

# Local Community Resources

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## Addiction Services

Alcoholics Anonymous (Capital District Central Office)

24 Hr Phone: (518) 463-0906

11 Computer Drive West, Suite 100, Albany, NY 12205

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

AL-ANON and AL-ATEEN

<http://al-anon.org/>

Conifer Park

The Troy Outpatient clinic offers many options to clients suffering from substance abuse, with treatment sessions meeting at multiple times throughout the day to accommodate busy client schedules. Out Patient ADOLESCENT and adult treatment available in Troy office and family services; In-Patient treatment available for adults in Glenville, NY

(518) 274-5143 1801

2435 Sixth Avenue, Troy, NY 12180

<http://www.coniferpark.com/troy-outpatient-clinic>

Gamblers Anonymous

518) 292-0414

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

Hudson Mohawk Recovery Center

Evaluations and treatment for individuals, family members seeking services for a substance abuse problem and gambling additions. ADOLESCENT services available.

Closest offices available:

Contact the Troy office at 518-272-3918 for all appointments.

69 Church St., Hoosick Falls, New York 12090 OR 1724 Fifth Ave. Troy, NY 12180

<http://www.hmrecovery.net/main/op.htm>

Narcotics Anonymous

<http://www.na.org/>

Seton Addiction Services

Offers comprehensive biochemical detoxification and a structured, drug-free rehabilitation program.

(518) 268-5005 (Outpatient Detoxification) (518-268-5807 (Inpatient Rehabilitation)

1300 Massachusetts Avenue, Troy, NY 12180

<http://www.sphp.com/addiction-smh>

## Counseling Services

Behavioral Health Services Cambridge Clinic- A program of Glens Falls Hospital. Evaluation and treatment services are provided to individuals and their families who reside in Warren and Washington counties. Our staff is composed of social workers and two psychiatrists (board-certified in child and adolescent psychiatry).

(518) 677-3441

35 Gilbert St., Cambridge, NY

Lisa Carton, LICSW

(802) 379-5456 [lisa@lisajcarton.com](mailto:lisa@lisajcarton.com)

149 Imperial Ave., Bennington, VT 05201

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

Heather Juby, PhD Psychologist and Health Coach

(413) 770-0974

Holistic Behavioral Solutions

9 Church St., Hoosick Falls, NY 12090

Sarah Dianne Nolan

(802) 447-4811

215 Benmont Ave., Bennington, VT 05201

Rensselaer County Department of Mental Health

Comprehensive assessment, diagnostic evaluation, individualized treatment planning, medication monitoring, and individual, family, and group therapy.

*Hoosick Falls Location*

(518) 686-0694

69 Church St., Hoosick Falls, NY

[http://www.rensco.com/mental\\_children\\_services.asp](http://www.rensco.com/mental_children_services.asp)

*Troy Location*

(518) 270-2800

1600 7<sup>th</sup> Ave., Troy, NY

Sexual Assault and Crime Victims Assistance Program for Rensselaer County (Samaritan Hospital)

Comprehensive, specialized services to victims of sexual violence, victims of stalking, older adults, homicide survivors, as well as other victims of crime, their family members and friends, or significant others.

(518) 271-3445

(518) 271-3257 Crisis Line, available 24 hours/day

2200 Burdett Avenue, Troy, NY

<http://www.sphp.com/sexual-assault-sam>

START Children's Center of Rensselaer County  
Child advocacy center that assists child victims of sexual and physical abuse and their  
non-offending family members.

(518) 271-6001

131 6th Ave, Troy, NY 12180

<http://www.startchildrenscenter.com>

## Crisis Services



For Emergencies  
Dial 911

The Capital Region Child and Adolescent Mobile Crisis Team (CRCAMT) serves any family with a child who resides in Albany, Rensselaer or Schenectady Counties (up to age 18, or older if still in day school) who is experiencing an emotional or behavioral crisis in the community regardless of diagnosis or system involvement. Service provided at the moment of the crisis where the child is.

Contact: Rensselaer County Mental Health at (518) 270-2800 or St. Peter's Health Partners, Samaritan Hospital at (518) 271-3540

### Crisis Chat

Lifeline Crisis Chat is a service of the National Suicide Prevention Lifeline in partnership with CONTACT USA. It is the first service of its kind where crisis centers across the United States have joined together to form one national chat network that can provide online emotional support, crisis intervention, and suicide prevention services. The chat specialists are here to listen and support you through whatever difficult times you may be facing.

<http://www.crisischat.org/>

### National Suicide Prevention Lifeline

A free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center to you.

1-800-273-TALK /8255

## Dental Care

Hudson Valley Dental Care

(518) 477-2682

658 Columbia Tpke., East Greenbush, NY 12061

St. Peters Healthcare Services- Dental Department

(518) 463-9809

53 Columbia St., Rensselaer, NY 12144

The Dental Hygiene Clinic

At Hudson Valley, we are committed to providing you with the best patient-centered treatment possible, while providing our students with an excellent learning experience. Our students have been educated and evaluated to laboratory competency prior to treating patients in clinic. Students are closely supervised and evaluated as patient assessment and treatment progresses. Instructors are dentists or licensed dental hygienists with advanced degrees. A dentist is always present during clinic sessions.

(518) 629-7400

Hudson Valley Community College

80 Vandenburg Ave., Troy, NY 12180

<https://www.hvcc.edu/hsc/dhy/clinic.html>

Whitney M. Young Jr. Health Center, Inc.

(518) 833-6900

6-102<sup>nd</sup> St., Troy, NY

Zembroski, Laura A DDS

Bobinski, Paul S DDS

(518) 686-5132

91 Classic Street, Hoosick Falls, NY

## Domestic Violence Services

### 24-hour Domestic Violence Hotline

Unity House's 24-hour Domestic Violence Hotline is an anonymous service which provides crisis intervention, information and referrals 24-hours a day, year-round. Collect calls accepted.

(518) 272-2370

### Domestic Violence Shelter

Unity House operates the only licensed Domestic Violence Shelter in Rensselaer County. Sojourner Place, the Domestic Violence Shelter, is available to victims of domestic violence and their children who no longer have a safe place to stay free from violence. The 33-bed shelter provides safe refuge in a confidential location.

(518) 272-5917

### Hudson Mohawk Recovery Center, Inc.

Batterers Intervention Program-52 week educational program for male perpetrators of domestic violence. This is not an anger management program. Participants in the program are referred by area Courts, Probation, Parole and other legal entities. No self-referrals. Individuals are required to pay a program fee which is based on income.

(518) 272-3918

1724 Fifth Street, Troy, NY 12180

<http://www.hmrecovery.net/>

# Emergency Rooms

Albany Medical Center  
(518) 262-3125  
43 New Scotland Avenue, Albany, NY

Glens Falls Hospital  
(518) 926-3265  
100 Park St., Glens Falls, NY

Samaritan Hospital  
(518) 271-3540  
2212 Burdett Ave., Troy, NY

Crisis Line at (518) 274-4345, available 24 hours/day

Seton Health/St. Mary's Hospital  
1300 Massachusetts Avenue, Troy, NY 12180  
(518) 268-5238

Southwestern Vermont Health Care  
(802) 442-6361 or 1-800-543-1624  
100 Hospital Drive, Bennington VT 05201



## Food Assistance

### CEO's Food Pantry

For emergency situations, CEO's Food Pantry can provide food for three meals a day, for up to three days for each household member, twice a month. This can help you "bridge the gap" until we can help you find a permanent solution to help you get back on your feet. Eligibility Guidelines: CEO's Food Pantry services are available to all Rensselaer County residents. On your first visit, you must provide a picture ID for yourself and all adults in your household as well as birth certificates for all children in your household. Please also bring proof of residency. For future visits, a picture ID will be required. If you are interested in receiving healthy and nutritious food from CEO's Food Pantry, please call: (518) 272-6012 Ext. 247

### Hoosick Area Food Pantry & Church Association

(518) 686-5310

26 John Street, Hoosick Falls, NY 12090

### Hoosick Falls School District Free and Reduced Lunch Program

There is not a free milk program at Hoosick Falls Central School. If your student receives free or reduced lunch he/she has to pay the full price for extra milk and snack milk.

A new free/reduced application must be filled out each school year. If an application is not on file by October 16th, the student will automatically go to full pay. A free & reduced application may be submitted anytime during the year. If your financial situation changes, please submit a new application to the school. For an application, please contact Heather Brooks (518) 686-9492, ext. 1708 or download from the school webpage:

[http://www.hoosickfallscsd.org/?page\\_id=183](http://www.hoosickfallscsd.org/?page_id=183)

### Supplemental Nutrition Assistance Program (SNAP)

SNAP is the new name for the Food Stamp Program. You can now apply for SNAP online, by mail, fax, or in person at your local Department of Social Services or SNAP office.

You may apply for SNAP using the internet if you live in New York State by going to [myBenefits.ny.gov](http://myBenefits.ny.gov). After your application is filed, the local Department of Social Services or SNAP office will review your information, conduct an interview, and determine your household's eligibility for SNAP.

You may also apply at your local Department of Social Services or SNAP office.

(518) 266-7800

127 Bloomingrove Drive, Troy, New York 12180

<http://www.ny.gov/services/apply-snap>

The Commission on Economic Opportunity (CEO)

Applications for WIC. Supplemental food program that provides nutritious foods, milk, juice, formula and other items to low income pregnant or breastfeeding women, infants and children up to age 5.

(518) 272-6012

2328 5th Avenue, Troy, NY 12180

<http://www.ceoempowers.org/services/health-wellness/wic/>

# Grief and Loss Support

The Community Hospice of Rensselaer County

The Community Hospice provides free grief support services to those who have experienced the death of a family member or friend. A Bereavement Counselor will recommend services after meeting with you and your family. Services may include:

- Individual or Family grief counseling, for adults and children
- Support Groups, including Widow/Widowers, Daughter's, Living with Loss etc.
- Camp Erin, a free weekend camp for grieving children and teens, 6-17 years old
- Wave Riders, a free six week program for grieving children and teens, 3-17 years old

These services are free of charge, and are available to everyone, regardless of whether the person who died was a hospice patient.

(518) 724-0242

295 Valley View Blvd., Troy, NY

<http://www.communityhospice.org/>

VNA & Hospice of the Southwest Region

Mary Pleasant, Volunteer & Bereavement Coordinator

(802) 442-0540

Burial Assistance

Financial assistance may be available for the burial of indigent individuals.

(518) 266-7968

# Health Insurance

Rensselaer County DSS  
547 River Street, Troy, New York 12180  
(518) 270-3935  
[http://www.rensco.com/social\\_managed\\_care.asp](http://www.rensco.com/social_managed_care.asp)

## Medicaid Managed Care

Rensselaer County requires Medicaid recipients to enroll into one of the HMOs (Health Maintenance Organizations) contracted by the County. Although some people may be exempted from enrolling due to special circumstances, most families must choose a health plan within 60 days of receiving Medicaid. Rensselaer County offers the following health plans to their Medicaid recipients: CDPHP, Fidelis, WellCare

Medicaid recipients only use their Medicaid card for prescriptions, dental and transportation. For all other medical services the Medicaid recipients use the health plan card and choose a participating primary care provider. For more information on Medicaid Managed Care: <http://www.health.state.ny.us/nysdoh/mancare/mcmain.htm>  
(518) 266-7982.

## NYS Provider & Health Plan Look-Up

<https://ny.stateofhealth.ny.gov/>  
(855)355.5777

## Healthy Capital District Initiative

NYS Certified Navigators: Never before have so many people been eligible for insurance subsidies. Insurance subsidies are available for people who make up to 400% above the poverty line. We provide free information and assistance to applicants without pressure or obligation. HCDI staff work directly with individuals to complete applications through the NY State of Health Marketplace and apply for Medicaid, Child Health Plus and Qualified Health Plans.

(518) 462-7040 [hcdi@hcdiny.org](mailto:hcdi@hcdiny.org)

<http://www.hcdiny.org/index.php?module=Tiles&controller=index&action=display&alias=about&getcoverage>

## Homeless Assistance and Shelters

Joseph's House and Shelter

(518) 272-2544

74 Ferry Street | Troy, NY 12180

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

Homeless and Travelers Aid Society

Provides 24-hour referral and short term counseling, servicing homeless persons, persons at risk of becoming homeless, and stranded travelers in the Capital District.

Provides shelter referrals; short term counseling and case management toward stabilizing housing, financing; limited assistance with job search; list of temporary employment possibilities; assistance with local and long distance transportation for eligible persons.

(518) 463-2124

138 Central Avenue, Albany, NY 12206

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

Temporary Assistance

To find out if you are eligible to receive Temporary Assistance, including help with an emergency, you need to file an application with your county department of social services. You should identify any emergency needs you may have at this time. If you have an emergency, you will be interviewed and told in writing about the decision on your emergency the same day you apply.

Temporary Assistance Hotline at 1-800-342-3009

(518) 266-7800

<http://otda.ny.gov/programs/apply/#ta>

## Housing and Other Basic Needs

Commission on Economic Opportunity Weatherization Assistance Program  
Offers FREE insulation and weather-sealing services to eligible residents in  
Rensselaer County.

Keith Place, Weatherization Manager

Phone: (518) 272-6012 ext. 290 Email: [kplace@ceoempowers.org](mailto:kplace@ceoempowers.org)

<http://www.ceoempowers.org/services/healthy-homes/weatherization/>

RCHR's Mini-Repair Program – Rensselaer County

The Mini-Repair program run by Rensselaer County Housing Resources (RCHR) provides FREE LABOR to eligible homeowners for minor repairs. The Homeowner is responsible for the cost of materials. Contact RCHR's Mini-Repair Coordinator Jay Coon at 272-8289 x 211 to request a repair.

<http://www.triponline.org/homeownership/homeowner-repair-assistance/>

Hoosick Housing Authority

Offers Section 8 and affordable housing to income qualified families and seniors. One, two and three bedroom apartments are available for applicants.

(518) 686-2738

1 Wood Park Ln., Hoosick Falls, NY 12090

Home Energy Assistance Program (HEAP)

The HEAP Program usually opens in November of each year and continues through the heating season.

(518) 266-7960

<http://www.rensco.com/departments/departments-of-ag-ing/home-energy-assistance-program-heap/>

Section 8 Housing Choice Voucher Program

Provides rental assistance and home ownership option to extremely low, very low and low income households; also provides assistance to senior citizens and disabled persons on fixed incomes, displaced families, and homeless individuals with disabilities.

<http://www.ny.shcr.org/Programs/Section8HCV/>

### Temporary Assistance

To find out if you are eligible to receive Temporary Assistance, including help with an emergency, you need to file an application with your county department of social services. You should identify any emergency needs you may have at this time. If you have an emergency, you will be interviewed and told in writing about the decision on your emergency the same day you apply.

Temporary Assistance Hotline at 1-800-342-3009

(518) 266-7800

<http://otda.ny.gov/programs/apply/#ta>

### United Way 2-1-1

Offers information on: food, housing, childcare, employment, health care, senior care, substance abuse, mental health, financial problems, crisis counseling, legal issues, volunteer opportunities or other matters.

Dial 211

<http://www.unitedway.org/211>

### Unity House Street Ministry

Unity House is dedicated to enhancing the quality of life for people living in poverty, adults with mental illness, victims of domestic violence, children with developmental delays and their families, people living with HIV/AIDS, and others whose needs can effectively be met by Unity House services and philosophy. Unity House provides direct service and works toward social justice. We help individuals identify their strengths and needs, draw upon their abilities, and access community resources. We educate, collaborate with others and advocate to influence public policy and to create awareness of the people we serve and the issues they face.

(518) 274-2607

2431 Sixth Avenue, Troy, New York 12180

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

## Legal Assistance

### LawHelpNY

LawHelpNY is an online tool for helping low-income New Yorkers solve their legal problems. Our mission is to: "Provide and promote access to, high-quality online information about free legal services throughout New York, about legal rights in a broad range of substantive areas, about the court system, and about related advocacy, government and social service organizations. We are committed to providing information that is user-friendly, in English, Spanish, and other languages, in order to help low-income and other vulnerable New Yorkers achieve equal access to justice." LawHelpNY is the only comprehensive source of legal referral information in the state and includes:

- More than 600 free legal service projects & organizations with their contact & intake information.
- Over 4,000 Know Your Rights and self-help resources covering 16 areas of law.
- Extensive links to social service, advocacy and government organizations, information about the Court system.

<http://www.lawhelpny.org/>

### Legal Aid Society North Eastern NY

The Legal Aid Society of Northeastern New York provides free legal services to low-income upstate New Yorkers.

518-462-6765 or 1-800-462-2922

95 Central Avenue, Albany, New York 12206

<http://www.lasny.org/contact/>

### NYS Bar Association Referral Service

Lawyer referral and information service. The service does not list Pro Bono (free) attorneys. If you are referred to an attorney through the lawyer referral service the attorney will provide you with a half-hour consultation for \$35. (Free consultations are given for personal injury, social security, medical malpractice, Veteran's and military law, unemployment or workers' compensation.) If the attorney agrees to represent you, the attorney will charge you at his or her regular rates.

1-800-342-3661

<http://www.nysba.org/lawyerreferral/>



## Parenting Education and Support

Alight Care Center

Education classes- Childbirth Class, Infant Care Program, Parenting Class, Cooperative Parenting, and Anger Management Program.

(518) 270-5540

1838 Fifth Ave., Troy, NY

<http://alight.org/programs/>

Center for Divorce Education

Through an online interactive format, parents learn effective skills that will immediately change the way they interact. In the Online version the topics that are discussed are:

- Money Problems
- Children Carrying Messages between Parents
- Long Distance Parenting
- Quizzing Children about the Other Parent
- Putting Down the Other Parent

<http://www.divorce-education.com/>

CEO's Family Support Services (FSS)

Helps families with children who are having social, emotional or behavioral challenges.

FSS offers a variety of support services. These include:

- Someone to talk to that has been through similar struggles
- Support and advocacy in dealing with schools, juvenile justice, social services, and mental and physical health systems
- Community resources and referrals
- Self-advocacy skills.

(518) 272-6012 Ext. 208 or 215

Community Maternity Services

(518) 482-8836

27 North Main Ave., Albany, NY 12208

Kids First After Divorce

Five hour educational program for separated parents that teaches parents how to prevent unnecessary distress in children during the divorce process and afterward.

(518) 443 - 2223

756 Madison Ave., Albany, NY

[http://www.custodychaos.com/content/Uploads/Website\\_RegistrationForm.pdf](http://www.custodychaos.com/content/Uploads/Website_RegistrationForm.pdf)

### Kinship Care in New York State

Kinship care refers to grandparents, other relatives, and even family friends who are caring for children. Most kinship caregivers are not foster parents and privately provide full time care for children.

1-877-454-6463

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

### Parent Network of the Capital Region (PNCR)

Provides parents with the knowledge, skills, resources and support to effectively advocate for their children and to facilitate productive relationships between parents and school districts for the benefit of students with disabilities. Services are free-of-charge to parents, service providers, disability organizations and schools.

(518) 640-3320

1190 Troy-Schenectady Rd., Latham, NY 12110

### Parenting Skill Groups

Parenting skill group to understand children's behavior, build confidence for the child and parent, improve communication, learn positive discipline and address specific challenges. Please contact Jewish Family Services for group schedule and additional information.

(518) 482-8856

877 Madison Ave., Albany, NY

### Wits End Family Support Group

The Family Support Services program also offers the Wit's End Support Group. This group gives family members the chance to share and connect with others who are having similar challenges at home. The goal of the support group is to offer:

- Emotional support
- Information and education
- The opportunity to help others
- Socializing with other families
- Advocacy

(518) 272-6012 Ext. 208 or 215

# Physicians and Health Services

## General Practice

Cambridge Family Health Center  
(518) 677-3961  
35 Gilbert Street, Cambridge, NY 12816

Dr. Nightingale  
(518) 753-6964  
8 Meadowview Dr, Schaghticoke, NY 12154

Twin Rivers Medical  
518-686-5770  
16 Danforth Street, Hoosick Falls, NY 12090  
<https://river.svhealthcare.org/twinriver/>

Rensselaer County Department of Health-HIV Testing and other Sexually Transmitted Diseases Testing  
(518) 270-2655  
1600 7th Ave Floor 2<sup>ND</sup>, Troy, NY 12180  
<http://www.rensco.com/departments/public-health/nursing-services/clinic-schedule/>

Village Primary Care  
(518) 686-4337  
140 Main Street, Hoosick Falls, NY

## Pediatric Developmental Behavioral Health

CapitalCare Developmental Pediatrics  
Our practice is staffed experienced developmental pediatricians, a pediatric neurologist, developmental nurse practitioner and physician assistant and clinical nurses specialists.  
(518) 782-7733  
7B Johnson Road, Latham, NY 12110  
[http://www.capcare.com/find-a-doctor/CapitalCare-Developmental-Behavioral-Pediatrics\\_27-location.htm](http://www.capcare.com/find-a-doctor/CapitalCare-Developmental-Behavioral-Pediatrics_27-location.htm)

### CapitalCare Pediatrics Troy

Our team has been part of the local community for more than 40 years and continue to proudly serve families in Rensselaer, Albany, Saratoga and Schenectady counties. Our primary care practice is one of many that is in the CapitalCare family. Our goal has always been to provide the very best in medical, developmental and emotional care from infancy to college age. We work to collaborate with caregivers in the care of their child. Our expectation is that we will be a resource for our families to keep their child healthy and moving toward their best potential.

(518) 272-0232

258 Hoosick St Troy, NY 12180

[http://www.capcare.com/find-a-doctor/CapitalCare-Pediatrics-Troy\\_18-location.htm](http://www.capcare.com/find-a-doctor/CapitalCare-Pediatrics-Troy_18-location.htm)

### Albany Medical Center

The Bernard & Millie Duker Children's Hospital at Albany Medical Center offers a wide range of behavioral health and counseling services to address the developmental and behavioral, psychiatric and psychological needs of children and their families.

(518) 262-5041

391 Myrtle Avenue, Suite 3B, Albany, NY 12208

[https://www.amc.edu/PATIENT/services/childrens\\_hospital/pediatric\\_behavioral\\_health/index.cfm](https://www.amc.edu/PATIENT/services/childrens_hospital/pediatric_behavioral_health/index.cfm)

## Psychiatric Care

Vera Imeriale-Wilson, APRN, MSN (Nurse Practitioner)

(518) 456-3614

409 New Karner Rd. Suite 103, Colonie, NY

### Four Winds Saratoga

30 Crescent Ave., Saratoga Springs, NY 12866

518-584-3600, ext. 3153.

[http://www.fourwindshospital.com/about\\_four\\_winds/saratoga/child-adolescent\\_outpatient\\_treatment.html](http://www.fourwindshospital.com/about_four_winds/saratoga/child-adolescent_outpatient_treatment.html)

### Albany Medical Center

To schedule an appointment, call (518) 262-5511.

<http://www.amc.edu/Departments/psychiatry/index.cfm>