



Hoosic Valley Central School Guide to Local Resources*

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*This is not a comprehensive list. Many more resources are available throughout the Capital District.

CRISIS SERVICES

For Emergencies **Dial 911**

The Capital Region Child and Adolescent Mobile Crisis Team (CRCAMT)

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: Unified Services at 518.270.2800 or St. Peter's Health Partners, Samaritan Hospital at 518.271.3540

Crisis Chat

988 Suicide and Crisis Lifeline is the first service of its kind where crisis centers 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.

988lifeline.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

Emergency Rooms

Samaritan Hospital 2212 Burdett Ave., Troy, NY (518) 271-3540 <i>Crisis Line at (518) 274-4345, available 24 hours/day</i>	Samaritan Hospital at St. Mary's 1300 Massachusetts Avenue, Troy, NY (518) 268-5238
Albany Med 43 New Scotland Ave., Albany NY (518) 262-3125	Southwestern Vermont Medical Center 100 Hospital Drive, Bennington VT (802) 442-6361 or 1-800-543-1624

Counseling Services

Rensselaer County Department of Mental Health

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

Hoosick Falls Location 69 Church St., Hoosick Falls, NY (518) 686-0694

Troy Location 1600 7th Ave., Troy, NY (518) 270-2800

rensko.com/239/Mental-Health

START Children's Center of Rensselaer County

Child advocacy and counseling center that assists child victims of sexual and physical abuse and their non-offending family members.

2136 Burdett Ave., Troy, NY

(518) 271-6001

startchildrenscenter.org/

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.

2215 Burdett Ave. Troy, NY

(518) 271-3410 // (518) 271-3257 Crisis Line, available 24 hours/day

sphp.com/find-a-service-or-specialty/crime-victim-services/

The Community Hospice of Rensselaer County

Provides free grief support services to those who have experienced the death of a family member or friend. 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.

295 Valley View Blvd., Troy, NY

(518) 285-8100

communityhospice.org/

Private Therapists and Psychiatric referrals are available by request through Hoosic Valley Central School Districts Guidance Counselors, Psychologists and Social Worker Contact your insurance company to verify that the therapist is covered under your insurance plan. If they are not - your insurance company can provide you with a list of therapists in your area.

Physicians/Health Services

General Practice

Dr. Luke Nightingale

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

Pediatric Developmental Behavioral Health

CapitalCare Developmental Pediatrics

Staffed by experienced developmental pediatricians, a pediatric neurologist, developmental nurse practitioner and physician assistant and clinical nurses' specialists.

7 Johnson Road, Latham, NY
(518) 782-7733

developmentalpediatrics.communitycare.com/

CapitalCare Pediatrics Troy

Proudly serve families in Rensselaer, Albany, Saratoga and Schenectady counties. Provides medical, developmental and emotional care from infancy to college age. Collaborate with caregivers in the care of their child.

258 Hoosick St Troy NY 12180
(518) 272-0232

communitycare.com/practices/capitalcare-pediatrics-troy/

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.

43 New Scotland Ave., Albany, NY
(518) 262-5041

https://www.amc.edu/patient/services/childrens_hospital/

HIV Testing and other Sexually Transmitted Diseases Testing

Rensselaer County Department of Health:
1600 7th Ave Floor 2ND Troy, New York 12180
(518) 270-2655

Dental Care

Hudson Valley Dental Care

658 Columbia Tpke., East Greenbush, NY 12061
(518) 477-2682

St. Peter's Healthcare Services- Dental Department

53 Columbia St., Rensselaer, NY 12144
(518) 463-9809

The Dental Hygiene Clinic

Hudson Valley Community College
80 Vandenberg Ave., Troy, NY 12180
(518) 629-7400

hvcc.edu/dept-academic/health/dhy-clinic/location-hours.html

Whitney M. Young Jr. Health Center, Inc.

6-102nd St., Troy NY 12180
(518) 833-6900

Food Assistance

Supplemental Nutrition Assistance Program (SNAP)

SNAP is the new name for the Food Stamp Program. You can now apply for SNAP online at myBenefits.ny.gov , by mail, fax, or in person at your local Department of Social Services or SNAP office. After your application is filed, the local Dept. of Social Services or SNAP office will review, conduct an interview, and determine your household's eligibility.

127 Bloomingrove Drive, Troy, New York 12180

(518) 266-7800

<https://otda.ny.gov/programs/apply/#snap>

Schaghticoke Food Pantry

165 Main St, Schaghticoke NY 12154

(518)753-6277

Hours: Monday 9-11am/ Thursday 4-6pm

Pittstown Area Food Pantry

97 Tomhannock Rd., Valley Falls, NY 12185

518-663-5628

Hours: Tuesday 6:30-7:30/ Saturday 9-10am

Transfiguration Parish – North Site

17 South Main Street, Schaghticoke, NY 12154

518-753-4554

Hours: Monday and Thursday, 9:30 a.m. - 2:00 p.m.

Thanksgiving dinner baskets to members of our communities

Hoosic Valley Central School District also provides Thanksgiving and Christmas dinners for our families in need. Area businesses, churches and individuals partner with us in this initiative. Please contact Tara Millhouse at 753-4458 X2527

CEO's Food Pantry

2328 Fifth Ave, Troy, NY 12180

(518) 272-6012 Ext. 198

Hours: Monday, Wednesday & Friday: 9- 4:30pm/Tuesday: 9- 3pm/Thursday: 9– 5:30pm

Health Insurance

Rensselaer County DSS

547 River Street, Troy, NY
(518) 270-3928

<https://www.rensco.com/232/Social-Services>

Medicaid Managed Care

Rensselaer County requires Medicaid recipients to enroll into one of the HMOs (Health Maintenance Organizations) contracted by the County. Although some 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.

health.state.ny.us/nysdoh/mancare/mcmain.htm

Family Health Plus

If an adult's income is more than the Medicaid income level Family Health Plus may be an option. This insurance program is for adults whose income is just above the Medicaid limits. The County Medicaid department will assist you in applying for Family Health Plus or adults may go to facilitated enrollment sites within the County. Health Capital District Initiative has outreach workers in various locations throughout the County to assist in the application process.

nystateofhealth.ny.gov/

Child Health Plus

If a family's income is more than the Medicaid income levels, Child Health Plus may be an option for children. This insurance program is for children up to the age of 19 whose income is above the Medicaid limits. To apply for Child Health Plus you must contact the health plans directly.

nystateofhealth.ny.gov/

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. HCDCI staff work directly with individuals to provide free information and assistance to complete applications through the NY State of Health Marketplace and apply for Medicaid, Child Health Plus and Qualified Health Plans.

(518) 462-7040

The Commission on Economic Opportunity (CEO) - 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.

2328 5th Avenue Troy, NY

(518) 272-6159

Housing and Other Basic Needs

Home Energy Assistance Program (HEAP)

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

(518)-270-2738

<https://www.rensco.com/166/Home-Energy-Assistance-Program-HEAP>

Section 8 Housing Choice Voucher Program

The New York State Homes and Community Renewal (HCR) Section 8 Housing Choice Voucher (HCV) Program provides rental assistance and home ownership options to extremely low, very low and low income households in New York State.

The program also provides assistance to senior citizens and disabled persons on fixed incomes, displaced families, and homeless individuals with disabilities.

<http://www.nyshcr.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 identify any emergency needs with your county department of social services. If you have an emergency, you will be interviewed and told in writing about the decision on your emergency the same day you apply. For Temporary Assistance, your interview should be within seven working days of your filing an application. You should be told within 30 days of the date you filed your application if your application for Family Assistance is approved or denied; be told within 45 days of the date you filed your application for Safety Net Assistance if your application is approved or denied. You DO NOT have to be eligible for ongoing Temporary Assistance to receive Emergency Assistance.

1-800-342-3009// (518) 833-6000

otda.ny.gov/programs/apply/#ta

United Way 2-1-1

Offers information on: food, housing, child care, employment, health care, senior care, substance abuse, mental health, financial problems, crisis counseling, legal issues, volunteer opportunities or other matters. Dial 211 <http://211neny.org/>

Unity House Street Ministry

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.

2431 Sixth Avenue, Troy, NY

(518) 274-2607

www.unityhouseny.org

Commission on Economic Opportunity Weatherization Assistance Program

Offers FREE insulation and weather-sealing services to eligible residents in Rensselaer County.

(518) 272-6012 ext. 410

ceoempowers.org/services/healthy-homes/weatherization/

Homeless Shelters

Joseph's House and Shelter

74 Ferry Street, Troy, NY

518-272-2544

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.

138 Central Avenue, Albany, NY 12206

(518) 463-2124

www.hatas.org

Housing and Other Basic Needs

McKinney-Vento Homeless Assistance Act

New York's Education for Homeless Children and Youth program provides support to ensure that homeless children and youth have equal access to the same free, appropriate, public education - including public preschool - provided to other New York children, with the opportunity to meet the same challenging state content and student performance standards. Every school district, BOCES and charter school is required to have an LEA liaison whose duties include the removal of barriers to the enrollment, attendance and success of homeless children and youth in school.

Hoosic Valley Central School District's Liaison is Ms. Joann Kehn at 753-4458 X 2505

Legal Assistance

LawHelpNY

LawHelpNY is an online tool for helping low-income New Yorkers solve their legal problems by providing and promoting 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. LawHelpNY is the only comprehensive source of legal referral information in the state and includes:

<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.

55 Colvin Avenue, Albany, NY

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

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

NYS Bar Association Referral Service

When you call the New York State Bar Association Lawyer Referral and Information Service (LRIS), you will be asked what county you are calling from, and where in New York you would like to see an attorney. The LRIS staff will ask you to describe your problem. Any information you provide will be held in the strictest confidence. The LRIS counselors are not lawyers and therefore cannot give you legal advice, but will help you find the right resource for your situation. In the event that we do not offer lawyer referrals in your county, we will provide you with contact information for a lawyer referral service that does. Our 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, veterans and military law, unemployment or workers' compensation.) During your visit with the attorney, you and the attorney will discuss your matter and decide what further action to take, if any. There is no obligation for you to hire the attorney, nor is there any obligation on the part of the attorney to take your case. 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.

500 Federal Street, Suite 200, Troy, NY
(518) 818-6350

Center for Divorce Education

Through an online interactive format, parents learn effective skills that will immediately change the way they interact. Each section includes in-depth tutorials, question and answer sessions, and a quiz to further engrain the new skills. 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
- Learn skills that will immediately change the way you interact.

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

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.

756 Madison Ave., Albany, NY
(518) 443 - 2223

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.

877 Madison Ave., Albany, NY
(518) 482-8856

Parenting Education and Support (continued)

The Parent Helpline

Will help you find programs and services in your community that can help is a free, confidential, multilingual information and referral service for anyone who has questions or concerns about a child or family. A trained Helpline Specialist is available to assist you every day from 9 am- 10 pm. After 10 p.m you can leave your name and number with our answering service, and we'll get back to you the following morning.

(518) 244-5373

Young Adult Care Giver Support Group

Education/support group for parents and caregivers residing in Rensselaer County who have a young adult (age 16-24) who has a mental health issue. Meets every 2nd and 4th Wednesday of the month. For more information, please contact Kirstein 270-2829.

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

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

Alcohol/ Substance Abuse/ Gambling Addiction Services

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. Adolescent and adult treatment available in Troy office and family services; In-Patient treatment available for adults in Glenville, NY
(518) 274-5143 1801

6th Avenue, Troy, NY

coniferpark.com/outpatient/troy/

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 Street Hoosick Falls, NY OR

1724 Fifth Ave, Troy, NY

hmrecovery.net/main/op.htm

Seton Addiction Services

St. Mary's Hospital offers comprehensive biochemical detoxification and a structured, drug-free rehabilitation program. Detoxification services provide medical stabilization for patients suffering from physical symptoms of withdrawal from alcohol and other addictive substances, such as heroin, cocaine, amphetamines, and inhalants.

Rehabilitation services offer a structured setting to help patients achieve and maintain a substance-free lifestyle. Education in problem solving, stress management and relapse management is provided. A full range of medical services are available, as well as specialized programming to address relapse, poly-substance use, family issues, and post-discharge support. The length of stay is typically from seven to 25 days. MICA (Mentally Ill Chemical Abuser) and dually diagnosed individuals are accepted into the program. Medicaid, Medicare and most insurance plans are accepted.

(518) 268-5542

1300 Massachusetts Avenue, Troy, NY

sphp.com/find-a-service-or-specialty/addiction/

Alcoholics Anonymous

Capital District Central Office

Albany, New York

24 Hr Phone: (518) 463-0906

Site: www.aaalbany.org

Saratoga 24 Hour Answering Service

Saratoga Springs, New York

24 Hr Answering Svc: (518) 587-0407

Narcotics Anonymous

na.org/

To find a meeting: <https://www.na.org/meetingsearch/>

Gamblers Anonymous

(518) 292-0414

www.gamblersanonymous.org

AL-ANON and AL-ATEEN

To find a meeting: <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

Alcoholics Anonymous Alcoholic Teen Hotline

1-800-344-2666

Substance Abuse Hotline

1-800-662-4357

Other Useful Resources/Information

Child Protective Services

1-800-342-3720

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. To talk with a counselor in confidence call (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. For intake or more information, call Domestic Violence Emergency Services Director at (518) 272-5917

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.

Hudson Mohawk Recovery Center, Inc.

(518) 272-3918

1724 Fifth Street, Troy, NY

Equinox Domestic Violence Hotline

Equinox Domestic Violence Services are available to all victims and their dependent children, regardless of gender, age, ethnicity, or sexual orientation. All calls are confidential. Provide information, crisis intervention,, counseling, referrals and/or shelter. Collect calls are accepted (518) 432-7865

Other Useful Resources/Information (continued)

Rensselaer County Probation Department

Provide probation related services to all criminal and family courts of Rensselaer County. Prepare pre sentence and pre-dispositional reports and provides probation supervision for adults and juveniles. Provide coordinated intake and diversion services in conjunction with the Court Diversion Council.

(518) 266-7100

Contact: Linda McMahan, Probation Director

Northeast Career Planning

Northeast Career Planning and The Norton Center provide the services needed to help people realize their employment and self-sufficiency goals. Our array of programs include job placement, vocational evaluation, specialized services for those with mental illness, high school transition programs and many others.

399 Broadway, Menands, NY

tel: (518) 465-5201

fax: (518) 463-8051

unityhouseny.org/services/northeast-career-planning/

Alliance for Positive Health- formerly known as AIDS Council of Northeastern NY

The Alliance for Positive Health provides a continuum of direct services to people living with HIV/AIDS and their family members.

We also offer care management to people with other chronic illnesses who are enrolled in Medicaid as well as prevention programs that offer effective, innovative solutions that make a significant impact on reducing new HIV infections.

927 Broadway, Albany, NY

518-917-3055

www.allianceforpositivehealth.org

Rensselaer County Department Of Aging

The primary goal of the Department is to provide a network of supportive and preventative services, which enables the County's elderly to maintain themselves productively and independently within the community.

1600 7th Ave #4, Troy, NY

(518) 270-2730