

# 2021 DUTCHESS COUNTY HELPING OUR FAMILIES GUIDE



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

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

## **Dutchess County Helpline**

### ***CRISIS COUNSELING & INFORMATION REFERRALS***

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

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

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

**REVISED 10/19/2021**



## **WELCOME TO THE DUTCHESS COUNTY RESOURCE GUIDE**

Our community has experienced the collective impact of COVID-19. Dutchess County providers remain dedicated and confident that services are available for anyone seeking help.

During this time of renewal, rebuilding, and reopening services for children and families, please know that Dutchess County providers are implementing and responding to the best of their abilities. If you are experiencing any difficulty or barriers to getting your needs met, please reach out.



### **THE SYSTEM OF CARE STRIVES 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.**

# CDC - Centers for Disease Control and Prevention

<https://www.cdc.gov/>

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. **Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.**

Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of [tobacco, alcohol, and other substances](#)

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manage stress.

## Healthy Ways to Cope with Stress

- **Take breaks from watching, reading, or listening to news stories**, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.
- **Take care of your body.**
  - Take deep breaths, stretch, or [meditate](#).
  - [Try to eat healthy, well-balanced meals](#).
  - [Exercise regularly](#).
  - [Get plenty of sleep](#).
  - Avoid [excessive alcohol, tobacco, and substance use](#).
  - Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
  - Get vaccinated with a COVID-19 vaccine when available.
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** [Talk with people](#) you trust about your concerns and how you are feeling.
- **Connect with your community- or faith-based organizations.** While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

**COVID is challenging our community and we're here to help you cope.**



Astor Services is a proud provider agency of NY Project Hope, New York State's COVID-19 Crisis Counseling Program. If you need support coping with the challenges and emotions of COVID-19 we can help. Astor Services for Children & Families is now providing Dutchess & Rockland counties with free, confidential, and anonymous emotional support. Astor is here to help support Dutchess and Rockland County residents through the emotions and challenges brought on by COVID-19. Free, confidential, and anonymous emotional support is available.

To learn more about  
Children & family referrals in  
Dutchess & Rockland counties, please call  
(845) 204-5223

### **Helping Others Cope**

Taking care of yourself can better equip you to take care of others. During times of social distancing, it is especially important to stay connected with your friends and family. Helping others cope with stress through phone calls or video chats can help you and your loved ones feel less lonely or isolated.

Mental Health and Crisis

Resources and Social Support Services

- [Food and Food System Resources During COVID-19 Pandemic](#)
  - [Disaster Financial Assistance with Food, Housing, and Bills](#)
  - [Coronavirus Resources for Renters](#)
  - [US Department of Labor Coronavirus Resources](#)
- 
- If you are struggling to cope, there are many ways to get help. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.
  - During times of extreme stress, people may have thoughts of suicide. Suicide is preventable and help is available. More about the risk of suicide, signs to watch for, and how to respond if you notice these signs in yourself or a friend or a loved one, can be found [here](#).
  - Free and confidential crisis [resources](#) can also help you or a loved one connect with a skilled, trained counselor in your area.

**If you are in crisis, get immediate help:**

- Call 911
- [National Suicide Prevention Lifeline](#): 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or [Lifeline Crisis Chat](#).
- [National Domestic Violence Hotline](#): 1-800-799-7233 or text LOVEIS to 22522
- [National Child Abuse Hotline](#): 1-800-4AChild (1-800-422-4453) or text 1-800-422-4453
- [National Sexual Assault Hotline](#): 1-800-656-HOPE (4673) or [Online Chat](#)
- [Veteran's Crisis Line](#): 1-800-273-TALK (8255) or [Crisis Chat](#) or text: 8388255
- [Disaster Distress Helpline](#): CALL or TEXT 1-800-985-5990 (press 2 for Spanish).
- [The Eldercare Locator](#): 1-800-677-1116 – [TTY Instructions](#)

## State-Wide Resources

### **NYS Dept of Health Novel Coronavirus Hotline**

1-888-364-3065 <https://coronavirus.health.ny.gov/home>

### **Mental Health & Emotional Support**

#### **Office of Mental Health Emotional Support Line: 1-844-863-9314**

The Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The Help Line is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.

If you need immediate medical assistance, please dial 911.

**National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)

**New York State Domestic Violence Hotline:** 1-800-942-6906

**Crisis Text Line:** Text “Got5” to 741-741

[OMH Mental Health Resources](#)

**Fountain House College Re-Entry Program** for 18-30-year-olds who withdrew from their studies due to mental health challenges – <https://collegereentry.org/>.

### **Financial Relief**

**Student Loans** – State debt collection on student debt and medical debt will have payments frozen for at least 30 days. <https://on.ny.gov/33Ktybr>

**Mortgage Relief** – A 90-day mortgage relief period and foreclosures are suspended or postponed for those facing financial hardship because of COVID-19. <https://on.ny.gov/3boRh3n>

**Tenants' Rights Hotline:** 212-979-0611

Call if you have been threatened by your Landlord with eviction or rent issues.

## United Way

**Internet Access** – For those in need of internet access, Spectrum is offering free wi-fi and high-speed internet during the crisis to households with K-12 and college students. Please contact 1-844-488-8395 or go to [spectrum.net](https://spectrum.net).

**Income Tax** – The deadline for filing your Federal and NYS income taxes has been postponed to July 15.



New York State Office of Mental Health Website <https://omh.ny.gov>

# COVID-19 Resources

The COVID-19 pandemic has left many New Yorkers feeling anxious and stressed.

Learn more about:

- The COVID-19 Vaccine
- Managing anxiety in difficult times
- Coronavirus-related guidance for healthcare providers
- How you can help

## VACCINATION INFORMATION

### OMH Vaccinates

The COVID-19 Vaccine is here! It is safe, effective, and free. Learn more about the vaccine and see if you're eligible to be vaccinated.

## PUBLIC RESOURCES

### NY Project Hope Emotional Support Helpline: 1-844-863-9314 \*

New York has a free, confidential helpline as part of the FEMA response to COVID-19. Call 1-844-863-9314 or visit [nyprojecthope.org](https://nyprojecthope.org).

### Daily COVID-19 Data

Provides data on infections and confirmed deaths caused by COVID-19 virus among the patients, clients, and staffs of our psychiatric centers.

### Tips for Mental Wellness (Español | বাংলা | 中文 | П У С К И Й | Kreyòl Ayisyen | 한국어를)

How to manage COVID related stress and anxiety

### Mental Health in the Next Phase of Coronavirus (Español | বাংলা | 中文 | П У С К И Й | Kreyòl Ayisyen | יידיש)

A guide of coping tips and resources to help with the ongoing mental health impact of the pandemic.

### [Coping in a Pandemic Winter](#)

Tips for promoting mental wellness during the winter months

### [Mental Health Resources During an Emergency](#)

People often experience anxiety, fear, and helplessness during an emergency. Know the signs and get help.

### [Community Outreach Materials](#)

Help us support New York. Download our collection of Public Service Announcements and printable resources.

## GRIEF SUPPORT

### [Coping with Grief](#)

Reminders for people processing COVID-19 grief.

### [Supporting Others Through Grief](#)

Coping with grief during the coronavirus emergency.

## PROVIDER RESOURCES

### [Guidance on COVID-19](#)

Interim guidance for behavioral health providers licensed by OMH, including Telemental Health Guidance

### [Peer Suicide Prevention](#)

Guidance to peer practitioners supporting individuals who may be coping with thoughts of suicide or self-harm during the COVID-19 pandemic.

## **GET THE FACTS The COVID-19 Vaccine Is Here!**

**All individuals 12 years of age and older that reside in the United States are eligible to receive the vaccine.** While the vaccination process is underway, New Yorkers should continue to wear a mask, social distance, avoid large gatherings and follow all other health guidelines.

FDA fact sheets for recipients and caregivers on each vaccine are available: [Pfizer](#); [Moderna](#); [Johnson & Johnson](#).

COVID vaccines are widely available at pharmacies, local health departments, clinics, Federally Qualified Health Centers and other locations across the state. Visit [Vaccines.gov](#) to find appointments near you or contact your local pharmacy or provider.

To schedule an appointment directly at a New York State-run site, go to [New York State's vaccine scheduler](#) and follow the instructions. **Walk-in appointments are also accepted at New York State mass vaccination sites for all eligible individuals.**

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*Dial “211” for a broad range of services in Dutchess County.*



**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*



**healthy families  
dutchess county**  
*An Affiliate of Healthy Families America™*



**Dutchess County Healthy Families  
Maternal and Infant Community Health Collaborative (MICHC)**

*29 North Hamilton, Suite 209*

*Poughkeepsie, NY 12601*

*845-452-3387*

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

*[institute.org/health-care/services/michc/](http://institute.org/health-care/services/michc/)*

**Dutchess County Healthy Families (DCHF):**

*Eligibility: Pregnant or parenting families with child under 3 months, adopting families*

Long-term program aimed to work with families until the child is 5 years old or entering school.

Healthy Families New York (HFNY) is an evidence-based, voluntary home visiting model designed to provide services to families that begin prenatally, or at birth, through age five. HFNY uses an infant mental health/relational development approach that promotes parent-child attachment to achieve its mission of preventing child abuse, neglect, and other adverse childhood outcomes.

The goals of the program are to:

- Support positive parent-child bonding and relationships.
- Promote optimal child and family health, development, and safety.
  - Enhance family self-sufficiency.
  - Prevent child abuse and neglect.

**Any questions? Please contact:** Brittney Belchier-Green, Senior Family Resource Specialist, at 845-417-4248 or [Bbelchier-green@institute.org](mailto:Bbelchier-green@institute.org)

**Maternal and Infant Community Health Collaborative (MICHC):**

*Eligibility: Any woman of a childbearing age*

Short-term case management program aimed to connect women to community supportive services.

MICHC program seeks to support women and their families in achieving optimal health outcomes through connecting families to supportive services within their community.

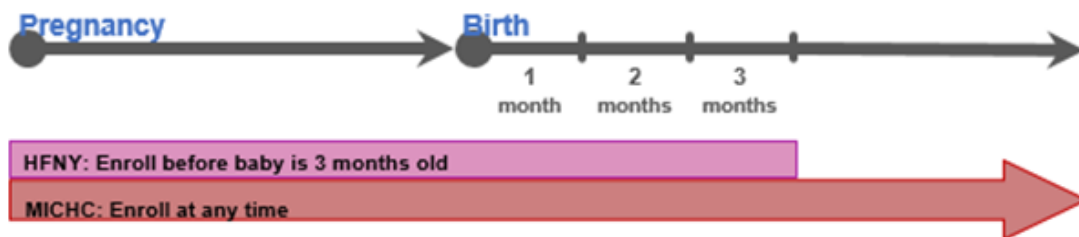
MICHC can assist participants with:

- Health insurance enrollment and recertification;
- Access to health care and finding medical providers;
- Assistance with applying for public assistance;

- Family Planning assistance and providing information about birth control options;
  - Pregnancy and parenting support;
- Linkages to mental health/counseling, substance use treatment, and domestic violence services;
- Connection to emergency and supportive services (housing, food, clothing, employment, education, health and safety).

**Any questions? Please contact:** Jessica Vollaro, MICHC Program Coordinator, at 845-249-5306 or [JVollaro@institute.org](mailto:JVollaro@institute.org)

**Referrals:** Please send referrals for DCHF and MICHC to Brittney Belchier-Green, Senior Family Resource



## **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](http://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.

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](mailto: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](http://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:**

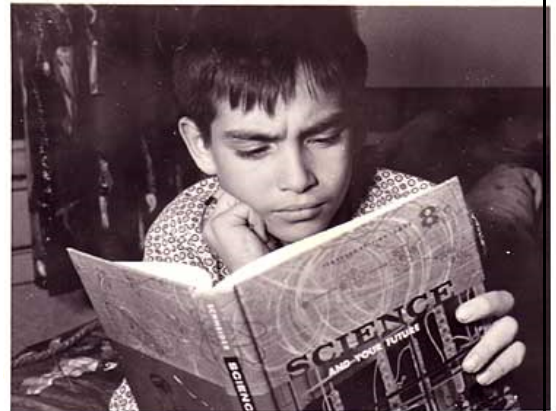
- Provided a homebound tutor (vial guidance counselor-secondary).
- Objectives of topics to be covered for the next three weeks (brief outline).
- Books and any worksheets each week.
- Homework and in-class assignments each week.
- Grade all assignments and tests.
- Determination of student’s report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

[http://www.arlingtonschools.org/pages/arlington\\_schools/Parents/SEPTA\\_Edline](http://www.arlingtonschools.org/pages/arlington_schools/Parents/SEPTA_Edline)

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

Spanish speakers: [acsdseptaEspanol@gmail.com](mailto:acsdseptaEspanol@gmail.com) and 845-478-4488

### **Day Treatment Programs**

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

#### **Adolescent Day Treatment – 845-486-4840**

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

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

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

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

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

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

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

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

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

### **New York Educational Advocates**

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

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

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

*Becky Coles: [bcoles@putnamils.org](mailto:bcoles@putnamils.org)  
Denise Green: [dgreen@putnamils.org](mailto:dgreen@putnamils.org)*

*Taconic Resources for Independence, Inc.  
82 Washington Street, Suite 214  
Poughkeepsie, NY 12601  
845-452-3913 X 112  
[k.lynch@taconicresources.org](mailto:k.lynch@taconicresources.org)*

## Advocates & Attorneys

### Advocates

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

### Advocates & Attorneys

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

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

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

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

### Attorneys

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

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

Andrea Gellen - [www.mccm.com](http://www.mccm.com) (located in Poughkeepsie)

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

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

Gary Mayerson - [www.mayerslaw.com](http://www.mayerslaw.com)

Julie Passman - 914-253-8804

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

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

Tracey Spencer Walsh - 917-566-2677

# **Alternative Education**

## **TASC New York**

Since January 2014 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** [www.literacyconnections.org](http://www.literacyconnections.org)

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)** [www.dcboces.org](http://www.dcboces.org)

5 BOCES Rd, Poughkeepsie – NY 12601 – Phone: 845 . 483 . 3640 x 6108

**Christ Episcopal Church**

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

**Dutchess County BOCES [www.dcboces.org](http://www.dcboces.org)**

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) [www.dcboces.org](http://www.dcboces.org)**

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) [www.dcboces.org](http://www.dcboces.org)**

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

**Community Action Partnership Beacon [www.dcboces.org](http://www.dcboces.org)**

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 [www.danbury.k12.ct.us](http://www.danbury.k12.ct.us)**

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

**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

**Kingston School District (HSE Program)**

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

**SUNY Ulster Kingston Center [www.sunyulster.edu/continuing\\_education/college-prep/tasc.php](http://www.sunyulster.edu/continuing_education/college-prep/tasc.php)**

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 [www.ulsterliteracy.org](http://www.ulsterliteracy.org)**

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) <https://sunysullivan.edu/24-score/>**

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) [www.ouboces.org](http://www.ouboces.org)**

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 [www.ouboces.org](http://www.ouboces.org)**

3 Washington center (Maple building)– 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 [www.occc.org](http://www.occc.org)**

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

Facebook: [www.facebook.com/NAUCenter](http://www.facebook.com/NAUCenter) (Best way to look up class schedules)

**New Paltz Middle School**

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

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

[www.newpaltz.edu/meop/mid-hudson-migrant-education-program/](http://www.newpaltz.edu/meop/mid-hudson-migrant-education-program/)

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 [www.ulsterboces.org](http://www.ulsterboces.org)**

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**

Fully Remote [www.sunyulster.edu/continuing\\_education/college-prep/tasc.php](http://www.sunyulster.edu/continuing_education/college-prep/tasc.php)

94 Marys Ave Kingston NY 12401 – Phone: 845 . 339 . 2025

**Dutchess Community College South (Hollowbrook Office Park)** [www.sunydutchess.edu](http://www.sunydutchess.edu)

53 Pendall RD, Poughkeepsie, NY 12601 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

*TASC program postponed until Fall 2021\*\*\**

**Grinnell Library TASC Instruction**

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

*TASC program postponed until Fall 2021\*\*\**

**Roy C Ketcham High-TASC Instruction**

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

*TASC program postponed until Fall 2021\*\*\**

#### **Poughkeepsie area HSE (TASC) testing centers**

**Dutchess BOCES** [www.dcboces.org](http://www.dcboces.org)

5 BOCES Rd – Poughkeepsie NY 12601, Phone: 845-483-3640

**Kingston High School**

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

**Sullivan County BOCES**

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

**Middletown High School**

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

**Best Resource Center**

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



## **DUTCHESS COUNTY SCHOOL DISTRICTS**

### **Arlington Central School District**

144 Todd Hill Rd, LaGrangeville, NY 12540

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

Website: [www.arlingtonschools.org](http://www.arlingtonschools.org)

### **DC BOCES**

5 BOCES Road , Poughkeepsie, NY 12601

Phone: 845-486-4800 x2200

Website: [www.dcboces.org](http://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](http://www.hpcsd.org)

### **Pawling School District**

515 Route 22, Pawling, NY 12564

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

Website: [www.pawlingschools.org](http://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](http://www.poughkeepsieschools.org)

### **Rhinebeck Central Schools**

P.O. Box 351 Rhinebeck, NY 12572

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

Website: [www.rhinebeckcsd.org](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.neccmillerton.org/after_school.php)



Hudson Valley Community Center

110 South Grand Ave, Poughkeepsie, NY 12603

845-471-0430

[www.bad-ny.com](http://www.bad-ny.com)



6 Jeanne Dr, Newburgh, NY 12550

845-566-7300

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



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HUDSON VALLEY COUNCIL

## **Liberty Partnership Program**

3399 North Rd. Poughkeepsie NY

845-849-0330

[www.marist.edu/academics/libertypartnerships](http://www.marist.edu/academics/libertypartnerships)

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

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

3 Neptune Rd, Poughkeepsie NY

845-452-1810

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



### **Job Corps**

800-733-JOBS (5627)

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



### **Taconic Innovations program**

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

**Salvation Army**

19 Pershing Ave, Poughkeepsie NY

845-471-1210

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

570 Main St, Poughkeepsie, NY 12601

845-471-1730

**Lucky Orphans Horse Rescue**

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

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



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

29 North Hamilton St. Poughkeepsie, NY 12601

845-452-6088 x3169

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

**Southlands Foundation**

5771 Route 9, Rhinebeck, NY 12572

845-876-4862

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



**Teen Resource Activity Center (TRAC)**

29 North Hamilton Street Poughkeepsie, NY 12601

845-452-1110 x3033

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



**Hudson Valley Community Center**

110 South Grand Avenue, Poughkeepsie, NY 12603

845-471-0430

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



# **TOWN/CITY RECREATION DEPARTMENTS**

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

Amenia  
845-373-8860  
[Ameniany.gov/departments/recreation.html](http://Ameniany.gov/departments/recreation.html)

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

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

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

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

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

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

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

LaGrange  
845-452-1972

LaGrange  
[lagrangeny.gov/Government/parks.htm](http://lagrangeny.gov/Government/parks.htm)

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

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

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

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

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

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

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

Poughkeepsie (city)  
845-451-4100

[cityofpoughkeepsie.com/parks-and-recreation/](http://cityofpoughkeepsie.com/parks-and-recreation/)

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

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

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

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

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

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

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

# DUTCHESS COUNTY LIBRARIES

Amenia Free Library  
3309 Route 343  
Amenia, NY 12501  
845-373-8273  
[amenialibrary.org](http://amenialibrary.org)

Beekman Library  
11 Town Center Blvd.  
Hopewell Junction, NY 12533  
845-724-3414  
[beekmanlibrary.org](http://beekmanlibrary.org)

Blodgett Memorial Library  
37 Broad Street  
Fishkill, NY 12524  
845-896-9215  
[blodgettmemoriallibrary.org](http://blodgettmemoriallibrary.org)

Dover Plains Library  
1797 Route 22  
Wingdale, NY 12594  
845-832-6605  
[doverplainslibrary.org](http://doverplainslibrary.org)

East Fishkill Community  
Library  
348 Route 376  
Hopewell Junction, NY 12533  
845-221-9943  
[eastfishkilllibrary.org](http://eastfishkilllibrary.org)

Grinnell Library Association  
2642 East Main Street  
Wappingers Falls, NY 12590  
845-297-3428  
[grinnell-library.org](http://grinnell-library.org)

Howland Public Library  
313 Main Street  
Beacon, NY 12508  
845-831-1134  
[beaconlibrary.org](http://beaconlibrary.org)

Hyde Park Free Library  
2 Main Street  
Hyde Park, NY 12538  
845-229-7791  
[hydeparkfreelibrary.org](http://hydeparkfreelibrary.org)

LaGrange Association Library  
1110 Route 55  
LaGrangeville, NY 12540  
845-452-3141  
[laglib.org](http://laglib.org)

Millbrook Library  
3 Friendly Lane  
Millbrook, NY 12545  
845-677-3611  
[millbrooklibrary.org](http://millbrooklibrary.org)

Morton Memorial Library &  
Community House  
82 Kelly Street  
Rhinecliff, NY 12574  
845-876-2903  
[morton.rhinecliff.lib.ny.us](http://morton.rhinecliff.lib.ny.us)

NorthEast-Millerton Library  
75 Main Street  
Millerton, NY 12546  
518-789-3340  
[nemillertonlibrary.org](http://nemillertonlibrary.org)

NorthEast-Millerton Library  
Annex  
28 Century Blvd.  
Millerton, NY 12546  
518-789-3340  
[nemillertonlibrary.org](http://nemillertonlibrary.org)

Pawling Free Library  
11 Broad Street  
Pawling, NY 12564  
845-855-3444  
[pawlingfreelibrary.org](http://pawlingfreelibrary.org)

Pine Plains Free Library  
7775 South Main Street  
Pine Plains, NY 12567  
518-398-1927  
[pineplainslibrary.org](http://pineplainslibrary.org)

Pleasant Valley Free Library  
3 Maggiasco Lane  
(1600 Main Street)  
Pleasant Valley, NY 12569  
845-635-8460  
[pleasantvalleylibrary.org](http://pleasantvalleylibrary.org)

Poughkeepsie Public Library  
District -  
Adriance Memorial Library  
93 Market Street  
Poughkeepsie, NY 12601  
845-485-3445  
[poklib.org](http://poklib.org)

Poughkeepsie Public Library  
District -  
Boardman Road Branch  
141 Boardman Road  
Poughkeepsie NY 12603  
845-485-3445  
[poklib.org](http://poklib.org)

Red Hook Public Library  
7444 South Broadway  
Red Hook, NY 12571  
845-758-3241  
[redhooklibrary.org](http://redhooklibrary.org)

Staatsburg Library Society  
70 Old Post Road  
Staatsburg, NY 12580  
845-889-4683  
[staatsburglibrary.org](http://staatsburglibrary.org)

Stanford Free Library  
6035 Route 82  
Stanfordville, NY 12581  
845-868-1341  
[stanfordlibrary.org](http://stanfordlibrary.org)

Starr Library  
68 West Market Street  
Rhinebeck, NY 12572  
845-876-4030  
[starrlibrary.org](http://starrlibrary.org)

Tivoli Free Library  
86 Broadway  
Tivoli, NY 12583  
845-757-3771  
[tivoliblibrary.org](http://tivoliblibrary.org)

# 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

Fishkill – Town  
801 Route 52,  
Fishkill, NY 12524  
845-831-7800

Poughkeepsie – City  
62 Civic Center Plaza,  
Poughkeepsie, NY 12601  
845-451-4000

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

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

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

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

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

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

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

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

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

East Fishkill  
2468 Route 52,  
Hopewell Junction, NY 12533  
845-221-2111

Millerton Village  
21 Dutchess Avenue,  
Millerton, NY 12546  
518-789-3115

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

Wappinger  
18 Middlebush Road, Wappinger Falls,  
NY 12590

Hawthorne  
200 Bradhurst Avenue, Hawthorne, NY  
10532

Livingston  
3353 Route 9, Hudson, NY 12534

Brewster  
1672 Route 22, Brewster, NY 10509

Cortlandt  
1 Memorial Drive, Croton On Hudson,  
NY 10520

Kinderhook  
Village Hall, Route 9, Kinderhook, NY  
12106

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

Lewisboro  
81 Spring Street, Lewisboro, NY 10590

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

East Fishkill  
PO Box 41, Stormville, NY 12582

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

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

LaGrangeville  
120 Stringham Road, LaGrangeville, NY  
12540

Pound Ridge  
Box 45, Pound Ridge, NY 10576

Rhinebeck  
5696 Route 9 South, Rhinebeck, NY  
12572

Stormville  
Box 96, Stormville, NY 12582

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.



## 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)

[nysaimh.org](http://nysaimh.org) - [New York Mental Health – social and emotional well-York State.](#)

Our overall mission includes creating and quality workforce in the Infant Mental Health who have specialized skills and training to work with infants, toddlers, preschoolers, their parents and other caregivers.

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



[State Association for Infant Strengthening and promoting being for children in New](#)

supporting the development of a higher Field. Endorsement © will recognize those





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

(845) 206-9892

NAMI offers an array of Support and Education Programs such as: Family Support Groups, Family-to-Family classes, NAMI Basic class, Peer-to-Peer Class, In Our Own Voice, NAMI Homefront (families of veterans or military), NAMI Connections Adult Recovery and Ending the Silence Presentations for students, staff and families.

## **Find Help. Find Hope.**

**The National Alliance on Mental Illness  
NAMI Mid-Hudson offers  
Free Educational Programs  
Presentations and Support Groups**

**For Parents, Caregivers and Families of Children,  
Adolescents, and Individuals that are living with  
behavioral or emotional issues and/or a  
mental health condition.**

**We also present "Ending the Silence" for  
Students, Families, and Staff.**

**Find Resources, Support, and Hope and be able to  
"End the Silence" and have the conversation.**

**"Without Mental Health we have no Health"**

For more information visit: [www.namimidhudson.org](http://www.namimidhudson.org) or [nami.org](http://nami.org)

Feel free to contact us at: (845) 206-9892 or [contact@namimidhudson.org](mailto:contact@namimidhudson.org)

## 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](mailto:mc2524@cornell.edu) 845-677-8223

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

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

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

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



## Abbott House HEART Program

1 Civic Center Plaza, Suite 501 Poughkeepsie, NY 12601  
8452018664

[amilton@abbotthouse.net](mailto: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](mailto: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](http://www.hrhcare.org/healthcenters/poughkeepsie-partnership)

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



## MENTAL HEALTH AMERICA OF DUTCHESS COUNTY

253 Mansion St, Poughkeepsie NY 12601

845-473-2500

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

**Care Management** primary function is to link clients to services and agencies that can improve their quality of life. A Care Manager assists clients with establishing goals and coordinating services. Each client is helped individually in accordance to their recovery goals and within their changing needs and circumstances.

Our Care Managers work closely with agencies involved with the client’s recovery. We assist clients in developing relationships with people who may be a support to them in the future. Our staff members work every day to provide persons recovering from mental illness the assistance they need to live independently in the community. MHADC’s Care Management Program annually serves over 3,000 people over the age of 18 who have a chronic illness.

As Care Managers, our primary goal is to decrease, if not help, avoid hospitalizations and to help individuals attain their personal goals, and to assure that the client keeps a focus on the necessary medical prevention measures that we all should align with. We do this by working with our clients in a true partnership. We assist in obtaining necessary medical treatment, vocational training or careers, residential opportunities, educational services and any other services needed for their recovery.

As part of MHADC’s Adult Mental Health Care Management or Health Home programs, we assist clients in maintaining their independence and self-sufficiency so they can live successfully in the community. We take a proactive and client-centered approach by treating each person on an individual basis.

MHADC has a supported housing program for not only adults but also young adults. We work with our clients and their landlords to ensure positive outcomes. To provide ongoing support, a one-hour visit is made to the client’s home each month. **For more information, contact 845-473-2500 Option 1.**

**Family Support Programs** are available for families with a child or youth who has Serious Emotional Disorder (SED). These families often find themselves struggling against misunderstanding from the community or schools, as well as dealing with intensified dynamics within the family as one child seems to get most of the attention. Family Support Programs offer peer-led parent support groups, an educational/support group for siblings, and advocacy by credentialed Family Peer Advocates. **For more information: 845-473-2500 x1343**

**Respite Programs** for children aged 4–18 give parents/ caregivers an opportunity to take time for themselves while their child goes out for several hours with a trained respite worker for fun and educational activities. This provides a “respite” from the challenging task of caring for children and youth with special mental health needs. Services include planned individual hourly respite activities and group recreational respite. In addition, Teen Challenge, for ages 14-18, offers participants the opportunity to meet in dynamic weekly education groups to work through evidence-based life skills curricula; perform Community Service activities; and enjoy socialization in recreational events. Summer camp programs are available for enrolled members. **For more information: 845-473-2500 x1324**

**Emerge: Parents with Psychiatric Disabilities** This program addresses the specialized needs of parents of school-aged children when the parents themselves have a psychiatric illness. This program uses several evidence-based curricula to assist parents in maintaining their children in the home and achieving recovery and wellness for themselves. Services include a monthly support group, home visits, support in Family Court, and systems advocacy by credentialed Family Peer Advocates. **For more information: 845-473-2500 x1321**

### **CASA: Court Appointed Special Advocates**

CASA of Dutchess County is part of a national network of citizen-advocates who provide Family Court judges with impartial information about the circumstances and progress of children in foster care, or at risk of placement, due to abuse or neglect. Their written reports become part of the court record. CASAs complete a 40-hour training about child abuse and neglect laws, court procedure, child development, and other pertinent topics. CASAs also complete 10 hours of Family Court observation before being sworn in by the Chief Judge of the Family Court. Referrals are through Family Court only. **For more information: 845-473-2500 x1323.**

**Adult Advocacy Programs** These support programs are for adults with mental illness and/or their families. This includes parents who are still caring for their adult children who have mental illness, as well as young adults with mental illness aged 18 and over. Programs and services include a weekly support group for depression and bipolar disorder; a monthly support group for parents of young adults who have mental illness; individual and systems advocacy; and information, resources, and referral for the community on a wide variety of topics, including mental health and physical health services, and benefits. **For more information: 845-473-2500 x1316**

**Compeer Program** Trained Peer Volunteers (formerly: Community Friends) befriend persons who have mental illness, through weekly phone contact and/or activities that they both enjoy. Compeer is a model mental health community-based program, serving adults through supportive friendship and mentoring relationships, which occur in safe environments using natural supports. Compeer CORPS, for veterans, is in the planning stages. **For more information: 845-473-2500 x1323**

**Supported Education** is for students for whom post-secondary education has been interrupted, intermittent or previously non-existent as a result of a disability (psychiatric, substance abuse, etc.).

For further information, please call **Kat Weaver, Supported Education Coordinator, at 845/473-2500 ext. 1375.**

**Children’s Health Homes** *provides services to children, from birth to age 21, eligible through Health Homes. A care manager will help coordinate with parents and community service providers using a strength-based model to identify a care team for each family. The child must qualify for Medicaid and the Health Home Care requirements: a minimum of two chronic physical health conditions or one chronic and one behavioral issue. Please call 845.473.2500 ext. 1363.*

**Parenting Classes** *such as “Managing Defiant Behavior”, “Parenting Challenging Teens”, and “How to Talk So Kids and Teens Will Listen” are offered at various times during the year. A new group, “Parenting and Caregiver Connect” meets weekly via ZOOM for 2021. Call 845.473.2500 ext. 1309.*

**Vet2Vet** *serves all veterans of all eras and their families without restriction as to discharge date, type of discharge or dependency status. Services include support groups, family services, socialization and case management to veterans of Dutchess County. This includes housing assistance, a service dog training program, and vocational assistance. Call 845.473.2500 ext. 1364*

**Peer Services** are peer-delivered with a rehabilitation/recovery focus. Staff have “lived experience” and provide advocacy, outreach and engagement, self-help tools, recovery support, transitional support and pre-crisis support. Call 845.473.2500 ext. 1354.

### **PROS: PERSONALIZED RECOVERY ORIENTED SERVICES**

**PROS** is a comprehensive program for individuals with severe and persistent mental illness. The goal of our program is to integrate support and rehabilitation in a manner that facilitates the individual’s recovery. Goals for individuals in the program are to improve functioning, reduce inpatient utilization and emergency services, reduce contact with the criminal justice system, increase employment, attain higher levels of education and secure housing. We work to make participants’ aspirations a reality and treat every individual with respect.

#### **PROS Components**

- **Community Rehabilitation and Support** Designed to engage and assist individuals in managing their illness and restoring those skills and supports necessary for living successfully in the community.
- **Intensive Rehabilitation** Designed to assist an individual attain a specific goal such as education, housing or employment. May also include Intensive Relapse Prevention to provide targeted intervention, reduce the risk of hospitalization or reduce involvement in the criminal justice system.
- **Ongoing Rehabilitation and Support** Designed to assist individuals in managing their symptoms in the competitive workplace.
- **Clinical Treatment Services** Participants have the choice to receive their clinical treatment through PROS. Designed to help stabilize, ameliorate and control disabling symptoms. Treatment includes a recovery-focused, disability-management approach with medication management, health assessment, clinical counseling and therapy, symptom monitoring and treatment for co-occurring disorders.

#### **Beacon Wellness Center**

249 Main Street, Beacon, NY 12508

**Monday – Friday 9 am - 5 pm – Walk-ins Welcome**

**For more information, contact 845-473-2500 Option 2**

# **Intellectual/Developmental Disabilities**

[www.thinkdifferently.net](http://www.thinkdifferently.net)  
[www.dutchessny.gov/DBCH](http://www.dutchessny.gov/DBCH)

## **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.

## **Coordinator of Intellectual and Developmental Disability Services**

Dana M. Hopkins, LCSW-R Phone: 845-486-2765 Email: [dhopkins@dutchessny.gov](mailto:dhopkins@dutchessny.gov)

## **Dutchess County Deputy Commissioner for Special Needs**

Toni-Marie Ciarfella, Ph.D., LCSWR, MPA Phone: (845) 486-3434 Email: [tciarfella@dutchessny.gov](mailto:tciarfella@dutchessny.gov)

**What is required for a person to be eligible for OPWDD services? In order for a person to be eligible for OPWDD services, New York State Mental Hygiene Law requires:**

1. The presence of a developmental disability that is described by certain qualifying diagnoses or conditions,
2. The disability occurred before the person reached age 22,
3. The disability can be expected to continue indefinitely or permanently, and
4. The disability causes a substantial handicap to a person's ability to function normally in society.

**All initial Front Door Calls go through Jennifer Brown, Front Door Intake Specialist at 845-473-5050 x 167**

[Employment First | U.S. Department of Labor \(dol.gov\)](https://www.dol.gov)

Is a federal program to hire Individuals with ASD that need additional support during the career development process with creating resumes, understanding the importance of personal appearance, presenting themselves as organized and efficient, and creating strategies for successful interviews.

United States Government Workforce Recruitment program and Entry Point, are programs of The American Academy for the Advancement of Science (AAAS).

1. Workforce Recruitment ([Workforce Recruitment Program | U.S. Department of Labor \(dol.gov\)](https://www.dol.gov)) is a referral program that connects students and recent graduates with documented disabilities with federal and private sector employers across the United States. The Workforce Recruitment program offers students both summer internships and permanent employment in every sector of the government. This program places students from a wide variety of majors, from social science to engineering.
2. Entry Point ([Entry Point! | American Association for the Advancement of Science \(aaas.org\)](https://www.aaas.org)) actively recruits individuals with visible and invisible disabilities in the science, technology, engineering, and mathematics (STEM) fields, and business majors for internships and co-op opportunities

[Autism | U.S. Department of Labor \(dol.gov\)](https://www.dol.gov) Information on employers and those living with Autism.

SSA’s free, monthly WISE (Work Incentive Seminar Event) webinars provide information you can use on your path to financial independence through work. Discover programs, resources and information while learning about how Social Security's Ticket to Work Program can help. [Learn more and register](#) today for this month's webinar! [WISE On Demand - Ticket to Work - Social Security \(ssa.gov\)](https://www.ssa.gov)

# 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 children & youth 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*

*Rhinebeck, NY 12572  
Phone: 845-616-5335  
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*

### **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*

### **Rhinebeck Counseling Center (Satellite)**

*187 E. Market Street*

### **Hyde Park Counseling Center**

*7 Pine Woods Road, Hyde Park, NY 12538  
Phone: 845-233-5935  
Fax: 845-233-4726  
Monday - Thursday 9-8, Friday 9-5*





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

**C-SPOA CHILDREN'S SINGLE POINT OF ACCESS** identifies children/adolescents (5-21) 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 placements (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 Dianza, 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*

[ddianza@dutchessny.gov](mailto:ddianza@dutchessny.gov)

### **Astor High Fidelity Wraparound**

**Contact:** Kimberly Connolly **Phone:** (845) 417-4517

The High-Fidelity Wraparound (HFW) is an evidence-based model of care coordination that uses a highly structured, team-based, family-centered management process. The process involves intensive, individualized planning and managing for children and youth (ages 12-21) with serious social, emotional, or behavioral concerns.

The children and youth served by HFW are involved in multiple child service systems, such as behavioral health, child welfare, juvenile justice, and special education. The family is provided with weekly services from the HFW Team, consisting of a Care Manager, Family Peer Advocate, and Youth Peer Advocate. In utilizing this wrap-around approach, several positive outcomes are possible such as sustained familial cohesion and stabilization, improved academic performance, and lower rates of hospitalization and residential treatment.

**ASTOR SYNC**      **Contact:** Trish Luchnick, Director of Family Driven Care **Phone:** (845)554-1365 x112  
Serving Youth in their Communities (SYNC) offers an array of the new state plan services which can be provided in a youth's home, school, and other community-based locations. These services are tailored to meet the behavioral and emotional health needs of each child. In partnership with families, SYNC is dedicated to keeping children with behavioral health difficulties in their communities and current school placements through early intervention thereby avoiding more intensive and even out of home treatments. Through supportive skill-building and clinical services, SYNC helps to build a strong foundation so that youth and families can be active and productive members of their communities.

### **HPA/Live Well Intensive Outpatient Program for Eating Disorders**

207 Washington Street, Suite 202 Poughkeepsie, NY 12601 **Phone:** 845-372-4367 [www.hpalivehell.com](http://www.hpalivehell.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.

**Mid-Hudson  
Westchester**

*Mid-Hudson Regional Hospital*

241 North Rd, Poughkeepsie, NY 12601

*Emergency Psychiatric Care*

845-431-8892

**MidHudson Regional Hospital**  
*of Westchester Medical Center*



**Westchester**  
MEDICAL CENTER

**Regional Hospital of  
Medical Center**

*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

## **Enhanced Coordinated Children's Services Initiative (ECCSI)**

ECCSI is a Dutchess County funded process 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.

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.

### **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.

### **ECCSI Coordinator**



## **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. servicios de apoyo, coordinación de atención, defensa y servicios de educación para padres 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.

### **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.

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.

## **SAFETY AND VICTIM ASSISTANCE**

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

**Police** If you believe a child is in immediate danger of being harmed, call the police at **911** or your local police department.

**Child Abuse Hotline** Reports of suspected child abuse or maltreatment should be made immediately to the New York Statewide Central Register of Child Abuse and Maltreatment, commonly known as the Child Abuse Hotline, at

**1-800-342-3720.**

**This hotline operates 24 hours a day, seven days a week, 365 days a year.**

***855-373-2122 – NYS Mandated Reporter Hotline***

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

***60 Market Street Poughkeepsie, NY 12601***

***845-486-3000***

**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***

***Family Services Domestic Violence Hotline***

**845-485-5550**

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

**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***



Providing Hope. Improving Lives. Strengthening Community.

**Family Services Center for Victim Safety and Support 29 N Hamilton St, Poughkeepsie, NY 12601**

***845-452-1110 x 3121 or x 3083***

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.

SNUG is an evidence-based street outreach program based on the Cure Violence Model in Chicago, which treats gun violence like a disease by identifying its causes and interrupting its transmission. The program focuses on youth between the ages of 14 and 24 who are at high risk for involvement with gun violence. The SNUG team develops and implements risk-reduction strategies to reduce that involvement with the goal of saving lives and helping individuals turn their lives around.



### **The Center for the Prevention of Child Abuse**

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

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

Program Director – Danette Garcia

For more information, email [parenting@thecpca.com](mailto:parenting@thecpca.com)

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

### **Dutchess County Task Force against Human Trafficking**

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

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

**David Garcia - Human Trafficking Coordinator**

**Phone: 845-249-4878**

**Cell: 914-475-3589**

**E-mail: [David.Garcia@dfa.state.ny.us](mailto:David.Garcia@dfa.state.ny.us)**

**Human Trafficking Services Resource Guide – Ulster County [ulster.safeharbour@gmail.com](mailto:ulster.safeharbour@gmail.com)**

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

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



## **DUTCHESS COUNTY DEPARTMENT OF COMMUNITY AND FAMILY SERVICES**

*60 Market Street Poughkeepsie, NY 12601*

*Agency Telephone: 845-486-3000*

Commissioner Sabrina Jaar Marzouka, JD, MPH

### **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

### **Additional Functions**

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

### **Children's Services**

<b>Division Phone:</b>	845-486-3220	<b>Fax:</b>	845-486-3238
<b>Phone Hot Lines:</b>	Child Abuse Hotline	800-342-3720	
	Child Abuse Hotline for Mandated Sources	800-635-1522	
	Justice Center Hotline	855-373-2122	
<b>Division Contacts and Titles:</b>	Colleen Mahoney, Director	845-486-3012	
	Heather Vosburgh, Assistant Director	845-486-3067	
	Marcia Taylor, Quality Assurance Supervisor	845-486-3066	
<b>Hours of Operation</b>	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**

<b>Unit Phone:</b>	845-486-3220	<b>Fax:</b>	845-486-3238
<b>Unit Supervisor:</b>	Heather Vosburgh, Adoption		845-486-3067
	Monica Balassone, Home Finding Supervisor		845-486-3377

- 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 845-486-3230 or email fostercare@dutchessny.gov**

**Children’s Services – Child Protective Services**

<b>Unit Phone:</b>	845-486-3080	<b>Fax:</b>	845-486-3111
<b>Unit Supervisors:</b>	Rebecca Andersen, Case Supervisor		845-486-3365
	Jade Brown, Case Supervisor		845-486-3079
	Joseph Lansang, Case Supervisor		845-486-3275
	Diane Malone, Case Supervisor		845-486-3383
	Laurie Miller, Case Supervisor (CAC)		845-486-6501
	Heather Stickle, Case Supervisor		845-486-3396
	Tom Tait, Case Supervisor		845-486-3277

- Investigates reports of alleged child abuse or maltreatment received through the State Central Register (SCR) 24 hours per day seven days per week;
- Offers/arranges services when needed for families through the Department’s own programs and community service providers to ensure child safety and reduce the risk of future abuse or maltreatment;

- Participates in the Dutchess County Multidisciplinary Investigative Team at the Child Advocacy Center, to conduct investigations with law enforcement regarding allegations of sexual abuse and serious physical abuse of children.

### Children’s Services – Foster Care

<b>Unit Supervisors</b>	Jackie Sessa Vanessa Stuart	<b>Phone</b>	845-486-3065 845-486-3095	- -
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- Ensures safe, nurturing temporary care for each child in foster care or Article 10 placement with relatives, with the goal of return to family if possible, adoption if the family cannot be reunited, or preparation for independent living or discharge to another appropriate resource as is appropriate for each child;
- Ensures that all foster children receive the medical, developmental, educational and mental health services they require;
- Works with birth parents of children to arrange services and resolve issues that brought their children into foster care so that children may safely return home.

### Children’s Services – Institutional Care and Detention

<b>Unit Phone:</b>	845-486-3220	<b>Fax:</b>	845-486-3238
<b>Unit Supervisor:</b>	Vivian Alexopoulos, Case Supervisor 845-486-3188		

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

## Youth Services

<b>Division Phone:</b>	845-486-3664	<b>Fax:</b>	845-486-3288
<b>Division Head and Title:</b>	Assistant Commissioner for Youth Services Karmen Smallwood, 845-486-3129 <a href="mailto:karmen.smallwood@dfa.state.ny.us">karmen.smallwood@dfa.state.ny.us</a>		
<b>Business Hours:</b>	Monday - Friday 9am – 5pm Appointments with Youth Workers can be arranged at other times.		

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

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

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

### **Other Services Provided by Contracts with Community Agencies Include:**

**Abbott House**

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

**Astor Services for Children & Families**

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)

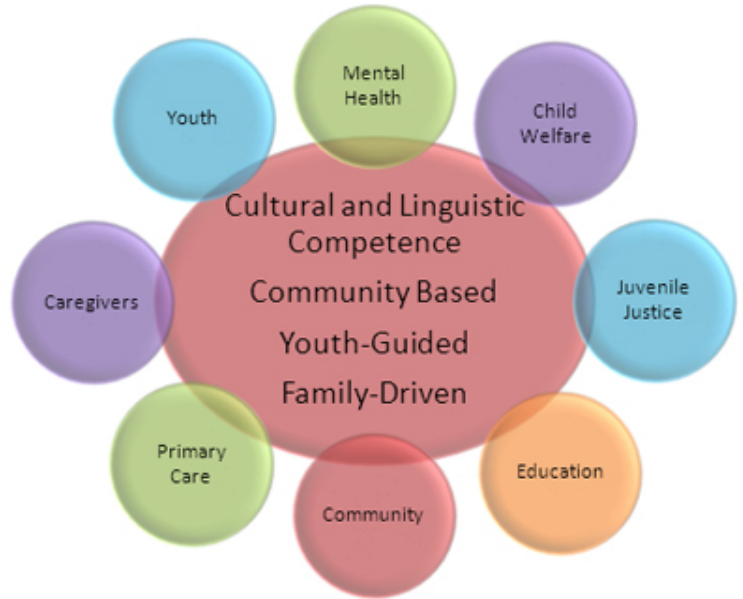
**Family Services, Inc.**

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](http://www.mybenefits.ny.gov) or you can also apply in person at Dutchess County Department of Community and Family  
For more specific information, visit the DCFS office at 60 Market St., Poughkeepsie, or call 486-3000.

Services locations:

**DCFS Beacon**

223 Main Street, Beacon, NY 12508  
Tel: (845) 838-4800, Fax: (845) 838-4888  
M-F 9 a.m. – 5 p.m.

**DCFS Eastern Dutchess Government Center**  
131 County House Road, Millbrook, NY 12545  
Tel: (845) 677-5532, Fax (845) 677-5508  
M-F 9 a.m. – 5 p.m.

**DCFS Main Office**  
60 Market Street, Poughkeepsie, NY 12601  
Tel: (845) 486-3000, Fax: (845) 486-3232  
M, T, Th, F 8:30 a.m. – 5 p.m.  
Wednesdays – emergencies only

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

## **SOCIAL SECURITY INCOME AND DISABILITY INSURANCE** **(SSI AND SSDI)**

### **Supplemental Security Income (SSI)**

*877-405-6747 or 800-772-1213*

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

### **Social Security Disability Insurance (SSDI)**

*877-405-6747 or 800-772-1213*

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



## **DUTCHESS COUNTY OFFICE OF PROBATION AND COMMUNITY CORRECTIONS**

### **PINS (Persons In Need of Supervision)**

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

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

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

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

Of course, many youth display some of these behaviors from time to time, especially during adolescence. However, if your child is frequently or habitually engaging in these behaviors and you believe that he or she is beyond your control, a PINS complaint is one course of action to consider.

Sometimes counseling and other family supports can help improve the situation. River Haven offers counseling and emergency housing for runaway teens or teens that can benefit from a “cooling off” period. Another option is to request an Enhanced Coordinated Children’s Services Initiative (ECCSI) Network meeting (*see page 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](mailto:jfire@dutchessny.gov) and an Intervention Specialist will follow up for an appointment to meet.

## **Astor Services for Children & Families Probation Based Services**

6339 Mill St, Rhinebeck, NY 12572

845-486-4840

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

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

## **ADDICTIONS ( USE, ABUSE & RECOVERY SERVICES)**

### **Lexington Center for Recovery [www.lexingtonctr.org](http://www.lexingtonctr.org)**

Five Convenient Locations  
throughout Dutchess County

**MAIN STREET CLINIC**  
412 Main Street

**PAGE PARK CLINIC**

41 Page Park Drive  
Poughkeepsie, NY

845.486.2950

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

**MILLBROOK**

135 County House Road

845.486-2703

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 Kelsey DuPue, Adolescent Program Coordinator at (845) 486-2950 x1804

### **CORE: Comprehensive Opioid Recovery Expansion Program**

(845) 486-8880 X1306

[coreinitiatives@gmail.com](mailto:coreinitiatives@gmail.com)

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.

#### **MidHudson Regional Hospital Turning Point**

**Inpatient Programs • 845.483-5511**

**241 North Road, Poughkeepsie, New York 12601**

Outpatient Programs • 845.483.5512

201 South Avenue, Poughkeepsie, NY 12601

Turning Point at MidHudson Regional Hospital is dedicated to providing hope and support to those individuals and their families whose lives have been affected by chemical dependency. We enter into partnerships with our patients, staff and referents to provide the highest level of care through service, communication and clinical excellence. Our goal is to facilitate the total recovery of the individual and family by teaching sobriety in the most effective and respectful manner possible.

The interdisciplinary treatment team at Turning Point consists of clinicians highly skilled in the field of chemical dependency and mental health treatment. Therapeutic alliances are established early in order to facilitate effective treatment planning. Patient and referent satisfaction surveys reveal that our patients consistently value the individualized treatment approach we provide.

#### **Peer Support Groups**

• **Alcoholics Anonymous of Dutchess County** – 845-452-1111 [ny-aa.org](http://ny-aa.org)

**Narcotics Anonymous of Dutchess County** – 845-431-9011 [www.na.org/meetingsearch](http://www.na.org/meetingsearch)

#### **Smoking Cessation**

**NYS Smoker's Quitline 866-697-8487 [www.nysmokefree.com](http://www.nysmokefree.com)**

**Al-Anon <https://al-anon.org/> 24/7 Meeting information 888-425-2666**

Fellowship of relatives and friends of alcoholics. In Al-Anon, members learn about the disease, how the disease has affected their lives, and most important they learn to use the tools of the program themselves to live a better life.

**Alateen <https://al-anon.org/> 24/7 Meeting information 888-425-2666**

Fellowship of young people affected by someone else drinking, today or in the past. Teenagers meet and learn from peers in similar situations. Alateen Chat meetings, open to teens 13 - 18, provide a safe place for teenagers to talk.



**Dual Recovery Anonymous [www.draonline.org](http://www.draonline.org)**

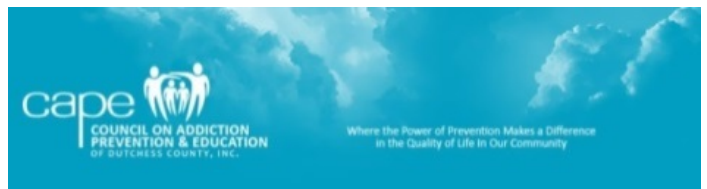
We address the issues of mental health and chemical dependence in a peer-led open group environment.

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

807 Rte. 52 Room 028 Fishkill, NY 12524

845- 765-8301 x100

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



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

**Arms Acres**

75 Seminary Hill Rd, Carmel, NY 10512

1-888-227-4641

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

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

Ph: (646) 529-7609 Fx: (718) 228-8489



With 179 inpatient beds licensed by New York State OASAS to provide inpatient detoxification (on a medically supervised unit) and inpatient rehabilitation, Arms Acres services are offered to 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](http://marc.us.com)

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

## National Eating Disorder Association



[www.nationaleatingdisorders.org/contact-us](http://www.nationaleatingdisorders.org/contact-us)

NEDA supports individuals and families affected by eating disorders and serves as a catalyst for prevention, cures, and access to quality care.

### National Eating Disorders Helpline

Toll-Free Phone Number: 1-800-931-2237

Helpline phone hours are Monday-Thursday 11AM-9PM ET & Friday 11AM-5PM ET.

Helpline chat hours are Monday-Thursday 9AM-9PM ET & Friday 9AM-5PM ET.

Helpline text pilot hours are Monday-Thursday 3PM-6PM ET.

For 24/7 crisis support, text 'NEDA' to 741741



### Partnership for Drug-Free Kids

Resources for youth

ABOVE THE INFLUENCE – [www.abovetheinfluence.com](http://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](http://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.justthinktwice.com](http://www.justthinktwice.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](http://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](http://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](http://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](http://www.cadca.org)

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

U.S. DRUG ENFORCEMENT ADMINISTRATION (DEA) – [www.dea.gov](http://www.dea.gov)

DEA enforces controlled substance laws in the United States. They teach teens about dangerous substances with a website at [www.justthinktwice.com](http://www.justthinktwice.com). They have a website for parents, caregivers, and educators at [www.getsmartaboutdrugs.com](http://www.getsmartaboutdrugs.com).

EASY-TO-READ DRUG FACTS – [www.easyread.drugabuse.gov](http://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](http://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](http://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](http://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.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov).

NATIONAL INSTITUTE ON DRUG ABUSE (NIDA) – [www.nida.nih.gov](http://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](http://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](http://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](http://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](http://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](http://www.drugfree.org/wp-content/uploads/2012/04/treatment_guide-2014.pdf)).

SMOKEFREE.GOV – [www.smokefree.gov](http://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](http://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](http://www.store.samhsa.gov).

THE NATIONAL PARENT TEACHER ASSOCIATION (PTA) – [www.pta.org](http://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](mailto:dcpridecenter@gmail.com) [www.dutchesscountypridecenter.org](http://www.dutchesscountypridecenter.org)

+Dutchess County Pride on Facebook, Instagram and Twitter

Q-Youth Group – a group for LGBTQ teens and allies, ages 12 – 18  
Meets First Thursday of every month, 5:30pm – 6:30pm

Gender Benders Group – a group for transgender, gender non-conforming and gender questioning youth of all ages  
Meets Third Thursday of every month, 5:30pm – 6:30pm

*\*All groups meet at Poughkeepsie Underwear Factory Community Room -8 N. Cherry Street, Poughkeepsie, NY 12601\**

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

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

*Westchester Sub-Chapter  
(Westchester, Putnam and Rockland Counties)  
Mary Jane Karger  
P.O. Box 604 Yorktown Heights, NY 10598  
914-962-7888  
WestchesterNY@chapters.glsen.org*

*Ulster Sub-Chapter  
(Ulster, Dutchess and Orange Counties)  
Rob Conlon  
P.O. Box 14 Milton, NY 12547  
914-588-1306  
UlsterNY@chapters.glsen.org*

**P FLAG**                      202-467-8180    [www.pflag.org](http://www.pflag.org)

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

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

- Support for families, allies and people who are LGBTQ

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



### **Hudson Valley LGBTQ Community Center**

*300 Wall Street Kingston, New York 12401*

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

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

### **Basic Definitions: Sexual Orientation, Gender Identity and Expression (SOGIE)**

**SEXUAL ORIENTATION** Describes to whom a person is sexually attracted. Some people are attracted to people of a particular gender; others are attracted to people of more than one gender. Some are not attracted to anyone.

**Asexual** - not sexually attracted to anyone and/or no desire to act on attraction to anyone. Does not necessarily mean sexless. Asexual people sometimes do experience affectional (romantic) attraction.

**Bisexual** - attracted to people of one's own gender and people of other gender(s). Two common misconceptions are that bisexual people are attracted to everyone and anyone, or that they just haven't "decided." Often referred to as "bi." See also Pansexual/Fluid and Queer.

**Gay** - generally refers to a man who is attracted to men. Sometimes refers to all people who are attracted to people of the same sex; sometimes "homosexual" is used for this also, although this term is seen by many today as a medicalized term that should be retired from common use.

**Lesbian** - a woman who is attracted to women. Sometimes also or alternately "same-gender-loving woman" or "woman loving woman." See also Gay. Pansexual/Fluid - attracted to people regardless of gender. Sometimes also or alternately "omnisexual" or "polysexual." See also Bisexual and Queer.

**Questioning** - one who may be unsure of, reconsidering, or chooses to hold off identifying their sexual identity or gender expression or identity.

**Queer** - traditionally a derogatory term, yet reclaimed and appropriated by some LGBTQ individuals as a term of self-identification. It is an umbrella term which embraces a matrix of sexual preferences, gender expressions, and habits that are not of the heterosexual, heteronormative, or gender-binary majority. It is not a universally accepted term by all members of the LGBT community, and it is often considered offensive when used by heterosexuals. Straight - attracted to people of the "opposite" sex (see below); also sometimes generally used to refer to people whose sexualities are societally normative. Alternately referred to as "heterosexual."

**GENDER IDENTITY AND EXPRESSION** The ways in which a person identifies and/or expresses their gender, including self-image, appearance, and embodiment of gender roles. One's sex (e.g. male, female, intersex, etc.) is usually assigned at birth based on one's physical biology. One's gender (e.g. male, female,

genderqueer, etc.) is one's internal sense of self and identity. One's gender expression (e.g. masculine, feminine, androgynous, etc.) is how one embodies gender attributes, presentations, roles, and more.

**Androgyny** - The mixing of masculine and feminine gender expression or the lack of gender identification. The terms androgyne, agender, and neutrois are sometimes used by people who identify as genderless, non-gendered, beyond or between genders, or some combination thereof.

**Cisgender** - A gender identity that society considers to "match" the biological sex assigned at birth. The prefix cis- means "on this side of" or "not across from." A term used to call attention to the privilege of people who are not transgender.

**Crossdresser** - Cross-dressing refers to occasionally wearing clothing of the "opposite" gender, and someone who considers this an integral part of their identity may identify as a crossdresser (note: the term crossdresser is preferable to transvestite and neither may ever be used to describe a transsexual person). Cross-dressing is not necessarily tied to erotic activity or sexual orientation.

**Genderqueer/Third Gender/Gender Fluid** - These terms are used by people who identify as being between and/or other than male or female. They may feel they are neither, a little bit of both, or they may simply feel restricted by gender labels.

**Intersex** - A general term used for a variety of genetic, hormonal, or anatomical conditions in which a person is born with a reproductive or sexual anatomy that doesn't seem to fit the typical definitions of female or male. Some intersex individuals identify as transgender or gender variant; others do not. (Note: hermaphrodite is an obsolete term that is not currently considered appropriate.)

**Transgender** - First coined to distinguish gender benders with no desire for surgery or hormones from transsexuals, those who desired to legally and medically change their sex, more recently transgender and/or trans has become an umbrella term popularly used to refer to all people who transgress dominant conceptions of gender, or at least all who identify themselves as doing so. The definition continues to evolve.

**Transsexual** - The term transsexual has historically been used to refer to individuals who have medically and legally changed their sex, or who wish to do so. Most transsexual people feel a conflict between their gender identity and the sex they were assigned at birth. Other labels used within this group are MtF (male-to-female) or trans woman, and FtM (female-to-male) or trans man.

**Two-Spirit** – A person who identified with the Native American tradition of characterizing certain members of the community as having the spirit of both the male and female genders.

### **OTHER COMMONLY USED TERMS**

**Biphobia** - Aversion of and/or prejudice toward the idea that people can be attracted to more than one gender, and/or bisexuals as a group or as individuals, often based on negative stereotypes of bisexuality and the invisibility of bisexual people.

**Coming Out** – The process of acknowledging one's sexual orientation and/or gender identity or expression to oneself or other people.



**Gender Binary** - A system of classifying sex and gender into two distinct and disconnected forms of masculine and feminine. It can be referred to as a social construct or a social boundary that discourages people from crossing or mixing gender roles, or from creating other third (or more) forms of gender expression. It can also represent some of the prejudices which stigmatize people who identify as intersex and transgender.

**Heterosexism** - The presumption that everyone is straight and/or the belief that heterosexuality is a superior expression of sexuality. Often includes the use of power of the majority (heterosexuals) to reinforce this belief and forgetting the privileges of being straight in our society.

**Homophobia** - Negative attitudes and feelings toward people with non-heterosexual sexualities; dislike of, or discomfort with, expressions of sexuality that do not conform to heterosexual norms.

**Internalized Oppression** - In reference to LGBTQ people, internalized oppression is the belief that straight and non-transgender people are “normal” or better than LGBTQ people, as well as the often-unconscious belief that negative stereotypes about LGBTQ people are true.

**LGBTQ** - An acronym for lesbian, gay, bisexual, transgender, and queer. This is currently one of the most popular ways in U.S. society to refer to all people who are marginalized due to sexual orientation and/or gender identity, although other letters are often included as well to represent identities described above.

**Transphobia** - Negative attitudes and feelings toward transgender individuals or discomfort with people whose gender identity and/or gender expression do not conform to traditional or stereotypic gender roles.

## **OLDER YOUTH/YOUNG ADULT**

### **Astor Vocational Case Management**

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](mailto:Jstrock@dutchessmediation.org)

Lucille Trachte, Family and Divorce Program Coordinator, 471-7213 x207 or [Ltrachte@dutchessmediation.org](mailto: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

*aces.nysed.gov/vr/mid-hudson-district-office*



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

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



**Marist College – Upward Bound Program**

845-575-3258

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



**MHA Teen Challenge**

253 Mansion St, Poughkeepsie, NY 12601

845-473-2500 x 1350

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

**Children's Bereavement Group**

915 Route 212, Centerville, Saugerties, NY 12477

Phone: 845-246-9581 Fax: 845-246-9582  
*sjechurch.org*

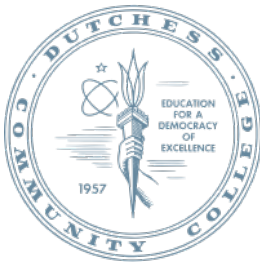
Provides support to children coping with the loss of a loved one. The group is held bi-monthly at Hudson Valley Hospice on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month from 6pm-8pm. Caregivers should attend with the child, free to Hospice families or a \$15 fee for non-Hospice families.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

## DUTCHESS CES

### 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

[www.sunydutchess.edu](http://www.sunydutchess.edu)

For individuals who have dropped out of school, reached 16 by July of the given year, and is seeking college admission.  
<https://www.sunydutchess.edu/continuingeducation/hse.html> <https://www.sunydutchess.edu/continuingeducation/esl.html>

### Cornell Cooperative Extension 4-H Youth Development

845-677-8223

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

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](http://www.mhadutchess.org)

Services for adults 18 + with emotional disabilities



## **TEEN PREGNANCY**

### **Astor Enhanced Coordinated Children's Service Initiative**

Pregnant teens are offered a family driven process that strengthens support services, collaborates between service providers, community service linkages to increase protective factors. Katie Castell 845-430-9861 [kcastell@astorservices.org](mailto:kcastell@astorservices.org)

### **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](http://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](http://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:

# River Haven Youth Shelter

Hudson River  
Housing, Inc.

A free, confidential, and safe place for youth to stay during times of need.



River Haven is a safe, temporary, voluntary housing program that provides:

- Food, housing, and basic needs
- Counseling, crisis intervention, and mediation between family members
- Supportive services such as tutoring, skill building workshops, enriching and fun group outings
- Referral assistance to other beneficial services in the community to help work out issues.

River Haven helps youth who:

- May have left home, are at risk of leaving, or are displaced from home for any reason.
- Could benefit from time away from ongoing conflict at home and need help working things out.
- Have run away or are homeless.
- Are between the ages of 10 and 17 years old and live in Dutchess County.



If you or someone you know is in need of assistance, call 845-454-3600 or text 845-293-0118. Help is available 24/7!



## 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](http://www.plannedparenthood.org)

Planned Parenthood strives to:

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



# 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

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



families and  
enhance

*Central Dutchess / Administrative Offices*  
77 Cannon Street  
Poughkeepsie, NY 12601  
Phone: 845-452-5104 Fax: 845-625-1510

*Northern Dutchess*  
44-46 Market Street  
Red Hook, NY 12571  
Phone: 845-876-1611 Fax: 800-872-3165

*Eastern Dutchess*  
PO Box 397, 3414 Route 22,  
Dover Plains, NY 12522  
Phone: 845-877-9272 Fax: 800-872-3165

*Southern Dutchess*  
10 Eliza St.  
Beacon, NY 12508  
Phone: 845-831-2620 Fax: 800-872-3165

### *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 Tuesday 1:00 – 3:00 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 11:30 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 - 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 5:30-7:30 pm. Entrance is through the glass door by the metal ramp.

**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: 2 Content Avenue, Wappingers Falls, 12590

Phone: 845-297-6261

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

Eligibility Restrictions: The pantry is located in the former convent which is the building in front of St. Mary's school. The entrance is on the playground side of the building. Recipients are required to show ID with their current address.

**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, 6:00 – 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/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 – 4:30 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: 28 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: Every 2nd and 4th Wednesday of every month from 11:00am-1:00pm.

**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)**

15 South Ave, Beacon, NY 12508.

Phone: 845-831-1369

Hours of Operation: No more appointments are necessary, and the time and day is Saturdays from 10am-11am.

**Dutchess Community Action of Beacon (Food Pantry/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 dependents.

**Fishkill**

**First Reformed Church of Fishkill (Food Pantry)**

Street Address: 1153 Main St., Fishkill, NY

Phone: 845-896-4546

Hours of Operation: Monday, Tuesdays, Thursdays and Fridays from 9am-12pm and Wednesdays from 3pm-5pm. Appointments are needed for each day.

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: 1545 route 52, Fishkill, NY 12524

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: 835 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: 52 Mill st., Dover Plains, NY 12522

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.

## **Pleasant Valley**

### **Pleasant Valley Ecumenical (Food Pantry)**

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

Phone: 845-635-3022

Hours of Operation: Wed 6:00 – 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-Friday from 10am-4pm and every second Saturday of the month from 10am-3pm

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 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: June 12th, July 17th, August 14th, September 11th, October 16th, November 13th and December 11th which are **all** Saturdays from 10am-11am.

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: 40 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 – 11:00 am

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

## **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.

**PSYCHOTHERAPY** - general term for treating mental health problems by talking with a psychiatrist, psychologist or other mental health provider. During psychotherapy, you learn about your condition and your moods, feelings, thoughts and behaviors. Psychotherapy helps you learn how to take control of your life and respond to challenging situations with healthy coping skills. **Things to remember when you seeking 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.

**Take steps to get the most out of your therapy and help make it a success.**

- **Make sure you feel comfortable with your therapist.** If you don't, look for another therapist with whom you feel more at ease.
- **Approach therapy as a partnership.** Therapy is most effective when you're an active participant and share in decision-making. Make sure you and your therapist agree about the major issues and how to tackle them. Together, you can set goals and measure progress over time.
- **Be open and honest.** Success depends on willingness to share your thoughts, feelings and experiences, and to consider new insights, ideas and ways of doing things. If you're reluctant to talk about certain issues because of painful emotions, embarrassment or fears about your therapist's reaction, let your therapist know.
- **Stick to your treatment plan.** If you feel down or lack motivation, it may be tempting to skip psychotherapy sessions. Doing so can disrupt your progress. Try to attend all sessions and to give some thought to what you want to discuss.
- **Don't expect instant results.** Working on emotional issues can be painful and may require hard work. You may need several sessions before you begin to see improvement.
- **Do your homework between sessions.** If your therapist asks you to document your thoughts in a journal or do other activities outside of your therapy sessions, follow through. These homework assignments can help you apply what you've learned in the therapy sessions to your life.
- **If psychotherapy isn't helping, talk to your therapist.** If you don't feel that you're benefiting from therapy after several sessions, talk to your therapist about it. You and your therapist may decide to make some changes or try a different approach that may be more effective.

**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.

# **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.

**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.

Autism spectrum disorder (ASD) is a developmental disability that can cause significant social, communication and behavioral challenges. There is often nothing about how people with ASD look that sets them apart from other people, but people with ASD may communicate, interact, behave, and learn in ways that are different from most other people. The learning, thinking, and problem-solving abilities of people with ASD can range from gifted to severely challenged. Some people with ASD need a lot of help in their daily lives; others need less.

A diagnosis of ASD now includes several conditions that used to be diagnosed separately: autistic disorder, pervasive developmental disorder not otherwise specified (PDD-NOS), and Asperger syndrome. These conditions are now all called autism spectrum disorder.

**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.

**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.

**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.

**ACRONYMS**

**A**

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

**B**

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

**C**

<b>CA</b>	Crisis Avoidance
<b>CAC</b>	Child Advocacy Center
<b>CAMI</b>	Chemical Abuser/ Mental Ill
<b>CASSP</b>	Child and Adolescent Service System Program
<b>CCF</b>	Council on Children and Families or Congregate Care Facility
<b>CDT</b>	Continuing Day Treatment
<b>CFC</b>	Choices for Change
<b>CFTSS</b>	Children and Family Treatment and Support Services
<b>CI</b>	Crisis Intervention
<b>CMA</b>	Care Management Agency
<b>CMHC</b>	Community Mental Health Center
<b>CPS</b>	Child Protective Services

<b>CPSE</b>	Committee for Preschool Special Education
<b>CPST</b>	Community psychiatric support and treatment
<b>CR</b>	Community Residence
<b>CRC</b>	Certified Rehabilitation Counselor
<b>CPSE</b>	Committee on Pre-school Special Education
<b>CSE</b>	Committee on Special Education
<b>C-SPOA</b>	Children's Single Point of Access
<b>C-YES</b>	Children and Youth Evaluation Services

**D**

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

**E**

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

**F**

<b>FERPA</b>	Family Educational Rights and Privacy Act
<b>FPSS</b>	Family Support Services

**H**

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

**I**

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

**L**

<b>LDSS</b>	Local Department of Social Service
<b>LGBTQ</b>	Lesbian, Gay, Bi-sexual, Transgender, Queer and Questioning
<b>LGU</b>	Local Government Unit
<b>LOC</b>	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  
**S BSP** Strength based Service Planning  
**SETRC** Special Education Training and Resource Center  
**SOGIE** Sexual Orientation, Gender Identity and Expression  
**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  
 Y  
 YPS Youth Peer Support

## INFORMATIONAL WEBSITES

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

<a href="http://www.ci.nyc.ny.us/html/acs/home.html">www.ci.nyc.ny.us/html/acs/home.html</a>	Administration for Children’s Services
<a href="http://www.nycareerzone.org">www.nycareerzone.org</a>	Career Zone
<a href="http://www.caregiver.com">www.caregiver.com</a>	Articles on Caregiver Issues
<a href="http://www.catholiccharitiesny.org">www.catholiccharitiesny.org</a>	Catholic Charities
<a href="http://www.connectforkids.com">www.connectforkids.com</a>	Connect for Kids (Annie E. Casey Foundation)
<a href="http://www.ccf.ny.gov/index.htm">www.ccf.ny.gov/index.htm</a>	NY State Council on Children and Families
<a href="http://www.dutchessny.gov">www.dutchessny.gov</a>	Dutchess County Government website
<a href="http://www.glsen.org">www.glsen.org</a>	Gay, Lesbian, and Straight Education Network
<a href="http://www.ftnys.org">www.ftnys.org</a>	Families Together in New York State
<a href="http://www.ffcmh.org">www.ffcmh.org</a>	Federation of Families for Children’s Mental Health
<a href="http://midhudson.org">http://midhudson.org</a>	Library
<a href="http://www.lexingtonctr.org">www.lexingtonctr.org</a>	Lexington Center for Recovery
<a href="http://www.lawhelp.org/NY">www.lawhelp.org/NY</a>	Helps low-income NY’ers solve legal problems
<a href="http://www.ncset.org">www.ncset.org</a>	National Center on Secondary Education and Transit
<a href="http://www.parentcenterhub.org">www.parentcenterhub.org</a>	Center for Parent Information and Resources (CPIR)
<a href="http://www.nmha.org">www.nmha.org</a>	National Mental Health America
<a href="http://www.acces.nysed.gov/vr/">www.acces.nysed.gov/vr/</a>	New York State Education Department – Adult Career and Continuing Education Services Vocational Rehabilitation
<a href="http://www.nysteachs.org">www.nysteachs.org</a>	New York State Technical & Education Assistance Center for Homeless Students
<a href="http://www.pacer.org">www.pacer.org</a>	PACER (children and young adults with disabilities)
<a href="http://www.parenttoparentnys.org">www.parenttoparentnys.org</a>	Parent to Parent in NY State
<a href="http://www.safeyouth.gov">www.safeyouth.gov</a>	Youth Violence Prevention
<a href="http://www.aacap.org">www.aacap.org</a>	American Academy of Child and Adolescent Psychiatry

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Arms Acres (Liberty Management)

Astor Services For Children & Families

Council on Addiction Prevention & Education

Dutchess County BOCES

Dutchess County Community Action Agency

Dutchess County Council on Alcoholism  
and Chemical Dependency

Dutchess County Online (links to county agencies)

Dutchess Outreach

Family Services

Four Winds Hospital

Hudson River Housing

Mental Health America of Dutchess County

National Alliance for the Mentally Ill

NYS Office of Mental Health

Mid-Hudson Regional Hospital of Westchester Medical

Taconic Developmental Disabilities Services Office

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

The Mediation Center

United Way Dutchess County

Substance Abuse and Mental Health Services Administration

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

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

## HELPLINE

HELPLINE provides a continuum of emergency and referral services for mental health and substance use needs for adults, children, and families who live 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 voluntary 24/7 walk-in center for people of all ages who are experiencing emotional distress, substance use concerns, or mental health needs. No appointment or referral is necessary.

**Guests can walk-in at any time** and will be greeted by a team of peer advocates, counselors, and mental health professionals who can help by linking the guest to services or simply providing counseling and support.

## MOBILE CRISIS INTERVENTION TEAM

The Mobile Crisis Intervention Team responds 24 hours a day to substance use and mental health emergencies throughout 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.



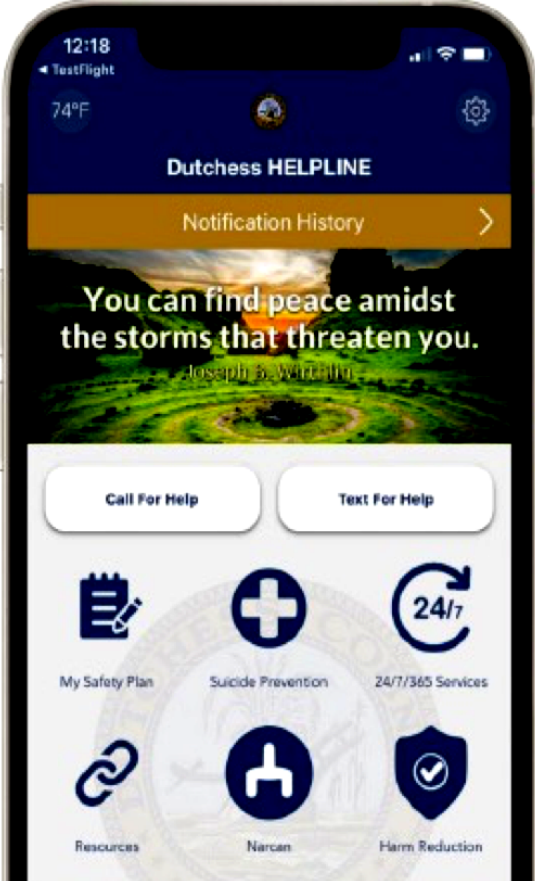
*We're here to help.  
All day. All night. All year.*

**CALL or TEXT (845) 485-9700**

## Dutchess County Helpline Announces New Smartphone App

# Download our app today!


Search: Dutchess County Helpline, NY



The image shows a smartphone displaying the Dutchess HELPLINE app interface. The screen features a dark blue header with the time 12:18, signal strength, Wi-Fi, and battery icons. Below the header, the text "Dutchess HELPLINE" is displayed in white. A yellow bar contains the text "Notification History" with a right-pointing arrow. The main content area has a background image of a green field with a path leading to a sunset. Overlaid on this image is the text "You can find peace amidst the storms that threaten you." followed by "Joseph B. Wozniak" in a smaller font. Below the image are two white buttons: "Call For Help" and "Text For Help". At the bottom, there are six circular icons arranged in a 2x3 grid, each with a label below it: "My Safety Plan" (calendar icon), "Suicide Prevention" (plus sign icon), "24/7/365 Services" (24/7 icon), "Resources" (link icon), "Narcan" (Narcan logo icon), and "Harm Reduction" (shield icon).


Available on the Google play

Available on the App Store



**SCAN**  
TO DOWNLOAD!

Built by:



Dutchess County Helpline is excited to announce the release of the organization's new smartphone application. This app will serve as a new way for the health department to connect with Dutchess County residents and visitors, providing information quickly and efficiently to anyone with a smartphone.

The Dutchess County Helpline app was developed by ThePublicHealthApp.com, a division of OCV, LLC. The app offers quick access to items of public interest and is easy to use. In just a few clicks, users can access features including:

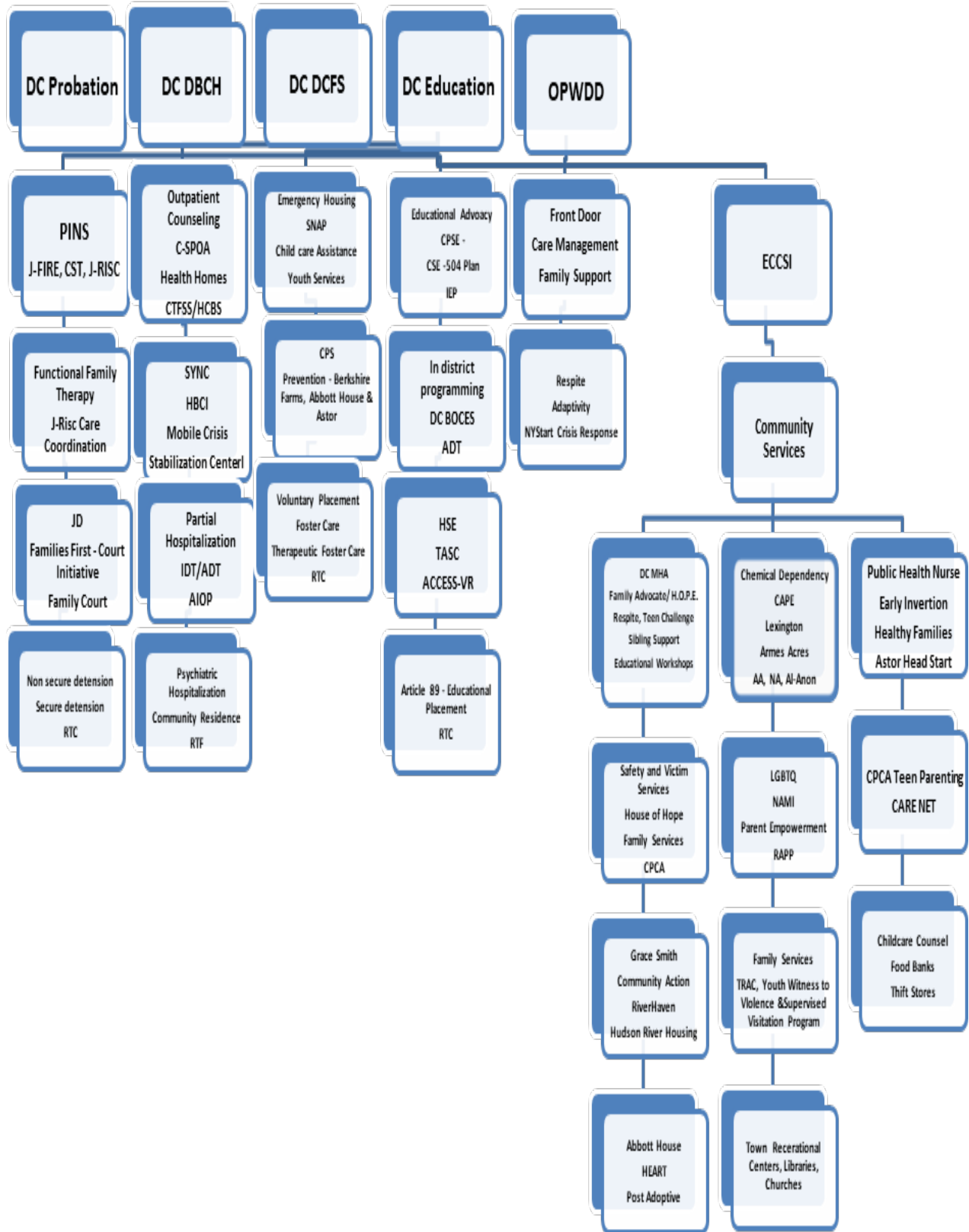
- Instant Push Notifications
- Narcan Information
- Harm Reduction Information
- Resources
- My Safety Plan feature
- Suicide Prevention Information
- More!

ThePublicHealthApp.com specializes in smartphone app development for health departments and public safety organizations across the country. With more than 500 apps in the app stores, OCV, LLC designs and develops custom apps for state, county, and local government agencies.

"Over 80 percent of people in the United States own and use smartphones as their primary means of communication," OCV Vice President Kevin Cummings said. "Mobile apps offer agencies a better way to alert, inform and prepare the public. Apps allow public safety agencies the ability to reach and serve their citizens where they are: their smartphones."

The Dutchess County Helpline app is available for download for free in the App Store and Google Play. Search "Dutchess County Helpline" or [click here](#) to download the app.

# Dutchess County System of Care



## Adverse Childhood Experiences

### 10 ACEs

Parental Divorce or Separation  
 Caregiver in Jail or Prison  
 Caregiver Depression, Mental Illness or Suicide Attempt  
 Domestic Violence or Threats  
 Emotional Abuse or Neglect  
 Sexual Abuse or Exposure  
 Food, Clothing or Housing Insecurity  
 Physical Abuse, Hitting or Slapping  
 Caregiver Problem with Drugs or Alcohol  
 Felt Unsupported, Unloved and Unwanted

### ACEs Being Studied

Placement in Foster Care  
 Bullying or Harassment at School  
 Parent or Guardian Died  
 Separated from Caregiver through Deportation or Immigration  
 Medical Procedure(s) or Life Threatening Illness  
 Frequent School or Neighborhood Violence  
 Treated Badly Because of Race, Sexual Orientation, Place of Birth, Disability or Religion

Source: Center for Youth Wellness, ACE Questionnaire

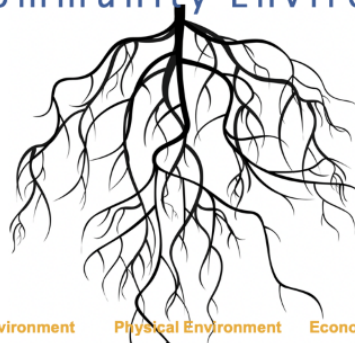


Intergenerational Transmission

## Adverse Community Environments

Poor Housing Quality and Affordability  
 Discrimination  
 Deterioration of Physical Environment  
 Lack of Access to Educational Opportunities  
 Low Sense of Collective Political and Social Efficacy

Intergenerational Poverty  
 Lack of Opportunity and Economic Mobility  
 Poor Transportation Services or System  
 Community Disruption  
 Damaged Social Networks and Trust  
 Unhealthy Products  
 Long-Term Unemployment



Social-Cultural Environment

Physical Environment

Economic Environment

Adapted From: Ellis W. Dietz BCR Framework *Academic Pods* (2017)

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## Resiliency Building Experiences

### Buffering Relationships

Feels Loved by Parent(s) or Primary Caregiver  
 Supportive Family Relationships  
 Supportive Community Relationships  
 Parent(s) or Primary Caregiver Enjoy Playing with Child  
 Relatives Provide Support When Sad or Worried  
 Caring Neighbors or Family Friends  
 Support from Teacher, Coach, Youth Leader, or Minister

Family Cares about Child's School Work and Performance  
 Family, Neighbors, and Friends Talk About Making Lives Better  
 Rules, Structure, and Expectations in Household  
 Someone Trusted to Talk to When Feeling Bad  
 Adults Who Notice Child's Strengths and Accomplishments  
 Sense of Independence  
 Positive Outlook on Life



Hope and Resilience

## Positive Community Environments

Available, Affordable Quality Housing  
 Lack of Discrimination  
 Clean and Safe Physical Environment  
 Access to Educational Opportunities  
 High Sense of Collective Political and Social Efficacy

Lots of Opportunity and Economic Mobility  
 Quality Transportation Services or System  
 Cohesive Social Networks and Trust  
 Access to Healthy Products and Foods  
 Employment Opportunities



Physical Environment

Economic Environment

Social-Cultural Environment

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