

[illegible]

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

**REVISED October 2022**



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

Dutchess County remains committed to providing comprehensive effective and meaningful services and supports for children, young adults, caregivers, and families to address their needs. These services are designed and provided to build upon individualize strengths and to create sustainable partnerships among family members and providers to influence positive change and outcomes. This array of services is referred to as our System of Care and youth, caregivers, child-serving organizations, and educators work collaboratively to promote and achieve social, emotional, and academic success.

### **Core Values and Principles:**

- Empathizes safety and well-being of everyone – Services support and engage individuals with ongoing assessment and interventions to ensure safety for all.
- Family and youth driven with voice and choice – Services are provided with mutual respect and meaningful partnership between families and professionals at all levels. Ongoing partnership remains central with youth, families, caregivers, and providers in the planning and delivery of services, · Early identification, intervention and community based – Services are delivered in the least restrictive environment, drawing on formal and informal resources to achieve successful outcomes.
- Individualized & Strength-based: Services acknowledge each child and family's unique set of strengths and challenges and build care plans that optimize those strengths while meeting the challenges.
- Culturally and Linguistically Responsive: Services are provided by individuals who have the skills to recognize and respect the behavior, ideas, attitudes, values, beliefs, customs, language, rituals, ceremonies and practices characterized by a particular group of people
- Interagency Collaborations – County and provider agency transparency in sharing of information to increase knowledge and understanding of programs, services, eligibility, availability, and any changes/revisions that impact the delivery of such services.
- Continuous Quality Improvement - The System of Care participates in systematic review of goals, objectives, services, and delivery of services to improve overall outcomes

# **DIRECTORY**

<b>Introduction</b>	<b>Page 2</b>
<b>CDC- Centers for Disease Control and Prevention</b>	<b>Page 4</b>
<b>State-Wide Resources</b>	<b>Page 5</b>
<b>COVID-19 Resources</b>	<b>Page 6</b>
<b>Public Health Nursing Division</b>	<b>Page 7</b>
<b>Early Childhood Services</b>	<b>Page 9</b>
<b>Child Care Assistance</b>	<b>Page 11</b>
<b>Education</b>	<b>Page 13</b>
<b>Alternative Education</b>	<b>Page 17</b>
<b>Dutchess County School Districts</b>	<b>Page 19</b>
<b>After School Programs &amp; Recreation</b>	<b>Page 20</b>
<b>Town Recreation, Libraries, Police</b>	<b>Page 24</b>
<b>Family Education, Support and Advocacy (CAC, NAMI, DC MHA)</b>	<b>Page 27</b>
<b>Intellectual/Developmental Disabilities</b>	<b>Page 38</b>
<b>Behavioral and Community Health</b>	<b>Page 42</b>
<b>24HR Crisis/ Substance Use/ Mental Health Services</b>	<b>Page 43</b>
<b>Stablization Center</b>	<b>Page 44</b>
<b>Outpatient Behavioral Health Services</b>	<b>Page 45</b>
<b>C-SPOA (Single Point of Access)</b>	<b>Page 49</b>
<b>Hospital Diversion</b>	<b>Page 52</b>
<b>Psychiatric Inpatient</b>	<b>Page 53</b>
<b>Safety and Victim Assistance Programs</b>	<b>Page 55</b>
<b>Department of Community and Family Services</b>	<b>Page 62</b>
<b>Emergency Financial Assistance &amp; SNAP</b>	<b>Page 67</b>
<b>SSI &amp; SSDI (Social Security Income and Disability Insurance)</b>	<b>Page 68</b>
<b>DC Office of Probation and Community Corrections</b>	<b>Page 69</b>
<b>Addictions (Use, Abuse and Recovery Services)</b>	<b>Page 70</b>
<b>LGBTQ+</b>	<b>Page 76</b>
<b>Older Youth/Young Adults</b>	<b>Page 80</b>
<b>Teen Pregnancy</b>	<b>Page 83</b>
<b>Emergency housing &amp; assistance</b>	<b>Page 84</b>
<b>Services for Veterans</b>	<b>Page 88</b>
<b>Health Services</b>	<b>Page 89</b>
<b>Dutchess County Division of Public Transit</b>	<b>Page 89</b>
<b>Community Action Partnership</b>	<b>Page 89</b>
<b>Dutchess County Food Access</b>	<b>Page 90</b>
<b>Useful Terms and Definitions</b>	<b>Page 94</b>
<b>Child Development Information</b>	<b>Page 96</b>
<b>Information and Resources</b>	<b>Page 101</b>
<b>Acronyms</b>	<b>Page 103</b>
<b>Informative websites</b>	<b>Page 106</b>
<b>Quick Access Phone Directory</b>	<b>Page 108</b>
<b>Dutchess County System of Care Chart</b>	<b>Page 109</b>
<b>PACES Charts</b>	<b>Page 110</b>

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

**CDC – CENTERS FOR DISEASE CONTROL AND PREVENTION**

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.

#### 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](#)

## **STATEWIDE RESOURCES**

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

#### **New York State Office of Mental Health Website**

#### **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.**

**Suicide & Crisis Lifeline:** Dial 988

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

**Crisis Text Line:** Text "Got5" to 741-741

Frontline worker? Text "FRONTLINENY" to 741-741 for specialized support

**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.

## **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 | 한국어)

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.**



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

### **PUBLIC HEALTH NURSING DIVISION**

#### *Nursing Services*

Dutchess County provides a variety of nursing services through the Department of Behavioral & Community Health including Licensed Home Care Services for mothers and their children.

#### *Licensed Home Care Services Agency (.pdf brochure)*

Information about eligibility, services, fees, maternal, infant, and child home visits, and lead poisoning prevention.

#### *Maternal and Child Home Visiting Program*

Public Health Nurses are available to provide comprehensive home-based services, to families, that start during pregnancy or after a child is born. Home visits provide education, support, and case management services to assist parents with the healthy development of their child, including breastfeeding. Call (845) 486-3419.

#### *Childhood Lead Poisoning Prevention Program*

Public Health Nurses provide individual case management and follow-up to children with elevated blood lead levels. Environmental investigations are also available. Call (845) 486-3419. Additional information is available on our [Lead Poisoning Prevention page](#).

#### *Perinatal Hepatitis B Program*

Public Health Nurses provide individual case management and follow-up to infants born to mothers who are Hepatitis B positive. Call (845) 486-3419.

#### *Children with Special Healthcare Needs (Brochure .pdf)*

#### *What is the Children With Special Health Care Needs Program?*

It is a referral service for families with health and related concerns. It includes the Children with Special Health Care Needs program and the Physically Handicapped Children's Program.

#### *What services do they provide?*

The Children with Special Health Care Needs Program refers children ages birth to 21 who are diagnosed or at risk for a developmental delay or disability that:

- Affects a child physically, behaviorally or intellectually;
- Is ongoing or chronic;
- Requires health or health-related interventions beyond what a typical developing child would need.

**Call for more information: 845-486-3419**

**Resource:** [Home Remodeling for People with Disabilities: What You Need to Know](#)

#### *Physically Handicapped Children's Program*

Offers financial assistance to Dutchess County families of children with severe chronic illnesses and/or physical disabilities. This program will directly pay providers for services including:

- Initial Diagnostic Evaluations Referrals
- Clinic Visits for Specialty Care
- Hearing Aids

**Note:** Families must live in Dutchess County and meet the income eligibility guideline for conditions covered by the program.

**Please contact us if you think you may qualify or have any questions at 845-486-3419.**

**Resource:** [Home Remodeling for People with Disabilities: What You Need to Know](#)

#### *Children with Special Needs*

##### [Early Intervention Program](#)

Families with infants and toddlers who have special needs may be eligible to receive services to enhance the child's growth and development.

**Call 845-486-3518 for referrals.**

##### [Preschool Special Education Program](#)

Services are provided for children with special needs, ages 3-5, in conjunction with the family's school district. Call your local school district's [Committee for Preschool Education](#) for referrals.

**For more information about the program, call 845-486-2759**

## **EARLY CHILDHOOD SERVICES**

### **[Dutchess County Healthy Families](#)**

**Perinatal and Infant Community Health Collaboratives (PICHC)**

29 North Hamilton, Suite 209

Poughkeepsie, NY 12601

845-452-3387

EFax: (845) 633-5783

[PICHC of Dutchess and Ulster Counties / The Institute](#)

[Home Visiting Services for Families / The Institute](#)





**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.

***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

**Contact:** Brittney Belchier-Green, Senior Family Support Specialist at 845-417-4248 or [Bbelchier-green@institute.org](mailto:Bbelchier-green@institute.org)

**Perinatal and Infant Community Health Collaboratives (PICHC):**

*Eligibility: Pregnant or parenting families with child under 2*  
Short-term case management program aimed to connect women to community supportive services.

**PICHC 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).

**Contact:** Jessica Vollaro, PICHC Program Coordinator, at 845-249-5306 or [JVollaro@institute.org](mailto:JVollaro@institute.org)

**Dutchess County Early Intervention Program**

85 Civic Center Plaza  
Poughkeepsie, NY 12601  
(845) 486-3518

The Dutchess County Early Intervention Program supports parents in achieving their goals to nurture and enhance their child's development.

**Dutchess County Early Intervention- Child Find Program**

The program is designed to identify, track and screen children from birth to age three who may be “at risk” for developmental delays or disabilities.

A Child Find Specialist will provide developmental monitoring through periodic parent contact and assessment of Ages & Stages parent questionnaires.

Families will be offered information and suggestions on strategies they can use to address their child's developmental milestones and assistance in locating community resources.



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 Early Childhood Programs

Astor operates all the Head Start Programs in Dutchess County. Head Start is a federally funded program for children from low-income families. It is a preschool developmental program of early childhood education and ancillary services including health (physical, dental, mental), nutrition, and social services, with extensive parental involvement and participation. Children with disabilities are served within a fully integrated setting with non-disabled children.

#### **Head Start Program**

**(Available at all Astor Dutchess County early childhood locations)**

The goal of Astor's Head Start Program is to provide a comprehensive child development program for children, ages 3 to 5, from low-income families in Dutchess county.

#### **Early Head Start Program**

**(Available at all Astor Dutchess County early childhood locations)**

The goal of Astor's Early Head Start Program is to provide comprehensive child development services to young children, ages 0 to 3, and their families.

#### **Preschool Special Education Programs**

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

*Special Class* serves the Mid-Hudson Region at our Beacon and Poughkeepsie locations.

The goal of this program is to provide special education and therapeutic services in a self-contained classroom for children whose disability causes behavior management needs.

*Therapeutic Preschool* serves the Mid-Hudson Region at our Poughkeepsie location.

The goal of this program is to provide educational and therapeutic services for children with emotional disturbances and/or behavioral problems who require a structured day program. We want to enable the child to return to a less restrictive pre-school setting.

## **CHILD CARE ASSISTANCE**

### **Department of Community and Family Services**

*60 Market Street Poughkeepsie, NY 12601*

*Phone: 845- 486-3000*

*Fax: 845-486-3090*

### **Child Care Subsidy**

We provide subsidized day care to eligible county residents. We can help offset the day care costs for you while you attend work or school. There is no cost to apply. You can keep your existing provider and reduce day care costs to as little as \$1 per week.

Family Size	Level of Eligibility per Family Size (based on federal poverty level valid as of 8/1/2022)							Each Add'l Add \$14,160 Per Month
	2	3	4	5	6	7	8	
Annual	\$54,930	\$69,090	\$83,250	\$97,410	\$111,570	\$125,730	\$139,890	
Month	\$4,577	\$5,757	\$6,937	\$8,117	\$9,297	\$10,477	\$11,657	

To apply for a Child Care Subsidy you must file an application packet.

The packet can be downloaded, picked up any DCFS location (60 Market St, Poughkeepsie 12601, Eastern Dutchess Government Center, 131 County House Rd, Millbrook NY 12545, or Beacon Center, 223 Main St, Beacon, NY 12508) or call **845.486.3190** for a packet to be mailed to you.

### **List of necessary documents for determining eligibility (pdf)**

#### **Application Packet:**

- [Application for Child Care Assistance \(.pdf\)](#)
- [Absent Parent's Ability to Provide Child Care \(.pdf\)](#)
- [Child Care Enrollment Form \(.pdf\)](#)
- [Shelter Verification](#)
- [Low Income Day Care Policy Statement for Parents and Caretakers \(.pdf\)](#)
- [Child Care Employment Questionnaire \(.pdf\)](#)
- [Verification of Household \(.pdf\)](#)
- [Child Care Subsidy Fact Sheet \(.pdf\)](#)
- [Acknowledgement of Income \(.pdf\)](#)

To either find or become an approved child care provider visit the [Child Care Council of Dutchess and Putnam](#) website or call 845-473-4141



### **The Child Care Council of Dutchess and Putnam Counties**

*301 Manchester Road, Suite 201A*

*Poughkeepsie, NY 12603*

*Phone: 845-473-4141*

*Fax: (845) 473-4161*

*Toll Free: (888) 288-4148*

*Monday - Friday 9AM - 5PM*

The Child Care Council of Dutchess and Putnam, Inc. works to promote affordable and quality child care, provide information and support to families, and strengthen the early childhood workforce in Dutchess and Putnam Counties.

### **Child Care Service**

Learn about different child care options. Call the Council's Child Care Referral Service for referrals that meet your needs. The child care counselors are familiar with NYS regulated child care programs/centers and homes in Dutchess and Putnam counties. The child care options are for children 6 weeks through 12 years of age and in some instances, may be appropriate and referred for older children.

- [Find Child Care](#)
- [Medicaid](#)
- [Child Health Plus](#)
- [Family Health Plus](#)
- [Healthy NY](#)
- [Child Care Subsidy](#)
- [Food Benefits](#)
- [Parent Education Opportunities](#)
- 

### **Dutchess and Putnam Infant Toddler Network Team**

New York State's Infant & Toddler Resource Network continues to grow exponentially.

The network is comprised of Infant & Toddler Specialists (ITS) & Infant Toddler Mental Health Consultants (ITMHC) who work collaboratively with childcare providers to provide tools to high quality care for NY's Infants & Toddlers

Tiffinie Helweg 845.473.4141 ext 217  
[thelweg@childcaredutchess.org](mailto:thelweg@childcaredutchess.org)

Cyndie Hackett 845.473.4141 ext 223  
[chackett@childcaredutchess.org](mailto:chackett@childcaredutchess.org)

## **EDUCATION**

<http://www.nysed.gov>

<http://www.nysed.gov/coronavirus/guidance-p-12-schools>

**For specific information regarding your child/adolescent's educational needs or questions please refer to your individual school district website or contact information located within this guide.**

**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,

**Home Instruction** – <http://www.nysed.gov/curriculum-instruction/10010-home-instruction>

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.

**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, incorrigible behavior, ungovernable, or habitually disobedient. The school has made diligent efforts internally and externally to assist the student and the youth is not successful in adjusting their behaviors. *See DC Office of Probation section for further detail.*

**Special Education** - specially designed individualized or group instruction or special services or programs to meet the unique needs of students with disabilities. Children ages 3 – 21 with disabilities who live in New York State are eligible. Students thought to have a disability are referred to a multi-disciplinary team (e.g. teachers, psychologists, administrators, and/or therapists) (CPSE or CSE) The committee arranges for an evaluation of the

student's abilities and needs. Based on the evaluation results, the committee decides if the student is eligible to receive special education services and programs.

**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 CPSE 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.

#### **Dutchess County Early Intervention Program**

85 Civic Center Plaza, 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.

**Committee on Special Education (CSE)** is a multi-disciplinary team, appointed by the Board of Education responsible for students with disabilities from ages 5 – 21. The CSE is authorized to identify students in need of services by determining eligibility, developing an Individualized Education Plan (IEP), placing the student in the least restrictive environment in which they can succeed and provide appropriate services to meet the child's educational needs. The committee meets to respond to initial referrals, amendment requests and process required annual reviews.

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

<http://nysed.gov/common/nysed/files/nysed-guidance-education-for-homeless-children-and-youths-programs-final.pdf>

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.

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.

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.

### *COPAA – Council of Parent Attorneys and Advocates*

<i>Barbara J. Ebenstein, Esq.</i> 53 Pengilly Drive New Rochelle, NY 10804 914-355-5945 States served: NY, CT	<i>Parent Training and Information Center Westchester and Putnam Independent Living Center Jessica Baumann, Director <a href="mailto:jbaumann@punamils.org">jbaumann@punamils.org</a> 845-228-7457 VP 914-259-8036</i>	<i>Taconic Resources for Independence, Inc. Jennifer O'Neil <a href="mailto:j.oneil@taconicresources.org">j.oneil@taconicresources.org</a> 82 Washington Street, Suite 214 Poughkeepsie, NY 12601 845-452-3913 X 112 VP or Deaf/Hard of Hearing 845-345-8416</i>
---	--	--

### **Attorneys for Special Education Advocacy**

#### 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)

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

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)

## **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.

**For a complete an up-to-date list of testing and prep class locations click below: (you can select by county)**

**<http://www.acces.nysed.gov/hse/hse-testing-maps>**

### **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
- **Dutchess County BOCES** [www.dcboces.org](http://www.dcboces.org)  
5 BOCES Road, Poughkeepsie, NY 12601  
Phone: 845-486-4800

#### **Locations around Poughkeepsie**

- **Newburgh Enlarged City School District**  
201 Fullerton Ave, Newburgh, NY 12550  
Phone: 845-563-3405
- **Orange/Ulster BOCES**  
150 Pike Street, Port Jervis, NY 12771  
Phone: 845-781-6715  
  
6 Liberty Street, 3rd Floor, Middletown, NY 10940  
Phone: 845-781-6715  
  
39 West Street, Newburgh, NY 12550  
Phone: 845-781-6715
- **Kingston School District**  
Cioni Admin Bldg, Kingston, NY 14850  
Phone: 845-339-3000

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

- **Best Resource Center**  
49 Grand Street, Newburgh, NY 12550, Phone: 845-562-2378  
280 Broadway 2nd Floor, Newburgh, NY 12550
- **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
- **Middletown High School**  
24 Gardner Avenue Ext, Middletown, NY 10940, Phone: 845-326-1595
- **Orange-Ulster BOCES**  
John A Flannery High School  
53 Gibson Rd, Goshen, NY 10924, Phone: 845-291-0200 x10260
- **Sullivan County BOCES**  
19 Ferndale-Loomis Road, Liberty, NY 12754, Phone: 845-791-4070

## **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 Fax: 845-486-4981

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

### **Hyde Park Central School District**

11 Boice Road, 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)

### **Beacon City School District**

10 Education Drive, Beacon, NY 12508

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

Website: [www.beaconcitk12.org](http://www.beaconcitk12.org)

### **Dover Union Free School District**

2368 Route 22, Dover Plains, NY 12522

Phone: 845-877-5700 Fax: 845-877-5762

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

### **Millbrook Central School District**

P.O. Box AA/43 Alden Place,

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 x1408 Fax: 518-398-6592

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

**Poughkeepsie City School District**

18 S Perry St, Poughkeepsie, NY 12601

Phone 845-451-4900 Fax: 845-451-4954

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

**Red Hook Central Schools**

9 Mill Road, Red Hook, NY 12591

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

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

**Rhinebeck Central Schools**

45 N. Park Road, Rhinebeck, NY 12572

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

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

**Wappingers Central School District**

PO Box 396/ 25 Corporate Drive, Hopewell Junction, NY 12533

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

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

**Webutuck Central School District**

PO Box 405/ 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**



### **Mid-Hudson Discovery Museum**

*75 North Water Street Poughkeepsie, NY 12601*

*845-471-0589*

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.



### **Renaissance Kids, Inc.**

*1343-US-44 Pleasant Valley, NY 12569*

*(845) 452-4225*

At Renaissance Kids, our goal is two-fold: (1) to nurture each individual child's personal growth by cultivating an appreciation and working knowledge of the arts and (2) to give each child an "art experience" that can be used by him or her as a tool for learning and as a means of positive personal expression.

## **Kids Out and About.com**

**The Hudson Valley's online guide to everything for kids, teens, & families.**

<https://hudsonvalley.kidsoutandabout.com/content/hudson-valley-after-school-and-saturday-classes>

**Hudson Valley Parent** [www.hvparent.com](http://www.hvparent.com)



### **Teen Resource Activity Center (TRAC)**

*29 North Hamilton Street Poughkeepsie, NY 12601*

*845-452-1110 x3124*

TRAC provides supervision and invaluable mentoring to Poughkeepsie youth. Young people come after school to participate in recreation, healthy living workshops, and enrichment activities. Youth can even learn to produce their own music and podcasts in our Community Music Studio Learning Room. Youth also receive academic assistance, exam preparation, and have the opportunity relax and socialize with friends in a safe and supportive environment. The Center serves as a support system for local teens. Caring mentorship and a safe place for young people 11–18 to participate in sports and the arts, get help with homework, develop real world skills, and spend time with friends.



### **Northeast Community Center**

*51 S Center St, Millerton, NY 12546*

*(518) 789-4259*

The North East Community Center seeks to build a healthy, caring, responsive and welcoming community for all who live and visit here. NECC acts as a catalyst for that community vision through its partnerships with other organizations and by offering social, educational, recreational and cultural programs and services to help meet community needs.



**Greater Hudson Valley Council Office**

PO Box 974

Mohegan Lake, NY 10547

845-566-7300

It is the mission of the Greater Hudson Valley Council, Boy Scouts of America to deliver the highest-quality, values-based youth program of character development and leadership training, based upon the precepts embodied in the Scout Oath and Law, and to prepare our young people to make ethical decisions in order to reach their full potential and to better serve their family, community and country.



**Liberty Partnership Program**

*Mid-Hudson Region*

3399 North Rd. Poughkeepsie NY

845-849-0330

The Liberty Partnership Program (LPP) is a collaboration of 46 higher education institutions across New York State to support at risk middle and high school students in their academic, social, and emotional development. Through meaningful programs, students engage more fully in their education and are more likely to graduate from high school and continue on to higher education or stable employment. LPP connects schools and community partners to offer research-based interventions, including tutorial services, mentoring, socio-emotional counseling, career and college exploration activities, and enrichment, as well as support for students and their families.



### **The Art Effect**

*45 Pershing Avenue 2729, Poughkeepsie, NY 12601*

*845-471-7477*

The Art Effect provides youth with a comprehensive core program sequence that benefits from cross-disciplinary visual and media arts education. Our programs are arranged into three overlapping branches: Explore, Experience, and Excel. Explore focuses on providing immersive introductory-level experiences in visual arts and media for students ages 4-11. Experience engages with students ages 11-18 using art as a hands-on tool for self-discovery, life skills development, and early job experiences. Excel provides youth ages 14-24 with advanced art programs to prepare them for entrance into higher education or career.



### **Family Partnership Center**

*29 North Hamilton St, Poughkeepsie, NY*

*845-452-1110*

The Family Partnership Center is an evolving model designed to build a stronger, safer community overseen and managed by Family Services. The Family Partnership Center is available to the community as a place to come together for conversation and the exchange of ideas, to participate in athletics and arts programming, and where a variety of nonprofits can co-locate and collaborate to offer enhanced services that create real access.



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

*3 Neptune Rd, Poughkeepsie NY*

*845-452-1810*

Girl Scouts bring their dreams to life and work together to build a better world.

Through programs from coast to coast, Girl Scouts of all backgrounds and abilities can be unapologetically themselves as they discover their strengths and rise to meet new challenges—whether they want to climb to the top of a tree or the top of their class, lace up their boots for a hike or advocate for climate justice, or make their

first best friends. Backed by trusted adult volunteers, mentors, and millions of alums, Girl Scouts lead the way as they find their voices and make changes that affect the issues most important to them.

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place.



### Taconic Innovations program

877 Route 376 Wappingers Falls, NY 12590

845.849-3447

[daycare@taconicinnovations.com](mailto:daycare@taconicinnovations.com)

We are a comprehensive clinic that offers: EDUCATIONAL SERVICES

## TOWN/CITY RECREATION DEPARTMENTS

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

Amenia

914-456-5309

[www.ameniany.myrec.com](http://www.ameniany.myrec.com)

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

[townofdoverny.us/ParksandRecreation.cfm](http://townofdoverny.us/ParksandRecreation.cfm)

East Fishkill

845-226-8395

[eastfishkillny.org/node/66](http://eastfishkillny.org/node/66)

Fishkill (town)

845-831-7800 ext. 3312

[fishkill-ny.gov/parks.html](http://fishkill-ny.gov/parks.html)

Hyde Park

845-229-8086

[hydeparkny.us/Recreation/](http://hydeparkny.us/Recreation/)

LaGrange

845-452-1972

[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

[tivolinny.org/RecreationAreas.html](http://tivolinny.org/RecreationAreas.html)

Union Vale

845-724-691

[uyparksandrec.com/](http://uyparksandrec.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**

The Poughkeepsie Public Library has the Sadie Peterson Delaney African Roots Branch Library at the Family Partnership, 29 N. Hamilton Street, 12601



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 Maggiacomo 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  
[tivolilibrary.org](http://tivolilibrary.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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Poughkeepsie  
2541 Route 44, Salt Point, NY 12578

Livingston  
3353 Route 9, Hudson, NY 12534

Kinderhook  
Village Hall, Route 9, Kinderhook, NY  
12106

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

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

Rhinebeck  
5696 Route 9 South, Rhinebeck, NY  
12572

Wappinger  
18 Middlebush Road, Wappinger Falls,  
NY 12590

Brewster  
1672 Route 22, Brewster, NY 10509

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

East Fishkill  
PO Box 41, Stormville, NY 12582

LaGrangeville  
120 Stringham Road, LaGrangeville, NY  
12540

Stormville  
Box 96, Stormville, NY 12582

Hawthorne  
200 Bradhurst Avenue, Hawthorne, NY  
10532

Cortlandt  
1 Memorial Drive, Croton On Hudson,  
NY 10520

Lewisboro  
81 Spring Street, Lewisboro, NY 10590

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

Pound Ridge  
Box 45, Pound Ridge, NY 10576

Somers  
295 Route 100, Somers, NY 10589

## **FAMILY EDUCATION, SUPPORT AND ADVOCACY**

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



**The Center for the Prevention of**

**Child Abuse (CPCA)**

35 Van Wagner Road  
Poughkeepsie, New York 12603  
[845-454-0595](tel:845-454-0595)  
[info@thecpca.org](mailto:info@thecpca.org)  
Monday—Friday 9AM to 5PM

**Child Advocacy Center (CAC)**

The Child Advocacy Center (CAC) is a family-friendly space for alleged child victims of sex abuse and/or extreme physical abuse. Trained staff at the CAC conduct forensic interviews with the children at the CPCA to ensure a safe space for children to disclose their stories of abuse. The CAC staff consists of law enforcement, CPS workers, a crime victim advocate, and program coordinators.

**Supportive Parenting Program**

The Supportive Parenting Program provides intensive case management services for parents with developmental disabilities and/or a mental health diagnosis. This includes weekly home visit support, supervised visitation and parenting classes. In addition to learning parenting skills, parents gain socialization and support from peers and receive assistance in meeting the needs of their children. Case managers also work closely with other service providers involved with our families to better serve our clientele's needs.

Clients are usually referred through the Department of Community and Family Services. To make a referral, you may fill out the form below or contact the program coordinator for one. [Make a referral here.](#)



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

17 Anderson St. New Rochelle, NY 10801

914-613-0700

The Guidance Center of Westchester offers essential and lasting support to those in our communities challenged by mental illness, substance abuse, poverty, and homelessness. We empower our participants to become active members of their community through education, treatment, housing, rehabilitative, and vocational services.

The mission of The Guidance Center of Westchester is to improve the well-being of people of all ages through innovative and effective programs that enable everyone to learn, work, and thrive.

**PROGRAMS & SERVICES**

**FOR ADULTS**

ASSERTIVE COMMUNITY TREATMENT  
ALCOHOL & SUBSTANCE USE  
CORE REHABILITATION SERVICES  
HEALTH HOME CARE MANAGEMENT  
HOME & COMMUNITY BASED SERVICES  
MENTAL HEALTH  
OPIOID & HEROIN ADDICTION  
PERSONALIZED RECOVERY-ORIENTED SERVICES  
VOCATIONAL SERVICES

**FOR CHILDREN & FAMILIES**

CHILDREN & FAMILY TREATMENT  
& SUPPORT SERVICES  
HEAD START PRESCHOOL  
HEALTH HOME CARE MANAGEMENT  
FOUNDATIONS IN FEELINGS  
MENTAL HEALTH  
PRESCHOOL - NEW ROCHELLE  
SPECIAL NEEDS PROGRAMS & SUPPORTS  
UNIVERSAL PRE-K - MAMARONECK

**FOR ADOLESCENTS & YOUNG ADULTS**

ALCOHOL & SUBSTANCE USE  
CENTER FOR COLLEGE & CAREERS  
CONSTRUCTION CERTIFICATIONS & TRAINING  
FUTUREWORKS to FUTURECAREERS  
HIGH SCHOOL EQUIVALENCY  
JOB READINESS  
MENTAL HEALTH  
SUPPORTED EDUCATION  
WORKFORCE DEVELOPMENT



**New York State Association for Infant Mental Health (NYS-AIMH)**

PO Box 5056  
Saratoga Springs, NY 12866  
[reachus@nysaimh.org](mailto:reachus@nysaimh.org)

The New York State Association for Infant Mental Health (NYS-AIMH) is a non-profit organization whose mission is to strengthen and promote social and emotional well-being for all children between the ages of 0-5 in a relational context in New York State.

NYS-AIMH promotes uniform and nationally recognized standards to ensure those engaged in the multidisciplinary fields supporting young children are trained in up-to-date science of child development and relationship-based practices. It provides professional development, creates a statewide competency system, and raises awareness about issues impacting young children and their families.



## **The National Alliance on Mental Illness**

NAMI Mid-Hudson  
P.O. Box 787  
Poughkeepsie, N.Y. 12602  
(845) 206-9892  
[contact@namimidhudson.org](mailto:contact@namimidhudson.org)

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

### **Orange County**

Cornell Cooperative  
Extension Orange County  
Office  
18 Seward Avenue, Suite 300  
(Third Floor)  
Middletown, New York  
10940-1919  
TEL: (845) 344-1234  
FAX: (845) 343-7471  
[orange@cornell.edu](mailto:orange@cornell.edu)

### **Dutchess County**

Dutchess County Farm &  
Home Center  
2715 Route 44  
Millbrook, New York 12545-  
5566  
TEL: (845) 677-8223  
FAX: (845) 677-6563  
[dutchess@cornell.edu](mailto:dutchess@cornell.edu)

### **Ulster County**

CCE Ulster County  
232 Plaza Road (Hannaford  
Plaza)  
Kingston, New York 12401  
TEL: 845-340-3990  
FAX: 845-340-3993  
[ulster@cornell.edu](mailto:ulster@cornell.edu)

- **Relatives as Parents Program (RAPP)** RAPP is an ongoing education and support program for grandparents and relatives who are providing primary care for relative children. Monthly support groups, educational resources, youth programs and other support services are available at several Orange, Dutchess, and Ulster County locations. Educational seminar topics may include: Legal issues, Living well, Keeping kids safe, and Working with your child's school. 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.
- **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.



## **Abbott House**

Dutchess Location

*1 Civic Center Plaza, Suite 501 Poughkeepsie, NY 12601  
845-452-1805*

### **Services**

#### **Foster Care and Adoption**

Abbott House recruits, trains, and supports courageous families to open their homes and hearts to Abbott House children and adolescents. For children and teens who need additional support or who have not yet been matched with a foster family, residential care in a group home setting serves as a safe and nurturing atmosphere as they continue their individual journeys toward permanency. One community residence provides services for seriously emotionally disturbed children.

#### **Juvenile Justice**

Abbott House provides temporary care and custody of youth accused of committing delinquent or criminal acts and detained by police arrest or court order.

While youth await their court dates and disposition of their cases Abbott House offers a highly structured setting while providing for the safety and well-being of youth, staff and for the community.

The goal is to provide these youth with new skills and opportunities so that their first contact with the justice system will be their last. High quality and varied programming is tailored to the diverse needs of the residents.  
**100% of our youth after participating in our program were allowed to return home to their families.**

#### **Preparing Youth For Adulthood**

The Preparing Youth for Adulthood (PYA) program works with adolescents starting at age 14 and young adults in foster care and serves as a vehicle for youth to learn how to be self-sufficient and make a positive transition into adulthood. Young adults in PYA learn how to research and apply for colleges or vocational schools; how to apply for housing; budgeting and money management; accessing community resources; consumer awareness; legal issues; interpersonal relationships; paying and monitoring utilities; housekeeping and home management; food management; and life coaching.

#### **Welcoming Children From Afar (TRC Program)**

Abbott House welcomes children entering the United States from other countries without an adult guardian. We provide two Transitional Resource for Children (TRC) programs to support these children. The first is short-term care and support while a family member or sponsor is identified. During their stay, children receive room and board, case management, counseling, medical and educational services. The second program is to support children with long-term foster care and adoption when a family member or sponsor is not available. Bi-lingual foster families are recruited, trained, and supported.

#### **Prevention and Management for Families**



## **Health Home Services**

Abbott House is accepting referrals from the community for enrollment of eligible children/youth into Health Home Services. Children/Youth must meet all eligibility requirements to be considered for enrollment.

[Click here for more information and to make a referral.](#)

We connect all client care providers in a partnership to develop a plan that leads to improved health. We believe this helps children and family's long-term health and well-being. Abbott House helps:

- Schedule appointments for services.
- Locates and refer children to other community resources.
- Ensures service providers work together on the child's plan of care.
- Gets resources to prevent crisis and achieve health goals.
- Helps if a child moves from a hospital stay to another community service.

## **Child and Family Treatment and Support Services**

Abbott House is accepting referrals from the community for enrollment of eligible children/youth in these new mental health and/or substance use needs. These services are available with NYS Children's Medicaid or, if enrolled in a Medicaid Managed Care Plan. Click here to learn more.

## **Clinical Counseling and Medical Services**

Abbott House Counseling Services are community-based resources open to individuals, children and families. Our therapists provide family-focused treatment for children, adolescents, parents and other caregivers as well as individual therapy to adults. We use a variety of evidence-based approaches to treat emotional, behavioral or relationship problems. Together we set goals and work toward resolving difficulties. Counseling can help people better understand the problem, find solutions, identify strengths and find new ways to improve well-being. **For more information call (914) 591 - 7300 ext. 3127**

## **Community Schools Resource Program**

Abbott House recognizes that the needs of the whole child must be met in order for students to succeed. We partner with the New York City Department of Education to provide services to elementary schools in the Mount Eden community of the Bronx.

Our goal is to develop school communities in which students and families evolve into productive adults who will continue to grow economically and academically. We take a holistic approach to supporting student success that includes after school and summer programming, family engagement, social services, and physical and mental health services. We engage parents, families, and other members of the community as part of a process to transform each school.

## **H.E.A.R.T. (Helping Each Adoptive and Guardianship Family Remain Together) Permanency Resource Center**

Sometimes raising adoptive or guardianship children has special challenges. H.E.A.R.T offers support and resources at no cost to families raising adoptive or guardianship children in Dutchess, Sullivan, Ulster and Westchester Counties. Having a history in foster care is not required. Services include in-home counseling for children and post-adoption parents or guardianship caregivers. Training, referrals, advocacy and support groups are also offered. **For more information call 914-740-6225**



## Catholic Charities Community

## Services of Dutchess County

218 Church St, Poughkeepsie, NY 12601

845-452-1400

[CCCSDC@archny.org](mailto:CCCSDC@archny.org)

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](#)



## North East Community Center

51 S Center Street

Millerton, NY 12546

(518) 789-4259

[info@neccmillerton.org](mailto:info@neccmillerton.org)

The North East Community Center seeks to build a healthy, caring, responsive and welcoming community for all who live and visit here. NECC acts as a catalyst for that community vision through its partnerships with other organizations and by offering social, educational, recreational and cultural programs and services to help meet community needs.

### **Toddler & Youth**

Engaging programming for local young people aged toddler through middle school.

[Learn More →](#)

### **Teen**

Connecting teens with educational, employment and career resources that enhance their life skills.

[Learn More →](#)

### **Family**

Programs and services to empower, connect, and strengthen families.

[Learn More →](#)

### Community

Services and activities designed to connect resources and people.

[Learn More →](#)

### Food Access

Connecting families, individuals, and the community to fresh, local, and healthy sources of food.

[Learn More →](#)



### **Family Services**

29 North Hamilton St  
Poughkeepsie, NY 12601  
845.452.1110

Family Services brings people together to find the support they need, improving their lives and communities, and building a stronger, safer Hudson Valley.

### **Program areas:**

**Behavioral Health Centers** Family Services assures access for all adults to high-quality behavioral health centers in Dutchess and Ulster counties. Our counseling and medical staff help people find their way towards recovery without stigma.

<b>Poughkeepsie Behavioral Health Center</b> <a href="#">230 North Road Poughkeepsie, NY 12601</a> 845.486.2703 Option 1 M, W, F: 8:30am – 5:30pm T, Th: 8:30am – 7:00pm	<b>Beacon Behavioral Health Center</b> <a href="#">223 Main Street Beacon, NY 12508</a> 845.486.2703 Option 2 M, W, F: 8:30am – 5:30pm T, Th: 8:30am – 7:00pm	<b>Eastern Dutchess Behavioral Health Center</b> <a href="#">7 Market Street Dover Plains, NY 12522</a> 845.486.2703 Option 3 M, W, F: 8:30am – 5:30pm T, Th: 8:30am – 7:00pm	<b>Millbrook Behavioral Health Center</b> <a href="#">131 County House Road Millbrook, NY 12545</a> 845.486.2703 Option 6 M, T, W, F: 8:30am – 5:30pm Th: 8:30am – 7:00pm	<b>Rhinebeck Behavioral Health Center</b> <a href="#">91-93 Montgomery Street, Suite 7 Rhinebeck, NY 12572</a> 845.486.2703 Option 8 M, W, Th, F: 8:30am – 5:30pm T: 8:30am – 7:00pm
---	--	--	--	---

**Community Safety** Family Services works with individuals who have a history of gun-related, domestic violence, or aggression in their relationships in order to help them learn a healthier approach to the people in their lives and communities. Our programs increase awareness of how belief systems and personal histories can lead to violence, giving these individuals the knowledge and skills to make the changes in their lives that make our communities safer.

**Family Programs** Family Services provides critical support to stabilize families and ensure child safety. Programs are tailored to each individual and include both group and in-home support, as well as supervised visitation and childcare services at Family Court. We also provide referrals to services that supply necessities and access to opportunity for families.

**Prevention** Family Services is a regional leader in programming that increases individual's awareness and coping skills to reduce sexual violence, gun violence, and substance use. We oversee programs that reach the public in Dutchess, Ulster, Orange, and Westchester counties.

**Victim Services** Family Services provides 24/7 support to victims of violence and other crimes. We are recognized leaders in the community's response to domestic violence and sexual assault, helping victims understand they are not alone, their safety is a priority, and they have options. Our person centered approach supports survivors' rights, dignity, healing and self-determination.

**Youth Services** Family Services after school programs emphasize the importance of caring mentorship in safe spaces for youth from elementary to teen. We give youth a sense of belonging in a place where they can develop their athletic, creative, academic, workforce and social skills in fun, supportive, and challenging ways.



**MENTAL HEALTH AMERICA OF DUTCHESS COUNTY**

**All of the Support. None of The Stigma.**

*253 Mansion Street  
Poughkeepsie, NY 12601  
845-473-2500  
info@mhadutchess.org*

**Adult Advocacy and Resource Programs**

**Care Management**

**CASA: Court Appointed Special Advocates**

**Chemical Dependency Crisis Center**

**Children's Health Home Care Management**

**Community Residences**

**Compeer**

**Custom Workshops**

**Depression & Bipolar Support Group**

**ECHO**

**EMERGE**

**Family Peer Advocate**

**Family Visitation**

**H.O.P.E. for Families**

**Home & Community Based Services**

**How to Talk So Kids Will Listen**

**How to Talk So Teens Will Listen**

**Incarcerated Youth Family Support**

**Kids on the Block**

**Mobile Crisis Intervention Team**

**P.E.A.C.E.**

**Parent Well-Being**

**Parenting Challenging Teens**

**Parenting Classes During COVID 19**

**Parenting Explosive Children**

**Peer Services**

**Personalized Recovery Oriented Services**

**Preparing Your Child For School Success**

**Private**

**Raising Responsible, Resilient, Self-Sufficient Teens**

**RESPIRE PROGRAM**

**Sibling Support Group**

**Sober Supported Housing**

**Supported Education Program**  
**Supported Housing**  
**Take the Journey: From Resilience to Balance**  
**Teen Challenge Program**  
**The Living Room at Mel's Place**  
**Vet2Vet: Social Activities**  
**Vet2Vet: Support Groups**  
**Veterans Programs**  
**Your Defiant Child**

## **Intellectual/Developmental Disabilities**

### **Dutchess County All Abilities Program Information- 9/1/2022** **Dutchess County All Abilities Program Contacts**

**Dana Hopkins, LCSWR**  
**All Abilities Program Director**  
845-486-3434  
[dhopkins@dutchessny.gov](mailto:dhopkins@dutchessny.gov)

**Janine Fitzmaurice, LCSW**  
**Early Intervention Official and Director of Preschool Special Education Programs**  
**Coordinator of Children with Special Needs Services**  
845-486-2759; TTY: (845) 486-3417  
[jfitzmaurice@dutchessny.gov](mailto:jfitzmaurice@dutchessny.gov)

**ThinkDIFFERENTLY** [www.thinkdifferently.net](http://www.thinkdifferently.net)

1. Acronym list <https://www.thinkdifferently.net/acronym-directory/>
2. Planning based on age <https://www.thinkdifferently.net/important-milestones/>

**Eligibility for State Programs**  
**(OPWDD, Children's Consolidated Waiver, NY Connect)**

**OPWDD (Office for People with Developmental Disabilities) eligibility via the Front Door**

Seeking eligibility for OPWDD is better done sooner than later.

1. OPWDD Front Door is the entry point for services provided by the NYS Office for People with Developmental Disabilities (OPWDD) <https://opwdd.ny.gov/get-started>
2. The local Front Door Office number is 518-388-0398
3. Front Door information sessions are available weekly on the internet: find a session here: <https://opwdd.ny.gov/get-started/information-sessions>
4. Connect with a Care Coordination Organization (CCO) to gain a Care Manager that will help with the eligibility process.  
**This is currently the only way OPWDD will accept eligibility information.**
  - a. The 3 CCOs that serve Dutchess County are:

**TRICOUNTY CARE CCO:**

844-504-8400; [www.tricountycare.org](http://www.tricountycare.org) 829 E. 15th St., Brooklyn, NY 11230

Or email [intake@tricountycare.org](mailto:intake@tricountycare.org)

**LIFEPlan CCO:**

1-855-LIFEPLN (1-855-543 3756); <http://lifeplancony.com> 258 Genessee St., Suite 601; Utica, NY 13502

**CARE DESIGN:**

518-235-1888; [www.caredesignny.org](http://www.caredesignny.org) 8 Southwoods Blvd., Suite 110, Albany, Ny 12211

Locally you may contact Jean Dabenigno-Kelly at [jdabenigno-kelly@caredesignny.org](mailto:jdabenigno-kelly@caredesignny.org)

or at 845-253-1201 x 6426

- b. The CCOs will help gather the documents needed for eligibility.

1. Here is a link to help see what maybe asked for  
[https://opwdd.ny.gov/system/files/documents/2022/03/040\\_front-door-access-to-services\\_3212022.pdf](https://opwdd.ny.gov/system/files/documents/2022/03/040_front-door-access-to-services_3212022.pdf)
2. If someone is older and retrieving such documents seems "impossible", reach out to the Front Door local office or a CCO to gain information on what can be done to help support the eligibility process.

**What services can OPWDD provide for you and/or your family member?**

- Comm hab; where a worker comes to your home and provides support around daily living skills, socialization, etc.
- Respite; where a worker comes to your home, or when the individual is brought to specified location to receive supports while the primary caretaker/parent/guardian receives a break (respite).
- Vocational support; where an individual receives support while learning vocational skills
- CSIDD (Crisis Services for Intellectual and/or Developmental Disabilities); where clinical professionals assist individuals, families, and/or other providers support in helping an individual with complex needs. They can help create support plans to aide an individual during a trying time.
- Day Hab; an adult day program service, where an individual can engage in site based skill building, or community based skill building in areas such as learning, social skills, minimal vocational skills, and other daily living skills.
- Recreation clubs through a few providers.

**Consolidated Children's Waiver Services**, also known as Children's Waiver Services, [https://www.health.ny.gov/health\\_care/medicaid/redesign/behavioral\\_health/children/overview.htm](https://www.health.ny.gov/health_care/medicaid/redesign/behavioral_health/children/overview.htm) . Many times a better option for youth with complex medical needs/are medically frail in place of OPWDD services until adulthood.

**Contact- CYES** (Child Youth Evaluation Services) for assessment for eligibility for the Consolidated Children's Waiver Services at 833-333-2937.

- Children's Consolidated Waiver is only available until age 21.

- Can have both the Children's Consolidated Waiver and OPWDD eligibility, however only 1 can be active. If/When found eligible for OPWDD they would basically need to choose which programs/services they want.
- Merger of all Children's Waiver Services included Bridges to Health
- Many youth transition to OPWDD eligibility when they hit age 21 after receiving Consolidated Children's Waiver Services. (OPWDD eligibility process still needs to be sought, it is not automatic)

**NYConnects** <https://www.nyconnects.ny.gov/> serves older individuals and individuals of all ages with disabilities (an alternative if someone is not found eligible for OPWDD and needs some minimal support services). Cannot be combined with OPWDD services. They can help individuals, families, caregivers, and professionals connect to such services that include everyday activities (cooking, cleaning, bathing, bill pay, etc.), care giving, social life, health needs.

1. **Dutchess County NY Connects;** <https://www.dutchessny.gov/Departments/Aging/OFA-NY-Connects.htm> Email: [ofa@dutchessny.gov](mailto:ofa@dutchessny.gov) ; 114 Delafield Street, Poughkeepsie, NY 12601; (845)-475-3511

2. **Westchester Independent Living Center;** 84 Cannon Street, Poughkeepsie, NY 12601; (914)-589-2941; <https://www.wilc.org/ny-connects-no-wrong-door/> or Toll-Free Referral line at 866-715-4700

### Early Intervention Services

#### Early Intervention/Pre School

Infants and toddlers up to 2 years old that are suspected of having a developmental delay or disability maybe referred.

<https://www.thinkdifferently.net/important-milestones/>

<https://www.dutchessny.gov/Departments/DBCH/Early-Intervention-Program.htm>

Janine Fitzmaurice, LCSW, EI Official and Director of Preschool Special Education Programs

Coordinator of Children with Special Needs Services

Dutchess County Department of Behavioral and Community Health, 85 Civic Center Plaza, Suite 106, Poughkeepsie, NY 12601;

Phone: (845) 486-2759; Fax: (845) 486-3554; TTY: (845) 486-3417

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

#### *NYS Family Guide to Early Childhood Services (prenatal to 5 years old) Cheat Sheet*

[https://www.ccf.ny.gov/files/9116/1184/7090/Family\\_Guide\\_to\\_NYS\\_Early\\_Childhood\\_Service\\_Birth-5.pdf](https://www.ccf.ny.gov/files/9116/1184/7090/Family_Guide_to_NYS_Early_Childhood_Service_Birth-5.pdf)

### Educational/Vocational/Transitional Services

#### Community Based Services <https://commbasedservices.org/> Transition Coordinator

Is an OPWDD approved (along with some non-certified OPWDD programs) agency that has a grant from Dutchess County for a Transitions Coordinator (individuals must have an intellectual or developmental disability, but do not have to be OPWDD eligible for this, however they will be encouraged to apply for eligibility if they meet criteria).

The Transition Coordinator will help individuals and their families navigate the transitional school age years (15-21) for appropriate programs and services.

Jennifer Havrilla; Transition Coordinator, Community Based Services; 3 Fields Lane, North Salem, NY 10560;

(914) 236-1128; [jhavrilla@commbasedservices.org](mailto:jhavrilla@commbasedservices.org)

#### Taconic Resources for Independence (TRI) <https://taconicresources.org/>

1. **Special Education Advocacy (SEA)** <https://taconicresources.org/special-education-advocacy/>  
The link to register for a SEA <https://hipaa.jotform.com/211714608854155>
2. **Mobile Benefits Counselor** to aid families and individuals with understanding and obtaining benefits they are entitled to <https://taconicresources.org/mobile-disability-benefits-counseling/>

**School:** Contact the school CSE (Chair for Special Education) or the child's guidance counselor to discuss

1. A request to review their IEP for an extension for them to remain in High School until 21-if slated to graduate before age 21 and can benefit remaining in school.
2. Consider a request for a school to work program in the additional year(s).
3. Request a referral to **NYS ACCES-VR** <http://www.acces.nysed.gov/vr> for vocational support.

**ThinkAhead** [https://www.sunydutchess.edu/academics/academicsupport/opportunityprograms/think\\_ahead.html](https://www.sunydutchess.edu/academics/academicsupport/opportunityprograms/think_ahead.html)

(via Dutchess Community College and local voluntary agencies such as Abilities First, ARC GHC, New Horizons, etc.)

Join Dutchess Community College's new Think Ahead program to develop job skills and life skills while enjoying a college experience! It is anticipated classes will be held on the Poughkeepsie campus, however remote participation may be required.



### **You're a good fit for this program if you are:**

- A high school graduate, at least 18 years old and a Dutchess County resident
- Willing to engage in work experiences or audit credit-bearing classes, in addition to attending nine hours/week of Think Ahead classes
- Seeking skills to prepare for gainful employment
- Living at home, independently or in a certified setting
- Able to arrange transportation to DCC's Poughkeepsie campus
- Able to cover basic expenses including:
  - o Books/supplies
  - o Optional commuter meal plan is available at extra cost

To take advantage of the program you must:

1. Have OPWDD eligibility and be enrolled in the Home & Community Based Services Medicaid Waiver
2. Have Life Plan that supports program course/goals.

Questions? Contact Linda Bertolozzi; (845) 431-8058; [bertoloz@sunydutchess.edu](mailto:bertoloz@sunydutchess.edu) ; [thinkahead@sunydutchess.edu](mailto:thinkahead@sunydutchess.edu)

### **Access VR <http://www.acces.nysed.gov/vr> for vocational support**

1. If the individual is in school the school district can complete the ACCES VR referral
2. There is a youth and student transitional services section <http://www.acces.nysed.gov/vr/student-and-youth-transition-services>
3. There is a drivers evaluation section with ACCES VR- <http://www.acces.nysed.gov/vr/44000-driver-evaluation-and-training-policy>

### **Vocational Programming outside of ACCES VR**

1. Dutchess One Stop: <https://www.dutchessonestop.org/>
  - a. Youth One Stop <https://www.chamberfdn.org/leadership-programs/youth-one-stop-job-training/> this is through the Dutchess County Workforce Investment Board <https://www.dcwib.org/node/25>
  - b. Local businesses seeking more information about the County's "Think Jobs" efforts, including the benefits of hiring the disabled and other resources, can contact Dutchess One Stop Career Center at [info@dutchessonestop.org](mailto:info@dutchessonestop.org) or (845) 349-4634
2. Smart Staffing Group <https://www.smartstaffinggroup.com/>
  - a. They have a Pre-Employment Transition Services Program. Contact Tracy Jones at [tracy@smartstaffinggroup.com](mailto:tracy@smartstaffinggroup.com) <https://www.smartstaffinggroup.com/services/workforce-development-services/>
  - c. They also now work closely with Youth One Stop (see above). Contact Leo Ramirez at [leonardo@smartstaffinggroup.com](mailto:leonardo@smartstaffinggroup.com)
3. **ARC of Greater Hudson Valley**, aka ARC GHV (formerly ARC of Dutchess)- is connected to a number of local high schools conducting a school to work program. <https://arcghvny.org/programs/school-to-work-and-transition-service.html> ; Contact Joan Sczerba at [jsczerba@arcghvny.org](mailto:jsczerba@arcghvny.org) or at (845) 635-8084 X 21149; also connected to ThinkJOBS  
*National programs for employment and education*

4. **Employment First/US Department of Labor** <https://www.dol.gov/agencies/odep/initiatives/employment-first> Employment First is a national systems-change framework centered on the premise that all individuals, including those individuals with the most significant disabilities, are capable of full participation in **Competitive Integrated Employment (CIE)** and community life. Under this approach, publicly-financed systems are urged to align policies, regulatory guidance, and reimbursement structures to commit to CIE as the priority option with respect to the use of publicly-financed day and employment services for youth and adults with significant disabilities.

5. **Workforce Recruitment Program** <https://www.dol.gov/agencies/odep/program-areas/employers/workforce-recruitment-program> Every year, the WRP connects federal and select private-sector employers nationwide with highly motivated college students and recent graduates with disabilities eager to demonstrate their skills and abilities in the workplace through internships and permanent jobs.

6. **Entry Point!** American Association for the Advancement of Science **Entry Point! | American Association for the Advancement of Science** ([aaas.org](http://aaas.org)) The objective of the program is to encourage and develop talent among undergraduate and graduate students with disabilities who have demonstrated an interest in pursuing a STEM career.

### **Guardianship and Financial Supports/Services**

**Guardianship** In New York State, when a person turns 18 years old, they are assumed to be legally able to make decisions for themselves. This means that no other person is allowed to make personal, medical, or financial decisions for them. If you are concerned about the well-being of an intellectually or developmentally disabled person who is 18 or over (or about to turn 18), you may want to consider asking the court to appoint an Article 17-A guardian. An Article 17-A guardian is someone who is appointed by



a Surrogate Court judge to help protect the interests of an intellectually or developmentally disabled adult and make decisions for them, when they are unable to do so for themselves.

For more information please visit: <https://nycourts.gov/courthelp/Guardianship/17A.shtml>

#### **Financial Supports/Services**

1. NY ABLE Accounts: <https://www.mynyable.org/> These allow someone to earn money and keep their benefits without penalties.

2. **Special Needs Trusts- SNT:** <https://futureplanning.thearc.org/pages/learn/where-to-start/financing-the-future/special-needs-trusts>

3. **Taconic Resources for Independence: Mobile Benefits Counselor** to aid families and individuals with understanding and obtaining benefits they are entitled to. <https://taconicresources.org/mobile-disability-benefits-counseling/>

## **BEHAVIORAL AND COMMUNITY HEALTH**

### **National Suicide Prevention Hotline**



### **Dutchess County 24/7 Crisis Services HELPLINE**

**CALL or TEXT HELPLINE**

845-485-9700

**CALL Toll Free**

877-485-9700

**What we offer:**

- Immediate crisis response
- Emergency mental health counseling by phone or text
- Help understanding mental health services and programs in our County

**Mobile Crisis Intervention Team**

The Mobile Crisis Intervention Team includes caring mental health professionals who can go directly to a person in crisis to help prevent a situation from getting worse, see what the person needs, and connect them to services that can help them right away.

To connect to the Mobile Team, **CALL or TEXT Dutchess County HELPLINE 24/7/365 at 845-485-9700** or call toll-free at **877-485-9700**.

# NEED 2 TALK?

Dutchess

TEXTS

Life out of control?  
Friend needs help?  
Need someone to talk to?

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

or call toll-free (877) 485-9700



**Dutchess County**  
**HELPLINE APP**



**Experienced people who care and can help  
are available every day, 24/7**

The HELPLINE Service is brought to you by  
**Dutchess County Department of  
Behavioral & Community Health**

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



# Dutchess County Stabilization Center



## What is the Stabilization Center?

The Stabilization Center is a 24/7 community crisis response hub where people of all ages can connect immediately with an integrated team of clinical counselors, peer specialists, and behavioral health professionals, as well as to our local community's health & human service providers, to address any mental health, addiction, or social determinant of health needs.

The Stabilization Center is designed to:

- Reduce hospital ER visits, inpatient admissions, & readmissions
- Reduce criminal justice involvement due to under-addressed behavioral health issues
- Achieve the "Triple Aim" for Dutchess County's crisis response system:
  - I. Improved care delivery & customer satisfaction
  - II. Better health outcomes
  - III. Reduced public costs
- Create a welcoming gateway to Dutchess County's broader health and human services system

The Stabilization Center is 100% voluntary. People can walk in on their own, or be brought by law enforcement on crisis intervention calls.

## Why do people come to us?

People come to us when they're experiencing a "crisis" — overwhelming feelings of emotional distress — for any of the following reasons:

- Acute Psychiatric Symptoms
- Suicidal Ideation
- Adverse Thought or Behavior Patterns
- Trauma and its Lasting Adverse Effects
- Addiction & Chemical Dependency
- Intoxication (Sobering Space Available)
- Living With Chronic Health Issues
- Strained Relationships (Family, Friends, etc.)
- Social Isolation
- Poverty & Economic Stress

People come to us for **engagement** built around customer service and person-centered communication.

People come to us for an **environment** where everyone feels safe and comfortable - *fully* trauma-informed & responsive.

People come to us for the **mutuality** of our peer staff, who have had similar experiences and can empathize with them.

People come to us for our **philosophy** that *all* people can find their own pathways to recovery and wellness.

## What do we offer our guests?

Whole Health Assessments  
Motivational Interviewing & De-escalation  
Peer Support & Engagement

Crisis Counseling  
Person-Centered Care Planning  
Recovery & Wellness Education

Direct Connections to Outside Services  
Advocacy  
Follow-up to Ensure Quality Outcomes



## An Integrated Partnership

People USA  
Astor Services for Children & Families

Dutchess County Government  
MHA of Dutchess County

230 North Road | Poughkeepsie, NY 12601  
Call or Text HELPLINE (845) 485-9700

peopleUSA

## **Outpatient Behavioral Health Services**



Astor Outpatient Clinics provide counseling, psychiatric services, and family advocacy to youth (ages 2-26) and their families using a strengths-based approach. Our interdisciplinary team includes child psychiatrists, psychologists, psychiatric nurse practitioners, nurses, social workers, mental health counselors, and family advocates.

First time clients can walk in between 9 am - 5 pm (see below for individual hours of operation).

The Astor team has an expertise in a variety of evidence-based treatment services designed to integrate the complex and co-occurring needs of youth and families. The following is a list of the services available within the clinic:

- Family, Individual and Group Therapy
- Crisis Intervention & Safety Planning
- Psychiatric Services & Medication Management
- Psychological Testing
- Substance Abuse Screening & Treatment
- Treatment of Youth who cause sexual harm
- Family Advocacy

Astor's Outpatient Clinics accept insurance and Medicaid. Clients without insurance can utilize a sliding-scale fee.

### **DUTCHESS COUNTY ASTOR OUTPATIENT CLINICS:**

#### **Beacon Outpatient Clinic**

223 Main St, Beacon, NY 12508

(845) 838-4920 | Mon., Wed., Fri. 9-5pm; Tues. & Thurs. 9-9pm

#### **Poughkeepsie Outpatient Clinic**

46 Lincoln Ave, Poughkeepsie, NY 12601

(845) 471-6004 | Mon.-Thurs. 9-8pm and Fri. 9am-5pm

#### **Hyde Park Outpatient Clinic**

Children's Medical Group, Suite 2

4252 Albany Post Rd, Hyde Park, NY 12538

(845) 233-5935 | Mon.-Thurs. 9-8pm and Fri. 9am-5pm

#### **Dover Outpatient Clinic**

6423 Rt. 55, Wingdale, NY 12594

(845) 350-3010 | Mon.-Thurs. 9-8pm and Fri. 9am-5pm

#### **Rhinebeck Outpatient Clinic**



187 E. Market Street, Rhinebeck, NY 12572  
(845) 871-1535 | Mon.-Thurs. 9-8pm and Fri. 9am-5pm

### **Private Outpatient Behavioral Health Services**

Organizations providing individual, couples, family and group psychotherapy along with psychiatric evaluations and medication management. Please check to ensure that they accept your insurance.

Also check <https://www.psychologytoday.com> to find private outpatient services for a detailed list of mental health professionals in your area that accept your insurance.

#### **Nuance Health – Behavioral and Mental Health Care**

<https://www.nuvancehealth.org>

#### **Spectrum Behavioral Health –**

<https://spectrumbehavioralhealthny.com>

514 Haight Avenue, Arlington, NY 12603 (845) 485-3506

Hours: M – F (9am – 5pm). Sat (9am – 3pm)

798 U.S. 9 Suite A Fishkill, NY 12524 (845) 897-2384

Hours: Tu, W, F (9am – 5pm)

#### **Southern Dutchess Behavioral Group, LLC**

<https://www.sdutchessbg.com>

1285 Route 9 Suite 7B Wappingers Falls, NY 12590

Call (845) 632-2939 or email [Dutchessbehavioral@gmail.com](mailto:Dutchessbehavioral@gmail.com) to schedule an appointment

English and Spanish provider options

#### **Mid-Hudson Behavioral Health Group, LLC**

<https://midhudsonbhg.com>

942 NY-376, Wappingers Falls, NY 12590

(845) 226-6585

Hours: M – Thursday (9am – 7pm) Fridays (9am – 2pm) Saturdays as needed

#### **PM Pediatric Care: Behavioral Health**

<https://pmpediatriccare.com>

Children and young adults ages 5 – 26 years old for non-emergency mental health. For more information and to request an appointment use the website listed above.



**ABILITIES FIRST**  
an affiliate of **ABILITIES PARTNERSHIP**  
OF THE HUDSON VALLEY, INC.

[Abilities First, Inc.](#)

Children  
BIRTH - 21 YRS

For children with disabilities that live with their families, we bring services to the home and the community. These services are delivered by trained Abilities First staff members, typically in a one-to-one ratio. The selected staff member comes to the home to provide support and care in the home ([Respite](#)) or provide skill building activities in the home or out in the community (Community [Habilitation](#)). Family members are encouraged to take part in selecting staff members and scheduling activities.

Adults  
21+ YRS

For adults with disabilities that live with their families at home or on their own in the community, we bring services to the home and the community. These services are delivered by trained Abilities First staff members, typically in a one-to-one ratio. The selected staff member comes to the home to provide support and care in the home ([Respite](#)) or provide skill building activities in the home or out in the community (Community [Habilitation](#)). People receiving services and their family members are encouraged to take part in selecting staff members and scheduling activities.

To receive Home and Community Services, children and adults must be authorized for services through the New York State Office for People with Developmental Disabilities (OPWDD). Some Home and Community Services also require enrollment in the Medicaid Waiver.

For people who qualify, there is no cost for these services.

**For all general inquiries, to be directed to the appropriate department or unsure of where to start, please contact:**

167 Myers Corners Road, Suite 202

Wappingers Falls, NY 12590

845.485.9803

Fax 845.485.5234

[info@abilitiesfirstny.org](mailto:info@abilitiesfirstny.org)

Hours: 8:00 a.m. – 4:00 p.m



## The Arc of the Greater Hudson Valley, NY

### **SERVICES AVAILABLE TO CHILDREN WITH A DEVELOPMENTAL DISABILITY:**

#### **FAMILY SUPPORT SERVICES:**

- **FAMILY REIMBURSEMENT** ~ Provides financial assistance to families that will offset expenses associated with caring for their family member. Families can request assistance paying for items not covered by Medicaid or private insurance.
- **OVERNIGHT RESPITE** ~ Overnight care provided in private homes by qualified, trained staff. These homes have a room solely designated for this purpose and the child does not share. Children may receive up to fourteen nights a calendar year.
- **RESPIRE REIMBURSEMENT** ~ Reimbursement of fees incurred for respite services provided for care of their family member.
- **SCHOOL VACATION RESPITE**~ Child care during times when the schools are on vacation. The bulk of services will be provided in the summer, however will not be limited to same. These services will be recreational in nature.
- **SIBSHOP**~ Provides opportunities for brothers and sisters of children with developmental disabilities to obtain peer support and education within a recreational environment.

#### **HCBS WAIVER SERVICE:**

- **RECREATION RESPITE** ~ Group activities that provide social and recreational opportunities. These activities generally occur weekday evenings and weekend days.
- **INDIVIDUAL RESPITE** ~ Care provided to children either in their home or in the community. These services provide families with much needed free time. They also assist in forming new relationships.
- **COMMUNITY HABILITATION** ~ Individually tailored supports that assist with skills related to living in the community. Skill acquisition in areas such as socialization, activities of daily living, etc.

### **SERVICES AVAILABLE TO CHILDREN WITH A SERIOUS EMOTIONAL DISTURBANCE: FAMILY SUPPORT SERVICES**

**OVERNIGHT RESPITE** ~ Overnight care provided in private homes by qualified, trained staff. These homes have a room solely designated for this purpose and the child does not share.

**IN – HOME RESPITE** ~ Care provided to children either in their home or in the community. These services provide families with much needed free time. They also assist in forming new relationships.

Anyone can make a referral for Clinic services, including the person seeking a service for themselves. Information about Poughkeepsie Clinic services and the referral process can be obtained by calling 845-471-8876 x 146 or by emailing Director: Christine Henning [chenning@arcdutchess.org](mailto:chenning@arcdutchess.org)

Poughkeepsie Clinic Location  
8 Industry Street  
Poughkeepsie, NY 12603



**Department of Behavioral and Community Health**



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

Identifies children/adolescents (5-21) with the greatest 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.

### **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 NYS OMH 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

Every application is screened and reviewed. The committee will make individualized recommendations for other appropriate community supports and services.

Go to Mental Health Services /Children's SPOA.

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

*Deborah Disanza, LCSW-R*

*C-SPOA COORDINATOR*

*230 North Road Poughkeepsie, New York 12601*

*(845) 486-2768 • Fax: (845) 486-2829*

*[ddisanza@dutchessny.gov](mailto:ddisanza@dutchessny.gov)*

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

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

Contact: Filomena LoRusso, Cell #: (914) 843-7080

(914) 591-7300 ext. 13020

[florusso@abbotthouse.net](mailto:florusso@abbotthouse.net)

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

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

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

[hhreferrals@astorservices.org](mailto:hhreferrals@astorservices.org)

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

**Children's Home of Poughkeepsie:**

Poughkeepsie, NY (CHHUNY)

Makayla Ptasienski, (845) 452-1420 ex 2031

[mptasienski@chilrenshome.us](mailto:mptasienski@chilrenshome.us)

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

**Green Chimneys:** Brewster, NY (CHHUNY)

Contact: Erin Lemon, (845) 279-2995 ext. 707

[elemon@greenchimneys.org](mailto:elemon@greenchimneys.org)

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

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

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

[cgonzalez@mhadutchess.org](mailto:cgonzalez@mhadutchess.org)

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

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

Contact: Marcia Gallucci, (518) 231- 2016

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

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

**The Children's Village :**(CHHUNY)Newburgh, NY

Contact : Seth Mazzella, Cell# 914 564-1744

[healthhomereferrals@childrensvillage.org](mailto:healthhomereferrals@childrensvillage.org)

*Specializing in working with children with SED, foster care, delinquency, and complex trauma.*

**Berkshire Farm Center:**(CHHUNY)

Poughkeepsie, NY

Contact : Brittany Leonforte, (845) 303-5048

[bleonforte@berkshirefarm.org](mailto:bleonforte@berkshirefarm.org)

*Specializes in work with children that have SED, chronic health conditions and LGBTQ.*

**Children's Health Network:** (CHHUNY) Suffern, NY

agency contact # (845)369-4058

Contact: Amy Campanella (845) 323-5145

[acampanella@chn4ny.com](mailto:acampanella@chn4ny.com)

*Specializes in work with the medically fragile children*

**Liberty Post:** Goshen, NY

Agency #: (845) 458-8661

Contact: Jessica Gonzalez (845) 699-0431

[jgonzalez@liberty-resources.org](mailto:jgonzalez@liberty-resources.org)

*Specializes in young children 0-10 years that may have early intervention / special education needs*

## Community Healthcare Collaborative (CHCC)

### **Skyward health/Community HealthCare Collaborative (CHCC):**

Amenia, NY (CHCC)

Contact: Sophia Huang, (914) 570-8648

[shuang@sunriver.org](mailto:shuang@sunriver.org)

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

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

Contact: Cody Gonzalez, (845) 473-2500 x1363

[cgonzalez@mhadutchess.org](mailto:cgonzalez@mhadutchess.org)

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

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

Contact: Marcia Gallucci, (518)231-2016 / Alexa Limato (845)551-6792

[mgallucci@rehab.org](mailto:mgallucci@rehab.org) / [alimato@rehab.org](mailto:alimato@rehab.org)

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

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

Contact: Katie Castell, LCSW-R (845) 430-9861

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. Pregnant Women are also eligible. Families must reside in Dutchess

County and ECCSI services are provided at no cost to the families. Family members can directly self-refer and must be involved with more than one community service. Caretakers and youth who have criminal charges pending and/or are already involved in DCFS Preventive Programing 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



### **Astor High Fidelity Wraparound (HFW)**

**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 Serving Youth in Their Communities (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

## **HOSPITAL DIVERSION**



### **Astor 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.

### **Astor 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

### **Astor 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.

## **PSYCHIATRIC INPATIENT**



### **Four Winds Hospital**

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

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

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

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

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

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



### **Mid-Hudson Regional Hospital of Westchester Medical Center**

*Mid-Hudson Regional Hospital  
241 North Rd, Poughkeepsie, NY 12601*

*Emergency Psychiatric Care  
845-431-8892*

*Mental Health Services*  
*Outpatient – Children, Adolescents, Adults*  
*845-431-8287*

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

## **SAFETY AND VICTIM ASSISTANCE**

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

### **[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.

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

**Call our Statewide Toll-Free Telephone Number:**

**1-800-342-3720**

**If you are deaf or hard of hearing, call TDD/TTY at**

**1-800-638-5163**

**OR have your Video Relay System provider call**

**1-800-342-3720**

**If you believe that a child is in immediate danger,  
call **911** or your local police department.**

**Dutchess County 24-hour texting hotline: [845-485-9700](tel:845-485-9700)**

**New York State Adult Domestic Violence Hotlines**

**English: [1-800-942-6906](tel:1-800-942-6906)**

**Spanish: [1-800-942-6908](tel:1-800-942-6908)**

**NYS Elder Abuse Hotline: [1-800-342-9871](tel:1-800-342-9871)**

**NYS Child Abuse Hotline: [1-800-342-3720](tel:1-800-342-3720)**

**National Domestic Violence Hotline**

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

**[1-800-799-7233](tel:1-800-799-7233)**

**Text: [1-800-787-3224](tel:1-800-787-3224)**

**[NYS Mandated Reporters](#)**

Mandated reporters are certain professionals mandated by New York State law to report suspected child abuse and neglect to the state hotline, the New York State Central Register (SCR). You do NOT need to know names, ages, or identify of everyone in the home.

- Mandated Reporters should call [311](tel:311) in NYC or call the SCR's Mandated Reporter hotline directly at [1\(800\) 635-1522](tel:1(800)635-1522). If the child is in immediate danger, call [911](tel:911).

**[Department of Community and Family Services: Child Protective Services](#)**

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

***845-486-3000***

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

**[Office of Victim Services \(OVS\)](#)**

***800-247-8035 (NYS)***

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





### Family Services

29 N Hamilton St  
Poughkeepsie, NY 12601  
845.452.1110

Family Services provides 24/7 support to victims of violence and other crimes. We are recognized leaders in the community's response to domestic violence and sexual assault, helping victims understand they are not alone, their safety is a priority, and they have options. Our person centered approach supports survivors' rights, dignity, healing and self-determination.

### Family Services Domestic Violence Hotline

**Dutchess County**  
Domestic Violence  
845.485.5550

Rape Crisis/Crime Victims  
845.452.7272

Dutchess County HELPLINE  
845.485.9700

**Ulster County**

Ulster County Crisis Intervention  
845.338.2370

**Orange County**  
Orange County Crisis Intervention  
1.888.750.2266

### Center for Victim Safety and Support (CVSS)

CVSS provides 24 hour non-residential, comprehensive services to victims of domestic violence, sexual assault, and other crimes. CVSS also specializes in enhancing the systems response to victims of crime as well as prevention of crimes. We operate under the guidelines of a victim-centered approach, supporting victims' rights, dignity, autonomy, and self-determination.

All services are free, accessible, and confidential. The Center for Victim Safety and Support serves people of all racial/cultural backgrounds, religions, sexual orientations (lesbian, gay, bisexual, heterosexual), gender identities (men, women, transgender people), abilities, citizenship status and ages.

#### SERVICES BY CVSS INCLUDE:

- 1. 24 hour hotlines:** We provide a 24 hour domestic violence hotline and a 24 hour rape crisis/crime victim's hotline. These hotlines are a resource to community members in need including primary and secondary victims, law enforcement, medical professionals, partner agencies, and other community members in need of assistance. The rape crisis/crime victim's hotline is also the Dutchess County hotline for human trafficking victims.
- 2. Chat Line (NEW SERVICE):** CVSS advocates are now available by chat to offer information, advocacy, and support to individuals who have been impacted by violence. To access CVSS Chat by cell phone, text 845-583-0800. To access CVSS Chat online, visit [www.resourceconnect.com/cvss/chat](http://www.resourceconnect.com/cvss/chat). The Chat Line is open Monday – Friday from 9:00am – 4:00pm. If you need immediate assistance outside of Chat Line hours, please contact us on our 24 hour hotlines: 845-485-5550 or 845-452-7272.



*\*If you have reason to believe that someone could be monitoring your activity on a computer, phone, or tablet, you may want to find another device for chat or call us on our 24 hour hotlines.*

- 3. Advocacy/Accompaniment:** Victim Advocates staffed at CVSS are professionals trained to support victims of crime. Advocates offer victims information and referral, emotional support, guidance, and help finding resources. Advocates accompany victims throughout their process including going with them to court, police, social services, hospitals, and other.
- 4. Counseling:** CVSS provides an array of services to help victims through their healing process including 3 months of free trauma counseling and support groups. Therapy or counseling can help people who have experienced trauma make sense of their experiences and feelings, develop plans to stay safe, learn healthy coping skills, and connect with other resources and support.
- 5. Rape Crisis Services:** CVSS Victim Advocates provide rape crisis services and are on-call 24 hours a day, 7 days a week to respond to and accompany sexual assault victims and secondary victims to hospital emergency rooms, police departments and court rooms.
- 6. Domestic Abuse Response Team:** The Domestic Abuse Response Team Project (DART) works to enhance the criminal justice response to domestic violence to increase the accountability of offenders as well as increase safety of victims through coordination of services. DART is an interdisciplinary approach consisting of the Special Victims Bureau of the Dutchess County District Attorney's Office, DART advocates at CVSS, police officers from each of the DART Police Departments, DART Probation Officers from the Dutchess County Office of Probation and Community Corrections, and the Project Coordinator for the Universal Response to Domestic Violence.
- 7. High Risk Case Management:** CVSS leads the Dutchess County High Risk Response Team. The goal of this project is to reduce lethality in domestic violence cases with the goal of preventing homicide. The High Risk Team is a multidisciplinary group of local professionals that identifies and addresses the most serious and potentially lethal cases of domestic violence in the county.
- 8. Lethality Assessment Program:** CVSS partners with local law enforcement agencies in the Lethality Assessment Program (LAP). LAP consists of an 11-question screening tool, used by law enforcement when responding to a domestic incident and an accompanying referral protocol. The program has established an effective method to connect victims of domestic violence who have the greatest risk of being seriously injured or killed by their abusers to a domestic violence service provider immediately following an abusive incident.
- 9. Elder Case Management Services:** For individuals 60+ who have been the victim of financial exploitation, neglect, psychological abuse, sexual abuse or domestic violence. The goal of the program is to provide early recognition and intervention, intensive case management, community outreach, training and education, and to prevent further instances of abuse.
- 10. Underserved populations:** CVSS is committed to working towards an end to violence in traditionally underserved communities. CVSS provides services for victims with special needs, such as differently-abled, non-English speaking, or hearing impaired. Non-English-speaking domestic violence victims are accommodated by CVSS staff who are fluent in Spanish and by access to 24/7 Language Line services. Additionally, CVSS provides services with an informed understanding of specific needs and challenges of LGBTQ survivors of domestic violence and sexual abuse. CVSS recognizes the barriers that many underserved populations may face when accessing any type of service, so we also offer referrals to allied organizations according to individual needs.
- 11. Outreach/Education:** CVSS provides outreach and education to community members in an effort to spread awareness of domestic violence, sexual assault, and other crimes as well as to make the community aware of victim's rights and services. We also have a comprehensive intern/volunteer program and provide a 40 hour training course in the NYS Department of Health Rape Crisis Certification for community members.

### **SNUG**

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.

#### ***Hours & Location***

*29 North Hamilton Street, Suite 225  
Poughkeepsie, NY 12601*

*845.452.1110 ext. 3184*

### **Domestic Violence Offender Project (DVOP)**

The DVOP is an offender-focused, victim-centered strategy which includes tailored interventions based upon different tiers of offending. The DVOP is designed to hold accountable domestic violence offenders in our community who are known to law enforcement with the goal of reducing violence, recidivism, and interrupting the escalation of violence. The DVOP also provides a connection to case management services for offenders. The goal is to establish strong norms against domestic violence while offering offenders' resources to change their behavior.

#### ***Hours & Location***

*29 North Hamilton Street  
Poughkeepsie, NY 12601*

*Jenna Sarvis*

*845.452.1110 ext. 3129*

*jsarvis@familyservicesny.org*

### **Sexual Assault Response Team (SART)**

The Sexual Assault Response Team (SART) was developed in 2015 to provide victim-centered, trauma-informed response to sexual violence in our community. This multidisciplinary team is made up of partners including the District Attorney's Office, the Department of Community and Family Services, Center for Victim Safety and Support, Vassar Brothers Medical Center, Mid-Hudson Regional Hospital and their Forensic Acute Care Team, City of Poughkeepsie Police Department, Town of Poughkeepsie Police Department, Hyde Park Police Department, Dutchess County Sheriff's Office, New York State Police, Relapse Intervention for Sex Crimes, Bard College, Marist College, the Culinary Institute of America, Vassar College, Dutchess Community College, and other community agencies. Our current goals focus on: implementing trauma-informed training to all of our partners; creating awareness in the community about sexual violence and resources available; and developing a county-wide, victim-centered, trauma-informed protocol for responding to sexual violence.

#### ***Administrative Office Located at***

*29 North Hamilton Street  
Poughkeepsie, NY 12601*

*Kathy Peluso, SART Coordinator*

*845.452.1110 ext.*

*3530 kpeluso@familyservicesny.org*

#### ***24 Hour Rape Crisis Hotline***

*845.452.7272*

### **Universal Response to Domestic Violence (URDV)**

The Universal Response to Domestic Violence Project works to oversee a coordinated community response to domestic violence. Through collaboration with the District Attorney's Office, Department of Community and Behavioral Health, Department of Community and Family Services, Legal Services of the Hudson Valley, Dutchess County Family Court, Integrated Domestic Violence Court, Dutchess County Probation and Community Corrections, City of Poughkeepsie Police Department, Dutchess County Sheriff's Office, New York State Police, City of Beacon Police, Family Services' Center for Victim Safety and Support, Family Services' Domestic Abuse Awareness Classes, Grace Smith House, and House of Hope come together to form the Project's Steering Committee. These agency representatives' partner to implement and maintain the coordinated community response by addressing gaps in the systemic response to domestic violence. To act as a liaison between all agencies, the Project employs a Project Coordinator.

***Contact***

*Keith Hudes*

845.452.1110 x3127

khudes@familyservicesny.org



**Grace Smith House, INC.**

***24 Hour Hotline: 845-471-3033***

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

Grace Smith House is a private nonprofit domestic violence agency, which provides both residential and nonresidential services to victims of domestic violence and their children. The mission of Grace Smith House is to enable individuals and families to live free from domestic violence by:

- Providing shelter and apartments, advocacy, counseling and education
- Raising the consciousness of the community regarding the extent, type and seriousness of domestic violence

- Initiating and taking positions on public policies in order to provide options which empower victims of domestic violence

Services include:

#### 24-HOUR HOTLINE

Advocates at our 24-hour crisis hotline can help you assess the danger you are in, create a safety plan for your family and help you understand available options.

#### ADVOCACY

Advocates can help guide you through processes involving police, courts, social services, employment, housing and more.

#### FAMILY COURT ADVOCATES

Trained Advocates can help you complete and file orders of protection and petitions.

#### CHILDREN’S PROGRAMS

A trauma-informed approach to serving children who have been exposed to family violence. Programs take place in our shelter and in our community programs.

#### CHILD PROTECTIVE SERVICES LIAISONS

Skilled liaisons located at Child Protective Services offer support to victims of domestic violence who are involved with CPS.

#### EMERGENCY SHELTER

Our 25-bed, family-style secure shelter for individuals and families. Services provided on site.

#### SAFE PET PROGRAM

We work with the Dutchess County SPCA to provide a safe place for your animals while you seek shelter in our residential program.

#### TRANSITIONAL HOUSING

Our apartments house survivors transitioning from a short-term shelter stay to an independent living environment. Services provided on site.

#### SUPPORTIVE COUNSELING

Individual counseling for survivors of domestic violence.

#### SUPPORT GROUPS

We offer trained advocates to facilitate groups for you and your children, to help acknowledge your experiences and learn non-violent methods of problem-solving.

**LATINA OUTREACH** Spanish-speaking advocacy and counseling is available.

COMMUNITY EDUCATION & OUTREACH School and community education focused on bullying and relationship violence prevention and intervention. Outreach activities to increase awareness about domestic violence and Grace Smith House services.



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

60 Market Street Poughkeepsie, NY 12601

Agency Telephone: 845-486-3000

**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>	Amanda McGann-Watson, Director	845-486-3012
	Heather Vosburgh, Assistant Director	845-486-3067
	Marcia Wiley, Quality Assurance Supervisor	845-486-3066
<b>Hours of Operation</b>	Monday- Friday: 9am – 5pm	
<b>Other Specifics about Business Hours</b>	Child Protective Services case managers and supervisors provide on call coverage 24 hours per day, 365 days per year to investigate reports of Child Abuse or Neglect made to the New York State Central Register Child Abuse Hotline.	

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

#### **Children's Services – Adoption and Home-Finding**

<b>Unit Phone:</b>	845-486-3220	<b>Fax:</b>	845-486-3238
<b>Unit Supervisor:</b>	Felice Sarmiento, Adoption Supervisor	845-486-3279	
	Monica Balassone, Home Finding Supervisor	845-486-3085	

- Recruits, trains, certifies, and monitors foster/adoptive families on a continuous basis;
- Determines appropriate foster/adoptive home placements for children when these are needed;
- Conducts foster parent, public and 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](mailto: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, Case Supervisor Vanessa Stuart, Case Supervisor	<b>Phone</b>	845-486-3065 845-486-3095
-------------------------	--	--------------	------------------------------

- 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>	Heather Vosburgh, Assistant Director 845-486-3067		

- 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.

### Children's Services – Safe Harbour

<b>Office Phone:</b>	845-249-4878	<b>Fax:</b>	845-454-0129
<b>Cell (call/text):</b>	914-475-3589		
<b>24 hr. Victim Hotline:</b>	845-452-7272		
	David Garcia, Safe Harbour Coordinator <a href="mailto:David.Garcia@dfa.state.ny.us">David.Garcia@dfa.state.ny.us</a> <a href="mailto:HumanTrafficking@DutchessNY.gov">HumanTrafficking@DutchessNY.gov</a>		

- Assists in identifying victims of labor and sex trafficking and coordinating trauma informed services
- Provides case management for youth up to the age of 21, who are suspected of being trafficked or are at high risk of being exploited
- Access to services to support the immediate safety needs of youth (food/clothing/shelter)
- Provides presentations to youth on various topics including Human Trafficking, Internet Safety, Sexting and Sextortion
- Facilitates Prevention Education Programs for high school and middle school youth
- Assists families with referrals to supportive services
- Provides community and professional presentations on Human Trafficking

### 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>  Sr. Youth Worker Corinne Lesko, 845-486-3664 <a href="mailto:corinne.lesko@dfa.state.ny.us">corinne.lesko@dfa.state.ny.us</a>		
<b>Business Hours:</b>	Monday - Friday 9am – 5pm		

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. The Division also oversees the Path To Promise initiative, a multi-year effort to ensure all young people in Dutchess County, from birth to age 19, have the assets they need to achieve their fullest potential as they grow into young adults.

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

**Abbott House**

Intensive Home Based Preventive Services

**Astor Services for Children & Families**

Intensive Home Based Preventive Services  
Enhanced Coordinated Children's Services Initiative (ECCSI).

**Berkshire Farm Center**

Non-secure detention services  
Dutchess Pathways Preventive Services

**Child Abuse Prevention Center**

Child Advocacy Center Coordination  
Supportive Parenting Program

**Dutchess County Department of Behavioral and  
Community Health**

A co-located Public Health Nurse (PHN)

**Family Services, Inc.**

Crime Victims & Domestic Violence Services

**Grace Smith House**

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

**Hudson River Housing, River Haven Shelter**

Respite services for youth

**JFC Consulting**

Medical consultation on child abuse cases.

**Lexington Center for Recovery**

Two co-located 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

**Wendy's Wonderful Kids**

A dedicated recruiter committed to finding freed youth who have been in foster care over two years permanent adoptive families

**Westchester Institute for Human Development**

Child sexual abuse medical examination

**Youth Advocate Programs, Inc.**

Preventive and mentorship services to youth aged 12-17 who are juvenile justice involved or returning home from institutional care

## **Families First Court Initiative**

*Katelynn van Zutphen*  
*Clinical Coordinator*  
[kvanzutphen@nycourts.gov](mailto:kvanzutphen@nycourts.gov)

*Kate Wurmfeld*  
*Director of Family Court Programs*  
[kwurmfeld@nycourts.gov](mailto:kwurmfeld@nycourts.gov)

Families First strives to improve the way Family Court responds to the needs of adolescents (ages 12-18) and their families.

Our goals are to:

- Keep youth out of congregate settings, or if already in placement, help them return to their family/community as soon as possible.
- Increase communication and collaboration between families, attorneys, Department of Children and Family Services, Probation, service providers, and the Court.
- Promote strong and resilient families through trauma-responsive practices and interventions.

### **The Families First Clinical Coordinator**

will provide trauma-responsive and developmentally-informed support throughout the court process with expert knowledge in adolescent development and community services that are available to provide support. The Clinical Coordinator will be there to support the whole family in navigating complicated legal and social service systems.

### **A Targeted Service Plan**

created by the family and the Families First Court Team, connects the family to services that will meet the specific needs of the case. The Coordinator will ensure that expectations are manageable and promote success.

### **Specialized Providers for Adolescents**

from community-based organizations that are supportive, flexible, and aware of the stress that court involvement has on families, will be recommended for each youth.

### **Monthly Clinical Conferences**

will allow the family to have an active role in planning with everyone involved, including the parent and child attorneys, and anyone else that may be a support for the family members.

### **The Dedicated Families First Judge**

will lead with a trauma-responsive judicial approach and ensure more frequent court appearances so that a family's progress can be noted more often than traditional appearances.

### **Support and Advocacy for Increased Contact**

if appropriate and applicable, the Coordinator will advocate for increased contact or visitation to strengthen relationships and support reunification.

### **An Emphasis on Repairing Parent-Child Relations**

is a goal of the Families First when things have happened to harm the relationship.

## **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**

### **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**

Juvenile Risk Intervention Services Coordination (J-RISC) is a community-based service offered through Dutchess County's Department of Community Corrections and Probation. The program offers Functional Family Therapy to youth who are identified as high-risk for Family Court involvement and/or juvenile detention or placement.

J-RISC utilizes an intensive team intervention approach. The team includes a Probation Officer dedicated to the J-RISC assigned youth, a Probation employed Case Manager, and an Astor clinician specifically trained in the evidence-based model, Functional Family Therapy (FFT).

Megan (Meg) Wright  
[mwright@astorservices.org](mailto:mwright@astorservices.org)  
845-204-5223

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



### **Lexington Center for Recovery**

*PAGE PARK CLINIC*  
41 Page Park Drive  
Poughkeepsie, NY  
845.486.2950

*MAIN STREET CLINIC*  
412 Main Street  
Poughkeepsie, NY  
845.486.8880

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

*DOVER PLAINS*  
7 Dover Village Plaza  
Dover Plains, NY 12522  
845.444.2333

**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

### **Mid-Hudson 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 Mid-Hudson 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)
- 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-Non, 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**

**P.O. Box 8107**

**Prairie Village, Kansas, 66208**

**[draws@draonline.org](mailto:draws@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*

**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*

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



### 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.collegedrinkingsprevention.gov](http://www.collegedrinkingsprevention.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)

*+Dutchess County Pride on Facebook, Instagram and Twitter*

**Dutchess County Pride Center** is a safe space for LGBTQ+ individuals and their families, including youth to meet and socialize. Our goal is to improve the health, safety, and well-being of the entire LGBTQ+ community in Dutchess County.

We support, educate, and advocate for all members of the LGBTQ+ community, including LGBTQ+ youth and young adults through outreach, support groups, and social events .

**GLSEN, Inc.**

110 William Street, 30th Floor,  
New York, NY 10038

[info@glsen.org](mailto:info@glsen.org)

212-727-0135

Every student has the right to a safe, supportive, and LGBTQ-inclusive K-12 education. We are a national network of educators, students, and local GLSEN Chapters working to make this right a reality.



*PFLAG National Office*

*Main Phone: (202) 467-8180*

*Fax: (202) 467-8194*

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.

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 Stephanie Hilero 845-901-7716*

A program designed to assist Dutchess County youth with significant emotional challenges between the ages of 18-26 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**

*205 South Avenue #200  
Poughkeepsie, NY 12601  
(845) 471-7213*

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



**Taconic Resources for Independence, Inc.**

*82 Washington St, Suite 214, Poughkeepsie, NY 12601  
845-452-3913*

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)**

*845-452-5425*

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 1353*

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

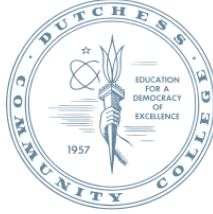


### **DC BOCES Programs**

*Phone: 845-486-4800*

*Fax: 845-486-4981*

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*

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*

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*

Services for adults 18 + with emotional disabilities

## **TEEN PREGNANCY**



**Help · Heal · Hope**

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

Katie Castell 845-430-9861 [kcastell@astorservices.org](mailto:kcastell@astorservices.org)

Pregnant teens are offered a family driven process that strengthens support services, collaborates between service providers, community service linkages to increase protective factors

### **The Center for the Prevention of Child Abuse: The Young Parenting Program**

*35 Van Wagner Road, Poughkeepsie, New York 12603*

845-454-0595  
[info@thecpca.org](mailto:info@thecpca.org)

The Young Parenting Program is a confidential case management program designed to build parenting skills for any pregnant or parenting youth 13-21 in Dutchess County. We provide case management for our clients tailored to their individual needs while focusing on self-sufficiency through goal setting for their education, employment, and parenting. Our program provides pregnancy prevention in local high schools through peer discussion groups and fosters a nurturing environment for any teen that is pregnant and looking for support.



**Help · Heal · Hope**

**Astor Early Childhood Programs**

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

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

**CARE-NET**

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



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

**Emergency Housing & Assistance**



**Hudson River Housing, Inc.**

*313 Mill St, Poughkeepsie, NY 12601*  
845-454-5176

**Emergency Housing for Adults**

Webster House Overnight Emergency Housing (the Pods)

**Are you experiencing homelessness and in need of housing tonight?**

We offer overnight emergency housing 365 nights a year. **To access housing at this time, please come to 150 North Hamilton Street in Poughkeepsie by 6:30pm.**

Webster House offers overnight emergency housing for residents of Dutchess County ages 18+ after a brief screening. Meals, showers, and laundry facilities are available. All guests are expected to abide by a general set of rules of good behavior. Guests are expected to meet with a care manager to address the reasons for their homelessness and develop a plan focused on independent living and permanent housing.

**For more information please call (845) 452-0019**

### **Emergency Housing for Families**

#### **Gannett House at Hudson River Lodging**

Gannett House offers emergency housing for families. To access Gannett House, you must first visit the Dutchess County Department of Community and Family Services to request housing assistance.

The Gannett House program provides meals and limited transportation, along with support services to families dealing with homelessness. All families placed in the program work with a care manager to access community resources and transition to more stable housing. We cannot accept walk-ins at Gannett House.

**For more information please call (845) 452-0019**

### **Emergency Housing for Youth**

#### **River Haven Youth Shelter**

Emergency housing and support services for youth who are running away or experiencing homelessness and young people who can otherwise benefit from short-term or respite housing due to family conflict or emergency, risk of court placement, or other issues. The River Haven Shelter is certified by New York State to house youth under 18.

Staff are available 24/7 to handle requests for housing, and provide related services including: referrals, information, counseling and crisis intervention for youth and their families.

**For more information or assistance, please call (845) 454-3600**

### **After-Hours Emergency Placement**

Families who find themselves homeless outside of the hours when Dutchess County Department of Community and Family Services staff are available should contact the After-Hours Emergency Placement (AHEP) program.

Through AHEP, Hudson River Housing staff will assist families in finding emergency housing until DC DCFS is open, at which point they must meet with DC DCFS staff to assess their situation.

**For assistance through AHEP, call (845) 471-8454.**

### **Project Porchlight**

#### **Drop-In Center**

Project Porchlight is located in the rear of 310 Mill Street in Poughkeepsie and is open Monday – Friday 8:30am – 4:30pm. During these hours, anyone is welcome to stop in to receive respite from the weather, food and basic supplies, access showers, meet with a care manager, and receive referrals for other services.

**(845) 337-4407 or (845) 625-3327**

### **Street Outreach**

Our Street Outreach team is available to help those struggling with homelessness by providing referrals, resources, support, and access to shelter.

If you are aware of someone in need and would like to get in touch with our Street Outreach team, contact **(845) 625-9581**.

## **Transitional Housing**

### **Transitional Housing for Adults**

#### **Hillcrest House**

Hillcrest House offers a supportive environment for adults transitioning out of homelessness. Residents pay an affordable monthly rent and participate in our on-site meal plan. Each resident is assigned a Case Manager to assist them in connecting to community resources and moving toward permanent housing.

Interested applicants must complete the Universal Housing Application and participate in a screening process and an interview in order to be accepted at Hillcrest House.

**For more information please call (845) 454-5176**

### **Transitional Housing for Families**

#### **LaGrange House**

The LaGrange House Program provides care management services for families transitioning out of homelessness. Residents pay an affordable monthly rent and work with care managers toward self-sufficiency and permanent housing.

LaGrange House applicants must complete the Universal Housing Application and participate in a screening process and an interview in order to be accepted.

**For more information please call (845) 454-5176**

### **Specialized Housing**

#### **Housing for Veterans**

Liberty Station offers a supportive living environment in the company of other veterans. Units are single room occupancy, with shared kitchen and bath facilities.

Garden Street Housing offers low-cost housing with a preference for female veterans, with private baths and shared kitchen and common areas.

Poughkeepsie Commons is a 72-unit apartment complex that offers 24 one-bedroom apartments exclusively for veterans. **Find out more by calling (845) 454-5176.**

#### **Housing for Young Adults**

River Haven TLC (Transitional Living Community) provides youth a safe living environment through which to pursue their goals and learn life skills necessary to live independently.

Housing is available for young adults transitioning from homelessness.

Residents must apply to the program and undergo a screening process.

**For more information or assistance, please call (845) 452-0019**

#### **Senior Housing**

Cannon Street Senior Housing is affordable housing for active adults age 55 or older.

Cannon Street Senior Housing is conveniently located in downtown Poughkeepsie in close proximity to healthcare, pharmacy, grocery, municipal, and public transportation services.

Maybrook Gardens in Orange County provides 36 units of project-based section 8 housing for seniors 62 and older or individuals 18 and older with disabilities.

**For more information, contact us at (845) 454-5176.**

### **Supported Permanent Housing**

Through our supported housing programs, Hudson River Housing offers individuals diagnosed with severe mental illness, chronic chemical dependency, and/or other disabling conditions the opportunity to successfully transition out of homelessness or residential care to stable, affordable, permanent housing of their own.

Supported housing participants are required to actively work on an individualized service plan toward meeting goals that lead to increased self-sufficiency and the ability to maintain stable, permanent housing.

**To learn more about supported housing, contact us at (845) 454-5176**

### **Affordable Rental Housing**

Looking for affordable rental housing? We offer a wide variety of affordable rental housing, ranging from rooming houses to full homes for rent. Our housing also includes specialized housing for veterans, young adults, those transitioning from homelessness, seniors, and those living with mental illness or addiction.

**APPLY FOR HOUSING**

### **Services for Veterans**



### **Veteran Specialist Care Manager**

All our staff are well-equipped to help address your needs. However, we know that being a veteran can bring complex challenges. Our Veteran Specialist Care Manager is available by referral basis to help you navigate housing, healthcare and benefits.

**Contact us at (845) 452-0019 for more information.**

### **VetZero Heroes Making Heroes**

VetZero Heroes Making Heroes is a social enterprise food business operated by Hudson River Housing. Heroes Making Heroes provides employment, training and mentorship to local veterans who have experienced homelessness, along with other formerly homeless individuals facing barriers to employment.



Heroes Making Heroes offers a menu of affordable hero-style sandwiches sold locally at farmers markets and local events and through catering services.

### **Where to Find Us:**

Mondays – Poughkeepsie Waterfront Market 3:00-6:30pm

Thursdays – Arlington Farmers Market 2:00-6:00pm (starting June)

### **VetZero Heroes Driving Heroes Ride Program**

Many of our veteran residents and community members cite transportation to and from important meetings, such doctors appointments or work interviews, as one of the greatest barriers to their leading a healthy and successful life. To help solve this problem, we created the VetZero Heroes Driving Heroes Ride Program which provides free car rides for local veterans to useful destinations such as the Veteran Affairs County Office and Castle Point Medical Center.

**For more information or to request a ride, call 833-VET-ZERO.**

## **HEALTH SERVICES**

<a href="#">Anderson Center for Autism</a>	<a href="#">Cardinal Hayes Home</a>
<a href="#">Cornerstone of Rhinebeck</a>	<a href="#">Four Winds Hospital</a>
<a href="#">Greystone Programs, Inc.</a>	<a href="#">MidHudson Regional Hospital</a>
<a href="#">New Horizons Resources, Inc.</a>	<a href="#">NY Presbyterian Hospital</a>
<a href="#">Putnam Hospital Center</a>	<a href="#">Richard C. Ward Treatment Center</a>
<a href="#">Rockland Psychiatric Center</a>	<a href="#">Rockland Children's Psychiatric Center</a>
<a href="#">St. Vincent's Hospital</a>	<a href="#">Taconic Developmental Disabilities Services</a>
<a href="#">Westchester Medical Center</a>	

## **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: Commisioner Robert Balkind, P.E. or Michael Grattini, Public Transit Administrator  
[mgrattini@dutchessny.gov](mailto:mgrattini@dutchessny.gov)





## **COMMUNITY ACTION PARTNERSHIP**

The Dutchess County Community Action Agency Inc. partners with families and individuals to eliminate poverty and identify resources for families to enhance their self-reliance. Some programs include: Employment Assistance, Dress for Success of Dutchess County, Volunteer Income Tax Assistance, Weatherization Assistance Program (WAP), Retired & Senior Volunteer Program (RSVP)

### *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.*

## **Dutchess County Food Access Resources**

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

### **Amenia**

#### **Food of Life (Food Pantry)**

Street Address: 40 Leedsville Rd, Amsterdam, 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., Amsterdam, NY  
Phone: 845-373-8193  
Hours of Operation: Every Friday of the month from 4:30-6:30pm.

### **Beacon**

#### **Dutchess County Community Action of Beacon (Food Pantry)**

Street Address: 10 Eliza St. Beacon, NY 12508 Phone: 845-452-5104 Ext. 204  
Hours of Operation: Call to make an appointment Monday-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.

#### **St. Andrew's and St. Luke's Food Pantry**

Street Address: 15 South Avenue Beacon, NY 12508  
Phone: 845-831-13694  
Hours of Operation: Saturday from 10-11am.

#### **Beacon Community Kitchen (Meal Program)**

Tabernacle Church, 483 Main St, Beacon, NY 12508  
Hours of Operation: Mon-Thurs 10:30 am- 12 pm

### **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 the Town of Dover Plains.

**Dutchess County Community Action of Dover Plains (Food Pantry)**

Street Address: 3414 Route 22, Dover Plains, NY 12522  
Phone: 845-452-5104 Ext. 203  
Hours of Operation: Call to make an appointment Monday-Friday 8:30 am-4:30 pm. (closed 12-1)  
Eligibility Restrictions: Can come every 30 days; transportation from nearby towns may be available.

**Fishkill**

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

Appointments are needed for each day.  
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 2:30pm-5pm.  
Eligibility Restrictions: Must bring proof of residence in Southern Dutchess County and ID for all household members.

**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 – 1:00 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. Monday-Friday 9am-4pm.

**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. Except Mondays from 9am-1pm or the second Wednesday of the month from 9am–1pm

**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 dependents; 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 Second and Fourth Wednesday from 10:00am-2:00pm.

**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: Call ahead: Last Thursday of each month 7:00 – 8:00 pm.  
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: Wednesdays 10:00 am – 1:00 pm.

### **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.

### **Pine Plains**

**Community Food Locker (Food Pantry)**  
Street Address: 3023 Church St. Pine Plains, NY 12567  
Phone: 518-398-7692  
Hours of Operation: Second Saturday of each month 10:00 – 12:00pm.  
Eligibility Restrictions: Must bring proof of residence; must reside in Pine Plains school district.

### **Pleasant Valley**

**Pleasant Valley Ecumenical (Food Pantry)**  
Street Address: 92 Martin Rd., Pleasant Valley, NY 12569  
Phone: 845-635-3022/845-214-2078  
Hours of Operation: Wed 6:00 – 8:00 pm.  
Eligibility Restrictions: Must live in PV or Arlington School District; can come once per month.

### **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-Friday 8:30 – 4pm.  
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.

**Holy Trinity Roman Catholic Church (Food Pantry)**  
Street Address: 775 Main Street, Poughkeepsie, NY 12603  
Phone: 845-452-1863  
Hours of Operation: Tuesday and Thursday 1:30 pm – 2:30 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 – 3:30 pm; soup kitchen is open Saturday 11:30 am – 12:30 pm.  
Eligibility Restrictions: One ID per family required.

**St. Paul's (Food Pantry)**  
Street Address: 161 Mansion St., Poughkeepsie, NY 12601  
Phone: 845-452-8440  
Hours of Operation: Tuesday through Thursday 10:00 am – 2:00 pm.  
Eligibility Restrictions: Families are eligible once per month. Bring bags if possible.

**Salvation Army Breakfast Program (Meal Program)**  
Street Address: 19 Pershing Ave., Poughkeepsie, NY 12601  
Phone: 845-471-1210  
Hours of Operation: Breakfast-Monday through Friday 8:30 – 9:30 am.  
Lunch Monday, Wednesday, and Friday 12-1PM  
Food pantry by appointment only-call first to set up appointment

**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 – 3:30 pm, by appointment.**

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

**Mother's Cupboard (Food Pantry)**

Street Address: 92 Catherine St., Poughkeepsie, NY

Phone: 845-473-1662

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

**Dutchess County Community Action of Poughkeepsie (Food Pantry)**

Street Address: 77 Cannon Street, Poughkeepsie, NY 12601 Phone: 845-452-5104 Ext. 183

Hours of Operation: Call to make an appointment Monday-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 Phone: 845-454-2300 Hours of Operation: Call ahead to make an appointment, Monday - Friday 9:00 am – 5:00 pm. Eligibility Restrictions: The Food Pantry only has non-perishables.

**Trinity Temple Church (Food Pantry)**

Street Address: 16 South Bridge Street, Poughkeepsie, NY

Phone: 845-297-0811

Hours: Wednesday 10:00am – 2:00 pm.

**Changepoint Church (Meal Program)**

Street Address: 260 Mill Street, Poughkeepsie, NY 12601

Phone: 845-452-6007

Hours of Operation: Wednesday 5:30-6pm service and followed by meal 6-7:00 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: Wednesday 10:00am – 12:00pm. And 5-6pm.

**Vine and Branches (Food Pantry)**

Street Address: 91 Hooker Ave, Poughkeepsie, NY 12601

Phone: 845-471-1195

Hours of Operation: First and last Thursday of each month, 5:00 – 6:00 pm.

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

**To God Be the Glory (Food Pantry)**

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

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

**Red Hook****Red Hook Community Action (Food Pantry)**

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

Phone: 845-452-5104 Ext. 203

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

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: Hours change please contact Dave & Lynda Jutton at [svdp@stchrisredhook.org](mailto:svdp@stchrisredhook.org)

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  
Hours of Operation: Sunday 12:00 – 2:00 pm.  
Eligibility Restrictions: Must be a Red Hook resident; bring proof of address.

#### **Rhinebeck**

##### **Jayne Brooks Memorial (Food Pantry)**

Street Address: 6436 Montgomery Street, Rhinebeck, NY  
Phone: 845-876-3533

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

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

#### **Staatsburg**

##### **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.

#### **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 – 7:00 pm.**

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

##### **Pathstone Corporation (Food Pantry)**

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

Phone: 845-298-8998/845-849-0888

Hours: Wednesday 3-6pm.

## **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.

## **Information and Resources**

### **Behavioral Health Booklets**

- [Anxiety Disorders](#) ([Español](#) | [中文](#) | [Русский](#))  
A booklet to help you identify the symptoms and causes of anxiety disorders. It will also explain how to obtain treatment and suggest ways to make such treatment more effective.
- [Attention Deficit Hyperactivity Disorder](#) ([Español](#) | [中文](#) | [Русский](#))  
A variety of medications, behavior-changing therapies, and educational options are available to help people with Attention Deficit Hyperactivity Disorder (ADHD) focus their attention, build self-esteem, and function in new ways.
- [Bipolar Disorder](#) ([Español](#) | [中文](#) | [Русский](#))  
Bipolar disorder, also known as manic-depressive illness, is a brain disorder that causes unusual shifts in a person's mood, energy, and ability to function. Bipolar disorder can be treated, and people with this illness can lead full and productive lives.
- [Bipolar Disorder in Teens](#) ([Español](#) | [中文](#) | [Русский](#))  
Anyone can develop bipolar disorder, including children and teens. Learn more about the symptoms and treatment.
- [Depression](#) ([Español](#) | [中文](#) | [Русский](#))  
Depressive illnesses often interfere with normal functioning and cause pain and suffering not only to those who have the disorder, but also to those who care about them. There are now medications and psychosocial therapies that ease the pain of depression.
- [Eating Disorders](#) ([Español](#) | [中文](#) | [Русский](#))  
Facts about eating disorders and the search for solutions.
- [Heat Illness](#) ([Español](#) | [فارسی](#) | [中文](#) | [Русский](#) | [Kreyòl Ayisyen](#) | [Italiana](#) | [한국어를](#))
- [Medications](#)  
A booklet to help people with mental illness and their families understand how and why medications can be used as part of the treatment of mental health problems.
- [Post-Traumatic Stress Disorder Information](#) ([Español](#) | [中文](#) | [Русский](#))  
Post-Traumatic Stress Disorder is a normal reaction to seriously disturbing events. This booklet examines the signs, symptoms and steps you can take to treat Post-Traumatic Stress Disorder (PTSD).
- [Schizophrenia](#) ([Español](#) | [中文](#) | [Русский](#))  
Schizophrenia is a chronic, severe, and disabling brain disease. However, this is a time of hope for people with schizophrenia and their families. Research is gradually leading to new and safer medications and unraveling the complex causes of the disease.
- [Teen Depression](#) ([Español](#) | [中文](#) | [Русский](#))  
Learn more about the signs and symptoms of depression.

### **Stress Management and Resiliency**

- [Self-Care at Work](#)  
An infographic with wellness tips you can do from your desk.
- [Self-Care for Frontline Workers](#)  
An infographic with wellness tips for NY's frontline workers.
- [Stress Management Tips for the Holidays](#)  
An infographic with tips for the holiday season and warning signs of stress.
- [Stress Management for Students](#)  
An infographic with stress relief tips for students
- [Resiliency Tips for New Yorkers](#)  
A shareable infographic with resiliency reminders and tips for mental wellness.
- [How I Stay Resilient](#)  
A free, print-at-home journal created by OMH to promote resilient thinking among New Yorkers.

### **Resources for Families**

- A Guide for Parents: [One to Five Year Olds](#); [Five to Ten Year Olds](#); [Ten to Twelve Year Olds](#); [12 to 15 Year Olds](#); [15 to 18 Year Olds](#)  
Promoting your child's social and emotional development

## Domestic Violence

- [New York State Coalition Against Domestic Violence](#)
- [New York State Coalition Against Sexual Assault](#)
- [Dutchess County Human Trafficking Task Force Resource Guide](#)
- [Office on Women's Health, U.S. Department of Health and Human Services](#)
- [NYS Office for the Prevention of Domestic Violence](#)
- [Domestic Shelters](#)
- [Dutchess County District Attorney: Domestic Violence](#)
- [The National Domestic Violence Hotline](#)
- [The National Sexual Assault Hotline](#)
- [Don't Let Yourself Be Abused Videos](#)
- [NYC Elder Abuse Center](#)
- [Dutchess County Commission on Human Rights](#)


## Teen Dating Violence

- [Center for Disease and Prevention's Teen Dating Violence Info](#)
- [Youth.gov's Teen Dating Violence](#)
- [Break the Cycle](#)
- [Love is Respect](#)
- [Stop Teen Dating Violence](#)
- [Dutchess County Department of Community and Family Services](#)

## Pet Safety

- [Grace Smith House](#) (845) 452-7155 partners with a local animal shelter to ensure everyone in the family receives shelter. Pets are part of the family, and in homes where there is violence, they are just as much at risk as the human members of the household. No one deserves to be abused and no one deserves to be left behind.

## Resources for School and Mental Health Partners

- [Suicide Prevention in New York Schools](#)   
This comprehensive guide offers educators the resources and best practices towards the prevention of youth suicide.
- [A Primer on the NYS Children's Mental Health System](#)  
What school district leaders should know when creating school and mental health partnerships.
- [Education 101 for Mental Health Leaders](#)  
What local mental health leaders should know when creating partnerships with NYS schools.
- [Improving School and Community Outcomes for Children and Adolescents with Emotional and Behavioral Challenges](#)

## Mental health APPS

- Best overall: [Moodkit](#)
- Best for therapy: [Talkspace](#)
- Best for meditation: [Headspace](#)
- Best for suicide awareness: [Better Stop Suicide](#)
- Best for stress: [iBreathe](#)
- Best for anxiety: [MindShift CBT](#)
- Best for addiction: [Quit That!](#)
- Best for boosting your mood: [Happify](#)
- Best for eating disorders: [Recovery Record](#)
- Best for OCD: [NOCD](#)
- Best for sleep: [Calm](#)
- Best for drinking less alcohol: [Reframe](#)

- Best for quitting alcohol: [I Am Sober](#)

## **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
--------------	---

**ED** Emotionally Disturbed  
**EI** Early Intervention  
**EIP** Early Intervention Program

## **F**

**FERPA** Family Educational Rights and Privacy Act  
**FPSS** Family Support Services

## **H**

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

## **I**

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

## **L**

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

## **M**

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

## **N**

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

## **O**

**OLP** Other Licensed Practitioner

## **P**

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

## **R**

**RCPC** Rockland Children's Psychiatric Center  
**RP** Rehabilitative Psychoeducation

**RPC** Rockland Psychiatric Center  
**RS** Rehabilitative Supports  
**RSS** Rehabilitation Support Services

## S

**SAC** Student Assistance Counselor  
**SED** Serious Emotional Disturbance or State Education Department  
**SBSP** Strength based Service Planning  
**SETRC** Special Education Training and Resource Center  
**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  
**SYNC** Serving Youth in Their Community

## 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

**YAP** Youth Advocacy Program  
**YPS** Youth Peer Support

## **INFORMATIVE WEBSITES**

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



[www.ci.nyc.ny.us/html/acs/home.html](http://www.ci.nyc.ny.us/html/acs/home.html)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Education Services Vocational Rehabilitation

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

Students

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

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

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

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

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

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

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

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

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

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

Administration for Children's Services

Career Zone

Articles on Caregiver Issues

Catholic Charities

Connect for Kids (Annie E. Casey Foundation)

NY State Council on Children and Families

Dutchess County Government website

Gay, Lesbian, and Straight Education Network

Families Together in New York State

Federation of Families for Children's Mental Health

Library

Lexington Center for Recovery

Helps low-income NY'ers solve legal problems

National Center on Secondary Education and Transit

Center for Parent Information and Resources (CPIR)

National Mental Health America

New York State Education Department – Adult Career and Continuing

New York State Technical & Education Assistance Center for Homeless

PACER (children and young adults with disabilities)

Parent to Parent in NY State

Youth Violence Prevention

American Academy of Child and Adolescent Psychiatry

Arms Acres (Liberty Management)

Astor Services For Children & Families

Council on Addiction Prevention & Education

Dutchess County BOCES

Dutchess County Community Action Agency

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

[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)

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

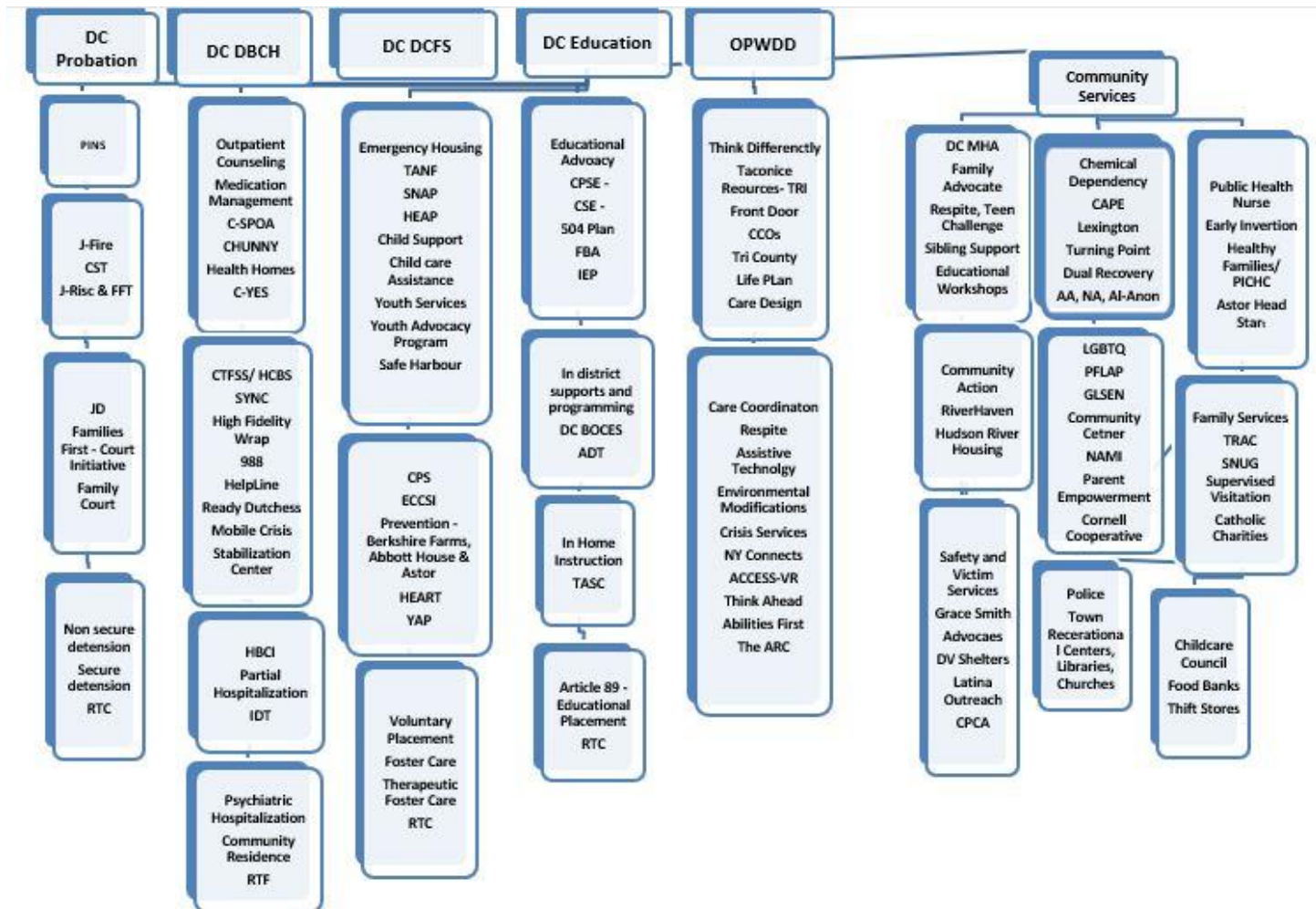
### **QUICK ACCESS PHONE DIRECTORY**

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

<b>Arms Acres (Liberty Management)</b>	<b>888-227-4641</b>
<b>Astor Services for Children &amp; Families Home Based Services</b>	<b>845-486-9743</b>

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

## **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

## 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

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

Social-Cultural Environment

Physical Environment

Economic Environment

©Center for Child Counseling

## 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

©Center for Child Counseling