Clinton County Resource Directory

for Families

produced by

Families Involved Together (FIT)

a program of BHSN

Revised February 2016
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**Director of Community Services for OMH**
Peter Trout  
Clinton County Community Services  
16 Ampersand Avenue  
Plattsburgh, NY. 12901  
518-565-4064/ Fax: 518-566-0261

**SPOA/CCSI Coordinator**  
Clinton County Mental Health  
16 Ampersand Drive  
Plattsburgh NY. 12901  
518-565-4060/ Fax 518-566-0168  
Email: WeirA@co.clinton.ny.us

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**Family Support Services**

**Behavioral Health Services North, Inc.**  
FIT Program (Families Involved Together)  
22 US Oval, Suite 100  
Plattsburgh, NY. 12903  
Erica Leonard, Program Coordinator  
518-561-1767  
Website: www.bhsn.org/fit.php.  
Email: eleonard@bhsn.org

**Child Care Coordinating Council of the North Country**
Family Connections  
194 US. Oval  
Plattsburgh, NY. 12903  
518-561-4999  
Website: www.ccccnc.org.

**NAMI of Champlain Valley**  
14 Healey Ave., Suite D.  
Plattsburgh, NY. 12901  
518-561-2685  
Amanda Bulris, Executive Director  
Email: namiofcv@aol.com  
Website: www.nami-cv.org

**Families Together in the Northeastern Region**  
Family Support  
22 US Oval, Suite 100  
Plattsburgh, NY. 12903  
518-561-1767  
Erica Leonard- FIT Program  
Email: eleonard@bhsn.org  
Website: www.bhsn.org/fit.php.

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**Provides advocacy, support, education, and empowerment to families who have children with disabilities. Help link families to services in the community.**

**Provide a variety of services including Parents Anonymous, developmental screenings, supervised visitation, kinship program, parenting education programs, play groups. Legally exempt Child Care services, child care start up assistance, training for child care program, infant-toddler Technical assistance, education incentive program, Child and Adult Care food program, and child care provider Technical assistance. They also have a Special Education Parent Network also listed under the education section.**

**A local chapter of Families Together in NYS. Goal is to empower families and give them a voice, educate, provide advocacy and support, and increase family involvement.**
Children’s Mental Health Services--------------------------------------------

Behavioral Health Services North, Inc.
Child and Family Clinic
22 US Oval, Suite 100
Plattsburgh, NY 12903
518-561-1767
Director: Amy Larmon
Email: alarmon@bhsn.org
Website: www.bhsn.org

An outpatient mental health clinic which serves children with serious emotional disturbances and their families and medication management. Also provides mental health counseling to 11 area schools.

Clinton County Mental Health and Addiction Services
16 Ampersand Dr.
Plattsburgh, NY. 12901
518-565-4060
Contact: Stacey Beebie- Mental Health and Addiction Services Coordinator
Website: www.clintoncountygov.com.

Provides psychotherapy counseling-individually or as part of a group. Medication management, consultation, and evaluation services are available.

Adult Mental Health Services-----------------------------------------------------

Behavioral Health Services North, Inc.
Center for Wellbeing
2155 Rte22
Morrisonville, NY. 12962
518-563-8000
Director: Amy Larmon
Email: alarmon@bhsn.org
Website: www.bhsn.org.

Provides adult mental health therapy, assisted outpatient treatment (AOT), PROs, Crisis Services, intensive and supportive case management, supported education program, and supported employment program.

Clinton County Mental Health and Addiction Services
16 Ampersand Dr.
Plattsburgh, NY. 12901
518-565-4060
Contact: Stacey Beebie- Mental Health and Addiction Services Coordinator
Website: www.clintoncountygov.com

Provides psychotherapy counseling individually or as part of a group. Medication management, consultation and evaluation services are available.

Other Therapy Options_______________________________________________

Samaritan Family Counseling Center
12 Elm Street
PO Box 41
Peru, NY. 12972
518-643-8709

Provides counseling and psychotherapy to children and adults. They also provide couples and family counseling focusing on spirit, mind, and body.
Adirondack Trauma Associates
610 Ashley Rd.
West Chazy, NY. 12992
or
Soncy Brae Farm
297 Stevenson Rd.
Westport, NY. 12993
518-578-4125
Contact: Valerie Ainsworth- LCSW-R
Email: adirondacktraumaassociates@gmail.com

Butternut Ridge Farm
Peru, NY 12972
518-643-8295
Email: brfdonkeys@yahoo.com
Website: www.butternutridge@donkeys.org

Allen, Lisa- LCSW-R
159 Margaret Street, Suite 200
Plattsburgh, NY. 12901
518-324-2442

Bouvier, Danielle- LMHC
Lake City Counseling
43 Durkee St. Suite 601
Plattsburgh, NY. 12901
518-569-3191
Website: www.daniellebouviertherapy.com

Clark-Rubin, Lorna, J.- M.D.
Champlain Valley Psychiatric Association
11 Hammond Lane, Suite A
Lattsburgh, NY. 12901
518-561-0063

Dague, Karen- LCSW-R
159 Margaret Street, Suite 250
Plattsburgh, NY. 12901
518-569-2035

Del Signore, Michael J.- LCSW
West Bay Plaza Associates, Suite 110
Plattsburgh, NY. 12901
518-561-3707

Trauma/PTSD Utilizing animals (horses).
Serves all ages. Accepts all insurances.

Thera-Pets Program provides three services: Saturday morning therapy camps for children with special needs, Tuesday evening therapy program for grieving children, and a traveling therapy program (goes to nursing homes, hospitals or assisted living homes).

Serves adolescents, children, and families. Provides individual and couples counseling

Child/adolescent disorders; family counseling; group counseling; play therapy; suicide intervention; individual counseling. Accepts most insurance.

Psychiatry, Child and Adolescent Psychiatry.

Treats anxiety, depression, and PTSD. Serves ages >4 yrs. Accepts most insurance- does not accept Medicaid or Medicare.

Adults; Couples; and family therapy. Accepts some insurance including Medicare.
Gitlin, Daniela V. & Kevin N.  
Adirondack Psychiatrics Associates  
3 Cumberland Ave.  
Plattsburgh, NY. 12901  
518-566-6000

Serves only adults - provides individual, couples, and Family therapy as well as medication management. Most insurance accepted - not Medicaid.

Holzer, Laura- LMHC  
159 Margaret Street, Suite 400  
Plattsburgh, NY. 12901  
518-406-8717  
Website: www.lauraholzer.com

Treats adolescent eating disorders, substance abuse, body image, stress reduction. Accepts most insurances.

Jones, Ursula- LCSW-R  
22 US Oval, Suite 204  
Plattsburgh, NY. 12903  
518-324-4344

Provides individual therapy for older adolescents and adults. Focus is on treating anxiety, depression, trauma, loss, and sexual abuse. Accepts many insurances including Medicare.

Lange, Maryanna- LCSW-R  
22 US Oval, Suite 201  
Plattsburgh, NY. 12903  
518-574-1360

Serves adults only. Provides individual and couples therapy; treats depression PTSD, Provides insight-oriented therapy, DBT, DBT. Accepts Excellus- Empire Plan; Empire Blue Cross Blue Shield of NENY & NWNY.

Leshinsky, Ilene- LCSW-R  
159 Margaret Street, Suite 300  
Plattsburgh, NY. 12901  
518-570-6164

Provides individuals, groups, and couples counseling.

McDowell, Britt- LMHC, LCAT  
22 US Oval, Suite 120  
Plattsburgh, NY. 12903  
518-324-3200

Serves children, adolescents, adults, and families. Provides Mindfulness-based CBT, creative art therapy, anxiety, depression, and trauma.

Terry, Bobbi J.- LCSW  
110 West Bay Plaza  
Plattsburgh, NY. 12901  
518-561-3707

Serves ages >13 years. Most insurance accepted.

Noiseux, Judith- CSW-R  
West Bay Plaza Associates, Suite 110  
Plattsburgh, NY. 12901  
518-561-3707  
After Hours- 518-563-3232

Suicide Treatment. Accepts most insurance.
Norcross, Janice- LMHC
110 West Bay Plaza
Plattsburgh, NY. 12901
518-561-3707
Email: Jannwestbay@primelink1.net
Provides individual counseling, insight oriented therapy. Targets anxiety disorders, depression, mood disorder, grief/loss, stress, anger management & Borderline Personality Disorder. Provides supportive therapy as well as group therapy upon request.

Oertel, Jackie- LCSW-R
174 US Oval
Plattsburgh, NY. 12903
518-570-8499
Provides marriage, individual, and family counseling. All insurances accepted.

Sajor, Kathy S.- LMHC
22 US Oval, Suite 120
Plattsburgh, NY. 12903
518-335-8941
Provides individual and couples counseling. Focus eating disorders treatment, grief and loss, depression, anxiety, trauma, and stress-reduction for adults and older adolescents. Accepts some insurance.

Smith Richard- Ph.D
202 Cornelia St. Suite C
Plattsburgh, NY. 12901
518-563-1911
Provides adolescent treatment, family therapy, psychological testing, suicide intervention, OASAS Certified Alcohol and Substance Abuse evaluations, and ADHD evaluations. Accepts most insurance except no Medicaid, Medicare or Fidelis.

Yokum, Elizabeth- LCSW-R
22 US Oval, Suite 122
Plattsburgh, NY. 12903
518-561-2869
Website: www.adkyoga.com
Serves Adults. Provides Family therapy and individual and couples counseling. Focus on stress management. Does not provide suicide intervention. Accepts most insurance.

Child and Family Services
Intensive Case Management
Behavioral Health Services North, Inc.
22 US Oval, Suite 100
Plattsburgh, NY. 12903
518-561-1767
Contact: Shelley Munson
Email: smunson@bhsn.org
Website: www.bhsn.org/icm-scm.php
Provides intensive, flexible outreach, linkage, support, and coordination of services to children with serious emotionally disturbance. Must go through the SPOA committee.

Home and Community Based Waiver Program
Behavioral Health Services North, Inc.
22 US Oval, Suite 100
Plattsburgh, NY. 12903
518-561-1767
Contact: Shelley Munson
Email: smunson@bhsn.org
Website: www.bhsn.org/hcbs.php
Provides for children with complex mental health needs that are at risk of institutional level care. Services including individualized care coordination, crisis response services, intensive in home services, respite care, family support services, and skill building services.
Adult Residential Services
Behavioral Health Services North
200 Cornelia Street
Plattsburgh, NY. 12901
518-324-4606
Contact: Nancy Reome-Price
Email: nreomeprice@bhsn.org
Website: www.bhsn.org

There are three community residences in the City of Plattsburgh that provide a structured living environment for individuals recovering from mental illness and chemical dependency.

Supported Housing
Behavioral Health Services North
69 Margaret Street
Plattsburgh, NY. 12901
Phone: 518-563-0575
Fax: 518-562-8125
Contact: Liz Carpenter
Email: lcarpenter@bhsn.org
Website: www.bhsn.org

Provides supportive housing programs through Helping Hands Housing, Housing North, Shelter North, and Homesteads on Ampersand.

STOP Domestic Violence
Behavioral Health Services North
22 US Oval, Suite 218
Plattsburgh, NY. 12903
518-563-6904
Website: www.bhsn.org/stop-domestic-violence.php

STOP Domestic Violence is a NYS certified program assisting victims of DV, 24 hours a day. Services include: a 24 hour hotline, crisis intervention; individual and group supportive counseling; temporary childcare during office visits; advocacy with law enforcement, medical services, DSS etc.; safe dwellings; and information and referrals to other local, state and nationwide DV services.

Healthy Families-Clinton
Behavioral Health Services North
22 US Oval, Suite 218
Plattsburgh, NY. 12903
518-563-8206
Contact: Esther Piper
Email: epiper@bhsn.org
Website: www.bhsn.org/home-visiting.php

A primary prevention program providing support to new parents and expectant parents. Families receive home visits with family support workers providing information, education and support. Our Parent Aide Program is for parents who are under stress who have been referred by DSS.

Catholic Charities
Wadhams Hall
6866 State Highway 37
Ogdensburg, NY. 13669
315-393-2255
Website: www.cathcharities.org.

Services provided include financial assistance for critical needs, information and referral services, and Retired Senior Volunteer Program.
North Country Center for Independence
80 Sharron Avenue
Plattsburgh, NY. 12901
518-563-9058
Website: www.ncci-online.com.
Executive Director: Robert Poulin
Email: robert@ncci-online.com

Youth Advocate Program
43 Clinton Street
PO Box 2625
Plattsburgh, NY. 12901-0238
518-561-6798
Director: Kasey Young
Website: www.yapinc.org.

Clinton County Youth Bureau
Physical Address:
135 Margaret St.
Plattsburgh, NY. 12901
Mailing address:
137 Margaret St.
Plattsburgh, NY. 12901
518-565-4750
Contact: Kim Crockett
Email: Youth@clintoncountygov.com
Website: www.clintoncountygov.com.

Champlain Valley Family Center
20 Ampersand Drive
Plattsburgh, NY. 12901
518-561-8480
Website: www.cvfamilycenter.org.

Student Health and Counseling Center
Plattsburgh State University
Health Center Building
101 Broad Street
Plattsburgh, NY. 12901
564-3086
Email: healthcenter@plattsburgh.edu
Website: www.plattsburgh.edu/studentlife/health/psychservices.php.
Services include: assessment & diagnosis, support groups, caregiver resource center, education & training, and Adult Day Programs. They provide respite for families.

Alzheimer's Disease Assistance Center
227 Sibley Hall
101 Broad St.
Plattsburgh NY. 12901
518-564-3355
Contact: Kristen Chapin-Lavigne - Office Manager
Website: www.plattsburgh.edu/offices/centers/cisp/adac/

Clinton County Office of the Aging
135 Margaret St.
Plattsburgh, NY. 12901
518-565-4620
Contact: Crystal Carter (Director)
Email: crystal.carter@clintoncountygov.com
Website: www.clintoncountygov.com/departments/aging/ofa-home.html.

Mental Health Association
Clinton and Franklin County
7 Pearl Street
Malone, NY. 12953
518-521-3760
Website: www.mhafcn.org

Provides advocacy, information and referral. They have a variety of groups and programs available for individuals with a mental health diagnosis and their family members.

Early Intervention Services

Clinton County Health Department
Early Intervention Program
133 Margaret Street
Plattsburgh, NY. 12901
518-565-4848
Website: www.clintoncountygov.com/departments/health/earlyinter.html

Provides audiology, speech, counseling, nursing, nutrition, occupational, and physical therapy as well as special instruction for children under the age of 3 who are developmentally delayed or have a diagnosed disability.

Elder Care Services

Elder Care Services
Behavioral Health Services North
46 Flynn Avenue, Suite 612A
Plattsburgh, NY. 12903
518-324-3881
Contact: Mary Buckley-LaBonte
Email: mbuckleylabonte@bhsn.org
Website: www.bhsn.org/caregiver.php

Provides support groups, training, respite, counseling, information/referral, and access to a lending library. The goal is to help senior citizens remain in their homes and communities as long as possible.

Alzheimer's Disease Assistance Center
227 Sibley Hall
101 Broad St.
Plattsburgh NY. 12901
518-564-3355
Contact: Kristen Chapin-Lavigne - Office Manager
Website: www.plattsburgh.edu/offices/centers/cisp/adac/

Clinton County Office of the Aging
135 Margaret St.
Plattsburgh, NY. 12901
518-565-4620
Contact: Crystal Carter (Director)
Email: crystal.carter@clintoncountygov.com
Website: www.clintoncountygov.com/departments/aging/ofa-home.html.

Mental Health Association
Clinton and Franklin County
7 Pearl Street
Malone, NY. 12953
518-521-3760
Website: www.mhafcn.org

Provides advocacy, information and referral. They have a variety of groups and programs available for individuals with a mental health diagnosis and their family members.
Rural Preservation Company of Clinton County
PO Box 128
48 Ganong Dr.
Saranac, NY. 12981
518-293-7569
Contact: Mary Mattila
Email: rpc@clintonrpc.org

Senior Citizens Council
5139 North Catherine St.
Plattsburgh, NY. 12901
518-563-6180
Website: www.seniorsinclintoncounty.com.
Email: Patti@seniorcouncil.net

JCEO Senior Outreach Services
54 Margaret St.
Plattsburgh, NY. 12901
518-561-6310
Contact: Julie Stalker
Senior Outreach Program Director
Email: Stalker@jceo.org

Third Age Adult Care Center (PSUC)
Sibley Hall Rm 417
101 Broad Street
Plattsburgh, NY. 12901
Contact: Christine Martin-Ouellette
518-564-3367
Email: martinc@plattsburgh.edu
Website: www.plattsburgh.edu/offices/centers/cisp/thirdage/

Hospice of the North Country
358 Tom Miller Rd.
Plattsburgh, NY. 12901
518-561-8465
Email: info@hospicenc.org

Retired and Senior Volunteer Program (RSVP)
46 Flynn Ave. Suite 612
Plattsburgh, NY. 12901
518-566-0944
Project Coordinator: Kate Gardner
Email: director@ccrsvp.com

Programs for individuals with dementia or memory loss of the Alzheimer’s type, physically frail elders, and others who need assistance with activities of daily living. They provide supervision and structured day program. Must be over the age of 55.

Provides support for those facing end of life challenges and their families with skilled nursing, family services, home health aides, spiritual support, volunteer services and bereavement and grief support.

Provides volunteer opportunities for people 55 and older to use their lifetime of experience to extend the arm of human services agencies and nonprofit organizations in Clinton County.

Programs include: home delivered meals, senior community service employment program, assistive equipment loan program, direction classes such as computer class, computer club, senior fitness, osteo/arthritis exercise, Tai Chi, Zumba gold, yoga, shuffle board, scrabble, Mah Jong, Painting/knitting, crocheting/quilting, genealogy, pinochle, poker, and Wii bowling.

Senior Outreach includes: HIICAP Insurance Counseling, Rural Transportation Program, Senior Care Services/Senior Repair Service, and Telephone Reassurance/Friendly Visitor. Provides information about programs available and advocacy.

Assists low income homeowners, 60 yrs or older to secure grants or low interest loans needed to eliminate hazardous conditions in their homes or to make basic repairs which includes weatherization.
Emergency Services

National Suicide Hotlines: 1-800-784-2433
1-800-448-3000
Clinton County Suicide Hotline 1-866-577-3836
National Youth Crisis and Runaway Hotline: 1-800-442-4673
Poison Control 1-800-222-1222
Runaway Hotline 1-800-786-2929
Veterans National Suicide Hotline 1-800-273-8255
CVPH- Emergency Room 518-562-7370

Psychiatric Emergency Room/Inpatient Hospitalization
CVPH (Champlain Valley)-Children and Adolescent- MH Unit
75 Beekman Street, 2nd Floor
Plattsburgh, NY. 12901
518-562-7536
Website: https://www.cvph.org

Ages 6-18 who are in crisis that impacts safety of the individual or others. Provides assessment, stabilization and discharge planning.

CVPH Emergency Room
75 Beekman Street
Plattsburgh, NY. 12901
562-7370

OPWDD Services

Advocacy and Resource Center (ARC)
231 New York Rd.
Plattsburgh, NY. 12903
518-563-0930
Website: www.cviarc.com/

Services include day habilitation, at home services, residential services, free standing respite, site-based and community prevocational services, CVI Janitorial Services, workforce network (supported work program), Medicaid service coordination, self-directed and fiscal intermediary services, and corporate compliance program.

Sunmount DDSO
7242 State Route 9, Suite 101
Plattsburgh, New York 12901
518-561-8190
Website: www.opwdd.ny.gov/

Serves Franklin, Essex, Clinton, Hamilton, Jefferson, and St Lawrence County. Involved in planning, development, funding, technical support, quality assurance and direct operations of a wide variety of community based services serving those with Developmental disabilities, MR, ASD, Epilepsy, Cerebral Palsy, and Neurological Impairments so that they can remain in the community with family and friends.

Residential Resources
304 New York Rd.
Plattsburgh, NY. 12901
518-324-3101
Website: www.resresources.com/

Provides services for individuals with developmental or acquired disabilities. Provide instruction on functional skills, support, therapy, rehabilitation, community liaison, clinical consultation, and 24/7 support.
North Country Regional TBI Center
SUNY Plattsburgh
227 Sibley Hall, 101 Broad Street
Plattsburgh, NY. 12901
Service Coordination- 564-2049
Day Program- 564-5048
Independent Living Skills Training- 564-3369
Counseling- 564-3364
Neuropsychology Clinic 564-2046
Website: tbicenter.org.

Provides services through NYS Department of Health TBI and NHTD Waivers as well as the OPWDD Waiver. The TBI Center offers service coordination, and day habilitation, for other children and adults with developmental disabilities, traumatic brain injuries, or other neurological conditions. Other services include independent living skills training, structured day program, community integration counseling cognitive remediation, and neuropsychological & ASD evaluations.

CEWW BOCES - Partners in Transition
194 US Oval, Suite 228
Plattsburgh, NY. 12903
Contact: Tonya Robinson
Email: robinson_tonya@cves.org
518-561-0430 ext. 3051

Provide a wide range of employment services for those individuals who have barriers to employment. We work in conjunction with ACCESS-VR and OPWDD providing short and long-term job placement supports and services, work readiness, workplace assessments, paid/unpaid internships and thru the development of pre-vocational skills. In addition, we support individuals who are interested in self-directing their OPWDD services by providing brokerage services.

Citizens Advocates
31 Sixth Street
P.O. Box 608,
Malone, NY. 12953
Contact: Kary Johnson
Email: karyjohnson@citizenadvocates.net
518-483-1250

Serve Clinton, Essex, Franklin, Hamilton, and St. Lawrence. They provide a wide spectrum of services including Behavioral Health Services, Residential Services, Vocational Services, and Day Programs. They provide Medicaid Service Coordination for those eligible for OPWDD services.

Resource Center for Independent Living
409 Columbia Street
Utica, NY. 13503
Contact: Tami Capuana
Email: tcapuana@rcil.com
315-797-4642

They serve Clinton, Essex, Franklin, Hamilton, Jefferson, and St. Lawrence. Services include peer counseling, independent living skills training, information and referral, individual and system advocacy, and transition services.

Independent Brokers

David Blinn
3061 Military Turnpike
West Chazy, NY. 12992
518-562-2864 or 518-569-9102
Email: davidblinn@ymail.com

Barbie Craig
20 Brown Road
Peru, NY. 12972
518-643-0165
Email: Barbie.craig12@gmail.com
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<tr>
<th><strong>Katie Bond</strong></th>
<th><strong>Mackenzie Lahue</strong></th>
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<tbody>
<tr>
<td>701 Cumberland Head Road</td>
<td>1542 Guide Board Rd.</td>
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<tr>
<td>Plattsburgh, NY. 12901</td>
<td>Schuyler Falls, NY. 12985</td>
</tr>
<tr>
<td>518-563-9420</td>
<td>518-643-9320</td>
</tr>
<tr>
<td>518-534-9047</td>
<td>Email: <a href="mailto:irisandscooter@hotmail.com">irisandscooter@hotmail.com</a></td>
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<tr>
<td><a href="mailto:Bondcrew49@aol.com">Bondcrew49@aol.com</a></td>
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<tr>
<th><strong>Maris Liberty</strong></th>
<th><strong>Tammy Miller</strong></th>
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<tbody>
<tr>
<td>251 Champlain Drive</td>
<td>24 Baltimore Way</td>
</tr>
<tr>
<td>Plattsburgh, NY. 12901</td>
<td>Plattsburgh, NY. 12903</td>
</tr>
<tr>
<td>518-569-0921</td>
<td>518-335-4904</td>
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<tr>
<td>Email: <a href="mailto:marisjlib@icloud.com">marisjlib@icloud.com</a></td>
<td>Email: <a href="mailto:Tmiller0668@gmail.com">Tmiller0668@gmail.com</a></td>
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<thead>
<tr>
<th><strong>Eva Provoncha</strong></th>
<th><strong>Tonya Robinson</strong></th>
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<tbody>
<tr>
<td>4535 NYS Route 9N</td>
<td>47 Rivers Edge Drive</td>
</tr>
<tr>
<td>Port Henry, NY. 12974</td>
<td>Morrisonville, NY. 12962</td>
</tr>
<tr>
<td>518-546-9895 or 518-569-3213</td>
<td>518-726-6477</td>
</tr>
<tr>
<td>Email: <a href="mailto:evapro@nycap.rr.com">evapro@nycap.rr.com</a></td>
<td>Email: <a href="mailto:tonyatrm@yahoo.com">tonyatrm@yahoo.com</a></td>
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<thead>
<tr>
<th><strong>Danielle (Murray) Reyell</strong></th>
<th><strong>Kelly Shadrick</strong></th>
</tr>
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<tbody>
<tr>
<td>7760 State Rte 22</td>
<td>PO Box 807</td>
</tr>
<tr>
<td>West Chazy, NY. 12992</td>
<td>Dannemora, NY. 12929</td>
</tr>
<tr>
<td>802-272-0448</td>
<td>518-487-0674</td>
</tr>
<tr>
<td>Email: <a href="mailto:danimurray20@gmail.com">danimurray20@gmail.com</a></td>
<td>Email: <a href="mailto:klshadrick@gmail.com">klshadrick@gmail.com</a></td>
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</tbody>
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<tr>
<th><strong>Audrey Crucetti, M.S. BCBA-LBA</strong></th>
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<tbody>
<tr>
<td>Independent Autism/Behavior Consultant</td>
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<tr>
<td>518-420-3443</td>
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<tr>
<td>Email: <a href="mailto:crucettiaudrey@gmail.com">crucettiaudrey@gmail.com</a></td>
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</tbody>
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**Health**

**Plattsburgh Integrated Yoga for Children and Teens**

Bridge Street Yoga
Plattsburgh, NY. 12901
Contact: Emily Zurschmit
315-264-9056
Email: emilyzurschmit@gmail.com

Integrated Children’s Yoga ages 3-7. Teen Yoga-ages 7-13. There is also Hatha Yoga for adults.
Clinton County Health Department
133 Margaret Street
Plattsburgh, NY. 12901
Main number- 565-4840
Environmental Health & Safety Division
135 Margaret Street
Plattsburgh, NY. 12901
565-4870
Health Care Services
133 Margaret Street
Plattsburgh, NY. 12901
565-4848
Health Planning and Promotion
133 Margaret Street
Plattsburgh, NY. 12901
565-4993
Website: www.clintonhealth.org/
Email: Ellen.Hemingway@clintoncountygov.com

Cornell Cooperative Extension
6064 State Route 22
Suite #5
Plattsburgh, NY. 12901
518-561-7450

Nutrition Outreach and Education Program
Legal Aid Society of Northeastern New York
100 Court Street
PO Box 989
Plattsburgh, NY. 12901
518-563-4022 ext. 112
Contact: Mandy Beaudin
Email: mbeaudin@lasnny.org

Hello Babe Childbirth Education Program
Women and Children’s Center
The University of Vermont Health Network
Champlain Valley Physicians Hospital
75 Beekman Street
Plattsburgh, NY. 12901
518-562-7532
Email: hellobabe@cvph.org

North Country Home Services
21 McKinley Ave. #1
Plattsburgh, NY 12901
518-566-0183

Environmental protection provides inspections/monitoring/education, and health education.

Health Care Services provides health assessments, skilled nursing, referrals, immunizations, case management for families with children with developmental delays from birth to 5 years old.

Connects people and communities and put research based knowledge to work such as the 4H program, Nutrition, Horticulture & Agriculture. This includes the program Eat Smart New York.

Assist eligible households in Clinton County with the Supplemental Nutrition Assistance Program. Offer free and confidential prescreening, assist with SNAP applications and documentation, as well as SNAP recertification and changes, and make referrals to other local programs.

Classes @ CVPH that help pregnant couples to know what to expect as a new parent.

Provides Home Health Care services to assist individuals in their homes enabling them to remain as independent as possible.
Other Services

Department of Social Service
13 Durkee Street
Plattsburgh, NY. 12901
Administration- 565-3300
Adult Services- 565-3363
Child Preventive- 565-3217
Child Protective- 565-3310
Child Support- 565-3394
Day Care- 565-3404
Employment Assistance- 565-3370
Food Stamps and Medicaid- 565-3330
Foster Care Adoption 565-3320
HEAP- 565-3258
Website: https://www.clintoncountygov.com

Joint Council for Economic Opportunity (JCEO)
54 Margaret Street
Plattsburgh, NY. 12901
518-561-6310
Website: www.jceo.org

Community Outreach services include: Family Development, Community Outreach Centers, Food Pantries, Medicaid Transportation, Rural Transportation Program (RTP), Safe Sleep Project, School Supply Drive, and Volunteer Recruitment. They provide information and referral, housing assistance, HEAP, and Summer Camp Scholarships.

JCEO Community Outreach Program Director- Sally Soucia

JCEO’s Community Outreach Centers
Altona 236-7621 Hours: 8:30-3:00 Contact: Ellen Montgomery
Ausable 834-9043 Hours 8:30-4:00 Contact: Lauren Rock
Black Brook 647-5509 Hours 8:30-3:00 Contact: Melissa Walton
Champlain 298-2373 Hours 8:30-12:00 Contact: Julie Bouchard
Clinton 497-6133 Hours 8:30-12:00 Contact: Diane Lagree
Dannemora (Tues. & Thurs.) 492-7357 Hours 8:30-1:30 Contact: Shirley Durin
Ellenburg 594-3007 Hours 8:30-4:00 Contact: Tina Trombley
Lyon Mountain (1st Tuesday) 643-8455 Hours 9:00-12:30 Contact: Shirley Durin
Peru 643-8455 Hours 8:30-4:00 Contact: Patrick Holmes
Plattsburgh (City) 561-6310 Hours 12:00-3:30 Contact: Lisa Goodrow
Plattsburgh (town) 563-2836 Hours 8:30-4:00 Contact: Tamy Wells
Saranac 293-6661 Hours 8:30-4:00 Contact: Cindy Waldron
West Chazy 493-3491 Hours 8:30-12:00 Contact: Jami McIntyre

Energy Services Program Director- Belinda Parent
Social Security Administration
14 Durkee Street
Plattsburgh, NY. 12901
1-800-772-1213
1-866-296-8271 (local)
Website: www.socialsecurity.gov/agency/.

Verizon Lifeline
1-800-882-2803
Website: www.verizon.com/lifeline.

Smoker's Quitline
Website: www.nysmokefree.com/.
1-866-697-8487

Clinton County Suicide Hotline
Behavioral Health Services North
1-866-577-3836
TTY: 877-829-1278

Medicine Horse Farm
38 Lizzie's Lane
Morrisonville, NY. 12962
518-566-7217
Contact: Marie Postiglione-Dupel
Email: marie@medicinehorsefarm.org
Website: www.medicinehorsefarm.org/.

Planned Parenthood
66 Brinkerhoff St.
Plattsburgh, NY. 12901
518-561-4430
Website: www.plannedparenthood.org/.

American Red Cross
26 Emory Street
PO Box 770
Morrisonville, NY. 12962
518-561-7280

Services- apply for retirement benefits, disability, Medicare, help with Medicare prescription drugs, obtain SS Cards, forms, and other publications.

Government assistance program- offers telephone discounts to qualified low income customers.

Assists individuals to quit smoking through support, education and tools (nicotine patches).

Available at all times. 24/7 professionally operated line.

Serves individuals with physical, medical, and emotional disabilities. Promotes wellness and emotional healing. Services include: Equine Assisted Learning, Vocational Training Program, and Therapeutic Riding Program.

Health care, education, and advocacy services. Provide educational programs and resources in sexuality and sexual health issues.

Provides disaster relief, supports military families, lifesaving blood, health & safety services and international services. Baby-sitter course. They serve Clinton, Essex, Franklin, Hamilton, Jefferson, Lewis, and St. Lawrence Counties.
North Country Association for the Visually Impaired
22 US Oval
Suite B-15
Plattsburgh, NY, 12903
Phone: 518-562-2330
Fax: 518-562-2331
Website: www.ncavi.org.
Contact: Amy Kretser
Email: ncavi2001@yahoo.com
Serves Clinton, Essex, Franklin, and St. Lawrence County. Services for adults: low vision exams, instruction in daily living skills, personal management assistance, adaptive equipment, instruction for Safe Independent travel, help adjusting to vision loss, education/vocational training, need base referral services, one-on-one services, and a courtesy visit program for those who are visually impaired but not legally blind. NCAVI serves people who are blind, legally blind, visually impaired to help them with skills needed to live independently.

United Way of the Adirondack Region, Inc.
45 Tom Miller Rd.
Plattsburgh, NY, 12901
518-563-0028
Website: www.unitedwayadk.org.
Mission: To be a leader in community partnership building to increase the organized capacity of people to care for one another. Provides a 2-1-1 service to help you find Health and human Services information: go to www.211adk.org.

The TRAID Program
Adirondack Regional Technology Center
SUNY Plattsburgh
Alzheimer’s disease Assistance Center
101 Broad Street, Sibley 227
Plattsburgh, NY, 12901
1-800-388-0199
518-564-3369
Provides Technology-Related Assistance for individuals with disabilities. Can help individuals with assistive technology loans, device demonstrations, training on assistive technologies, early intervention AT Loan Library, and Information and Referral Services.

Substance Treatment--------------------------------------

Conifer Park- Outpatient Clinic
80 Sharron Avenue
Plattsburgh, NY, 12901
518-561-0130
Conifer Park- Inpatient Services
79 Glenridge Rd.
Glenville, NY, 12302
1-800-989-6446
399-6446
Website: www.coniferpark.com
Provides outpatient services including group and individual counseling. They can make a referral to their residential center which provides residential chemical dependency treatment and health care for both adults and adolescents.

Canton-Potsdam Chemical Dependency Services
50 Leroy St.
Potsdam, NY, 13676
315-265-3300 (main hospital)
315-261-5969 (detox)
315-261-5954 (In patient Rehab)
315-353-2572 (Outpatient)
Website: www.cphospital.org
Services- assessment, evaluation, medical supervision/referrals, individual & group counseling, gambling addiction support services, support for family, discharge and after care planning, DOT evaluations, family counseling & education, Inpatient & Outpatient services and detoxification.
Impaired and Driving Program (IDP)
Clinton Community College
136 Clinton Point Dr.
Plattsburgh, NY 12901
518-562-4139
Website: www.clinton.edu/continuingeducation/drivereducation.cxml.

Alcoholics Anonymous
518-561-8444
Website: www.ny-aa.org/.

Narcotics Anonymous
818-773-9999 ext. 771
Email: fsmail@na.org
https://www.na.org

Al-Anon/ Alateen
518-561-0838 - To request a meeting schedule
518-561-0838 - National Hotline

Nar-Anon
518-569-3210 - National Hotline

Clinton County Mental Health and Addiction Services
16 Ampersand Dr.
Plattsburgh, NY 12901
518-565-4060
Website: www.clintoncountygov.com
Contact: Mary Ellen Baughman CASAC
Addiction Services Program Coordinator

Champlin Valley Family Center
20 Ampersand Drive
Plattsburgh, NY 12901
518-561-8480
Website: www.cvfamilycenter.org

Clinton County Stop DWI
25 McCarthy Dr.
Plattsburgh, NY 12901
518-565-4824
Contact: Sgt. Frank Mercier
Email: mercierf@co.clinton.ny.us
http://stopdwi.org/initiatives-Clinton
http://www.clintoncountygov.com/Departments/Sheriff/SDTS/stopdwi.html

Must go through DMV prior to registering for course. Voluntary program if you have been convicted of an alcohol or drug related driving violation, unless you have participated in the program within the last 5 years, or have been convicted of another alcohol or drug violation within 5 years of the current violation.
St. Joseph’s Rehabilitation Center
Inpatient & Outpatient
159 Glenwood, PO Box 470
Saranac Lake, NY 12983
518-891-3950
7573 Court St. #203
Elizabethtown NY 12932

Clinics are located in Malone, Saranac Lake, Elizabethtown, Ticonderoga,
Keeseville, and on the campus of Mountain Lake Academy. Provides
inpatient, outpatient, and after care programs for persons suffering from
chemical dependency and substance abuses. They provide assessments,
family interventions, community outreach, education, intensive
outpatient services, and residential family program. There is a Veteran
Residential Program which is 6-12 months for Veterans with substance
abuse and PTSD. There are 25 beds located in Saranac Lake at 444
Kiwassa Rd.

Veteran Services-----------------------------------------

Clinton County Veterans Service Agency
Clinton County Government Center
137 Margaret Street, Suite 106
Plattsburgh, NY 12901
518-565-4720
Director- Steve Bowman
Email: Steve.Bowman@clintoncountygov.com
Website:
https://www.clintoncountygov.com/Departments/Vets/VeteransHome.html

Disabled Veterans Outreach Program
194 US Oval
Plattsburgh, NY 12903
518-561-0430 ext. 3048
Contact: Manny Seck
Local Veterans Employment Representative
John Hetfield
518-561-0430 ext. 308 1

North Country Veteran’s Association
27 Town Line Rd.
PO Box 1161
West Chazy, NY 12992
518-563-3426

Provides services to veterans, military personnel, and their dependents. Services
include: assistance with compensation for service related disabilities and non-
related pensions, burial benefits, federal grave markers, insurance,
education & vocational rehabilitation benefits and home loan guarantees.
Employment/reemployment assistance, real property tax exemptions,
hospitalization and outpatient treatment, domiciliary care, military records
corrections & military medals/awards, blind annuity applications, transportation
services, assistance and training for veterans. Information to community service
organizations, notary service, assistance obtaining legal documents, homeless
veterans outreach program.

Provides intensive services to meet employment
needs of disabled veterans. Emphasis is placed on
serving those who are economically or educationally
disadvantaged.

Educate veterans on topics such as Agent Orange, PTSD, TBI,
Educational entitlements, employment services and
opportunities and other issues relevant to their well-being
through peer support. They have a PTSD group on Friday.
There is also a food bank- by appointment.
Education---------------------------------------------

Champlain Valley Educational Services (CVES)
CV-Tec
1585 Military Turnpike Extension
PO Box 455
Plattsburgh, NY 12901
518-561-0100
Website: www.cves.org/.

ACCESS-VR
Malone District Office
209 West Main St. Suite 3
Malone, NY 12953
518-483-3530
1-800-882-2803
Website: www.acces.nysed.gov/vr/.

Special Education Parent Network (SEPN)
Family Connections
194 US Oval
Plattsburgh, NY 12903
Contact: Laurie Booth Trudeau
518-561-4999
Email: lboothtrudo2@gmail.com

Clinton, Essex, Franklin- Library System
33 Oak Street
Plattsburgh, NY 12901
518-563-5190
www.cefls.org

Literacy Volunteers
SUNY Campus
Hawkins Hall 052
Plattsburgh, NY 12901
518-564-5332
Website: lva-cc.org

JCEO Head Start
54 Margaret Street
Plattsburgh, NY 12901
518-561-1767
Director- Jackie Skiff

Provides career & technical education, adult & continuing education, business & industry training, adult literacy & job skills programing, instructional services, administrative support, special education programs & services and professional development for educators.

Assists individuals with disabilities to achieve and maintain employment and to support independent living through training, education, rehabilitation, and career development. Services include transition and youth services, vocational rehabilitation, independent living services, and business services.

Provides technical assistance, resources, and guidance material to parents with children with disabilities. They provide information sessions for parents of children with disabilities to inform and teach strategies on how to work with schools to ensure that their children are getting the proper education with necessary services. Provides one-on-one assistance to prepare for CSE meetings and IEP review meetings.

Goal is to improve public library services. It supports local libraries and reading centers but also provides direct services to populations that cannot easily reach a nearby library.

Provides one on one tutoring for basic literacy and English language learners including reading, writing, speaking, as well as math and computer skills.

Provides comprehensive early childhood education to income eligible families with children ages 3-4.
Services include a full range evaluation and treatment services for infants, children, & adults with speech disorders, voice disorders, stuttering, aphasia, delayed language, hearing loss/deafness, learning disabilities related to communication, auditory & language processing disorders, English as a second language, and TBI. They also provide comprehensive hearing evaluations, hearing aide evaluation, fitting and dispensing, and aural rehabilitation.

The Upward Bound Program at SUNY Plattsburgh is a federally funded TRIO Program serving selected area high school students in Clinton, Essex and Franklin Counties. The college-preparatory program provides the necessary services to assure high school graduation and successful postsecondary education. For more information, please visit www.ubplattsburgh.org.

Services include providing a wide variety of employment services such as workplace assessments, soft skills training, college transitional supports, job placement services, supported employment services, internships, Pathways to Employment, and community-based prevocational training. In addition, also providing brokerage services for Self-Direction individuals.

Programs include Housing Choice Voucher (Section 8 Rental Assistance), Project Based Voucher Program, and Housing Choice Voucher to Homeownership program.

Speech & Hearing Center
Sibley Hall 224
101 Broad St.
Plattsburgh, NY 12901
518-564-2170

Upward Bound
SUNY Plattsburgh
101 Broad Street
Plattsburgh, NY 12901
Contact: Brian Post
518-564-2030
Email: bpost002@plattsburgh.edu

Transition Services-----------------------------------------------
Partners in Transition
194 US Oval, Suite 228
Plattsburgh, NY 12903
518-561-0430 ext. 3051
Coordinator: Tonya Robinson
Email: robinson_tonya@cves.org

Housing--------------------------------------------------
Clinton County Housing Assistance Program
24 Margaret St., Suite 7
Plattsburgh, NY 12901
518-825-0800
Website: www.clintoncountyhousing.org/programs

ETC Housing Corporation
6 Tara Lane
Plattsburgh, NY 12901
518-563-2223

ETC Eviction Prevention Program
518-563-2223

Friends of the North Country
1 Mill St. #A
Keesville, NY 12944
518-834-9606
Website: www.friendsofthenorthcountry.org
Plattsburgh Housing Authority
4817 South Catherine Street
Plattsburgh, NY 12901
518-561-0720
Website: www.phaplattsburgh.com

Rural Preservation Company of Clinton County
PO Box 128
3341 Route 3
Saranac, NY 12981
518-293-7569
Contact: Mary Mattila, Executive Director
or Jenny Lou Monty
Email: jlmonty@charterinternet.com

On Call After Hours Shelter Emergencies
518-574-3124

Law Enforcement

Plattsburgh City Police
45 Pine Street
Plattsburgh, NY. 12901
518-563-3411
Plattsburgh City Police Juvenile Officer
518-563-3425

Clinton County Sheriff's Department
25 McCarthy Drive
Plattsburgh, NY. 12901
518-565-4300

Legal Assistance

Legal Aid Society of Northeastern New York (Plattsburgh Office)
100 Court St.
PO Box 989
Plattsburgh, NY 12901
518-563-4022
Website: www.lasnny.org.

Affordable housing- Rent based on annual income.
Section 8 Housing Choice Voucher Program- Direct monthly payments to private landlords on behalf of qualified families.
Senior apartments.
Ted Kay Center- Provides educational, social and recreational services to youth and families. Early childhood program, after school program, and summer program.

Assists low income senior home owners to secure grants or low interest loans needed to eliminate hazardous conditions in their home or to make basic repairs.

Provides free assistance & representation to low income people in civil cases. Special programs include- Foreclosure Prevention Project, HIV/AIDS Legal Consortium, Immigration Law Project, Low income Tax Payer Clinic, Nutrition Outreach and education Project, Senior Legal Services (Clinton County only). They deal with landlord/tenant issues, evictions, denial of public housing, help with public benefits, special education issues, disability law, DV legal assistance, and referrals to local resources.
Clinton County Probation Department
Director David Marcoux
34 Court Street
Plattsburgh, NY 12901
Probation Main Line-565-4640
Probation fax- 565-4651
Contact: Director - David Marcoux
Email: probation@co.clinton.ny.us
Website: http://www.clintoncountygov.com/Departments/Probation/ProbationHomePage.html

Provides probation supervision to adult & juvenile offenders sentenced by the court. Programs include Probation, Alternatives to Incarceration Community Service and Pre-trial Release Services, participation in County Treatment and Mental Health Courts, monitoring of Ignition Interlock DWI Offenders and other means of electronic monitoring.

Clinton County Youth Court
135 Margaret St.
Plattsburgh NY 12901
518-565-4750
Contact: Kim Crockett
Email: Kim.Crocket@clintoncountygov.com

This is a free program providing opportunities for young people to serve as a court member. They hear cases of young persons who have committed an offense. The goal is to prevent delinquency through peer support. A one year voluntary commitment is required.

Clinton County Department of Social Services
Adolescent Services Unit
13 Durkee Street
Plattsburgh, NY 12901
518-565-3404

Programs include:
PINS – Case management services, a collaborative effort with community service agencies in Clinton County Preventive Services- prevention of out of home placement PSAF- Preventive services for Adolescents and Families-School and agency partnership.

Plattsburgh Regional Attorney General’s Office
43 Durkee St., Suite 700
Plattsburgh, NY 12901
518-562-3288
Consumer Fraud # 562-3282
Website: www.ag.ny.gov/plattsburgh-regional-office

Mediates consumer complaints, provide public advocacy, represent charities & not for profits, and State Council & Legislation. Information and referral source.

Human Rights Commission
Clinton County Government Center
137 Margaret Street, Suite 208
Plattsburgh, NY 12901
Website: www.hrc.org/.
518-565-4600

Protect individuals against discrimination. They take and investigate complaints and recommend educational programs.
Employment -------------------------------------------------------------

**One Work Source**
194 US Oval
Plattsburgh, NY. 12903
518-561-0430
Website: ncworkforce.com.

Provides Employment Services to both job seekers and employers. Veterans receive Priority of Service.
Job seekers are given job search tools to assist them in finding employment. We provide local market information and job referrals, resume and cover letter assistance, and workshops on a variety of topics related to employment.
Employment Counseling Services is available.
Employers are assisted with listing their job openings and finding qualified candidates for their positions. We can assist employers with tax credits, customized training, internships, and could assist with On the Job Training programs. They assist with Human Resource questions and concerns and can assist with Employee Handbooks. Staff is available to work with employers that may be faced with laying staff off.
High School Equivalency Classes are given and there is assistance with remedial or basic skills. Learn about educational programs. Can provide information on financial aid and may be able to assist with training costs.
They also assist with unemployment insurance questions.
Resource room is available for use Monday through Friday 8 a.m. - 4 p.m. and has computers, printers, fax machines, copiers and a telephone available for job search use only.

Pediatric Providers -------------------------------------------------------------

**Mountain View Pediatrics**
18 Feathers Drive
Plattsburgh NY. 12901
518-324-2040
Website: mvpediatrics.com.

**Plattsburgh Pediatrics**
151 Bridge Street
Plattsburgh, NY. 12901
518-561-7337
Website: www.plattsburghpediatrics.com.

**Plattsburgh Primary HCP**
159 Margaret St.
Plattsburgh, NY. 12901
518-562-0151
Website: www.pchpmd.com/directory/locations/show/plattsburgh-primary-care.

**Hudson Headwaters**
481 US 11
Champlain, NY. 12919
518-298-2691
Community Link (Health bus)
450 Salmon River Rd.
Plattsburgh, NY. 12901
518-563-7129
Website: jingledog.com/commlink/index.html.

Family Practice

Anderson, David MD
96 Court Street
Plattsburgh, NY.
518-562-8171

Serves all ages

Apple Country Family Medicine
40 New York Rd.
Plattsburgh, NY. 12903
518-563-2526

Bremer, Richard DO
20 North Main Street
Ausable Forks, NY. 12912
518-647-8164

Serves ages >4 yrs.

Clark, Debra MD
1790 Route 22, Suite 12
Keeseville, NY. 12944
518-834-7271

McCullum, Kevin MD
96 Court Street
Plattsburgh, NY. 12901
518-562-1080/ 518-643-7073

Serves all ages.

North Country Medical Group
481 State Route 11
Champlain, NY. 12919
518-298-2691

Serves ages >10 yrs.

Smith, David MD
9 Elm St.
Peru, NY. 12972
518-643-7073

Serves ages>2 yrs.

Wassef, Nader MD
14 Healy Ave. #C
Plattsburgh, NY. 12901
518-561-2700

Serves all ages
Adirondack Health Care Associates
3384 NYS Route 22
Peru, NY. 12972
518-643-8008

Ambler, Kristin MD
128 Boynton Avenue
Plattsburgh, NY. 12901
518-324-3399

Bhasin, Jay- MD
72 Margaret Street
Plattsburgh, NY. 12901
518-561-4170

Bodrogi, Anita- DO in Health
74 Margaret St.
Plattsburgh, NY. 12901
518-562-2369

Champlain Valley Physicians Hospital
Health Center
206 Cornelia Street, Suite 201
Plattsburgh, NY. 12901
518-562-7700

Great North Woods Medical
23 Hammond Lane
Plattsburgh, NY. 12901
518-561-1322

Hausrath, Stephen- MD
210 Cornelia Street, Suite 202
Plattsburgh, NY. 12901
518-563-6348

Lake City Primary Care
16 DeGrandpre Way, Suite 300
Plattsburgh, NY. 12901
518-561-8256

Lee, Kang- MD
184 Bowen Rd.
PO Box 104
Saranac, NY. 12971
518-293-7931
**Lutinski, Richard- DO**  
5111 North Catherine Street  
Plattsburgh NY. 12901  
518-563-8181

**Northwestern Family Medical Center**  
16 St Edmunds Way, Suite 6  
PO Box 94  
Ellenburg, NY. 12933  
518-594-3500

**Pelton, William- MD**  
164 Boynton Ave. Suite 206  
Plattsburgh, NY. 12901  
518-561-1122

**Peru Family Health Care**  
9 Elm Street  
Peru, NY. 12972  
518-643-7037  
Email: pfhc01@perufamilyhealthcare.net

**Qudsi, Viqar- MD**  
158 Boynton Avenue, Suite 3  
Plattsburgh, NY. 12901  
518-566-6740

**Veterans Administration- Primary Care Practice**  
80 Sharron Ave.  
Plattsburgh, NY. 12901  
518-561-6247

**Walk-in Clinics-----------------------------**

**Plattsburgh Health Center**  
159 Margaret Street  
Plattsburgh, NY. 12901  
518-566-0672

**Plattsburgh Medical Care**  
675 State Route 3  
Plattsburgh, NY. 12901  
518-566-0672
UrgiCare
79 Hammond Lane
Plattsburgh, NY. 12901
518-563-5900

Transportation------------------------------------------

Clinton County Public Transit (CCPT)
226 Arizona Ave.
Plattsburgh, NY. 12903
ccpt@co.clinton.ny.us
518-561-1452
518-565-4713

Website: www.clintoncountypublictransit.com.

Rural Transportation Program

JCEO
54 Margaret Street
Plattsburgh, NY 12901
518-561-6310
Contact: Julie Stalker, Senior Outreach Director

Medicaid Transportation

JCEO
54 Margaret Street
Plattsburgh, NY 12901
518-561-6310
Contact: Sally Soucia-Director of Community Outreach

Health Insurance----------------------------------------

Child Health Plus
518-565-3330

Family Health Plus
518-565-3330

Fidelis Care
1-888-343-3547
1-800-505-5678
Website: www.fideliscare.org.

Offers transportation services to the elderly for medical services. Coordinates/arranges rides for people in need.

Transportation to medical appointments. If individual is Medicaid eligible.

Medical Transportation Worker: Chelsea Alexander- 561-6310

Offers transportation to and from the City of Plattsburgh by way of Ausable, Champlain/Rouses Point, Claysburg, Ellenburg, & Lyon Mountain. Also between Clinton Community College, SUNY, Downtown Plattsburgh, and various stores and plazas along Cornelia. Transportation services included fixed-routes, complementary paratransit, deviation routes, and demand-response “Rural Zone” service.

Health coverage for children under the age of 19 who is not Medicaid eligible but has no other equivalent health insurance coverage. Eligibility is income based.

Health coverage for individuals age 19-64 who are not eligible for Medicaid but have no other equivalent health insurance. Eligibility is based on income.
Thrift Shops/ Food Shelves/ Community Meals---------

Salvation Army  
Community Meal/Food Pantry  
4804 South Catherine St.  
Plattsburgh, NY. 12901  
518-561-2951  
Website: www.salvationarmy.org

Thrift Shop  
75 Montcalm Ave.  
Plattsburgh, NY. 12901  
518-563-5431

Community Meals: Mon., Wed., & Fri.- serve at 12:00 noon  
Food Pantry: Mon.-Thurs.- 9 - 11:30 am and 1 - 3:30 p.m.  
(Individuals allowed once every 6 months)  
Thrift Store- Mon.-Sat, 9 a.m. to 4 p.m.  
Contact: Dorothy Crawford or Dorothy Latta: 562-3663

OLVA – clothing store  
4019 South Catherine St.  
Plattsburgh, NY. 12901  
518-561-1842- (rectory)  
562-5403- (clothing store)  
Website: olvc.org

St. Vincent de Paul &  
Rogers House  
3035 Main Street  
Peru, NY. 12972  
518-643-2435  
Website: www.svdpusa.org  
(Thrift Shop & Soup Kitchen)

St. Peter’s Church  
Seton Academy  
23 St. Charles Way  
Plattsburgh, NY. 12901  
518-563-1692

St. Peter’s Church  
Soup Kitchen/ Entire Meal every Tuesday at 5:30 p.m.

JCEO Food Pantry  
54 Margaret Street  
Plattsburgh, NY. 12901  
518-561-6310  
Contact: Sally Soucia-Director of Community Outreach

JCEO Food Pantry  
Monday - Friday from 12:00-3:30 p.m. @ 54 Margaret Street  
JCEO Outreach Pantries- look under Other

Trinity Episcopal Church  
18 Trinity Place  
Plattsburgh, NY. 12901  
518-561-2244

Community Meal every Wednesday @ 5:30 p.m.

Interfaith Food Shelf  
lodated @ Plattsburgh United Methodist Church  
127 Beekman Street  
Plattsburgh, NY. 12901  
518-563-2992

Can use the full pantry 7 times a year. After that they can use it for the rest of the year for USDA selections twice a month.  
Open Mon.- Fri. 9:00 a.m. to 12:00 p.m. and Fri. 4-6 p.m.  
Contact: Dorothy Crawford or Dorothy Latta: 562-3663
United Methodist Church
1699 Front Street (in church basement)
Keeseville, NY. 12944
518-834-9918

Churches/Congregations

Bible Baptist Church
4635 State Route 9
Plattsburgh, NY. 12901

Born Again Baptist Church
9 Sorrell Ave.
Plattsburgh, NY. 12901

Bread of Life Baptist Church
792 Military Turnpike
Plattsburgh, NY. 12901

First Baptist Church
38 Oak Street
Plattsburgh, NY. 12901

New Jerusalem Baptist Church
33 Hamilton Street
Plattsburgh, NY. 12901
(Spirit Filled Baptist)

First Assembly of God
164 Prospect Ave.
Plattsburgh, NY. 12901
(Pentecostal- Assemblies of God)

First Presbyterian Church
34 Brinkerhoff St.
Plattsburgh, NY. 12901

John XXIII College Community Parish
Newman Center
92 Broad Street
Plattsburgh, NY. 12901
(Roman Catholic)

North Country Alliance Church
7 Northern Ave.
Plattsburgh, NY. 12901
(Evangelical- Christian and Missionary Alliance)

Plattsburgh United Methodist Church
127 Beekman St.
Plattsburgh, NY. 12901

Our Lady of Victory Parish
St Peter’s Cemetery
4919 South Catherine St.
Plattsburgh, NY. 12901
(Roman Catholic)

St. John the Baptist Parish
7 Margaret Street
Plattsburgh, NY. 12901
(Roman Catholic)

Sisters of Charity of St. Louis
15 Massachusetts Street
Plattsburgh, NY. 12903
(Roman Catholic)

St. Joseph Parish Treadwells Mill
1349 Military Turnpike
Plattsburgh, NY. 12901
(Roman Catholic)

Plattsburgh Church of Christ
3 Tremblay Avenue
Plattsburgh, NY. 12901
(Churcches of Christ- Christian)

Wednesdays 9 a.m. – 4 p.m. and on the second Saturday of the month from 10 a.m.-2 p.m.
In case of emergency call 834-7577 for the pastor.
**Plattsburgh Church**  
4003 State Route 22  
Plattsburgh, NY. 12901  
(Christian-Seventh Day Adventist)

**Temple Beth Israel**  
Corner of Bowman and Marcy  
Plattsburgh, NY 12901

**Redeemer Lutheran Church**  
10 Adirondack Lane  
Plattsburgh, NY 12901  
(Evangelical Lutheran in America)

**Trinity Episcopal Church**  
18 Trinity Place  
Plattsburgh, NY. 12901  
(Episcopal)

**St. Mary of the Lake Parish**  
1202 Cumberland Head Rd.  
Plattsburgh, NY. 12901  
(Roman Catholic)

**Turnpike Wesleyan Church**  
2224 Military Turnpike  
Plattsburgh, NY. 12901  
(Wesleyan)

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**Recreation**

**Girl Scouts of the Northeastern New York**  
107 Hammond Lane  
Plattsburgh, NY 12901  
518-563-1560  
Website: [http://gsneny.org](http://gsneny.org)

**Adirondack Council Inc. Boy Scouts of America**  
25 Margaret St. #7  
Plattsburgh, NY 12901  
1-855-SCOUT-NY  
Website: [http://www.trcscouting.org](http://www.trcscouting.org)

**Town of Plattsburgh- Recreation Department**  
151 Banker Road  
Plattsburgh, NY 12901  
518-562-6860  
Email: rec@townofplattsburgh.org

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**Support Groups**

**The Champlain Valley Chapter of The Compassionate Friends**  
The United Way  
45 Tom Miller Rd.  
Plattsburgh, NY 12901  
Email: tcfangel@westelcom.com

A volunteer-run bereavement support group held the 3rd Thursday of each month at 7 p.m.
Parents Anonymous
Child Care Coordinating Council
194 US Oval
Plattsburgh, NY 12903
518-561-4900
Contact: Peg Canning
Website: www.parentsanonymous.org

This is a weekly support group for parents and caregivers and a separate group for their children and youth (0-18). This is an evidence based group that empowers families through mutual support and shared leadership to create positive change for their families. Group is on Tuesday 5-7 p.m. or Thursday 10-11:30 a.m.

Useful Links---------------------------------------------------------------

Learning Disabilities Association- North Country Project
www.ldanys.org

Al-Anon
http://www.nynafg.com/

SAMHSA- Substance Abuse and Mental Health Services Administration
www.samhsa.org

OASAS- Office of Alcohol and Substance Abuse Services
www.oasas.ny.gov

www.combatheroin.ny.gov

NYS Department of Health
www.health.ny.gov

National Institute of Drug Abuse
www.drugabuse.gov

The Trevor Project
www.TheTrevorProject.org

American Foundation for Suicide Prevention
www.afsp.org
OASAS Resource
http://talk2prevent.ny.gov/

OASAS- Veterans
www.veterans@oasas.ny.gov

National Council on Alcoholism and Drug Dependence, Inc.
www.ncadd.org
## Apps

<table>
<thead>
<tr>
<th>Apps</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suicide Safety</td>
<td>Suicide prevention strategies for counselors available for iPhone and Android</td>
</tr>
<tr>
<td>BellyBio</td>
<td>Free app- teaches deep breathing techniques- helps with anxiety and stress. Utilizes charts and sounds</td>
</tr>
<tr>
<td>PsychCentral App</td>
<td>Keep up to date with latest mental health information</td>
</tr>
<tr>
<td>Operation Reachout</td>
<td>Free intervention tool for people who are having suicidal thoughts. Aims to prevent suicide in the military community.</td>
</tr>
<tr>
<td>eCBT Calm</td>
<td>Set of tools to help you evaluate personal stress and anxiety. Challenge distorted thoughts and learn relaxation skills.</td>
</tr>
<tr>
<td>Deep Sleep with Andrew Johnson</td>
<td>Features a warm and gentle voice that guides the listener through a Progressive muscle relaxation session</td>
</tr>
<tr>
<td>What's My M3</td>
<td>A 3 minute depression and anxiety screening.</td>
</tr>
<tr>
<td>DBT Diary Card &amp; Skills Coach</td>
<td>Self-help skills, reminders of therapy principles, and coaching for coping.</td>
</tr>
<tr>
<td>Optimism</td>
<td>Track moods, keep a journal, and chart recovery progress. This is a mood tracking app</td>
</tr>
<tr>
<td>I Sleep Easy</td>
<td>A calm voice to quell anxieties- Guided meditation</td>
</tr>
<tr>
<td>Relax Melodies</td>
<td>Popular free relaxation sounds and music.</td>
</tr>
<tr>
<td>Self-Help for Anxiety Management (SAM)</td>
<td>Helps regain control of your anxiety and emotions. Self Help features walk you through some calming and relaxation practices.</td>
</tr>
<tr>
<td>Acupressure: Heal Yourself</td>
<td>Helps you find your body and acupressure points so you can apply pressure to those points when you are feeling overwhelmed and receive positive, calming benefits.</td>
</tr>
<tr>
<td>Relax and Rest Guided Meditation</td>
<td>3 guided meditations: 5 minute breath awareness guided meditation, 13 minute deep rested guided meditation, and 24 minutes whole body guided relaxation.</td>
</tr>
<tr>
<td>Sleeptime-Alarm Clock</td>
<td>This app tells you how quickly you fall to sleep, when you enter each phase of sleep and how efficient each sleep cycle is.</td>
</tr>
<tr>
<td>Worry Watch</td>
<td>Journal app to help you track and record everyday anxieties. The aim is to provide understanding of worry patterns and remind us of how we coped in the past.</td>
</tr>
<tr>
<td>Nature Sounds Relax &amp; Sleep</td>
<td>Music to play when stressed or anxious and aides in sleep</td>
</tr>
<tr>
<td>Stop Panic &amp; Anxiety Help</td>
<td>Uses emotion and relaxation training audio tracks to help you fight your fears and find a state of calm.</td>
</tr>
<tr>
<td>Worry box- Self-Help</td>
<td>This app is like a journal. You write your thoughts, anxieties, and worries and it helps you think them through. Gives anxiety reducing help. This app is password protected.</td>
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<tr>
<td>Headspace</td>
<td>A 10 minute session that teaches basics of meditation</td>
</tr>
<tr>
<td>Relaxing Sounds of Nature Lite</td>
<td>35 Nature tracks.</td>
</tr>
<tr>
<td>App Name</td>
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<tr>
<td>Anti-Anxiety App</td>
<td>Not a replacement for therapy. Take a diagnostic quiz about your level of stress and anxiety. It will design a treatment plan to follow. Keep a daily journal and track progress as you learn to regain a sense of calm.</td>
</tr>
<tr>
<td>T2 Mood Tracker</td>
<td>This app monitors and tracks emotional health and records your range of emotion.</td>
</tr>
<tr>
<td>Breathe 2 Relax</td>
<td>Hands on diaphragmatic breathing exercises, portable stress management tool, record stress level using a visual analogue scale.</td>
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<tr>
<td>CBT: Thought Diary</td>
<td>Record thoughts and beliefs- Helps to identify negative dysfunctional thoughts.</td>
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<tr>
<td>CBT: Activity Diary</td>
<td></td>
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<tr>
<td>CBT: Mood and Anxiety Diary</td>
<td>Rates levels of mood and anxiety. It also identifies triggers.</td>
</tr>
<tr>
<td>Live Happy Features</td>
<td>It provides a personalized Happiness program, goal setting/evaluation/tracking, expressing gratitude journal, savoring photo album, envisioning your best possible self, nurturing relationships, etc.</td>
</tr>
<tr>
<td>Optimism 3</td>
<td>Mood charting app that helps develop strategies for managing depression, bipolar, etc.</td>
</tr>
<tr>
<td>Safety Plan</td>
<td>Identify warning signs, create coping strategies, identify positive contacts and social settings, identify family members, etc.</td>
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<tr>
<td>Mood Track</td>
<td>Graph moods to see patterns over periods of time. Helps with self-awareness.</td>
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<tr>
<td>Rise up &amp; Recover</td>
<td>App for those struggling with food, dieting, exercise and body image.</td>
</tr>
<tr>
<td>I Am Daily Positive Reminder</td>
<td>Daily affirmations help rewire our brains, build self-esteem, and change negative thought patterns.</td>
</tr>
<tr>
<td>Medisave</td>
<td>Medication reminder- reminds family and also reminds you of refills.</td>
</tr>
<tr>
<td>Self-Help for Anxiety Management</td>
<td>Provides self-help methods to help manage anxiety.</td>
</tr>
<tr>
<td>The Now</td>
<td>Inspirational quotes as mindfulness reminders throughout day.</td>
</tr>
<tr>
<td>Wunderlist</td>
<td>Make to do lists, label lists, and set deadlines. A good way to help with organization.</td>
</tr>
<tr>
<td>Smiling Mind</td>
<td>Customizable app- guided meditation exercises.</td>
</tr>
<tr>
<td>Life Armor</td>
<td>Comprehensive and self-management tools to assist members of the military community with common mental health concerns.</td>
</tr>
<tr>
<td>Mindshift app</td>
<td>Helps teens and young adults cope with anxiety. Helps you learn to relax, develop helpful ways of thinking and identifying active steps to help you take charge of your anxiety.</td>
</tr>
<tr>
<td>Know Bullying</td>
<td>Helps parents make most of each opportunity to talk by giving helpful reminders and conversation starters. Provides information.</td>
</tr>
<tr>
<td><strong>SAMHSA Disaster App</strong></td>
<td>Provides responders with access to critical resources—like psychological first aid and responder self-care—and SAMHSA’s Behavioral Health Treatment Services Locator to help responders provide support to survivors after a disaster.</td>
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<tr>
<td><strong>Talk. They Hear You</strong></td>
<td>An interactive game that can help parents and caregivers prepare for one of the more important conversations they may ever have with children—underage drinking.</td>
</tr>
</tbody>
</table>

This is a working document. Last edited on 2/1/2016. If you see anything that is incorrect please feel free to call 518-561-1767 or email eleonard@bhsn.org. Thank you.