DUTCHESS COUNTY
HELPING OUR FAMILIES GUIDE
2016

Dutchess County Helpline

CRISIS COUNSELING & INFORMATION REFERRALS

Available to all Dutchess County public mental health and chemical dependency services.
Appointments for assessment can be made for the appropriate clinic in your area.

24 HOURS A DAY
TOLL FREE: (877) 485-9700
CALL OR TEXT 485-9700

Google play Download on iTunes

Guide prepared by: **Enhanced Coordinated Children's Services Initiative**
Dedicated in memory of Kathy Decker, CCSI Family Advocate

WELCOME TO THE DUTCHESS COUNTY RESOURCE GUIDE

You can use this guide to locate up-to-date community resources for your children and family members. Service providers and other professionals can use this guide to assist families with connecting to community resources.

"Children with disabilities, like all children, are an incredible blessing that bring parents and families much joy and happiness. Having a child with disabilities, however, often causes families to change directions, to travel different roads, to learn new skills, and to redefine priorities." Understanding Family Support and Opening Doors to the Future: Family Resource Guide

AGENCIES STRIVE TO DELIVER SERVICES THAT ARE:

- **Strength-based and family-driven.**
- **Show respect for children and families.**
- **Driven by quality and competence**
- **Value early identification and intervention**
- **Provide comprehensive services that address all needs .**
- **Emphasize safety and well-being; we have common goals with our families– we all want what is best for the child.**
- **Culturally competent based on team work, collaboration and partnership with families.**

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Don't forget there is now a general information number you can call in Dutchess County to find out about a broad range of services: "211".

USEFUL TERMS AND DEFINITIONS

ELIGIBILITY – Most services have eligibility requirements. Eligibility may depend on factors such as diagnosis and/or IQ. Children whose disabilities are not easily classified are more likely to fall between the cracks.

DIFFERENT DEFINITIONS OF "CHILD"- Differing State regulations lead to different definitions for what constitutes a minor child and for how long parents are responsible. In criminal justice, a child becomes an adult at age 16. At age 16, a youth may legally drop out of school. However, parents are financially responsible for their children until they reach age 21, meaning that a youth cannot receive public assistance to live independently unless parents contribute child support.

HIPPA- stands for the Healthy Insurance Portability and Accountability Act of 1996. It protects your confidentiality as applied to PHI (private health information), means the information is not made available or disclosed t unauthorized persons or processes.

MANDATED REPORTER- New York State and the New York State Child Protective System recognize certain professionals as holding the important role of mandated reporter of child abuse or maltreatment. These professionals can be held liable by both the civil and criminal legal systems for intentionally failing to make a report. Mandated reporters are required to report instances of suspected child abuse or maltreatment only when they are presented with reasonable cause to suspect child abuse or maltreatment in their professional roles.

PARENTAL PERMISSION- Many services require parental permission up to age 18. Some services may be provided in the absence of parental permission (e.g. runaway, homeless, and drug and alcohol services).

PARENTAL RESPONSIBILITY- Parents are often held responsible for the behavior of their children.

SURRENDER OF CUSTODY- If your child must be placed in a residential treatment setting and DCFS is the placing agency, you may be asked to surrender custody as a condition of placement. It is possible that parents are financially responsible for some of the payment for out of home placement.

Things to remember when you seek mental health services...

- **Insurance coverage.** Check with your insurance company beforehand to find out what kind of mental health coverage you have. Obtain a list of eligible providers or find out the process for qualifying for mental health services with your plan. If there is a co-pay find out if it increases over time, or if there are limits to your coverage (e.g. a limit of 10 sessions). You may need to see your primary care physician for a referral.

- **Be specific when discussing your concerns about your child's behavior.** Ask when scheduling the appointment or at the first (intake) session if there is a staff member who has expertise in that area.

- **Gain knowledge and maintain active participation in your child's treatment.** All parents/caregivers have feelings and emotions that are overwhelming when assisting their

child in treatment. Seeking treatment is not a failure in parenting. It is like seeking medical attention like you would for an illness. Parents/caregivers of a child born with a disability often go through grief, shock, and denial. They may minimize the situation and then experience an overwhelming sense of guilt and failure. These are stresses in their lives that they hope and expect that the mental health professional, as the expert, will be able to "fix" their child. Even if your child receives excellent counseling services, he or she is with the family or in school much more of the time. Families themselves often need to change their rules and learn new ways of working together, in order to help the child. . Be sure to ask your child's counselor for advice with any behavior management issues you have at home.

- **Medication.** There are many effective medications for a variety of mental health and behavioral problems from depression to hyperactivity. Every child responds differently. The prescribing physician will explain the benefits and risks of medication and any side effects. Medication often takes time to reach a therapeutic level.

CHILD DEVELOPMENT INFORMATION

Behavioral Health in Early Childhood

Behaviors in early childhood which create concerns for parents may still be age-appropriate (e.g. temper tantrums ages 2-3, sexual curiosity, and occasional bed-wetting after toilet training is completed, etc.). Children who have been exposed to violence, family disruption or other trauma are more likely to display problematic behaviors.

Bed wetting - If your child is wetting the bed **twice per week for at least 3 consecutive months** and this causes significant stress in other areas of functioning (social, at school, e.g.) then it should be flagged as a time to take action. Check with your pediatrician to rule out a medical condition. If this is ruled out, it is likely that some psychological factors are involved.

School Avoidance - School avoidance is a young child's irrational *fear* of going to school. It is to be distinguished from a child who does not want to go to school or who is skipping school to hang out with friends. In some cases, the child may have specific fears of something (e.g. bullies, academic demands). Sometimes the child is not so much afraid to go to school as afraid to leave home due to worry about what may happen to a parent when the child is gone (e.g. fear of parental illness (physical or mental); fear of parental incapacity due to substance abuse; fear of domestic violence).

It is important to talk to your child to better understand the fear as well as to the teacher who may have a different view of the problem. The teacher may be extremely helpful in working out a plan to help your child feel more comfortable and less anxious about being in school. The school may ask you to talk to the school psychologist or social worker about your concerns.

Sexual behaviors - in children can range from normative behaviors to sexually harmful behaviors. Some behaviors may include: masturbation, interest in seeing or touching other children's body parts, "flashing" one's genitals, watching pornography, or more serious sexually harmful behaviors.

Sexually harmful behaviors - may result from curiosity, a child having been exposed to the sexual behavior of adults or the internet, or from having been a victim of sexual abuse. There are many possibly reasons why a youth may engage in these behaviors and it is necessary to have an evaluation determine the best course of action.

- There is specialized treatment for youth who cause sexual harm. The specialized treatment includes safety planning, individual treatment, family treatment, sexual health curriculum, and skills building.

Cruelty to animals - If your child exhibits cruel or excessively punitive behavior towards animals, it is important not to dismiss or ignore it. This behavior may be coupled with other behaviors, such as anger, threatening behavior toward others, physical fights, stealing, destructiveness and lying. This behavior may be a one-time event for your child or could be part of a more persistent pattern.

Aggressive behavior - Aggressive behavior can be observed in physical or verbal attacks on others. Younger children may display aggression by hitting or yelling at playmates and being destructive with toys or school supplies. Youth may engage in physical fighting, bullying, and defiance of authority or delinquent acts.

Steps you can take to assist your child(ren):

- **See your pediatrician.** Your child's doctor knows your child and is the first person to consult with your concerns.
- **Seek help from a children's mental health professional**.

Astor Dutchess County Counseling Centers *Walk-ins Welcome! 9am - 2pm* - Astor Counseling Centers provide counseling, psychiatric services and care management to children and adolescents (ages 2-21) and their families. **845-486-9700**

- **Gain knowledge and support for yourself**. Many parents and caregivers are helped by attending parenting skills programs. Caring for a child with special needs can be extremely demanding. Family support groups are available for families coping with emotional disabilities (Mental Health America 845-473-2500) or developmental disabilities (Taconic DDRO Family Support Coordinator 845-471-9226). **See Family Education, page 25**.

Behavioral Health in Middle Childhood

Anxiety Disorders - Emotional disorders characterized by unrealistic and/or excessive fear and worry, decreased concentration and memory, indecisiveness, irritability, impatience, anger and sleep disturbances. The list includes: Generalized Anxiety disorder, Panic Disorder, Phobic Disorder, Acute Stress Disorder, PTSD and Obsessive-Compulsive Disorder. Post-traumatic Stress Disorder is the development of behaviors or symptoms following an extreme traumatic stressor. Events experienced by others that may be traumatic for a child include: personal assault, serious accident or injury to a close family member or friend; sudden death of a family member or close friend. Children who have been exposed to domestic violence are also vulnerable to becoming traumatized.

Depression - Depression refers to a group of emotional disorders characterized by, sadness, discouragement, despair, pessimism about the future, reduced activity and productivity, sleep disturbance or excessive fatigue and feelings of hopelessness. In childhood, depression can look different from the way it manifests in adults. Instead of appearing sad, a child may be irritable, agitated or cranky. There may be a loss of interest in friends, games or sports, which previously were a source of pleasure. School performance may suffer. Again, there are many effective treatments for depression, all of which start with an evaluation by a mental health professional.

Non Suicidal Self-Injury - Cutting, scratching, or pinching skin enough to cause damage. Banging or punching, burning skin or pulling out large amounts of hair. Self-harm can be completed so that the person escapes unbearable emotional pain and to relieve the tension.

Suicidal Thoughts and Gestures - Threats of suicide should always be taken seriously. If your child is making statements like "life stinks" or "I hate life", it may not be intent to commit suicide, but it deserves further discussion. Substance abuse is often a factor that increases feelings of hopelessness, or removes the barriers to acting on suicidal thoughts.

Suicidal Ideation – Suicidal ideation refers to the serious contemplation of suicide or thought patterns that lead to killing yourself. If a child expresses a desire to die, they need an evaluation by a mental health professional. If your child has a plan to kill themselves or has attempted suicide in the past; it is important that the child not be left alone and regardless of the child's intentions, emergency help must be sought.

- 911 if an injury is life-threatening
- Dutchess County's 24 hour Helpline (485-9700) can provide assistance and/or Mobile Crisis services.
- Mid-Hudson Regional Emergency Department for mental health assessment.

Chemical Dependency (Drug/Alcohol Abuse) - Children may use drugs or alcohol in an attempt to diminish the stress of family or school concerns. Underage drinking and drug use are both against the law, however many families and peer cultures permit or encourage substance use as acceptable teen behavior. We know that the younger a child is when they begin to use alcohol or drugs; the more likely they are to be impaired by substance use.

If a child's behavior or school performance is declining and a parent is suspect of substance abuse, there are counselors professionally trained in diagnosing and treating substance abuse and dependence.

Conduct Disorder - The child may demonstrate aggression toward people and animals, repeated physical fighting, initiate fighting, use of weapons, stealing, destruction of property, deceit and repeated lying to obtain something. The child frequently breaks rules at home and in school.

Oppositional Defiant Disorder - The child is often spiteful, refuses to follow rules, and blames others rather than taking responsibility for their own behavior.

A key to addressing these concerns is helping parents to find effective methods for addressing the behaviors with consistent rules and consequences. Another key element in addressing oppositional or anti-social behavior is ensuring that all adults who interact with your child are consistent in setting limits and imposing consequences for behavior that is unacceptable.

Eating Disorders - If you have noticed distinct differences in your child's eating patterns, it is important to talk to your child about what is going on.

- **Anorexia Nervosa -** Anorexia is diagnosed when an individual is underweight and using extreme weight-loss strategies. A key element is that the teen exhibits a significant disturbance in the perception of the shape or size of their body. Signs of anorexia may be: very restricted diet of low calorie foods, excessive exercise, frequent weighing, obsessive measuring of body parts, skipped menstrual cycles, medical problems such as anemia or dehydration, fatigue or even excess energy.

- **Bulimia -** Bulimia is a disorder defined as consumption of an abnormally large amount of food in a very short period of time. Often the food is very high in calories. In an attempt to compensate for the weight gain, the individual attempts to rid themselves of the food through purging or through the use of laxatives and diuretics.

- **Binge Eating** – Is a disorder when a person has recurrent episodes of eating an unusually large amount of food in a short period of time. These binges occur at least twice per week over 6 months. They feel disgusted, distressed, and ashamed over their actions.

Attachment Disorder - Children with attachment disorders or other attachment problems have difficulty connecting to others and managing their own emotions. This results in a lack of trust and self-worth, a fear of getting close to anyone, anger, and a need to be in control. A child with an attachment disorder feels unsafe and alone. Attachment disorders are the result of negative experiences in this early relationship. If young children feel repeatedly abandoned, isolated, powerless, or uncared for—for whatever reason—they will learn that they can't depend on others and the world is a dangerous and frightening place.

Reactive Attachment Disorder (RAD) - Children with reactive attachment disorder have been so disrupted in early life that their future relationships are also impaired. They have difficulty relating to others and are often developmentally delayed. Reactive attachment disorder is common in children who have been abused, bounced around in foster care, lived in orphanages, or taken away from their primary caregiver after establishing a bond.

Transitioning to Adulthood

Family Focus vs. Individual Focus- Youth moving into later adolescence experience a push for greater independence, even when the skills to be independent are lacking. One fact is worth remembering: parents remain legally and financially responsible for their children up to age 21. Youth generally do not become eligible for public assistance as individuals until age 21.

Despite this, in some service systems youth are considered "adult" at an earlier point. For example, in the criminal justice system, a youth at age 16 is charged as an adult and youth as young as 13 charged with a serious crime may be treated as an adult.

In the mental health system, a youth is served in the adult system at age 18, however in the Astor Clinics a child can be served up to the age of 21.

In the education system, a youth must attend school up until at least the age of 16, and in some school districts up to age 18. In NYS, all youth are entitled to a free public education until they obtain a high school diploma or reach the age of 21. A youth with a Developmental Disability can remain in school until age 21.

Once a youth is considered an adult in various service systems, the wishes and input of family members do not have to be considered unless the youth gives written consent. Most adult services assume an individual rather than family focus and many service providers recognize the importance of including family members.

Mental Health Planning - Youth age 18 and over entering the mental health system will enter the adult service system. If the youth is *already* receiving mental health services through the Astor Counseling Centers, they may be continued up to age 21, or until such time as treatment can be concluded or a transition to the adult system has been arranged.

Educational and Vocational Planning - Transition planning - planning for what path a youth will follow upon leaving school should begin at age 15. Schools have guidance staff, however with large student caseloads; a parent must be very persistent in finding out what educational and vocational options are best suited for their child. Although all students are now expected to pass Regents exams to receive a High School diploma, the TASC and other vocational options can provide the youth with basic requirements to enter the job market. School guidance offices, one-stop employment centers and ACCES-VR (Adult Career and Continuing Education Services-Vocational Rehabilitation), all can provide information about eligibility and career planning. For young adults with Developmental Disabilities gaining eligibility with Taconic DDRO will open the door for many more services.

Independent living- Most youth visualize living in an apartment and being able to support themselves. Many of these youth do not earn enough to accomplish this, or else would benefit from basic budgeting, banking and housekeeping skills to make this happen. There are independent living skills programs available in the community (River Haven in Poughkeepsie is one) that can assist. **River Haven Independent Living Support Program (845-454-2300)** assist older youth who lack sufficient family support, in meeting their basic needs and preparing for independent living. River Haven also provides supervised transitional housing for up to 10 young people, ages 16-20, who are working toward becoming self-sufficient. Even those who have the skills to live independently may be too young to sign a legally binding lease or may need parental consent to obtain services. Until they master the skills necessary, and are legally responsible for their own affairs, all youth will need some support (both personal and financial) from caring adults.

Adult Single Point of ACCESS [SPOA] – (Supportive housing for the mentally ill, through the Department of Behavioral & Community Health 486-3737)

Young people, age 18 and over, with severe persistent mentally illness and are in need of supportive housing as they enter adulthood may be eligible for housing in a range of residential options. Applicants must be in mental health treatment **(contact Helpline at 845-485-9700).** Referrals are made through the primary therapist or care manager.

ASTOR EARLY RECOGNITION SCREENING

The Early Recognition Screening (also known as a developmental checkup) is a free program offered by Astor Early Childhood Program and United Way of Dutchess and Orange County.

The screening is to help measure your child's growth and success, to know where your child is excelling and where you can step in and help. Screenings are offered in many locations throughout the county. Evaluation of children's social and emotional development is as important to their overall health as annual medical and dental checkups.

Screening and referral services are available to all children between the ages of 2 and 21 residing in Dutchess and Ulster Counties. This free and confidential screening process was created to identify the emotional and social needs of children and help to address these needs in a timely manner, so as to not compromise their scholastic performance and emotional development.

The results of a child's screening are confidential and the parents or legal guardian will be notified by phone or by letter. Information from the screening results can only be shared with child care agencies with the written consent of the parent. Astor's Early Recognition Screening Program is designed to allow parents an insightful view into the social and emotional development of their child. Referral services are offered to those in need of further attention. **Brenda Tracy-Maietta 845-489-0081**

ASTOR HEAD START

Astor Head Start Program serves children at six locations in the county. Children who are 3 or 4 years old may apply for entry into the free program which offers a five hour a day classroom experience for those who qualify as well as county wide home based services. For more information, call **845-452-4167**.

Early Head Start Program

The goal of Astor's Early Head Start Program is to provide comprehensive child development services to young children ages 0-3 and to their families. This program provides services through two models:

- **The home-based program** consists of a weekly 90 minute home visit by a Parent Infant Education who supports the parents and child with information and activities on child development, parenting skills, nutrition and health. Socializations are offered.

- **The center-based Nurturing Rooms** offer small groups of children of mixed ages (six weeks through three years) opportunities for individualized development through primary care giving, one-on-one routines, and exploration of interesting, safe materials in a child-focused environment.

Preschool Special Education Programs

Special Class Integrated Services are offered at the Mt. Alvernia, Beacon, Poughkeepsie and Wingdale locations. The goal of this program is to provide a stimulating preschool program to children with disabilities by integrating disabled and non-disabled children in an inclusive classroom setting.
Services: Diagnostic and evaluative services; speech and language; physical, occupational and play therapies are all offered in accordance with individualized education plans.

Special Class serves the Mid-Hudson Region at our Beacon and Poughkeepsie locations. The goal of this program is to provide special education and therapeutic services in a self-contained classroom for children whose disability causes behavior management needs.
Services: The special early childhood education classroom participants receive all Head Start Services.

Therapeutic Preschool serves the Mid-Hudson Region at our Poughkeepsie location. The goal of this program is to provide educational and therapeutic services for children with emotional disturbances and/or behavioral problems who require a structured day program. We want to enable the child to return to a less restrictive pre-school setting.
Services: This program provides assessment and treatment planning, crisis intervention, case management and verbal therapies. Social thinking, task and skill training and socialization activities are provided in an educational/therapeutic milieu designed by an interdisciplinary team of clinical and educational staff. All children and families receive comprehensive Head Start services.

CHILD CARE ASSISTANCE

Department of Community and Family Services: Low-income families may be eligible for funds to subsidize the cost of child care. Currently, a family at 175% of the poverty level can qualify (e.g. an income of $27,878 for a family of 2). Families should contact the Child Care Council at **845-473-4141** to find out if they are eligible to receive subsidy funds. To request an application or for further information, families should call the Department of Community and Family Services at **845-486-3140, 845-486-3150, 845-486-3170, 845-486-3180**.

The Child Care Council of Dutchess and Putnam Counties is the primary provider of information and referral about day care and after school programs throughout the county. The Child Care Council

provides information to families and support to day care centers, family day care homes, group family day care, school age child care and informal day care providers. The Council also provides training for providers in establishing and maintaining the day care setting in keeping with NYS regulations. Parents should consult the Child Care Council at **845-486-4141** for more specific guidance about locating child care that best fits the needs of their children.

EDUCATION: SCHOOL, POLICIES AND PROCEDURES

(This section is take from the NYS Education Law, so it is general in nature. To get more specific information, you will need to contact your school district directly.)

School Registration/Transfer

Parents/Guardians may begin the school registration/transfer for their child by either calling the school or stopping by in person and filling out a registration form, which includes demographic information and request for information from the last school.

Screening of new school entrants – Every new student to a school must be provided with a screening to determine which students may have handicapping conditions or may be gifted.

If such screening indicates a possible handicapping condition, a referral shall be made to the Committee on Special Education with notification of the referral to the parents/legal guardians.

If the screening indicates a possibly gifted child, the name and finding shall be reported to the Principal and to the parents/legal guardians.

Parents/Guardians of children will receive information in advance regarding the purpose of screening, the areas to be screened and the referral process. The information shall be communicated either orally or in writing to the parents.

Assignment of students to classes – The building principal is responsible for assignment of students and must take into account:

- The educational, emotional and social needs of each student as determined by professional knowledge and as revealed by any information, which may be supplied by the student, former schools and parent/guardians.
- The appropriate size for each class.
- An equitable load for each teacher.

A deadline is established for changing the assignment of students in grades 7-12 to classrooms. After the deadline, changes may only be made in cases of:

- Unexpected student failure in the work of the previous year.
- Earning of course credit by the student during the summer months.
- A change in the career plans of the student.

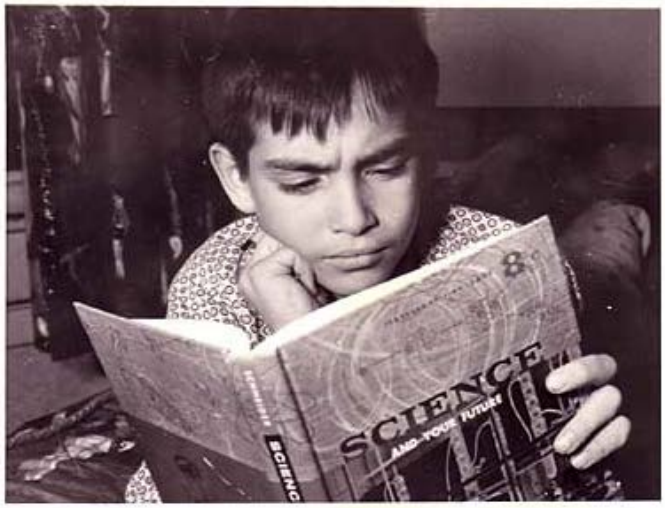
Home Schooling

If a parent chooses to instruct their children at home, the school district will attempt to cooperate with parents. The school district maintains that a child who is educated at home should receive an education in a manner consistent with an educational plan and at least substantially equivalent to that given to minors of like age and attainments in the local public schools. The required subjects should be taught in a competent, systematic and sequential manner, specifically in relation to the basic care curriculum of reading, mathematics and writing.

The Superintendent shall develop appropriate regulations and procedures in accordance with State Requirements.

Homebound Instruction provided by the School District

Homebound instruction is provided to students who are absent for two weeks or more due to documented medical or psychiatric illness. Prior approval via the Office of Pupil Personnel Services is required and is made on a case by case basis. Students in kindergarten are not eligible for homebound instruction. Homebound instruction is intended to provide continuity for the student while he/she is absent from school but is not intended to fully duplicate the education the student would receive while attending school.



Eligibility for Homebound Instruction – Student must be currently enrolled in grades 1-12 or in Special Education. Homebound instruction request for approval form must be completed and submitted to the Director of Pupil Personnel. Requests must include documentation from a physician or psychiatrist stating specific medical or psychological needs for homebound instruction and anticipated duration of absence.

Guidelines – Students in grades 1-5 are provided five hours minimum of instruction per week and ten hours minimum of instruction for students in grades 6-12. Instruction can take place in the student's home. A parent or other responsible adult must be present for the duration of each homebound instruction session.

Instruction for students who are hospitalized, even if out of the area, can be arranged as part of the approval process. Instruction takes place only on days the School District is in session for students. In special cases, arrangements for instruction in such places as a public library can be made by the district.

Regulations and Procedures for Guidance Counselors, Principals:

- Complete and submit Request for Approval form.
- Upon submission of form, contact student's teacher for assignments.
- Serve as a liaison between school, teacher, homebound tutor and parent.
- Obtain books and assignments from all of student's teachers on a weekly basis.
- Disperse work completed by student to classroom teachers on a weekly basis.
- Provided a homebound tutor with a schedule of students Regents Exams and school finals at least ten days prior to an exam week.

Classroom Teachers' Responsibilities:

- Provided a homebound tutor (vial guidance counselor-secondary).
- Objectives of topics to be covered for the next three weeks (brief outline).
- Books and any worksheets each week.
- Homework and in-class assignments each week.
- Grade all assignments and tests.
- Determination of student's report cared grades (teacher may consult with tutor).

Parent's Responsibilities:

- Parent or other responsible adult MUST be present for the duration of all homebound instruction sessions or provide transportation for the instruction provided in a public setting.
- Ensure that their child is completing all assignments and putting forth appropriate effort.
- Notify student's homebound tutor in advance if student is unavailable for tutoring session.
- Notify child's guidance counselor as to when student is expected to return to school.

Student's Responsibilities:

- Be ready to learn when homebound tutor arrives.
- Complete all assignments on time, including homework.
- On your own time, practice and/or review topics covered during homebound instruction sessions.

Disciplinary Procedures

If your child has misbehaved in school and the disciplinary action has reached the point of suspension, the School District is required to :

- Notify the parent/guardian immediately.
- Send out a letter to the child's home within a 24 hour period notifying the parent/guardian that the child has been suspended.
- If your child is in Special Education classes, a letter also goes out which states that an emergency CSE meeting will follow the suspension.

Students in Regular Education - Each school district handles disciplinary procedures differently in the manner that they suspend a child (i.e.; If a child is caught for an action for the first time, he/she is suspended for a day, second time is for three days, etc.).

If a regular education student has been suspended multiple times or is actively in trouble, they are sent out a letter regarding a *Superintendents' Conference*. This meeting is a preventive meeting as a warning to the *Superintendents' Hearing*. The *Superintendents' Hearing* is held to determine whether or not permanent suspension is needed. The *Superintendents' Hearing* also can be called if a student has committed a major violent incident.

Students in Special Education – If a special education student has been actively in trouble, they will also send out a letter for a *Superintendents' Hearing*, but notice will also be sent out regarding a Manifestation Determination/Emergency CSE Meeting. The CSE will determine whether the school placement is effective or if a new placement needs to be considered. The *Superintendents Hearing* looks at the last suspension that the child received and asks if it was done in accordance with the student's handicapping condition. If it is determined that it was in accordance with the handicapping condition, then the student cannot be penalized. If the act was not, then the Superintendent has the right to expel the child.

Bus Suspensions – Suspensions from the bus are carried through in the same manner, however, the letter home has a different format. The school requests that the parent/guardian speak with their child regarding their manner on the bus and work with the bus driver to cooperate. They maintain a policy that riding the school bus is a privilege, not a right.

Filing of a PINS Petition by the School District – School districts may file a "Person in Need of Supervision" petition with the Office of Probation where there is a persistent pattern of truancy, drug use or incorrigible behavior or a combination of these problems that has not been corrected with the interventions described above. **(See DC Office of Probation section for further detail on page 43).**

Special Education

"Special Education in Plain Language" produced by the New York State Special Education Task Force provides a clear explanation of the special education process. See this website for links to their publication: http://www.nyspecialedtaskforce.org/publications.html

Dutchess County Early Intervention Program through the Dutchess County Department of Behavioral & Community Health (**845-486-3518**) provides a multi-disciplinary evaluation at no charge to assess developmental status and determine eligibility for Early Intervention services (such as speech therapy, physical therapy, parent training, etc.). Children can be eligible for the Early Intervention Program if they are under three years old AND have a disability OR developmental delay. The Early Childhood Direction Center in Newburgh serves a four county area (including Dutchess County) and provides information, referral and service coordination for children with disabilities from birth to age five.

Any child between the ages of three and twenty-one with a disability, who, by reason of the disability, may need special education and related services, must be evaluated by the school district's **Committee on Special Education (CSE)** to make that determination and to officially certify the child in one of the designated disability groups. The school district has a **Committee on Pre-School Education (CPSE),** which makes disability determinations for children with disabilities between the ages of three through five.

While each school district manages its own CSE process, if you have questions or concerns about how this process is working for you and your child, it can be helpful to consult the Regional Associate at the **Hudson Valley Regional Office at 518-473-1185**. If your child is leaving school within two years and you have concerns about vocational services you can contact the local **ACCES-VR (Adult Career and Continuing Education Services-Vocational Rehabilitation) at 845-452-5325.** Information is also available on the NYS Education website: www.acces.nysed.gov/vr/ or www.p12nysed.gov .

Day Treatment Programs

Payment and transportation is provided by the school district.
Referrals are made by the school district.

Dutchess Intensive Day Treatment (IDT) is a transition program operated in Poughkeepsie by Rockland Children's Psychiatric Center and DC BOCES. This program is for students in crisis and can provide stabilization through a more intense therapeutic environment, prevent hospitalization or provide support following a hospitalization. The IDT program is five days a week with daily group therapy, individual therapy, three hours of academic tutoring and a planned gradual transition back to the home school. There is a middle and high school thirty day program for students ages thirteen and over and a sixty day program for children ages seven through twelve years. (**845-486-4944**)

Pre-School Day Treatment is operated at Delafield Campus in Poughkeepsie by Astor Community Based Services and provides both educational and clinical services for children age three through five who are classified by their school district and for whom such a level of care is recommended by the school district.

School Age Day Treatment, operated at Mt. Carmel Campus in Poughkeepsie by Astor Community Based Services, provides both educational and clinical services for children ages five through twelve that are classified by their school district and for whom such a level of care is recommended by the school district.

Adolescent Day Treatment is jointly operated by DC BOCES and Astor at the BETA and Salt Point sites in Poughkeepsie. It provides intensive clinical and educational services for adolescents ages twelve through twenty-one classified by their school district and recommended for placement in the program.

Educational Rights of Children/Youth that are Homeless or in Temporary Housing

Under the McKinney-Vento Homeless Assistance Act (a federal law), children and youth experiencing homelessness or living in temporary housing have the right to:

- Attend school regardless of where they live or how long they have lived there.
- Choose between: A. the school attended when they student was last permanently housed, B. the last school the student attended or C. the school where they are temporarily living.
- Immediate enrollment in school without requiring any documents regarding residency, immunizations, academic records, etc.
- Free transportation to school.
- Free meals at school.
- Participate in any school activity or program available to other students.
- Get special education services immediately if an Individualized Education Plan is in place.

These rights protected under the McKinney-Vento Act pertain to children and youth who are: staying in emergency or transitional shelters; sharing housing of others due to loss of their own housing, economic hardship or similar reason; living in places not meant for sleeping (car, abandoned buildings, parks, etc.); staying in a motel, hotel or campground; in a temporary living situation while awaiting foster care placement; or otherwise lacking a fixed, regular or adequate residence.

Preschool services are also covered under the McKinney-Vento Act for children who are homeless or in temporary housing.

The McKinney-Vento Act applies to children living with their families as well as unaccompanied youth who are not in the physical custody of a parent/guardian. Unaccompanied youth do not need a parent or guardian to enroll in school.

An appeal process is available for situations in which the school district does not agree that a student is homeless as defined by the McKinney-Vento Act. The district must provide a written explanation of this decision. The parent/guardian or unaccompanied youth has thirty days to file an appeal with the State Education Department. Each Local Education Agency (LEA) or School District is required to appoint a Liaison for the Education of Homeless Children and Youth who is responsible for:

- Identifying children and youth who may be homeless.
- Making sure children are enrolled in school immediately.
- Educating students and/or parents about educational rights of homeless children.
- Mediating and settling disagreements between the student and the school.

- Coordinating with outside agencies (i.e. shelters, transportation services, etc.).
- Making students and/or parents aware of programs and services offered by the school for homeless students. A listing of the Liaisons for each of Dutchess County school Districts follows.

For answers to additional questions, more information, contact NYS-TEACHS (New York State Technical and Educational Assistance Center for Homeless Students). 800-388-2014 or www.nysteachs.org

New York Educational Advocates

Sometimes families need the help of outside expertise to negotiate appropriate services for their child with the Committee on Special Education. The individuals listed below come from various backgrounds- some are attorneys, others have substantial experience with the educational system. Many charge fees, others have no fee but limited time available. This list is not meant to be a recommendation of the services, just a resource list for you to consult and evaluate for yourself.

Barbara J. Ebenstein, Esq.
53 Pengilly Drive
New Rochelle, NY 10804
914-355-5945
States served: NY, CT

Karen Lynch
Taconic Resources for Independence, Inc.
82 Washington Street, Suite 214
Poughkeepsie, NY 12603
845-452-3913 X 112

DUTCHESS COUNTY SCHOOL DISTRICTS

Arlington Central School District
144 Todd Hill Rd., LaGrangeville, NY 12540
Phone: 486-4460 Fax: 486-4492
Superintendent: Dr. Brenden Lyons
Website: www.arlingtonschools.org
School Liaison: Donna Flynn-Brown
845-486-4460 x20121

DC BOCES
5 BOCES Road
Poughkeepsie, NY 12601-6599
Dist. Superintendent: Richard M Hooley
Website: www.dcboces.org
845-486-4800 x2200
Ed. Programs: William Bell 486-2001 x2222

Beacon City School District
10 Education Drive, Beacon, NY 12508
Phone: 838-6900 Fax: 838-6905
Inter. Superintendent: Ann Marie Quartironi
Website: www.beaconcityk12.org
School Liaison:Cecilia Danserean-Rumley
845-838-6900 x2009

Dover Union Free School District
2368 Route 22, Dover Plains, NY 12522
Phone: 877-5700 Fax: 877-5766
Superintendent: Michael Tierney
Website: www.doverschools.org
School Liaison: MaryBeth Kenny
Phone: 845-877-5700 x1285

Hyde Park Central School District
P.O. Box 2033, Hyde Park, NY 12538
Phone: 229-4000 Fax: 229-4056
Superintendent: Dr. Greer Rychcik
Website: www.hpcsd.org
School Liaison: Aviva Kafka
Phone: 845-229-4050

Pawling School District
District Office: 515 Route 22
Pawling, NY 12564
Phone:845-855-4600
Fax:845- 855-4659
Superintendent: William Ward
Website: www.pawlingschools.org
School Liaison: Scott Rice
Phone: 845-855-4626

Poughkeepsie City School District
District Office: 11 College Avenue
Poughkeepsie, NY 12603
Phone 451-4950
Fax: 451-4954
Superintendent: Dr. Nicole Williams
Website: www.poughkeepsieschools.org
School Liaison: Steven Rappleyea
Phone: 437-3473

Rhinebeck Central Schools
District Office: P.O. Box 351
Rhinebeck, NY 12572
Phone: 871-5520; Fax: 876-4276
Superintendent: Joseph Phelan
Web site: www.rhinebeckcsd.org
School Liaison: TBD
Phone: 871-5570 x5551

Wappingers Central School District
District Office: 167 Meyers Corners Road
Suite 200
Wappingers Falls, NY 12590
Phone: 298-5000
Fax: 298-5041
Superintendent: Jose Carrion
Website: www.wappingersschools.org
School Liaison: Richard Zipp
Phone: 298-5000 x40135

Millbrook Central School District
P.O. Box AA, Millbrook, NY 12545
Phone: 677-4200, Fax: 677-4206
Superintendent: Phillip D. D'Angelo
Website: www.millbrookcsd.org
School Liaison: Kathleen Affigine
Phone: 845-677-4200 x1109

Pine Plains Central School District
District Office: 2829 Church Street
Pine Plains, NY 12567
Phone:518-398-7181
Fax: 518-398-6592
Superintendent: Dr. Martin D. Handler
Website: www.pineplainsschools.org
School Liaison: Maryann Stoorvogel
Phone: 518-398-7181 x1310

Red Hook Central Schools
District Office: Mill Road
Red Hook, NY 12591
Phone: 758-2241
Fax: 758-3366
Superintendent: Paul Finch
Website:www.redhookcentralschools.org
School Liaison: Joseph DeCaro
Phone: 758-2241 x26400

Spackenkill Union Free School District
District Office: 15 Croft Road
Poughkeepsie, NY 12603
Phone: 463-7800 Fax: 463-7804
Superintendent: Dr. Lois Powell
Website: www.spackenkillschools.org
School Liaison: Lori Mulford
Phone: 463-7808

Webutuck Central School District
District Office: 194 Haight Road
P.O. Box 405
Amenia, NY 12501
Phone: 373-4100
Fax: 373-4102
Interim Superintendent: Ray Castellani
Website: www.webutuckschools.org
School Liaison: Katherine McEhroe
Phone: 373-4106

AFTER SCHOOL PROGRAMS & RECREATION

Parents should contact the Child Care Council of Dutchess and Putnam at 845-473-4141 for the location and other information about regulated school age programs, summer camps and nursery schools.

After School Connections
518-789-4259
Eugene Intermediate Center
Grades 6 &7
After School 2 hours

Born Again Disciples
845-471-2578
Suite 225
29 North Hamilton St
Poughkeepsie, NY 12601
Afterschool Youth Mentorship Program, focusing on life skills development for students between the ages of 10-18.

Boy Scouts of America Hudson Valley Council
845-566-7300
Dutchess County
www.hudsonvalleyscouting.org

Girl Scouts Heart of the Hudson
845-452-1810
3 Neptune Rd.
Poughkeepsie NY
www.girlscoutshh.org

Cubs Place
845-416-7771
Angela Perez
Vassar Brother's Medical Center
45 Reade Place
Poughkeepsie, NY

Dutchess Arts Camp
845-471-7477
45 Pershing Avenue
Poughkeepsie, NY 12601

Hudson Valley Community Center
1-845-471-0430
110 South Grand Ave
Poughkeepsie, NY 12601
http://www.hvcommunitycenter.com/
All memberships include access to the indoor pool, fitness room and basketball gym. Water exercise memberships as well as swim lesson memberships are also offered.

Job Corps
800-733-JOBS (5627)
Young men and women, ages 16-24 that are income-eligible may receive training leading to a career, trade, HSE or college preparation. Experience and education are provided by professionals in a chosen field.

Kids on Ice Contact Laurie May at 845-454-5800

Liberty Partnership Program
845-454-4199
(Marist College and Pok. CSD)
29 N. Hamilton St.
Poughkeepsie NY
Academics and homework assistance
5th – 12th grade in sponsored schools (Poughkeepsie CSD)- no fee

Lucky Orphans Horse Rescue
845-877-0685
PO Box 334
(2699 Route 22) Dover Plains, NY 12522
http://luckyorphanshorserescue.org/
It is the goal of LOHR, to not only save these wonderful animals, but also uses the their stories of struggle, overcoming adversity, building trust, leadership, and teamwork to foster an understanding and inspiration in children, young adults, and the community.

Mill Street Loft
845-471-7477
Project Able
45 Pershing Avenue
Poughkeepsie, NY 12601
www.millstreetloft.org.
A summer time program for high school students to learn while they work. Applications can be obtained in most high school guidance counselor offices.

Northeast Community Center
518-789-4259
51 South Center Street
Millerton, NY 12546

Nubian Directions
845-452-8574
248-250 Main Street
Poughkeepsie, NY 12601

R.E.A.L. Skills Network
845-452-6088 x 3169
Youth Leadership Initiatives
29 North Hamilton St. Office 112
Poughkeepsie, NY

Salvation Army
845-471-1210 x 401
19 Pershing Ave, Poughkeepsie
Boys Club, Art Projects, Basketball games

Southlands Foundation
845-876-4862
5771 Route 9
Rhinebeck, NY 12572
http://www.southlands.org/
Southlands is home to the Gentle Giants 4-H Program. 4-H is the youth component of the nationwide Cooperative Extension System that promotes the intellectual, social, emotional and physical development of school-age youth. Gentle Giants is under the umbrella of the Cornell Cooperative Extension, whose mission is to create a supportive learning environment in which diverse youth and adults reach their fullest potential as capable, competent, caring citizens.

Stevenson Athletic Center at Bard College
845-758-7531
51 Ravine Road, Red Hook, NY 12571
http://www.bardathletics.com/sports/2010/12/8/GEN_1208104054.aspx
Memberships include use of the gymnasium, pool, fitness center and courts and fields for various sports.

Teen Resource Activity Center (TRAC)
845-452-1110 x 3124
Activity center and programs for community youth.

Vassar College Boys and Girls Summer Programs
Summer Sport camps 845-437-7450
Summer Institute for the gifted grades 4th -11th
Internal Drive 888-709-8324 ages 7-17
Special Teens Program ages 13-18

TOWN/CITY RECREATION DEPARTMENTS - Contact your local recreation departments via website or phone to explore additional recreational opportunities.

Amenia, http://ameniany.gov/departments/recreation.html, 845-373-8860

Beacon, http://www.cityofbeacon.org/Government/parksrecreation.htm, 845-765-8440

Beekman, www.beekmanrec.com/, 845-724-5300

Clinton, http://www.townofclinton.com/department/recreation/, 845-266-3445

Dover, http://townofdoverny.us/ParksandRecreation.cfm, 845-832-9168

East Fishkill, http://www.eastfishkillny.org/node/66, 845-226-8395

Fishkill (town), http://www.fishkill-ny.gov/parks.html, 845-831-7800 ext. 3312

Hyde Park, http://www.hydeparkny.us/Recreation/, 845-229-8086

La Grange, http://www.lagrangeny.gov/Government/parks.htm, 845-452-1972

Millbrook, http://www.towrecreation.com/, 845- 677-8278 (Washington)

Millerton, http://www.villageofmillerton.net/parks---recreation-1.html, 518-789-4489

Northeast, http://www.townofnortheastny.gov/recreation/ 518-789-4489 (Millerton)

Pawling, http://www.pawling.org/pages/pawlingny_recreation//Index, 845-855-1131

Pine Plains, http://pineplains-ny.gov/content/Parks/View/15, 518-567-7207

Pleasant Valley, http://www.pvrec.com/info/, 845-266-9222

Poughkeepsie (town), http://www.poughkeepsietownrec.com, 845-485-3628

Poughkeepsie (city), http://cityofpoughkeepsie.com/parks-and-recreation/, 845-451-4100

Red Hook, http://www.redhook.org/TownDepartments/Recreation.html, 845-758-4600

Rhinebeck, http://www.rhinebeck-ny.gov/parks--recreation.html, 845- 943-9526

Stanford, http://www.townofstanford.org/departments/, 845-868-7782

Tivoli, http://www.tivoliny.org/RecreationAreas.html, 845-757-2021

Union Vale, https://uvparksandrec.com/, 845-724-691

Wappinger, http://www.townofwappinger.us/recpages/recreation.html, 845-297-0720

Wappingers Falls, http://www.wappingersfallsny.gov/recreation-and-parks-department, 845-297-8773 x 7

Washington, http://www.towrecreation.com/, 845-677-8278

Dutchess County Parks, http://www.countyoffice.org/ny-dutchess-county-parks-department/, 845-298-4600

Dutchess County Libraries- Most libraries offer a "story time" for preschoolers and a summer reading programs for school age children. Check your local library's calendar for activities and times.

Adriance Memorial Library
93 Market Street
Poughkeepsie, NY 12601
845-485-3445

Amenia Free Library
3309 Route 343
Amenia, NY 12501
914-373-8273

Arlington Branch Library
504 Haight Avenue
Poughkeepsie, NY 12603
845-454-9301

Beekman Library
Rt. 55 & Dorn Rd Clove Valley Plaza
Lagrangeville, NY 12540
845-724-3414
http://WWW.BEEKMANLIBRARY.ORG

Blodgett Memorial Library District of Fishkill
37 Broad Street
Fishkill, NY 12524
845-896-9215

Blodgett Memorial Library District of Fishkill
37 Broad Street
Fishkill, NY 12524
845-896-9215
http://BLODGETT.FISHKILL.LIB.NY.US

Dover Plains Library
1797 Route 22
Wingdale, NY 12594
845-832-6605
http://DOVER.LIB.NY.US

East Fishkill Community Library
348 Route 376
Hopewell Junction, NY 12533
845-221-9943
http://WWW.EASTFISHKILLLIBRARY.ORG

Greater Poughkeepsie Library District
93 Market Street
Poughkeepsie, NY 12601
845-485-3445
http://WWW.POKLIB.ORG

Grinnell Library Association
2642 East Main Street
Wappingers Falls, NY 12590
845-297-3428
http://WWW.GRINNELL.WAPPINGERS.LIB.NY.US

Howland Public Library
313 Main Street
Beacon, NY 12508
914-831-1134
http://HOWLAND.BEACON.LIB.NY.US

Hyde Park Free Library
2 Main Street
Hyde Park, NY 12538
845-229-7791
http://HYDEPARK.LIB.NY.US/

Lagrange Association Library
488 Freedom Plains Road
Poughkeepsie, NY 12603
845-452-3141
http://WWW.LAGLIB.ORG

Maplewood Branch Library
457 Maple Avenue, Building A
Poughkeepsie, NY 12601
845-485-5741

Millbrook Free Library
3 Friendly Lane
Millbrook, NY 12545
845-677-3611
http://MILLBROOKLIBRARY.ORG

Morton Memorial Library And Community House
82 Kelly St
Rhinecliff, NY 12574
845-876-2903

Morton Memorial Library And Community House
82 Kelly Street
Rhinecliff, NY 12574
845-876-2903

Patterson Library Association
1167 Route 311
Patterson, NY 12563
845-878-6121
http://WWW.PATTERSONLIBRARY.ORG

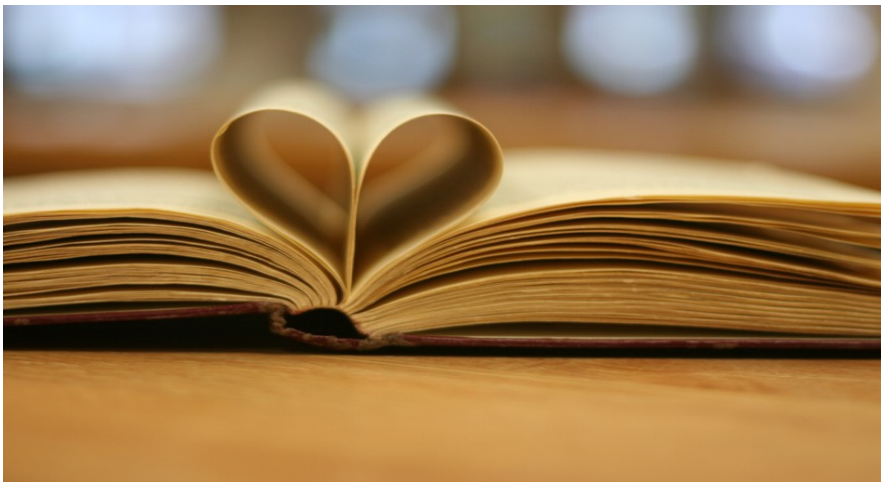
Pawling Free Library
11 Broad Street
Pawling, NY 12564
914-855-3444
http://PAWLING.LIB.NY.US

Pleasant Valley Free Library
1584 Main Street
Pleasant Valley, NY 12569
845-635-8460
http://WWW.PLEASANTVALLEYLIBRARY.ORG

Staatsburg Library Society
72 Old Post Road
Staatsburg, NY 12580
845-889-4683
http://WWW.STAATSBURG.LIB.NY.US/

Stanford Free Library
14 Creamery Road
Stanfordville, NY 12581
845-868-1341
http://STANFORDLIBRARY.ORG

Starr Library
68 West Market Street
Rhinebeck, NY 12572
845-876-4030
http://STARR.RHINEBECK.LIB.NY.US



FAMILY EDUCATION, SUPPORT AND ADVOCACY

(Contact people, locations and availability of support groups and classes change frequently. The 211 information system maintains listing of local support groups and other helpful referral information.)

NAMI – The National Alliance on Mental Illness is the nation's largest grass-roots mental health organization dedicated to building better lives for millions of Americans affected by mental illness and their loved ones. **845-206-9892**

Our Mission: Advocate for and support individuals with mental illnesses, family members and their loved ones. Eradicate stigma. Support research, causes and treatment and access to services regarding mental illness. Educate the public about mental illness. Work to improve public and private support systems for individuals with mental illnesses. Promote and teach NAMI Free Educational Classes.

Parent Empowerment Classes – Provides support, information, resources and referrals. Parenting classes are conducted at schools, community centers and PTA meetings as well as in prisons and rehab centers for at-risk parents, and cover such topics as positive discipline and nurturing. Information: Child Abuse Prevention Center **845-454-0595**

ADHD/Autism Support Group – A group for parents and other caregivers living with children who are "differently abled". Build community with others who share the same struggles. Vassar brothers Hospital **845-416-7771**

Dutchess County Healthy Families – A voluntary home visiting agency that provides prenatal and child development information to pregnant and parenting families in Poughkeepsie, Hyde Park, Wappingers Falls, Fishkill, East Fishkill and Beacon. There are two programs in the agency; The Healthy Families Program provides in home support and education around pregnancy and parenting for children up to five years, while the Community Health Worker Program is a shorter term care management program with a focus on maternal and infant health. For more information, please call **845-452-3387** or visit the website: http://www.institute.org/health-care/services-for-families/ or http://www.institute.org/health-care/services/michc/

Mom's "Living Well" Bible Study Group – Meets at Fishkill Baptist Church, Route 82, 9:30-11:30 AM on Thursdays, September through May. Child care provided for children ages 0-5 years, suggested donations of $1 per child. This group follows the Wappingers School District Calendar. Call for additional Bible study groups and times. **845-896-9386 X 1**

Parents of Children with Autism – The Guidance Center of Westchester/Parent's Place Inc. – 2 Central Ave, Tarrytown, NY **914-631-2513**

- Family Day Sundays - Two Sundays a month from 2pm to 4pm (siblings welcome).
- Parents Only Wednesday Morning Coffee Group- 1st Wednesday, 10am-11:30am.
- Individual Counseling Services – Up to six sessions are available to parents/caregivers of children on the autism spectrum (Free).

Abbott House Post Adoption Services – Abbott House offers services to families who are preparing to adopt or have adopted. Services include counseling, parent education, educational advocacy and community resource linkages**.** Post Adoption Services sponsors a monthly support group for parents who have adopted or are in the process of adopting foster and other children with special needs. There is a concurrent group for children age 8 and up. For information call **845-457-5030 X 13525.**

Abbott House Family Assessment and Community Enhancement (FACE)Program -The FACE program serves children and families in need of supportive, structured, and therapeutic interventions in the cities of Newburgh and Poughkeepsie. FACE is a voluntary, community-based program. FACE works with families using a Trauma Focused Cognitive Behavioral therapy Model (TF-CBT), addressing the emotional and behavioral symptoms of traumatized individuals. FACE provides in-home coaching and parenting skills and crisis intervention. For information call **845-457-5030 X 13525.**

Relatives as Parents Program (RAPP) – Cornell Cooperative Extension works with older adults and other relatives caring for grandchildren, nieces, nephews, etc. Program provides counseling, advocacy and seminars held on the 2nd Thursday of the month at St Paul's church in Poughkeepsie, 3rd Thursday at St. Mary's church in Fishkill and 1st Wednesday at Immaculate Conception Church on Lavelle Road in Amenia. **845-677-8223 X 137**

Special Needs Parenting – Provides parenting education and intensive care management to parents with developmental disabilities, to develop such basic parenting skills as child safety, nutrition, health and development. Child Abuse Center, **845-454-0595**

Waddle N' Swaddle – 41 E. Market Street, Suite 4, Rhinebeck NY, **845-876-5952** and 32 Raymond Ave, Poughkeepsie NY, **845-473-5952,** 484 Main Street, Beacon, NY. www.waddlenswaddle.com. Waddle N' Swaddle offers free playgroups for ages 0 months-3 years, a Nursing Mother's Circle and other classes for a fee. Call or visit the website for times and locations.

Catholic Charities Community Services of Dutchess County (CCCSDC) helps solve the problems of local individuals in need: the neglected child, the homeless family, the newly arrived immigrant or refugee, the hungry senior, or the newly unemployed for non-Catholics and Catholics alike. CCCSDC is a resource for needy families and individuals in Dutchess County, offering a wide array of free and professionally administered direct services to county residents at our main office in downtown Poughkeepsie and throughout the county. **845-452-1400**

We provide service for those who are legally blind, including orientation and mobility services, vocational rehabilitation services and job readiness programs for those who are seeking employment.

Catholic Charities welcomes Dutchess County's immigrants and helps them become full participants in American society. The Immigration legal team provides expert guidance in reuniting them with their families, obtaining work authorization, green card assistance, preparing individuals for citizenship exams and protecting people from exploitation. With our community partner, Dutchess Community College, we offer free ESL classes for those selected to participate in our Office for New Americans Program as well as Naturalization and Citizenship Workshops and Entrepreneur Workshops.

Support groups for rural Hispanic mothers in the Northeast Communities of Dutchess learn about the New York State school system, nutrition and ways to integrate into our society. Services are available to all Dutchess County residents and are offered in English and Spanish. **845-452-1400**

The Family Partnership Center – The Partnership Center is a catalyst to forge community partnerships through collaboration and advocacy in health and human services, cultural and educational opportunities to improve the lives of individuals and families. Located at 29 North Hamilton Street in Poughkeepsie. www.hrhcare.org/healthcenters/poughkeepsie-partnership **845-452-1110 x 3119**

MENTAL HEALTH AMERICA OF DUTCHESS COUNTY

MHA offers a variety of programs designed to support parents and youth. 845-473-2500

CASA - (Court Appointed Special Advocates) provides a voice for the child who is in foster care. Referral is through Family Court.

EMERGE - A community-based supportive program for parents with a psychiatric disability and their children. Support, skill-building and advocacy are offered with a goal of helping families remain together, referrals are made by the parent's clinician.

Respite Services - The Respite Program gives parents/caregivers an opportunity to take time for themselves, a "respite" from the challenges of caring for children and youth with special mental health needs. In addition, the programs provide the children and youth with SED varied opportunities for enrichment, learning, positive relationships with adults, and peer interaction with one another in an individual and group setting.

Family Advocacy – credentialed Family Peer Advocate assists parents in their interactions with community systems, hospitals, physicians, schools, social services, etc., and provides information on community resources.

MHA Library- Schools, agencies and individuals in Dutchess County can borrow numerous videos, pamphlets and books, to research on mental health related topics, access a private referral list of approximately 200 psychiatrists, psychologists and social workers, and obtain information on local support groups and agencies. Hours: Monday through Friday: 9 a.m. – 5 p.m. Contact Janet Carusso at **845-473-2500 x 1325**. Located on 2nd floor of 253 Mansion St. Poughkeepsie.

Family Support for Youth in the Justice System – This support group is for parents whose child has been involved with the criminal justice system – jail, prison or a residential youth correctional facility. This group meets every 2nd and 4th Monday from 6:30pm to 8pm at MHA. Call for information**: 845-473-2500 x1343**

MHA H.O.P.E. (Helping Others through Personal Experiences) for FAMILIES offers support and services to families with a child experiencing social, emotional or behavioral difficulties. Free sibling and youth support groups are available. For information about HOPE for Families support groups in Poughkeepsie and Beacon. **845-473-2500 x 1343**

MHA Community Education Workshops and Trainings

Contact Marlene Taylor, M.P.S. at 845-473-2500 x 1309.
Special Note: Workshops and trainings can be developed to meet your specific needs.

Your Defiant Child – (6 Sessions) This is a research based skill-building series for caregivers or educators of defiant children ages 2-11. The course material is derived from the work of Russell A. Barkley, Ph.D., author of Your Defiant Children.

Parenting Explosive Children – (8 Sessions) This course is for caregiver of children ages 2-11 who are easily frustrated, extremely inflexible, lose control, and become verbally and physically aggressive. The course is based upon the work of Ross W. Greene, Ph. D., author of The Explosive Child.

Parenting Challenging Teens – (5 Sessions) This course is for caregivers of adolescents. The course is a natural progression from research and family therapy based on the work Russell A. Barkley, author of Your Defiant Child . Dr. Barkley has also written the book Defiant Teens in collaboration with Gwenyth H. Edwards and Arthur L. Robin.

How to Talk So Kids Will Listen and Listen So Kids Will Talk – (6 Sessions) "How to Talk So Kids Will Listen" is a six-part video workshop based on the book How to Talk So Kids Will Listen and Listen So Kids Will Talk by award winning authors Adele Faber and Elaine Mazlish.

How to Talk So Teens Will Listen and Listen So Teens Will Talk - (8 Sessions) The viewer sees a diverse group of parents who over time build better relationships with their teenagers.

P.E.A.C.E.~ Parent Education And Custody Effectiveness – (6 hours) This six hour course is a child-centered educational program for separating and divorcing parents.

Preparing Your Child for School Success - P#I – (4 Sessions) This course is based on the book Seven Skills for School Success by Pam Schiller.

Preparing Your Child for School Success - P#2 – (4 Sessions) This course is based on the book Seven Skills for School Success by Pam Schiller.

Take the Journey from Relationship Trauma to Resilience and Balance - (15 Sessions) The course is based on the book Emotional Sobriety by Tian Dayton, Ph.D. The book outlines a holistic approach to healing the mind, body, and spirit by helping you understand and regulate your emotions and behaviors to find balance.

Parent Well Being – (4 Sessions) Keeping yourself healthy while parenting, working and experiencing other life stressing circumstances.

Raising Responsible, Resilient, Self Sufficient Teens – (6 Sessions) The course is based on the book, Letting Go with Love and Confidence by Kenneth Ginsburg, M.D., M.S. Ed., and Susan Fitzgerald. The course guides parents through the really touch areas.

DEVELOPMENTAL DISABILITIES

The Taconic Developmental Disabilities Regional Office (Taconic DDRO) is a regional office of the New York State Offices for Persons with Developmental Disabilities (OPWDD). The Taconic DDRO supports individuals living in Columbia, Dutchess, Greene, Putnam and Ulster Counties.

The Taconic DDRO works in partnership with voluntary service provider agencies, assisting individuals with developmental disabilities to attain their highest levels of independence. The DDRO, along with its service provider agencies offers an array of services and supports to eligible individuals in the community, including day programs, employment support and residential support.

Opening the door to a richer, fuller life—that's the goal of OPWDD's new Front Door—a person-centered approach for people with developmental disabilities that prioritizes individual choices, needs, and desires in making decisions.

The Front Door

38 Firemen's Way, Poughkeepsie NY,
845-473-5050 or Toll Free **844-880-2151**

Front Door Lead – Dutchess County Initial and Phase 1 Front Door Inquiries
Sharon Josephs **845-473-5050 x 143**

Front Door Lead – Dutchess County Eligibility
(Vacant, Please forward to Sharon Josephs) **845-473-5050 x 110**

Front Door – Service Amendments Contact for Individuals and Waiver Enrollments, MSC Coordinator
Liz Kline **845-473-5050 x 165**

Front Door – Service Amendments Contact for Individuals and Waiver Enrollments
Myrna Cherry **845-473-5050 x 148**

Information may also be obtained by calling the toll free number **800-471-9226** of the Taconic District Planning Council or their informational website: www.ddconnections.org

Hudson Valley Behavioral Solutions offers intensive intervention for children on the autism spectrum and are in-network providers with many insurance carriers.

Services include Comprehensive ABA Assessments, Individualized Direct Instruction, Functional Behavior Assessments and Behavior Intervention Plans, School Consultations, Parent Consultations, Staff Trainings, Social Skills Classes, Special Events, and Sibling Support Groups. For more information, visit http://www.behaviorsos.com/ **845-897-1788**

BEHAVIORAL AND COMMUNITY HEALTH

Astor Services for Children & Families Hudson Valley Counseling Services

First time clients who would like to be seen at one of the Centers can walk in between the hours of 9am-2pm.

Astor Counseling Services provide counseling, psychiatric services and care management to children and adolescents (ages 2-21 years) and their families. They do this through an interdisciplinary staff that includes child psychiatrists, clinical psychologists, social workers, mental health counselors and family advocates. These professionals are committed to using their expertise in the best interest of the children and families they serve.

To be eligible for Astor Counseling Services, the youth must:

- Reside in Dutchess County.
- Be between the ages of 2-21 years old.
- Have a mental health concern that interferes with one's own life, the family's life or life within the community.

The Astor Counseling Center staff has expertise in a variety of treatment approaches designed to assist children and families.

Poughkeepsie Counseling Center
46 Lincoln Avenue
Poughkeepsie, New York 12601
Tel: 845-471-6004
Fax: 845-471-7099
Monday-Thursday 9-8, Friday 9-5

Dover Counseling Center
6423 Rt. 55
Wingdale, NY 12594
Tel: 845-350-3010
Fax: 845-350-3013
Monday-Thursday 9-8, Friday 9-5

Rhinebeck Counseling Center (Satellite)
187 E. Market Street
Rhinebeck, NY 12572
Tel: 845-616-5335
Monday-Tuesday 12-8,
Wednesday 11-8, Thursday-Friday 11-5

Beacon Counseling Center
223 Main Street
Beacon, NY 12508
Tel: 845-838-4920
Fax: 845-838-4924
Monday, Wednesday, Friday 9-5, Tuesday, Thursday 9-9

Hyde Park Counseling Center
Children's Medical Group, Suite 2
4252 Albany Post Rd,
Hyde Park, NY 12538
Tel: 845-233-5935
Fax: 845-233-4726
Monday & Friday 9-5, Tuesday-Thursday 9-8

Dutchess County
Department of Behavioral and Community Health
Mobile Crisis Intervention and Prevention Team (MCIPT)

The team is made up of experienced mental health staff and offers crisis prevention and intervention to individuals and families within Dutchess County who are experiencing a mental health or emotional crisis. Staff respond to individuals in the community by outreach, face to face contact, family meetings, phone or text to provide assessment, support, intervention and follow-up planning as well as linking to ongoing appropriate community services. The Team serves all ages.

The Mobile Team's outreach services:

- Are available 24/7/365 in order to provide the appropriate emergency assessments and linkages to ongoing services.
- Are trained mental health professionals.
- Are hospital and jail diversions for children, youth and adults.
- Coordinate emergency department behavioral health services at Mid-Hudson Regional Hospital.

Dutchess County Helpline
Toll Free 877-485-9700
Call or Text 845-485-9700

Download the Dutchess County Helpline App. FREE

- Learn about the warning signs of suicide.
- Gain access to local resources.
- Connect to **HELPLINE** directly through the app.
- Watch informational videos.

Google play

Download on iTunes

DUTCHESS COUNTY DEPARTMENT OF BEHAVIORAL AND COMMUNITY HEALTH C-SPOA CHILDREN'S SINGLE POINT OF ACCESS

C-SPOA identifies children/adolescents (5-18) with the highest risk of placement outside the home as a result of serious behavioral health issues and provides timely access to an array of supports based on the identified need of the child/adolescent and the family.

The goal is to strengthen and empower families to lead safe and productive lives. By accessing these supports and services the goal is to reduce hospitalization/residential placement (RTF).

Who is eligible for C-SPOA?

These are a few of the criteria that a child/adolescent needs to meet to be eligible:

- Diagnosis of designated emotional disturbance
- Extended impairment in functioning with severe symptoms

Part of the evaluation is using the CANS assessment tool (Child & Adolescent Needs & Strengths).

How to Make a Referral?

- Complete a Universal CSPOA application with the child/adolescent therapist.
- https://www.omh.ny.gov/omhweb/guidance/hcbs/forms/universal_referral_form.pdf
- Return completed referral by fax, email, or mail to:

Deborah Disanza-Galano, LCSW-R
C-SPOA Coordinator
230 North Road, Poughkeepsie, NY 12601
Phone: 486-2768 Fax: 486-2829
Email: dgalano@dutchessny.gov

HOSPITAL DIVERSION PROGRAMS

Adolescent Intensive Outpatient Program (AIOP)

The AIOP at Mid-Hudson Regional Hospital provides more intensive mental health treatment, five days per week, for three hours each day. Services include group therapy, family therapy, individual therapy and medication management. Classroom instruction is also available on site following the treatment program each day. Most insurance accepted. Ages 12-18. **845-431-8287**

Home-Based Crisis Intervention Program (HBCI)

The Astor Home-Based Crisis Intervention Program (HBCI), designed to prevent psychiatric hospitalization, is an intensive, short-term crisis intervention service and family education program. Crisis intervention, home-based assessment & treatment planning, psycho-education, family & individual therapy, care management & referral services are provided by our interdisciplinary staff.

Therapists are available to families' 24-hours a day, 7 days a week, to respond to a crisis situation. Referrals to Astor's HBCI Program are accepted from psychiatric hospital emergency services, schools, children's mental health providers, as well as other public agencies working with children.

Adolescent Partial Hospitalization Program (PHP)

PHP offers an intensive treatment program designed to keep adolescents in the community and prevent inpatient hospitalization. The PHP Program uses intensive group, individual and family therapy to stabilize the adolescents' symptoms and avoid inpatient admission. This program may be used as an initial point of entry into mental health care; as a step up from routine or intensive outpatient services; as a step down from acute inpatient care; or to prevent hospitalization. The program provides an educational component to enable the adolescent to keep up with his/her school work. In addition, adolescents are provided with extra support in any learning areas that are challenging to them.

Hours of Operation**:** Monday through Friday, from 8:00 am - 4:00 pm. Therapists are on call to youth enrolled when the program is closed.

Referrals can be made to Astor's Partial Hospital Program by calling **845-554-1091**. An intake/screening appointment will be scheduled within 48 hours of the phone call.

Mid-Hudson Regional Hospital of Westchester Medical Center

(Formally St. Francis)

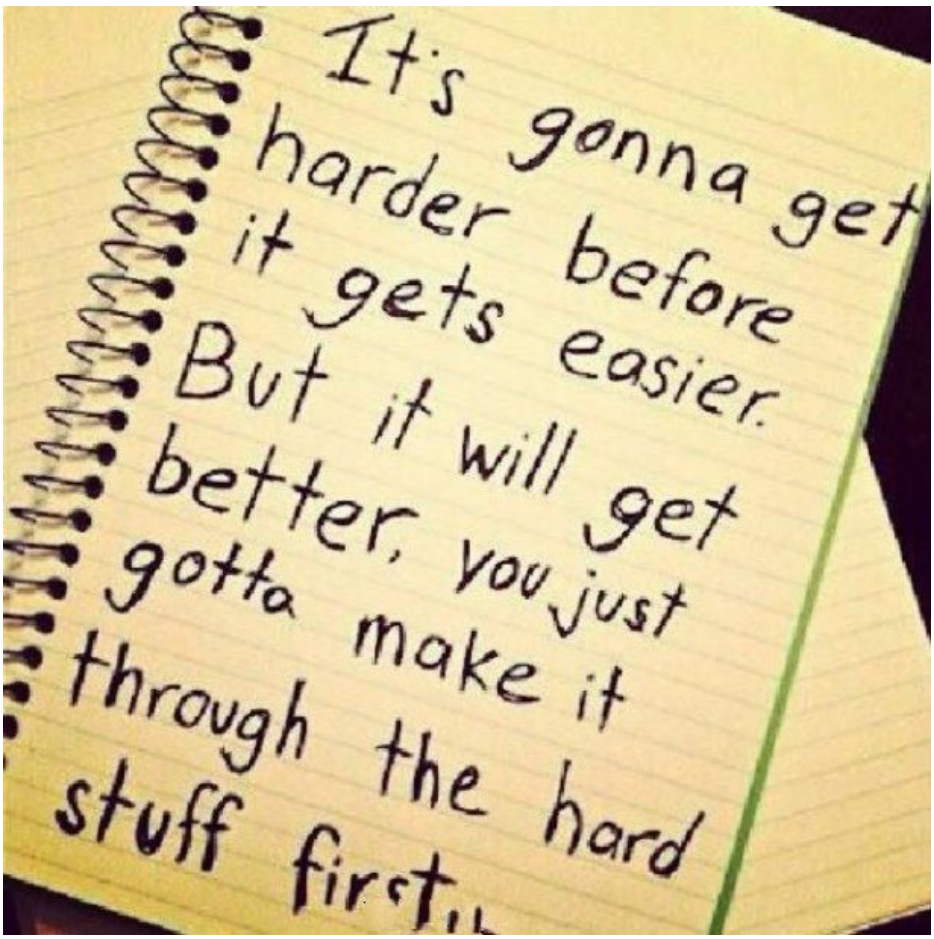
For emergency psychiatric situations the child, adolescent or adult should be taken directly to the Brinn Center at the Emergency Department to receive an emergency assessment to determine the need for hospitalization. Mid-Hudson Regional Hospital has adult inpatient only; all child and adolescents would be referred out of county.

Most hospitalizations are short-term, to stabilize and support the child. The hospitals along with the family create a discharge plan for follow-up in the community.

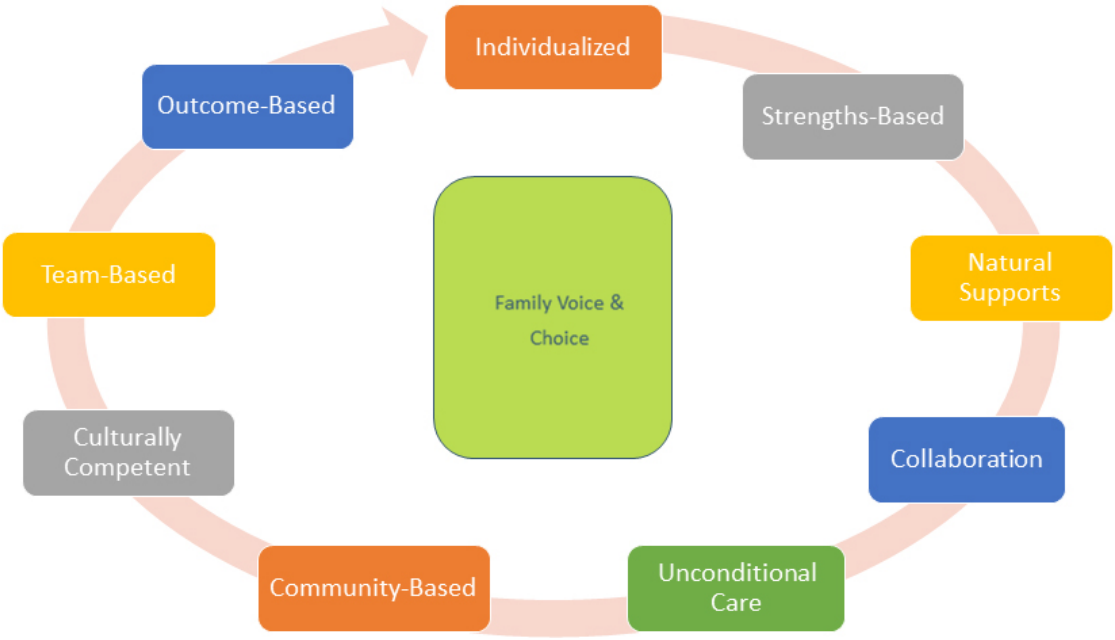
Mid-Hudson Regional Hospital
241 North Rd, Poughkeepsie, NY 12601
Emergency Psychiatric Care
845-431-8892

Mental Health Services
Outpatient – Children, Adolescents, Adults
845-431-8287

<u>Four Winds Hospital</u> **800-546-1770** Located in Katonah, NY, Four Winds serves children, adolescents and adults (ages 5 years through adult).



ASTOR SERVICES FOR CHILDREN & FAMILIES
ECCSI (ENHANCED COORDINATED CHILDREN'S SERVICES INTITIATIVE)



ECCSI is a collaborative effort among families, community agencies and other concerned parties that seek to strengthen pregnant women and/or the families of children, ages 0-18. The purpose is to improve the overall functioning of the family to prevent out-of-home placement when child(ren) are involved in more than one service system and effectively coordinate and provide linkages/services to meet the family's unique needs

The family meets with their own providers and community agency staff to design one Family Plan to identify their strengths of the family, identify the current concerns and barriers and to successfully link to services that will assist family members in meeting their goals. The ECCSI team stays in contact with the family and the supportive team to monitor completion of tasks on the plan.

For more information or to complete a pre-screen for eligibility
Katie L. Castell, LCSW-R
Phone: 845-452-6077 x115 Fax: 845-452-6235
Email: kcastell@astorservices.org

DUTCHESS COUNTY
DEPARTMENT OF COMMUNITY AND FAMILY SERVICES

60 Market Street Poughkeepsie, NY 12601
Agency Telephone 845-486-3000

Children's Services

Division Phone:	845-486-3220	**Fax:**	845-486-3238
Phone Hot Lines:	Child Abuse Hotline Child Abuse Hotline for Mandated Sources Justice Center Hotline	800-342-3720 800-635-1522 855-373-2122	
Division Head and Title:	Colleen Mahoney, Director Ann Woolsey, Assistant Director	845-486-3012 845-486-3381	
Business Hours:	Monday- Friday 9am – 5pm		
Other Specifics about Business Hours	Child Protective Services case managers and supervisors provide on call coverage 24 hours per day, 365 days per year to investigate reports of Child Abuse or Neglect made to the New York State Central Register Child Abuse Hotline.		

The Children's Services Division provides a wide array of services to promote the safety, permanency and wellbeing of Dutchess County children. Services are provided directly by staff members in the division and through contracts with many public and private community agencies. Services address issues including but not limited to substance abuse, mental illness, developmental disabilities, domestic violence, sexual abuse, medical needs, and child care. Contracts for a continuum of foster care services are also maintained, from foster home care through institutional care.

The division is comprised of several service areas:

- Child Protective Services
- Preventive Services
- Foster Care Services
- Adoption and Home-finding Services
- Institutional Care and Detention

Youth Services

Division Phone:	845-486-3664	**Fax:**	845-486-3090
Division Head and Title:	June Ellen Notaro, Director of Youth Services 845-486-3662 JuneEllen.Notaro@dfa.state.ny.us		
Business Hours:	Monday - Friday 9am – 5pm Appointments with Youth Workers can be arranged at other times.		
What We Do:	The mission of the Division of Youth Services is to assure every youth a fair and equal opportunity to attain his/her full potential by providing and encouraging services which strengthen family life and by supporting families in their essential function of nurturing the youth's overall development. Similarly, the Division of Youth Services will encourage and assist communities to carry out their responsibilities to provide the important physical and social conditions necessary for the well-being and development of our youth in a fiscally responsible manner. The Division administers NYS Office of Children and Family Services (OCFS) grant funding to promote positive youth development, increase youth developmental assets and decrease juvenile delinquency. The Division is also responsible for providing youth empowerment opportunities in the community, increasing public awareness of youth issues, and enhancing community resources for children and youth through inter-agency collaborations. Youth Services staff members provide free, confidential short term supportive services for youth residing in Dutchess County ages 4 to 21 years. Assistance includes: • Meeting with youth to help problem solve personal, family or school difficulties; • Advocacy to ensure youth rights are respected; • Referrals to find additional help; • Education to teach coping skills plus presentations to community or school groups on youth issues, and • Services for young people and families. Office hours are 9 A.M. to 5 P.M. Appointments with Youth Workers can be arranged at other times and locations. Please call for additional information.		

Division of Youth Services is responsible for comprehensive planning for youth ages 0 up to 21 years old. The Division administers NYS Office of Children and Family Services (OCFS) grant funding to promote positive youth development, increase youth developmental assets and decrease juvenile delinquency. The Division is also responsible for advocacy by providing youth empowerment opportunities in the community, increasing public awareness of youth issues, and enhancing community resources for children and youth through inter-agency collaborations. The Division of Youth Services supports legislation that fosters this mission.

Children's Services/Child Protective Services

Unit Phone:	845-486-3080	**Fax:**	845-486-3111
Unit Supervisors:	Rebecca Andersen, Case Supervisor Monica Balassone, Case Supervisor David Garcia, Case Supervisor Joseph Lansang, Case Supervisor Diane Malone, Case Supervisor Heather Stickle, Case Supervisor (CAC) Marcia Taylor, Case Supervisor		845-486-3365 845-486-3377 845-486-3073 845-486-3275 845-486-3383 845-486-6501 845-486-3066

Child Protective Services (CPS):

- Investigates reports of alleged child abuse or maltreatment received through the State Central Register (SCR) 24 hours per day seven days per week.
- Offers/arranges services when needed for families through the Department's own programs and community service providers to ensure child safety and reduce the risk of future abuse or maltreatment.
- Files neglect and abuse petitions when needed to seek from Family Court orders of protection, court-ordered services for families and/or authority to place children in foster care.
- Participates in the Dutchess County Multidisciplinary Investigative Team at the Child Advocacy Center, to conduct investigations with law enforcement regarding allegations of sexual abuse and serious physical abuse of children.

Children's Services/Contract Monitoring and Quality Assurance

Unit Phone:	845-486-3080	**Fax:**	845-486-3111
Unit Supervisor:	Tracy Connelly, Case Supervisor	845-486-3099	

Mandated Preventive Services provided through contracts with Astor Services for Children & Families and Berkshire Farms:

- Accepts referrals from Child Protective Services and the general community.
- Provides casework counseling and in-home services to prevent the need for foster care.
- Refers families to community service providers when necessary to address issues which contribute to child abuse or maltreatment and/or create a risk of foster care placement.
- Provides/monitors services which have been ordered through Dutchess County Family Court.

Other Community Agencies and Services Provided by Contracts Include:

Child Abuse Prevention Center
Child Advocacy Center Coordination, Special Needs and Parent Empowerment Parenting Programs, community education and Safe Harbor child trafficking services.

Family Services, Inc.
Sexual abuse offender and non-offender programs.

Grace Smith House
Two domestic violence liaisons located in Children's Services who provide direct client services, training and consultation for division staff regarding domestic violence issues.

Astor Services for Children & Families
Crisis intervention waiver slots to provide intensive home based services to children with psychiatric problems, Forensic Evaluations and the Enhanced Coordinated Children's Services Initiative (ECCSI), a tiered inter-agency project to coordinate services to children with emotional or behavioral concerns that put them at risk of out-of-home placement.

Office of Probation and Community Corrections
Various preventive services to meet the needs of youth alleged or designated to be Persons In Need of Supervision (PINS) and/or Juvenile Delinquents (JDs), to avoid the need for detention or out-of-home placement .

Hudson River Housing, River Haven Shelter
Respite services for youth.

Children's Home of Poughkeepsie
18 Emergency foster care placement beds which includes diagnostic evaluations when needed.

Berkshire Farm Center
Non-secure detention services.

JFC Consulting
Medical consultation on child abuse cases.

Westchester Institute for Human Development
Child sexual abuse medical examinations.

Mid-Hudson Regional Hospital
Drug screening.

Children's Services/Foster Care

Unit Phone:	845-486-3220	**Fax:**	845-486-3238
Unit Supervisor:	Joan Howley, Case Supervisor 845-486-3067 Jackie Sessa, Case Supervisor 845-486-3065 Vanessa Stuart, Case Supervisor 845-486-3095		

Foster Care Services:

- Supervises children in foster family homes and Article 10 placements of children with relatives.
- Provides case management to children placed in therapeutic foster home, group home or institutional settings to address their emotional, developmental or medical needs.
- Ensures that all foster children receive the medical, developmental, educational and mental health services they require.
- Works with birth parents of children to arrange services and resolve issues that brought their children into foster care so that children may safely return home.
- Develops child and family service plans, permanency reports, files court petitions and regularly appears in Family Court.
- Ensures safe, nurturing temporary care for each child, with the goal of return to family if possible, adoption if the family cannot be reunited, or preparation for independent living or discharge to another appropriate resource as is appropriate for each child.
- Participates in the Bridges to Health (B2H) program which provides needed services up until age 21 to children who have severe emotional, developmental or medical disabilities.

Children's Services/Adoption and Home-finding

Unit Phone:	845-486-3220	**Fax:**	845-486-3238
Unit Supervisor:	Antoinette McKenzie, Case Supervisor 845-486-3085		

Adoption/Foster Home Finding:

- Recruits, trains, certifies and monitors foster/adoptive families on a continuous basis.
- Determines appropriate foster/adoptive home placements for children when these are needed.
- Conducts foster parent, public and private adoption home studies.
- Maintains foster home records and completes annual recertification process for foster parents.
- Works with pre-adoptive parents to obtain adoption subsidies available for children in their care.
- Supervises pre-adoptive placements including case management and planning until adoptions are finalized.

Children available for adoption may be surrendered for adoption by their parents or may be freed for adoption through a Family Court decision to terminate parental rights. Often our foster parents become adoptive parents. Others provide temporary care until children are discharged to more permanent living situations. When possible, children can be placed with relatives as foster parents. Anyone interested in becoming a foster or adoptive parent may obtain more information about this by calling our agency at **845-486-3220**.

Children's Services/Institutional Care and Detention

Unit Phone:	845-486-3220	**Fax:**	845-486-3238
Unit Supervisor:	Vivian Alexopoulos, Case Supervisor 845-486-3188		

Detention/Juvenile Justice Services:

- Supervises non-secure and secure detention placements when Family Court remands youth to detention
- Works with/monitors Berkshire Farms, the contracted non-secure detention provider
- Provides afterhours detention coordination to ensure that detention is available at all times
- Locates and coordinates placement in facilities when juvenile justice system foster care placement is needed to address each youth's individual needs
- Provides case management and after care services to juvenile justice foster care youth
- Arranges for voluntary foster care placements for Dutchess County children and families when necessary

EMERGENCY FINANCIAL ASSISTANCE & SNAP

The Dutchess County Department of Community and Family Services provide assistance with the costs of housing, medical care, food and other emergency needs, with eligibility based on income and medical need. There are a variety of programs, with different eligibility requirements. Financial assistance may also include work requirements, participation in a treatment program or the filing of a support petition. **For more specific information, visit the DCFS office at 60 Market St., Poughkeepsie, or call 486-3000.**

Satellite offices are located in Beacon and Millbrook for residents in those localities:

Beacon Center
223 Main St. Suite 101
Beacon, NY 12508
Reception Phone: **845-838-4800**

Eastern Dutchess Government Center
131 County House Road Suite 308
Millbrook, NY 12545
Reception Phone: **845-677-5532**

SOCIAL SECURITY INCOME AND DISABILITY INSURANCE (SSI AND SSDI)

Supplemental Security Income (SSI) is a program that pays monthly benefits to eligible individuals with disabilities who have limited income and assets. Eligibility requirements must be met and the process is lengthy. Persons eligible for SSI are also eligible for Medicaid and Food Stamps. This program is available to children and adults. For a child, it is based on the parent's income until they are 18, then only the child's income and assets are considered. **Contact the Social Security Administration: 877-405-6747 or 800-772-1213.**

Social Security Disability Insurance (SSDI) is a program that pays monthly benefits to adults who become disabled and have worked long enough to meet the "work credits" requirement. It is also available to children who were disabled before the age of 22 and whose parents are retired, disabled or deceased. **Contact the Social Security Administration, 877-405-6747 or 800-772-1213.**

DUTCHESS COUNTY OFFICE OF PROBATOIN AND COMMUNITY CORRECTIONS

PINS (Persons In Need of Supervision)

What behavior indicates that a parent should consider filing a PINS petition?

It is important to seek help early, before your child nears the age of 18. If your child is engaging in any of the following behaviors, you may wish to consider filing a PINS complaint through the Dutchess County Office of Probation and Community Corrections:

- Running away
- Truancy
- Frequently breaking curfew
- Frequently defiant - not responding to parental authority
- Drug and alcohol use

Of course, many youth display some of these behaviors from time to time, especially during adolescence. However, if your child is frequently or habitually engaging in these behaviors and you believe that he or she is beyond your control, a PINS complaint is one course of action to consider.

Sometimes counseling and other family supports can help improve the situation. River Haven offers counseling and emergency housing for runaway teens or teens that can benefit from a "cooling off" period (**845-454-3600**). Another option is to request an Enhanced Coordinated Children's Services Initiative (ECCSI) Network meeting **(see page 36).**

How do I file a PINS complaint, if this is what I decide to do?

If you decide to file a PINS complaint, you may contact the Office of Probation and Community Corrections at **845-486-2600** for an appointment to discuss your concerns. If a PINS complaint is decided upon, a probation officer will gather information about your child.

As the parent/complainant, you have the right to withdraw the complaint at any time. However, if a school or other party files against your child, they may request court intervention if they believe the matter has not been successfully resolved.

AGENCY CONTACT:

Dutchess County Office of Probation and Community Corrections
50 Market Street
Poughkeepsie, NY 12601
845-486-2600

Astor Services for Children & Families Probation Based Services

CST – Collaborative Solutions Team is a multi-disciplinary team of professionals to provide assessment/referrals and consultation services.

J-RISC – Juvenile Risk Intervention Services Coordination provides Functional Family Therapy services to JD and PINS youth and families who are identified high risk by the YASI tool in the domains for family, community/peer, skills and attitudes.

For more information on Astor Probation Based Services contact:
Probation Based Services Program Director
845-486-4840

CHEMICAL DEPENDENCY

Lexington Center for Recovery

Adolescent program that uses an evidenced based program called The Seven Challenges, which is designed for adolescent substance abusing or substance dependent individuals, to motivate a decision and commitment to change. It helps young people look at themselves, understand what it takes to give up a drug abusing lifestyle, and prepare for and attain success when they commit to making changes. All treatment begins with a comprehensive evaluation designed to identify problems and concerns for the adolescent and family. Following the evaluation, a therapist will work with the client and family to determine the goals of treatment. To schedule an evaluation, call the Dutchess County HELPLINE at**: 845-485-9700** or Toll Free at **877-485-9700.**

In Dutchess County

Poughkeepsie	845-486-2950
Beacon	845-765-2366
Rhinebeck	845-876-2006
Dover Plains	845-877-4100

Council on Addiction Prevention & Education – CAPE

CAPE specializes in prevention – the key ingredient to wellness. The agency provides evidence-based education and counseling to provide the tools to build healthier individuals, families and communities. The Council develops programming to suit the needs of the client/organization.
845-765-8301 x104 or x110 for more information www.capedc.org

Arms Acres has 162 inpatient beds licensed by New York State OASAS to provide inpatient detoxification (on a medically supervised unit) and inpatient rehabilitation. Services are offered to adults, *but also adolescents ages 12 to 18 years old.* The multidisciplinary treatment team includes physicians, psychiatrists, nurse practitioners, nurses, certified alcoholism and substance abuse counselors, social workers, family specialists and activities specialists. Treatment includes Relapse Prevention, Dual Focus groups, Medication Assisted Treatment, a weekly Family Program, Equine Assisted Therapy, and Therapeutic Fitness/Recreation. The program follows a Trauma Informed Clinical approach and utilizes the Seeking Safety and Cognitive Behavioral Therapy models of treatment, which are evidence based. Arms Acres also has 25 years of managed care experience and is in network with all local, regional, National and exchange plans. The inpatient treatment facility is located in the Hudson Valley, but transportation is provided, so patients can therefore be admitted from any county in New York State. To speak with the Intake Department, please call: **1-888-227-4641**.

Outpatient services for both adolescents and adults are also offered on site in Carmel, NY, which would be easily accessible for residents of eastern Dutchess County. For more information, please call: **845-225-5202**.

M.A.R.C. – Mid-Hudson Alcohol Recovery Center Non-medical alcohol and drug detox services as well as a range of recovery housing for age 18 and over. **845-471-0310**

The Turning Point medical detoxification and rehabilitation program (for age 18 and over). **845-483-5511**

Alcoholics Anonymous of Dutchess County **845-452-1111**

Narcotics Anonymous of Dutchess County **845-431-9011**

LGBTQ

PFLAG – PFLAG envisions a world where diversity is celebrated and all people are respected, valued, and affirmed inclusive of their sexual orientation, gender identity, and gender expression.

Our Mission: By meeting people where they are and collaborating with others, PFLAG realizes its vision through:

- Support for families, allies and people who are LGBTQ
- Education for ourselves and others about the unique issues and challenges facing people who are LGBTQ
- Advocacy in our communities to change attitudes and create policies and laws that achieve full equality for people who are LGBTQ

For further information, check www.pflag.org.

Kingston PFLAG – Assists Lesbian, Gay, Bi-Sexual, Transgender, Inter-sexed, Queer and Questioning individuals and their families and friends through support, education and advocacy. They meet the second Wednesday of the month from 7-9pm at the LGBTQ Center on Wall Street in Kingston. http://www.lgbtqcenter.org

OLDER YOUTH/YOUNG ADULT

The Mediation Center - offers alternative dispute resolution services for youth and for parents and children (Parent/Child Mediation) as well as special education/ early intervention mediation. **845-471-7213**

Taconic Resources for Independence, Inc.- Information about community resources of interest to persons with disabilities. Provides referral and advocacy services. **845-452-3913**

ACCES-VR (Adult Career and Continuing Education Services-Vocational Rehabilitation) - Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR) offers access to a full range of employment and independent living services that may be needed by persons with disabilities through their lives. Through its administration of vocational rehabilitation and independent living programs, VR coordinates policy and services relating to:

- Transition youth services for high school students and youth up to age 25 with disabilities from school and post school to adult services.
- Vocational rehabilitation services for working age individuals with disabilities.
- Independent living services for people with disabilities of all ages.
- Business services for hiring a qualified diverse workforce.

For more information: 845-452-5325

Upward Bound - provides high school students who have the ability to do well academically, but require additional academic and counseling assistance, to help prepare them for college life. Income criteria must be met. **845-575-3258**

Youth Adult Transition Program – for persons aged 18-27 with mental illness. Provides weekly life skills curriculum that addresses goals that can include: increasing self-advancement through school and vocational means, enhancing life skills, encouraging civic engagement and furthering wellness self-management. **845-473-2500 x 1358**

Children's Bereavement Group- provides support to children coping with the loss of a loved one. The group is held bi-monthly at Hudson Valley Hospice on the 2nd and 4th Tuesdays of the month from 6pm-8pm. Caregivers should attend with the child, free to Hospice families or a $15 fee for non-Hospice families. Dinner is included. **845-338-5397 x 2209**

DC BOCES Programs - Providing vocational and educational services to youth from school age to 21 as well as to adult learners. **BOCES HSE Classes** are offered free, day and evening, in Beacon, Poughkeepsie, Dover Plains and Red Hook. Classes prepare adults for the HSE exam. **845-486-4840**

Dutchess Community College HSE Program- for individuals who have dropped out of school, reached 16 by July of the given year, and is seeking college admission. **845-431-8905**

Cornell Cooperative Extension 4-H Youth Development – provides youth up to the age of 19 with organized 4-H club activities while developing personal skills. **845-677-8223**

(PROS) Personal Recovery Oriented Services - Services for adults 18 + with emotional disabilities. **845-831-2124**

Teen Challenge Clubhouse - **MHA** offers group socialization, life skills, training through research-based curriculums, recreation and support to teens 14-19 with emotional disabilities.
845- 473-2500 x 1350

TEEN PREGNANCY

The Center for the Prevention of Child Abuse-The Teen Parenting Program – Offers parent skill classes/groups using the Nurturing Parents Curriculum, home visits, care management, and community referrals. Eligibility: any pregnant and/or parenting teen, male or female, ages 13-20. **845-454-0595**

Astor Early Childhood Programs – Early Childhood Services are available to pregnant teenagers. Services offered during weekly home visits include prenatal education, support and referrals. **845-452-4167**

CARE-NET – offers free, confidential assistance to pregnant and parenting teens and young adults. Services provided include counseling, referrals and resources. Spanish speaking staff is available. **845-471-9284**

DOMESTIC VIOLENCE

Dutchess County Department of Community and Family Services (Child Protective Services) Based on a report to the State Central Registry Hotline, Child Protective services investigates the domestic violence and assesses the need for services, provides crisis intervention and refers for community services. **845-486-3000.**

The hotline number to make a report concerning suspected child abuse or neglect is: **800-342-3720.** The hotline number for mandated reporters is: **800-635-1522.**

Grace Smith House offers services to women and children who are experiencing domestic violence. Services include shelter, safety, information and referral, crisis hotline and supportive counseling and advocacy. **845-471-3033**

House of Hope operates a (14) bed residential shelter, which provides 24 hour emergency shelter, crisis intervention and counseling services for victims of domestic violence and their children.
845-765-0294

Battered Women's Services provides support for women who have been battered or abused, including information and referral, counseling, advocacy, crisis support and short-term emergency housing. **Family Services, Inc. 845-452-1110. 24hr Hotline: 845-485-5550.**

Family Services Inc. offers a range of services for victims of domestic violence through the **Crime Victims Assistance Program (845-452-1110 x 3121 or x 3083)** which is available to those who work, live or attend school in Dutchess County and have been victims of a crime**.** Services include individual and group therapy; children' DV support group; support; advocacy; 24-hour, 7 days a week emergency room accompaniment to any victim and nurses trained to provide sexual assault forensic exams.

24-hour Crime Victims and Rape Crisis Hotline
845-452-7272

OVS- Office of Victim Services Victims of crime can receive financial compensation for lost belongings, lost wages and other crime related expenses. **800-247-8035 (NYS)**

CHILD SAFETY AND CHILD ABUSE PREVENTION

Dutchess County Department of Community and Family Services (Child Protective Services) -Based on a report to the State Central Registry Hotline, Child Protective services investigates the domestic violence and assesses the need for services, provides crisis intervention and refers for community services. **845-486-3000.**

The hotline number to make a report concerning suspected child abuse or neglect is: **800-342-3720.** The hotline number for mandated reporters is: **800-635-1522**

Child Abuse Prevention Center - The Personal Safety Program for Teens provides information on victimization, building healthy relationships, and the effects of ecstasy use and violent video games. **845-454-0595**

Child Abuse Prevention Center - Child Advocacy Center (CAC) provides support, information and referral to the families of child victims, and to children in families where domestic violence in the household. Services:

- **Crimes Against Children unit**, where interviews are held with child victim of sexual assault. **845-454-0595**

- **The Personal Safety Program** works with pre-school and elementary-aged children in local schools, educating parents and teachers about protecting children from sexual assault.

- **Internet Safety Workshops** use a skit format to offer children, teenagers and adults strategies for avoiding exposure to pornography and for preventing online exploitation of children by pedophiles.

- **Community Education** provides speakers to community groups to raise awareness of child maltreatment and neglect to empower adults to intervene effectively on behalf of children in need. The *Mandated Reporters' Training* offers state certification to mandated reporters of child abuse and refresher courses to groups to update their knowledge in recognizing and reporting child abuse and neglect.

- **Child Advocacy Center** provides a child-friendly center to reduce trauma for child victims and families involved in the investigation of child abuse allegations.

- **P.A.R.E.N.T.S.** is a 22 week parenting program for parents in chemical dependency recovery who have children in out-of-home placements.

- **Special Needs Parenting** provides parenting education classes and intensive care management to parents with developmental disabilities to promote child safety and prevent abuse and neglect.

- **Parent Empowerment Classes** covering topics such as positive discipline and nurturing are conducted in a variety of community settings for at-risk parents.

- **The Teen Parenting Program** – Offers parent skill classes/groups using the Nurturing Parents Curriculum, home visits, care management, and community referrals. Eligibility: any pregnant and/or parenting teen, male or female, ages 13-20.

EMERGENCY AND TRANSITIONAL HOUSING

Hudson River Housing, Inc. offers emergency, transitional housing and permanent supportive housing for individuals and families. In addition, the organization provides homeownership education and services, foreclosure prevention services and affordable rental housing for low and medium income households **845-454-5176**. Hudson River Housing's services for older youth/young adults include:

- **River Haven Shelter** - provides emergency shelter for runaway and homeless youth, 10 through 17. **845-454-3600**

- **River Haven Independent Living Support Program** provides non-residential care management for older homeless or at risk youth/young adults who are in need of support as they work toward increasing their level of self-sufficiency and prepare for independent living. **845-454-2300**

- **River Haven Transitional Living Community (TLC**) provides supervised transitional housing, where older youth 18 and up can stay for up to 18 months as they prepare to move on to an independent living situation or other stable housing. Those interested in TLC must first contact the River Haven Independent Living Program. **845-454-2300**

HEALTH SERVICES

Childhood Lead Poisoning Prevention Program – Public Health Nurses provide individual case management and follow-up to children with elevated blood lead levels. Community education and outreach environmental investigations are also available. **845-486-3419**

Childhood Immunization Clinics – Clinics are held at Family Partnership Center by appointment **845-486-3535**

Sexually Transmitted Infections (STI) Program – Testing, diagnosis and treatment of sexually transmitted infections is available twice a week All services are free, confidential and available without appointment. Free hepatitis B vaccine is available to all clinic patients. Referrals are made for persons needing additional services. **845-486-2963**

HIV Program – HIV counseling and testing is available by appointment or walk-in. All testing is free of charge and both anonymous and confidential testing is offered. HIV Educational presentations, with or without testing, are available for schools and community groups. Partner Notification Assistance Program is available to persons living with HIV/AIDS who want to inform partners of possible exposure to HIV. **845-486-2963**

DUTCHESS COUNTY PUBLIC TRANSIT

Offers fixed route, complementary paratransit, Dial-A-Ride, and Flex services throughout Dutchess County. For information about public transit services, call **845-473-8424** or go to www.dutchessny.gov/publictransit.

FOOD PANTRIES OF DUTCHESS COUNTY

As these listings change frequently, please verify that this information is up to date before heading to the location.

City	Agency Name	Address	Hours	Phone
Amenia Union	Food of Life Pantry	50 Leedsville Road	Fridays 3pm-5pm	(845)373-9161
Beacon	Dutchess CAP Beacon	10 Eliza Street	Mon 9am-11am, Wed/Fri 9am-11am, 1pm-2pm	(845)831-2620
Beacon	Salvation Army - Beacon Food Pantry	372 Main Street	Monday-Friday 9am-12pm	(845)831-1253
Beacon	St. Andrew's/ Luke's Food Pantry	17 South Avenue	Saturdays 10am-11am	(845)831-1369
Dover Plains	Center of Compassion Food Pantry	52 Mill Street	Mon-Fri, By Appointment Only	(845)877-6168
Dover Plains	Dutchess CAP - Harlem Valley	3414 Route 22	Monday-Friday 8:30-4:30	(845)877-9272
Fishkill	First Reformed Church Food Pantry	1153 Main Street	Mon-Fri, By Appointment Only	(845)896-4546
Fishkill	New Vision Church of Deliverance, Inc. Food Pantry	831 Route 52	Tuesdays & Thursdays 11am-1pm	(845)202-7199
Hopewell Junction	No Strings Attached Food Pantry	609 Route 82	Mon-Fri By Appointment; Fri/Sat/Sun Deliveries	(845)227-7832
Hopewell Junction	St. Columba Church	835 Route 82	By Appointment Only	(845)227-7863
Hyde Park	Hyde Park Food Pantry	28 Harvey Street	Fridays 9:30-11:30	(845)889-8138
Hyde Park	Reach Out Food Pantry	241 Crum Elbow Road	Fridays 2pm-5pm	(845)229-6080
Lagrangeville	Love Reaches Out Food Pantry	1138 Route 55	Weds 10am-2pm, 8pm-8:30; Sun 12-12:30	(845)452-4673
Lagrangeville	Trinity United Methodist Church Food Pantry	6 South Cross Road	Last Thursdays 7pm-8pm	(845)223-3152

City	Agency Name	Address	Hours	Phone
Pawling	Community Resource Service Center	126 East Main Street	Mon-Fri 10am-4pm, Sat 10am-3pm	(845)855-3459
Pine Plains	Pine Plains Comm. Food Locker	4146 East Church Street	2nd Saturdays 10am-12pm	(518)398-7273
Pleasant Valley	Pleasant Valley Ecumenical Food Pantry	92 Martin Road	Wednesdays 7pm-8pm	(845)635-3022
Poughkeepsie	Beulah Baptist Church Soup Kitchen	92 Catharine Street	Saturdays 11:30-12:30	(845)473-1662
Poughkeepsie	Dutchess CAP - Poughkeepsie	77 Cannon Street	Monday-Friday 8:30-4:30	(845)452-5104
Poughkeepsie	Dutchess Outreach Food Pantry	29 N. Hamilton St., Suite 202	Monday-Friday 8:30-11:30	(845)454-3792
Poughkeepsie	Dutchess Outreach Lunch Box	29 North Hamilton St. Suite 202	Weds-Mon 1-3pm, 5-6pm; Tues 11-1pm, 5-6pm	(845)471-2522
Poughkeepsie	Endtime Harvesters International Food Pantry	668 Dutchess Turnpike	Saturdays 12pm-4pm	(845)485-2582
Poughkeepsie	GIFTS	29 No. Hamilton St., Suite 202	Mon/Wed/Fri Deliveries	(845)471-2522
Poughkeepsie	God's Helping Hands Food Pantry	120 Hudson Ave	Tuesdays 1pm-3pm	(845)471-7976
Poughkeepsie	HLPC Missions Supper Kitchen	33 South Clover Street	Saturdays 5pm-7pm	(845)473-2439
Poughkeepsie	Reach Out and Touch Food Pantry	100 Cannon Street	Tuesdays 9:30-12pm	(845)337-3611
Poughkeepsie	River Haven I.L.S. Food Pantry	391 Manchester Road	Monday-Friday 9am-5pm	(845)454-2300
Poughkeepsie	Salvation Army - Poughkeepsie Breakfast Program	19 Pershing Avenue	Monday-Friday 8:30-9:30	(845)471-1210
Poughkeepsie	Salvation Army - Poughkeepsie Food Pantry	19 Pershing Avenue	Monday-Friday By Appointment Only	(845)471-1210
Poughkeepsie	St. Paul's Poughkeepsie Food Pantry	161 Mansion Street	Tues/Weds/Thurs 10am-2pm	(845)452-8440

City	Agency Name	Address	Hours	Phone
Poughkeepsie	The Potter House Food Pantry	54 Noxon Street	Fridays 10:30-12:30	(845)452-7484
Poughkeepsie	Trinity Temple Food Pantry	19 North Bridge Street	Wednesdays 10am-7pm	(845)471-5815
Red Hook	Dutchess CAP Red Hook	44-46 East Market St.	Monday-Friday 8:30-4:30	(845)876-1611
Red Hook	Red Hook United Methodist Church Food Pantry	4 Church St. Suite 2	Sundays 1pm-2:30	(845)758-6283
Red Hook	St. Vincent De Paul Society	30 Benner Road	3rd Sundays 11:30-1pm	(845)758-3732
Rhinebeck	Jayne Brooks Memorial Food Pantry	6436 Montgomery Street	Fridays 10am-2pm	(845)876-3533
Rhinebeck	Rhinebeck Reformed Church Food Pantry	6368 Mill Street	Tuesdays & Thursdays 10am-12pm	(845)876-3727
Wappingers Falls	Pathstone - Wappingers Falls	29 Marshall Road Suite 3F	Monday-Thursday 9am-2pm	(845)298-8998
Wappingers Falls	Zion Episcopal Church Food Pantry	12 Satterlee Place	Wednesdays 12:30-2pm, 6:30-7:30	(845)297-9797

ACRONYMS

A

AA	Alcoholics Anonymous
ACCES-VR	Adult Career and Continuing Education Services-Vocational Rehabilitation
ACOA	Adult Children of Alcoholics
ADA	Americans with Disabilities Act
ADT	Adolescent Day Treatment (Astor/BOCES)
AIOP	Adolescent Intensive Outpatient Program (Mid-Hudson Regional)
ALANON	Organization of relatives and friends whose lives have been affected by the alcoholism of another
ALATEEN	Organization of teen children of alcoholics
APS	Adult Protective Services

B

BETA	BOCES Education and Training Academy
BOCES	Board of Cooperative Educational Services

C

CAC	Child Advocacy Center
CAMI	Chemical Abuser/ Mental Ill
CASSP	Child and Adolescent Service System Program
CCF	Council on Children and Families or Congregate Care Facility
CDT	Continuing Day Treatment
CFC	Choices for Change
CMHC	Community Mental Health Center
CPS	Child Protective Services
CPSE	Committee for Preschool Special Education
CR	Community Residence
CRC	Certified Rehabilitation Counselor
CPSE	Committee on Pre-school Special Education
CSE	Committee on Special Education

D

DCFS	Dutchess County Department of Community and Family Services
DCBH	Dutchess County Department of Behavioral and Community Health
DCJ	Dutchess County Jail
DD	Developmental Disability
DDRO	Developmental Disability Regional Office

DSM-V	Diagnostic and Statistical Manual of Mental Disorders – Fifth Edition

E

ECCSI	Enhanced Coordinated Children's Services Initiative
ED	Emotionally Disturbed
EIP	Early Intervention Program

H

HBCI	Home-Based Crisis Intervention
HCBS	Home and Community-Based Services Waiver Program
HRH	Hudson River Housing
HRFO	Hudson River Field Office (OMH)

I

ID	Intellectual Disability
IDEA	Individuals with Disabilities Education Act
IDT	Intensive Day Treatment (RCPC - Poughkeepsie)
IEP	Individualized Education Plan

L

LGBTQ	Lesbian, Gay, Bi-sexual, Transgender, Queer and Questioning
LGU	Local Government Unit

M

MADD	Mothers against Drunk Driving
MHA	Mental Health America
MHR	Mid-Hudson Regional

N

NA	Narcotics Anonymous
NAMI	National Alliance for the Mentally Ill
NARANON	Organization for relatives and friends of substance abusers

P

PACC	Pre-Admission Certification Committee
PH	Partial Hospitalization
PINS	Person in Need of Supervision

PO	Probation Officer/ Parole Officer
PROS	Personal Recovery Orientated Services

R

RCPC	Rockland Children's Psychiatric Center
RPC	Rockland Psychiatric Center
RSS	Rehabilitation Support Services

S

SAC	Student Assistance Counselor
SED	Serious Emotional Disturbance or State Education Department
SETRC	Special Education Training and Resource Center
S**POA**	Single Point of Access (for High Risk Children's Services)
SPOE	Single Point of Entry (for Adult Housing; for Adult Care Management)
SPMI	Seriously and Persistently Mentally Ill
SSD	Social Security Disability
SSDI	Social Security Disability Income
SSI	Supplemental Security Income

T

TRI	Taconic Resources for Independence

V

VA	Veterans' Administration
VBH	Vassar Brothers Medical Center

W

WIC	Women, Infants and Children Feeding Program
WIN	Work Incentive Program

INFORMATIONAL WEBSITES

Also use your search option on social media for more information.

www.ci.nyc.ny.us/html/acs/home.html	Administration for Children's Services
www.nycareerzone.org	Career Zone
www.caregiver.com	Articles on Caregiver Issues
www.catholiccharitiesny.org	Catholic Charities
www.connectforkids.com	Connect for Kids (Annie E. Casey Foundation)
www.ccf.ny.gov/index.htm	NY State Council on Children and Families
www.dutchessny.gov	Dutchess County Government website
www.ftnys.org	Families Together in New York State
www.ffcmh.org	Federation of Families for Children's Mental Health
http://midhudson.org	Library
www.lawhelp.org/NY	Helps low-income NY'ers solve legal problems
www.ncset.org	National Center on Secondary Education and Transit
www.parentcenterhub.org	Center for Parent Information and Resources (CPIR)
www.nmha.org	National Mental Health America
www.acces.nysed.gov/vr/	New York State Education Department – Adult Career and Continuing Education Services Vocational Rehabilitation
www.nysteachs.org	New York State Technical & Education Assistance Center for Homeless Students
www.pacer.org	PACER (children and young adults with disabilities)
www.parenttoparentnys.org	Parent to Parent in NY State
www.safeyouth.gov	Youth Violence Prevention

www.aacap.org	American Academy of Child and Adolescent Psychiatry
www.armsacres.com/	Arms Acres (Liberty Management)
www.astorservices.org	Astor Services For Children & Families
www.capedc.org	Council on Addiction Prevention & Education
www.dcboces.org/index.php	Dutchess County BOCES
www.dutchesscap.org	Dutchess County Community Action Agency
www.dccacd.org/	Dutchess County Council on Alcoholism and Chemical Dependency
www.co.dutchess.ny.us/	Dutchess County Online (links to county agencies)
www.dutchessoutreach.org	Dutchess Outreach
www.familyservicesny.org/	Family Services
www.fourwindshospital.com/	Four Winds Hospital
www.hudsonriverhousing.org/	Hudson River Housing
www.mhadc.com/	Mental Health America of Dutchess County
www.namimidhudson.org	National Alliance for the Mentally Ill
www.omh.state.ny.us/	NYS Office of Mental Health
www.midhudsonregionalhospital.org/	Mid-Hudson Regional Hospital of Westchester Medical
www.opwdd.ny.gov	Taconic Developmental Disabilities Services Office
www.taconicresources.org	Taconic Resources for Independence - Disability Links - on-line Parent Resource guide
www.dutchessmediation.org/	The Mediation Center
www.unitedwaydutchess.org	United Way Dutchess County

QUICK ACCESS PHONE DIRECTORY

**** Please refer to specific sections of the guide for additional services****

Arms Acres (Liberty Management) 888-227-4641

Astor Services for Children & Families Home Based Services 845-486-9743

Astor Services for Children & Families Counseling Services Poughkeepsie 845-417-6004

Council on Addiction Prevention & Education 845-765-8301

Catholic Charities 845-452-1400

Center for the Prevention of Child Abuse 845-454-0599

Children's Medical Group 845-452-1700

Dutchess County BOCES 845-486-4840

Dutchess County Department of Behavioral and Community Health (DCBH) . . . 845-485-9700

Dutchess County Department of Community and Family Services (DCFS) 845-486-3000

Dutchess County Early Intervention (EI) 845-486-3518

Dutchess County Healthy Families 845-452-3387

Dutchess Outreach 845-454-3792

Family Services 845-452-1110

Family Partnership 845-452-6088

Four Winds Hospital 800-546-1770

Grace Smith House 845-471-3033

Hudson River Housing 845-454-5176

Mental Health America (MHA) 845-473-2500

Mid-Hudson Regional Hospital of Westchester Medical Center 845-483-5000

Taconic Resources for Independence 845-452-3913

Taconic DDRO 845-473-5050

United Way Dutchess 845-471-1900

Vassar Brothers Medical Center 845-454-8500

NOTES