HUMAN SERVICES

DIRECTORY

A publication of the Mental Health Association in Fulton & Montgomery Counties

Revised 8/2018
# HUMAN SERVICES DIRECTORY

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ADULT PROTECTIVE & LONG TERM CARE SERVICES
4 Daisy Lane
PO Box 549
Johnstown, NY 12095
Phone: 518 736-5718
Fax: 518 762-0080

CIVIL DEFENSE
2714 State Rte. 29
Johnstown, NY 12095
Phone: 518 736-5856
Fax: 518 762-4938

COMMUNITY SERVICES
Fulton County Community Services
57 East Fulton Street, Room 106
Gloversville, NY 12078
Phone: 518 773-3557
Fax: 518 773-3561

CORNELL COOPERATIVE EXTENSION
FULTON & MONTGOMERY COUNTIES
Fonda Annex Building
20 Park St. Room 202 PO Box 1500
Fonda, NY 12068
Phone: 518 853-2135
Fax: 518 853-2129
fultonmontgomery@cornell.edu

CRIME VICTIMS ASSISTANCE
Fulton County Office Building
223 W. Main Street
Johnstown, NY 12095
Phone: 518 736-5511

DEPARTMENT OF SOCIAL SERVICES
4 Daisy Lane, P.O. Box 549
Johnstown, NY 12095
Phone: (Services) 518 736-5600
Fax: 518 762-0080
DISTRICT ATTORNEY’S OFFICE
County Office Building
223 West Main Street
Johnstown, NY 12095
Phone: 518 736-5511
Fax: 518 762-2042

DRUG COURT
223 West Main Street
Johnstown, NY 12095
Phone: 518 736-5800
sluck@nycourts.gov

FAMILY COURT
223 West Main Street
Johnstown, NY 12095
Phone: 518 762-3840
Fax: 518 451-8745

OFFICE FOR THE AGING
19 North William Street
Johnstown, NY 12095
Phone: 518 736-5650
Fax: 518 762-0698
www.fcofa.org

PROBATION
64 East Fulton Street
Gloversville, NY 12078
Phone: 518 773-3565
Fax: 518 773-7958

PUBLIC DEFENDER’S OFFICE
55 East Main Street Suite 310
Johnstown, NY 12095
Phone: 518 736-5820
Fax: 518 762-0122

PUBLIC HEALTH
2714 State Highway 29
P.O. Box 415
Johnstown, NY 12095
Phone: 518 736-5720
Fax: 518 762-1382
VETERANS SERVICES AGENCY
County Office Building – Basement Room 10
223 West Main Street
Johnstown, NY 12095
Phone: 518 736-5650
Fax: 518 762-0698
veterans@fultoncountyny.gov

SHERIFF’S OFFICE
2712 State Highway 29 PO Box 20
Johnstown, NY 12095
Phone: 518 736-2100 (Office)
      518 736-2198 (Jail)
Fax: 518 736-2126

YOUTH BUREAU
19 N. William Street
Johnstown, NY 12095
Phone: 518 736-5650
Fax: 518 762-0698
MONTGOMERY COUNTY
DEPARTMENTS

COUNTY WEBSITE: www.co.montgomery.ny.us

CHILDREN WITH SPECIAL NEEDS PROGRAM
County Annex Building
20 Park Street, P.O. Box 1500
Fonda, NY 12068-1500
Phone: 518 853-3531
Fax: 518 853-8218

CORNELL COOPERATIVE EXTENSION
FULTON & MONTGOMERY COUNTIES
Fonda Annex Building
20 Park St. Room 202
Fonda, NY 12068
Phone: 518 853-2135
Fax: 518 853-2129
ccefm.com
fultonmontgomery@cornell.edu

DEPARTMENT OF SOCIAL SERVICES
64 Broadway, P.O. Box 1500
Fonda, NY 12068
Phone: 518 853-4646
Fax: 518 853-8327

DISTRICT ATTORNEY’S OFFICE
New County Courthouse
58 Broadway P.O. Box 1500
Fonda, NY 12068
Phone: 518 853-8250
Fax: 518 853-8212

FAMILY COURT
New County Courthouse
58 Broadway, PO Box 1500
Fonda, NY 12068
Phone: 518 853-8133
Fax: 518 238-4370
FULMONT COMMUNITY ACTION AGENCY, INC.
County Annex Building
20 Park Street
Fonda, NY 12068
Phone: 518 853-3011
Fax: 518 853-3855

MONTGOMERY COUNTY EMERGENCY MANAGEMENT
Public Safety Facility
200 Clark Drive PO Box 338
Fultonville, NY 12072
Phone: 518 853-4011
Emergency After Hours: 518 853-4714

OFFICE FOR THE AGING
135 Guy Park Avenue
Amsterdam, NY 12010
Phone: 518 843-2300
Fax: 518 843-7478

PROBATION DEPARTMENT
Public Safety Facility
200 Clark Drive PO Box 338
Fultonville, NY 12072
Phone: 518 853-8380
Fax: 518 853-8228

PUBLIC DEFENDER’S OFFICE
Public Safety Facility
200 Clark Drive PO Box 338
Fultonville, NY 12072
Phone: 518 853-8305
Fax: 518 853-8308

PUBLIC HEALTH
County Annex Building
20 Park Street PO Box 1500
Fonda, NY 12068-1500
Phone: 518 853-3531
Fax: 518 853-8218
SHERIFF’S OFFICE
P.O. Box 432 – 22 Clark Drive
Fultonville, NY 12072
Office Phone: 518 853-5500
Office Fax: 518 853-4096
Jail Phone: 518 853-5555, 518 853-5556
Jail Fax: 518 853-4685

VETERANS SERVICE AGENCY
County Annex Building
20 Park Street, PO Box 1500
Fonda, NY 12068
Phone: 518 853-8152
Fax: 518 853-5023

YOUTH BUREAU
County Annex Building
20 Park Street PO Box 1500
Fonda, NY 12068
Phone: 518 853-4355
Fax: 518 853-8299

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**Hotlines & Helplines**

**AIDS/HIV**

**AIDS National Hotline**
1-800-232-4636

**AIDS Treatment Information Services**
1-800-HIV-0440 (1-800-448-0440)

**Project Inform HIV/AIDS Treatment Hotline**
1-800-822-7422

**Alcohol/Drugs**

**Addiction Services Hopeline**
1-877-846-7369

**Al-Anon/Al-Ateen Hotline**
*For young people who are the relatives and friends of a problem drinker.*
1-800-344-2666

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Al-Anon Family Group Headquarters
1-800-356-9996

National Association for Children of Addiction
1-888-55-4COAS (1-888-554-2627)

Substance Abuse Hotline
1-800-662-4357

Child Abuse

Child Abuse & Maltreatment Center (general public telephone number)
1-800-342-3720

National Domestic Violence Hotline (confidential mandated reporter number)
1-800-799-7233

Rape, Abuse and Incest National Network (R.A.I.N.N.)
1-800-656-4673

Domestic Violence & Dating Violence

Catholic Charities of Fulton & Montgomery Counties
Fulton County
55 East Main St. Suite 100
Johnstown, NY 12095
Phone: 518 762-8313
Fax: 518 762-4092

Montgomery County
1 Kimball St
Amsterdam, NY 12010
Phone: 518 842-4202
Fax: 518 842-4245

Domestic Violence & Crime Victim’s Local Hotline
518 842-3384

Family Violence Project of the Family Counseling Center
11-21 Broadway Street
Gloversville, NY 12078
Office: 518 725-4310
Hotline: 518 725-5300
Fax: 518 725-2556
www.thefamilycounselingcenter.org
**Fulton/Montgomery Rape Crisis/Sexual Assault Support Services**
400 North Perry Street
Johnstown, NY 12095
Office: 518 736-1911
Hotline: 1-866-307-4086

**National Domestic Violence Hotline**
1-800-799-7233

**NYS Domestic Violence & Sexual Violence Hotline**
1-800-942-6906

**Eating Disorders**

Anorexia/Bulimia Association 1-800-931-2237
Eating Disorders Awareness & Prevention (8am-12noon) 1-800-931-2237
Eating Disorders Center 1-888-236-1188
Food Addiction 1-800-872-0088

**Human Trafficking**

National Human Trafficking 24/7 Hotline 1-800-373-7888

**LGBT**

LGBT National Hotline 1-888-843-4564
EST: Monday-Friday 4pm-12midnight, Saturday 12noon-5pm
[www.glbhotline.org](http://www.glbhotline.org)

MHA LGBT Resource Center 518 762-5332

Pride Center of the Capital Region 518 462-6138
332 Hudson Avenue FAX 518 462-2101
Albany NY 12210
Phone: 518 462-6138
Fax: 518 462-2101

The Trevor Lifeline (Gay/Lesbian Youth Suicide Prevention) 1-866-488-7386

**Mental Health**

St. Mary’s Healthcare Mental Health Crisis Hotline 518 842-9111
Mental Health America 1-800-969-6642
NAMI, National Alliance for the Mentally Ill (helpline) 1-800-950-3228
National Institute of Mental Health 1-866-615-6464
**Pregnancy/Reproductive Health**

- **Prenatal Care Assistance Program** 1-800-522-5006
- **Planned Parenthood**
  - Fulton Co. 518 736-1911
  - Montgomery Co. 518 842-0285
- **Sexually Transmitted Infection Hotline** 1-800-227-8922
- **Unplanned Pregnancy Hotline Solutions Center** 1-800-648-HELP (4357)

**Runaway**

- **National Youth Crisis Hotline** 1-800-422-HOPE (4673)
- **National Runaway Safe Line** 1-800-Runaway

**Sexual Assault & Abuse**

- **Fulton Co. Sexual Assault Support Services** 518 736-1911 (ext.522)
- **Montgomery Co. Sexual Assault Support Svcs.** 518 842-0285 (ext. 605)
- **Sexual Assault Support Services**
  - (24 Hour Staffed Hotline) 1-866-307-4086
- **Sexual Assault & Abuse Hotline** 1-800-656-HOPE

**Suicide**

- **American Foundation for Suicide Prevention** 518 791-1544
- **Crisis Text Line** Text 741-741

  _Crisis text line serves anyone, in any type of crisis, (depression, anxiety, suicidal thoughts, cutting, eating disorders, bullying, drug abuse, etc.) providing access to free, 24/7 support and information._

- **Fulton County Community Services** 518 773-3557
- **Montgomery County Public Health Department** 518 853-8200
  - (for a mental health “pick up” order)
  - Ernest Gagnon, FC DCS
  - Sara Boerenko, MC Director of Community Mental Hygiene Services

  _If you have reason to believe that someone who lives in Fulton or Montgomery County is at risk for suicide and they have refused help, Ernest Gagnon or Sara Boerenko can issue an order whereby this person will be picked up by law enforcement and transported to St. Mary’s Hospital for evaluation._

- **Montgomery County Public Health Department** 518 853-8200
National Suicide Prevention Lifeline 1-800-273-TALK (8255)

Suicide Prevention Lifeline 1-800-784-2433

St. Mary’s Healthcare 518 842-9111

St. Mary’s Mental Health Clinic 518 773-3531

The Trevor Life-Line (Gay/Lesbian Youth Suicide Prevention) 1-866-488-7386

Montgomery County Community Services 518-853-8200

(for a mental health “pick up” order)

Sara A. Boerenko, LCSW, Director

If you have reason to believe that someone who lives in Montgomery County is at risk for suicide and they have refused help, Ms. Boerenko can issue an order whereby this person will be picked up by law enforcement and transported to St. Mary’s Hospital for evaluation.

New York State Helplines

Adult Care & Assisted Living Complaints 1-866-893-6772

AIDS
General Information 1-800-541-AIDS

AIDS Counseling
Montgomery County – St. Mary’s Urgent Care 518 841-3600
Fulton County – Planned Parenthood 518 736-1911
After Hours Hotline:
(Monday-Friday 4pm-8pm,
Saturday & Sunday 10am-6pm) 1-800 872-2777

American Bar Association 1-800-285-2221
http://www.abanet.org

Attorney General’s Health Care Bureau 1-800-428-9071

Attorney General’s Helpline 1-800-771-7755

Child Abuse & Maltreatment Hotline 1-800-342-3720

Child Support Agency 1-888-208-4485

Crime Victims’ Rights

New York State Crime Victim Board 1-800-247-8035 (victims/claimants only)
e-mail: cvbinfo@cvb.state.ny.us
Albany: 518 457-8727
TTY: 1-888-289-9747
Advocacy Unit: 518 485-9104

NYS Office of Victim Services 718 923-4325

National Association of Crime Victim Compensation Boards: 703 780-3200

**Hearing Impaired**

NYS Hotline for the Hearing Impaired
Emergency Services Dispatch 1-800-342-4357
NY Relay Service General Information
Persons with TDD to contact persons without: 1-800-421-1220
Persons without TDD to contact persons with: 1-800-421-1220

**Do Not Call Registry** 1-888-382-1222

**Domestic Violence**

New York State Domestic & Sexual Violence Hotline 1-800-942-6906
NYS Office for the Aging Senior Citizen Hotline (NY Connects) 1-800-342-9871

**Environmental Health** 1-800-458-1158

**Food and Nutrition Programs**
Child & Adult Care Food Program 1-800-942-3858
Growing Up Healthy Hotline 1-800-522-5006

**Health Insurance**
Child Health Plus: 1-800-698-4KIDS (4543)

Elderly Pharmaceutical Insurance Coverage Program (EPIC) 1-800-332-3742
*Fraud & Abuse Hotline 1-800-542-0424
*Provider Helpline 1-800-634-1340
*Medicare 1-800-633-4227

**Marketplace Helpline 1-855-355-5777**

**Certified Home Health Care Agencies** 1-800-628-5972

**Hospice Complaints** 1-800-628-5982

**Identity Theft Prevention (NYS Attorney General)** 1-800-771-7755

**Long Term Care (NYS Dept. of Financial Services)**
NYS Partnership for Long-Term Care: 1-888-NYS-PLTC (697-7582)

**Managed Care Complaints** 1-800-206-8125

**Missing & Exploited Children CYBER TIPLINE** 1-800-843-5678
National Human Trafficking 24/7 Hotline  1-888-373-7888

New York State and National Contact Information for Crime Victims

A listing of local services can be obtained on the website:  http://cvb.state.ny.us
or contact the New York State Crime Victims Board at 1-800-247-8035

Nursing Home Complaints 1-888-201-4563

NYS Office of Victim Assistance &
Community Supervision 1-800-783-6059

Office of Mental Health (OMH) Customer Relations: 1-800-597-8481

Office of Professional Medical Conduct (Dept. of Health)
Complaints and Inquiries 1-800-663-6114

Office of Professional Discipline  1-800-442-8106
NYS Licensure and Registration – Investigation and prosecution for professional misconduct.

Poison Control Center 1-800-222-1222

Public Health Duty Officer 1-866-881-2809

Senior Citizen’s Help Line 1-800-342-9871

Sex Offender Registry Information Line 1-800-262-3257
http://www.criminaljustice.state.ny.us

Smokers Quitline 1-866-NYQUITS (697-8487)

Terrorism Tips Hotline 1-866-SAFE-NYS

U.S. Attorney Offices
Northern District of New York, Syracuse 315 448-0672

Victim Connect Resource Center 1-855-4VICTIM

West Nile Virus 1-800-458-1158

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**Alcohol & Chemical Addiction, Abuse, and Recovery Services**

**Four Winds Saratoga**
30 Crescent Avenue  518 584-3600
Saratoga Springs 12866  (toll free)  1-800-888-5448
(Amissions toll free)  1-800-959-1287
Fulton Friendship House
18 Cayadutta Street, Gloversville
518 725-1512

Provides residential options for adults with psychiatric disabilities and alcohol abuse/substance abuse or addiction. Program provides housing, education and support to assist individuals in meeting their recovery goals.

Hamilton County Community Services
143 White Birch Lane, Indian Lake (toll free) 1-888-825-9077
518 648-5355

Mental health, alcoholism, and substance abuse services.
Health Crisis Line 800-533-8443

Rob Constantine Recovery Community & Outreach Center 518 705-4626
86 Briggs St., Suite 6 Johnstown 24 Hour Peer Hotline 518 705-4627

HFM Prevention Council operates a Recovery Community and Outreach Center to help prevent relapse and sustain long-term recovery. The Center facilitates recovery of individuals and their families by providing a substance-free environment. Included is a meeting location, substance-free social functions, prevention, and resource/referral center for services in the area. Services available include: job and resume assistance, housing assistance, and assistance with furthering education. The Center also has Peer Engagement Specialists and a Family Support Navigator. The Specialists use their own experience with addiction and recovery to be resources for individuals suffering from substance use issues. The Family Support Navigator utilizes their own family addiction and recovery expertise to engage with families who have loved ones with a Substance Use Disorder. The center focuses on building the recovery community, and providing a positive outlook for individuals seeking help with addiction and throughout the recovery process.

St. Jude Twin Rivers Retreat
9 Market Street, Amsterdam
1- 888-424-2626

St. Mary’s Addiction Services
73 North Main Street, Suite 312, Gloversville 518 773-3532 (fax) 518 773-4003
76 Guy Park Avenue, Amsterdam 518 843-4410
24 Hour Crisis Line 518 842-9111

Group and individual counseling, adolescent and family therapy – also will work with dually diagnosed individuals.

The Lighthouse (MHA) 518 842-5131

OASAS licensed residential program in Amsterdam for women recovering from addictions – also has the ability for pre-school or younger children to live in the facility.
Treatment Center – Conifer Park
79 Glenridge Road, Glenville, NY 12302
1-800-989-6446
Fax: 518 399-6842
Inpatient and outpatient services available

Children and Family Services

Children’s Health Home of Upstate NY, LLC
Health Home is a care management service model whereby all of an individual’s caregivers communicate with one another so that all of a patient’s needs are addressed in a comprehensive manner. CHHUNY believe that every family has strengths and that families are the natural and most effective drivers of their care.

Children’s Mental Health Services
This is a multi-agency partnership that works with families in Montgomery County who have children who may be at risk of placement outside their homes. Services are developed to enhance the family’s ability to care for their child at home.

Central Assessment Program (CAP)
Central Assessment is a program with shared staff consisting of caseworkers and nurses from the Department of Social Services and Office for the Aging. Central Assessment provides a central entry point to long term care services, for both home care and nursing home care. The Central Assessment team provides a complete social, financial, and health assessment and on-going case management services, if necessary. THERE IS NO CHARGE FOR THE ASSESSMENT OR CASE MANAGEMENT SERVICES. Any resident of Fulton County is eligible for Central Assessment’s evaluation to determine long term care needs.

Samaritans Crisis Helpline
Family and Children’s Services of the Capital Region
11 am – 11 pm

The Family Counseling Center
Provides a broad range of high-quality mental health and social services, with particular attention to the needs of children and their families.

Adventure by Choice
A program targeting at-risk youth in Fulton County schools. It provides experiential activities that increase trust, cooperation, and leadership skills over 4-6 weekly sessions. This program must be requested by classroom teachers or schools.
CCSI (Coordinated Children’s Services Initiatives)
This is a multi-agency partnership that works with families in Fulton County who have children who may be at risk of placement outside their homes. Services are developed to enhance the family’s ability to care for their child at home.

Family Support Program works to empower families by offering Parent Partner Services, Case Management, Parent Support Groups, Common Sense Parenting workshops, education information, and social and recreational activities. This program is accessed through CCSI.

Gloversville At-Risk Program
The Gloversville At-Risk Program provides school-based services to high school and middle school students in the City of Gloversville, in nine self-contained classrooms. These students may exhibit social, emotional and/or behavioral issues that place them at risk of school failure, delinquent behaviors and possible drop out. School based counseling, crisis intervention and group activities are provided through this sub-contract.

Mobile Crisis Team/Respite Program
Emergency crisis management for children and their families who reside in Fulton County. Limited respite services, available Monday - Friday, may be provided as indicated.

Family Counseling Clinic Services
Fort Plain – 2 Willett St. Fort Plain, NY 13339
Phone: 518 993-2273
Fax: 518 993-2280
Hours: Mon – Thurs. 8 am – 8 pm
Friday 8 am – 5 pm
Gloversville – 11-20 Broadway, Gloversville, NY 12078
Phone: 518 725-4310
Fax: 518 725-3116
Hours: Mon. – Thurs. 8 am – 8 pm
Friday – 8 am – 5 pm
Johnstown – 309 W. Montgomery St. Johnstown, NY 12095
Phone: 518 725-4310 ext. 300

Lexington Family Services
43 Harrison Street, Gloversville

Helping families in Fulton County who are caring for a child or adult who is developmentally disabled. A wide variety of services are offered. Including respite, recreation, advocacy, support, and education.

Mental Health Association in Fulton & Montgomery Counties
307-309 Meadow Street, Johnstown
(fax) 518-762-6823
11 Mohawk Place, Amsterdam
(fax) 518-842-0228

Advantage/Empire After-School Programs
The Advantage After-School Programs are offered, without cost, to any students in the Gloversville Middle School, Boulevard, McNab & Park Terrace Elementary Schools in Gloversville along with Fonda-Fultonville Central School District Elementary and Middle Schools. Any students in the appropriate grades are eligible to enroll.
Behavioral Health After School Program 518 762-5332 (ext. 110)
This program consists of supervised educational and recreational activities for resident children from both counties (ages 5-15) who have emotional or behavioral problems, or are at-risk for violence, alcohol/substance abuse, educational failure, or illegal activities. Referrals are accepted from therapists, school personnel, counselors, or other service providers who work directly with the child.

Child Advocacy Center in Fulton, Montgomery & Hamilton Counties (CAC)
307-309 Meadow Street, Johnstown 518 736-2443/ Fax 518 736-8128 Fulton Co.
120 Genesee Lane, Amsterdam 518 627-4645/ Fax 518 627-4302 Montgomery Co.
2960 State Route 30, Speculator 518 548-5263/ Fax 518 548-5264 Hamilton Co.
A program in which representatives from law enforcement, child protection, mental health, medical, prosecution, and victim advocacy work together, conducting joint forensic interviews and making decisions about the investigation, treatment, management, and prosecution of child abuse and maltreatment cases. Overseen by the Mental Health Association in Fulton & Montgomery Counties, CAC has a primary goal of ensuring that children are not further victimized by systems designed to protect them.

Compeer 518 762-5332 (ext. 116)
307-309 Meadow Street, Johnstown
A mentoring program for adults in Montgomery County who have a mental health diagnosis and are receiving mental health services.

Compeer for Youth 518 762-5332 (ext. 116)
307-309 Meadow Street, Johnstown
Trained adult volunteers are matched as friends and mentors with Montgomery County children who have an emotional or behavioral disorder.

Consumer Initiatives 518 762-5332 (ext. 103)
307-309 Meadow Street, Johnstown
Adult mental health supportive services and community programs. Programs include: Ombudsman, Fulton and Montgomery County Social Clubs and Family Support Program.

Daycare (Many Happy Adventures) 518 736-2273
307-309 Meadow Street, Johnstown
The daycare center is open to the general public and includes full-time, part-time or drop-in slots for children aged six weeks to five years of age. The daycare center is open from 6:30 am – 6:00 pm, Monday through Friday.

Family Support Program 518 762-5332 (ext. 103 or 114)
307-309 Meadow Street, Johnstown
Provides social and recreational activities, plus educational information for families that have a family member who is receiving mental health services in both Fulton and Montgomery County.
Handy Ups N’ Downs Thrift Stores
101 Guy Park Avenue, Amsterdam 518 842-2790
338 North Comrie Avenue, Johnstown 518 736-1825
The thrift stores are consumer run businesses that help provide employment training skills for individuals living with mental illness. Both thrift stores are open to the public. The stores are open Monday through Friday 9:00 am – 4:30 pm. Saturday 9:00 am to 2:30 pm.

Representative Payee Services 518 842-3717 (ext. 204)
11 Mohawk Place, Amsterdam
A program that manages the finances of consumers of mental health services who are not able to take care of their finances (income obtained from Social Security or Supplemental Security Income.) Consumers must be a resident of Fulton, Montgomery, or Hamilton Counties.

Adult Behavioral Health Home and Community Based Services (BH HCBS) can help you achieve your life goals and be more involved in your community. MHA offers the following services:

- Education Support Services
- Empowerment Services – Peer Support
- Family Support and Training
- Habilitation
- Pre-Vocational Services
- Psychosocial Rehabilitation (PSR)

Eligibility

BH HCBS are available for people 21 and over who are enrolled in a Medicaid Managed Care Health and Recovery Plan (HARP) and found eligible after completing the NYS Eligibility Assessment.

People enrolled in a Special Needs Plan (SNP) may also be eligible for BH HCBS.

NYS Eligibility Assessment

- NYS Eligibility Assessments are completed with Health Home Care Managers or State Designated Entities
- HARP members and their care managers use the NYS Eligibility Assessment to develop a Person-Centered Plan of Care
- After the assessment, care managers work together with HARP members to identify and select Home and Community Based Services to include in the Plan of Care.

These services can help with:

Independence.

Daily Living and Social Skills

- Gain or Regain life skills such as making social connections or budgeting
- Learn how to advocate for yourself and negotiate relationships
- If needed, receive treatment and rehabilitation services in your own home

Education and Employment.

- Individual Employment Support
  - Choice of employment goal and benefits counseling
  - Support in finding and keeping a job
Support to help you stay on the job and start career planning

- Education support to start, return to, or graduate from school to learn skills to get or keep a job

Peer and Family Supports.
Get help from people who have been there

- Receive support from people who are in recovery
- Give your family and friends the knowledge to help support you

Residential Services  518 842-3717
(These services are accessed through the Adult or Children’s SPOA Process.)

Children & Youth Community Residence:
8-bed capacity serving children and youth ages 12-18. One crisis bed is available.

Adult OMH Licensed Programs:
- 10-bed residence serving individuals generally between the ages of 18-35 with a dual diagnosis.
- 10-bed residence serving individuals age 18-60. A crisis bed and a respite bed are available.
- 10-bed residence serving individuals generally age 60 and over. A crisis bed and respite bed are available.
- Supportive Apartment Program: 24-bed capacity program located at various apartments throughout the city of Amsterdam.
- Supported Housing: A program assisting individuals with living skills in the housing setting of their choice in Montgomery County.

Licensed OASAS Community Residence:
A 12-bed residence serving women recovering from substance abuse and their pre-school children.

Single Point of Access for Children’s Services (SPOA)
in Fulton & Montgomery Counties  518 762-5332 (ext. 115)
The purpose of this initiative is to identify those children with a mental health diagnosis who are at the highest risk of an out-of-home placement and to develop, with collaboration of local service providers, appropriate strategies to assist and support these children in our communities.

Services accessed through SPOA:

CCSI (Coordinated Children’s Services Initiative): Develops a partnership with families by encouraging active participation in planning and decision making for the child.

SCM (Supported Case Management): Offered through St. Mary’s Healthcare for children 5-18. Coordinates services and supports individuals to lessen the need for inpatient admission and unnecessary ER visits. One SCM covers Fulton and Montgomery Counties, 20 children per caseload.

ICM (Intensive Case Management): Offered through St. Mary’s Healthcare for children 5-18. Coordinates services and supports individuals to lessen the need for
inpatient admission, shorten residential placement and avoid unnecessary ER visits. There are 2 ICM’s in each county, 12 children per caseload.

**HCBW (Home & Community Based Waiver):** Offered through Parsons for children up to age 18. It is a strength-based program with flexible and unconditional support, providing access to crisis response, respite, skill building and intensive in home and family support services. One individualized care coordinator in each county, 6 children per caseload.

**Parent Education and Advocacy:** Provides families opportunities to develop needed skills to empower themselves, including parenting and home management, advocacy and support with the CSE process.

**CR (Community Residence):** Small, therapeutic group home setting provides structured daily living activities, training in problem solving skills and clinical services.

**RTF (Residential Treatment Facility):** Provides individualized, active mental health treatment to children and adolescents within an intensively staffed residential setting.

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**HFM Prevention Council**
86 Briggs Street, Johnstown
518 736-8188

Substance abuse prevention, education, referrals for treatment, OASAS supported housing, advocacy, community outreach, workshops, trainings, problem gambling prevention information, self-help meeting lists, Creative Connections Youth Clubhouse in Amsterdam, support for people in recovery, and Choices Program for at risk youth.

**NAMI of Montgomery, Fulton, Hamilton Counties**
Riverfront Center, Amsterdam
518 843-3261

Local affiliate of "National Alliance for the Mentally Ill." Offers support, advocacy, and education to persons/families with a loved one suffering from mental illness. Includes monthly support groups in Amsterdam and Gloversville, training for family members, educational materials and conferences, periodic publications, activities. Local web site: [www.namimfh@gmail.com](mailto:www.namimfh@gmail.com) National web site: [www.nami.org](http://www.nami.org). Volunteer organization. No charge for services.

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**Veteran’s Services**

**Disabled Veteran’s Outreach Program**
2620 Riverfront Center Amsterdam
518 842-3676 Ext 3058

**Fonda Outpatient Clinic of the Albany V.A.**
2623 State Hwy. 30A Fonda
518 853-1247

**Mountains to Miracles Veterans Foundation (MMVF)**
Paul DuBois diplomatman2002@mmvf.org
518 842-5313

Nonprofit serving veterans in the Northeast with a wide variety of issues. Includes "Woofs for Warriors" providing therapy dogs for vets with PTSD, TBI and similar conditions.
**New York State Division of Veteran’s Affairs**  
*Benefits Counseling Services 800-835-7697*

**VA Medical Center**  
*Open 24 hours per day 7 days a week. Offices 8 am – 4:30 pm.*

**Veteran’s Service Agency**  
Fulton County: 19 North William Street, Johnstown  
Montgomery County: 20 Park Street, Fonda

**Clothing & Household Goods**

**Crossroads Community Mission**  
24 Division Street, Amsterdam  
*Community Meals on Mondays at 5 pm*

**First Presbyterian Church**  
37 S. Market Street, Johnstown (Use Clinton Street entrance.)  
Thrift Store: Thursday, Friday 9am-1pm and 1st Saturday each month 9am-1pm

**Foothills United Methodist Church**  
37 Fremont Street, Gloversville  
*Food Pantry Tues-Fri 9 am – 11:15 am*

**Handy Ups N’ Downs Thrift Stores**  
101 Guy Park Avenue, Amsterdam  
338 North Comrie Avenue, Johnstown

**Helpers Community Service**  
103 North Main Street, Gloversville  
Free clothing to those in need.

**Johnstown Church of Christ**  
107 Stoller Road, Johnstown  
Free clothing – call for details

**Salvation Army Thrift Store**  
48 West Fulton Street, Gloversville

**Warm the Children – Fulton County**  
Salvation Army, 10 Spring Street, Gloversville

*Provides warm winter clothing for school-aged children in need. Children choose their own clothing. Applications accepted seasonally (notice will appear in the Leader-Herald newspaper)*
BOCES Special Education Department & Special
Education Training & Resource Center (SETRC)
2755 St. Hwy. 67, Johnstown  518 736-4350
Fax 518 736-4357

For CSE Chairs/Parent Members in the local school districts.

HealthLink Littauer  518 736-1120
2 Colonial Court, Johnstown

A community education service of Nathan Littauer Hospital. HealthLink’s mission
is to increase community awareness regarding the benefits of health and wellness,
and to provide resources for those who choose to make positive healthy lifestyle
changes.

Literacy Volunteers

Literacy New York – Fulton, Montgomery and Schoharie Counties
73 North Main Street, Ste. 101, Gloversville
(Tuesday Group, Monday & Thursday 9am-3:30pm) 518 725-1440
2 Erie Boulevard, Canajoharie (Tuesday & Wednesday 10 am – 3 pm) 518 227-3786

Montgomery County Literacy Project  518 842-2553
100 Church Street, Amsterdam

Literacy volunteers offer free assistance to adults who need to improve their English
reading, writing, and communication skills and also prepare students for High School
Equivalence Diplomas (GED).

The Literacy Zone  518 725-3308
43 North Main Street, Gloversville

Hamilton-Fulton-Montgomery BOCES  518 736-4340
Office of Adult Literacy and Incarcerated Education
2755 State Hwy. 67, Johnstown

Adult Basic Skills is for adults who are over 21 and need to work developing
reading, writing or math skills up to the eighth grade level. Services are provided
mornings and evenings at various locations in Fulton and Montgomery Counties.

Private Industry Council (PIC) Fulton, Montgomery & Schoharie Counties
43-47 North Main St. Gloversville  518 842-3676
2620 Riverfront Center Amsterdam  518 842-3676
795 East Main St. Suite 4 Cobleskill  518 842-3676

The Fulton, Montgomery and Schoharie Counties Workforce Solutions System brings together
multiple programs and services to job seekers and business customers. Customers are able to
conveniently access the employment, training, and information services they need. Integral to
our system are the Workforce Solutions Centers which bring together multiple programs and
services in a manner seamless to job seekers and business customers. This system can be
accessed through a variety of ways including walk-in service access, electronic linkage, resource rooms, Internet and other methods.

**Emergency Services**

**American Red Cross of Northeastern New York**
33 Everett Road, Albany 12205
518 458-8111

**Code Blue**
*Address changes yearly*
www.codebluesaratoga.org
518 812-6886

**Emergency Shelters:**
City Mission of Schenectady, 425 Hamilton Street, Schenectady
518 346-2275
Utica Mission, 293 Genessee Street, Utica, NY
315 735-1645
(clothing & food donations only)
Interfaith Partnership for the Homeless
Danielle’s House, Amsterdam
518 434-8021
518 627-4649

**United Way of Fulton County**
110-112 North Main Street, Gloversville
518 725-9817
Fax 518 725-1362

**United Way of Montgomery County**
1166 Riverfront Center, Amsterdam
518 842-6650
Fax 518 842-6880

**Employment/Vocational**

**Employment**

**ACCESS VR**
55 E. Main St. Suite 010 Johnstown, NY
866-698-3743
518 773-2884
Fax 518 762-7678

**Vocational & Educational Services for Individuals with Disabilities**
New York State Department of Labor

*Employee tax credits and wage reimbursements are provided to employers by ACCESS VR when pre-screened job-ready disabled individuals are hired so follow-up services necessary to ensure employer satisfaction are provided. ACCESS VR also subsidizes the cost of training new disabled employees through tax credits and wage reimbursements that varies depending on the training services.*
Employment Training Program of the Mental Health Association in Fulton & Montgomery Counties

Johnstown site: 338 North Comrie Avenue, Johnstown  518 736-1825
Amsterdam site: 101 Guy Park Avenue, Amsterdam  518 842-2790

Handy Ups N' Downs, a consumer-run business that provides employment and training to help individuals with mental illness re-enter the work force in a peer-supported atmosphere so they may become self-sufficient and feel confident about themselves.

LegUP Workplace Solutions
194 Washington Avenue, Albany 12210  518 434-0439

Training and coaching for employers provided through Mental Health Association in New York State (MHANYS).

Hamilton-Fulton-Montgomery BOCES  518 736-4340

Adult Services

Education and training programs in computer services, commercial driver’s license (CDL), licensed practical nursing (LPN), and more.

Liberty Enterprises  518 842-5080

43 Liberty Drive, Amsterdam

The Career and Employment Network (CEN) is the supported employment division of Liberty Enterprises.

Workforce Solutions Center
New York State Department of Labor

43-47 North Main Street Gloversville  518 842-3676
2620 Riverfront Center Amsterdam  518 842-3676
795 East Main St. Cobleskill  518 842-3676

Financial assistance and services.

Catholic Charities

55 East Main Street, Suite 100  1 Kimball Street
Johnstown, NY 12095  Amsterdam, NY 12010
Phone: 518 762-8313  Phone: 518 842-4202
Fax: 518 762-4092  Fax: 518 842-4245

Fuel, electric or rental emergency assistance.
Department of Social Services – Fulton County  
4 Daisy Lane, P.O. Box 549, Johnstown  
518 736-5615

- Public Assistance & Food Stamps 518 736-5675
- Medical Assistance 518 736-5625
- Central Assessment Program 518 736-5718
- Home Energy Assistance Program 518 736-5600

*Includes a financial assistance program for low-income residents to help pay winter heating bills.*

Department of Social Services – Montgomery County  
County Office Building, Broadway, Fonda  
518 853-4646

*Home Energy Assistance Program includes a financial assistance program for low-income residents to help pay winter heating bills*

Fulmont Community Action Agency  
1200 Riverfront Center  
Ft. Plain Center, 200 Canal Street  
Gloversville Center, 53 Church Street  
Northville Center, 511 Bridge Street  
Fonda Center, 20 Park Street  
518 842-5336

*Assistance for low-income persons/families. Food pantries, HEAP (heat) application assistance, weatherization, free senior transportation, child care resources, Wheels to Work.*

National Grid Consumer Advocates  
1 Apollo Road Glens Falls  
518 761-5942

*National Grid’s Consumer Advocates are available to assist low income and special needs customers by meeting their energy needs through early intervention, crisis bill paying management, and outreach and education. National Grid Consumer Advocates work closely with other community agencies.*

Representative Payee Services  
Mental Health Association in Fulton & Montgomery Counties  
11 Mohawk Place, Amsterdam  
518 842-3717

*A program that manages the finances of consumers of mental health services who are not able to take care of their finances (income obtained from Social Security or Supplemental Security Income). Must be a resident of Fulton, Montgomery, or Hamilton Counties.*

Social Security Administration  
12 North Arlington Avenue, Gloversville  
Phone: 1-888-528-9446  
Fax: 518 725-4627

*Administers SSI, a needs program for the aged, blind, and disabled, as well as Social Security for workers aged 62 and older, their dependents, survivors, disabled workers, and dependents.*
Food and Nutrition

FULTON COUNTY
Food Pantries/Meal Sites

Some food pantries require registration with a pantry card. Contact the pantries to determine regulations and for any changes or cancellations.

33 Bleecker Center of Hope
A ministry of the Gloversville First Free Methodist Church
33 Bleecker Street, Gloversville
Tuesday 4pm – 6pm; Wednesday 9am – 11am. Closed week of mass food distribution.
Call: 518 725-5270

Bread of Life Food Pantry (All are welcome)
221 Reed Street, Northville
Every Thursday 10:30am – 11:30am
Call 518 863-4595 for more information

Broadalbin Methodist Church
67 North Main Street, Broadalbin
Monday 3:30pm-5:00pm & Thursday 9:30am-11:00am; Except Holidays
Call: 518 883-5247, 518 883-5296

First Congregational UCC
31 East Fulton Street, Gloversville
Last Saturday of the month, 10am – 11am
All are welcome.
Call: 518 725-4304

First Presbyterian Church
16 West Fulton Street, Gloversville
Last Sunday of the month, 11am – 12noon
Call: 518 725-7215

Foothills Council of Churches
17 Freemont Street, Gloversville
Monday through Friday 8:30am – 10:45am
Photo ID and pantry card required
Call: 518 725-9611

Fulmont Community Action Agency
53 Church Street, Gloversville
Call: 518 725-7110
511 Bridge Street, Northville
Call: 518 863-2177
Call for days and hours of operation

Required Documents: ID for all members in household, proof of income and proof of address.
Fulton County Office for the Aging (OFA)
19 N. William St. Johnstown
Call: 518 736-5650 Fax 518 762-0698
Website: www.fcfoa.org
Hours: Monday-Friday 8 am – 4 pm

Home delivered meals after a comprehensive in-home assessment (meals for elderly), congregate meal sites, nutrition counseling & education by a registered dietician.

Gloversville Council of Churches
31 Spring Street, Gloversville By appointment only: 518 725-5122

Gloversville Enlarged School District
Located at Park Terrace Elementary School
50 Bloomingdale Avenue, Gloversville 518 775-5750
Open to families in the Gloversville School District
Tuesdays 4pm – 6pm, summer hours may vary

Gloversville Free Methodist Church
1200 County Hwy. 122 (Phelps Street), Gloversville
518 725-2332
Wednesday, 9am – 12noon

Gloversville Senior Center
53 Church Street, Gloversville
Call: 518 725-0923
Call for days and hours of operation

Gloversville Wesleyan Church
68 Grand Street, Gloversville
Third Thursday of the month, 9am-12noon Call: 518 725-5040

Holy Trinity Catholic Church
205 Glebe Street, Johnstown
Call for days and hours of operation.
Fulton County residents only. Must bring proof of photo ID
Call: 518 762-2636

Mayfield Presbyterian (Mayfield Residents only)
22 North Main Street, Mayfield
First and third Tuesdays 12:30pm – 4:30pm
518 661-6566

North Bush United Methodist Church
1009 North Bush Road, Caroga Lake
Open to Town of Caroga Lake residents only
No set hours.
Call: 518 835-6884
**North Main Street United Methodist Church**  
316 North Main Street, Gloversville  
Call: 518 762-2636  
*Call for hours of operation.*  
*Free lunch every Monday, 11:30am – 12:30pm*

**Northeast Regional Food Bank**  
965 Albany Shaker Road, Latham, NY 12110  
518 786-3691  

*If you have questions about the Regional Food Bank or the services we provide, please feel free to contact us at any time.*

**St. John’s Episcopal Church of Johnstown**  
1 North Market Street, Johnstown  
Call: 518 762-9210 Fax 518 762-6745  
*Hours by appointment only. Meals on Sundays*

**Salvation Army**  
10 Spring Street, Gloversville  
Call: 518 725-4119 Fax 518 773-2744  
Monday, Tuesday and Thursday; 10am – 12pm noon. Gleaning 10am – 12pm.  
*Open to anyone*  
*Soup Kitchen dinner Monday, Tuesday and Thursday at 4:30 pm*

**United Methodist Church**  
21 North Helmer Street, Dolgeville  
Call 315 429-3310  

*Thursday 3pm – 4:30pm; Saturday gleaning 9am sharp. First come, first served.*  
*Residents of Dolgeville & Oppenheim-Ephratah School Districts only.*
## Free Meal Programs

<table>
<thead>
<tr>
<th>Day</th>
<th>Location</th>
<th>Time</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>The Salvation Army</td>
<td>4:30pm</td>
<td>518 725-4119</td>
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<tr>
<td></td>
<td>10 Spring Street, Gloversville</td>
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<tr>
<td>MONDAY</td>
<td>N. Main Street United Methodist Church</td>
<td>12noon</td>
<td>518 725-7323</td>
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<td></td>
<td>316 N. Main Street, Gloversville</td>
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<td>(Use 7th Avenue entrance.)</td>
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<tr>
<td>TUESDAY</td>
<td>The Salvation Army</td>
<td>4:30pm</td>
<td>518 725-4119</td>
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<td></td>
<td>10 Spring Street, Gloversville</td>
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</tr>
<tr>
<td>TUESDAY</td>
<td>Leisure Lounge</td>
<td>4:15pm</td>
<td>518 762-5332</td>
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<tr>
<td></td>
<td>73 N. Main Street, 1st Floor Gloversville</td>
<td></td>
<td>Ext 103</td>
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<tr>
<td></td>
<td>(For adult consumers of mental health services only.)</td>
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<tr>
<td>WEDNESDAY</td>
<td>Trinity Anglican Church</td>
<td>11am-1pm</td>
<td>518 725-7010</td>
</tr>
<tr>
<td></td>
<td>14 Grand Street</td>
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<td></td>
<td>Gloversville</td>
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<tr>
<td>WEDNESDAY</td>
<td>Emmanuel Baptist Church</td>
<td>5:00pm</td>
<td>518 725-1072</td>
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<td>12 James Street</td>
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<td></td>
<td>Gloversville</td>
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<tr>
<td></td>
<td>(No meals in August)</td>
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<tr>
<td>THURSDAY</td>
<td>Leisure Lounge</td>
<td>4:15pm</td>
<td>518 762-5332</td>
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<tr>
<td></td>
<td>73 N. Main Street, 1st Floor Gloversville</td>
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<td>THURSDAY</td>
<td>The Salvation Army</td>
<td>4:30pm</td>
<td>518 725-4119</td>
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<td></td>
<td>10 Spring Street, Gloversville</td>
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<tr>
<td>FRIDAY</td>
<td>Church of the Holy Spirit</td>
<td>5:30pm</td>
<td>518 725-1226</td>
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<td>151 S. Main Street</td>
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<td></td>
<td>Gloversville</td>
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<tr>
<td>SATURDAY</td>
<td>Trinity Anglican Church</td>
<td>11am-1pm</td>
<td>518 725-7010</td>
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<td></td>
<td>14 Grand Street</td>
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<td></td>
<td>Gloversville</td>
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<tr>
<td>SUNDAY</td>
<td>Twin Cities Council of Churches</td>
<td>12 pm</td>
<td>518 762-9210</td>
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<tr>
<td></td>
<td>St. John’s Episcopal Church</td>
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<td></td>
<td>1 N. Market Street</td>
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<td></td>
<td>Johnstown</td>
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</tbody>
</table>

## MONTGOMERY COUNTY FOOD PANTRIES

Some food pantries require registration with a pantry card. Contact the pantries to determine regulations and for any changes or cancellations.

**Amsterdam Calvary Food Pantry**

200 East Main Street, Amsterdam
First and third Saturday, 9am-11am

518 842-1261
Catholic Charities
1 Kimball Street, Amsterdam
Monday 9am -1pm; Wednesday 9am – 12pm (for seniors 60+ only) and
3 pm – 6 pm for the general public. Thursday 1pm – 5pm

Fulmont Community Action Agency
1200 Riverfront Center, Amsterdam
Monday-Friday, 8:30am-4:00pm; extended hours every first and third Thursday
8:30am – 7pm. Summer hours: 8:30am – 3pm. Photo ID required
M.C. Annex Building, 20 Park Street, Fonda Room 206
Monday-Friday, 8:30am-3pm.
Must bring photo ID or pantry card
200 Canal Street, Ft. Plain
Monday-Friday, 8:30am-4pm (July/August until 8:30am - 3pm)
Evening hours first and third Tuesday July – August open until 6pm.
September– June until 7pm.
Photo ID required

Haven of Hope Ecumenical Food Pantry
10 West Main Street, Fonda
Wednesday 5pm-6pm, Thursdays, 12pm – 2pm. Open to residents of Fonda-Fultonville
School District only. ID required for initial sign-up. For evening hours and more info call.

Montgomery County Office for the Aging
135 Guy Park Avenue, Amsterdam
Offers home delivered meals or congregate dining sites for seniors in Amsterdam,
Canajoharie, St. Johnsville, Fonda Fultonville, and in the Town of Florida.
Call for further information.

Northeast Regional Food Bank
965 Albany Shaker Road, Latham, NY 12110
If you have questions about the Regional Food Bank or the services we provide, please
feel free to contact us at any time.
## Free Meal Programs

<table>
<thead>
<tr>
<th>Day</th>
<th>Location</th>
<th>Time</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Reformed Church “Manna House Meals” 165 Canal Street, Ft. Plain</td>
<td>5pm</td>
<td>518 993-4302</td>
</tr>
<tr>
<td>Sunday</td>
<td>St. Ann’s Episcopal Church 37 Division Street, Amsterdam Last Sunday of the month during September through March, &amp; June. Call for April &amp; May dates</td>
<td>11:30am-1pm</td>
<td>518 842-2363</td>
</tr>
<tr>
<td>Monday</td>
<td>Faith Soup Kitchen Masonic Temple 34 Division Street, Amsterdam</td>
<td>11:30am-12:30 pm</td>
<td>518 842-4500</td>
</tr>
<tr>
<td>Monday</td>
<td>Drop-in-Center Masonic Temple, 34 Division Street Amsterdam <em>(For adult consumers of mental health services only.)</em></td>
<td>4:15pm</td>
<td>518 762-5332 Ext 103</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Amen Place Soup Kitchen 101 Guy Park Avenue, Amsterdam</td>
<td>1pm-3pm</td>
<td>518 843-AMEN (2636)</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Drop-in-Center Masonic Temple, 34 Division Street Amsterdam <em>(For adult consumers of mental health services only.)</em></td>
<td>4:15pm</td>
<td>518 762-5332 Ext 103</td>
</tr>
<tr>
<td>Friday</td>
<td>Crossroads Community Mission 24 Division Street, Amsterdam <em>(Located in church café.)</em></td>
<td>11am-1pm</td>
<td>518 627-4401</td>
</tr>
<tr>
<td>Saturday</td>
<td>Reformed Church “Manna House Meals” 165 Canal Street, Ft. Plain</td>
<td>5pm</td>
<td>518 993-4302</td>
</tr>
</tbody>
</table>

### Supplemental and Reduced-Price Food Programs

#### Eat Smart New York  518 765-3500

Free to all individuals who qualify for and/or receive benefits through the Supplemental Nutrition Assistance Program (SNAP). ESNY provides nutrition education materials and sponsors education events and classes in local communities on a variety of nutrition topics like: healthy eating on a budget, smart shopping for vegetables and fruit, healthy meal planning, etc.

#### SNAP – formerly known as the food stamp program

A Federal program for income-eligible families to help purchase food. For a free, confidential pre-screening, contact the Legal Aid Society, Nutrition Outreach & Education Program. You may also apply directly with DSS in your county.

**Fulton County:**  518 736-5600  
**Montgomery County:**  518 853-4646
**WIC – Women, Infants, and Children Program**
Fulmont Community Action Agency, Inc.

A supplemental food/educational program for pregnant, breast-feeding, and post-partum women, and children up to age 5. Vouchers for nutritious foods, including infant formula, to income eligible families.

**WIC Locations:**

**Fulton County:**

**Gloversville**
Fulmont Community Action Agency Office
53 Church Street
Open: Monday through Friday, 7:30am – 4pm
(Serving Johnstown, Gloversville, and Mayfield)

**Northville**
511 Bridge St
Open: Bi-monthly – third Tuesday

**Montgomery County:**

**Amsterdam**
Fulmont Community Action Agency
Riverfront Center, 1st floor
Open: First week of every month
Monday through Friday, 7:30am – 4pm

**Fonda**
Fulmont Community Action Agency Main Office
County Annex Building, 2nd floor
Open: Monday through Friday, 7:30am – 4pm

**Fort Plain**
Fulmont Community Action Agency
200 Canal Street
Open: Second Tuesday, Wednesday, Thursday
each month 7:30am – 4pm

An intake can be taken over the telephone. Once an appointment is made, individuals will need to bring proof of income, proof of residence, and identification. At that time, all applicants will need to complete a general screening form. If eligible, individuals will receive a voucher listing the specific foods or items they can purchase.

**Education and Information**

**Cornell Cooperative Extension – Fulton and Montgomery**
Fonda Annex Building
20 Park Street, Room 202 Fonda NY
518 853-2135
Fax 518 853-2129
Health Clinics, Centers and Services

ACT Team  
446B Guy Park Avenue, Amsterdam  
Fax 518 770-7812  
Crisis Line 518 813-1577  
518 770-7827

St. Mary’s Healthcare provides ACT services, Assertive Community Treatment (ACT) a team-based treatment model that consists of a community-based group of medical, behavioral health and rehabilitation professionals who use a team approach to meet the needs of an individual with severe and persistent mental illness. An individual who is appropriate for ACT does not benefit from receiving services across multiple, disconnected providers and may become at greater risk of hospitalization, homelessness, substance use, victimization and incarceration. An ACT team provides person-centered services addressing the breadth of an individual’s needs, helping him or her achieve their personal goals.

Eddy Alzheimer’s Services  
518 238-4163  
Fulton, Montgomery and Schoharie Counties.  
518 369-5727

Child and Family Health Clinic  
67 Division Street, Amsterdam  
518 627-2110

Community Health Center (CHC)  
2 West Main Street, Johnstown  
518 762-8215

Rehabilitation, care management and specialty services.

Fulton County Public Health  
2714 State Highway 29, Johnstown (ask for public health nurse)  
518 736-5720

Immunization, clinic, well child clinic, Socially Communicable Infections (SCI) clinic, and HIV testing. Dental clinic for children, screening for lead poisoning, Infant Health Assessment Program, Child Health Plus, and Medicaid enrollment, etc.

Home Health Care Services  
Home Health Care Partners  
Amsterdam  
800 342-1426

Home Helpers  
Hagaman  
518 842-5626

Simply the Best  
Johnstown  
518 900-8080

Visiting Nurses Home Care  
Johnstown  
518 762-2410  
Amsterdam  
518 842-1764

Montgomery County Public Health  
20 Park Street, Fonda  
518 853-3531

Nathan Littauer Hospital and Nursing Home  
518 725-8621

Nathan Littauer Primary Care Centers  
Caroga Lake, 1840 State Hwy. 10  
Fonda, 46 E. Main Street  
Gloversville, 99 East State Street  
518 835-2341  
518 853-3190  
518 773-5690
Planned Parenthood Mohawk Hudson
400 North Perry Street, Johnstown
4803 State Highway 30, Amsterdam
518 736-1911
518 842-0285

Reproductive health care services including: gynecological exams, pregnancy testing and options counseling, testing and treatment for sexually transmitted infections, confidential HIV testing and counseling, birth control information and supplies. Medicaid, many insurances, sliding fee scale.

St. Mary’s Healthcare (Hospital) 518 842-1900

St. Mary’s Healthcare Primary Care Centers
Amsterdam, 380 Guy Park Avenue (Carondolet Pavilion) 518 841-7415
Canajoharie, 48 Erie Blvd. 518 673-2573
Gloversville, 84 East State Street 518 773-8894
Johnstown, 700 South Perry Street 518 762-3161
Memorial Campus, 4988 St. Hwy 30 Amsterdam 518 841-3770
Northville, 331 Bridge Street 518 863-4200
St. Johnsville, 7 Timmerman Avenue 518 568-7145

St. Mary’s Healthcare Adult Medical Day Health Care
At Wilkinson Center 518 841-3605
4988 State Highway 30, Amsterdam

Health monitoring, socialization and supervision, skilled nursing care and assistance with eating, walking, toileting and personal hygiene, speech, occupational and physical therapies, nutritious meals and snack, lab and x-ray services, case management, recreational activities, arts and crafts, social services, caregiver support services and an “Adopt a Grandparent” program. Transportation to and from the program is available.

St. Mary’s Urgent Care Centers
(All Centers are open from 8 am – 7 pm daily including holidays)
Amsterdam, 4950 State Highway 30 518 842-3100
Gloversville, 84 East State Street 518 773-7710
St. Johnsville, 7 Timmerman Avenue 518 770-7818

New Dimensions in Living, Inc. 518 843-2575
40 Wall Street, Amsterdam

Dental and Primary Care

New York Oncology Hematology 518 843-0020
1700 Riverfront Center, Amsterdam
New York Oncology Hematology (NYOH) is the leading provider of community-based cancer care and blood disorder services. With seven convenient locations in Albany, Amsterdam, Clifton Park in Saratoga County, Hudson, Rexford and Troy, our team of 32 physicians and 350 cancer care specialists see more than 100,000 cancer visits a year.

Roswell Park Cancer Institute
665 Elm St, Buffalo, NY 14205
Referral Services: (1-800) 767-9355

*Physician referring patient to RPCI
*Diagnosis or suspicion of cancer or want second opinion
*General or specific question about cancer or learn about trials
*Will your insurance cover costs at RPCI

General Information: 1-800-767-9355
Gilda Radner Cancer Registry: 1-800-682-7426

American Cancer Society 518 220-6901
1 Penny Lane, Latham, NY 12110

Information on cancer treatment and prevention, early detection and smoking cessation: community resource database.

American Heart Association 518 262-3125
43 New Scotland Ave, Albany, NY 12208

Albany Med and the American Heart Association (AHA) have initiated a groundbreaking collaboration to improve the heart health of the Capital Region. The collaboration began in 2017 when Albany Med joined forces with the AHA to be part of the first ever "Life is Why" campaign in our region. The campaign is the Heart Association's national initiative designed to help individuals make small changes in their lifestyle that will result in healthier, happier and longer lives. Albany Med is proud to join the American Heart Association in the fight against the nation's number-one killer, heart disease, and help save countless lives through this important campaign.

American Diabetes Association 518 218-1755
2 Pine West Plaza, Albany, New York 12205

The American Diabetes Association funds research, publishes scientific findings, provides information and other services to people with diabetes, their families, health professionals and the public.

Brain Injury Association of New York State 518 459-7911
4 Pine West Plaza Suite 402, Albany, NY 12205

The mission of the Brain Injury Association of New York State is to minimize brain injury through prevention and to support, educate and advocate for individuals with brain injuries and their families.

St. Mary’s Healthcare Health Home 518 770-6882
4988 State Highway 30, Amsterdam

St. Mary’s Healthcare is a New York State-designated lead Health Home and serves all ages. A Health Home is not a place; it is a care coordination service that connects community and
social supports with health care. A Health Home ensures all caregivers involved with a person talk to one another so they can focus on their client’s needs.

Wells House Adult Day Health Program  518 736-1373
201 West Madison Avenue, Johnstown

Medical monitoring, nursing care, personal care and hygiene, social work, dietary consultation, nutritional lunch and snacks, rest and exercise, physical, occupational and speech therapies, diversified leisure time/educational activities, and arrangement for emergency care. Additional services that can be arranged include dental, podiatry, laboratory, radiology, beauty and barber shop.

Local Dentists accepting Medicaid:
New Dimensions  518 843-2575
Ellis Dental  518 382-2270
Hometown Health Center  518 370-1441
Dr. Morini  518 843-2191
Dr. Rad (oral surgery)  518 842-9850

Housing Assistance Program of Washington County  518 372-8846
11 Federal Street, Saratoga Springs, NY  12866

Housing Authority
Administers rental certificates and housing vouchers, must be income eligible. For additional details contact one of the sites listed below:

Amsterdam, 52 Division Street  518 842-2894
(maintain rehabilitation units also)
Gloversville Housing Authority (Administration)  518 773-7308
  Forest Hills Towers  518 725-7312
  Kingsboro Towers  518 725-5322
  Dubois Gardens Apartments  518 773-7308
  Johnstown Public Housing Agency  518 773-7308

H.U.D - U.S. Dept. of Housing & Urban Development
HUD’s mission is to increase home ownership, support community development, and increase access to affordable housing free from discrimination.

Fulton County  518 775-1892
Montgomery County  518 842-2907

Section 8
Amsterdam  518 842-2894
Canajoharie  518 673-2203
Gloversville  518 372-4739
(Applications for senior and family housing, must be income eligible)
Catholic Charities
55 East Main Street Suite 100, Johnstown

Several residences for adults with mental health disabilities, including a single room occupancy program and a group home for individuals who are dually diagnosed, mentally ill, chemically abusing (MICA).

Danielle’s House
218 East Main Street, Amsterdam

A program of Interfaith Partnership for the Homeless, an Albany based agency working to address the needs of the homeless and low income community in Amsterdam and surrounding area.
www.interfaithpartnership.com

Fulton County YMCA
19 East Fulton Street, Gloversville

Apartment style living. Can accommodate both men and women.

Fulton Friendship House
462 North Perry Street, Johnstown
18-20 Cayadutta Street, Johnstown (Administrative Office)

Provides a full range of residential services including group homes and supportive apartments to individuals living with mental illness or who are dually diagnosed with substance abuse.

Liberty Enterprises
43 Liberty Drive, Amsterdam

Not-for-profit organization offering support and services to adults and children with developmental disabilities and others with special needs. Services include residences (several options), vocational programs, day supports, family support services, health related services and transportation.

Mental Health Association in Fulton & Montgomery Counties
307-309 Meadow Street, Johnstown
11 Mohawk Place, Amsterdam

Residential services in Montgomery County include 24-hour Supervised Community Residences providing case management, training and support to assist with daily living,
symptom management, assertiveness training, medication management, community integration, and socialization. Additionally there is a 24 bed apartment treatment program with apartments throughout Amsterdam and a Supported Housing Scattered Site Program where individuals choose their own apartment in Montgomery County.

The Arc Lexington New York 518-773-7931
127 East State St. Gloversville, NY 12078

*Lexington provides services and supports in Fulton and Albany Counties to approximately 1,000 children and adults with intellectual and developmental disabilities, including autism, mental illness, cerebral palsy, physical disabilities, epilepsy and traumatic brain injuries. Lexington’s person-first approach puts the emphasis on each person’s needs, wants and desires rather than their disability. From how we structure program activities to the language we use at our agency, we are committed to fostering an environment where the people we support are not only respected and valued, but also play an integral role in Lexington’s day-to-day operations. Lexington continues to expand and diversify while remaining deeply committed to its core values and mission of excellence-making Lexington a great place for people with disabilities and for our employees.*

**Legal Services**

**Albany Law School** 518 445-2311
80 New Scotland Avenue, Albany (Disability Issues) 518 445-2328

**Alternatives to Incarceration** 518 762-7856
1 East Montgomery Street, Johnstown

*Supervision of people age 16 or older who have been sentenced to community service or who are on pre-trial release.*

**Court Appointed Special Advocates (CASA)** 518 842-3762
143-145 East Main Street, Amsterdam

*Trains volunteers to represent children in Family Court (in both Fulton & Montgomery Counties) who have been abused or neglected. Operated through Centro Civico.*

**Crime Victims Assistance – Montgomery County**
Catholic Charities
55 East Main St. Suite 100, Johnstown 518 762-8313
1 Kimball Street, Amsterdam 518 842-4202

**Legal Aid Society of Northeastern New York, Inc.** 518 842-9466
1 Kimball Street, Amsterdam
Fax 518 843-1792

**Mental Hygiene Legal Services** 518 451-8710
3rd Judicial Department
40 Steuben Street, Suite 501, Albany 12207
Mental Hygiene Legal Services provides assistance to persons with mental disabilities who are receiving care or alleged to be in need of care at inpatient or outpatient treatment facilities.

**Montgomery County Community Service Program**

County Annex Building, 20 Park St, Fonda 12068

*A program of the Youth Bureau.*

**Tri-County Mediation Center**

**Catholic Charities**

1 Kimball Street, Amsterdam
55 East Main Street, Johnstown

518 842-4202
518 762-7313

*No fees. Mediation for disputes. Available for presentations on conflict resolution, peer mediation, workplace stress.*

**Victim/Witness Assistance Program**

Fulton County District Attorney’s Office

Fulton County Office Building, 223 West Main Street, Johnstown

518 736-5511

**Mental Health Care Providers**

**Local:**

**Aronson, Cynthia LMSW**

2623 State Highway 30A, Fonda

caronson@nycap.rr.com

518 705-1042

**Balance Psychotherapy & Energy Wellness**

Tammy Zumbo

41 S. Perry Street, Johnstown NY

Ages 6 – 65+

518 893-1687

**Boerenko, Sara A. LMSW**

1851 Riverfront Center, Amsterdam NY

Ages 13 and up

518 620-1601

**Brunelle, Suzanne**

113 Saratoga Road, Suite 102

Glenville, NY 12302

518 399-3220

**Catholic Charities**

55 East Main Street Suite 101, Johnstown

1 Kimball Street, Amsterdam

518 762-8313

Fax 518 762-4092

518 842-4202

*Counseling for adults, children, adolescents, and veterans. Victim services. Call for other services available.*
Family Counseling Center
11-21 Broadway, Gloversville 518 725-4310
2 Willett Street, Ft. Plain 518 993-2273

Counseling for adults, children, and adolescents.

Fonda Veteran’s Outpatient Clinic 518 853-1247
2623 State Highway 30A, Fonda

Gilston, Mary CSW 518 842-1929
847 Midline Road, Amsterdam

Jajoor, Nagaraj, MD 518 841-7368
St. Mary’s Healthcare, 427 Guy Park Avenue, Amsterdam

Long, Michael Ph.D. 518 762-5544
34 S. William Street, Johnstown

Ninan, Oomman, P MD 518 842-0500
2610 Riverfront Center, Amsterdam

PROS 518 841-7346
4988 State Highway 30, Amsterdam

St. Mary’s Mental Health Adult Clinic 518 841-7341
427 Guy Park Avenue, Amsterdam

St. Mary’s Mental Health Clinic 518 773-3531
57 East Fulton Street, Gloversville

St. Mary’s Mental Health Children’s Clinic 518 843-7520
4988 State Highway 30, Amsterdam

St. Mary’s Mobile Geriatric Outreach Program 518 841-7462
Addresses the mental health needs of the elderly population in Fulton & Montgomery Counties.

Valentine, Edward, MD 518 725-4414
241 Steele Avenue Ext., Gloversville

Veteran’s Service Agency of Fulton County 518 762-0698
19 North William Street, Johnstown

Out of County:
Ellis Hospital Mental Health Services 518 386-3300
216 Lafayette Street, Schenectady 12305

Adult inpatient and outpatient; adolescent services; electroconvulsive therapy; case management; peer advocacy

Ellis Hospital Crisis Information & Referral Hotline 24/7 518 243-3300

Four Winds Saratoga 518 584-3600
30 Crescent Avenue, Saratoga Springs 12866 1-800-888-5448
Admissions 1-800-959-1287
e-mail: www.fourwindshospital.com/saratoga
Inpatient for children, adolescents, and adults, including eating disorders* and dual diagnosis; outpatient services
* Maryann Abrams, RN, MSW, CT

Comprehensive Care Center for Eating Disorders of Northeastern NY 518 262-5299
25 Hackett Blvd. Fl.3 Albany, NY 12208

NYS McPike Addiction Treatment Center 315-738-4600
1213 Court Street, Utica 13502 Fax 315 738-4437

Mohawk Valley Psychiatric Center 315 738-3800
1400 Noyes St. York, Utica 13502

Offers acute and intermediate inpatient care for children and adolescents 6-17 years of age.

Samaritan Counseling Centers 518 374-3514
Main office: 220 N. Ballston Avenue (Rte. 50) Scotia 12302 Fax 518 374-9193
Offices also in Albany, Clifton Park, Rensselaer, and Saratoga

Private, not-for-profit center offering individual, couple, and family therapy, as well as comprehensive business consulting services.

Disclaimer: These listings are provided for information purposes only and the facilities are not to be considered recommendations of the Mental Health Association in Fulton and Montgomery Counties. The Mental Health Association does not accept responsibility for the success or failure of any of the treatment programs/facilities on this list. We have not researched their practices nor verified their licenses.
Mental Health and Disabilities Supportive Services

ACCESS-VR
55 East Main St. Johnstown, NY 12095
518 773-2884

Adult career and continuing education services, assisting individuals with disabilities to achieve and maintain employment and support independent living.

Advocacy (Ombudsman) Program
Mental Health Association in Fulton & Montgomery Counties
307-309 Meadow Street, Johnstown
518 762-5332

Advocacy for consumers of mental health services on the local, state, and federal levels with focus on the promotion of mental wellness, quality of care in treatment, and adequate funding for services.

Cerebral Palsy Association of NYS
3 Cedar St. Ext. Cohoes, NY 12047
518-436-0178

CP of NYS works with the State of New York to enhance the quality of life for people with disabilities and their families. Our Affiliates provide a wide variety of programs, including community living opportunities, Day Habilitation and Day Treatment programs, Early Intervention, Preschool and School Age Special Education, and Family Support Services which help thousands of families care for a loved one with a disability.

Compeer and Compeer for Youth
Mental Health Association in Fulton & Montgomery Counties
307-309 Meadow Street, Johnstown
518 762-5332

Trained adult volunteers are matched as friends and mentors with children and adult mental health consumers. Available in Montgomery County only.

Lexington Center
465 North Perry Street, Johnstown
518 762-0024

Provides a full range of services to children and adults who have developmental disabilities, physically handicapped, or emotionally disturbed. Includes group homes, employment service, and sheltered workshop for job training.

Lexington Clinic
465 North Perry Street, Johnstown
518 762-0024 (ext. 235)

Offers Occupational Therapy, Physical Therapy, Speech, Nursing, Vocational Rehabilitation, Psychology, Social Work, & Psychiatry services to individuals with developmental disabilities, generally 18 and over.
Lexington Family Services
43 Harrison Street, Gloversville

Helping families in Fulton County who are caring for a child or adult who is developmentally disabled through a wide variety of services. Some examples are respite, recreation, advocacy, and support.

Lexington Mental Health Services
465 North Perry Street, Johnstown

Comprehensive services for people 18 and over with mental health disorders including group, individual, and medication therapy and rehabilitation services. Day program and residential options available.

Liberty Enterprises
43 Liberty Drive, Amsterdam

Not-for-profit organization offering support and services to adults and children with developmental disabilities and others with special needs. Services include residences (several options), vocational programs, day supports, family support services, health related services, and transportation.

Medicaid Buy-in for People with Disabilities
1-800-541-2831

Eligibility: disability defined by SSI, between 16-65, working at least part time, earn up to $61,740 for single person, $83,340 for couple, and countable resources under $20,000.

MHA Drop-in-Center
Masonic Lodge, 34 Division Street, Amsterdam (ext. 103)

Open Monday and Wednesday from 2pm – 5pm. Drug and alcohol free center that provides recreational, social, and educational opportunities in a self-help and peer supported environment.

MHA Leisure Lounge
73 North Main Street (1st floor), Gloversville (ext. 103)

Open Tuesday and Thursday from 2pm-5pm. Drug and alcohol free center that provides recreational, social, and educational opportunities in a self-help and peer supported environment.

MHA Peer Support Services
518 842-3717 Ext 201
Agency Cell 518 857-2203

MHA Peer Support Services provide mentoring and coaching from a New York State certified Peer Support Specialist. The program can also provide referrals and connections to recovery and community resources. Assistance and support is available to individuals transitioning in and out of the various levels of residential services.
MHA Residential Services
11 Mohawk Place, Amsterdam 518 842-3717

Residential and rehabilitative services for adults and adolescents who have a primary psychiatric diagnosis and may have a secondary diagnosis of substance abuse. Respite services are available for adults and children.

Northeastern Association of the Blind
301 Washington Avenue, Albany 12206 518 463-1211

Services offered locally at the Workforce Solutions Center, 2620 Riverfront Center, Amsterdam 518-842-3676

PROS (Personalized Recovery Oriented Services)
St. Mary’s Healthcare Memorial Campus, Rte. 30, Amsterdam 518 841-3698
St. Mary’s Offices, 73 N. Main Street, Gloversville 518 773-8727

A comprehensive recovery-oriented program for individuals with severe and persistent mental illness. The goal is to integrate treatment, support, and rehabilitation in a manner that facilitates consumer’s recovery.

Representative Payee Services
Mental Health Association in Fulton & Montgomery Counties 518 842-3717 (ext. 204)
11 Mohawk Place, Amsterdam

A program that manages the finances of consumers of mental health who are not able to take care of their finances (income obtained from Social Security or Supplemental Security Income).

Resource Center for Independent Living
347 West Main Street, Amsterdam 518 842-3561

Not-for-profit community based program, which provides a variety of services to persons with disabilities.

Single Point of Access for Adult Services
(SPOA) in Fulton & Montgomery Counties 518 773-3531
Fulton County Mental Health Clinic
57 East Fulton Street, Gloversville

The goal of this initiative is to assist those adults (18 years old and older) who require the highest level of service in the community and ensure they are given priority for these high level services, including residential and case management.

Single Point of Access for Children’s Services
(SPOA) in Fulton & Montgomery Counties 518 762-5332 (ext. 115)
Mental Health Association in Fulton & Montgomery Counties
307-309 Meadow Street, Johnstown
Please see page 18 for a description of services available
**Respite, Camps, & Activity Groups for Children and Families**

**Mountain Valley Hospice**  
108 Steele Avenue, Gloversville  
518 725-4545

**Lexington Family Services**  
18 E. Fulton Street, Gloversville  
518 773-2014

*Helping families in Fulton County who are caring for a child or adult who is developmentally disabled through a wide variety of services. Some examples are: respite, recreation, advocacy, and support.*

**Parenting Groups:**

**The Family Room**  
Catholic Charities of Fulton & Montgomery Counties  
1 Kimball St. Amsterdam, NY 12010  
518 842-4202

*The Family Room recognizes that raising a child is one of the most challenging, important and rewarding jobs. We understand that all parents and families need support and encouragement.*

*We strive to provide Montgomery County families with the support, information and opportunities necessary to foster the development of children and encourage stronger family relationships. Our center offers a variety of services and means of support to parents, children, grandparents, foster parents and our community partners.*

**Parent-to-Parent of New York State**  
Capital District Office  
500 Balltown Road, Schenectady 12304  
info@ptopnys.org  
518 381-4350  
1-800-305-8817

*Parent to Parent of New York State builds a supportive network of families to reduce isolation and empower those who care for people with developmental disabilities or special healthcare needs to navigate and influence service systems and make informed decisions.*

**Mental Health Support Groups:**

**Al-Anon**  
Anyone who needs to contact a member of Alcoholics Anonymous of Fulton & Montgomery Counties may call the hotline number above.  
Call for meeting details.  
518 736-2644
Alzheimer’s and Other Caregivers Support Group 518 736-5650
Fulton County Office for the Aging
19 N. William Street, Johnstown
Meet first Monday of the month 7-9pm.

Alzheimers Assn. of Northeastern NY 518 867-4999
4 Pine West Plaza Suite 405
Washington Avenue Extension
Albany, NY 12205
www.alz.org/northeasterny

Alzheimers Caregiver Support Group 518 888-5563
Healthlink/Vitality Plus Services Helpline 800-272-3900
2 Colonial Court Johnstown, NY 12095

Autism Support Services 518-736-3807
Fulton-Montgomery Chapter
127 E. State St. Gloversville, NY 12078
Support services available through Lexington Family Services.

Brain Injury Support Group 518 842-0457
John Sowa, group facilitator
St. Mary’s Healthcare
518-399-3949

Fort Plain Autism Support Group 315 823-0327
Fort Plain United Methodist Church
39 Center Street & Lydius Street, Fort Plain
Support for parents, guardians, and family members of children with special needs.

MHA Dual Recovery Support Group 518 857-2203
11 Mohawk Place Amsterdam
Support for co-occurring mental illness and alcohol/substance abuse disorder. The support group meets every Monday from 3:00pm-4:00pm. Contact Jesse Glass at the above number or by email jglass@mhafm.org for more information.

NAMI Family Support Group 518-843-3261/518 842-5270
Monthly meetings for persons and/or families with a loved one who suffers from mental illness. Meetings are held in Amsterdam at 2414 Riverfront Center and in Gloversville at the Argersinger Building (73 – 79 North Main Street, Gloversville) first floor conference room, respectively on the 1st and 3rd Thursdays of the month. Come anytime between 4pm and 8pm. No pre-registration is required. Support groups are free and open to all.
The Peer Warm Line

Peer operators are trained to listen to anonymous callers, offer compassion and validation, and assist callers in connecting with their own internal resources, strengths, and direction. The operators can provide local, State, and national resources to assist callers in their recovery.

Miscellaneous Support Groups:

Better Breathers Club 518 736-5630
Meetings monthly at HealthLink Littauer, 2 Colonial Court Johnstown, NY 12095
Call for details. FREE!

Support and education for adults with chronic lung diseases such as emphysema, bronchitis, asthma, and lung cancer. Family members are also invited to attend.

Beyond Moms 518 773-5710
Healthlink Littauer 2 Colonial Court, Johnstown, NY 12095

Support for new mothers, their babies and loved ones. Focus on breastfeeding and parenting, and how moms can get the support they need to ensure a positive family experience. Meetings are free and no enrollment is necessary.

Diabetes Education Program 518 773-5425
Meetings monthly at Nathan Littauer Hospital
Call for details.

Teaches diabetics and their family members how to control and manage diabetes through an educational series of monthly meetings. FREE!

Grandparents Raising Grandchildren Support Group 518 736-5650
12noon-2pm on the third Friday of the month – currently offered at the OFA offices, 19 North Williams Street, Johnstown

HIV/AIDS Support Group 518 842-4202 (ext. 3113)
AIDS Council of N.E.N.Y.
1 Kimball Street (Catholic Charities), Amsterdam

LGBT Resource Centers
Mental Health Association in Fulton & Montgomery Counties

Safe and supportive environments for lesbian, gay, bisexual, transgender, and questioning individuals to obtain information, education, and service referrals.

Amsterdam: Friday: Noon – 2pm or by appointment 518 842-2790
Johnstown: by appointment 518 762-5332
**Parent Support Group**
Family Counseling Center
11-21 Broadway, Gloversville

*Parent Support Groups are for adults who have children with emotional and/or behavioral difficulties. Participants will have the opportunity to share their experiences and develop supportive relationships with other parents. Guest speakers, outings, and educational materials are included as requested by the group. Call for current schedule of times and locations.*

**SMOKEFREE**
518 736-1120

Meetings monthly at Nathan Littauer Hospital. Call for details.

**Surviving Loved One’s Suicide (SOLOS)**
518 669-8229

Meetings bi-monthly at St. Mary’s Healthcare Hospital in Amsterdam. Contact Robert Martin for details. rmartin5@nycap.rr.com

**T.O.P.S. (Take Off Pounds Sensibly)**
518 461-3329

Meetings weekly at Nathan Littauer Hospital Auditorium. Call Marion for details.

Disclaimer: These listings are provided for information purposes only and the facilities are not to be considered recommended by the Mental Health Association in Fulton & Montgomery Counties. The Mental Health Association does not accept responsibility for the success or failure of any of the treatment programs/facilities on this list. We have not researched their practices nor their licenses.

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**Transportation Services**

**Access**
518 993-4252
1-877-993-4252

Medical transportation

**Fulton County Senior Transportation**
518 736-5650
Fulton County Office for the Aging
19 N. Williams Street, Johnstown

**Medicaid Transportation**
Medical Answering Service, PO Box 11998, Syracuse 13218
518 1-855-360-3550
1-855-360-3548
www.medanswering.com
Fax 315 299-2786

*Three day notice necessary*
Public Transportation:

**BUS**

Gloversville Transit System 518 773-4528
www.cityofgloversville.com

Montgomery Area Xpress 518 853-8334
www.co.montgomery.ny.us/mobility

**TAXIS**

Amsterdam: Yellow Cab 518 843-1600
Community Cab 518 842-4788
On Time Taxi 518 332-1199

Gloversville: Express Taxi 518 725-6780

Johnstown: Glove City Taxi 518-725-9130

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Life Skills/Parenting Workshops & Classes

**Parent To Parent of NYS** 518 381-4350

500 Balltown Rd, Schenectady, NY 12304
Chelsea Place, Clifton Park (second floor)

*Parent to Parent of NYS is where families of individuals with special needs and the professionals who serve them can meet and share information.*

**Childbirth Programs** 518 736-1120

HealthLink Littauer

2 Colonial Court, Johnstown Call for Details
Childbirth Preparation 518 736-1120
Infant Care & Parenting 518 736-1120
Breastfeeding Your Baby 518 775-4250
Breastfeeding Support 518 773-5710
Birthing Center Tour 518 773-5710
Beyond Moms 518 773-5710
The heart of our ministry is to uphold life and see lives changed through the Gospel message as we continue being a voice for the unborn and a source of hope for the hopeless. The practical material assistance we offer complements the emotional and spiritual help women and families receive from LifeSaver Ministries as we strive to extend God’s love in both word and deed reaching more souls with the message of life!

**NAMI Family to Family Education Program**
518 843-3261
2414 Riverfront Center Amsterdam, NY 12010

NAMI Family-to-Family is a free, 12-session educational program for family, significant others and friends of people living with mental illness. It is a designated evidenced-based program. Research shows that the program significantly improves the coping and problem-solving abilities of the people closest to an individual living with a mental health condition.

NAMI Family-to-Family is taught by NAMI-trained family members who have been there, and includes presentations, discussion and interactive exercises. For schedules or registration, call 518-843-3261 or visit NAMI-MFH at 2414 Riverfront Center, Amsterdam, NY 12010.

**Parents Count Program**
518 842-4202
Catholic Charities of Fulton & Montgomery Counties
1 Kimball Street, Amsterdam

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**Wellness**

**Amsterdam Chiropractic and Massage**
518 842-9737
365 Division St., Amsterdam, NY 12010

Chiropractic is a gentle technique appropriate for people of all ages from newborns to the elderly. Our chiropractors practice a holistic approach to your health to ensure your body is functioning at optimal levels.

**Blooming Lotus Yoga & Wellness**
518 774-4957
25 W. Main St. Johnstown, NY 12095

We offer a variety of daily yoga classes for beginners and experienced yogis as well as workshops. We provide Yoga with singing bowls and also Sound Meditation.

**Healing Touch Treatments:**

**Barbara Kramer HTCP**
518 673-3497
Business hours by appointment
Irene Mello HTCP
Business hours by appointment

Linda Ivancic
41 S. Perry St. Johnstown, NY 12095
Business hours by appointment

Hand Reflexology- Relaxation of mind, body and soul.

Sisters of the Earth Healing Studio
189 Rebisz Rd., Broadalbin, NY 12025
Business hours by appointment

We offer Wellness Programs, Energy Healing & Workshops. Enjoy the stillness & the power of nature to heal the body & mind.

EnerQi Acupuncture
Stephanie Voght L.AC.
228 Seebers Lane, Canajoharie, NY 13317
Business hours Monday – Friday 9am-7pm (most days)

"Let your inner Qi, be your Energy”

TrippingTheMuse
58 N. School St., Mayfield, NY 12117
You can find us on Facebook, Instagram, Twitter and soon on Etsy. We offer handmade items utilizing locally sourced wool and upcycled materials.

Miscellaneous

Copyright Information
www.copyright.gov

Public Service Commission
www.askpsc.com
1-888-275-7721
Regulates the state’s electric, gas, steam, telecommunications, and water utilities.
Home Energy Fair Practices Act (HEFPA) rules governing the provision of service by gas, electric, and steam corporations.
Provides PSC Programs & Protections for Senior Citizens, the Handbook for Utility Customers with Disabilities, Consumer Complaint Procedures.
United Way of Fulton County
110-112 North Main Street
Gloversville, New York 12078

518 725-9817
fax 518 725-1362

Mission: to identify and provide leadership and financial support for essential community programs and services in Fulton County. The United Way has more than a dozen partner agencies who assist needy individual and families with food, fuel and rental assistance to prevent homelessness, safety from domestic violence, elder and child abuse, elderly health and mental health education.

United Way of Montgomery County
1166 Riverfront Center
Amsterdam, New York 12010

518 842-6650

United Way of Montgomery County provides Vocational Services, Support and Information to its partner agencies.

Wireless/Cell Phone Assistance

Assurance Wireless  assurancewireless.com  1-888-898-4888
A free government-supported cell phone program offering up to 200 free minutes each month for income eligible persons or those participating in any of the following: Medicaid, Food Stamps/SNAP, Supplemental Security Income (SSI), Temporary Assistance for Needy Families (TANF), Federal Public Housing Assistance or Section 8, National School Lunch Program’s Free Lunch Program.

Safelink Wireless  safelinkwireless.com  1-800-723-3546
A free government-supported cell phone program offering up to 250 free minutes each month for income eligible persons or participants in any of the following: Medicaid, Food Stamps, Temporary Assistance, Supplemental Security Income (SSI), Home Energy Assistance Program (HEAP), Veteran’s Disability Pension (non-service related), Veteran’s Surviving Spouse Pension (non-service related), Federal Public Housing Assistance or Section 8.