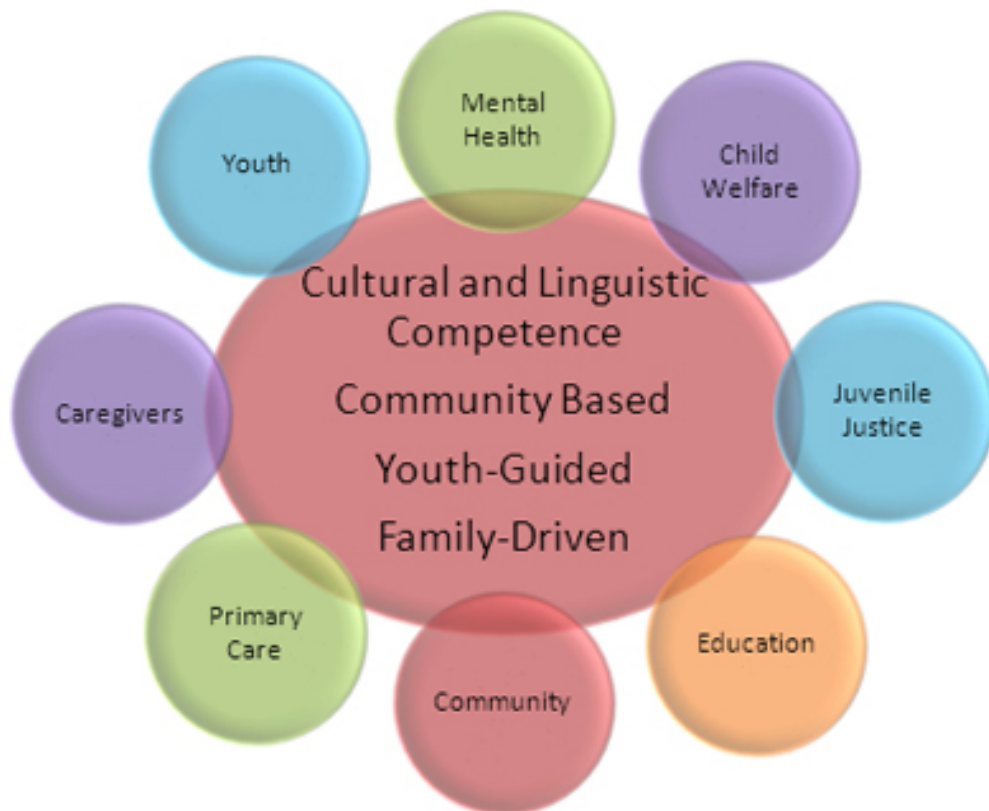
Two collocated substance abuse professionals

### **Office of Probation and Community Corrections**

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

### **Westchester Institute for Human Development**

Child sexual abuse medical 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](http://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](mailto: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

[www.lexingtonctr.org](http://www.lexingtonctr.org)

**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

Services for Teens & Young Adults: Our Teen & Young Adult Program uses an evidenced based program called *The Seven Challenges*, which is designed for substance abusing or substance dependent youth 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 youth and family. Following the evaluation, a therapist will work with the client and family to determine the goals of treatment. Services include individual, group and family counseling, psychiatric services, medication-assisted treatment, community involvement, case management, home visits and family/parent support.

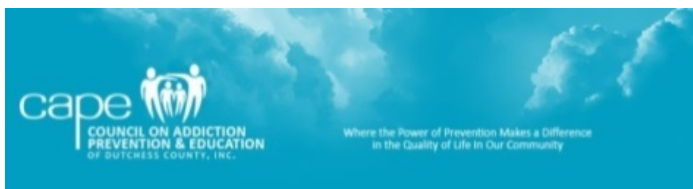
Teens & Young Adults with a family member dealing with drug or alcohol issues are also eligible for counseling services.

Services for Family Members: We offer counseling services to concerned significant others with a family member or loved one struggling with drugs or alcohol. Counselors use an evidence-based program called *Community Reinforcement Approach & Family Training (CRAFT)* that is proven to reduce anxiety, depression and anger and even help get family members into treatment using a positive, loving approach.

*Café Lexington* is an hour of coffee and conversation. It's a chance to unwind, discuss family issues with others, gain resources and give and receive support. Open to the public, 18+. Wednesdays 4-5pm at 41 Page Park Drive in Poughkeepsie.

**To get started, call the Dutchess County HELPLINE 24/7 at: 845-485-9700 or Toll Free at 877-485-9700 or for more information, contact Katrina Williams at (845) 486-2950 x 1820 Katrina Huller Williams, LCSW, CASAC**

**CORE: Comprehensive Opioid Recovery Expansion Program** – Access to Care – increasing access to medical, behavioral health, OBGYN and sexual health care; Comprehensive Care – Individualized counseling, groups, family counseling, care management and community referrals; Reverse the Stigma – Educating the community on opioid addiction crisis, dispelling myths and ensuring the delivery of quality of care; Building Community Partnership – Partnering with local agencies to provide services that need the needs of individuals. (845) 486-8880 X1306 [coreinitiatives@gmail.com](mailto:coreinitiatives@gmail.com)



### **Council on Addiction Prevention & Education (CAPE)**

807 Rte. 52 Room 028 Fishkill, NY 12524

845- 765-8301 x100      [capedc.org](http://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](http://armsacres.com)

Eric D'Entrone – Regional Coordinator [Edentrone@libertymgt.com](mailto: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](http://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**

## Parents Toll-Free Helpline

To speak to a trained parent support specialist about your child's drug use and drinking, please call 1-855-DRUGFREE (1-855-378-4373) Monday-Friday 9am-6pm

DRUG GUIDE FOR PARENTS: LEARN THE FACTS TO KEEP YOUR TEEN SAFE													
													
Street Names / Commercial	Booze	Big C, Blow, Bump, Coke, Nose Candy, Rock, Snow	Dex, Red Devils, Robs, Triple C, Tussin, Skittles, Syrup	Adam, Bean, E, Roll, X, XTC	Big H, Black Tar, Dope, Junk, Skunk, Smack	Whippets, Bagging, Huffing, Poppers, Snappers, Dusting	Blunt, Boom, Dope, Grass, Hash, Herb, Mary Jane, Pot, Reefer, Skunk, Weed	Ice, Chalk, Crank, Crystal, Fire, Glass, Meth, Speed	Codeine, OxyContin (Oxy, O.C.), Percocet (Percs), Vicodin (Vike, Vitamin V)	Mebaral, Quaaludes, Xanax, Valium	Adderall, Desedrine, Ritalin	Juice, Rhoids, Slackers, Pumpers, Gym Candy	Cancer Sticks, Chew, Cigarettes, Dip, Fags, Smokes
Looks Like	Liquid (types include beer, wine, liquor)	White crystalline powder, chips, chunks or white rocks	Liquid, pills, powder, gel caps	Branded tablets (Playboy bunnies, Nike swoosh)	White to dark brown powder or tar-like substance	Paint thinners, glues, nail polish remover, whipped cream aerosol, air conditioner fluid (Freon) and more	A green or gray mixture of dried, shredded flowers and leaves of the hemp plant	White or slightly yellow crystal-like powder, large rock-like chunks	Tablets and capsules	Multi-colored tablets and capsules; some can be in liquid form	Tablets and capsules	Tablet, liquid or skin application	Brown, cut up leaves
How It's Used/Abused	Alcohol is drunk	Cocaine can be snorted or injected; crack can be smoked	Swallowed	Swallowed	Injected, smoked, freebased or snorted	Inhaled through nose or mouth	Smoked, brewed into tea or mixed into foods	Swallowed, injected, snorted or smoked	Swallowed or injected	Swallowed or injected	Swallowed, injected or snorted	Swallowed, applied to skin or injected	Smoked or chewed
What Teens Have Heard	Makes a boring night fun	Keeps you amped up; you'll be the life of the party	Causes a trippy high with various plateaus	Enhances the senses and you'll love everyone	Full-on euphoria, but super risky	A cheap, 20-minute high	Relaxing, not dangerous and often easier to get than alcohol	Can keep you going for days	A free high, straight from the medicine cabinet	A great release of tension	Keeps you attentive and focused	Will guarantee a spot on the starting lineup	An oral fixation and appetite suppressant
Dangerous Because	Impairs reasoning, clouds judgment. Long-term heavy drinking can lead to alcoholism and liver and heart disease	Can cause heart attacks, strokes and seizures. In rare cases, sudden death on the first use	Can cause abdominal pain, extreme nausea, liver damage	Can cause severe dehydration, liver and heart failure and even death	Chronic heroin users risk death by overdose	Chronic exposure can produce significant damage to the heart, lungs, liver and kidneys. Can induce death	Can cause memory and learning problems, hallucinations, delusions and depersonalization	Chronic long-term use, or high dosages, can cause psychotic behavior (including paranoia, delusions, hallucinations, violent behavior, insomnia and strokes)	A large single dose can cause severe respiratory depression that can lead to death	Slows down the brain's activity and when a user stops taking them, there can be a rebound effect, possibly leading to seizures and other harmful consequences	Taking high doses may result in dangerously high body temperatures and an irregular heartbeat. Potential for heart attacks or lethal seizures	Boys can develop breasts, girls can develop facial hair and a deepened voice. Can cause heart attacks and strokes	Cigarette smoking harms every organ in the body and causes coronary heart disease, and stroke, as well as many forms of cancer
Teen Usage (Grades 9-12)	1 in 2 teens drank alcohol in the last year	1 in 10 teens has abused cocaine or crack in their lifetime	1 in 7 teens has abused cough medicine in their lifetime	1 in 8 teens has abused Ecstasy in their lifetime	1 in 20 teens has abused heroin in their lifetime	1 in 6 teens has abused inhalants in their lifetime	Nearly 1 in 2 teens has abused marijuana in their lifetime	1 in 12 teens has abused methamphetamine in their lifetime	1 in 7 teens has abused prescription pain relievers in their lifetime	1 in 13 12th graders has abused sedatives and/or tranquilizers in their lifetime	1 in 8 teens has abused Ritalin or Adderall in their lifetime	1 in 15 teens has abused steroids in their lifetime	1 in 5 teens smoked cigarettes in the last 30 days
Signs of Abuse	Slurred speech, lack of coordination, nausea, vomiting, hangovers	Nervous behavior, restlessness, bloody noses, high energy	Slurred speech, loss of coordination, disorientation, vomiting	Teeth clenching, chills, sweating, dehydration, anxiety, unusual displays of affection	Track marks on arms, slowed and slurred speech, vomiting	Missing household products, a drunk, dazed or dizzy appearance	Slowed thinking and reaction time, impaired coordination, paranoia	Nervous physical activity, scabs and open sores, decreased appetite, inability to sleep	Medicine bottles present without illness, Rx bottles missing, disrupted eating and sleeping patterns	Slurred speech, shallow breathing, sluggishness, disorientation, lack of coordination	Lack of appetite, increased alertness, attention span and energy	Rapid growth of muscles, opposite sex characteristics and extreme irritability	Smell on clothes and hair, yellowing of teeth and fingers that hold cigarettes
Important to Know	Being a child of an alcoholic places children at greater risk for developing alcohol problems	Cocaine is one of the most powerfully addictive drugs	The "high" from cough medicine is caused by ingesting a large amount of dextromethorphan (DXM), a common active ingredient	Can be addictive. A popular club drug because of its stimulant properties which allow users to dance for long periods of time	Heroin overdose is a particular risk on the street, where the purity of the drug cannot be accurately known	More than 1000 common products are potential inhalants that can kill on the first use or any time thereafter	Contrary to popular belief, marijuana can be addictive	Meth has a high potential for abuse and addiction, putting children at risk, increasing crime and causing environmental harm	Abusing prescription painkillers is just as dangerous, addictive and deadly as using heroin	Using prescription sedatives and tranquilizers with alcohol can slow both the heart and respiration and possibly lead to death	Many teens abuse this prescribed medication to help them cram for exams or suppress their appetite	Teens who abuse steroids before the typical adolescent growth spurt risk staying short and never reaching their full adult height	Secondhand smoke contributes to more than 35,000 deaths related to cardiovascular disease
Find more tools and tips at <a href="http://www.drugfree.org">www.drugfree.org</a> .													
Sources: Partnership Attitude Tracking Study, National Institute on Drug Abuse, Monitoring the Future, National Institute on Alcohol Abuse and Alcoholism. © 2014 Partnership for Drug Free Kids													

## **LGBTQ**



### **Dutchess County Pride Center**

*dcpridecenter@gmail.com      [www.dutchesscountypridecenter.org](http://www.dutchesscountypridecenter.org)  
+Dutchess County Pride on Facebook, Instagram and  
Twitter*

*Q-Youth Group – a group for LGBTQ teens and allies, ages 12 – 18*

*Meets First Thursday of every month, 5:30pm – 6:30pm*

*Gender Benders Group – a group for transgender, gender non-conforming and gender questioning youth of all ages*

*Meets Third Thursday of every month, 5:30pm – 6:30pm*

*All groups meet at Poughkeepsie Underwear Factory Community Room*

*8 N. Cherry Street, Poughkeepsie, NY 12601*

### **GLSEN**

*212-727-0135    [glsen.org](http://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](http://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](http://dutchessmediation.org)

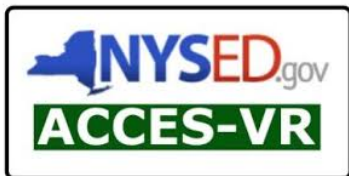
Offers alternative dispute resolution services for youth and for parents and children (Parent/Child Mediation) as well as special education/ early intervention mediation



### **Taconic Resources for Independence, Inc.**

82 Washington St, Suite 214, Poughkeepsie, NY 12601  
845-452-3913  
[taconicresources.org](http://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  
[aces.nysed.gov/vr/mid-hudson-district-office](http://aces.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](http://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.



## **Green Chimney's Transitional Living Program**

[Greenchimneys.org](http://Greenchimneys.org)

Email Clare Rigano at [crigano@greenchimneys.org](mailto:crigano@greenchimneys.org) or call 845-279-2995 x702

Offers youth ages 16-21 shared apartment living in a positive environment, with opportunities to become self-sufficient and acquire tools to successfully transition to community living. Applicant guidelines: homeless or at risk of homelessness, desire to live in and contribute to a positive environment and engaged or willing to be employed in vocational or college programming.

## **Children's Bereavement Group**

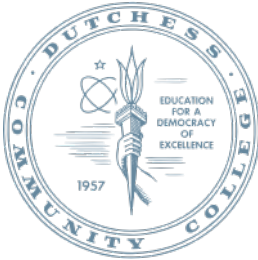
915 Route 212, Centerville, Saugerties, NY 12477

Phone: 845-246-9581 Fax: 845-246-9582

[sjechurch.org](http://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 2<sup>nd</sup> and 4<sup>th</sup> 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.

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 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. Call 845-454-5176

## **HEALTH SERVICES**

### **Planned Parenthood – Health Center**

*17 Noxon St, Poughkeepsie, NY 12601*  
845-562-7800    [www.plannedparenthood.org](http://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](http://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

## *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

## *Eastern Dutchess*

PO Box 397, 3414 Route 22,  
Dover Plains, NY 12522  
Phone: 845-877-9272 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 <sup>st</sup> and 2 <sup>nd</sup> 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 <sup>nd</sup> and 4 <sup>th</sup> 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**

<b>AA</b>	Alcoholics Anonymous
<b>ACCES-VR</b>	Adult Career and Continuing Education Services-Vocational Rehabilitation
<b>ACOA</b>	Adult Children of Alcoholics
<b>ADA</b>	Americans with Disabilities Act
<b>ADT</b>	Adolescent Day Treatment (Astor/BOCES)
<b>AIOP</b>	Adolescent Intensive Outpatient Program (Mid-Hudson Regional)
<b>ALANON</b>	Organization of relatives and friends whose lives have been affected by the alcoholism of another
<b>ALATEEN</b>	Organization of teen children of alcoholics
<b>APS</b>	Adult Protective Services

### **B**

<b>BETA</b>	BOCES Education and Training Academy
<b>BOCES</b>	Board of Cooperative Educational Services

### **C**

<b>CAC</b>	Child Advocacy Center
<b>CAMI</b>	Chemical Abuser/ Mental Ill
<b>CASSP</b>	Child and Adolescent Service System Program
<b>CCF</b>	Council on Children and Families or Congregate Care Facility
<b>CDT</b>	Continuing Day Treatment
<b>CFC</b>	Choices for Change
<b>CMHC</b>	Community Mental Health Center
<b>CPS</b>	Child Protective Services
<b>CPSE</b>	Committee for Preschool Special Education
<b>CR</b>	Community Residence
<b>CRC</b>	Certified Rehabilitation Counselor
<b>CPSE</b>	Committee on Pre-school Special Education
<b>CSE</b>	Committee on Special Education

### **D**

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

## **E**

<b>ECCSI</b>	Enhanced Coordinated Children's Services Initiative
<b>ED</b>	Emotionally Disturbed
<b>EIP</b>	Early Intervention Program

## **H**

<b>HBCI</b>	Home-Based Crisis Intervention
<b>HCBS</b>	Home and Community-Based Services Waiver Program
<b>HRH</b>	Hudson River Housing
<b>HRFO</b>	Hudson River Field Office (OMH)

## **I**

<b>ID</b>	Intellectual Disability
<b>IDEA</b>	Individuals with Disabilities Education Act
<b>IDT</b>	Intensive Day Treatment (RCPC - Poughkeepsie)
<b>IEP</b>	Individualized Education Plan

## **L**

<b>LGBTQ</b>	Lesbian, Gay, Bi-sexual, Transgender, Queer and Questioning
<b>LGU</b>	Local Government Unit

## **M**

<b>MADD</b>	Mothers against Drunk Driving
<b>MHA</b>	Mental Health America
<b>MHR</b>	Mid-Hudson Regional

## **N**

<b>NA</b>	Narcotics Anonymous
<b>NAMI</b>	National Alliance for the Mentally Ill
<b>NARANON</b>	Organization for relatives and friends of substance abusers

## **P**

<b>PACC</b>	Pre-Admission Certification Committee
<b>PH</b>	Partial Hospitalization
<b>PINS</b>	Person in Need of Supervision
<b>PO</b>	Probation Officer / Parole Officer
<b>PROS</b>	Personal Recovery Orientated Services

## **R**

<b>RCPC</b>	Rockland Children's Psychiatric Center
<b>RPC</b>	Rockland Psychiatric Center
<b>RSS</b>	Rehabilitation Support Services

## **S**

<b>SAC</b>	Student Assistance Counselor
<b>SED</b>	Serious Emotional Disturbance or State Education Department
<b>SETRC</b>	Special Education Training and Resource Center
<b>SPOA</b>	Single Point of Access (for High Risk Children's Services)
<b>SPOE</b>	Single Point of Entry (for Adult Housing; for Adult Care Management)
<b>SPMI</b>	Seriously and Persistently Mentally Ill
<b>SSD</b>	Social Security Disability
<b>SSDI</b>	Social Security Disability Income
<b>SSI</b>	Supplemental Security Income

## **T**

<b>TRI</b>	Taconic Resources for Independence
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## **V**

<b>VA</b>	Veterans' Administration
<b>VBH</b>	Vassar Brothers Medical Center

## **W**

<b>WIC</b>	Women, Infants and Children Feeding Program
<b>WIN</b>	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](http://www.ci.nyc.ny.us/html/acs/home.html)

Administration for Children's Services

[www.nycareerzone.org](http://www.nycareerzone.org)

Career Zone

[www.caregiver.com](http://www.caregiver.com)

Articles on Caregiver Issues

[www.catholiccharitiesny.org](http://www.catholiccharitiesny.org)

Catholic Charities

[www.connectforkids.com](http://www.connectforkids.com)

Connect for Kids (Annie E. Casey Foundation)

[www.ccf.ny.gov/index.htm](http://www.ccf.ny.gov/index.htm)

NY State Council on Children and Families

[www.dutchessny.gov](http://www.dutchessny.gov)

Dutchess County Government website

[www.glsen.org](http://www.glsen.org)

Gay, Lesbian, and Straight Education

Network

[www.ftnys.org](http://www.ftnys.org)

Families Together in New York State

[www.ffcmh.org](http://www.ffcmh.org)

Federation of Families for Children's Mental Health

<http://midhudson.org>

Library

[www.lexingtonctr.org](http://www.lexingtonctr.org)

Lexington Center for Recovery

[www.lawhelp.org/NY](http://www.lawhelp.org/NY)

Helps low-income NY'ers solve legal problems

[www.ncset.org](http://www.ncset.org)

National Center on Secondary Education and Transit

[www.parentcenterhub.org](http://www.parentcenterhub.org)

Center for Parent Information and Resources (CPIR)

[www.nmha.org](http://www.nmha.org)

National Mental Health America

[www.acces.nysed.gov/vr/](http://www.acces.nysed.gov/vr/)

New York State Education Department –

Adult Career and Continuing Education

Services Vocational Rehabilitation

[www.nysteachs.org](http://www.nysteachs.org)

New York State Technical & Education

Assistance Center for Homeless Students

[www.pacer.org](http://www.pacer.org)

PACER (children and young adults with disabilities)

[www.parenttoparentnys.org](http://www.parenttoparentnys.org)

Parent to Parent in NY State

[www.safeyouth.gov](http://www.safeyouth.gov)

Youth Violence Prevention

[www.aacap.org](http://www.aacap.org)

American Academy of Child and Adolescent Psychiatry

[www.armsacres.com/](http://www.armsacres.com/)

Arms Acres (Liberty Management)

[www.astorservices.org](http://www.astorservices.org)

Astor Services For Children & Families

[www.capedc.org](http://www.capedc.org)

Council on Addiction Prevention & Education

[www.dcbores.org/index.php](http://www.dcbores.org/index.php)

Dutchess County BOCES

[www.dutchesscap.org](http://www.dutchesscap.org)

Dutchess County Community Action Agency

[www.dccacd.org/](http://www.dccacd.org/)

Dutchess County Council on Alcoholism  
and Chemical Dependency

[www.co.dutchess.ny.us/](http://www.co.dutchess.ny.us/)

Dutchess County Online (links to county agencies)

[www.dutchessoutreach.org](http://www.dutchessoutreach.org)

Dutchess Outreach

[www.familyservicesny.org/](http://www.familyservicesny.org/)

Family Services

[www.fourwindshospital.com/](http://www.fourwindshospital.com/)

Four Winds Hospital

[www.hudsonriverhousing.org/](http://www.hudsonriverhousing.org/)

Hudson River Housing

[www.mhadutchess.com/](http://www.mhadutchess.com/)

Mental Health America of Dutchess County

[www.namimidhudson.org](http://www.namimidhudson.org)

National Alliance for the Mentally Ill

[www.omh.state.ny.us/](http://www.omh.state.ny.us/)

NYS Office of Mental Health

[www.midhudsonregionalhospital.org/](http://www.midhudsonregionalhospital.org/)

Mid-Hudson Regional Hospital of Westchester Medical

[www.opwdd.ny.gov](http://www.opwdd.ny.gov)

Taconic Developmental Disabilities  
Services Office

[www.taconicresources.org](http://www.taconicresources.org)

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

[www.dutchessmediation.org/](http://www.dutchessmediation.org/)

The Mediation Center

[www.unitedwaydutchess.org](http://www.unitedwaydutchess.org)

United Way Dutchess County

[www.samhsa.gov](http://www.samhsa.gov)

Substance Abuse and Mental Health  
Services Administration

[www.asha.org](http://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