

2023-24 COMMUNITY RESOURCE GUIDE

The mission of the Cohoes City School District is to prepare our students for success in tomorrow's world. We recognize that attention to students' mental health and well-being is essential to achieving this mission. This Community Resource Guide was designed to connect students and families to valuable community resources that can offer assistance when needed. The guide was made possible through a Student Mental Health Support Grant that the district received from the NYS Office of Mental Health.

The guide lists school-based and community health supports and services in and around the Capital Region, as well as information on how to get assistance with clothing, housing and food, and other community resources.

The availability of services is determined by each individual organization. We recommend calling a few of the agencies listed to find the best fit for you and your family. Please note that there may be a waitlist at many of the agencies.

In addition, Raychel Marcil, Cohoes City School District Director of Multi-Tiered Systems of Support (MTSS), serves as a liaison to connect families to student support service personnel in our schools, as well as to services available throughout our community. She can be reached at (518) 237-0100 ext. 2320 or rmarcil@cohoes.org.

Disclaimer: The Cohoes City School District does not specifically endorse any of the service providers listed in this resource guide. Additionally, if you or a family member is experiencing an emergency, please call 911 or go to your nearest emergency room.

Access the
guide online
via QR code.



SCHOOL RESOURCES

SCHOOL COUNSELORS

COHOES MIDDLE SCHOOL

Blaine Goverski
518-237-4131 or bgoversk@cohoes.org

Laurie Monast
518-237-4131 or lmonast@cohoes.org

COHOES HIGH SCHOOL

Amanda Gebur, 518-237-9100 or
agebur@cohoes.org

Chris Fournier, 518-237-9100 or
cfournie@cohoes.org

Lea Miller, 518-237-9100 or
lmiller@cohoes.org

SCHOOL PSYCHOLOGISTS

ABRAM LANSING ELEMENTARY SCHOOL

Natalie Partyka
518-237-5044 or npartyka@cohoes.org

HARMONY HILL SCHOOL

Laura Gerhard
518-233-1900 or lgerhard@cohoes.org

Van Schaick Grade School

Corrine Penor
518-237-2828 or cpenor@cohoes.org

COHOES MIDDLE SCHOOL

Sara Student
518-237-4131 or sstudent@cohoes.org

COHOES HIGH SCHOOL

Cory Prairie
518-237-9100 or cprairie@cohoes.org

SCHOOL SOCIAL WORKERS

ABRAM LANSING ELEMENTARY SCHOOL

Dana DelGenio
518-237-5044 or ddelgeni@cohoes.org

HARMONY HILL SCHOOL

Amanda Regis
518-233-1900 or aregis@cohoes.org

VAN SCHAICK GRADE SCHOOL

Kristie Calderon
518-237-2828 or kcaldero@cohoes.org

COHOES MIDDLE SCHOOL

Elaine Flatow
518-237-4131 or eflatow@cohoes.org

COHOES HIGH SCHOOL

Angela Tommasini
518-237-9100 or atommasi2@cohoes.org

COMMUNITY RESOURCES

CLOTHING & HOUSEHOLD ASSISTANCE

COMMUNITY CLOSET

Thrift store type ministry of the Greater Albany Seventh-Day Adventist Church serving those less fortunate in the Cohoes community. Offering gently used clothing and household linens and small household items.

- ▶ 91 Remsen Street, Cohoes
- ▶ <https://www.albanysdachurch.org>

MATTHEW 25 MINISTRIES OF THE UNITED CHURCH OF COHOES – CLOTHING ROOM

A free meal is offered every Saturday evening at the United Church of Cohoes. Doors open at 4pm and the meal is served 4:30PM - 5:30PM. The Clothing Room is open during the meal for shopping. Please call or email the church at cohoeseco@gmail.com for more information.

- ▶ 123 Mohawk Street, Cohoes
- ▶ 518-237-0278

MARY'S CORNER

Mary's Corner serves families with children from birth through three years of age. The program is available to residents of Cohoes, Green Island, Watervliet, and Waterford.

A birth certificate for each child, as well as proof of residency (current bill, rent receipt, etc.), is required for new applicants. Goods and services include: diapers, formula, baby food and cereal, nursing needs, bath products, crib sheets and blankets, clothing, toys, books, literacy assistance, and referrals.

Open Tuesdays from 10AM - 12PM

- ▶ 169 Mohawk Street (Basement of the Cohoes Public Library)
- ▶ mcdistribution100@gmail.com

SPINDLE CITY VINEYARD CHURCH

Offers free cleaning supplies, laundry supplies, feminine products and toiletries the last Wednesday of every month. Please call to confirm availability and hours.

- ▶ 121 Remsen Street, Cohoes
- ▶ 518-237-8381
- ▶ <https://spindlecitvineyard.com>

THE TRENDY TIGER

A student-run giving closet that provides clothing, shoes and accessories. Available to all students, regardless of their financial circumstances. Students can ask in the office for the hours that the Trendy Tiger is open.

- ▶ Cohoes High School, 1 Tiger Circle, Cohoes
- ▶ 518-237-9100

CRIME VICTIM SERVICES

ALBANY COUNTY CRIME VICTIM AND SEXUAL VIOLENCE CENTER

Provides free and confidential services for Albany County residents of all genders and ages who have been affected by a crime.

- ▶ Harold L. Joyce Albany County Office Building, 112 State St., Room 1010, Albany
- ▶ 518-447-7100
- ▶ 24-Hour Sexual Assault Hotline: 518-447-7716

EQUINOX DOMESTIC VIOLENCE SERVICES

Services available to all victims and their dependent children, regardless of gender, age, ethnicity, or sexual orientation. Provides safety and support, assistance and tools needed to escape abusive situations. Confidential and free of charge.

- ▶ 526 Central Avenue, Albany
- ▶ 518.434.6135 Press Option 2
- ▶ <https://www.equinoxinc.org/page/domestic-violence-services-15.html>

ST. PETER'S CRIME VICTIM SERVICES

St. Peter's Crime Victim Services' mission is to reduce the incidence and trauma of all crimes through person-centered emotional support, advocacy, medical and legal assistance, and community-based prevention efforts.

- ▶ 518-271-3410
- ▶ 24 Hour Crisis Hotline - 518-271-3257
- ▶ <https://www.sphp.com>

CRISIS INTERVENTION/ MOBILE CRISIS SERVICES

988 SUICIDE AND CRISIS LIFELINE

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

- ▶ <https://988lifeline.org>

ALBANY COUNTY DEPARTMENT FOR CHILDREN, YOUTH AND FAMILIES (DCYF) – CHILDREN'S MENTAL HEALTH CLINIC

Provides outpatient therapy for children and youth. Can provide emergency appointments for children ages 5-18 during business hours. Call for additional information.

<https://www.albanycounty.com>

- ▶ 260 South Pearl Street, Albany
- ▶ 518-447-4550

ALBANY COUNTY DEPARTMENT OF MENTAL HEALTH – PSYCHIATRIC CRISIS SERVICES FOR ADULTS

Psychiatric crisis services are available 24/7 at the CDPC Crisis Unit and from the Mobile Crisis Team.

- ▶ 518-549-6500
- ▶ <https://www.albanycounty.com>

AMERICAN FOUNDATION FOR SUICIDE PREVENTION

Focuses on eliminating the loss of life from suicide by: delivering innovative prevention programs, educating the public about risk factors and warning signs, raising funds for suicide research and programs, and reaching out to those individuals who have lost someone to suicide.

- ▶ 518-899-0021 or 518-791-1544
- ▶ <https://afsp.org/chapter/capital-region-new-york>

ALBANY MEDICAL CENTER PEDIATRIC DEVELOPMENTAL AND BEHAVIORAL HEALTH

Specializing in treating patients who have psychiatric disorders, behavioral issues, traumatic injuries, and illnesses affecting mood and behavior. Services range from helping children cope with life issues to providing support to children and families during hospital stays. Comprehensive mental health evaluations and treatment for children and adolescents in an outpatient setting. Multiple insurances accepted.

- ▶ 391 Myrtle Avenue, Floor 3, Suite 3B, Albany
- ▶ 518-262-5401
- ▶ <https://www.albanymed.org/specialty/pediatric-developmental-behavioral-health>

CAPITAL CARE DEVELOPMENTAL PEDIATRICS

Offer diagnostic services to help parents gain the knowledge and capability to care for their children. Core services consist of diagnostic and consultative medical service from experienced clinicians.

- ▶ 7B Johnson Road, Latham
- ▶ 518-782-7733
- ▶ <https://developmentalpediatrics.communitycare.com>

CAPITAL DISTRICT PSYCHIATRIC CENTER – CRISIS UNIT

24-hour emergency mental health assessment. Access to Child and Adolescent Mobile Crisis Team.

- ▶ 75 New Scotland Avenue, Albany
- ▶ 518-549-6500

ELLIS HOSPITAL EMERGENCY DEPARTMENT

24-hour emergency mental health assessment. Access to Child and Adolescent Mobile Crisis Team. Provide both inpatient and outpatient services for adolescents

- ▶ 1101 Nott Street, Schenectady
- ▶ 518-243-3300
- ▶ <https://www.ellismedicine.org>

NORTHERN RIVERS MOBILE CRISIS SERVICES FOR CHILDREN AND ADOLESCENTS

Mobile Crisis Services teams are comprised of licensed clinical supervisors and clinicians, family advocates, peer support specialists, and case managers. Team members are deployed to assist adults, children, adolescents, and their families resolve emotional and behavioral health crisis situations.

- ▶ 518-292-5499
- ▶ <https://www.northernrivers.org/mobile-crisis>

FOOD ASSISTANCE

COHOES CAP PANTRY (ACAP)

Open Monday, Wednesday and Friday from 8:30AM - 12PM and 1PM - 4PM.

- ▶ 145 Remsen Street, Cohoes
- ▶ 518-237-9202
- ▶ <https://regionalfoodbank.net>

CONNECT CENTER FOR YOUTH FOOD PANTRY

Open Tuesday and Thursday from 10AM - 2PM

- ▶ 49 Johnson Avenue, Cohoes
- ▶ 518-687-1999
- ▶ <https://regionalfoodbank.net/agencies>

HOLY TRINITY PARISH FOOD PANTRY

Open Tuesdays and Thursdays from 10AM - 12PM

- ▶ 1 St. Marie's Lane, Cohoes
- ▶ 518-237-2373
- ▶ <https://regionalfoodbank.net>

MATTHEW 25 MINISTRIES OF THE UNITED CHURCH OF COHOES – FREE WEEKLY MEAL

A free meal is offered every Saturday evening at the United Church of Cohoes. Doors open at 4pm and the meal is served 4:30PM - 5:30PM. The Clothing Room is open during the meal for shopping.

- ▶ 123 Mohawk Street, Cohoes
- ▶ 518-237-0278

ST. AMBROSE FOOD PANTRY

Open by appointment only. Please call to schedule an appointment.

- ▶ 347 Old Loudon Road, Latham
- ▶ 518-785-1951
- ▶ <https://regionalfoodbank.net>

UNITED CHURCH OF COHOES FOOD PANTRY

Open Mondays, Wednesdays and Fridays from 10AM - 12PM

- ▶ 123 Mohawk Street, Cohoes
- ▶ 518-237-0278
- ▶ <https://regionalfoodbank.net>

GRIEF AND BEREAVEMENT RESOURCES

AMERICAN CANCER SOCIETY

- ▶ One Penny Lane, Latham
- ▶ 518-220-6960
- ▶ <https://www.cancer.org>

THE COMMUNITY HOSPICE

Short-term individual grief support sessions are available for children as well as groups.

- ▶ 455 New Karner Road, Albany
- ▶ 518-724-0200
- ▶ <https://www.communityhospice.org>

HOLIDAY HOPE

The Holiday Hope Program is a non-profit holiday assistance program devoted to assisting low-income families with earning holiday gifts for their children. The program provides opportunities for parents to volunteer and/or earn “signatures” on a passport which can then be exchanged for holiday gifts. You will need to have “signatures” on your passport in order to shop for your child. The more signatures you earn, the more gifts you can get for your children. Please contact your school social worker for an application and further information.

HOUSING RESOURCES

ALBANY COMMUNITY ACTION PARTNERSHIP

- ▶ 333 Sheridan Avenue, Albany
- ▶ 518-463-3175
- ▶ www.albanycap.org

CARES OF NY, INC.

Providing housing and case management services for vulnerable populations in Albany for nearly 20 years.

- ▶ 7 Wells Street, Suite 103A, Saratoga Springs
- ▶ 518-489-4130
- ▶ <https://caresny.org/housing>

COHOES HOUSING AUTHORITY

All families must meet eligibility requirements with respect to income and are selected in accordance with the approved Cohoes Housing Authority Occupancy Policy and the Housing Act of 1939 mandated by Congress.

- ▶ 100 Manor Sites, Cohoes
- ▶ 518-235-4500
- ▶ <https://www.cohoeshousing.org>

HOMELESS AND TRAVELERS AID SOCIETY (HATAS)

We reduce homelessness through our compassionate programs.

- ▶ 138 Central Avenue, Albany
- ▶ 518-463-2124
- ▶ <http://hatas.org>

HOMELESS SHELTERS DIRECTORY

The Homeless Shelter Directory provides listings for homeless shelters, housing, outreach centers, women's shelters, food pantries and more.

- ▶ <https://www.homelessshelterdirectory.org>

INTERFAITH PARTNERSHIP FOR THE HOMELESS (IPH)

IPH is a leader in providing services to homeless and at-risk individuals and families, many of whom have had complex mental health, substance abuse, and health issues.

- ▶ 176 Sheridan Avenue, Albany
- ▶ 518-434-8021
- ▶ <https://www.iphny.org>

MARILLAC FAMILY SHELTER

Provides temporary residential shelter and supplemental services to families who have lost their homes. Supplemental services are available for families making the transition from a shelter back into the community.

- ▶ 195 Washington Avenue Extension, Albany
- ▶ 518-869-1960
- ▶ <https://www.st-cath.org/marillac-family-shelter>

NEW YORK STATE HOUSING AND SUPPORT SERVICES (HHS)

Housing and Support Services (HSS) administers an array of programs to address the problems of homelessness in the State.

- ▶ <https://otda.ny.gov/programs/housing>

TRINITY ALLIANCE

Houses homeless and people who are at risk of becoming homeless by providing affordable housing with the support of our clients through case management.

- ▶ 15 Trinity Place, Albany
- ▶ 518- 449-5155
- ▶ <https://trinityalliancealbany.org>

UNITED TENANTS OF ALBANY, INC.

Open Monday - Thursday from 10AM - 3:30PM. Additional times by appointment only. Closed daily for lunch from 12PM - 1PM.

- ▶ 255 Orange Street, Albany
- ▶ 518-436-8997
- ▶ <https://utalbany.org>

UNITED WAY 2-1-1 NORTHEAST REGION

A free service that connects callers to critical health and human services in their community. Find the resources you need! If you're unable to find a service, please dial 2-1-1 for assistance.

MEDICAL AND DENTAL CARE**ALBANY COUNTY DEPARTMENT OF HEALTH DENTAL SERVICES FOR INFANTS AND CHILDREN**

Offers preventive care and dental treatments for children up to age 18. Please call for information.

- ▶ 518-447-4587

ALBANY COUNTY DEPARTMENT OF HEALTH IMMUNIZATION PROGRAM

Vaccines are provided against childhood diseases for infants and children to meet school and child care requirements.

- ▶ 518-447-4589

ALBANY & TROY LIONS CLUB

Helps dozens of people get eye exams and eyeglasses every year, as well as those who are hearing impaired.

- ▶ 518-512-2722
- ▶ <https://albanytroylions.org/helping.htm>

COHOES FAMILY CARE

Offers a full range of health care services for the entire family, as well as the MOMS Program to support pregnant women through enhanced casework and nursing services.

Most insurance accepted.

- ▶ 55 Mohawk Street, Suite 105, Cohoes
- ▶ 518-235-4274
- ▶ <https://www.sphp.com/location/cohoes-family-care>

CHILDREN'S HEALTH HOMES OF UPSTATE NEW YORK

Qualifying conditions include chronic medical, behavioral or developmental conditions such as ADHD, asthma, depression, diabetes, complex trauma and many more.

- ▶ 845-709-0047
- ▶ Free assistance is available for qualifying Medicaid recipients ages 0-21 years old.
- ▶ <https://www.childrenshealthhome.com>

HARMONY MILLS PEDIATRICS – DR. MK DITURSI

Most insurance plans are accepted.

- ▶ 127 Canvass Street, Cohoes, NY 12047
- ▶ 518-233-9500
- ▶ <https://harmoniymillspeds.com>

THE SMILE LODGE – PEDIATRIC DENTISTRY

Most insurances including Medicaid are accepted.

- ▶ 713 Pierce Road, Clifton Park
- ▶ 518-373-1181
- ▶ <https://www.smilelodge.com>

WHITNEY YOUNG MEDICAL AND DENTAL CARE

Has many locations throughout the Capital Region.

- ▶ <https://www.wmyhealth.org>

WHITNEY YOUNG ALBANY DENTAL SERVICES

Offering low-cost dental services. Monday through Friday between 8:00AM and 4:45PM

- ▶ 900 Lark Drive, Albany
- ▶ 518-465-6330
- ▶ <https://www.wmyhealth.org/services/dental-care>

WHITNEY YOUNG WATERLIET HEALTH CENTER

Providing medical and dental care. Accepts most health insurances, including Medicare and Medicaid. A sliding fee scale is offered for those who are under-insured and uninsured. Assistance is available for patients seeking to apply for health insurance.

- ▶ 1804 Second Avenue Watervliet
- ▶ 518-833-6900

MENTAL HEALTH/COUNSELING RESOURCES

ALBANY COUNTY DEPARTMENT FOR CHILDREN, YOUTH AND FAMILIES (DCYF) – CHILDREN’S MENTAL HEALTH CLINIC

Outpatient therapy for children and youth. Can provide emergency appointments for children ages 5-18.

- ▶ 260 South Pearl Street, Albany
- ▶ 518-447-4550
- ▶ <https://www.albanycounty.com>

ALBANY MED PEDIATRIC PSYCHIATRY AND PSYCHOLOGY

We specialize in treating patients who have psychiatric disorders, behavioral issues, traumatic injuries, and illnesses affecting mood and behavior. Our services range from helping children cope with life issues to providing support to children and families during hospital stays. We offer comprehensive mental health evaluations and treatment for children and adolescents in an outpatient setting. Multiple insurances accepted.

- ▶ 2 Clara Barton Drive, Albany
- ▶ 518-262-5511
- ▶ <https://www.albanymed.org>

ALBANY PSYCHOLOGICAL ASSOCIATES

Private psychological evaluations for all ages as well as ongoing counseling support. Most insurances are accepted.

- ▶ 1740 Western Avenue, Albany
- ▶ 518-464-4440
- ▶ <http://www.albanypsych.com>

CAPITAL COUNSELING

Supports individuals, couples, families, adolescents and children with a broad range of emotional and behavioral health issues.

- ▶ 650 Warren Street, Albany
- ▶ 518-462-6531
- ▶ <https://capitalcounseling.org/capital-counseling-albany>

CAPITAL DISTRICT BEHAVIORAL HEALTH

Provides services across all ages, from childhood to older adulthood, and assesses and treats a wide range of mental health issues and difficulties. Sessions are available for individuals, couples and families. Most insurances accepted.

- ▶ 20 Century Hill Drive, Suite 202, Latham
- ▶ 518-785-7283
- ▶ <https://www.cdbehavioralhealth.com>

CAPITAL DISTRICT PSYCHIATRIC CENTER, CHILD AND ADOLESCENT OUTPATIENT SERVICES

Outpatient treatment services for children, adolescents, and adults.

- ▶ 75 New Scotland Avenue, Albany
- ▶ 518-549-6929
- ▶ <https://omh.ny.gov>

CHELSEA PLACE PSYCHOLOGICAL SERVICES

Offers individual and group counseling as well as a range of specialized assessment services.

- ▶ 6 Chelsea Place, Suite 202, Clifton Park
- ▶ 518-982-1886
- ▶ <https://www.chelseaplacementpsych.com>

COUNSELING CENTER AT LASALLE

Outpatient services to youth (ages 5-26) along with their families, struggling with a wide range of behavioral and mental health concerns. Accepts Medicaid, CDPHP, MVP, Beacon Health, The Empire Plan, Value Options, and Fidelis Health Care. Fee for service and sliding scale available upon request.

- ▶ 391 Western Avenue, Albany
- ▶ CounselingCenter@lasalle-school.org
- ▶ 518-242-4731 x240
- ▶ <https://lasalle-school.org>

CROWN – SMHA PSYCHIATRY & COUNSELING SERVICES ACROSS THE LIFESPAN

Counseling for individual, couples, marital and family counseling, as well as medication management.

- ▶ 4 Atrium Drive, Suite 100, Albany
- ▶ 518-374-0295
- ▶ <https://smha-crown.com>

ELLIS OUTPATIENT CHILD AND ADOLESCENT PSYCHIATRY DEPARTMENT

Offers child and adolescent outpatient mental health services as well as short-term inpatient care for teens in crisis.

- ▶ 624 McClellan Street - Suite 202 2nd Floor, Schenectady
- ▶ 518-382-2290
- ▶ <https://www.ellismedicine.org/services/mental-health.aspx>

EVOLVE PSYCHIATRY

- ▶ 1365 Washington Avenue, Suite 104, Albany
- ▶ 518-675-3097
- ▶ <https://albany.evolvepsychiatry.com>

FOUR WINDS CHILD AND ADOLESCENT OUTPATIENT PROGRAM

- ▶ 30 Crescent Avenue, Saratoga Springs
- ▶ 518-584-3600 x3153
- ▶ <https://www.fourwindshospital.com>

FREEDOM FIRST PSYCHOLOGICAL SERVICES

Provides therapy and evaluation services. Please refer to the website for additional information.

- ▶ 4 Avis Drive, Suite 101, Latham
- ▶ 518-560-4277
- ▶ <https://freedomfirstpsych.com>

KARNER PSYCHOLOGICAL ASSOCIATES

Provides the highest quality therapeutic experience across a broad range of specialties. Additional offices located in Clifton Park and Saratoga. Insurances accepted - CDPHP, MVP, Blue Shield of Northeastern NY, Blue Cross, Fidelis, Value Options, Beacon Health, Aetna, Cigna, and others.

- ▶ 2280 Western Avenue, Guilderland
- ▶ 518-456-5056
- ▶ <https://www.karnercare.com>

LEGACY BEHAVIORAL HEALTH

Offers counseling services to children, adolescents and adults. Also provide psychiatric services that include a comprehensive assessment and evaluation along with routine medication monitoring. Multiple insurances accepted.

- ▶ 6 Chelsea Place, Clifton Park
- ▶ 844-253-4229
- ▶ <https://mylegacynyc.com>

NORTHEAST PSYCHOLOGICAL ASSOCIATES

Provides assessment and treatment services for adults, adolescents, and children, and a full range of consultative services for professionals, organizations and agencies.

- ▶ 435 New Karner Road, Albany
- ▶ <https://neppsych.com>

NORTHERN RIVERS SCHOOL BASED BEHAVIORAL HEALTH AT COHOES MIDDLE SCHOOL

School-based behavioral health services are designed to provide a variety of services to school-age children who have social, emotional, or behavioral needs so that they can be successful in school.

- ▶ 7 Bevan Street, Cohoes, NY 12047
- ▶ 518- 426-2687
- ▶ <https://www.northernrivers.org>

NYS OFFICE OF MENTAL HEALTH

Directory of services by county as well as additional information on wellness and mental health resources.

- ▶ <https://omh.ny.gov>

PINNACLE PLACE BEHAVIORAL HEALTH

Provides therapy services as well as psychiatric services including medication management. Multiple insurances accepted - see website for additional details.

- ▶ 1 Pinnacle Place, Albany
- ▶ 518-689-0244
- ▶ <https://pinnaclebehavioralhealth.com>

PSYCHOLOGY WELLNESS PRACTICE

An integrated health practice established to provide psychological and wellness services to children, adolescents, adults, and families.

- ▶ 139 Vly Road, Albany
- ▶ 518-608-4271
- ▶ <https://pwpractice.com>

SAMARITAN COUNSELING CENTER OF THE CAPITAL REGION

Individual and family counseling.

- ▶ 568 Loudon Road, Latham
- ▶ 518-374-3514
- ▶ <https://www.samaritancounselingcenter.org>

SARATOGA PSYCHOLOGICAL ASSOCIATES

Offers individual, group and family therapy as well as psychological assessments.

- ▶ Offices located in Saratoga, Clifton Park and Albany
- ▶ 518-587-0499
- ▶ <https://saratogapsych.com>

SUNY PSYCHOLOGICAL SERVICES CENTER

Offers psychological services to children, adolescents and adults in the Capital Region on a sliding fee scale. Private insurance is not accepted. Services are offered on a sliding scale fee, \$10 - \$45 per session.

- ▶ 299 Washington Avenue, Albany
- ▶ 518-442-4900
- ▶ <https://www.albany.edu/psc>

UPSTATE COUNSELING

Therapy services include individual counseling, couples/marriage therapy, and family therapy. Serving a variety of populations and issues. Multiple insurances accepted.

- ▶ 4 Automation Lane, Suite 100, Colonie
- ▶ 518-517-4535
- ▶ <https://upstatecounseling.org>

SUBSTANCE ABUSE SERVICES**ALCOHOLICS ANONYMOUS**

- ▶ 518-463-0906
- ▶ <http://www.ny-aa.org>

ALANON, ALATEEN, AL-ANON ADULT CHILDREN

- ▶ 518-292-0577
- ▶ 1-888-4AL-ANON
- ▶ [Al-anon.alateen.org](http://al-anon.alateen.org)

CONIFER PARK

Private, inpatient chemical dependency treatment facility with multiple locations in the Capital Region that offer outpatient treatment, including one on Sixth Avenue in Troy, NY. Participates in many commercial insurance companies.

- ▶ 79 Glenridge Road, Glenville
- ▶ Phone: (800) 989-6446
- ▶ Fax: 518-691-9317
- ▶ <https://www.coniferpark.com>

COUNSELING CENTER AT LASALLE

Addiction services for both youth and family are offered. Accepts Medicaid, CDPHP, MVP, Beacon Health, The Empire Plan, Value Options, and Fidelis Health Care. Fee for service and sliding scale available upon request.

- ▶ 391 Western Avenue, Albany
- ▶ 518-242-4731
- ▶ <https://lasalle-school.org>

HOPE HOUSE, INC.

Extensive therapy programs are fully immersed in caring and servicing the special needs of those struggling with addiction. Providing services in the Capital District and Troy.

- ▶ 573 Livingston Avenue, Albany
- ▶ 518-482-HOPE (4673)
- ▶ <https://www.hopehouseinc.org>

NARCOTICS ANONYMOUS

- ▶ 888-399-5519
- ▶ <https://abcrna.org>

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA)

Free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

- ▶ 1-800-662-HELP (4357) - National Hotline
- ▶ 1-800-487-4889
- ▶ <https://findtreatment.gov>

ST. PETER'S ADDICTION RECOVERY SERVICES

Offers programs for adolescents (ages 13-18) with alcohol and substance abuse problems. This program addresses the problems adolescents face with their peers and in their families and school environment.

- ▶ 1300 Massachusetts Avenue, Troy
- ▶ 518-452-6700 (general line for all services)
- ▶ <https://www.sphp.com/find-a-service-or-specialty/addiction>

ST. PETER'S OUTPATIENT CENTER IN COHOES

Offering individual and group counseling and Ancillary Withdrawal (detox) services during walk-in hours 8:30AM-11:30AM Monday-Friday.

- ▶ 55 Mohawk Street, Cohoes
- ▶ 518-235-1100

WHITNEY YOUNG ADDICTION TREATMENT SERVICES HARRY AND JEANETTE WEINBERG TREATMENT CENTER

- ▶ 10 Dewitt Street, Albany
- ▶ Outpatient Clinic: 518-463-3882
- ▶ OTP: 518-463-3882
- ▶ <https://www.wmyhealth.org>

WIC (WOMEN, INFANTS AND CHILDREN)**ALBANY COUNTY DISTRICT ATTORNEY'S OFFICE COMMUNITY LINKS AND RESOURCES**

Additional resources in and around Albany, NY are accessible through this link.

- ▶ <http://www.albanycountyda.com>

ALBANY WIC PROGRAM

Provides access to healthy foods for growth and development and promotes food nutrition through education to pregnant, postpartum, or nursing women, and for infants and children under the age of 5 who demonstrate a need as determined by WIC guidelines. Monday through Friday, 8:30 a.m. to 4:30 p.m.

- ▶ 220 Green St. Albany
- ▶ 518-432-4033
- ▶ <https://www.albanymed.org/specialty/wic>

ALPHA PREGNANCY CENTER

Alpha Pregnancy Care Center promises to continue to support you as you navigate the next steps in your journey.

- ▶ 159B Remsen Street, Cohoes
- ▶ 518-279-7673
- ▶ <https://alphacare.org/locations/#cohoes>

WHITNEY YOUNG WIC PROGRAM – TWO LOCATIONS

Services include WIC Electronic Benefits Transfer (EBT) cards for the purchase of healthy, nutritious foods such as milk, yogurt, eggs, whole grains, fruit and vegetables, nutrition information, breastfeeding support and education, linkage to other Whitney Young Health programs and services and referrals to other family services

- ▶ Albany Health Center – 920 Lark Drive, Albany
- ▶ Swinburne Health Center – 526 Central Avenue (Swinburne Building)
- ▶ 518-465-9387
- ▶ <https://www.wmyhealth.org/services/wic>