

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



REVISÉD 4/29/2020



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.

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.***
- ***Providing comprehensive services that address all needs.***
- ***Emphasizing 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 insurance, diagnosis and/or IQ.

DIFFERENT DEFINITIONS OF “CHILD” – Differing State regulations lead to different definitions for what constitutes a minor child and for how long parents are responsible. 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. In criminal justice, a child becomes an adult at age 17.

HIPAA – 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 any other 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 for 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 skill 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 and Stress 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 Adjustment 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 Hospital 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 17 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, identifying and preparing the 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- Many 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 several supported housing programs available through Hudson River Housing (HRH) that provide young adults safe housing as they build the skills and income needed to live more independently (See Older Youth/Young Adult section) or call (845) 452-0019 for further information about housing options. HRH also provides individual financial counseling and classes that can help older youth develop budgeting and money management skills. Paid employment training is also available for youth/young adults through HRH. (Contact 454-5176 for further information).

Adult Single Point of ACCESS [SPOA] – 845-486-2768

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. The Head Start program serves the whole child offering health, education, family support, and special education services. Home-based services with a visiting teacher are also available county wide.

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 Educator who supports the parents and child with information and activities on child development, parenting skills, nutrition and health. Socializations are offered twice a month at a nearby Astor center.
- *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 the 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 the 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 support the child. 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

<http://waddlenswaddle.com/>

*Van Wagner Place
33 Arlington Ave, Suite 4
Poughkeepsie, NY 12603
845-473-5952
jenn@waddlenswaddle.com*

Mon Tues Wed Thurs Fri Sat: 10am - 5:30pm
Sunday: 10am – 2pm

Breastfeeding Support at Waddle n Swaddle: Breastfeeding support and education at Waddle n Swaddle is provided by Jenn Sullivan, Certified Breastfeeding Specialist. Three options are available: pre and postnatal classes, private appointments and three free weekly nursing circles.

Breastfeeding Classes: Breastfeeding Essentials is a prenatal breastfeeding class designed to be taken in the 7-9th month of pregnancy. Families who take an independent breastfeeding class prior to birth report higher success of meeting breastfeeding goals and more confidence in their breastfeeding relationship.

Breastmilk Expression and Storage is a postnatal breastfeeding class designed for exclusively pumping moms, women planning on returning to work and women who have returned to work and need help with their pumping and milk supply.

Private Appointments: If your nursing relationship requires more extensive one on one support such as fundamental latch assessment including positioning, misshapen nipples, low milk supply and lip/tongue tie; problems or questions about pumping; breastfeeding management issues; postpartum depression support or other more complex issues then you should make a private appointment. Please text me for an appointment at 845-240-8399.

Nursing Circle: Our FREE nursing circle is a support group designed to help with common breastfeeding concerns. The topics include 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. Drop-in support group, RSVP not necessary. Most groups last an hour after the circle is over for mom to mom support.

Thursdays; 1-2pm in Poughkeepsie

Contact Jenn Sullivan, CBS via email: flowbreastfeeding@gmail.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

301 Manchester Road, Suite 201A
Poughkeepsie, NY 12603
www.childcaredutchess.org

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:

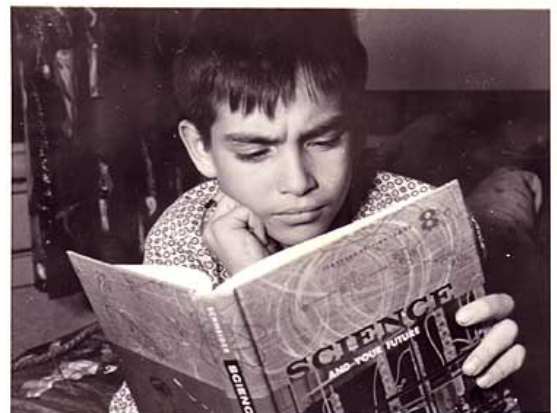
- Provided a homebound tutor (vial guidance counselor-secondary).
- Objectives of topics to be covered for the next three weeks (brief outline).
- Books and any worksheets each week.
- Homework and in-class assignments each week.
- Grade all assignments and tests.
- Determination of student's report 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 a disciplinary violation the district will send out a letter for a *Superintendents' Hearing*, but notice will also be sent out regarding a Manifestation Determination/Emergency CSE Meeting. The CSE will determine whether the school placement is effective or if a new placement needs to be considered. The *Superintendents Hearing* looks at the last suspension that the child received and asks if it was done in accordance with the student's handicapping condition. If it is determined that it was in accordance with the handicapping condition, then the student cannot be penalized. If the act was not, then the Superintendent has the right to expel the child.

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

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

Special Education

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

Dutchess County Early Intervention Program

85 Civic Center Plaza – Suite 106

Poughkeepsie, NY 12601

Phone: 845-486-3518

Fax: 845-486-3554

Through the Dutchess County Department of Behavioral & Community Health, Early Intervention provides a multi-disciplinary evaluation at no charge to assess developmental status and determine eligibility for Early Intervention services (such as speech therapy, physical therapy, parent training, etc.). Children can be eligible for the Early Intervention Program if they are under three years old AND have a disability OR developmental delay. The Early Childhood Direction Center in Newburgh serves a four county area (including Dutchess County) and provides information, referral and service coordination for children with disabilities from birth to age five. Please call 85-565-1162 for more information.

Committee on Special Education (CSE)

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

Committee on Pre-School Education (CPSE)

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

ACSD SEPTA (Arlington Central School District Special Education PTA)



All are welcome to become a member of a SEPTA/SEPTO, one does not have to be a parent or teacher in that school district, as the information shared through speaker events and other activities and events is generally not specific to the district of that SEPTA/SEPTO. Arlington SEPTA also offers a Spanish Speaking support group and contact information to speak with someone in Spanish about their concerns regarding Special Education services and their child

ACSD SEPTA (Arlington Central School District Special Education PTA)

144 Todd Hill Road, Lagrangeville, NY 12540

845-478-4488

ArlingtonSchoolsSEPTA@gmail.com

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

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

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

Day Treatment Programs

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

Adolescent Day Treatment – 845-486-4840

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

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

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

- Attend school regardless of where they live or how long they have lived there.
- Choose between: A. the school attended when they student was last permanently housed, B. the last school the student attended or C. the school where they are temporarily living.

- Immediate enrollment in school without requiring any documents regarding residency, immunizations, academic records, etc.
- Free transportation to school.
- Free meals at school.
- Participate in any school activity or program available to other students.
- Get special education services immediately if an Individualized Education Plan is in place.

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

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

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

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

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

New York Educational Advocates

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

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

*Parent Training and Information Center
Westchester Independent Living Center
and Putnam Independent Living Services*
845-228-7457
Becky Coles: bcoles@putnamils.org
Denise Green: dgreen@putnamils.org

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

Advocates & Attorneys

Advocates

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

Advocates & Attorneys

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

Andrew Cuddy - www.cuddylawfirm.com

Littman Krooks - www.littmankrooks.com

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

Attorneys

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

BJ Ebenstein - www.barbaraebenstein.com

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

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

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

Gary Mayerson - www.mayerslaw.com

Julie Passman - 914-253-8804

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

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

Tracey Spencer Walsh - 917-566-2677

Alternative Education

TASC New York

Since January 2014 New York State has offered 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. 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 accepted all across America 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.

Before enrolling in online TASC prep courses, seek out NY State Education Department-approved courses at no cost. Again, bear in mind that TASC tests are not offered via the Internet and that you have to appear in person at an official state-approved TASC testing center.

Poughkeepsie TASC prep classes (Formerly 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.arlingtongschools.org

DC BOCES

5 BOCES Road , Poughkeepsie, NY 12601

Phone: 845-486-4800 x2200

Website: www.dcboces.org

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

Pawling School District

515 Route 22, Pawling, NY 12564

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

Website: www.pawlingschools.org

Poughkeepsie City School District

55 College Avenue, Poughkeepsie, NY 12603

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

Website: www.poughkeepsieschools.org

Rhinebeck Central Schools

P.O. Box 351 Rhinebeck, NY 12572

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

Web site: www.rhinebeckcsd.org

Wappingers Central School District

25 Corporate Drive, Hopewell Junction, NY 12533

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

Website: www.wappingersschools.org

Beacon City School District

10 Education Drive, Beacon, NY 12508

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

Website: www.beaconcityk12.org

Dover Union Free School District

2368 Route 22, Dover Plains, NY 12522

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

Website: www.doverschools.org

Millbrook Central School District

P.O. Box AA, Millbrook, NY 12545

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

Website: www.millbrookcsd.org

Pine Plains Central School District

2829 Church Street, Pine Plains, NY 12567

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

Website: www.pineplainsschools.org

Red Hook Central Schools

Mill Road, Red Hook, NY 12591

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

Website: www.redhookcentralschools.org

Spackenkill Union Free School District

15 Croft Road, Poughkeepsie, NY 12603

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

Website: www.spackenkillschools.org

Webutuck Central School District

194 Haight Road, Amenia, NY 12501

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

Website: www.webutuckschools.org

AFTER SCHOOL PROGRAMS & RECREATION

After School Connections

Northeast Community Center

51 S Center St, Millerton, NY 12546

518-592-1399 x103

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



Born Again Disciples

Hudson Valley Community Center

110 South Grand Ave, Poughkeepsie, NY 12603

845-471-0430

www.bad-ny.com



Boy Scouts of America Hudson Valley Council

6 Jeanne Dr, Newburgh, NY 12550

845-566-7300

www.hudsonvalleyscouting.org



BOY SCOUTS OF AMERICA®
HUDSON VALLEY COUNCIL

Liberty Partnership Program

3399 North Rd. Poughkeepsie NY

845-849-0330

www.marist.edu/academics/libertypartnerships

Cubs Place

Vassar Brother's Medical Center
45 Reade Place, Poughkeepsie, NY
845-416-7771

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

Cub's Place



Dutchess Arts Camp

The Art Effect
45 Pershing Avenue, Poughkeepsie, NY 12601
845-471-7477

<https://feelthearteffect.org/>



Family Partnership Center

29 North Hamilton St, Poughkeepsie, NY
845-454-8204

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



Kids on Ice

14 Civic Center Plaza, Poughkeepsie, NY 12601
845-454-5800

www.midhudsonciviccenter.org

Girl Scouts Heart of the Hudson

3 Neptune Rd, Poughkeepsie NY

845-452-1810

www.girlscoutshh.org



Job Corps

800-733-JOBS (5627)

www.jobcorps.gov



Salvation Army

19 Pershing Ave, Poughkeepsie NY

845-471-1210

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

570 Main St, Poughkeepsie, NY 12601

845-471-1730

Lucky Orphans Horse Rescue

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

www.luckyorphanshorserescue.org



R.E.A.L. Skills Network

29 North Hamilton St. Poughkeepsie, NY 12601

845-452-6088 x3169

www.realskillsnetwork.com

Southlands Foundation

5771 Route 9, Rhinebeck, NY 12572

845-876-4862

www.southlands.org



Teen Resource Activity Center (TRAC)

29 North Hamilton Street Poughkeepsie, NY 12601

845-452-1110 x3033

www.familyservicesny.org



Hudson Valley Community Center

110 South Grand Avenue, Poughkeepsie, NY 12603

845-471-0430

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



TOWN/CITY RECREATION DEPARTMENTS

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

Amenia
845-373-8860
Ameniany.gov/departments/recreation.html

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

Beekman
845-724-5300
beekmanrec.com/

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

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

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

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

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

LaGrange
845-452-1972
LaGrange
lagrangeny.gov/Government/parks.htm

Millbrook/Washington
845-677-8278
towrecreation.com/

Millerton
518-789-4489
villageofmillerton.net/parks---recreation-1.html

Northeast (Millerton)
518-789-4489
townofnortheastny.gov/recreation/

Pawling
845-855-1131
pawling.org/pages/pawlingny_recreation/Index

Pine Plains
518-567-7207
pineplains-ny.gov/content/Parks/View/15

Pleasant Valley
845-266-9222
pvrec.com/info/

Poughkeepsie (town)
845-485-3628
poughkeepsietownrec.com

Poughkeepsie (city)
845-451-4100
Poughkeepsie
cityofpoughkeepsie.com/parks-and-recreation/

Red Hook
845-758-4600
www.redhook.org/TownDepartments/Recreation.html

Rhinebeck
845-943-9526
rhinebeck-ny.gov/parks--recreation.html

Stanford
845-868-7782
townofstanford.org/departments

Tivoli
845-757-2021
tivolinny.org/RecreationAreas.html

Union Vale
845-724-691
uvparksandrec.com/

Wappinger
845-297-0720
townofwappinger.us/recpages/recreation.html

Wappingers Falls
845-297-8773 x 7
wappingersfallsny.gov/recreation-and-parks-department



DUTCHESS COUNTY LIBRARIES

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

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

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

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

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

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

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

Red Hook Public Library
7444 S. Broadway
Red Hook, NY 12571
845-758-3241
redhooklibrary.org

Tivoli Free Library
86 Broadway
Tivoli, NY 12583
(845) 757-3771
tivolilibrary@gmail.com

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>

Pine Plains Free Library
PO Box 325
7775 South Main
Pine Plains, NY 12567
518.398.1927
ppflibrary@gmail.com

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
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>

NorthEast-Millerton Library
75 Main Street
PO Box 786
Millerton, New York 12546
518-789-3340
info@nemillertonlibrary.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.



Parent Empowerment Classes

35 Van Wagner Road Poughkeepsie, New York 12603

845-454-0595

thecpca.com

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

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

Teen Parenting Program - This is a program directed specifically to address the needs of young parents, ages 13 to 20. Special care is given to age-appropriate, supportive and cooperative learning. The parents of those young parents will also be educated on how to have nurturing and sustaining relationships with their children. Classes provide support, information, resources and referrals. Parenting classes are conducted at schools, community centers and PTA meetings, as well as in prisons and rehab centers for at-risk parents, and cover such topics as positive discipline and nurturing.



Dutchess County Healthy Families

29 North Hamilton, Suite 209 Poughkeepsie, NY 12601

845-452-3387

institute.org/health-care/services-for-families/

institute.org/health-care/services/michc/

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



PO BOX 787
Poughkeepsie, NY 12602
845-206-9892

Please visit our website: www.namimidhudson.org for more information.

NAMI MID-HUDSON FACT SHEET

NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports, and research and is steadfast in its commitment to raise awareness and build a community of hope for all of those in need. NAMI Mid-Hudson (NAMI-MH), our local affiliate, is a 501 (c)(3) organization serving the people of Dutchess and Ulster Counties in New York since 1981. NAMI-MH strives to be active in our community by collaboratively working with other organizations, local businesses, and schools to educate the public, promote mental wellness and increase mental health literacy.

OUR MISSION

1. **ADVOCATE** for and support individuals with mental illness, family members and their loved ones.
2. **ERADICATE** stigma.
3. **SUPPORT** research, causes, and treatment; and access to services regarding mental illness.
4. **EDUCATE** the public about mental illness.

Educational Classes and Presentations in Dutchess and Ulster Counties:

FAMILY-TO-FAMILY, a NAMI Signature Program is a FREE twelve-week, evidence-based course for families, partners, and friends of individuals with serious mental illness. Many family members describe their experience in this program as life changing.

NAMI Basics, a NAMI Signature Program is a FREE six-week or three full Saturdays, education program developed specifically for parents and caregivers of children and adolescents who have behavioral issues, undiagnosed emotional issues, ADHD, ODD, OCD, DMDD, or have developed symptoms of mental health issues.

NAMI Basics OnDemand Online program is self-paced and available 24/7. NAMI OnDemand offers the flexibility of participating in the course on your schedule. Both formats provide identical information, strategies and the opportunity to connect with other parents and caregivers.

PEER-TO-PEER, a no-cost 8-week, unique, experience-based program for people with any serious mental illness. Taught by a team of trained "mentors" who are living healthy and productive lives with mental illness, participants will learn the tools needed to take control and establish their own wellness and recovery.

IN OUR OWN VOICE is a unique and powerful public presentation that offers insight into the realities of recovery for individuals living with a mental health condition. In Our Own Voice changes attitudes, assumptions and stereotypes by sharing personal stories in this free, 60-minute presentation.

ENDING THE SILENCE PRESENTATION FOR STUDENTS, STAFF OR FAMILIES, is a fifty-minute presentation program. ETS for Students is for high school students engaging them in a discussion about mental health. Students learn symptoms and indicators of mental illness. Students learn how to help themselves, friends or family members who may need support. Ending the Silence presentation for Staff is available as well as for Family or Primary Caregivers of students.

NAMI HOMEFRONT Online is a FREE, six-session education program to meet the needs of families of Service Members and Veterans who live with mental health conditions. Focuses on unique needs of military and veteran communities, such as post-deployment and post-discharge transitions. Taught by families of Service Members and Veterans who have experience with military culture. Classes meet weekly in a virtual classroom, so participants experience the same level of interaction and learning as traditional in-person classes. Registration is ongoing.

MONTHLY FAMILY SUPPORT GROUPS * Resources * Support * Hope * Please Join Us!

POUGHKEEPSIE 3rd Tuesday of every Month 6:30 pm - 8:30 pm MidHudson Regional Hospital Sister M. Ann Elizabeth Conference Room Lower Level 241 North Road Poughkeepsie NY 12601

KINGSTON 2nd and 4th Mondays of every Month 6:00 pm - 7:30 pm Mental Health Association in Ulster 300 Aaron Court (ring bell) Kingston, NY 12401 (Closed on Federal Holidays)

DOVER PLAINS 1st Wednesday of every Month 6:30 pm - 8:30 pm Dover High School Library Conference Room 2368 Rt 22, Dover Plains NY 12522 (Summer months & school closings, please call for location or check website)

WAPPINGERS FALLS 2nd Monday of every Month 6:30 pm - 8:30 pm Perkins Restaurant 1576 US 9 Wappingers Falls NY 12590 (Back Room)

NAMI CONNECTIONS ADULT RECOVERY SUPPORT GROUP 2nd Friday of every Month 6:30 pm – 8:00 pm MidHudson Regional Hospital Sister M. Ann Elizabeth Conference Room Lower Level 241 North Road Poughkeepsie NY 12601

Mom's "Living Well" Bible Study Group

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

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



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

*17 Anderson St. New Rochelle, NY 10801
914-246-7879
<http://www.theguidancecenter.org/early-childhood/>*

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

Cornell Cooperative Extension

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

Coffee and Conversation Support Groups are held in four meeting locations...

- | | |
|--|-------------------------|
| • First Wednesday of every month at Immaculate Conception Church, Amenia | 5:30-7pm Adults & youth |
| • Second Thursday of every month at St. John's Church, Poughkeepsie | 5:30-7pm Adults & youth |
| • Third Tuesday of every month at St. Mary's Chapel, Fishkill | 5:30-7pm Adults only |
| • Fourth Thursday of every month at Beacon Recreation Center | 5:30-7pm Adults & youth |

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

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

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

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

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

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

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



Abbott House HEART Program

1 Civic Center Plaza, Suite 501
Poughkeepsie, NY 12601
8452018664
amilton@abbotthouse.net

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 Althea Milton at 845-201-8664 or at amilton@abbotthouse.net.



Catholic Charities Community Services of Dutchess County

218 CHURCH STREET, POUGHKEEPSIE, NY 12601

845-452-1400

Catholic Charities Community Services of Dutchess County (CCCSDC) helps solve the problems of local individuals in need: the neglected child, the homeless family, the newly arrived immigrant or refugee and the hungry senior, or the newly unemployed for non-Catholics and Catholics alike. CCCSDC is a resource for needy families and individuals in Dutchess County, offering a wide array of free and professionally administered direct services to county residents at our main office in downtown Poughkeepsie and throughout the county.

- Feeding Our Neighbors
 - Protecting Children & Youth
 - Strengthening Families & Resolving Crisis
 - Supporting the Physically & Emotionally Challenged
 - Welcoming & Integrating Immigrants and Refugees
-
- Case management services for those who are legally blind, including orientation and mobility services, vocational rehabilitation services and job readiness programs for those who are seeking employment.
 - Services for the Deaf and Hard of Hearing – Catholic Pastoral Ministry. Catholic Pastoral Ministry is a program of Catholic Charities Community Services of Dutchess County where compassionate staff who are skilled in American Sign Language (ASL) offer spiritual, social and supportive services to the deaf and hearing impaired.
 - Catholic Charities welcomes Dutchess County's immigrants and helps them become full participants in American society. The Immigration legal team provides expert guidance in reuniting them with their families, obtaining work authorization, green card assistance, preparing individuals for citizenship exams and protecting people from exploitation.
 - With our community partner, Dutchess Community College, we offer free ESL classes for those selected to participate in our Office for New Americans Program as well as Naturalization and Citizenship Workshops, Entrepreneur Workshops and "Know your Rights" presentations.
 - Support groups for rural Hispanic mothers in the Northeast Communities of Dutchess learn about the New York State school system, nutrition and ways to integrate into our society. Services are available to all Dutchess County residents and are offered in English and Spanish.
 - Catholic Youth Organization (CYO) supports and coordinates parish-based youth programs— spiritual, cultural, and athletic, which foster the growth of each young person. CYO is best known for its sports programs in which more than 700 Dutchess County youth participate each year. CYO also holds annual art and essay contests.

The Family Partnership Center

29 North Hamilton Street in Poughkeepsie, NY

845-452-1110 x 3119

www.hrhcare.org/healthcenters/poughkeepsie-partnership

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



MENTAL HEALTH AMERICA OF DUTCHESS COUNTY

253 Mansion St, Poughkeepsie NY 12601

845-473-2500

www.mhadutchess.org

ADULT SERVICES

The Department of Adult Services is steadfast in their commitment to helping participants achieve their goals.

Care Management provides a care manager to individuals who struggle with mental illness or chronic medical conditions. We assist people to access necessary medical, social, financial, vocational, residential and educational services. We are a contracted partner with three Hudson Valley Health Homes; the Community Care Collaborative, the Hudson Valley Care Coalition, and the Institute for Family Health.

Homeless Services at Mel's place offers a safe-haven and care management services to those in our community who are without a place to call home. We offer support and referrals to community services for housing, employment, addiction, health benefits, and more. We provide a safe place to receive mail, shower, do laundry, and receive other necessary support.

Personalized Recovery Oriented Services (PROS) is a comprehensive recovery-oriented program for individuals with severe mental illness. We integrate support and rehabilitation in a manner that facilitates the individual's recovery, and include our participants in the development of curriculum that meets their needs.

Supported Housing provides five young adult supported housing beds that are scattered site subsidized apartments for people 18-25 years old who have a serious mental illness, and eleven site beds for adults.

COMMUNITY EDUCATION

Services include information, assistance, and training on issues associated with mental health, from prevention to reaching and maintaining mental wellness.

Health & Wellness Club serves children and families within the City of Poughkeepsie School district and provides wellness self-management activities to improve self-esteem, communication, coping skills, and more.

Information and Referral offers a referral list of psychiatrists, psychologists, social workers, support groups, and services at other agencies and private practices.

Kids on the Block is an innovative puppet troupe that creates a safe and fun environment for children.

Library Services provide DVDs, books, journals, and six computers with internet access for the public.

Parenting Workshops include: How to Talk So Kids Will Listen, Managing Defiant Behavior, Parenting Challenging Teens and Parenting the Explosive Child, Parent Education and Custody Effectiveness (PEACE), and more.

Supported Education provides on-site assistance to ACCES-VR eligible students with a psychiatric disability and/or addiction disorder as they attend college.

Workshops & Trainings are offered throughout the year using professional curriculum. MHADC offers periodic mental health screenings.

FAMILY SUPPORT AND ADVOCACY

FSAS is family-friendly and provides skill-building, peer-supported education, advocacy, empowerment, and opportunities for social interaction.

Adult Advocacy Program provides information, referral, and advocacy to adults with mental illness and their families who often have aging parents or other family members.

CASA (Court Appointed Special Advocates) trains citizen-volunteers in a 40-hour course to be an advocate in the judicial process for a child in or at risk of foster care, due to abuse or neglect. Referrals are through the Family Court judge only.

COMPEER trains volunteers to match with people receiving mental health services. The relationship that develops helps build coping skills, making it easier to integrate into the community.

Emerge Program is for parents who have psychiatric disabilities. It addresses the needs of parents who are struggling with their own issues of mental illness while trying to parent a child.

Family Support Programs for parents/caregivers of children with Serious Emotional Disorders, offer peer/parent support groups, sibling support/education groups, and Family Advocacy.

Family Visitation Program A coached-visitation model & supervised visitation, providing strength-based support for parents/caregivers visiting their children in placement. The coach engages with the family to assist the parent.

Respite Programs offer parents/caregivers of children with special mental health needs the opportunity for respite. Including planned individual and group activities, summer camp sponsorships, and Teen & Young Adult clubhouses.

Teen Challenge addresses challenges through weekly life skills curriculum meetings; vocational/educational mentoring for jobs and education; and community engagement involving community service projects.

Vet2Vet serves veterans of all eras and all discharge types, providing support groups, family services, socialization, and case management to veterans of Dutchess County. This includes Housing assistance through our **HERO Program**, a **Service Dog Training Program** for veterans, and vocational assistance and training through **VET-TAP: Veterans Employment, Training and Transitional Assistance Program**. All program leaders are veterans themselves with years of experience helping others heal.

HEALTH HOME SERVING CHILDREN

HHSC provides services to children, from birth to age 21, eligible through Health Homes. A designated and specially trained Care Manager (CM) is assigned who will help coordinate with parents and community service providers using a strength-based model to identify a care team for each family. The CM will advocate for needed and appropriate services to promote the successful care of children within their homes and communities.

HOME & COMMUNITY BASED SERVICES

HCBS services can help you achieve your life goals and be more involved in your community.

Independence: Learn how to advocate for yourself and negotiate relationships.

Education & Employment: Choice of employment goal and benefits counseling to start, return to, or graduate from school to learn skills to get or keep a job.

Managing Crises: Learn coping skills and how you might be able to prevent crises in the future.

Peer & Family Support: Get support from people who are in recovery as well as give family and friends the knowledge to help and support you.

Intellectual/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.

What's needed to qualify for Office for People with Developmental disabilities (OPWDD)?

New York State Mental Hygiene Law section 1.03(22) requires ALL the following for Provisional and Permanent eligibility for OPWDD services:

1. The presence of a developmental disability that is described by certain qualifying diagnoses or conditions, qualifying diagnoses include:
(Children age 7 and below may qualify for Provisional eligibility without a specific diagnosis)
 - Autism Spectrum Disorder (ASD)
 - Intellectual Disability (ID)
 - Prader Willi Syndrome
 - Other neurological impairment that affects the Central Nervous System (such as TBI/ traumatic brain injury)
 - Cerebral Palsy (CP)
 - Epilepsy
 - Familial Dysautonomia
2. The disability has occurred before the person reached age 22
3. The disability can be expected to continue indefinitely, or permanently
4. The disability causes a substantial handicap to a person's ability to function normally in society

To start, you must go through the “FRONT DOOR” by calling Intake Specialist Jennifer Brown at 845-473-5050 x167

After speaking with the Intake Specialist, please direct eligibility questions and submit all eligibility packets to the Front Door Social Worker for your county:

For Putnam and Columbia Counties:

| | | | |
|------------------------|---------------|------------------------------|---------------------------|
| Irene Bardach – | <u>Phone:</u> | 845 279 2905, ext. 105 | <u>Mail:</u> Taconic DDRO |
| | <u>Email:</u> | Irene.X.Bardach@opwdd.ny.gov | 1620 Route 22 |
| | <u>Fax:</u> | 845 279 7827 | Brewster, NY 10509 |

For Ulster and Greene Counties:

| | | | |
|---------------------|---------------|------------------------------|---------------------------|
| Tom deHaan – | <u>Phone:</u> | 845 382 1899, ext. 124 | <u>Mail:</u> Taconic DDRO |
| | <u>Email:</u> | Thomas.X.Dehaan@opwdd.ny.gov | 521 Boices Lane |
| | <u>Fax:</u> | 845 382 1930 | Kingston, NY 12401 |

For Dutchess County:

| | | | |
|------------------------|---------------|----------------------------|---------------------------|
| Kelli Robbins – | <u>Phone:</u> | 845 473 5050, ext. 110 | <u>Mail:</u> Taconic DDRO |
| | <u>Email:</u> | Kelli.Robbins@opwdd.ny.gov | 38 Firemens Way |
| | <u>Fax:</u> | 845 473 7198 | Poughkeepsie, NY 12603 |

CCO Enrollment/Consent Contact Information

CCO Agency Affiliates

Taconic Region

CARE DESIGN:

Jean Dabenigno-Kelly, Intake Coordinator
JDabenigno-Kelly@Caredesignny.org

Ulster, Greene, Dutchess and Putnam
518-816-3724

Barbara Kirby, Intake Coordinator
BKirby@Caredesignny.org

Columbia County
518-235-1888 x 100040

LIFEPlan CCO:

Care Connection Specialist

All counties
(315)565-2612

TRICOUNTY CARE CCO:

Hannah Fikes, Intake Specialist
h.fikes@tricountycare.org

All counties
844-504-8400 ext. 9241

Michael Trotta, Intake Specialist
m.trotta@tricountycare.org

All counties
844-504-8400 ext. 9646

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:

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

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

Poughkeepsie Counseling Center

46 Lincoln Avenue

Poughkeepsie, New York 12601

Phone: 845-471-6004

Fax: 845-471-7099

Monday-Thursday 9-8, Friday 9-5

Dover Counseling Center

6423 Rt. 55

Wingdale, NY 12594

Phone: 845-350-3010

Fax: 845-350-3013

Monday-Thursday 9-8, Friday 9-5

Rhinebeck Counseling Center (Satellite)

187 E. Market Street

Rhinebeck, NY 12572

Phone: 845-616-5335

Monday-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

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 - Thursday 9-8, Friday 9-5





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?

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?

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

**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

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

Astor Services for Children & Families: Poughkeepsie, NY (CHHUNY)

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

hhreferrals@astorservices.org

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

Children's Home of Poughkeepsie:

Poughkeepsie, NY (CHHUNY)

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

crovere@childrenshome.us

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

Green Chimneys: Brewster, NY (CHHUNY)

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

Cell#: (845) 279-2588 ezegarra@greenchimneys.org

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

Mental Health America, Dutchess County: Poughkeepsie, NY (CHHUNY & CHCC)

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

cgonzalez@mhadutchess.org

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

Rehabilitation Support Services (RSS): Goshen, NY (CHHUNY & CHCC)

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

evelez@rehab.org

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

Community HealthCare Collaborative (CHCC)

Hudson River Healthcare/Community HealthCare Collaborative (CHCC): Amenia, NY (CHCC)

Contact: Sophia Huang, (914) 570-8648

shuang@hrhcare.org

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

Mental Health America, Dutchess County: Poughkeepsie, NY (CHHUNY & CHCC)

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

cgonzalez@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)

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

Care Coordinator: 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.

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?

You can contact the Children's SPOA Coordinator to discuss the needs of the child and/or family or go to the Dutchess County Website to download an application.

Go to Mental Health Services /Children's SPOA.

<https://www.dutchessny.gov/Departments/DBCH/Mental-Health-Services.htm>

Deborah Disanza, LCSW-R

C-SPOA COORDINATOR

Children's Single Point of Access

230 North Road Poughkeepsie, New York 12601

(845) 486-2768 • Fax: (845) 486-2829

ddisanza@dutchessny.gov

Who can get these services?

Children and Youth (under age 21) who are covered by Medicaid and have mental health and/or substance use needs can get Children and Family Treatment and Support Services at no additional cost. These services are covered by regular Medicaid or, if enrolled in a Medicaid Managed Care plan*, these services are available through the health plan.

How will these services help?

These children's services meet the individual needs of children and their families/caregivers by:

- Identifying mental health and/or substance use needs early
- Providing support in the home and community
- Preventing the need for emergency room visits, hospital stays, or out of home placements

*What is a Medicaid Managed Care Plan?

Medicaid Managed Care Plans are health insurance companies that oversee and coordinate care. Children and youth who are enrolled in a Medicaid Managed Care Plan will get most of their Medicaid benefits through that health plan.

To find out more about Children and Family Treatment and Support Services, contact your health-care provider, Health Home care manager, care coordinator, or Medicaid Managed Care Plan.

NYS Children's Medicaid Children and Family Treatment and Support Services

Information for Children/Youth and Families



Your local provider:





Children and Family Treatment and Support Services

These new mental health and substance use services, available with NYS Children's Medicaid, give children/youth (under age 21) and their families the power to improve their health, well-being and quality of life. These services strengthen families, and help them make informed decisions about their care. Services are provided at home or in the community.

Therapy Services *(Other Licensed Practitioner)*

- Assessments for mental health and/or substance use needs
- Identify strengths and abilities through individual and group therapies
- Get individual, group, or family therapy where you are most comfortable

Rehabilitation Services *(Psychosocial Rehabilitation and Community Psychiatric Supports & Treatment)*

- Learn to incorporate therapy goals into everyday life and receive extra support managing medication
- Build relationships and communicate better with family, friends and others
- Learn self-care, and use coping skills to manage emotions

Family Peer Support Services *(Anticipated to Begin July 2019)*

- Get support if you are raising youth with mental health and/or substance use challenges
- Provided by a Credentialed Family Peer Advocate/Certified Recovery Peer Advocate who has similar experiences
- Get Support and assistance with:
 - Locating information and Resources available to meet the youth/family's needs
 - Making informed Decisions
 - Building and strengthening Natural supports and resources

ASTOR SERVICES FOR CHILDREN & FAMILIES

ECCSI (ENHANCED COORDINATED CHILDREN'S SERVICES INITIATIVE)

Astor Services for Children & Families promotes the well-being of children, adolescents and their families through a range of programs.

Enhanced Coordinated Children's Services Initiative (ECCSI)

ECCSI is a Dutchess County funded program intended to facilitate collaboration between families and service providers in order to meet each family's unique needs. The goal of the ECCSI is to prevent out of home placement of children between the ages 0-18.

ECCSI can assist families involved with multiple services and agencies (social services, medical, education, behavioral health, probation, etc.) by coordinating these services and linking to additional resources.

Until the family is connected to community services, the ECCSI team can temporarily provide families with support services, care coordination, advocacy, and parent infant education services.

Dutchess County service agencies work directly with ECCSI to assist in meeting the family's individual needs if barriers occur.



Pregnant Women are also eligible. Families must reside in Dutchess County and ECCSI services are provided at no cost to the families. Family members can directly self-refer and must be involved with more than one community service.

Caretakers and youth who have criminal charges pending and/or are already involved in DCFS Preventive Programming are ineligible.

ECCSI Goals include:

- Increasing each individual family's knowledge, access, and participation in community-based services
- Assisting families to navigate successfully multiple systems and providers.

Examples include:

- Social services
- Education
- Behavioral health
- Probation

What is a Network?

A Network Meeting is when the family joins with ECCSI staff, their own service providers, and community agencies to create an individualized family plan. The family will be offered resources and support connecting to community linkages.

During the Network the team and family will:

- Recognize and appreciate the strengths of the family;
- Explore the current family concerns and barriers regarding the children's safety and;
- Collaborate to develop a Family Plan for connecting the family to resources.

After the network meeting:

The ECCSI team and family's providers stay in contact with the family to encourage, assist and respond to any barriers in completing the tasks on the Family Plan.



ECCSI Objectives:

- To increase individual family's knowledge, access and participation in community based services to meet the family's unique needs;
- To decrease referrals to social services system;
- To identify gaps and barriers to services in the current system of care.

How does your family get Involved with ECCSI?

Contact the ECCSI Coordinator
Katie Castell, LCSW-R
kcastell@astorservices.org
(845) 430-9861

- Family members can call directly
- Service providers are required to fax or email a referral and release of information to (845) 554-1376.

A comprehensive guide to Dutchess County resources called Helping Our Families can be located at:

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

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

'Astor Services for Children & Families' promueve el bienestar de los niños, adolescentes y sus familias a través de una variedad de programas.

Servicios coordinados para niños (ECCSI)

ECCSI es un proceso financiado por el condado de Dutchess destinado a facilitar la colaboración entre familias y proveedores de servicios para satisfacer las necesidades únicas de cada familia. El objetivo del ECCSI es evitar la colocación fuera del hogar de niños de entre 0 y 18 años.

ECCSI puede ayudar a las familias involucradas con múltiples servicios y agencias (servicios sociales, médicos, educación, salud del comportamiento, libertad condicional, etc.) mediante la coordinación de estos servicios y la vinculación a recursos adicionales.

Hasta que la familia se conecte a los servicios comunitarios, el equipo de ECCSI puede proporcionar temporalmente a las familias servicios de apoyo, coordinación de atención, defensa y servicios de educación para padres e hijos.

Las agencias de servicio del condado de Dutchess trabajan directamente con ECCSI para ayudar a satisfacer las necesidades individuales de la familia si se presentan barreras.

Las mujeres embarazadas también son elegibles. Las familias deben residir en el condado de Dutchess y los servicios de ECCSI se proporcionan sin costo para las familias. Los miembros de la familia pueden autorreferirse directamente y deben participar en más de un servicio comunitario.

Los cuidadores y los jóvenes que tienen cargos penales pendientes y / o que ya están involucrados en la Programación preventiva del DCFS no son elegibles.

Los objetivos de ECCSI incluyen:

- Aumentar el conocimiento, el acceso y la participación de cada familia individual en los servicios comunitarios.
- Ayudar a las familias a navegar con éxito en múltiples sistemas y proveedores.

Ejemplos incluyen:

- Servicios sociales
- educación
- salud del comportamiento
- Libertad condicional

¿Qué es una reunión de red?

Una reunión de red es cuando la familia se reúne para una sola vez en un ambiente relajado e informal para crear un plan individualizado de la familia con un equipo de apoyo formado con amigos, parientes, clero, terapeutas, maestros o consejeros y representantes de organismos varios de la comunidad.

Los objetivos de la reunión de red para la familia y el equipo de apoyo son los siguientes:

- identificar y apreciar los puntos fuertes de la familia
- identificar las preocupaciones actuales en relación con los niños en riesgo y tal vez otros miembros de la familia
- trabajan juntos para desarrollar un plan de acción para la conexión de la familia a los recursos que pueden ser de ayuda

Después de la reunión de la red:

El equipo ECCSI permanece en contacto con la familia y el equipo de apoyo para asegurarse que se realicen las tareas del plan de la familia.



Metas de ECCSI:

- Aumentar el conocimiento de la familia individual, el acceso y la participación en servicios basados en la comunidad para satisfacer las necesidades únicas de la familia;
- Reducir las referencias al sistema de servicios sociales;
- Para disminuir las colocaciones en el hogar, cuando sea seguro hacerlo; y
- Identificar brechas y barreras a los servicios en el actual sistema de atención.

¿Cómo se involucra su familia con ECCSI?

Póngase en contacto con la Directora de ECCSI

Katie Castell, LCSW-R
kc Castell@astorservices.org
(845) 430-9861

- Los miembros de la familia pueden llamar directamente
- Los proveedores de servicios deberán enviar por fax o correo electrónico una remisión y divulgación de información al (845) 554-1376.

Una guía completa de los recursos del condado de Dutchess, llamada **Helping Our Families**, se puede encontrar en:

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

Para más información sobre elegibilidad, contacte:

Lucila Rodriguez

telefono: 845-309-8112

Fax: 845-554-1376

correo electrónico: lurodriguez@astorservices.org

Children and Family Treatment Support Services

DUTCHESS COUNTY 24-HOUR CRISIS SUBSTANCE USE/MENTAL HEALTH SERVICES

HELPLINE

HELPLINE offers immediate crisis response, emergency mental health counseling by phone or text, and help connecting to mental health and substance use services in Dutchess County. **CALL or TEXT (845) 485-9700** to speak to a mental health professional at any time of day or night.

STABILIZATION CENTER

230 North Road, Poughkeepsie

The Dutchess County Stabilization Center is a walk-in center for people experiencing a substance use or emotional crisis. Walk in any time to talk to someone, get linked to substance use or mental health services, or just take a break from an emotionally charged situation. The Center is open 24 hours, 7 days a week, 365 days a year. No appointment needed.

MOBILE CRISIS INTERVENTION TEAM

The Mobile Crisis Intervention Team responds 24 hours a day to substance use and mental health emergencies in Dutchess County. The team includes experienced mental health professionals who can meet the person in crisis anywhere in the community. The team will assist with minimizing the crisis and connecting the individual to the appropriate services.

*We're here to help.
All day. All night. All year.*

CALL OR TEXT (845) 485-9700



HPA/Live Well Intensive Outpatient Program for Eating Disorders

Meaghan Furman

207 Washington Street, Suite 202

Poughkeepsie, NY 12601

Phone: 845-372-4367

www.hpallivewell.com

LiveWell IOP provides a higher level of care for patients, with insurance, who require a highly structured approach in order to make sustained change. This program was designed to aid those suffering with an eating disorder – anorexia, bulimia and/or binge eating, as well as a wide range of other psychological concerns – anxiety disorders, depression, bipolar disorder, ADHD, PTSD, OCD, etc. A comprehensive approach, which incorporates individual counseling, family counseling, group therapy, and nutritional counseling. At HPA/LiveWell, individuals receive treatment 4 hours per day, 3 days a week. Treatment can last anywhere from 3 to 12 months and is determined by the individual's progress.

Adolescent Intensive Outpatient Program (AIOP) *Phone: 845-431-8287*

The AIOP at Mid-Hudson Regional Hospital provides more intensive mental health treatment, five days per week, for three hours each day. Services include group therapy, family therapy, individual therapy and medication management. Classroom instruction is also available on site following the treatment program each day. Most insurance accepted. For children ages 12-18 years old.

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

A transition program requiring local school district referral 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 or out of home placement, 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' by phone 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, family members, as well as other public agencies working with children

Adolescent Partial Hospitalization Program (PHP) *Phone: 845-554-1091*

PHP offers a short-term intensive treatment program designed to keep adolescents in the community, decrease problematic symptoms, and prevent psychiatric inpatient hospitalization. PHP uses Dialectical Behavioral Therapy (DBT) as the primary evidenced-based treatment model. 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. Services provided by the interdisciplinary team include intensive group, individual, and family therapy, medication management, referral services, discharge planning, crisis intervention, and weekly DBT Caregiver Support Group. Youth also receive 2 hours of education per day through DC BOCES. Program operates Monday through Friday from 8:30-3:30pm with 24 hours, 7 days a week coaching in the event of a behavioral health crisis. Referrals can be made by phone (845-554-1365) to Astor's Partial Hospital Program. An intake/screening appointment will be offered to be held 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

Child Treatment - Provides a nurturing, therapeutic, home-like environment integrating the principles of Applied Behavior Analysis, which promotes positive reinforcement for socially appropriate behaviors.

Pre-Teen Treatment - Specialized treatment for patients experiencing emotional and behavioral dyscontrol and a wide range of psychiatric disabilities. Focus on developing social skills, mastering impulse control and promoting healthy communication.

Adolescent Treatment - Specialized treatment and programming for patients with depression, anxiety, mood disorders, impulsive and disruptive behaviors, specialized learning, social and developmental needs. Treatment based on Dialectical Behavior Therapy (DBT) and the Collaborative Problem Solving (CPS) approach to help teens acquire skills to achieve behavioral control.

Adult Treatment - Comprehensive evaluation and specialized treatment for adult patients managing psychosocial stressors and life challenges including: depression, anxiety, psychosis, and co-occurring substance abuse disorders.

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

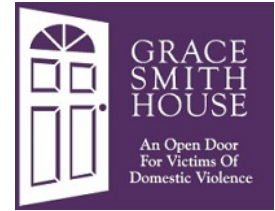
Offers services to individuals and families who are experiencing domestic violence. Services include shelter, support groups, systems advocacy, court advocacy & accompaniment individual counseling, children's services, bilingual support, safety planning, information and referral, a 24- hour crisis hotline & 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 24 hour hotline 845 – 765-0294

THE HUDSON VALLEY HOUSE OF HOPE is an emergency shelter for individuals and children that are victims of domestic violence. The shelter provides 24-hour emergency shelter services, crisis intervention, life skills programs, and counseling services. The House of Faith Ministry, Inc., d/b/a Hudson Valley House of Hope, is passionately committed to providing a "house of hope." We believe, "There is Hope" for every person. This belief drives our mission to eliminate sexual assault and domestic violence through sensitive prevention, intervention, and treatment. We believe every person, regardless of age, race, faith, or economic status, deserves to be safe from harm by those who have abused them.

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

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

Department of Community & Family Services:

Child Protective Services

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

60 Market Street Poughkeepsie, NY 12601

845-486-3000

To make a report concerning suspected child abuse or neglect contact 800-342-3720

800-635-1522 - Mandated Reporter Hotline



The Center for the Prevention of Child Abuse

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

- *TPP* provides care management, parenting classes, coordination of services, educational advocacy, and home visits for pregnant and/or parenting individuals 21 years old or younger. Program Director – Diane Labenski
- Teen Parenting for parents 12 to 20.
- *PEP* is a 28 week general parenting class program for parents 22 years or older. Individuals can make self-referrals or they can be referred by various agencies. This program is for individuals who do not meet the criteria for the other CPCA programs. Program Director – Diane Labenski
- *SNPP* provides intensive case management, parenting classes, coordination of services, and home visits for parents 17 years and older who are intellectually/developmentally disabled including learning disabilities, IEP, special education and/or resource services.

Program Director – Danette Garcia

For more information, email parenting@thecpca.com

35 Van Wagner Road

Poughkeepsie, New York 12603

845-454-0595

thecpca.com



Dutchess County Task Force against Human Trafficking

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

David Garcia - Human Trafficking Coordinator

Phone: 845-249-4878

Cell: 914-475-3589

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

Dutchess County Department of Community and Family Services

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

35 Van Wagner Road, Poughkeepsie, NY 12603

Human Trafficking Services Resource Guide – Ulster County ulster.safeharbour@gmail.com

**** Dutchess County will release a resource guide – TBA ****

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

DUTCHESS COUNTY DEPARTMENT OF COMMUNITY AND FAMILY SERVICES

60 Market Street Poughkeepsie, NY 12601

Agency Telephone: 845-486-3000

Sabrina Jaar Marzouka, JD, MPH
Commissioner

Programs and Services

Transitional and Supportive Services

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

Protective Services

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

Additional Functions

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

Children's Services

| | | | |
|---|--|--------------|--------------|
| Division Phone: | 845-486-3220 | Fax: | 845-486-3238 |
| Phone Hot Lines: | Child Abuse Hotline | 800-342-3720 | |
| | Child Abuse Hotline for Mandated Sources | 800-635-1522 | |
| | Justice Center Hotline | 855-373-2122 | |
| Division Contacts and Titles: | Tracey Connelly, Assistant Director | 845-486-3099 | |
| | Colleen Mahoney, Director | 845-486-3012 | |
| | Quality Assurance | 845-486-3099 | |
| | Supervisor | | |
| 845 | Monday- Friday: 9am – 5pm | | |
| Other Specifics about Business Hours | Child Protective Services case managers and supervisors provide on call coverage 24 hours per day, 365 days per year to investigate reports of Child Abuse or Neglect made to the New York State Central Register Child Abuse Hotline. | | |

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

Children's Services – Adoption and Home-Finding

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

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

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

Children's Services – Child Protective Services

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

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

Children's Services – Foster Care

| | | |
|--------------------------|-----------------------------------|--------------|
| Unit Supervisors: | Jackie Sessa, Case Supervisor | 845-486-3065 |
| | Vanessa Stuart, Case Supervisor | 845-486-3095 |
| | Heather Vosburgh, Case Supervisor | 845-486-3067 |

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

Children's Services – Institutional Care and Detention

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

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

Youth Services

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

Youth Services staff members provide free, confidential short term supportive services for youth residing in Dutchess County ages 4 to 21 years. Assistance includes:

- Direct services for youth and families to help problem solve personal, family or school difficulties;
- Advocacy to ensure youth rights are respected;
- Referrals to find additional help;
- Education to teach coping skills plus presentations to community or school groups on youth issues.

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

Other Services Provided by Contracts with Community Agencies Include:

Abbott House

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

Astor Services for Children & Families

Preventative Services, 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.

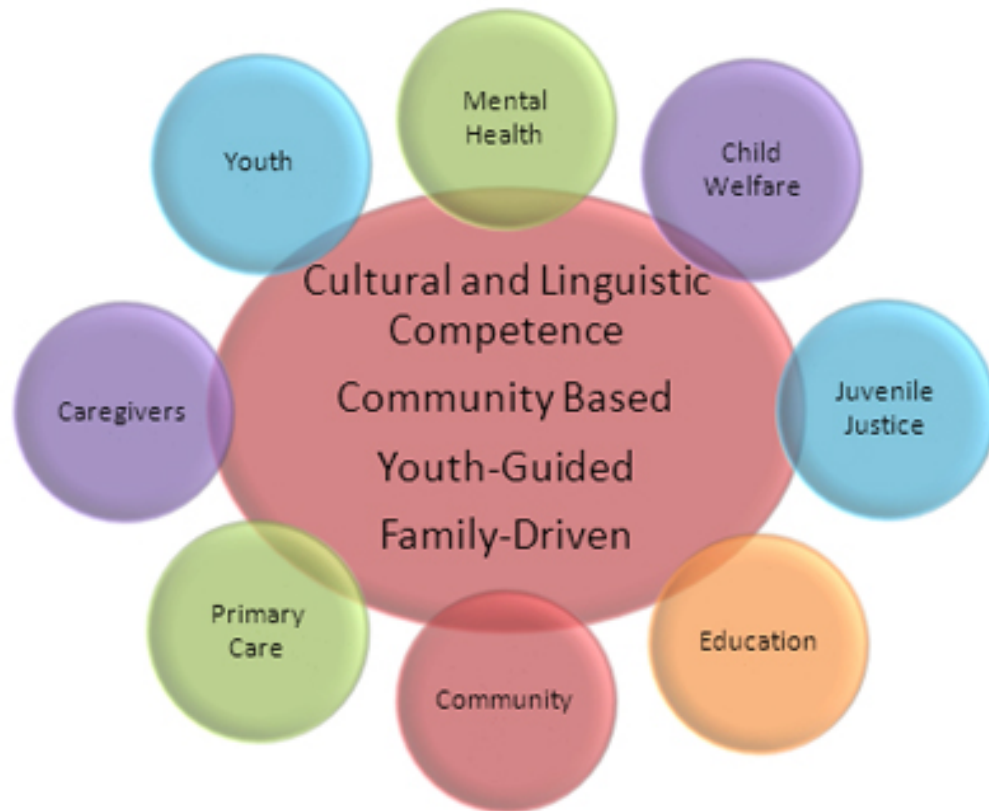
Sexual abuse offender and non-offender programs

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.

Agape:Hudson Valley

Adoption and Guardianship Assistance Program for Everyone



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 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

Karen S. DeSimone
Supervisor / Unit Administrator
Phone: 845-486-2600 fax: 845-486-2676
Email: kdesimone@dutchessny.gov

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 43*).

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

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

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

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

845-486-3994

The Dutchess County J-FIRE Program provides a comprehensive, non-punitive, multidisciplinary approach to address the problem of juvenile fire setting by early identification, assessment, education, and intervention on the effort to protect lives and property. J-FIRE uses an evidence-based assessment process that helps determine the level of risk as well as educational strategies for children and families. In collaboration with firefighters, police and probation officers, and mental health clinicians, the J-FIRE program services are available to youth ages 3-17 to improve safety for the families in Dutchess County. To make a referral call or email jfire@dutchessny.gov and an Intervention Specialist will follow up for an appointment to meet.

Astor Services for Children & Families Probation Based Services

6339 Mill St, Rhinebeck, NY 12572

845-486-4840

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

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

CHEMICAL DEPENDENCY

Lexington Center for Recovery

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, DBT groups, education groups, community involvement, case management, home visits and family/parent support. Ages 11-21

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.

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 James Huges (845) 486-2950 x 1804 or at JHuges@lexingtonctr.org

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



Council on Addiction Prevention & Education (CAPE)

807 Rte. 52 Room 028 Fishkill, NY 12524

845- 765-8301 x100 capedc.org

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



Arms Acres

75 Seminary Hill Rd, Carmel, NY 10512

1-888-227-4641 armsacres.com

Eric D'Entrone – Regional Coordinator Edentrone@libertymgt.com Ph: (646) 529-7609 Fx: (718) 228-8489

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



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

51 Cannon St, Poughkeepsie, NY 12601

845-471-0310 marc.us.com

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

The Turning Point

241 North Rd, Poughkeepsie, NY 12601

845-483-5511

Alcoholics Anonymous of Dutchess County – 845-452-1111

Narcotics Anonymous of Dutchess County – 845-431-9011

Resources for youths

ABOVE THE INFLUENCE – www.abovetheinfluence.com

This site gives facts to teens that help them stand up to negative influences, such as the pressure to use drugs and alcohol.

THE COOL SPOT – www.thecoolspot.gov

The Cool Spot gives kids 11–13 years old facts about alcohol use, its effects, and tips for handling peer pressure. Created by the National Institute on Alcohol Abuse and Alcoholism.

JUST THINK TWICE – www.justthinktvice.com

This site for young people gives information about drugs and their consequences. Created by the U.S. Drug Enforcement Administration (DEA).

NIDA FOR TEENS – <http://teens.drugabuse.gov>

Teens can learn about drugs, get advice from other teens, watch educational videos, and play brain games. There are sections for teachers and parents. The National Institute on Drug Abuse (NIDA) created the site.

STUDENTS AGAINST DESTRUCTIVE DECISIONS (SADD) – www.sadd.org

SADD wants to stop the things that can happen because of bad decisions, especially those involving underage drinking, drug use, impaired and risky driving, and teen violence and suicide.

TEENS.SMOKEFREE.GOV – <http://teens.smokefree.gov>

This site helps teens understand the decisions they make. A free text messaging app provides encouragement. There is also a toll-free quitline number at 1-800-QUIT-NOW. Website courtesy of the National Cancer Institute.

Resources for parents

Depending on the age and maturity of your children, you may wish to share links in this section with them.

ASSOCIATION OF RECOVERY SCHOOLS – www.recoveryschools.org

This group of recovery high schools helps students succeed in education and recovery.

ASSOCIATION OF RECOVERY IN HIGHER EDUCATION – www.collegiaterecovery.org

This group's aim is to support students in recovery who are attending college.

COMMUNITY ANTI-DRUG COALITIONS OF AMERICA (CADCA) – www.cadca.org

CADCA is an organization helping make communities safe, healthy, and drug free.

U.S. DRUG ENFORCEMENT ADMINISTRATION (DEA) – www.dea.gov

DEA enforces controlled substance laws in the United States. They teach teens about dangerous substances with a website at www.justthinktvice.com. They have a website for parents, caregivers, and educators at www.getsmartaboutdrugs.com.

EASY-TO-READ DRUG FACTS – www.easyread.drugabuse.gov

NIDA created this simple site with pictures and videos to help make it easier to learn about drugs, addiction, treatment, and prevention. The website can also read each page out loud.

GET SMART ABOUT DRUGS – www.getsmartaboutdrugs.com

This site has valuable drug education and prevention resources for parents, educators, and caregivers. Information is provided by the DEA.

NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC. – www.ncadd.org

Find information on alcohol and drug addiction, including how to find help in your area.

NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM (NIAAA) – www.niaaa.nih.gov

NIAAA offers pamphlets, fact sheets, and brochures about alcohol-related issues on its website. To learn more about preventing alcohol misuse among college students, go to www.collegedrinkingleadingprevention.gov.

NATIONAL INSTITUTE ON DRUG ABUSE (NIDA) – www.nida.nih.gov

NIDA brings the power of science to research about drug use and addiction. The website features a section for parents and teachers, as well as a section for students and young adults.

NATIONAL SUICIDE PREVENTION LIFELINE – www.suicidepreventionlifeline.org

This crisis hotline is for many issues, not just suicide. Call 1-800-273-TALK (8255) toll free if you feel sad, hopeless, or suicidal; if you are concerned about a friend or family member; if you have been bullied; or if you need mental health treatment referrals. Funded by the Substance Abuse and Mental Health Services Administration.

OFFICE OF NATIONAL DRUG CONTROL POLICY (ONDCP) – www.whitehouse.gov/ondcp

ONDCP staff advise the president on U.S. drug control. They also produce a National Drug Control Strategy to address illicit drugs, as well as crimes and health issues related to drugs.

OPERATION PREVENTION – www.operationprevention.com

The DEA and Discovery Education have joined forces to combat the epidemic of prescription opioid misuse and heroin use nationwide. Operation Prevention's mission is to educate students through virtual field trips, interactive activities, and digital lesson plans on the true impacts of opioids and kick-start lifesaving conversations in the home and classroom.

PARTNERSHIP FOR DRUG-FREE KIDS (PDFA) – www.drugfree.org

PDFA is a nonprofit organization that helps parents and caregivers prevent, intervene in, and find treatment for drug and alcohol use by their children. PDFA maintains a Parents Toll-Free Helpline (in English or Spanish) at 1-855-DRUGFREE (1-855-378-4373). It also provides a toolkit for parents who are seeking treatment for their child (www.drugfree.org/wp-content/uploads/2012/04/treatment_guide-2014.pdf).

SMOKEFREE.GOV – www.smokefree.gov

This website can help you or a loved one quit smoking. It supports your immediate and long-term needs as you quit smoking and learn to stay a non-smoker. Also, you can call the toll-free quitline number at 1-800-QUIT-NOW. Courtesy of the National Cancer Institute.

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION – www.samhsa.gov

SAMHSA oversees and administers programs on mental health, drug abuse prevention, and drug treatment. To download or order SAMHSA publications, go to www.store.samhsa.gov.

THE NATIONAL PARENT TEACHER ASSOCIATION (PTA) – www.pta.org

This national organization works with groups that benefit the health and safety of children. The website lets you find a chapter or learn about organizing a group in your area.

LGBTQ



Dutchess County Pride Center

dcpridecenter@gmail.com 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/

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

Westchester Sub-Chapter

(Westchester, Putnam and Rockland Counties)

Mary Jane Karger

P.O. Box 604 Yorktown Heights, NY 10598

914-962-7888

WestchesterNY@chapters.glsen.org

Ulster Sub-Chapter

(Ulster, Dutchess and Orange Counties)

Rob Conlon

P.O. Box 14 Milton, NY 12547

914-588-1306

UlsterNY@chapters.glsen.org

PFLAG

202-467-8180 www.pflag.org

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

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

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

Hudson Valley LGBTQ Community Center

300 Wall Street Kingston, New York 12401

845-331-5300 <http://www.lgbtqcenter.org>



Assists Leasbian, 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

Astor Vocational Case Management

Carrie Wrisley, B.A. CWrisley@astorservices.org
205 South Avenue – Suite 100 Poughkeepsie, NY 12601
Tel: (845) 332-0323 Fax: (845) 471-1026

A program designed to assist Dutchess County youth with significant emotional challenges between the ages of 14-21 in transitioning into the workforce. The youth must reside in Dutchess County and meet at least one of the following criteria: youth in foster care; currently or previously in mental health treatment; classified emotionally disturbed by the Committee on Special Education and transitioning from school to work; transitioning out of the Dutchess County Jail.

The Mediation Center

147 Union St. Suite 102, Poughkeepsie, NY 12601
845-471-7213
dutchessmediation.org



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

Justin Strock, Civil Court and Restorative Justice Coordinator, 471-7213 x210 or Jstrock@dutchessmediation.org
Lucille Trachte, Family and Divorce Program Coordinator, 471-7213 x207 or Ltrachte@dutchessmediation.org



Taconic Resources for Independence, Inc.

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

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

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



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

Adult Career and Continuing Education Services - Vocational Rehabilitation (ACCES-VR) offers access to a full range of employment and independent living services that may be needed by persons with disabilities through their lives. Through its administration of vocational rehabilitation and independent living programs, VR coordinates policy and services relating to:

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



Marist College – Upward Bound Program

845-575-3258

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



MHA Teen Challenge

253 Mansion St, Poughkeepsie, NY 12601

845-473-2500 x 1350

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

Children's Bereavement Group

915 Route 212, Centerville, Saugerties, NY 12477

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

sjechurch.org

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



DC BOCES Programs

Phone: 845-486-4800 Fax: 845-486-4981

dcboces.org

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



Dutchess Community College HSE Program

53 Pendell Road, Poughkeepsie, NY 12601

845-790-3590

sunydutchess.edu

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

Cornell Cooperative Extension 4-H Youth Development

845-677-8223

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

PROS: Personal Recovery Oriented Services

451 Fishkill Avenue, Beacon, NY 12508

845-831-2124

www.mhadutchess.org

Services for adults 18 + with emotional disabilities

TEEN PREGNANCY



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

35 Van Wagner Road, Poughkeepsie, New York 12603

845-454-0595

thecpca.com/services

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

Astor Early Childhood Programs

50 Delafield Street, Poughkeepsie, NY 12601

845-452-4167

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



CARE-NET

226 Church St, Poughkeepsie, NY 12601

845-471-9284

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

HOUSING

Hudson River Housing, Inc. (HRH)

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. Further information can be obtained at the above phone number, website or by visiting the main office M-F between 8:30 AM and 4:30 PM. For information after regular office hours contact 845 452-0019.

Eligible young people over the age of 18 are able to access any of HRH's adult services. HRH also provides the following housing that is specifically designated for and designed to address the needs of youth and young adults:

HOUSING

Emergency Housing

Webster House Emergency overnight housing for adults.....(845) 452-5197

River Haven Youth Shelter for runaway and homeless youth age 10-17.....(845) 454-3600

Hudson River Lodging's Gannet House Emergency Housing for adults and families....(845) 452-0019

Transitional Housing

River Haven Transitional Housing & Independent Living skills for age 18-24.....(845) 452-0019

Hudson River Lodging's LaGrange House Transitional Housing for adults and families(845) 452-0019

Hillcrest House Transitional Living Community for adults.....(845) 452-5197

Permanent Supportive Housing.....(845) 452-0019

Programs for adults, families, and young adults age 18-24

Affordable Rental Housing.....(845) 454-5176

Complete the *Universal Housing Application* available on our website or at the main office listed below. Properties located in Beacon, Fishkill, Maybrook, Millerton, Poughkeepsie, Red Hook, and Wappingers. Includes affordable senior living communities.

Veteran Housing - all programs.....(845) 452-0019

Homeownership.....(845) 454-9288

NeighborWorks HomeOwnership Center of Dutchess County

First-time homebuyer education, credit counseling, and financial literacy

COMMUNITY & ECONOMIC DEVELOPMENT

Real Estate Development.....(845) 454-5176

Poughkeepsie Underwear Factory.....(845) 337-0263

Middle Main, Northside Poughkeepsie, & NE Dutchess Initiatives.....(845) 454-5176

HRH Job Training & Employment Programs.....(845) 454-5176

Volunteer Opportunities & Donations.....(845) 454-5176

HEALTH SERVICES

Planned Parenthood – Health Center

17 Noxon St, Poughkeepsie, NY 12601

845-562-7800 www.plannedparenthood.org

Planned Parenthood strives to:

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



DIVISION OF PUBLIC TRANSIT

14 Commerce Street, Poughkeepsie, NY 12603

Phone: (845) 473-8424 Fax: (845) 473-8643

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

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

COMMUNITY ACTION PARTNERSHIP

dutchesscap.org

Central Dutchess / Administrative Offices

77 Cannon Street

Poughkeepsie, NY 12601

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

Eastern Dutchess



PO Box 397, 3414 Route 22,

Dover Plains, NY 12522

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

Northern Dutchess

44-46 Market Street

Red Hook, NY 12571

Southern Dutchess

10 Eliza St.

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.

Dutchess County Food Access Resources

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

Poughkeepsie

Dutchess Outreach

Beverly Closs Food Pantry

Street Address: 29 North Hamilton St. Suite 220, Poughkeepsie, NY 12601

Phone: 845-454-3792

Hours of Operation: Monday, Tuesday, Thursday, and Friday 8:30 – 11:00 am

Closed Wednesday

Eligibility Restrictions: Must bring proof of address, ID for yourself and all dependents. Can only come once every 30 days. Must be Dutchess County resident.

Lunch Box Community Meal Program

Street Address: 29 North Hamilton St. (in the back of the FPC), Poughkeepsie, NY 12601

Phone: 845-471-2522

Hours of Operation: Monday through Friday; Lunch: 11:15 am – 1:00 pm, Dinner: 5 pm- 6 pm

Holy Trinity Roman Catholic Church (Food Pantry)

Street Address: 775 Main Street, Poughkeepsie, NY 12603

Phone: 845-452-1863

Hours of Operation: Wednesday 9:30 am – 12:30 pm.

Eligibility Requirements: Must bring proof of address, ID for yourself and all dependents; can only come once every 30 days.

Beulah Baptist Church (Food Pantry and Meal Program)

Street Address: 92 Catherine St., Poughkeepsie, NY 12601

Phone: 845-473-1662

Hours of Operation: Food pantry is open Monday 6:30 – 7:30 pm; soup kitchen is open Saturday 11:30 am – 12:30 pm.

Eligibility Restrictions: One ID per family required.

St. Paul's (Food Pantry)

Street Address: 161 Mansion St., Poughkeepsie, NY 12601

Phone: 845-452-8440

Hours of Operation: Tuesday through Thursday 10:00 am – 2:00 pm.

Eligibility Restrictions: Families are eligible once per month. Bring bags if possible.

Salvation Army Breakfast Program (Meal Program)

Street Address: 19 Pershing Ave., Poughkeepsie, NY 12601

Phone: 845-471-1210

Hours of Operation: Breakfast-Monday through Friday 8:30 – 9:30 am.

Lunch Monday, Wednesday, and Friday 12-1PM

Food pantry by appointment only-call first to set up appointment

Mother's Cupboard (Food Pantry)

Street Address: 92 Catherine St., Poughkeepsie, NY

Phone: 845-473-1662

Hours of Operation: Saturday 10:30 am – 12:30 pm.

Dutchess County Community Action of Poughkeepsie (Food Pantry)

Street Address: 77 Cannon Street, Poughkeepsie, NY 12601

Phone: 845-452-5104

Hours of Operation: Call to make an appointment Monday, Wednesday, Thursday, Friday 8:30 am – 4:30 pm. (closed 12-1)

Eligibility Restrictions: Must bring proof of address and I.D. for self and for dependents.

River Haven LLS (Food Pantry)

Street Address: 391 Manchester Rd., Poughkeepsie, NY (temporary address)

Phone: 845-454-2300

Hours of Operation: Call ahead to make an appointment with RITU, Monday through Friday 11:00 am – 5:00 pm.

Eligibility Restrictions: The Food Pantry only has non-perishables.

The Potter House (Food Pantry)

Street Address: 54 Noxon St., Poughkeepsie, NY

Phone: 845-452-7484

Hours of Operation: Second and fourth Friday of each month 10:30 am – 12:30 pm.

Eligibility Restrictions: Must bring photo ID with address for self and all dependents.

Trinity Temple Church (Food Pantry)

Street Address: 16 South Bridge Street, Poughkeepsie, NY

Phone: 845-297-0811

Hours: Wednesday 1:00 – 5:00 pm.

Changepoint Church (Meal Program)

Street Address: 260 Mill Street, Poughkeepsie, NY 12601

Phone: 845-452-6007

Hours of Operation: Wednesday 5:00 pm.

New Hope Center (Food Pantry)

Street Address: 120 Hudson Ave, Poughkeepsie, NY 12601 (In the gym)

Hours of Operation: Tuesday 1:00 – 3:00 pm.

Vine and Branches (Food Pantry)

Street Address: 91 Hooker Ave, Poughkeepsie, NY 12601

Phone: 845-452-2890/452-2929

Contact: Tina

Hours of Operation: Second and fourth Sunday of each month, 2:00 – 3:00 pm.

Eligibility Restrictions: Must bring ID for yourself and family members on first visit.

HLPC Missions Supper Kitchen (Meal Program)

Street Address: 33 South Clover Rd., Poughkeepsie, NY 12601

Phone: 845-473-2439

Contact: Marcia Hanson

Hours of Operation: Saturday 5:00 – 7:00 pm.

Eligibility Restrictions: Must be a resident of Dutchess County.

Salvation Army – Poughkeepsie (Food Pantry)

Street Address: 19 Pershing Ave, Poughkeepsie, NY 12601

Phone: 845-471-1210

Contact: Marie Herring

Hours of Operation: Monday through Friday 10:00 – 11:30 am, 1:00 – 2:30 pm, by appointment.

Eligibility Restrictions: Must bring photo ID, proof of income, proof of address; can come once every 60 days.

Glory Oasis (Food Pantry)

Street Address: 668 Dutchess Turnpike, Poughkeepsie, NY 12603

Phone: 845-309-3118/670-6715

Hours of Operation: Saturday 12:00 – 2:00 pm.

To God Be the Glory (Food Pantry)

Street Address: 4 Howard St., Poughkeepsie, NY 12601

Hours of Operation: Tuesday 1:00 – 3:00 pm

Wappingers Falls

St. Mary's Church (Food Pantry)

Street Address: Convent Avenue, Wappingers Falls, NY 12590

Phone: 845-297-6261

Hours of Operation: Thursday 10:00 am – 12:00 pm.

Eligibility Restrictions: Must be a resident of Wappingers Falls or the town of Poughkeepsie with proof of address and ID.

Zion Episcopal Church (Food Pantry)

Street Address: 12 Satterlee Place, Wappingers Falls, NY 12590

Phone: 845-297-9797

Hours of Operation: Wednesday 12:30 pm – 2:00 pm, 6:30 – 7:30 pm.

Eligibility Restrictions: Must be a resident of Wappingers Falls. Must bring ID, proof of address, and proof of income.

Wappingers United Methodist Church (Food Pantry)

Street Address: 9 Messier Ave South, Wappingers Falls, NY 12590

Phone: 845-297-3208

Hours of Operation: Tuesday 7:00 – 9:00 pm.

Eligibility Restrictions: Wappingers residents have preference. Dry goods and canned foods only.

Pathstone Corporation (Food Pantry)

Street Address: 29 Marshall Rd. Suite 3F, Wappingers Falls, NY 12590

Phone: 845-298-8998

Hours: Wednesday and Friday 10:00 am – 1:00 pm.

Eligibility Restrictions: Clients receiving food stamps or Section 8 are not eligible.

First Presbyterian Church (Food Pantry/M meal Program/Meals on Wheels)

Street Address: 2578 South Ave, Wappingers Falls, NY 12590

Phone: 845-297-0217

Hours of Operation: The first Tuesday of the month 5:00 – 6:00 pm and the last Thursday of the month 2:00 – 4:00 pm

Hyde Park

Reach Out (Food Pantry)

Street Address: 241 Crum Elbow Rd., Hyde Park, NY 12538

Phone: 845-229-6080

Hours of Operation: Friday 2:00 – 5:00 pm.

Eligibility Restrictions: Must bring proof of address, ID for yourself and all dependants; can only come once every 30 days.

Hyde Park Food Pantry

Street Address: Harvey St., Hyde Park, NY 12538

Phone: 845-889-8138

Hours of Operation: Friday 9:30 – 11:30 am.

Eligibility: Must be a resident of the Hyde Park School District; must bring ID with proof of address.

Hyde Park Baptist Church Food Pantry

Street Address: 10 Romans Road, Hyde Park, NY 12538

Phone: 845-229-9150

Hours of Operation: Wednesdays 9 am – 4 pm

Pleasant Plains Presbyterian Church (Food Pantry)

Street Address: 2 Fiddlers Bridge, Staatsburg, NY 12580

Phone: 845-889-4019

Hours of Operation: Call to make an appointment, Tuesday through Friday 9:00 am – 12:00 pm.

Eligibility Restrictions: Must be resident of the town of Clinton; bring proof of address; can come once per month.

Beacon

Beacon Community Kitchen (Meal Program)

Tabernacle Church, 483 Main St, Beacon, NY 12508

Hours of Operation: Mon-Thurs 11 am- 12 pm

St. Andrew's/Luke's (Food Pantry)

17 South Ave., Beacon, NY

Phone: 845-831-1369

Hours of Operation: Call to make an appointment.

Dutchess Community Action of Beacon (Food Pantry/M meal Program)

554 Main St., Beacon, NY 12508

Phone: 845-831-2620

Hours of Operation: Call to make an appointment Monday, Wednesday, Thursday, Friday 8:30 am – 4:30 pm. (closed 12-1) Thursday walk-in welcome

Eligibility Restrictions: Must bring proof of address and I.D. for self and for dependants.

Fishkill

First Reformed Church of Fishkill (Food Pantry)

Street Address: 1153 Main St., Fishkill, NY

Phone: 845-896-4546

Hours of Operation: Call to make an appointment; Monday through Friday 9:00 am – 12:00 pm and Thursday 5:30 – 7:00 pm.

Eligibility Restrictions: Must bring proof of residence in Southern Dutchess County and ID for all household members.

Trinity Episcopal Church (Food Pantry)

Street Address: 1200 Main St., Fishkill, NY

Phone: 845-235-6683

Hours of Operation: Tuesday 6 pm – 8 pm // 2nd & 4th Saturdays 9 am – 11 am.

Eligibility Restrictions: Must bring ID.

New Vision Church of Deliverance (Food Pantry)

Street Address: 831 Rt. 52, Fishkill, NY

Phone: 845-202-7199

Hours of Operation: Thursday 5:30 pm, Saturday 12:00 pm

Eligibility Restrictions: Arrive 20 to 30 minutes early; bring bags if possible.

Hopewell Junction

Safe Haven (PET) Food Pantry

Street Address: 448 Route 376, Hopewell Junction, NY

Phone: 845-392-5300

Hours of Operation: Saturday 10:00 am – 5:00 pm.

Eligibility Restrictions: Must bring ID showing residency in Dutchess County and proof of income under \$40,000/year.

No Strings Attached / The Vineyard Food Pantry (Food Pantry)

Street Address: 609 Rt. 82, Hopewell Junction, NY 12533

Phone: 845-227-7832

Hours of Operation: Call to make an appointment.

St. Columba (Food Pantry)

Street Address: 600 Route 82, Hopewell Junction, NY 12533

Phone: 845-227-7863

Hours of Operation: Call to make an appointment.

Dover Plains

Center of Compassion (Food Pantry)

Street Address: 7 Market St., Dover Plains, NY

Phone: 845-877-9076

Hours of Operation: Call to make an appointment.

Eligibility Restrictions: Must live in town of Dover Plains.

Dutchess County Community Action of Dover Plains (Food Pantry)

Street Address: 3414 Routet 22, Dover Plains, NY 12522

Phone: 845-877-9272

Hours of Operation: Call to make an appointment; Monday through Friday 8:30 am – 4:30 pm.

Tuesday walk-in welcome

Eligibility Restrictions: Can come every 30 days; transportation from nearby towns may be available.

Millbrook

Verbank Holiday Basket Program

Street Address: 4 N. Clove Rd., Verbank, NY

Phone: 845-677-5534

Hours of Operation: Easter, Thanksgiving and Christmas deliveries.

Pleasant Valley

Pleasant Valley Ecumenical (Food Pantry)

Street Address: 92 Martin Rd., Pleasant Valley, NY 12569

Phone: 845-635-3022

Hours of Operation: Wed 7:00 – 8:00 pm.

Eligibility Restrictions: Must live in PV or Arlington School District; can come once per month.

Pawling

Community Res. & Service Center (Food Pantry)

Street Address: 126 East Main St., Pawling, NY 12564

Phone: 845-855-3459

Hours of Operation: Monday through Friday 10:00 am – 4:00 pm and Saturday 10:00 am – 3:00 pm.

Eligibility Restrictions: Must live, work, or attend church in the Pawling area. Bring bags if possible.

Lagrange

Trinity United Methodist Church (Food Pantry)

Street Address: 6 S. Cross Rd., LaGrangeville, NY 12540

Phone: 845-223-3152 (Leave a message)

Hours of Operation: Last Thursday of each month 7:00 – 8:00 pm. Arrive early (6-6:30).

Eligibility Restrictions: Must bring photo ID for your first visit and proof of address for all members of the household.

Love Reaches Out (Food Pantry)

Street Address: 1138 Rt. 55, LaGrangeville, NY 12540

Phone: 845-452-4673

Hours of Operation: Wednesday and Sunday 10:00 am – 12:00 pm.

Red Hook

Red Hook Community Action (Food Pantry)

Street Address: 44-46 E. Market St., Red Hook, NY 12571

Phone: 845-876-1611

Hours of Operation: Call to make an appointment on Monday, Wednesday, or Friday 8:30 am – 4:30 pm.

Eligibility Restrictions: Must be a Dutchess County resident; bring proof of address.

St. Vincent dePorres/St. Christopher's (Food Pantry)

Street Address: 30 Benner Rd., Red Hook, NY 12571

Phone: 845-758-3732

Hours of Operation: Third Sunday of each month, 12:00 – 1:00 pm.

Eligibility Restrictions: Must be a Red Hook resident; bring proof of address.

Red Hook United Methodist Church (Food Pantry)

Street Address: 4 Church St. Suite 2, Red Hook, NY 12571

Phone: 845-758-6283

Contact: Patricia Brammer

Hours of Operation: Sunday 12:30 – 2:00 pm.

Eligibility Restrictions: Must be a Red Hook resident; bring proof of address.

Amenia

Food of Life (Food Pantry)

Street Address: 50 Leedsville Rd., Amenia, NY 12501

Phone: 845-373-9161

Hours of Operation: Friday 3:00 – 5:00 pm.

Immaculate Conception Church (Food Pantry)

Street Address: 11 Lavelle Rd., Amenia, NY

Phone: 845-373-8193

Hours of Operation: Third Saturday of the month from 10:00 – 11:00 am.

Pine Plains

Community Food Locker (Food Pantry)

Street Address: East Church St, Pine Plains, NY

Phone: 518-398-7692

Hours of Operation: Second Saturday of each month 10:00 – 11:30 am.

Eligibility Restrictions: Must bring proof of residence; must reside in Pine Plains school district.

Rhinebeck

Jayne Brooks Memorial (Food Pantry)

Street Address: 6436 Montgomery Street, Rhinebeck, NY

Phone: 845-876-3533

Hours of Operation: Friday 10:00 am – 1:00 pm

Eligibility Restrictions: Must live in Rhinebeck or surrounding area; bring proof of address.

Rhinebeck Reformed Church (Food Pantry)

Street Address: 6368 Mill Street, Rhinebeck, New York 12572

Phone: 845-876-3727

Hours of Operation: Tuesday 10:00 am – 12:00 pm.

ACRONYMS

A

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

B

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

C

| | |
|---------------|--|
| CA | Crisis Avoidance |
| CAC | Child Advocacy Center |
| CAMI | Chemical Abuser/ Mental Ill |
| CASSP | Child and Adolescent Service System Program |
| CCF | Council on Children and Families or Congregate Care Facility |
| CDT | Continuing Day Treatment |
| CFC | Choices for Change |
| CFTSS | Children and Family Treatment and Support Services |
| CMA | Care Management Agency |
| CMHC | Community Mental Health Center |
| CPS | Child Protective Services |
| CPSE | Committee for Preschool Special Education |
| CR | Community Residence |
| CRC | Certified Rehabilitation Counselor |
| CPSE | Committee on Pre-school Special Education |
| CSE | Committee on Special Education |
| C-SPOA | Children's Single Point of Access |
| C-YES | Children and Youth Evaluation Services |

D

| | |
|-------------|---|
| DCFS | Dutchess County Department of Community and Family Services |
| DCBH | Dutchess County Department of Behavioral and Community Health |
| DCJ | Dutchess County Jail |

DD Developmental Disability
DDRO Developmental Disability Regional Office
DSM-V Diagnostic and Statistical Manual of Mental Disorders – Fifth Edition

E

ECCSI Enhanced Coordinated Children’s Services Initiative
ED Emotionally Disturbed
EI Early Intervention
EIP Early Intervention Program

F

FERPA Family Educational Rights and Privacy Act

H

HBCI Home-Based Crisis Intervention
HCBS Home and Community Based Services
HH Health Home Care Management
HRH Hudson River Housing
HRFO Hudson River Field Office (OMH)

I

ID Intellectual Disability
IDEA Individuals with Disabilities Education Act
IDT Intensive Day Treatment (RCPC - Poughkeepsie)
IEP Individualized Education Plan
II Intensive Interventions
ITCM Intermediate Term Crisis Management

L

LDSS Local Department of Social Service
LGBTQ Lesbian, Gay, Bi-sexual, Transgender, Queer and Questioning
LGU Local Government Unit
LOC Level of Care

M

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

N

NA Narcotics Anonymous

NAMI National Alliance for the Mentally Ill
NARANON Organization for relatives and friends of substance abusers
NYSED New York State Education Department
O

OLP Other Licensed Practioner

P

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

R

RCPC Rockland Children's Psychiatric Center
RP Rehabilitative Psychoeducation
RPC Rockland Psychiatric Center
RS Rehabilitative Supports
RSS Rehabilitation Support Services

S

SAC Student Assistance Counselor
SED Serious Emotional Disturbance or State Education Department
SBSP Strength based Service Planning
SETRC Special Education Training and Resource Center
SPOE Single Point of Entry (for Adult Housing; for Adult Care Management)
SPMI Seriously and Persistently Mentally Ill
SSD Social Security Disability
SSDI Social Security Disability Income
SSI Supplemental Security Income

T

TRI Taconic Resources for Independence

V

VA Veterans' Administration
VBH Vassar Brothers Medical Center

W

WIC Women, Infants and Children Feeding Program
WIN Work Incentive Program

INFORMATIONAL WEBSITES

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

www.ci.nyc.ny.us/html/acs/home.html

Administration for Children's Services

www.nycareerzone.org

Career Zone

www.caregiver.com

Articles on Caregiver Issues

www.catholiccharitiesny.org

Catholic Charities

www.connectforkids.com

Connect for Kids (Annie E. Casey Foundation)

www.ccf.ny.gov/index.htm

NY State Council on Children and Families

www.dutchessny.gov

Dutchess County Government website

www.glsen.org

Gay, Lesbian, and Straight Education

Network

www.ftnys.org

Families Together in New York State

www.ffcmh.org

Federation of Families for Children's Mental Health

<http://midhudson.org>

Library

www.lexingtonctr.org

Lexington Center for Recovery

www.lawhelp.org/NY

Helps low-income NY'ers solve legal problems

www.ncset.org

National Center on Secondary Education and Transit

www.parentcenterhub.org

Center for Parent Information and Resources (CPIR)

www.nmha.org

National Mental Health America

www.acces.nysed.gov/vr/

New York State Education Department –

Adult Career and Continuing Education

Services Vocational Rehabilitation

www.nysteachs.org

New York State Technical & Education

Assistance Center for Homeless Students

www.pacer.org

PACER (children and young adults with disabilities)

www.parenttoparentnys.org

Parent to Parent in NY State

www.safeyouth.gov

Youth Violence Prevention

www.aacap.org

American Academy of Child and Adolescent Psychiatry

www.armsacres.com/

Arms Acres (Liberty Management)

www.astorservices.org

Astor Services For Children & Families

www.capedc.org

Council on Addiction Prevention & Education

www.dcboces.org/index.php

Dutchess County BOCES

www.dutchesscap.org

Dutchess County Community Action Agency

www.dccacd.org/

Dutchess County Council on Alcoholism
and Chemical Dependency

www.co.dutchess.ny.us/

Dutchess County Online (links to county agencies)

www.dutchessoutreach.org

Dutchess Outreach

www.familyservicesny.org/

Family Services

www.fourwindshospital.com/

Four Winds Hospital

www.hudsonriverhousing.org/

Hudson River Housing

www.mhadutchess.com/

Mental Health America of Dutchess County

www.namimidhudson.org

National Alliance for the Mentally Ill

www.omh.state.ny.us/

NYS Office of Mental Health

www.midhudsonregionalhospital.org/

Mid-Hudson Regional Hospital of Westchester Medical

www.opwdd.ny.gov

Taconic Developmental Disabilities
Services Office

www.taconicresources.org

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

www.dutchessmediation.org/

The Mediation Center

www.unitedwaydutchess.org

United Way Dutchess County

www.samhsa.gov

Substance Abuse and Mental Health
Services Administration

www.asha.org

American Speech Language Hearing Association

QUICK ACCESS PHONE DIRECTORY

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

| | |
|---|--------------|
| Arms Acres (Liberty Management) | 888-227-4641 |
| Astor Services for Children & Families Home Based Services | 845-486-9743 |
| Astor Services for Children & Families Counseling Services Poughkeepsie | 845-417-6004 |
| Council on Addiction Prevention & Education | 845-765-8301 |
| Catholic Charities | 845-452-1400 |
| Center for the Prevention of Child Abuse | 845-454-0599 |
| Children's Medical Group | 845-452-1700 |
| Dutchess County BOCES | 845-486-4840 |
| Dutchess County Department of Behavioral and Community Health (DCBH) | 845-485-9700 |
| Dutchess County Department of Community and Family Services (DCFS) | 845-486-3000 |
| Dutchess County Early Intervention (EI) | 845-486-3518 |
| Dutchess County Healthy Families | 845-452-3387 |
| Dutchess Outreach | 845-454-3792 |
| Family Services | 845-452-1110 |
| Family Partnership | 845-452-6088 |
| Four Winds Hospital | 800-546-1770 |
| Grace Smith House | 845-471-3033 |
| Hudson River Housing | 845-454-5176 |
| Mental Health America (MHA) | 845-473-2500 |
| Mid-Hudson Regional Hospital of Westchester Medical Center | 845-483-5000 |
| Taconic Resources for Independence | 845-452-3913 |
| Taconic DDRO | 845-473-5050 |
| United Way Dutchess | 845-471-1900 |
| Vassar Brothers Medical Center | 845-454-8500 |