Our Goal

To divert those feeling overwhelmed due to substance use, mental illness, and/or other life issues away from unnecessary emergency room visits or the criminal justice system and toward the help they need.

What Makes Us Unique

- We are 100% voluntary.
- You can walk in and begin your detox/recovery immediately.
- You can receive services 24 hours a day, 7 days a week, 365 days a year.
- We are a recognized alternative to a hospital emergency room for mental health and substance use crises.
- There are no barriers between you and the services/supports you need.
- We offer multiple service providers working together in the same location to help you.
- A commitment to following up with you to ensure your after-care appointments worked for you.

The Dutchess County Stabilization Center is a service of the Dutchess County Department of Behavioral & Community Health in partnership with:

- Astor Services for Children & Families
- Mid-Hudson Addiction Recovery Centers
- MidHudson Regional Hospital of Westchester Medical Center
- PEOPLE, Inc.

Dutchess County Stabilization Center
230 North Road
Poughkeepsie, NY 12601
Text/Phone: (845) 485-9700
Toll Free: (877) 485-9700
Fax: (845) 485-9927
DutchessNY.gov/Stabilization

Marcus J. Molinaro
County Executive
(April 2017)
The Dutchess County Stabilization Center is a walk-in facility for people feeling overwhelmed by mental health, substance use, or other life issues, such as:

- Emotional distress
- Anxiety
- Depression
- Family Issues
- Addiction
- Intoxication

The Stabilization Center is:

- open 24 hours a day, 7 days a week, 365 days a year
- 100% voluntary
- for youth, adults, and families
- a safe, comfortable, secure, and welcoming environment
- a recognized alternative to a hospital emergency department

The Stabilization Center offers services to address mental health and substance use crises. Staff will evaluate and match individuals to the services they need.

Guests will be connected immediately to resources and support — some right at our location, and others throughout Dutchess County.

No appointments or referrals are necessary. Guests can walk in at any time—24 hours a day, 7 days a week, 365 days a year.

No one is ever denied service based on lack of health insurance or inability to pay.

The Stabilization Center works together with Dutchess County HELPLINE and the Mobile Crisis Intervention Team to help those in crisis when they need it most. CALL or TEXT (845) 485-9700 to reach out to experienced counselors who care and are here to help 24 hours a day, 7 days a week, 365 days a year.

Call or Text HELPLINE (845) 485-9700