



# Oneida County System of Care

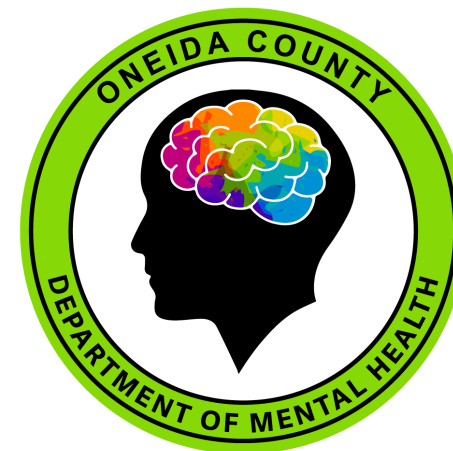
Building Relationships Together

## 2025 Resource Guide

Updated December 2025

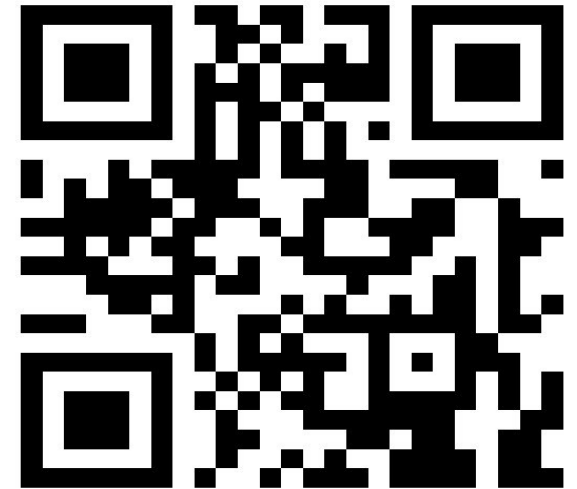


**Anthony J. Picente Jr.**  
County Executive



**Ashlee L. Thompson**  
Commissioner for Mental Health  
Director of Community Services

- \* This Resource Guide was developed through collaboration with The Oneida County Department of Mental Health and the Oneida County Youth Services Council.
- \* Initial funding for this Resource Guide was made available through a grant from the New York State Office of Mental Health (NYS OMH) and The Research Foundation for Mental Hygiene.
- \* This Resource Guide is meant to help connect individuals to resources. It does not represent every resource in the community. For additional resources you can also call 211.
- \* For updates or corrections to information in this guide please complete [this form](#). This guide is updated on a bulk basis. If you have requested an update or inclusion and do not yet see it please know it is coming!
- \* Visit our [website](#), or use the QR code to the right, for more information on our partner providers!



[www.oneidacountysoc.com](http://www.oneidacountysoc.com)



Oneida County  
C.A.R.E.S App

## Tips for Using this Guide

- \* For quick search on a computer use “CTRL+ F” for the find function.
- \* For quick search on an Apple mobile device select the share symbol and choose “find on page”.
- \* Print only the section you need.
- \* This guide is also available with additional resources through the Oneida County C.A.R.E.S app

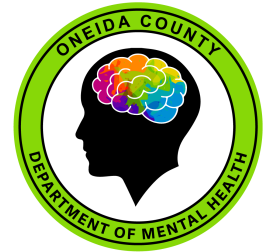
Download at the QR code to the left or [here!](#)

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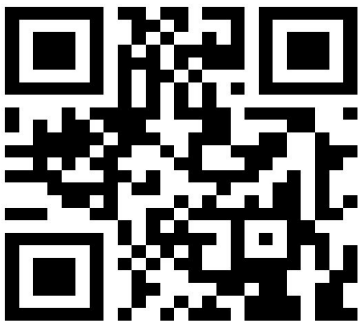


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## **Crisis Services and/or Support Hotlines**



# Crisis Services and/or Support Hotlines

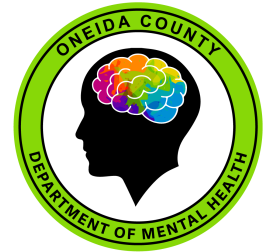
Name	Number	Location	Website	Description
988 Suicide & Crisis Lifeline	Call or Text 988		<a href="https://988lifeline.org/">https://988lifeline.org/</a>	At the 988 Suicide & Crisis Lifeline, we understand that life's challenges can sometimes be difficult. Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you. You are not alone.
CopLine Crisis Line	800-267-5463 aka 800-COPLINE		<a href="https://www.copline.org/">https://www.copline.org/</a>	The CopLine hopes to remove the stigma associated with an officer's decision to keep their emotions inside for fear of retribution and/or retaliation action if their personal information, feelings and state of mind is revealed to his/her agency. COPLINE volunteers conduct themselves in a manner that reflects the highest level of honor and integrity. Individuals who are struggling may call the COPLINE and receive resources so that all branches of law enforcement (city, state and federal) have an outlet which they can turn to in times of need.
Crisis Text Line	Text HOME to 741741		<a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a>	The Crisis Text Line is a global nonprofit organization that provides free and confidential text-based mental health support and crisis intervention by texting HOME to 741741. A live, trained volunteer Crisis Counselor will receive the text and responds, all from their secure online platform. The volunteer will help you move from a hot to a cool calm moment.
Helio Health	315-741-1564	500 Whitesboro St. Utica, NY 13502	<a href="https://www.helio.health/treatment/outpatient-treatment/insights-outpatient-clinic-utica/">https://www.helio.health/treatment/outpatient-treatment/insights-outpatient-clinic-utica/</a>	Insights of Helio Integrated Outpatient Clinic provides coordination of care for anyone with a mental health and/or substance use disorder. Programs offered include individual and group psychotherapy, psychiatric medication management and medication assisted therapy. Walk-in Assessments: Monday – Sunday 8:00am – 3:30pm (Walk-in times are subject to change, please verify with provider.)
Mobile Crisis Assessment Team "MCAT"	315-732-6228	628 Mary St Utica, NY 13501	<a href="https://www.neighborhoodctr.org/behavioral-health-care-services/mobile-crisis-assessment-team/">https://www.neighborhoodctr.org/behavioral-health-care-services/mobile-crisis-assessment-team/</a>	MCAT'S mental health staff provide hope during crises to children and adults in Oneida, Herkimer, Schoharie, Otsego, Delaware and Chenango Counties. MCAT responds to crises where they occur face-to-face, virtually and on the telephone. We operate a local crisis line, the 988 line and a mobile crisis response for the region. Our Team is available 24/7/365 for support to individuals, families and community providers. There is no fee for MCAT services. Our MCAT program is nationally accredited through the American Association of Suicidology.
Mohawk Valley Runaway and Homeless Youth	Call or Text 315-525-7276		<a href="https://www.mvcaa.com/services/youth-and-family-programs">https://www.mvcaa.com/services/youth-and-family-programs</a>	The MVCAA Runaway & Homeless Youth Program works with community-based programs to address the immediate needs of runaway and homeless youth. MVCAA aims to increase young people's safety and well-being to help them build permanent connections with caring adults, with the goal of reuniting them with their families if appropriate. MVCAA works to strengthen family relationships and help youth find safe and appropriate living arrangements through partnerships with local programs. Please don't hesitate to reach out to our 24/7 hotline for assistance.
National Call Center for Homeless Veterans	877-424-3838 then press 1		<a href="https://www.va.gov/homeless/nationalcallcenter.asp">https://www.va.gov/homeless/nationalcallcenter.asp</a>	Veterans who are homeless or at risk of homelessness—and their family members, friends and supporters—can make the call to or chat online with the National Call Center for Homeless Veterans, where trained counselors are ready to talk confidentially 24 hours a day, 7 days a week. Individuals will get access to trained VA counselors and receive information about VA homeless programs, health care and other services in your area.

# Crisis Services and/or Support Hotlines

Name	Number	Location	Website	Description
Never Use Alone	English 800-484-3731 press 1			Toll-free national overdose prevention, detection, life-saving crisis response and medical intervention services for people who use drugs while alone. Never Use Alone's peer operators are available 24-hours a day, 7 days a week, 365 days a year. No stigma. No judgment. Just love!
	Spanish 800-928-5330		<a href="https://neverusealone.com/">https://neverusealone.com/</a>	
NYS Statewide Central Register of Child Abuse and Maltreatment	800-342-3720		<a href="https://ocfs.ny.gov/programs/cps/">https://ocfs.ny.gov/programs/cps/</a>	The SCR receives telephone calls alleging child abuse or maltreatment within New York State. SCR staff relay information from the calls to the local CPS for investigation, monitors their prompt response, and identifies whether there are prior child abuse or maltreatment reports. If a child is in immediate danger please utilize 911 instead.
Poison Control Hotline	800-222-1222		<a href="https://www.upstate.edu/poison/">https://www.upstate.edu/poison/</a>	The toll-free Poison Help line which connects you to your local poison center, is your resource for help in a poisoning emergency. When you call, you will speak with a specially trained nurse, pharmacist, or doctor at your local poison center.
The Neighborhood Center	Utica: 315-272-2600	624 Elizabeth Street Utica, NY 13501		The Neighborhood Center, Inc. provides professional, state-of-the-art mental health clinical and crisis services for children, youth, adults and their families. Open Access is available at the Utica Clinic: Tuesdays 11:00 AM - 2:00 PM, Wednesdays 9:00 AM - 10:00 AM, Fridays 8:45 AM - 11:00 AM. Open Access is available at the Rome Clinic: Mondays 11:00 AM - 2:00 PM, Thursdays 9:00 AM - 11:00 AM. (Open Access times are subject to change, please verify with provider.)
	Rome: 315-272-2730 866-488-7386 or Text 'START' to 678-678	199 W. Dominick St. Rome, NY 13440	<a href="https://www.neighborhoodctr.org/">https://www.neighborhoodctr.org/</a>	
The Trevor Project			<a href="https://www.thetrevorproject.org/get-help/">https://www.thetrevorproject.org/get-help/</a>	The Trevor Project's mission is to end suicide among LGBTQ+ young people. If you are thinking about harming yourself — get immediate crisis support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S via text, chat, or phone. The Trevor Project is 100% confidential and 100% free.
Upstate Caring Partners - Community Health & Behavioral Services "CHBS" - Certified Community Behavioral Health Clinic	Utica: 315-798-8868	1002 Oswego Street Utica, NY 13502		CHBS UCP's CCBHC provides robust outpatient mental health care for adults, with individualized treatment planning and evidence-based interventions. While not a designated crisis center, the CCBHC triages and refers individuals to crisis services when appropriate.  CHBS offers Open Access in Utica for adults Monday-Friday 9a-3p and for youth Wednesday & Thursday 4p-6p. Open Access in Rome is offered on Tuesdays for Adults 9a-3p, and children 4-6pm. This is available for all individuals, regardless of if they are established, or presenting for a routine or crisis visit. CHBS offers both walk-in and telehealth crisis support during all operating hours, at both clinic locations, to all individuals presenting with needs. CHBS regularly accepts drop-offs from UPD/CRT who will transport clients in crisis to the clinic to support interventions in lieu of unnecessary hospitalization. (Open Access times are subject to change, please verify with provider.)
	Rome: 315-337-0773	207 West Dominick Street, Rome, NY 13440	<a href="https://www.upstatecp.org/behavioral-health/">https://www.upstatecp.org/behavioral-health/</a>	
Veterans Crisis Line	988 then press 1		<a href="https://www.veteranscrisisline.net/">https://www.veteranscrisisline.net/</a>	The Veterans Crisis Line offers access to free, confidential support 24/7, 365 days a year. You are connected with a live person qualified to work with those who have served in the military. The Veterans Crisis Line serves Veterans, service members, National Guard and Reserve Members, and those who support them.
YWCA Mohawk Valley-Domestic Violence Hotline	Call or Text 315-797-7740	310 Rutger St Utica, NY 13501	<a href="https://www.ywca.org/Chat">https://www.ywca.org/Chat</a>	YWCA Mohawk Valley provides free, confidential, 24-hour domestic and sexual violence crisis services across Oneida and Herkimer counties. We are the local experts in prevention education, survivor advocacy, and women's empowerment.

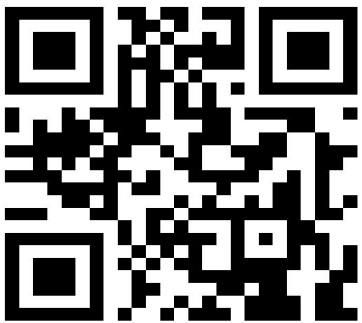


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## **Oneida County Offices and Programs**



# Oneida County Government Offices and Programs

Name	Number	Location	Website	Description
Oneida County - Child Advocacy Center	315-732-3990	1415 Genesee St. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/child-advocacy-center/">https://oneidacountyny.gov/departments/child-advocacy-center/</a>	The Oneida County Department of Family and Community Services Child Advocacy Center (CAC) operates as a multidisciplinary team (MDT) comprised of caseworkers, law enforcement officers, family advocates, medical and mental health providers and the Oneida County District Attorney's Office. The CAC investigates sexual abuse and serious physical abuse cases and provides a variety of supportive services to families. The MDT offers the availability of most services at one site, with a focus on reducing the trauma experienced by the victims of abuse and their families.
Oneida County - Child Support Unit	888-208-4485 315-798-5048	Utica DSS: 800 Park Ave. Utica, NY 13501  Rome DSS: 100 W. Dominick St. Rome, NY 13440	<a href="https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/child-support/">https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/child-support/</a>	The Oneida County Child Support Unit provides services to custodial parents and guardians seeking assistance with obtaining child support. These services include locating non-custodial parents, establishing paternity or parentage, obtaining financial and medical support orders, collecting support obligations and enforcing support orders. The child support unit can act as a neutral party for the collection and disbursement of support payments in some cases.
Oneida County - Children & Youth with Special Health Care Needs	315-798-5249	185 Genesee St. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/children-and-youth-with-special-health-care-needs/">https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/children-and-youth-with-special-health-care-needs/</a>	Children and Youth with Special Health Care Needs is a referral program for children birth to 21 years of age who have or are suspected of having a serious or chronic physical, developmental, behavioral or emotional condition that requires health and related services beyond that required by children generally.
Oneida County - Daycare Assistance	315-266-6191	Utica DSS: 800 Park Ave. Utica, NY 13501  Rome DSS: 100 W. Dominick St. Rome, NY 13440	<a href="https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/daycare/">https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/daycare/</a>	Oneida County Department of Family and Community Services offers subsidized childcare assistance for recipients of Temporary Assistance who are working or participating in an approved training or educational program, as well as caretakers transitioning off of Temporary Assistance. Subsidized childcare assistance may also be available to other families meeting income eligibility guidelines.
Oneida County - Department of Social Services	Utica DSS: 315-798-5803  Rome DSS: 315-356-2840	Utica DSS: 800 Park Ave. Utica, NY 13501  Rome DSS: 100 W. Dominick St. Rome, NY 13440	<a href="https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/">https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/</a>	The mission of the Oneida County Department of Social Services is to provide for financial and social services to eligible residents of Oneida County in accordance with federal, state and county laws. These services shall be provided in a manner that reflects respect for each person and reducing dependency, and maintaining children and adults in the community where possible. The Rome DSS offers an access point for the following services: Homeless Services, TA, SNAP, HEAP, Daycare, Child Support, and Employment Division.

# Oneida County Government Offices and Programs

Name	Number	Location	Website	Description
Oneida County - Early Intervention	315-798-5267	185 Genesee St. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/early-intervention/">https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/early-intervention/</a>	A service coordinator will arrange for your child to have a therapist come to your home to see if your child needs services. A therapist will look at how your child is learning, thinking, talking, listening, growing, and interacting with others.
Oneida County - Emergency Services	Emergency Dial 911 315-765-2527	120 Base Rd. Oriskany, NY 13424	<a href="https://oneidacountyny.gov/departments/emergency-services/">https://oneidacountyny.gov/departments/emergency-services/</a>	Use our site as a resource for the Oneida County 911 live feed, emergency planning, and guidance on disaster prevention and mitigation. Emergency Planning in Inclusive Communities "EPIC" - EPIC's mission is to promote inclusivity in emergency planning through education, training, and collaboration. We empower organizations to develop comprehensive emergency plans that are inclusive of disability and access and functional needs.
Oneida County - Employment Division	315-266-6191	Utica DSS: 800 Park Ave. Utica, NY 13501  Rome DSS: 100 W. Dominick St. Rome, NY 13440	<a href="https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/employment/">https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/employment/</a>	The Oneida County Employment Division is responsible for assisting Temporary Assistance and Supplemental Nutrition Assistance Program (SNAP) recipients in securing employment and reducing or eliminating the need for continued public assistance. The division collaborates with community agencies to provide a wide range of education, training, and job readiness services.
Oneida County - Health Department	315-798-6400	800 Park Ave. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/health/">https://oneidacountyny.gov/departments/health/</a>	Oneida County Health Department provides education and information on a variety of health-related topics geared towards community wellness, preventing disease and injuries, and supporting healthy behaviors.
Oneida County - Home Energy Assistance Program "HEAP"	Utica DSS: 315-798-5559  Rome DSS: 315-356-2840	Utica DSS: 800 Park Ave. Utica, NY 13501  Rome DSS: 100 W. Dominick St. Rome, NY 13440	<a href="https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/income-maintenance-ta-snap-and-heap/heap/">https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/income-maintenance-ta-snap-and-heap/heap/</a>	The Oneida County Home Energy Assistance Program (HEAP) is a federally funded program designed to assist low to middle income households in meeting their immediate home energy needs. The program consists of regular and emergency HEAP, heating equipment repair/replacement, Clean and Tune, and cooling. Eligibility is based on gross monthly income and household size.
Oneida County - Medicaid	315-798-6297 315-798-5511	800 Park Ave. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/medicaid/">https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/medicaid/</a>	Medicaid is a program that helps cover medical costs for individuals or families with limited income and resources. Many Medicaid services are administered directly through New York State of Health/Health Benefit Exchange as a result of the recent Medicaid Redesign Initiative. Oneida County Medicaid primarily serves county residents who are 65 years of age or older, blind or disabled. The Medicaid Division, in conjunction with Oneida County Office for the Aging, oversees Medicaid Long Term Care (LTC) programs.
Oneida County - Mental Health Department	315-768-3660	800 Park Ave. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/mental-health/">https://oneidacountyny.gov/departments/mental-health/</a>	Oneida County Department of Mental Health provides administrative leadership to the planning, monitoring and reviewing of services for individuals with mental illness, substance use disorder, and intellectual and developmental disabilities. The department is dedicated to being a leader in these areas and strives to implement initiatives that deliver quality programs that enhance the lives of those in our community.

# Oneida County Government Offices and Programs

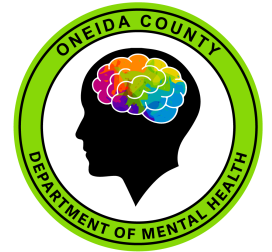
Name	Number	Location	Website	Description
Oneida County - Office for the Aging and Continuing Care	315-798-5456	120 Airline St. Suite 201 Oriskany, NY 13424	<a href="https://oneidacountyny.gov/departments/office-for-aging-and-continuing-care/">https://oneidacountyny.gov/departments/office-for-aging-and-continuing-care/</a>	Oneida County Office for the Aging and Continuing Care's goal is to maintain maximum independence through service provision and is guided by the core values of respect, dignity, compassion, honesty, confidentiality, commitment and informed professionalism for older adults, and individuals with disabilities. OFA offers information and referral services, case management and connections to home delivered meals, personal emergency response systems, caregiver support, and a host of other services.
Oneida County - Preschool Special Education	315-798-6400	185 Genesee St. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/preschool-program/">https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/preschool-program/</a>	This program provides educational and/or support services for children ages 3 and 4 years old with confirmed disabilities and/or delays impacting their ability to learn. The program is directed through the New York State Department of Education within your home school district. Oneida County Health Department and the State Department of Education pay for all services.
Oneida County - Public Defender's Office - Criminal Division	315-798-5870	250 Boehlert Center 321 Main St. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/public-defender-criminal/">https://oneidacountyny.gov/departments/public-defender-criminal/</a>	The Oneida County Public Defender's Office, Criminal Division, assists with representing indigent criminal defendants throughout Oneida County. The Public Defender's Office provides quality legal assistance to individuals charged with a crime who are financially unable to retain private counsel. The Public Defender's Office handles criminal matters ranging from violations, misdemeanors, felonies, adolescent offenses, parole violations and appeals.
Oneida County - Public Health Clinic	315-798-6400 315-798-5747	Utica: 406 Elizabeth St. Utica, NY 13501  Rome: Please call for specific details	<a href="https://oneidacountyny.gov/departments/health/programs-and-services/clinics/locations-and-contact-information/">https://oneidacountyny.gov/departments/health/programs-and-services/clinics/locations-and-contact-information/</a>	Utica Clinic open Monday-Friday 8:30am-4:30pm, appointments preferred, walk-in availability varies. Rome Clinic: Please call 315-798-5747 for availability. After hours emergency contact 315-798-5064. The public health clinic provides resources and some treatment for Communicable Disease Reporting, Immunizations/Vaccines, Maternal Child Health, STDs/HIV, and Tuberculosis.
Oneida County - Public Health Mobile Unit	315-798-6400	Please call for specific details	<a href="https://oneidacountyny.gov/departments/health/programs-and-services/clinics/mobile-public-health-vehicle-request/">https://oneidacountyny.gov/departments/health/programs-and-services/clinics/mobile-public-health-vehicle-request/</a>	The Public Health Mobile Unit can provide vaccinations for adults and children in easily accessible locations. It allows Oneida County the ability to provide a fast public health response on site in an emergency and reduce barriers for access.
Oneida County - Rabies Clinic	315-798-5064		<a href="https://oneidacountyny.gov/departments/health/programs-and-services/environmental-health/rabies-program/">https://oneidacountyny.gov/departments/health/programs-and-services/environmental-health/rabies-program/</a>	The Oneida County Health Department hosts rabies clinics throughout the year in various locations in the county. Pets will receive a one-year certificate if no prior proof of rabies is shown. A \$10 donation per pet is requested to help with costs.
Oneida County - Services Division	315-798-5612	800 Park Ave. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/services/">https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/services/</a>	The Oneida County Services Division offers children, adults, and families a range of social services to promote safety, reduce risk, and ensure permanency and well-being, with an emphasis on independence, self-sufficiency, and providing services in the least restrictive manner possible. In addition to the direct services provided, contractual and community-based services are utilized to engage youth and families and provide services that are trauma-informed and culturally sensitive.

# Oneida County Government Offices and Programs

Name	Number	Location	Website	Description
	Utica DSS: 315-798-5502	Utica DSS: 800 Park Ave. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/income-maintenance-ta-snap-and-heap/">https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/income-maintenance-ta-snap-and-heap/</a>	
Oneida County - Supplemental Nutrition Assistance Program "SNAP"	Rome DSS: 315-356-2840 315-356-6506	Rome DSS: 100 W. Dominick St. Rome, NY 13440	<a href="https://oneidacountyny.gov/departments/department-of-social-services/income-maintenance-ta-snap-and-heap/">https://oneidacountyny.gov/departments/department-of-social-services/income-maintenance-ta-snap-and-heap/</a>	The Oneida County Supplemental Nutritional Assistance Program (SNAP) is a program of the United States Department of Agriculture that provides financial assistance to low income households to supplement their food budgets and help alleviate food insecurity.
	Utica DSS: 315-798-5804	Utica DSS: 800 Park Ave. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/income-maintenance-ta-snap-and-heap/temporary-assistance/">https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/income-maintenance-ta-snap-and-heap/temporary-assistance/</a>	
Oneida County - Temporary Assistance "TA"	Rome DSS: 315-356-2840	Rome DSS: 100 W. Dominick St. Rome, NY 13440	<a href="https://oneidacountyny.gov/departments/department-of-social-services/income-maintenance-ta-snap-and-heap/temporary-assistance/">https://oneidacountyny.gov/departments/department-of-social-services/income-maintenance-ta-snap-and-heap/temporary-assistance/</a>	The Oneida County Temporary Assistance Division provides emergency assistance to eligible households facing issues such as eviction or utility shut off. Ongoing TA provides eligible households with a monthly grant for essential needs such as rent and utilities.
	Utica DSS: 315-798-5804	Utica DSS: 800 Park Ave. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/income-maintenance-ta-snap-and-heap/">https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/income-maintenance-ta-snap-and-heap/</a>	
Oneida County - Temporary Assistance "TA" - Homeless Services	Rome DSS: 315-356-2480	Rome DSS: 100 W. Dominick St. Rome, NY 13440	<a href="https://oneidacountyny.gov/departments/department-of-social-services/income-maintenance-ta-snap-and-heap/">https://oneidacountyny.gov/departments/department-of-social-services/income-maintenance-ta-snap-and-heap/</a>	The Oneida County Homeless Services Unit is an integrated unit serviced by Temporary Assistance staff and Services Division staff. Staff work collaboratively with individuals presenting with housing insecurity to ensure immediate housing needs are met. Staff collaborate with emergency shelters and many community partners to coordinate services that may assist recipients with overcoming barriers to obtaining and sustaining permanent stable housing.
	Utica: 315-798-5830	800 Park Ave. Utica, NY 13501		
Oneida County - Veterans' Services Agency	Rome: 315-336-4270	125 Brookley Rd # 510 Rome, NY 13441	<a href="https://oneidacountyny.gov/departments/veterans-services/">https://oneidacountyny.gov/departments/veterans-services/</a>	The mission of the Oneida County Veterans' Service Agency is to provide entitlement information and advocacy assistance to military personnel, military veterans, and to their dependents in matters relating to veteran's law. Staff prepares, presents and prosecutes claims ranging from monthly compensation and pension income, to education benefits, burial benefits, health care, nursing home care, vocational rehabilitation, tax exemption, military discharge review and upgrades, and home loan guarantees.
			<a href="https://oneidacountyny.gov/departments/workforce-development/">https://oneidacountyny.gov/departments/workforce-development/</a>	
Oneida County - Workforce Development	315-798-5543	209 Elizabeth St. Utica, NY 13501		Oneida County has always welcomed and nurtured advanced and emerging technology and industries. Employers who make specialized products and perform highly specialized services have created a new niche of careers that blend high technology and high skills in a hands-on work environment.
			<a href="https://oneidacountyny.gov/departments/youth-bureau/">https://oneidacountyny.gov/departments/youth-bureau/</a>	
Oneida County - Youth Bureau	315-798-5027	800 Park Ave. Utica, NY 13501		Oneida County Youth Bureau provides activities, programs and services to youth under the age of 21. The Youth Bureau is responsible for planning, coordinating and supplementing the activities of public, private and religious agencies concerned with the welfare and protection of youth.
Oneida County System of Care "SOC"	315-768-3660	800 Park Ave. Utica, NY 13501	<a href="https://oneidacountysoc.com/">https://oneidacountysoc.com/</a>	We are a group of cross system agencies who work with youth and families in Oneida County. We work together to share resources, connect youth with appropriate services and collaborate on high risk cases.

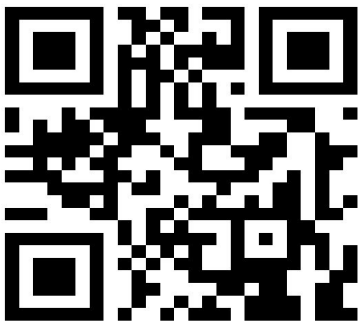


**Oneida County System of Care**  
Building Relationships Together



**Ashlee L. Thompson**  
Commissioner for Mental Health  
Director of Community Services

## **Bridges to Belonging**



# Bridges to Belonging

Name	Number	Location	Website	Description
<b>Libraries</b>				
<b>Barneveld Free Library Association</b>	<b>315-896-2096</b>	118 Boon St. Barneveld, NY 13304	<a href="https://barneveldlibrary.org/">https://barneveldlibrary.org/</a>	LIBRARY HOURS Monday: 10:00 – 12:00 / Tuesday: 1:00-5:00 / Wednesday: 10:00-12:00 / Thursday: 1:00-6:00 / Friday: 10:00-12:00
<b>Boonville - Erwin Library and Institute</b>	<b>315-942-4834</b>	104 Schuyler St. Boonville, NY 13309	<a href="https://erwinlibrary.org/">https://erwinlibrary.org/</a>	LIBRARY HOURS Sunday: Closed/ Monday: 10 – 5 / Tuesday: 10 – 5 / Wednesday: 10 – 2 / Thursday: 10 – 5 / Friday: 10 – 5 / Saturday: Closed
<b>Bridgewater Free Library</b>	<b>315-822-6475</b>	408 State Rt. 8 Bridgewater, NY 13313	<a href="https://bridgewater.midYork.org/">https://bridgewater.midYork.org/</a>	LIBRARY HOURS Monday: Closed / Tuesday: 10-12, 1-3, 6-8:30 / Wednesday: 10-12, 1-3 / Thursday: 10-12, 1-3, 6-8:30 / Friday: Closed / Saturday: 9-12 / Sunday: Closed
<b>Camden Public Library</b>	<b>315-245-1980</b>	57 Second St. Camden, NY 13316	<a href="https://camden.midYork.org/">https://camden.midYork.org/</a>	We offer free WiFi, free computer usage, and programs for children, adults and seniors. We have thousands of books, hundreds of DVDs and magazines to rent. Our Library also offers two basement rooms for meetings, conferences or private studies. We do not have a public telephone to be used but plenty of space for chargers and for laptops to plug in. Feel free to call us with any questions!
<b>Clayville Library Association</b>	<b>315-839-5893</b>	2265 Oneida St. Clayville, NY 13322	<a href="https://clayvillelibraryassoc.org/">https://clayvillelibraryassoc.org/</a>	LIBRARY HOURS Sunday: Closed / Monday: Closed / Tuesday: 1 – 6 / Wednesday: 10 – 6 / Thursday: 3 – 7 / Friday: 1 – 6 / Saturdays: 11 – 2
<b>Clinton - Kirkland Town Library</b>	<b>315-853-2038</b>	55 1/2 College St. Clinton, NY 13323	<a href="https://kirklandtownlibrary.org/">https://kirklandtownlibrary.org/</a>	Since, 1901, the Kirkland Town Library's mission is "to connect community members through equitable access to information and resources that educate, engage and enrich." Along with everything you expect to find in a library, we also loan out a variety of outdoor sports equipment, along with bikes, games, American Girl dolls, telescopes, cake pans, a guitar and ukulele, snowshoes and kicksleds! Storytime is three times a week and there's a weekly afternoon movie for our adult patrons. We have two notary publics on staff. For more information on programs and other offerings, please visit our website; www.kirklandtownlibrary.org. We look forward to meeting you!
<b>Holland Patent Memorial Library</b>	<b>315-865-5034</b>	9580 Main St. Holland Patent, NY 13354	<a href="https://hollandpatentlibrary.org/">https://hollandpatentlibrary.org/</a>	LIBRARY HOURS Monday & Tuesday – 2pm to 5pm / Wednesday & Thursday – 2pm to 6pm / Friday & Saturday– 10am to 1pm / Sunday – closed
<b>New Hartford Public Library</b>	<b>315-733-1535</b>	2 Library Ln. New Hartford, NY 13413	<a href="https://newhartfordpubliclibrary.org/">https://newhartfordpubliclibrary.org/</a>	The New Hartford Public Library is a vibrant community hub offering something for everyone. From its Children's Corner, Teen & Young Adult programming, and Adult events, to its wide array of resources and services, there's a welcoming space for every age and interest. You can borrow books, movies, and music, reserve meeting rooms, enjoy creative workshops, borrow museum & park passes, and find a host of online databases and tools. The library is committed to connection, lifelong learning, and supporting community well-being.
<b>New York Mills Public Library</b>	<b>315-736-5391</b>	399 Main St. New York Mills, NY 13417	<a href="https://www.newYorkmillslibrary.org/">https://www.newYorkmillslibrary.org/</a>	LIBRARY HOURS Monday - Thursday: 11:30AM – 7:00PM / Friday: 11:30AM- 4PM / Saturday: 10:00AM – 2:00PM / Sunday: Closed
<b>Newport Free Library</b>	<b>315-845-8533</b>	7390 S. Main St. Newport, NY 13416	<a href="https://newportfreelibrary.org/">https://newportfreelibrary.org/</a>	LIBRARY HOURS Monday: Closed / Tuesday: 10 – 6 / Wednesday: 10-2 / Thursday: 10 – 6 / Friday: 1-6 / Saturday: Closed / Sunday: Closed

# Bridges to Belonging

Name	Number	Location	Website	Description
Oriskany Public Library	315-736-2532	621 Utica St. Oriskany, NY 13424	<a href="https://oriskanylibrary.org/">https://oriskanylibrary.org/</a>	LIBRARY HOURS Monday: 1:00 pm – 6:00 pm / Tuesday: 1:00 PM – 6:00 PM / Wednesday: 1:00 pm -6:00 pm / Thursday: 1:00 pm -6:00 pm / Friday: 1:00 pm – 6:00 pm
Oriskany Falls- C.W. Clark Memorial Library	315-821-7850	160 N. Main St. Oriskany Falls, NY 13425	<a href="https://oriskanyfallslibrary.org/">https://oriskanyfallslibrary.org/</a>	LIBRARY HOURS Mondays/Wednesdays/Fridays: 9:30am – 5:30pm / Tuesdays/Thursdays: 2:00pm – 8:00pm / Saturdays: 9:30am – 12:30pm
Poland Public Library	315-826-3112	8849 Main St. Poland, NY 13431	<a href="https://poland.midYork.org/">https://poland.midYork.org/</a>	LIBRARY HOURS Monday: 10:00am - 4:00pm / Tuesday: 10:00am - 4:00pm / Wednesday: 2:00pm - 6:00pm / Thursday: 10:00am - 4:00pm / Friday: 10:00am - 4:00pm / Saturday: Closed / Sunday: Closed
Prospect Free Library	315-896-2736	116 State St. Prospect, NY 13435	<a href="https://prospect.midYork.org/">https://prospect.midYork.org/</a>	Prospect Free Library offers free WiFi. A public computer is available and provides some free digital resources. Mid York Library System cardholders can borrow hardcover and paperback books, audio books, and DVDs. Cardholders can also borrow sporting equipment, a telescope, and passes to some attractions at no or reduced cost. The library offers a variety of artistic, historical, health related, and other exciting programs to the public for free.
Remsen - Didymus Thomas Memorial Library	315-831-5651	9639 Main St. Remsen, NY 13438	<a href="https://remsenlibrary.org/">https://remsenlibrary.org/</a>	LIBRARY HOURS Monday: 1 – 5 / Tuesday: 2 – 6 / Wednesday: 2 – 5 / Thursday: 2 – 6 / Friday: 2- 5 / Saturday: 10 – 1 / Sunday: closed
Rome - Jervis Public Library	315-336-4570	613 N. Washington St. Rome, NY 13440	<a href="https://www.jervislibrary.org/">https://www.jervislibrary.org/</a>	In addition to its large collection of books, Jervis Public Library offers free public-access computers and WiFi, along with low-cost printing, copying, and faxing. Friendly staff are available to help find resources and use digital services, and the library hosts a variety of free programs for all ages. Library cards are free to all visitors. LIBRARY HOURS Monday - Thursday: 8:30am – 8:30pm / Friday: 8:30am – 5:30pm / Saturday: 10am - 3pm / Sunday: Closed
Utica Public Library	315-735-2279	303 Genesee St. Utica, NY 13501	<a href="https://www.uticapubliclibrary.org/">https://www.uticapubliclibrary.org/</a>	The Utica Public Library has an array of services expanding beyond books and media. Here community members have access to free-wifi, a computer lab, and public printers. We offer faxing and notary services, and an abundance of free programming for both adults and children. We have a collection of museum and park passes that allow free or reduced price admission to a number of attractions and institutions. Patrons are able to dive into state and local history by visiting our Genealogy room and looking through old newspapers on our microfilm machines. Teens have access to free hygiene products in the YOU Lockers located in Youth Services. With over a century of service to the Greater Utica Area, The Library remains dedicated to providing information and learning experiences throughout our diverse community. LIBRARY HOURS Monday - Thursday: 9:00 am to 8:00 pm, Friday: 9:00 am to 5:00 pm, Saturday: 9:30 am to 12:30 pm, Sunday: Closed
Vernon Public Library	315-829-2463	4441 Peterboro St. Vernon, NY 13476	<a href="https://vernonpubliclibrary.org/">https://vernonpubliclibrary.org/</a>	LIBRARY HOURS Monday: 12-6 / Tuesday: 4-6 / Wednesday: CLOSED / Thursday: 12-6 / Friday: 4-6 / Saturday: 10 – 4 / Sunday: Closed
Waterville Public Library	315-841-4651	206 White St. Waterville, NY 13480	<a href="https://watervillepl.org/">https://watervillepl.org/</a>	LIBRARY HOURS Monday – Friday: 11-6pm / Saturday: 11-2pm

# Bridges to Belonging

Name	Number	Location	Website	Description
Westernville- Western Town Library	315-827-4118	9172 Main St. Westernville, NY 13486	<a href="https://westerntownlibrary.org/">https://westerntownlibrary.org/</a>	Western Town Library is a public library located at 9172 Main Street in the beautiful lakeside town of Westernville, just below the foothills of the Adirondack Mountains. Our vision is to provide valuable and relevant service to the community we have served for the past 100+ years, and we are dedicated to providing library materials, computer access, and special events to support the community.
West Winfield Library	315-822-6394	179 South St. West Winfield, NY 13491	<a href="https://westwinfieldlibrary.org/">https://westwinfieldlibrary.org/</a>	LIBRARY HOURS Monday: 12:30 – 5:30 / Tuesday: 12:30 – 5:30 / Wednesday: 10-12 – 6-8 / Thursday: 12:30 – 5:30 / Friday: 12:30 – 5:30 / Saturday: Closed during the summer / Sunday: Closed
Westmoreland Reading Cetner	315-853-8001 ext 5	50 Station Rd. Westmoreland, NY 13490	<a href="https://westmoreland.midYork.org/">https://westmoreland.midYork.org/</a>	LIBRARY HOURS Mon. - Closed / Tues. - 4:30 PM – 7:00 PM / Wed. - 10:00 AM – 5:00 PM / Thurs. - 5:30 PM – 8:00 PM / Fri. - Closed / Sat. - 9:00 AM – 12:00 PM / Sun. - Closed
Whitesboro - Dunham Public Library	315-736-9734 ext 301	76 Main St. Whitesboro, NY 13492	<a href="https://whitesborolibrary.org/">https://whitesborolibrary.org/</a>	LIBRARY HOURS Monday – Thursday: 9:00 AM – 8:00 PM / Friday: 9:00 AM – 5:00 PM / Saturday: 10:00 AM – 2:00 PM / Sunday: Closed
Woodgate Free Library	315-392-4814	11051 Woodgate Dr. Woodgate, NY 13494	<a href="https://woodgatelibrary.org/">https://woodgatelibrary.org/</a>	LIBRARY HOURS Monday: 2-7 / Wednesday 2-7 / Thursday: 9-2 / Saturday 9-2

## Volunteer Opportunities and Community Socialization

4 Elements Studio	315-765-6923	809 Court St. Utica, NY 13502	<a href="https://www.4elementsstudio.org/">https://www.4elementsstudio.org/</a>	4 Elements Studio is a community arts center dedicated to engaging and educating the community through various artistic experiences. We strive to provide opportunities and resources to local artists and the general public, including individuals with disabilities, by offering workshops, gallery space, exhibition programs, studio space, and equipment.
	<b>Parkway Center:</b> 315-223-3973	220 Memorial Pkw Utica, NY 13501		
	<b>Verona Beach:</b> 315-235-2029	6734 NYS Rt 13 Verona Beach, NY 13162		
50 Forward Mohawk Valley	<b>West Side:</b> 315-223-3973	717 Court St. Utica, NY 13502	<a href="https://www.50forwardmv.org/">https://www.50forwardmv.org/</a>	50 Forward Mohawk Valley provides programs and services to individuals 50+ empowering them to live healthy and vibrant lives.
Anita's Stevens Swan Humane Society	315-738-4357	5664 Horatio St. Utica, NY 13502	<a href="https://www.anitas-shs.org/services/volunteer/">https://www.anitas-shs.org/services/volunteer/</a>	Are you searching for a meaningful way to give back to the community? Look no further than Anita's Stevens Swan Humane Society! We warmly welcome individuals eager to make a difference through a variety of volunteer opportunities. Joining our team offers rewarding experiences filled with heartwarming moments.
Bikers Against Child Abuse	315-751-1825		<a href="https://bacaworld.org/newyork/syracuse-chapter/">https://bacaworld.org/newyork/syracuse-chapter/</a>	Syracuse Chapter Meetings: Do you want to make a difference in an abused child's life? We are always looking for bikers with the desire to help empower our wounded children not to feel afraid in the world in which they live. Our monthly meetings are the 3rd Thursday of every month at 7:00 pm, and are open to the public. Meetings are currently held at: 516 NY-31 Bridgeport, NY 13030

# Bridges to Belonging

Name	Number	Location	Website	Description
Camden Life Center - Recovery Café Network	315-820-2638	20 Main St. Camden, NY 13316	<a href="https://camdenlifecenter.com/events/">https://camdenlifecenter.com/events/</a>	The School of Recovery is a series of a fun, hobby building/educational opportunity, peer-supported, skill-building classes designed to help individuals strengthen life skills, resilience, and personal growth as part of their recovery journey.
Copper City Community Connection	315-337-8230	305 E. Locust St. Rome, NY 13440	<a href="https://coppercitycommunityconnection.com/">https://coppercitycommunityconnection.com/</a>	Are you looking for a way to stay physically and mentally engaged? Look no further than the senior community outreach programs at Copper City Community Connection in Rome, NY. The center was founded by a Holocaust survivor and employs a close-knit and caring staff. We provide local community events, physical health education, senior exercise classes, aging mastery programs & more!
E98 Art Studio and Gallery	315-240-3048	254 W. Dominick St. Rome, NY 13440	Find them on Facebook and Instagram!	A fun professional technique based art school that teaches on a 1 on 1 individualized curriculum.
Hope House	315-793-3723		<a href="https://hopehouseutica.org/volunteers/">https://hopehouseutica.org/volunteers/</a>	Hope House has served the homeless and needy individuals in Utica, New York since 1992. A local priest saw need in his neighborhood and decided to take the initiative and seek a solution to a resonating problem in the community. Hope House began serving just over 7,000 meals a year and has evolved to serving over 90,000 meals per year. These are numbers that truly demonstrate the drive and commitment to improve the community Hope House has had and has shown no declension over the course of 22 years.
Humane Society of Rome, New York, Inc.	315-336-7070	6247 Lamphear Rd. Rome, NY 13440	<a href="https://humanesocietyrome.com/how-can-i-help/volunteer/">https://humanesocietyrome.com/how-can-i-help/volunteer/</a>	You can help pets in need as a volunteer at the Humane Society of Rome, New York! As a volunteer, you become part of a team committed to providing loving, quality care to pets in need, while also making the community a better place for our pets and their people. Together, we can make a big difference for the animals!
Jewish Community Center	315-733-2343	2310 Oneida St. Utica, NY 13501	<a href="https://jccutica.net/senior-programs/">https://jccutica.net/senior-programs/</a>	Anyone regardless of religion is welcome to participate and utilize the JCC. JCC offers Majong, Bridge, Pickleball, Dinner and a Movie events, and Book Rap! Activities are free or discounted for members, an open to non-members.
Lions Club			<a href="https://www.lionsclubs.org/en/about-us/our-membership/how-our-membership-works">https://www.lionsclubs.org/en/about-us/our-membership/how-our-membership-works</a>	Our association is made up of 1.4 million members in 49,000 clubs who bring hands and hearts to the communities we serve in nearly every country on earth. Our Lions and Leos help hundreds of millions of people every year.
Livable Communities by 50 Forward	315-235-2029 ext 2 315-223-3973 ext 122		<a href="https://livableoneidacounty.com/get-involved/volunteer/">https://livableoneidacounty.com/get-involved/volunteer/</a>	50 Forward Mohawk Valley Volunteer Center offers many opportunities for volunteering: Snow shoveling for older adult neighbors / Drivers for non-emergency medical transportation / Drivers for transportation to 50 Forward MV centers / In-Home Financial Management program / AARP Tax-Aide program / Second Chance Tools used tool store / New 2 U thrift store / Instructors for health and wellness programs / Office and event assistants / Senior Theater group members / Silver Tones choral group members / 50 Forward Jammers group members / Garden club members

# Bridges to Belonging

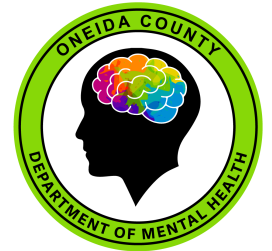
Name	Number	Location	Website	Description
Midtown Utica Community Center (MUCC)		1640 Genesee St. Utica, NY 13502	<a href="https://www.midtownutica.org/">https://www.midtownutica.org/</a>	The Midtown Utica Community Center (MUCC) is an inclusive and multicultural community center in Utica, New York. We are anti-racist, multilingual, and refugee-friendly. Our programming is designed to enhance the safety, health, and educational opportunities of our diverse community.
Mohawk Valley Health System	315-917-9157		<a href="https://www.mvhealthsystem.org/volunteer-services/">https://www.mvhealthsystem.org/volunteer-services/</a>	Our volunteers make a difference helping to care for our patients, residents, their families and friends. They provide support for a number of departments and work closely with our caregivers and staff. MVHS offers a wide range of exciting opportunities for you to volunteer in a healthcare setting.
North Utica Community Center	315-724-2430	50 Riverside Dr. Utica, NY 13502	<a href="https://www.northuticacomunitycenter.com/">https://www.northuticacomunitycenter.com/</a>	The Mission of the North Utica Community Center Inc. is to provide programs and services that foster knowledge, promote health and wellness, support growth and independence, and enrich the quality of life for all ages in the Greater Utica area.
Rescue Mission of Utica	315-735-1645	293 Genesee Street Utica, NY 13501	<a href="https://uticamission.org/get-involved/volunteer/">https://uticamission.org/get-involved/volunteer/</a>	Volunteers bring essential services to every outreach program of the Rescue Mission. Each year, hundreds of people offer their time, talent and goodness of heart to Mission projects that help make a difference in the lives of needy individuals. 837 individuals volunteered 8,620 hours of service to the Mission.
Rome Art and Community Center	315-336-1040	308 W. Bloomfield St. Rome, NY 13440	<a href="https://romeart.org/home/volunteer/">https://romeart.org/home/volunteer/</a>	The Rome Art and Community Center relies on a strong base of dedicated volunteers to operate on a day-to-day basis. It takes many hands to successfully manage big events. Whether it is taking tickets, serving food, or greeting guests, there is something for everyone.
Rome Health	315-338-7219		<a href="https://www.romehealth.org/hospital-volunteer-opportunities-near-rome-ny/">https://www.romehealth.org/hospital-volunteer-opportunities-near-rome-ny/</a>	At Rome Health, volunteers are an integral part of caring for our patients, their families and the hospital staff. In virtually every hospital department, from the emergency room to medical imaging to our skilled nursing facility, volunteers perform tasks that help keep the hospital running smoothly. They are the ones that enable the hospital to offer patients and families that "something extra" to let them know how much we care about their health and well being. There are many opportunities to help in one of the many hospital departments, and we will work with you to put you into a position where you can use your talents. A volunteer is able to help in the hospital, through Rome Health Foundation events and other exciting opportunities that come up at Rome Health.
Rome Rescue Mission	315-337-2516	413 E. Dominick St. Rome, NY 13440	<a href="https://www.romemission.org/volunteer/">https://www.romemission.org/volunteer/</a>	We are dedicated to enhancing our client's lives and providing aid to those in need, but we cannot achieve this without the support and generosity of the people in our community. We ask for your help either through donations or volunteering your time.
Rotary	Use the club search to find the contact information for the club near you!		<a href="https://www.rotary.org/en/get-involved/rotary-clubs">https://www.rotary.org/en/get-involved/rotary-clubs</a>	Rotary clubs bring together people across generations who wish to create lasting change in the world, in their communities, and in themselves. Rotary and Rotaract members around the world strengthen their connections to friends and neighbors taking action through service. From big cities to rural villages, Rotary is changing communities like yours.
Rover's Do Over	<a href="mailto:roversdoover@gmail.com">roversdoover@gmail.com</a>		<a href="https://www.roversdoover.com/volunteer">https://www.roversdoover.com/volunteer</a>	When you volunteer at Rover's Do Over, you become part of a close-knit community dedicated to animal welfare. Our volunteers have a shared passion for creating a safe and loving environment for these furry friends. You'll have the opportunity to build lasting friendships with like-minded individuals who share your values.

# Bridges to Belonging

Name	Number	Location	Website	Description
South Rome Senior Center	315-339-6457	112 Ridge St. Rome, NY 13440	<a href="https://www.facebook.com/SouthRomeSeniors">https://www.facebook.com/SouthRomeSeniors</a>	Our Senior Center was established in 1987 and is still going strong! We're located at 112 Ridge St. Stop by and have a cup of coffee and find out what's happening at the Center! Annual membership is just \$25 per person or \$45 per couple.
Utica City Parkway Recreation Center	315-223-4320	220 Memorial Pkw Utica, NY 13501	<a href="https://cityofutica.com/departments/parks-and-recreation/recreation/recreation-center/index">https://cityofutica.com/departments/parks-and-recreation/recreation/recreation-center/index</a>	The Edward A. Hanna Recreation center, built in 2000, is a multipurpose recreational facility managed by the City of Utica Youth Bureau. This building contains a modified basketball court, weight training station, exercise equipment, walking track, tennis courts, conference area, and also contains the Utica Sport Hall of Fame. It houses Safe Schools after school program and the 50 Forward Senior Center.
Utica Food Pantry	315-724-6000	524 Elizabeth St. Utica, NY 13501	<a href="https://uticafoodpantry.org/give-help/volunteer/">https://uticafoodpantry.org/give-help/volunteer/</a>	We rely on our community to make all that we do happen. Our volunteers define the heart and soul of the Utica Food Pantry. They are people... Who give of themselves to help others in need, Who take delight in working together with others committed to building a stronger community, Whose combined efforts are helping to serve those families in need.
Utica Zoo	315-738-0472	1 Utica Zoo Way Utica, NY 13501	<a href="https://www.uticazoo.org/volunteer/">https://www.uticazoo.org/volunteer/</a>	Do you love animals? Are you looking for a fulfilling way to help out your local community? If so, Utica Zoo is the place for you! The zoo has volunteer opportunities for all. With your support, the zoo can thrive and succeed in our mission of education, conservation, and recreation. We have several volunteer positions to choose from: special events volunteers, administrative volunteers, animal-care volunteers, zoo ambassadors, grounds and maintenance volunteers, and our docent programs. Read below to learn more about volunteer opportunities and read our Volunteer Manual to get started!
YMCA of the Greater Tri-Valley - Membership	Rome: 315-336-3500 Oneida: 315-363-7788	Rome: 301 W. Bloomfield St. Rome, NY 13440  Oneida: 701 Seneca St. Oneida, NY 13421	<a href="https://www.ymcatrivalley.org/membership/membership-rates">https://www.ymcatrivalley.org/membership/membership-rates</a>	Membership at the YMCA of the Greater Tri-Valley includes full access to both the Rome and Oneida Family YMCAs including Child Watch, state-of-the-art fitness centers, pools, therapy centers, and over 40 Group Exercise classes both in the pool and on land each week! You can also enjoy nationwide access to over 2,500 participating YMCAs! Whether visiting our YMCA for one day or joining as a full member, we have options for you and your family that are affordable and meet your needs.  For financial assistance with membership costs please visit <a href="https://www.ymcatrivalley.org/membership/financial-assistance">https://www.ymcatrivalley.org/membership/financial-assistance</a>
YMCA of the Greater Tri-Valley - Volunteer Opportunities	Rome: 315-336-3500 Oneida: 315-363-7788	Rome: 301 W. Bloomfield St. Rome, NY 13440  Oneida: 701 Seneca St. Oneida, NY 13421	<a href="https://www.ymcatrivalley.org/about-us/become-a-volunteer">https://www.ymcatrivalley.org/about-us/become-a-volunteer</a>	YMCA volunteers are a force for good in local communities and beyond. With tens of thousands of dedicated and passionate volunteers across the nation, we are able to positively impact lives in significant and lasting ways.

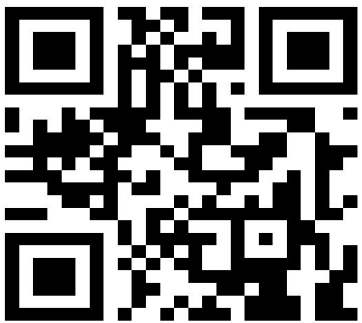


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Director of Community Services

## **Domestic and Sexual Violence Services**



# Domestic and Sexual Violence Services

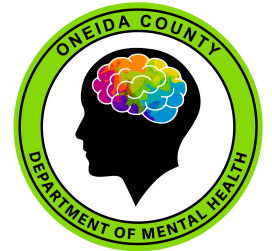
Name	Number	Location	Website	Description
<b>Crisis Services and/or Support Hotline</b>				
National Deaf Domestic Violence Hotline	855-812-1001		<a href="https://www.thehotline.org/get-help/domestic-violence-deaf-services/">https://www.thehotline.org/get-help/domestic-violence-deaf-services/</a>	Through the National Deaf Domestic Violence Hotline (NDDVH), a partnership with the Abused Deaf Women’s Advocacy Services (ADWAS), advocates are available 24/7 via TTY and live chat to help people affected by domestic violence who are Deaf or hard of hearing.
National Domestic Violence Hotline	800-799-7233 TTY: 800-787-3224 Chat: TheHotline.org Text: START to 88788		<a href="https://www.thehotline.org/">https://www.thehotline.org/</a>	Every contact with The Hotline is personal. Some people who reach out to us identify as survivors of abuse, some as concerned friends or family members, and some as abusive partners seeking to change themselves. If you are looking for services available in your area, please contact the National Domestic Violence Hotline via phone (1-800-799-SAFE (7233)), TTY (1-800-787-3224), chat (TheHotline.org), or text (START to 88788).
National Human Trafficking Hotline	888-373-7888		<a href="https://humantraffickinghotline.org/en">https://humantraffickinghotline.org/en</a>	The National Human Trafficking Hotline is a 24/7, confidential, multilingual hotline for victims, survivors, and witnesses of human trafficking.
NY Domestic Violence Hotline	800-942-6906 711 for Deaf or Hard of hearing		<a href="https://www.nyscadv.org/fin-d-help/">https://www.nyscadv.org/fin-d-help/</a>	You can call a confidential domestic violence hotline for crisis help, safety planning, emotional support, and help finding resources in your area including safe shelter, advocacy, counseling, and legal assistance. The New York State Domestic Violence Hotline has access to advocates in 170 languages through interpreter services.
Oneida County - Child Advocacy Center	315-732-3990	1415 Genesee St. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/child-advocacy-center/">https://oneidacountyny.gov/departments/child-advocacy-center/</a>	The Oneida County Department of Family and Community Services Child Advocacy Center (CAC) operates as a multidisciplinary team (MDT) comprised of caseworkers, law enforcement officers, family advocates, medical and mental health providers and the Oneida County District Attorney’s Office. The CAC investigates sexual abuse and serious physical abuse cases and provides a variety of supportive services to families. The MDT offers the availability of most services at one site, with a focus on reducing the trauma experienced by the victims of abuse and their families.
RAINN (Rape, Abuse & Incest National Network)	800-656-4673		<a href="https://rainn.org/after-sexual-assault">https://rainn.org/after-sexual-assault</a>	RAINN (Rape, Abuse & Incest National Network) is the nation’s largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, online.rainn.org y rainn.org/es) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.
YWCA Mohawk Valley- Domestic Violence Hotline - Call or Text	315-797-7740	7 Rutger Pk. Utica, NY 13501	<a href="https://www.ywcamv.org/domestic-sexual-violence-crisis-services">https://www.ywcamv.org/domestic-sexual-violence-crisis-services</a>	YWCA Mohawk Valley provides free, confidential, 24-hour domestic and sexual violence crisis services across Oneida and Herkimer counties. We are the local experts in prevention education, survivor advocacy, and women’s empowerment.

# Domestic and Sexual Violence Services

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<b>Support Services</b>				
Bikers Against Child Abuse	315-751-1825		<a href="https://bacaworld.org/newyork/syracuse-chapter/">https://bacaworld.org/newyork/syracuse-chapter/</a>	Bikers Against Child Abuse, Inc. (B.A.C.A.) exists with the intent to create a safer environment for abused children. We exist as a body of Bikers to empower children to not feel afraid of the world in which they live. We stand ready to lend support to our wounded friends by involving them with an established, united organization. We work in conjunction with local and state officials who are already in place to protect children. We desire to send a clear message to all involved with the abused child that this child is part of our organization, and that we are prepared to lend our physical and emotional support to them by affiliation, and our physical presence. We stand at the ready to shield these children from further abuse. We do not condone the use of violence or physical force in any manner, however, if circumstances arise such that we are the only obstacle preventing a child from further abuse, we stand ready to be that obstacle.
Legal Aid Society - Domestic & Sexual Violence	315-793-7000	120 Bleecker St. Utica, NY 13501	<a href="https://www.lasmny.org/domestic-violence-sexual-assault">https://www.lasmny.org/domestic-violence-sexual-assault</a>	Our Central New York Victim Assistance Project (VAP) provides free civil (non-criminal) legal services to victims of domestic violence, sexual assault, and stalking. Clients generally must have low income and low resources, but we make exceptions in some cases.
National Network to End Domestic Violence	202-543-5566		<a href="https://nnedv.org/contact-us/">https://nnedv.org/contact-us/</a>	NNEDV provides training and assistance for agencies working with survivors of abuse, and has materials and information on our website that assist advocates in supporting survivors. NNEDV is not a direct service provider and is not equipped to provide 24-hour crisis support.
NYS Police Troop D - Crime Victim Specialist Program	315-366-6034	9017 River Rd. Marcy, NY 13403	<a href="https://troopers.ny.gov/crime-victims-specialist">https://troopers.ny.gov/crime-victims-specialist</a>	Domestic violence and sexual violence service providers may offer: 24-hour hotlines, legal advocacy, counseling, emotional support, information and referral services, transitional housing, emergency shelter and assistance with appointments to court or the hospital for a forensic rape exam.
Rome Rescue Mission - Transitional Housing	315-337-2516	413 E. Dominick St. Rome, NY 13440	<a href="https://www.romemission.org/how-we-help/#housing">https://www.romemission.org/how-we-help/#housing</a>	The emergency shelter offers a 14-bed shelter for women and children and a 6-bed emergency shelter for men. You will be welcomed into the mission and provided with a safe and restful environment until you are back on your feet. Food and necessities are available, as well as services for help dealing with addiction, domestic violence, and mental health challenges.
Thea Bowman House - Kids with Promise	315-735-6995	309 Genesee St. Utica, NY 13501	<a href="https://www.theabowmanhouse.org/child-care-programs">https://www.theabowmanhouse.org/child-care-programs</a>	Provides counseling to victims of violence through DOVE (Domestic Violence Ended) for children who are already receiving services through Thea Bowman House.
YWCA Mohawk Valley	315-732-2159	7 Rutger Pk. Utica, NY 13501	<a href="https://www.ywcamv.org/">https://www.ywcamv.org/</a>	YWCA Mohawk Valley is dedicated to our mission of eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all. We do this work every day by demanding racial equity, advocating for women's rights, serving survivors of domestic violence, sexual assault, and child abuse, and supporting our community as a whole.
YWCA Mohawk Valley at the Camden Life Center	315-732-2159	20 Main St. Camden, NY 13316	<a href="https://www.ywcamv.org/">https://www.ywcamv.org/</a>	YWCA Mohawk Valley is dedicated to our mission of eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all. We do this work every day by demanding racial equity, advocating for women's rights, serving survivors of domestic violence, sexual assault, and child abuse, and supporting our community as a whole. A YWCA representative will be at the Camden Life Center on the Third Tuesday of the month.

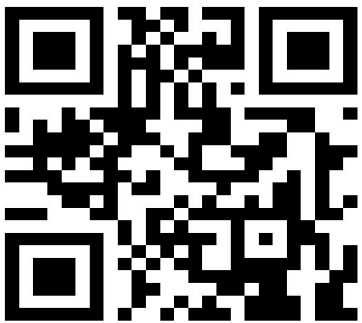


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Commissioner for Mental Health  
Director of Community Services

## Education and Employment Services



# Education and Employment Services

Name	Number	Location	Website	Description
ACCES-VR	315-793-2536 800-624-6206	207 Genesee St. Utica, NY 13501	<a href="https://www.acces.nysed.gov/vr">https://www.acces.nysed.gov/vr</a>	Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR) starts with the presumption that all individuals with disabilities can benefit from vocational rehabilitation services and should have opportunities to work in jobs integrated within their communities. Vocational Rehabilitation Counselors guide individuals through service programs they need to reach their employment goal.
Central Association for the Blind and Visually Impaired "CABVI" - Employment	315-797-2233 ext. 3811	507 Kent St. Utica, NY 13501	<a href="https://www.cabvi.org/services/vocational-training/">https://www.cabvi.org/services/vocational-training/</a>	The Central Association for the Blind and Visually Impaired (CABVI) can help pave the way to rewarding employment opportunities. Meaningful employment is more than just a source of income – it is a source of pride. In addition to opportunities within CABVI, we offer a variety of employment programs to address specific vocational needs in the community for people who are blind or visually impaired.
Empowered Pathways - Women's Employment and Resource Center "WERC"	315-724-1718	502 Court St. Suite 234 Utica, NY 13502	<a href="https://www.empoweredpathwayscnyc.org/womens-employment-resource-center">https://www.empoweredpathwayscnyc.org/womens-employment-resource-center</a>	Some of the topics we cover are: <ul style="list-style-type: none"> <li>•Computer and Microsoft Office training: Word, Excel, PowerPoint</li> <li>•The latest trends in resumé &amp; cover letter writing</li> <li>•Essential &amp; proactive job searching and interview preparation – Before, During &amp; After</li> <li>•Strengthening your transferable and soft skills</li> <li>•How to give your best first impression</li> <li>•Customer service training that works!</li> <li>•Problem Solving and Time Management strategies</li> <li>•Guest speakers covering top career topics</li> <li>•Individualized follow-up assistance with your job search</li> </ul>
Human Technologies - Education & Employment	315-724-9891	2260 Dwyer Ave. Utica, NY 13501	<a href="https://htcorp.net/">https://htcorp.net/</a>	Human Technologies, a 501(c)(3) not-for-profit Social Enterprise with a mission to create employment for people with disabilities, is headquartered in Utica, New York with operations throughout New York State, Pennsylvania, Delaware, and northern Virginia.
iHealth Utica - Occupational Medical Provider	315-507-2465	51 N. Genesee St. Utica, NY 13502	<a href="https://www.ihealthutica.com/">https://www.ihealthutica.com/</a>	iHealth Utica is an occupational medical provider. We specialize in patient centered care. We provide businesses and their employees with access to testing and physicals necessary to keep you on the job. Coast Guard/Merchant Mariner, Pre-employment, DOT exams, 19A Bus Driver Exams, Silica Exams, HazMat, Fire Department Physicals, Police, Return to Work, Fit for Duty, Audiometric screenings, DMV Vision Tests, Urine Drug Screens, Breath Alcohol test, TB, PPD, TD, MMR, Pulmonary Function Testing (PFT), Respirator Fit testing, EKG, Lead/ZPP Blood draws, Titers, Hep, Varicella, MMR draws, B-read Chest X-Rays.
Madison-Oneida BOCES	315-361-5500	4837 Spring Rd. Verona, NY 13478	<a href="https://www.moboces.org/">https://www.moboces.org/</a>	Preparing adults for the future is the goal of the BOCES Consortium of Continuing Education (BCCE). Programs provide education and job training skills that are essential in today's technology.
Midtown Utica Community Center - Education	315-496-1791	43 Scott St. Utica, NY 13501	<a href="https://www.midtownutica.org/programs">https://www.midtownutica.org/programs</a>	At MUCC, our commitment to education extends to both refugee and non-refugee community members, and it is rooted in the principles of cultural sensitivity and inclusivity. Our approach ensures that program staff can engage with students where they are, creating a safe and welcoming environment that celebrates cultural diversity and diverse language acquisition journeys. MUCC offers academic tutoring, Adult literacy and education (ALE), Summer youth employment programs, research with local colleges and universities, and internship opportunities.

# Education and Employment Services

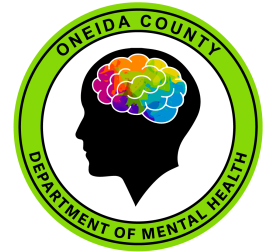
Name	Number	Location	Website	Description
Mohawk Valley Community College "MVCC" - Center for Corporate & Community Education	315-792-5300	1101 Sherman Dr. Utica, NY 13501	<a href="https://www.mvcc.edu/cced/">https://www.mvcc.edu/cced/</a>	Community Education provides professional, business, and leisure learning opportunities that can help you open doors, satisfy curiosities, and meet the challenges of living and working every day in the Mohawk Valley. Classes are for all ages and are all non-credit. Locations include MVCC's Utica and Rome campuses and various locations in Oneida County.
Mohawk Valley Community College "MVCC" - Test Assessing Secondary Completion "TASC" Testing Center - (the new GED)	315-731-5802	1101 Sherman Dr. Utica, NY 13501	<a href="https://www.mvcc.edu/placement-testing/tasc-equivalency.php">https://www.mvcc.edu/placement-testing/tasc-equivalency.php</a>	Residents of Oneida County and prospective MVCC students looking to earn their high school equivalency or general education diploma (GED) can take their Test Assessing Secondary Completion (TASC™) — the new national high school equivalency exam — at our Utica Campus. The TASC is free for New York State residents (residency requirements determined by the NYS Board of Education). MVCC offers computer based TASC testing only.
Mohawk Valley Latino Association	315-864-6419	28 Scott St. 1st Floor Utica, NY 13501	<a href="https://www.mvlautica.org/education.html">https://www.mvlautica.org/education.html</a>	MVLA helps our Latino community register their children for school, look for programs and courses of their interest and support them in their academic training.
Oneida County - Employment Division	315-266-6191	Utica DSS: 800 Park Ave. Utica, NY 13501  Rome DSS: 100 W. Dominick St. Rome, NY 13440	<a href="https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/employment/">https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/employment/</a>	The Oneida County Employment Division is responsible for assisting Temporary Assistance and Supplemental Nutrition Assistance Program (SNAP) recipients in securing employment and reducing or eliminating the need for continued public assistance. The division collaborates with community agencies to provide a wide range of education, training, and job readiness services.
Oneida County - Workforce Development	315-798-5543	209 Elizabeth St. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/workforce-development/">https://oneidacountyny.gov/departments/workforce-development/</a>	Oneida County has always welcomed and nurtured advanced and emerging technology and industries. Employers who make specialized products and perform highly specialized services have created a new niche of careers that blend high technology and high skills in a hands-on work environment.
Oneida-Herkimer-Madison BOCES	315-793-8563	4747 Middle Settlement Rd. New Hartford, NY 13413	<a href="https://www.oneida-boces.org/domain/23">https://www.oneida-boces.org/domain/23</a>	Through the Madison-Oneida BOCES in Verona, N.Y., continuing education programs are provided for adults in the areas of basic education, high school equivalency preparation, non-career and technical education courses and career and technical education courses. Programs prepare adults to enter the labor force and also upgrade occupational competencies of those already employed. The programs are provided at the BOCES campus, Mohawk Valley Community College and in several locations throughout the region.
RCIL - Employment Services	315-797-4642	131 Genesee St. Utica, NY 13502	<a href="https://www.rcil.com/services/employment-services/">https://www.rcil.com/services/employment-services/</a>	Provides advocacy, support, and mentoring to help individuals with disabilities to acquire/maintain employment.

# Education and Employment Services

Name	Number	Location	Website	Description
Rescue Mission of Utica - Employment	315-735-1645 ext. 2112	293 Genesee St Utica, NY 13501	<a href="https://uticamission.org/programs/skills-for-success-job-training/">https://uticamission.org/programs/skills-for-success-job-training/</a>	"Skills for Success" is a job training program in partnership with Mohawk Valley Community College, Youth Build. This program educates and equips students in the construction field giving them skills for successful and meaningful employment.
The Arc - Employment Solutions	315-927-0171	245 Genesee St. Utica, NY 13501	<a href="https://www.thearc.org/services/employment-solutions/">https://www.thearc.org/services/employment-solutions/</a>	Provides work for pay opportunities within community-based and facility-based job sites throughout Lewis and Oneida counties. Training and clinical supports are provided based on individuals needs.
The Center - Employment and Workforce Development	315-738-1083 ext. 136	201 Bleecker St. Utica, NY 13501	<a href="https://www.thecenterutica.org/our-services/employment-and-workforce-development/">https://www.thecenterutica.org/our-services/employment-and-workforce-development/</a>	Find your next job now. We work with over 80 employers in Upstate New York, connecting refugees, immigrants, secondary migrants, limited English proficient individuals, and others directly with the available workforce.
The Neighborhood Center - Assisted Competitive Employment	Utica: 315-272-2661  Rome: 315-272-2736	15-17 Hopper St. Utica, NY 13501  199 W. Dominick St. Rome, NY 13440	<a href="https://www.neighborhoodctr.org/behavioral-health-care-services/adult-recovery-services/">https://www.neighborhoodctr.org/behavioral-health-care-services/adult-recovery-services/</a>	Assisted Competitive Employment (ACE) is offered through Adult Recovery Services program and offers assistance to members in helping them achieve their employment and educational goals. You must be a member of ARS to participate. ACE helps by empowering and supporting individuals with mental illness in obtaining and maintaining competitive employment with as much or as little support as needed.
The Neighborhood Center - Employment Services	315-272-2682	17 Hopper St. Utica, NY 13501	<a href="https://www.neighborhoodctr.org/behavioral-health-care-services/adult-recovery-services/">https://www.neighborhoodctr.org/behavioral-health-care-services/adult-recovery-services/</a>	The Employment Services program does not require membership with ARS. This program offers additional assistance to the individual with obtaining and maintaining employment. The Employment Services program staff will provide as much assistance needed per individual until the individual is able to perform independently. An individual will remain a client of the Employment Services program for three months after obtaining and maintaining employment.
Upstate Caring Partners - Community Health & Behavioral Services "CHBS" - Certified Community Behavioral Health Clinic - Psychiatric Rehabilitation Services	Utica: 315-798-8868  Rome: 315-337-0773	1002 Oswego St. Utica, NY 13502  207 W. Dominick St. Rome, NY 13440	<a href="https://www.upstatecp.org/behavioral-health/">https://www.upstatecp.org/behavioral-health/</a>	CHBS UCP's CCBHC supports employment and educational goals through integrated psychiatric rehabilitation services. These include on-site occupational therapy and staff trained in supported employment, vocational rehabilitation, and educational navigation to enhance independence and community inclusion.
Upstate Caring Partners "UCP" - Employment	315-725-2181	125 Business Park Dr. Utica, NY 13502	<a href="https://www.upstatecp.org/vocational/">https://www.upstatecp.org/vocational/</a>	Upstate Caring Partners' vision is to empower people through exceptional opportunities. We provide services linking job seekers and employers together in order to help individuals build and maintain the careers of their choice.
Working Solutions	Utica: 315-207-6951	209 Elizabeth St. Utica, NY 13501	<a href="https://www.working-solutions.org/">https://www.working-solutions.org/</a>	Whether you need to find a job, change jobs or build your job skills, Working Solutions can help. We can make your search easier and provide you with expert guidance and quality resources.

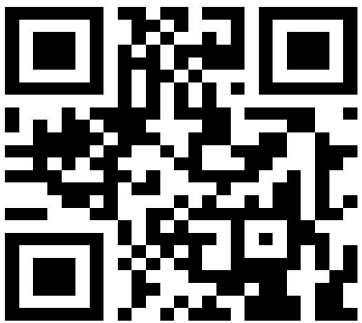


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## Emergency and Disaster Resources

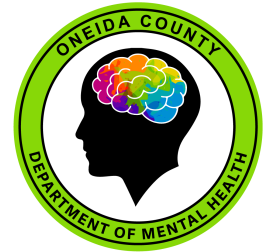


# Emergency and Disaster Resources

Name	Number	Location	Website	Description
American Red Cross - Emergency Shelter Hotline	315-733-4666		<a href="https://www.redcross.org/get-help/disaster-relief-and-recovery-services/find-an-open-shelter.html">https://www.redcross.org/get-help/disaster-relief-and-recovery-services/find-an-open-shelter.html</a>	Everyone is welcome at a Red Cross shelter and all disaster assistance is free. We provide aid to all those in need, regardless of race, religion, gender identity, sexual orientation or citizenship status. We don't require people to show any kind of identification to enter a Red Cross shelter, just their name and where they were living before the disaster. The Red Cross is also committed to helping people with a wide range of needs, including people with disabilities and mental illnesses, whether they are children or seniors.
Disaster and Flood Recovery Hotline	800-339-1759		<a href="https://www.dfs.ny.gov/consumers/disaster_flood">https://www.dfs.ny.gov/consumers/disaster_flood</a>	For assistance in the aftermath of a disaster or flood in NYS.  Undocumented New Yorkers who have been impacted by a disaster should call the Office for New Americans (ONA) Hotline at (800) 566-7636 between 9:00am and 8:00pm, Monday through Friday. Hotline assistance is available in over 200 languages.
Disaster Distress Helpline	800-985-5990		<a href="https://www.samhsa.gov/find-help/disaster-distress-helpline">https://www.samhsa.gov/find-help/disaster-distress-helpline</a>	A disaster or tragedy often brings out strong emotions, such as anxiety, worry and anger, and people may want help in dealing with their feelings.  The Disaster Distress Helpline (DDH) is the first national hotline dedicated to providing year-round disaster crisis counseling. This toll-free, multilingual, crisis support service is available 24/7 to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters.
Oneida County - Emergency Services	Emergency Dial 911  315-765-2527	120 Base Rd. Oriskany, NY 13424	<a href="https://oneidacountyny.gov/departments/emergency-services/">https://oneidacountyny.gov/departments/emergency-services/</a>	Use our site as a resource for the Oneida County 911 live feed, emergency planning, and guidance on disaster prevention and mitigation.  Emergency Planning in Inclusive Communities "EPIC" - EPIC's mission is to promote inclusivity in emergency planning through education, training, and collaboration. We empower organizations to develop comprehensive emergency plans that are inclusive of disability and access and functional needs.
Oneida County - Temporary Assistance "TA"	Utica DSS: 315-798-5804  Rome DSS: 315-356-2840	Utica DSS: 800 Park Ave. Utica, NY 13501  Rome DSS: 100 W. Dominick St. Rome, NY 13440	<a href="https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/income-maintenance-ta-snap-and-heap/temporary-assistance/">https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/income-maintenance-ta-snap-and-heap/temporary-assistance/</a>	The Oneida County Temporary Assistance Division provides emergency assistance to eligible households facing issues such as eviction or utility shut off. Ongoing TA provides eligible households with a monthly grant for essential needs such as rent and utilities.
YMCA of the Greater Tri-Valley	315-363-7788	Rome: 301 W. Bloomfield St. Rome, NY 13440  Oneida: 701 Seneca St. Oneida, NY 13421	<a href="https://www.ymcatrivalley.org/">https://www.ymcatrivalley.org/</a>	During emergencies and disasters the YMCA is available for showers and to charge phones.

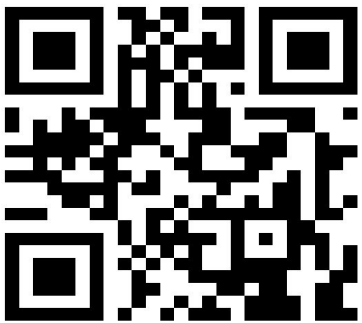


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## **Food and Clothing Resources**



# Food and Clothing Resources

Name	Number	Location	Website	Description
Angels Among Us Food Pantry	315-732-8521	66 Oxford Rd. New Hartford, NY 13413	<a href="https://www.stjohnsnh.com/angels-among-us-food-pantry">https://www.stjohnsnh.com/angels-among-us-food-pantry</a>	Operation of the pantry is normally scheduled on the second and fourth Saturdays of the month from 10:00 to 12:00. The pantry is affiliated with the Central New York Food Bank located in Syracuse. Food Security Assistance
Backyard Hope	<a href="mailto&gt;Hello@BackyardHope.org">Hello@BackyardHope.org</a> <a href="https://backyardhope.org">Hope.org</a>		<a href="https://backyardhope.org/">https://backyardhope.org/</a>	Offering group assistance delivered to a school district or organization contact for pick-up. Available are Food Assistance, and Dignity Bags. Dignity Bags are filled with everyday essentials like shampoo conditioner, soap, toothpaste, toothbrushes, and more. Each bag can be customized for the event. Food Security Assistance
Camden Life Center Emergency Food Pantry	315-820-2638	20 Main St. Camden, NY 13316	<a href="https://camdenlifecenter.com/#">https://camdenlifecenter.com/#</a>	The Camden Life Center's Emergency Food Pantry provides essential support to individuals and families facing food insecurity and is available during our regular business hours. Additionally, our Outdoor Food Pantry and Community Fridge are accessible 24/7 which are located along the back side of our parking lot, ensuring food support is always available, even when our main services are closed. Food Security Assistance
Catholic Charities - Community Assistance	315-724-2158 ext. 2248	1408 Genesee St. Utica, NY 13502	<a href="https://www.catholiccharities.org/community-assistance">https://www.catholiccharities.org/community-assistance</a>	Services include: Emergency Food Vouchers: (limited availability), Personal Hygiene Items: Service can be utilized once every 30 days while supplies last, Utility Assistance: Supporting you in maintaining essential services, Referrals to Other Providers: Connecting you with additional resources and support Clothing Food Security Assistance
Catholic Charities Of Oneida/Madison Counties- Rome Food Pantry	315-337-8600	199 W. Dominick St. Rome, NY 13440	<a href="https://www.catholiccharities.org/food-pantry">https://www.catholiccharities.org/food-pantry</a>	Provides food to households within the Rome service area. Days of Operation: Tuesday through Friday, 9:30am -11:30am and 1:15pm - 3:15pm We welcome donations of canned, boxed or frozen foods. Also has a Pet Pantry Food Security Assistance
Central NY Health Home Network, Inc. "CNYHHN"	315-624-9670	268 Genesee St. Suite 202 Utica, NY 13502	<a href="https://www.cnyhealthhome.net/cnyhhn-1">https://www.cnyhealthhome.net/cnyhhn-1</a>	Comprehensive Care Management offers clients access to more timely and appropriate care based on a comprehensive assessment of medical, behavioral, rehabilitative and social needs. Food Security Assistance
Church of the Holy Family Food Pantry	315-363-3280 315-829-2486	4352 Peterboro St. Vernon, NY 13476	<a href="https://spiritofhopecatholic.org/holy-family-vernon/">https://spiritofhopecatholic.org/holy-family-vernon/</a>	Regular food pantry is every Friday from 9am-10:30am and the first Monday of each month from 4:30pm-5:30pm. <u>Fresh Food Pantry</u> - Provides fresh food including fruits, vegetables, pastries, breads and sometimes meats to those in need. Walk in during business hours. By lottery, numbers picked as early as 2:30PM. Must be a resident of the VVS school district Food Security Assistance

# Food and Clothing Resources

Name	Number	Location	Website	Description
Church on the Rock	315-280-4044	164 Madison St. Oneida, NY 13421	<a href="https://www.yourcotr.com/community-center">https://www.yourcotr.com/community-center</a>	<p><u>Clothing Store</u> - The clothing store at COR Community Center exists to help families and individuals in our community who may struggle being able to afford suitable clothing. Gently used clothing and small home goods are donated by generous individuals in our local community.</p> <p><u>Food Pantry</u> - The cost of groceries for most families have skyrocketed. Many families have struggled to make ends meet and have had to make decisions between paying bills and other costs with putting food on the table. The food pantry, which works with the Food Bank of CNY, provides households with a large box of assorted food for meals once a month to help families get by. Emergency boxes can also be made available if necessary.</p> <p><u>Soup Kitchen</u> - Lunches are provided for families and individuals in need, 3 days a week on Tuesday, Wednesday and Thursday. Each meal is unique and prepared by dedicated volunteers in an industrial kitchen onsite. These meals are open to anyone in the community and guests are invited to stay, eat and fellowship with both staff and neighbors in a warm and friendly setting.</p>
Cluster 13 Ministries - Community Assistance/ Camden Area Food Pantry	315-245-5758	84 Main St. Camden, NY 13316	<a href="https://cluster13ministries.org/">https://cluster13ministries.org/</a>	<p>Cluster 13 partners with the Camden Area Food Pantry which is housed under our roof. In addition, we operate the "Clothing Connection" which is a retail store run completely by volunteers which accepts donations of good quality, used clothing for resale at ridiculously low prices. Proceeds from the shop help support our other activities but the biggest reason for keeping prices so low is to minister to folks who otherwise might not be able to buy suitable clothing at normal retail prices.</p> <p>Food... Clothing... Shelter, basic necessities for survival... Cluster 13 helps with all three, thanks to all of our volunteers, financial, and spiritual supporters!</p> <p>The Hours for the pantry are: Tuesday and Thursday 10am to 12:30pm</p>
CNY Food Bank	315-437-1899		<a href="https://www.foodbankcny.org/">https://www.foodbankcny.org/</a>	<p>Our food distribution center is 74,000 square feet: 25,000 square feet for refrigerated/frozen foods and 36,000 square feet for dry goods. Our transportation staff make door to door deliveries to the emergency food network Monday through Friday within our 11-county service area: Cayuga, Chenango, Cortland, Herkimer, Jefferson, Lewis, Madison, Oneida, Onondaga, Oswego, and St. Lawrence.</p>

# Food and Clothing Resources

Name	Number	Location	Website	Description
Community Action Partnership - WIC Oneida	Oneida: 315-363-3210	1072 Northside Shopping Center Oneida, NY 13421		Herkimer, Madison, and Oneida Counties, Tri-County Community Action Program provides women and children with WIC services. Pregnant women, new mothers, and children under age five can use the program to learn more about health and obtain financial support for nutrient dense foods.
	Rome: 315-356-4755	139 W. Dominick St. Rome, NY 13440		Our WIC program serves Rome, Utica, Oneida, Herkimer, and surrounding areas. If you're a resident of the state of New York and you meet NY WIC eligibility criteria, you can receive the support you and your child need for a healthy start.
	Utica: 315-798-5066	617 South St. Utica, NY, 13501	<a href="https://www.wicstrong.com/agency/tri-county/">https://www.wicstrong.com/agency/tri-county/</a>	Food Security Assistance
Connected Community Schools - Food Giveaway Program	315-272-7498	207 N. James St. Rome, NY 13440	<a href="https://connectedcommunitieschools.org/">https://connectedcommunitieschools.org/</a>	Provides a food pantry and personal care items. Accepts donations at the same time and location.
Country Pantry	315-272-5267	7616 E. South St. Clark Mills, NY 13321	<a href="https://www.thecountrypantry.org/">https://www.thecountrypantry.org/</a>	The Country Pantry provides non perishable foods and fresh produce to families and individuals in need. We serve people in Clinton, Clark Mills and Westmoreland. We also provide referrals to SNAP, WIC, HEAP, Catholic Charities, Counseling and 211 Help Center.
End of the Month Food Pantry	860-614-4124	934 Sunset Ave. Utica, NY		Operates the last seven days of the month 3:00p-6:00p for Residents of Utica. Please call for more information.
Feed Our Vets	315-982-0698 315-525-9206	502 Broad Street Utica, NY 13501	<a href="https://feedourvets.org/">https://feedourvets.org/</a>	Since February 2009, Feed Our Vets has provided free food assistance to over 52,000 Veterans, active-duty members and their families, distributing 3.85 million pounds of food, and over \$275,000 in gift cards. Feed Our Vets mission is to help Veterans in the United States, their spouses and children, whose circumstances have left them on the battlefield of hunger, and to involve the public in fighting Veteran hunger. Wednesdays 2:3--5:30pm, and the Third Saturday of the month 8:30-am-3:30pm for veterans and their families.
First Presbyterian Church of Utica	315-732-5111 315-542-5446	1605 Genesee St. Utica, NY 13501	<a href="https://firstpresbyterianschurch10.godaddysites.com/abou-us">https://firstpresbyterianschurch10.godaddysites.com/abou-us</a>	Still located at 1605 Genesee Street, Utica. The Clothes Closet provides free clothing for those in need and is currently open Tuesdays and Thursdays from 9:30 am to 11:30 am (same hours as the Seeds of Hope Food Pantry). We are so thankful for all the years of donations and ministry that the dedicated volunteers have provided. You make a difference.

# Food and Clothing Resources

Name	Number	Location	Website	Description
	<b>Boonville:</b> 315-269-5407	200 Post St. Boonville, NY 13309		
	<b>Camden:</b> 315-820-2638	20 Main St. Camden, NY 13316		
	<b>Holland Patent:</b> 315-865-5854	7835 Church St. Holland Patent, NY 13354		
	<b>Lee Center:</b> 315-271-5548	6285 Hawkins Corners Rd. Lee Center, NY 13363		
	<b>Oriskany Falls:</b> 315-821-6130	201 Main St. Oriskany Falls, NY 13425		
<b>Food \$en\$e</b>	<b>Utica:</b> 315-801-7011	1408 Genesee St. Utica, NY 13502	<a href="https://foodbankcny.org/our-programs/food-sense-program/">https://foodbankcny.org/our-programs/food-sense-program/</a>	Food Security Assistance

Food \$en\$e is a monthly food buying co-op for anyone who wants to stretch their grocery dollars. This program provides a monthly box of 12-15 staple grocery items at a discounted price. There are no qualifications, no subscription, and no requirements to participate. Each package costs \$20.50 without limitation to the number of packages you may buy. Please visit <https://www.foodbankcny.org/our-programs/food-sense-program/> for more information on the program and to view the monthly menu.

The Thrift Shop is a low-cost variety shop. Its mission is to offer gently-used clothing, housewares, and much more to our neighbors in need, at very low prices. The shop is open to the public. All profits, after expenses, support our food pantry. In these hard economic times, we are here to help all families clothe themselves and stretch their family budgets.

The Food Pantry is open for regular hours. We will meet you at your vehicle and bring your food out to you. Bring address verification for anyone 18+ in the home. Appointments highly recommended as we have had to turn clients away towards the end of the day. See site for the months available dates.

**Foothills Rural  
Community Ministry and  
Food Pantry**

7835 Church St.  
Holland Patent, NY 13354  
315-865-5854  
<https://www.foothillsruralcommunityministry.org/home>

Clothing  
Food Security Assistance

# Food and Clothing Resources

Name	Number	Location	Website	Description
<b>Grace Church - St. Margaret's Food Pantry at Grace Church</b>	<b>315-733-7575</b>	11 Devereux St. Utica, NY 13501	<a href="https://www.gracechurchuti.cany.org/">https://www.gracechurchuti.cany.org/</a>	Provides a food pantry for individuals in need. Eligibility: Individuals residing in Downtown Utica. Application Process: Call or walk-in for information and services. Required Documentation: Proof of address and a form of ID. Food Pantry Hours: Tuesdays 10:00a-5:00p in Auditorium Thrift Store Hours: Fridays 10:00am-1:00pm in Auditorium and Gym
<b>Greater Highway Deliverance Church</b>	<b>315-980-1591</b>	1705 Whitesboro St. Utica, NY	<a href="https://ghdtutica.org/">https://ghdtutica.org/</a>	Operates Wednesday, Thursday, and Saturday 1:00pm-3:00pm for local residents based on need.
<b>Helping Hands Food Pantry</b>	<b>315-942-2626</b>	105 Ann St. Boonville, NY 13309	<a href="https://boonvillegmc.org/Donate">https://boonvillegmc.org/Do nate</a>	The Food Pantry at Boonville Methodist Church exists to serve individuals and families in our community who are facing food insecurity. Rooted in Christ's call to care for one another, this ministry provides essential groceries and household items to those in need—no questions asked and no judgment given. Open on a regular schedule, the pantry is stocked through the generous donations of church members, local partners, and volunteers who are committed to making sure no one in our community goes hungry. Whether you need assistance or want to help serve others, the Food Pantry is a place of hope, dignity, and compassion.
<b>Hope House</b>	<b>315-793-3723</b>	112 South St. Utica, NY 13501	<a href="http://hopehouseutica.org/">http://hopehouseutica.org/</a>	Hope House began serving just over 7,000 meals a year and has evolved to serving over 90,000 meals per year. These are numbers that truly demonstrate the drive and commitment to improve the community. Hope House has had and has shown no declension over the course of 22 years. Open on Sundays.
<b>Johnson Park Center - Nutrition</b>	<b>315-734-9608</b>	1404 West St. Utica, NY 13501	<a href="http://johnsonparkcenter.org/nutrition/">http://johnsonparkcenter.or g/nutrition/</a>	Any person or family who is low-income can come to our Pantry. There is no referral or identification needed, and no residency requirement. The Food Pantry is located at 1402 West Street (adjacent to the JPC main building), and is open in the evenings to meet the needs of working families. During open hours, visitors can pick up a selection of nutritious staple foods. Each household may come up to twice per month, and more frequently if in a time of special need. Open Monday – Wednesday, 3 p.m. to 6 p.m. with two monthly Drive Thru. Located at 1404 West Street, 1st Floor Youth Feeding Program - We know that many of the young people who come to our Youth Programs are hungry and in need, so we serve a hot, nutritious meal and healthy snack each day
<b>Karing Kitchen</b>	<b>315-363-2450</b>	116 West Grove St. Oneida, NY 13421	<a href="https://www.facebook.com/p/Karing-Kitchen-100068570196803/">https://www.facebook.com/ p/Karing-Kitchen- 100068570196803/</a>	Karing Kitchen remains open to all regardless of residence, age or income thanks to our donors, OACC, United Way of Mid Rural New York, and the Food Bank of CNY.

# Food and Clothing Resources

Name	Number	Location	Website		Description
Kids for Utica	315-797-0418	959 Bleeker St. Utica, NY 13501	<a href="https://kidsforutica.com/">https://kidsforutica.com/</a>	Food Security Assistance	Food is distributed to families with children.
Matthew's Place	315-942-5636	165 Main St. Boonville, NY 13309	<a href="https://matthewsplace.myny.biz/">https://matthewsplace.myny.biz/</a>	Clothing Food Security Assistance	Thrift store earnings cover routine expenses, buying perishable food items for the food pantry, and support for other community outreach programs that benefit children, veterans, and the underprivileged.
Mobile Food Pantry	315-820-2638		<a href="https://foodbankcny.org/community-programs/#mobile-food-pantry">https://foodbankcny.org/community-programs/#mobile-food-pantry</a>	Food Security Assistance	Mobile Food Pantry (MFP) helps bring fresh, healthy food directly to communities with limited food access. These drive-through style distributions provide pre-packed boxes filled with perishable food items, including fresh fruits and vegetables, dairy products, and bread.
Mohawk Valley Church Food Pantry	315-732-8867	9427 Maynard Dr. Marcy, NY 13403	<a href="https://211midyork.org/detail.php?s=1&amp;id=23490385">https://211midyork.org/detail.php?s=1&amp;id=23490385</a>	Food Security Assistance	Assists individuals and families once every month by providing enough food for 3 days. Eligibility: Residents of the Towns of Deerfield, Marcy, North Utica, Oriskany, Yorkville, Whitesboro and (New York Mills only if handicapped) who meet income guidelines; call for information Application Process: Walk-in
Morrow Warming Center	315-735-8586	500 Plant St. Utica, NY 13502	<a href="https://cornerstoneutica.com/morrow-wc">https://cornerstoneutica.com/morrow-wc</a>	Food Security Assistance	The Morrow Warming Center was started in December of 2020 in the midst of the pandemic as a low barrier/ harm reduction emergency overnight shelter for people experiencing homelessness during NY's code blue season. Provides dinners nightly, and lunch bag during the day if needed to the homeless.
Mother Marianne's West Side Kitchen	315-735-3289	702 Columbia St. Utica, NY 13502	<a href="https://mmwsk.org/">https://mmwsk.org/</a>	Food Security Assistance	Mother Marianne's West Side Kitchen serves hot lunches from 11:30 to 12:30 Monday through Friday, and a bag lunch on Saturday and Sunday.
Mt. Calvary Baptist Church	315-337-0674	203 Erie Blvd. E. Rome, NY	<a href="http://www.mtcalvaryrome.org">www.mtcalvaryrome.org</a>	Food Security Assistance	Open the 4th Wednesday of the Month from 4:00-5:00pm.
Muslim Community Association	315-982-7918	1621 Kemble St. Utica, NY	<a href="https://us.mohid.co/ny/syracuse/mcamv">https://us.mohid.co/ny/syracuse/mcamv</a>	Food Security Assistance	By appointment only for members of the association.

# Food and Clothing Resources

Name	Number	Location	Website	Description
				MVCC Food Pantry The Utica Campus food pantry is located in the Learning Commons (WH144). It is open on a "to-go" format. Please contact C3 staff at c3@mvcc.edu to inquire how to place an order and schedule a pick up location and time. All are welcome!
		1101 Sherman Dr. Utica, NY 13501		MVCC Campus Cupboard Campus Cupboard is a food pantry located in the Library Wing of Rome Campus in room PC102A that provides quick heat-and-eat breakfast, lunch, dinner, and health snacks items to students in need as part of the C3 program. The Cupboard also provides food items to take home and cook in addition to hygiene items, some paper products, school supplies, and gently used professional attire. Networking services with community providers are also provided. Students can walk in or call to schedule an appointment. The pantry is available whenever the Rome Campus is open. All services are free and confidential.
<b>MVCC Campus Food Pantry</b>	<b>315-334-7752</b>	1101 Floyd Ave. Rome, NY	<a href="https://mvcc.edu/c3/daily-living-needs.php">https://mvcc.edu/c3/daily-living-needs.php</a>	Food Security Assistance
<b>My Father's House</b>	<b>315-534-0969</b>	921 Sunset Ave. Utica, NY	<a href="https://www.ltimny.org/services">https://www.ltimny.org/services</a>	Food Security Assistance
			<a href="https://www.nifa.usda.gov/sites/default/files/resources/Federal%20Food%20Assistance%20Resources.pdf">https://www.nifa.usda.gov/sites/default/files/resources/Federal%20Food%20Assistance%20Resources.pdf</a>	Open Saturdays 11:00-12:30pm for residents of Utica.
<b>National Hunger Hotline</b>	<b>866-348-6479</b>			For general food assistance questions, please contact the USDA National Hunger Hotline to find soup kitchens and pantries in your area. Calls are free of charge.
			<a href="https://www.50forwardmv.org/new-2-u/new-2-u-thrift-store/">https://www.50forwardmv.org/new-2-u/new-2-u-thrift-store/</a>	
<b>New 2 U Thrift Store</b>	<b>315-624-7438</b>	726 Washington St. Utica, NY 13501		Clothing
			<a href="https://oneidanewhope.church/food-bank/">https://oneidanewhope.church/food-bank/</a>	
<b>New Hope Food Pantry</b>	<b>315-363-8227</b>	1904 West Rd. Oneida, NY 13421		Food Security Assistance
			<a href="https://211midyork.org/detail.php?&amp;s=1&amp;id=23477725">https://211midyork.org/detail.php?&amp;s=1&amp;id=23477725</a>	
<b>New Life Assembly of God Food Pantry</b>	<b>315-363-8531</b>	4704 St. Rt. 365 Oneida, NY 13421		Food Security Assistance
				Available to residents of the City of Oneida, and Towns of Oneida Castle, Sherrill, Vernon, and Verona. Come in the back doors of the church. We are glad to be able to help. Tuesdays from 1:00pm-3:00pm.

# Food and Clothing Resources

Name	Number	Location	Website	Description
Oneida County - Office for the Aging and Continuing Care - Senior Nutrition	315-798-5456	120 Airline St. Suite 201 Oriskany, NY 13424	<a href="https://oneidacountyny.gov/departments/office-for-aging-and-continuing-care/programs/senior-nutrition/">https://oneidacountyny.gov/departments/office-for-aging-and-continuing-care/programs/senior-nutrition/</a>	<p>This program targets frail, homebound individuals, age 60 and older, and is available at a suggested donation of \$2.75 per meal. Donations are voluntary and confidential, and no one will be denied a meal for their inability to contribute. All home delivered meals are frozen and all are delivered on one day per week and the client must be home to get them. Weekend meals are provided for those who are considered to be nutritionally at risk. Shelf Stable meals are provided in advance for the winter if meals cannot be delivered due to the weather.</p> <p>Delivery of meals also serves as a monitoring system to check on each person's wellbeing. No meal is left without either visual or verbal confirmation the client is alright. In the event that a client is found unwell, in an emergency situation, or not home when expected to be there the meals the driver will report back to their supervisor who will notify the Office for the Aging for follow-up and necessary action.</p>
Oneida County - Supplemental Nutrition Assistance Program "SNAP"	Utica DSS: 315-798-5502 Rome DSS: 315-356-2840	Utica DSS: 800 Park Ave. Utica, NY 13501 Rome DSS: 100 W. Dominick St. Rome, NY 13440	<a href="https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/income-maintenance-ta-snap-and-heap/">https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/income-maintenance-ta-snap-and-heap/</a>	<p>The Oneida County Supplemental Nutritional Assistance Program (SNAP) is a program of the United States Department of Agriculture that provides financial assistance to low income households to supplement their food budgets and help alleviate food insecurity.</p>
Oneida County - Temporary Assistance "TA"	Utica DSS: 315-798-5804 Rome DSS: 315-356-2840	Utica DSS: 800 Park Ave. Utica, NY 13501 Rome DSS: 100 W. Dominick St. Rome, NY 13440	<a href="https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/income-maintenance-ta-snap-and-heap/temporary-assistance/">https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/income-maintenance-ta-snap-and-heap/temporary-assistance/</a>	<p>The Oneida County Temporary Assistance Division provides emergency assistance to eligible households facing issues such as eviction or utility shut off. Ongoing TA provides eligible households with a monthly grant for essential needs such as rent and utilities.</p>
Rescue Mission of Utica - Food Service Department	315-735-1645 ext. 2130	201 Rutger St. Utica, NY 13501	<a href="https://uticamission.org/programs/food-service/">https://uticamission.org/programs/food-service/</a>	<p>Our Food Service Department continues to provide its vital, nutritious meal service program to the hungry, homeless, addicted and disabled individuals in Utica and the Mohawk Valley. Daily we provide three meals to our 130 residents in addition to serving a walk-in population from the community a hot "To-Go" breakfast, a "To-Go" bag lunch, and hot "To-Go" dinner meal. This is made possible by the generosity of a giving and caring community who provides much of our raw foods through in-kind donations.</p>

# Food and Clothing Resources

Name	Number	Location	Website	Description
Rescue Mission of Utica - Community Service Program	315-735-1645 ext. 2108	1013 West St. Utica, NY 13501	<a href="https://uticamission.org/programs/community-service-program/">https://uticamission.org/programs/community-service-program/</a>	Community Services Program at the Rescue Mission includes <u>Dr. Alap A. Butala Food Pantry Program</u> - Our Food Box program has changed to a client-choice pantry program where families get to pick their own food; up to 15 meals per person in the household. Families receive a balanced package of fruits, vegetables, grains, and proteins. Not only do we provide the food, but also counseling, advocacy and referrals to help with other critical needs. We strongly believe it is important to keep the family together in their homes and not have parents bring their children to the Mission for meals. <u>Community Meal Program</u> - Free, nutritious meals are available during breakfast, lunch and dinner to anyone from the community who is hungry. <u>Community Clothing Room</u> - The clothing room is currently open to the public every other Tuesday from 9:00am – 12:00pm.
Rescue Mission of Utica - Thread of Life Thrift Store	315-735-1645 ext. 2104	130 Oriskany Blvd. Whitesboro, NY 13492	<a href="https://uticamission.org/programs/thread-of-life-thrift-store/">https://uticamission.org/programs/thread-of-life-thrift-store/</a>	Our Food Service Department continues to provide its vital, nutritious meal service program to the hungry, homeless, addicted and disabled individuals in Utica and the Mohawk Valley. Daily we provide three meals to our 130 residents in addition to serving a walk-in population from the community a hot “To-Go” breakfast, a “To-Go” bag lunch, and hot “To-Go” dinner meal. This is made possible by the generosity of a giving and caring community who provides much of our raw foods through in-kind donations.
Rome Rescue Mission	315-337-2516	413 E. Dominick St. Rome, NY 13440	<a href="https://www.romemission.org/">https://www.romemission.org/</a>	Local Residents of Rome are available to come 9:00-10:00 am, 12:00-1:00, or 4:00-5:30pm Monday through Friday, and 9:00-10:00, and 12:00-1:00pm Saturday and Sundays. For emergency food pantry call for an appointment.
Salvation Army of Rome	315-336-4260	410 W. Dominick St. Rome, NY 13440	<a href="https://easternusa.salvationarmy.org/empire/rome/">https://easternusa.salvationarmy.org/empire/rome/</a>	Salvation Army Programs are led by Salvation Army Officers. These officers are responsible to lead by assessing needs, delivering programs and directing ministries for our local community. From serving food to balancing the books, they function as the Executive Directors and the Pastors for the Salvation Army Rome Corps. Food by appointment only 10:00-2:00pm Thursdays.
Salvation Army of Utica	315-724-8736	12 Clinton Pl. Utica, NY 13501	<a href="https://easternusa.salvationarmy.org/empire/cure-hunger/">https://easternusa.salvationarmy.org/empire/cure-hunger/</a>	Salvation Army Programs are led by Salvation Army Officers. These officers are responsible to lead by assessing needs, delivering programs, and directing ministries across Upstate New York and Sayre County, Pennsylvania. Majors Kevin and Cheriann Stoops function as the Executive Directors and the Pastors for The Salvation Army Empire State Division.

# Food and Clothing Resources

Name	Number	Location	Website	Description
Sauquoit Valley Friends and Neighbors Food Pantry	315-839-5303	2348 Main St. Clayville, NY 13322	<a href="https://www.facebook.com/people/Sauquoit-Valley-Friends-Neighbors/100064743694473/">https://www.facebook.com/people/Sauquoit-Valley-Friends-Neighbors/100064743694473/</a>	Provides a food pantry for individuals in need. Residents of the Sauquoit Valley School District who meet low-income guidelines; call for more information. Application Process: Call or walk in. Required Documentation: Proof of address and income. Fees: None.
Seeds of Hope Food Pantry	315-732-5111	1605 Genesee St. Utica, NY 13501	<a href="https://sohutica.wixsite.com/seedsofhope">https://sohutica.wixsite.com/seedsofhope</a>	Seeking to reflect God's love, we are an interactive community providing supplemental nutritional needs while offering hospitality, education and advocacy for our neighbors.
St. John The Baptist Catholic Church	917-952-5452	210 E. Dominick St. Rome, NY	<a href="https://www.stmarysstpeters.com/">https://www.stmarysstpeters.com/</a>	Operates on the second Friday of the Month at 2:00pm.
St. John's - St. Francis Outreach Food Pantry and Bakhita Community Center	315-724-6159	240 Bleecker St. Utica, NY 13501	<a href="https://historicalstjohnschurch.com/community-outreach">https://historicalstjohnschurch.com/community-outreach</a>	The Daughters of Charity and volunteers and is now called The Bakita Community. Through this ministry, St. John's tends the needs of the people in its parish who may be struggling with financial stability as well as working with The Center and the Refugee community.  Open three days a week for 1-2 hours each day, St. John's serves 180 households or an average of 600 people every month. Many are monthly visitors so keeping the shelves stocked and organizing inventory is an important aspect of this ministry, it also is where volunteers can help. Between the Utica Food Bank, the generosity of our people and grants from area organizations, the Food Pantry can fulfill the call to "feed my people."
St. Joseph's Food Pantry - Bill Gavin Food Pantry	315-533-6655	5748 Stokes Lee Center Rd. Lee Center, NY 13363	<a href="https://211midyork.org/detail.php?&amp;s=1&amp;id=23395949">https://211midyork.org/detail.php?&amp;s=1&amp;id=23395949</a>	Provides a food pantry to individuals in need. Eligibility: Residents of the Towns of Ave and Lee, and Town of Westernville residing West of Route 46, who meet income guidelines; call for information. Application Process: Call or walk-in for information and services. Required Documentation: Proof of address. Fees: None.
St. Margaret's Food Pantry at Grace Church	315-733-7575	11 Devereux St. Utica, NY 13501	<a href="https://211midyork.org/detail.php?id=23490003">https://211midyork.org/detail.php?id=23490003</a>	Provides a food pantry for individuals in need. Eligibility: Individuals residing in Downtown Utica. Application Process: Call or walk-in for information and services. Required Documentation: Proof of address and a form of ID. Fees: None.
St. Patrick's & St. Mary's Food Pantry	315-942-4618 ext. 105	9004 East River Rd. Forestport, NY 13338	<a href="https://www.christourhoper.org/outreach/food-pantry/">https://www.christourhoper.org/outreach/food-pantry/</a>	Open to all, the Food Pantry at St. Patrick's Church is open by appointment. For food assistance call 315-942-4618, extension 105, and leave a message with your unblocked phone number. A volunteer will return your call to schedule an appointment.

# Food and Clothing Resources

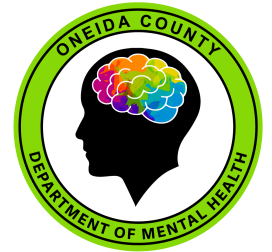
Name	Number	Location	Website	Description
St. Peter's Mission of the Christ Child Food Pantry	315-281-9492	400 Floyd Ave. Rome, NY 13440	<a href="https://www.stmarysstpeters.com/wp-content/uploads/2022/08/Mission-of-the-Christ-Child-web-Documents-Aug-2022.pdf">https://www.stmarysstpeters.com/wp-content/uploads/2022/08/Mission-of-the-Christ-Child-web-Documents-Aug-2022.pdf</a>	Food Security Assistance It is open every Tuesday from 9:00 a.m. until 11:00 a.m. Patrons register upon arrival and are offered fresh fruits and vegetables, breads and baked goods. Canned goods and grocery items are also available from the pantry. Our volunteer staff of 10 to 15 people operate the kitchen, preparing home cooked meals, freezing them and making them available to the patrons.
Tangerine Grove Food Pantry	315-792-3375	1600 Burrstone Rd. Utica, NY	<a href="https://www.utica.edu/directory/tangerine-grove">https://www.utica.edu/directory/tangerine-grove</a>	Food Security Assistance The Tangerine Grove food pantry provides food and hygiene products to any student or employee at Utica University in need. We aim to provide food and personal health resources to help all those in the Utica University community reach their fullest potential.
Thea Bowman House, Inc.	315-797-0748	309 Genesee St. Utica, NY 13501	<a href="https://www.theabowmanhouse.org/pantry">https://www.theabowmanhouse.org/pantry</a>	Clothing Food Security Assistance Our food pantry is open three days a week to neighbors in West Utica. Come in during pantry hours to complete an application to register for monthly groceries. Mondays, Wednesdays, and Thursdays from 12:30pm-3:00pm. On Wednesdays, our clothing shop (located behind Mother Marianne's West Side Kitchen) is open for perusing our gently-loved clothes, available at no cost.
Town of Verona - Verona Food Pantry	315-480-4174	6600 Germany Rd. Durhamville, NY 13054	<a href="https://veronany.gov/community/verona-food-pantry">https://veronany.gov/community/verona-food-pantry</a>	Food Security Assistance The Food Pantry serves about 100 Town of Verona families a month. Anyone in need of some food can stop in with a driver's license or document showing proof of address. Food donations are accepted at the Town Office Building, the Verona Post Office (5731 Rock Road), and during food pantry hours. Open tuesdays 1:00pm-2:30pm, and Thursdays 5:30pm-7:00pm
TRI-County WIC at the Camden Life Center	315-820-2638	20 Main St. Camden, NY 13316	<a href="https://camdenlifecenter.com/events/">https://camdenlifecenter.com/events/</a>	Food Security Assistance WIC helps pregnant women, new mothers, and children under the age of five learn about health and provides assistance in obtaining nutrient-dense foods. Income requirements may surprise you and many people qualify & don't know it. Even working families may qualify. Stop in to the CLC for assistance with applying. WIC will be on-site the first Thursday of the month from 9:30-3:00pm.
Trinity United Methodist Church Community Cupboard	315-736-7233	8595 Westmoreland Rd. Whitesboro, NY 13492	<a href="https://211midyork.org/detail.php?&amp;s=1&amp;id=29046809">https://211midyork.org/detail.php?&amp;s=1&amp;id=29046809</a>	Food Security Assistance Provides a food cupboard with 24/7 access to individual in need. Eligibility: Residents of Herkimer, Madison, and Oneida counties. Application Process: Walk-in. Required Documentation: None. Fees: None.

# Food and Clothing Resources

Name	Number	Location	Website	Description
Utica Center for Development - Veterans Food Pantry/Donation Room	315-765-0975	726 Washington St. Utica, NY 13502	<a href="https://www.ucdevelopment.org/veteran-services">https://www.ucdevelopment.org/veteran-services</a>	<p>The UCD could not be more proud of our ability to be able to serve our veteran clientele and our community members with our food pantry and donation room. Both are stocked by our incredible donors and also with funding directly from our agency. Our food pantry and donation room are available to all veterans twice a month, and non veterans as one time use. Operating hours for the food pantry/donation room are 9 AM to 1 PM Monday through Friday. Please contact our front desk to find out what we accept for non-food donations.</p> <p>Clothing Food Security Assistance</p>
Utica Food Pantry	315-724-6000	524 Elizabeth St. Utica, NY 13501	<a href="https://uticafoodpantry.org/">https://uticafoodpantry.org/</a>	<p>The Utica Food Pantry is here to help you in your time of need. We provide food to supplement your main grocery sources. The Pantry serves the residents of the City of Utica who meet The Emergency Food Assistance Program (TEFAP) income eligibility requirement. Once eligibility is determined, we will assess your needs to find resources that may assist you additionally. Open Mondays, Wednesdays, and Thursdays 11:00am-1:00pm.</p> <p>Food Security Assistance</p>
Vienna/ North Bay Food Pantry	315-281-5352	2477 Eckel Rd. Blossvale, NY		<p>Operates on the fourth Tuesday of the month for residents of the Blossvale area and surrounding towns with proof of address.</p> <p>Food Security Assistance</p>
Waterville Area Food Pantry	315-725-8790	145 Stafford St. N. Waterville, NY		<p>Operates on the fourth Tuesday of the month from 9:00am-12:00pm, and 3:30-5:00pm for Waterville School District Residents.</p> <p>Food Security Assistance</p>
Westminster Moriah Olivet Presbyterian Church Food Pantry	315-724-8604	714 Washington St. Utica, NY 13502	<a href="https://211midyork.org/detail.php?&amp;s=1&amp;id=23412320">https://211midyork.org/detail.php?&amp;s=1&amp;id=23412320</a>	<p>Assists individuals and families once every month by providing enough food for 3 days. Eligibility: City of Utica residents within pantry boundaries. Application Process: Walk-in. Required Documentation: Proof of address, proof of income and proof of number in household. Fees: None. Open Tuesdays 1:00pm-3:00pm</p> <p>Food Security Assistance</p>
Zion Episcopal Church	315-336-5170	725 N. Washington Rome, NY	<a href="http://www.zionrome.org">www.zionrome.org</a>	<p>Community Dinner 4:00-6:00pm 4th Saturday of the month.</p> <p>Food Security Assistance</p>

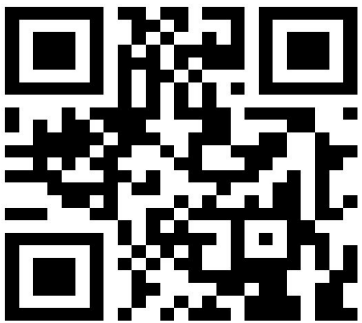


**Oneida County System of Care**  
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**Ashlee L. Thompson**  
Commissioner for Mental Health  
Director of Community Services

## **Forensic and Legal Services**



# Forensic and Legal Services

Name	Number	Location	Website	Description
<b>Crisis Services and/or Support Hotline</b>				
Crime Victims Hotline	866-689-4357		<a href="https://www.thehotline.org/what-to-expect-when-you-contact-us/">https://www.thehotline.org/what-to-expect-when-you-contact-us/</a>	Every contact with The Hotline is personal. Some people who reach out to us identify as survivors of abuse, some as concerned friends or family members, and some as abusive partners seeking to change themselves.
Legal Aid Society - Hotline	877-777-6152		<a href="https://www.lasmny.org/">https://www.lasmny.org/</a>	The Legal Aid Society of Mid New York, Inc., is a not-for-profit law office. We provide free counsel, advice, and legal representation in civil matters. Our service area spans 13 counties across central New York State. We believe in and practice justice for all. We advocate and stand up for the most vulnerable in our community.
NYS Bar Association Lawyer Referral Hotline	800-342-3661		<a href="https://ww2.nycourts.gov/courts/6jd/tompkins/family/lawyer.shtml">https://ww2.nycourts.gov/courts/6jd/tompkins/family/lawyer.shtml</a>	If you don't have a lawyer and think you have a legal problem, the answer may be as convenient as your telephone. The New York State Bar Association's Lawyer Referral and Information Service is here to help you.
NYS Office of Crime Victims Hotline	800-247-8035		<a href="https://ovs.ny.gov/contact-us">https://ovs.ny.gov/contact-us</a>	Office of Victim Services Resource Connection
NYS Office of New Americans Hotline	800-566-7636		<a href="https://dos.ny.gov/office-new-americans">https://dos.ny.gov/office-new-americans</a>	Through its statewide network of community-based providers, ONA assists all new Americans in accessing and navigating a variety of free services and supports their inclusion as an integral part of New York State's diverse cultural fabric.
<b>Legal Programs</b>				
Empowered Pathways CNY	315-724-1718	502 Court St. Suite 234 Utica, NY 13502	<a href="https://www.empoweredpathwayscny.org/">https://www.empoweredpathwayscny.org/</a>	The mission of Empowered Pathways is to help people create self-directed solutions and move forward with their lives through education, advocacy, and empowerment. Empowered Pathways offers Restorative practices for youth, schools, families, and workplaces, Alternative Dispute Resolution, family mediation, small claims cases resolution, facilitation services, Surrogate Decision-Making Committee, and WERC.
Empowered Pathways CNY - Alternate Dispute Resolution	315-724-1718	502 Court St. Suite 234 Utica, NY 13502	<a href="https://www.empoweredpathwayscny.org/alternate-dispute-resolution">https://www.empoweredpathwayscny.org/alternate-dispute-resolution</a>	The highly trained and experienced staff and volunteers at Empowered Pathways offer a variety of dispute resolution services.
Empowered Pathways CNY - Surrogate Decision Making Committee	315-724-1718	502 Court St. Suite 234 Utica, NY 13502	<a href="https://www.empoweredpathwayscny.org/surrogate-decision-making-committee">https://www.empoweredpathwayscny.org/surrogate-decision-making-committee</a>	The Surrogate Decision-Making Committee (SDMC) program is an alternative to the court system and is authorized to provide consent for non-emergency major medical treatment and end-of-life care decisions for people who qualify.
Helio Health - Forensic Case Management	315-765-0733	502 Court St. Utica, NY 13502	<a href="https://www.helio.health/in-community/criminal-justice-support-services/">https://www.helio.health/in-community/criminal-justice-support-services/</a>	Works with individuals at risk of being incarcerated as well as with inmates from the Oneida County Correctional Facility who have a need for community-based services upon their release from confinement.
Legal Aid Society	315-793-7000	120 Bleecker St. Utica, NY 13501	<a href="https://www.lasmny.org/">https://www.lasmny.org/</a>	You may qualify for services, based on your income and family size. To find out if you qualify, call or visit an office near you. If you are 60 or older, or if you are a victim of family violence, you may qualify for our services even if you are not low-income. Please apply for services by calling our Toll-Free helpline at 1-877-777-6152. We handle elder law, estate planning, family court, social security disability benefits, mortgage foreclosure and more (must apply & qualify for services).

# Forensic and Legal Services

Name	Number	Location	Website	Description
Mental Hygiene Legal Services "MHLS"	315-266-4670	207 Genesee St. 16th Floor Utica, NY 13501	<a href="https://www.nycourts.gov/courts/ad4/MHLS/index.shtm">https://www.nycourts.gov/courts/ad4/MHLS/index.shtm</a>	The Mental Hygiene Legal Service, Fourth Judicial Department to ensure the continued constitutional validity, and the overall legality, of the system of admission, retention, and care and treatment of individuals pursuant to the Mental Hygiene Law, and to represent individuals in guardianships and in certain other proceedings initiated due to concerns over the status of their mental health. This duty must be carried out in a way that recognizes the concerns of the public, and enforces and respects the rights of the individuals involved.
Oneida County - Public Defender's Office - Criminal Division	315-798-5870	250 Boehlert Center 321 Main St. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/public-defender-criminal/">https://oneidacountyny.gov/departments/public-defender-criminal/</a>	The Oneida County Public Defender's Office, Criminal Division, assists with representing indigent criminal defendants throughout Oneida County. The Public Defender's Office provides quality legal assistance to individuals charged with a crime who are financially unable to retain private counsel. The Public Defender's Office handles criminal matters ranging from violations, misdemeanors, felonies, adolescent offenses, parole violations and appeals.
Oneida County Bar Association Lawyer Referral Program	315-724-4901	258 Genesee St. Suite 302 Utica, NY 13502	<a href="http://www.oneidacountybar.org">www.oneidacountybar.org</a>	Provides referrals to attorneys based on law practice specialty.
Oneida County Law Library	315-266-4610	235 Elizabeth St. Utica, NY 13501	<a href="https://ww2.nycourts.gov/courts/5jd/oneida/index.shtm">https://ww2.nycourts.gov/courts/5jd/oneida/index.shtm</a>	Provides legal reference information and materials to support the courts, county offices, attorneys, and the general public.
Oneida County Legal Services Program	315-798-5456	120 Airline St. Suite 201 Oriskany, NY 13424	<a href="https://oneidacountyny.gov/departments/office-for-aging-and-continuing-care/programs/legal-services/">https://oneidacountyny.gov/departments/office-for-aging-and-continuing-care/programs/legal-services/</a>	The Legal Services Program provides legal outreach services for adults over the age of 60 to obtain legal services. Qualifying seniors are afforded a 1-hour consultation with an attorney.

## Legal Services for Citizenship

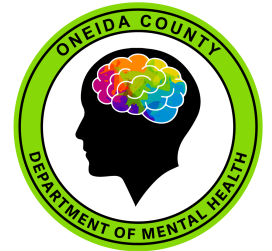
The Center - Immigration & Citizenship	315-738-1083 ext. 125	201 Bleecker St. Utica, NY 13501	<a href="https://www.thecenterutica.org/our-services/immigration-and-citizenship/">https://www.thecenterutica.org/our-services/immigration-and-citizenship/</a>	Are you interested in becoming a U.S. citizen? Do you have questions regarding immigration? The Center offers immigration and citizenship services to help you feel at home in the Utica community.
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## Legal Services for Seniors

Estate Planning Law Center	315-793-3622	555 French Rd. New Hartford, NY 13413	<a href="https://eplawcenter.com/crisis/">https://eplawcenter.com/crisis/</a>	Let us take the burden of dealing with the legal hassles so you can tend to your personal family needs.
Hilton Estate & Elder Law, LLC	Utica: 315-624-9600  Boonville: 315-942-4444	2100 Genesee St. Utica, NY 13502  119 Schuyler St. Boonville, NY 13309	<a href="https://www.hiltonlawny.com/">https://www.hiltonlawny.com/</a>	Our attorneys and staff have over 120 years of combined legal support experience and are qualified to represent you in all estate planning needs, including special needs trusts and guardianship proceedings. Whether you need help to complete a Will, Power of Attorney and Health Care Proxy or wish to create a Trust to avoid lengthy probate issues, insulate your assets from Nursing Home costs and/or to avoid paying unnecessary taxes on the transfer of assets, all you have to do is call our professional lawyers.

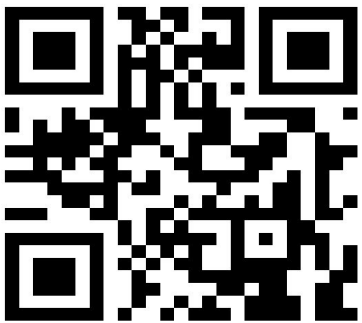


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Director of Community Services

## **Gambling Addiction Services and Supports**



# Gambling Addiction Services and Supports

Name	Number	Location	Website	Description
<b>Crisis Services and/or Support Hotline</b>				
Central Problem Gambling Resource Center	315-413-4676		<a href="https://nyproblemgamblinghelp.org/gambling-help/">https://nyproblemgamblinghelp.org/gambling-help/</a>	People experiencing challenges with gambling, or their loved ones, can call our Central Region helpline for support. Referrals to therapy for youth, adults, and family members/loved ones. Peer support and additional resources tailored to individual needs.
Gamblers Anonymous Hotline	855-222-5542		<a href="https://www.gamblersanonymous.org/ga/hotlines">https://www.gamblersanonymous.org/ga/hotlines</a>	GAMBLERS ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.
Gambling and Chemical Dependency HOPEline	877-846-7369 Text HOPENY		<a href="https://oasas.ny.gov/hopeline">https://oasas.ny.gov/hopeline</a>	The HOPEline is available 24/7/365 via Call or Text The HOPEline is staffed by specially trained and supervised mental health professionals with training in addiction and people with lived addiction experience or peer advocates that are available at the request of the caller. HOPEline provides Crisis Intervention Support, including de-escalation and collaboration to connect to 911.
National Council on Problem Gambling - "NCPG" Gambling Hotline	800-426-2537		<a href="https://www.ncpgambling.org/help-treatment/about-the-national-problem-gambling-helpline/">https://www.ncpgambling.org/help-treatment/about-the-national-problem-gambling-helpline/</a>	National Problem Gambling Helpline (1-800-GAMBLER) is operated by the National Council on Problem Gambling. The helpline serves as a one-stop hub connecting people looking for assistance with a gambling problem to local resources. This network includes 28 contact centers which cover all 50 states and the U.S. territories.

## Clinical Treatment

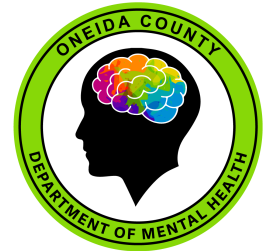
Helio Health - Outpatient Services	315-724-5168	500 Whitesboro St. Utica, NY 13502	<a href="https://www.helio.health/treatment/gambling-disorders/">https://www.helio.health/treatment/gambling-disorders/</a>	Helio Health's Gambling Treatment Program is available to individuals who believe they may have a gambling addiction. The program offers both individual and group counseling sessions geared toward developing problem-solving strategies and other skills that lead to long-term abstinence from gambling. Our Gambling Treatment Program accepts Medicaid, some insurances, and offers a sliding fee scale.
McPike Addiction Treatment Center "ATC"	315-738-4465	1213 Court St. Utica, NY 13502	<a href="https://oasas.ny.gov/location/mcpike-addiction-treatment-center">https://oasas.ny.gov/location/mcpike-addiction-treatment-center</a>	McPike Addiction Treatment Center is a 68-bed inpatient facility located in Utica, New York, on the campus of the Mohawk Valley Psychiatric Center (MVPC). The Center provides a proven individualized program for adult men and women with a chemical addiction. McPike offers Medication Assisted Treatment "MAT" as an inpatient treatment option.
Upstate Caring Partners - Community Health & Behavioral Services "CHBS" - Certified Community Behavioral Health Clinic	Utica: 315-798-8868  Rome: 315-337-0773	1002 Oswego Street Utica, NY 13502  207 West Dominick Street, Rome, NY 13440	<a href="https://www.upstatecp.org/behavioral-health/">https://www.upstatecp.org/behavioral-health/</a>	CHBS UCP's CCBHC - Individuals identified with gambling-related concerns are assessed during intake and referred to specialized services as part of the individualized treatment plan and care coordination process.

## Prevention

Center for Family Life and Recovery	315-733-1709	502 Court St. Utica, NY 13502	<a href="https://www.whenthereshelpthereshope.com/services/prevention-services/">https://www.whenthereshelpthereshope.com/services/prevention-services/</a>	The Center for Family Life and Recovery Inc. (CFLR Inc.) has been providing prevention services in Oneida and Herkimer Counties for over 40 years. As the only NYS OASAS certified prevention program in Oneida County, CFLR Inc. delivers a comprehensive range of services targeting mental health, substance use, and behavioral issues. Our approach involves multiple tiers of support, catering to the needs of children, families, schools, and the community.
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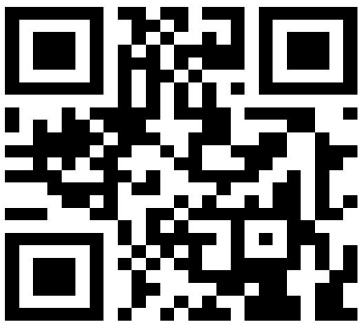


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## Health Care Resources and Services



# Health Care Services and Resources

Name	Number	Location	Website	Description
<b>Crisis Services and/or Support Hotline</b>				
Essential Community Services Hotline	211		<a href="https://www.211midyork.org/">https://www.211midyork.org/</a>	211 Mid-York makes it easier to find answers to solve life's problems. Professional telecounselors are ready to talk with you 24/7, 365 days of the year or you can search this website. We give you the most comprehensive listing of health and human services resources in Madison, Oneida, and Herkimer counties. We are your community connection, providing answers and assistance so you can take action.
Health Information, Advice and Referral Hotline	315-464-8668 800-464-8668		<a href="https://www.upstate.edu/hospital/connect/">https://www.upstate.edu/hospital/connect/</a>	Contact our professional staff of RNs for the most up-to-date health information—available 24 hours a day—on a wide variety of diagnoses and health issues. Our nurses can provide information over the phone or even mail it to you free of charge. And, if you have an immediate health problem, they can help you to decide what to do.
HIV/AIDs Information - English Hotline	800-541-2437		<a href="https://www.health.ny.gov/diseases/aids/consumers/condoms/resources.htm">https://www.health.ny.gov/diseases/aids/consumers/condoms/resources.htm</a>	You can get new needles at a syringe exchange. Call 1-800-541-2437 to find a syringe exchange or a drugstore that sells syringes. For Spanish speakers, call 1-800-233-7432.
HIV/AIDs Information - Spanish Hotline	800-233-7432		<a href="https://www.health.ny.gov/diseases/aids/consumers/condoms/resources.htm">https://www.health.ny.gov/diseases/aids/consumers/condoms/resources.htm</a>	You can get new needles at a syringe exchange. Call 1-800-541-2437 to find a syringe exchange or a drugstore that sells syringes. For Spanish speakers, call 1-800-233-7432.
NYS Medicaid Hotline	800-541-2831		<a href="https://www.health.ny.gov/health_care/medicaid/program/contact.htm">https://www.health.ny.gov/health_care/medicaid/program/contact.htm</a>	Medicaid pays for a wide-range of services, depending on your age, financial circumstances, family situation, or living arrangements. These services are provided through a large network of health care providers that you can access directly using your Medicaid card or through your managed care plan if you are enrolled in managed care. Some services may have small co-payments, which can be waived if you cannot afford them.
Poison Control Hotline	800-222-1222		<a href="https://www.upstate.edu/poison/">https://www.upstate.edu/poison/</a>	The toll-free Poison Help line which connects you to your local poison center, is your resource for help in a poisoning emergency. When you call, you will speak with a specially trained nurse, pharmacist, or doctor at your local poison center.
<b>Urgent Cares</b>				
iHealth Utica - Occupational Medical Provider	315-507-2465	51 N. Genesee St. Utica, NY 13502	<a href="https://www.ihealthutica.com/">https://www.ihealthutica.com/</a>	iHealth Utica is an occupational medical provider. We specialize in patient centered care. We provide businesses and their employees with access to testing and physicals necessary to keep you on the job. Coast Guard/Merchant Mariner, Pre-employment, DOT exams, 19A Bus Driver Exams, Silica Exams, HazMat, Fire Department Physicals, Police, Return to Work, Fit for Duty, Audiometric screenings, DMV Vision Tests, Urine Drug Screens, Breath Alcohol test, TB, PPD, TD, MMR, Pulmonary Function Testing (PFT), Respirator Fit testing, EKG, Lead/ZPP Blood draws, Titters, Hep, Varicella, MMR draws, B-read Chest X-Rays.
MedGo Walk-in	315-300-7199	131 Oriskany Blvd. Whitesboro, NY 13492	<a href="https://medgowalkin.com/">https://medgowalkin.com/</a>	Not feeling well or just need an annual exam? We do it all! We also perform sports physicals and referrals for injuries. We will see any patients from ages 1 and on! Whether you're sick or only need some routine maintenance, we're here for you!
Slocum Dickson Urgent Care	315-798-1400	1729 Burrstone Rd. New Hartford, NY 13413	<a href="https://sdmg.com/urgent-care/">https://sdmg.com/urgent-care/</a>	Delivering prompt, personalized medical care with a single-problem focus for individuals over 2 years of age for minor (non life-threatening) health problems such as sprains, broken bones, cuts, backaches, job-related injuries, and common illnesses.

# Health Care Services and Resources

Name	Number	Location	Website	Description
<b>WellNow Urgent Care - New Hartford</b>	<b>315-275-3046</b>	4754 Commercial Dr. New Hartford, NY 13413	<a href="https://www.wellnow.com/urgent-care-centers/new-york/new-hartford/4754-commercial-drive-13413/?_gl=1*irz7lg*_up*MQ..*_gs*Ng..&amp;gclid=EAlaIqobChMI9o-knsOejwMV1bMDAB0i7xP4E_BAYASAAEgK-vvD_BwE&amp;gclidsrc=aw.ds&amp;gbr_aid=0AAAAADAvkTukRfcmO_zlHltY_zDhfvb1ku">https://www.wellnow.com/urgent-care-centers/new-york/new-hartford/4754-commercial-drive-13413/?_gl=1*irz7lg*_up*MQ..*_gs*Ng..&amp;gclid=EAlaIqobChMI9o-knsOejwMV1bMDAB0i7xP4E_BAYASAAEgK-vvD_BwE&amp;gclidsrc=aw.ds&amp;gbr_aid=0AAAAADAvkTukRfcmO_zlHltY_zDhfvb1ku</a>	From coughs and colds to sprains and strains, we are healthcare at its most convenient. Most locations are open 7 days a week – schedule online, walk in or access virtual care 24/7.
<b>WellNow Urgent Care - Rome</b>	<b>315-271-2394</b>	103 W. Dominick St. Rome, NY 13440	<a href="https://www.wellnow.com/urgent-care-centers/new-york/rome/103-west-dominick-street-13440/?_gl=1*1fct3yl*_up*MQ..*_gs*Ng..&amp;gclid=EAlaIqobChMI9o-knsOejwMV1bMDAB0i7xP4E_BAYASAAEgK-vvD_BwE&amp;gclidsrc=aw.ds&amp;gbr_aid=0AAAAADAvkTukRfcmO_zlHltY_zDhfvb1ku">https://www.wellnow.com/urgent-care-centers/new-york/rome/103-west-dominick-street-13440/?_gl=1*1fct3yl*_up*MQ..*_gs*Ng..&amp;gclid=EAlaIqobChMI9o-knsOejwMV1bMDAB0i7xP4E_BAYASAAEgK-vvD_BwE&amp;gclidsrc=aw.ds&amp;gbr_aid=0AAAAADAvkTukRfcmO_zlHltY_zDhfvb1ku</a>	From coughs and colds to sprains and strains, we are healthcare at its most convenient. Most locations are open 7 days a week – schedule online, walk in or access virtual care 24/7.
<b>WellNow Urgent Care - Utica (N. Genesee St)</b>	<b>315-275-3214</b>	230 N. Genesee St. Utica, NY 13502	<a href="https://www.wellnow.com/urgent-care-centers/new-york/utica/230-north-genesee-street-13502/?_gl=1*fac6o5*_up*MQ..*_gs*Ng..&amp;gclid=EAlaIqobChMI9o-knsOejwMV1bMDAB0i7xP4E_BAYASAAEgK-vvD_BwE&amp;gclidsrc=aw.ds&amp;gbr_aid=0AAAAADAvkTukRfcmO_zlHltY_zDhfvb1ku">https://www.wellnow.com/urgent-care-centers/new-york/utica/230-north-genesee-street-13502/?_gl=1*fac6o5*_up*MQ..*_gs*Ng..&amp;gclid=EAlaIqobChMI9o-knsOejwMV1bMDAB0i7xP4E_BAYASAAEgK-vvD_BwE&amp;gclidsrc=aw.ds&amp;gbr_aid=0AAAAADAvkTukRfcmO_zlHltY_zDhfvb1ku</a>	From coughs and colds to sprains and strains, we are healthcare at its most convenient. Most locations are open 7 days a week – schedule online, walk in or access virtual care 24/7.

# Health Care Services and Resources

Name	Number	Location	Website	Description
<b>WellNow Urgent Care - Utica (South Towne Plaza)</b>	<b>315-275-3067</b>	1904 Genesee St. Utica, NY 13502	<a href="https://www.wellnow.com/urgent-care-centers/new-york/utica/1904-genesee-st-13502/?gl=1*fac605*up*MQ.*gs*Ng.&amp;gclid=EAlaIQobChMI9o-knsOejwMV1bMDAB0i7xP4EBAYASAAEgK-vvD_BwE&amp;gclid=aw.ds&amp;gclid=OAAAAADAvkTUKRfcmOzHltY_zDhfVbIku">https://www.wellnow.com/urgent-care-centers/new-york/utica/1904-genesee-st-13502/?gl=1*fac605*up*MQ.*gs*Ng.&amp;gclid=EAlaIQobChMI9o-knsOejwMV1bMDAB0i7xP4EBAYASAAEgK-vvD_BwE&amp;gclid=aw.ds&amp;gclid=OAAAAADAvkTUKRfcmOzHltY_zDhfVbIku</a>	From coughs and colds to sprains and strains, we are healthcare at its most convenient. Most locations are open 7 days a week – schedule online, walk in or access virtual care 24/7.

## Primary Care Providers - Adults Only

<b>Balance Health - Family Health NP's, PLLC</b>	<b>315-316-0931</b>	50 Auert Ave. Suite 3 Utica, NY 13502	<a href="https://balancehealthnps.com/">https://balancehealthnps.com/</a>	At Balance Health, we believe that everyone deserves access to exceptional medical care. Our team of skilled medical professionals is committed to providing personalized care to each patient. We offer a range of medical services, from routine check-ups to specialized treatments. We are thrilled to have you visit our website and learn more about what we have to offer. Patients 16+
<b>Mohawk Valley Health System "MVHS" - Oneida Medical Office</b>	<b>315-366-3700</b>	131 Main St. Suite 103 Oneida, NY 13421	<a href="https://www.mvhealthsystem.org/location/oneida/">https://www.mvhealthsystem.org/location/oneida/</a>	The National Committee for Quality Assurance (NCQA) has designated the MVHS medical offices as a Patient-Centered Medical Home, recognizing their use of evidence-based, patient-centered processes that focus on highly coordinated care and long-term provider/patient relationships.
<b>Naji El Khoury, MD</b>	<b>315-732-6100</b>	77 Genesee St. New Hartford, NY 13413	<a href="https://www.najielkhourymd.com/PatientPortal/MyPractice.aspx?LType=10&amp;UCID={2A28549B-6A25-42AC-B76A-E17622E1EB82}&amp;TabID={1}">https://www.najielkhourymd.com/PatientPortal/MyPractice.aspx?LType=10&amp;UCID={2A28549B-6A25-42AC-B76A-E17622E1EB82}&amp;TabID={1}</a>	Dr. Naji El Khoury started practice in the United States in General Internal Medicine and Adult Medicine in July of 1995, He is affiliated to St. Elizabeth's Medical Center and Faxton St. Lukes Health Care . He continues to practice the medicine of Internal Medicine and Adult Healthcare here in New Hartford, NY 13413.
<b>Susan Griffing, NP</b>	<b>315-790-5998</b>	2112 Genesee St. Utica, NY 13502		
<b>Xavier Medical</b>	<b>315-361-5000</b>	322 Main St. Oneida, NY 13421	<a href="http://www.xaviermedical.org/">http://www.xaviermedical.org/</a>	Xavier Medical services and expertise extend primary care and internal medicine. Xavier Medical provides specialty care in pulmonary services for men and women of all ages. We provide an extensive range of on-site diagnostic and therapeutic care for pulmonary conditions that affect your breathing and can threaten your health.

## Primary Care Providers Treating All Ages

<b>Adirondack Internal Medicine and Pediatrics</b>	<b>315-724-9874</b>	1 Oxford Rd. New Hartford, NY 13413	<a href="https://www.drshaikh.com/">https://www.drshaikh.com/</a>	Caring for your health is an important task best trusted only to a professional. As your Internist, Pediatrician & Primary Care Physician, our team is trained in the latest state-of-the art medical advances to provide outstanding care for you and your family.
<b>Anchor Family Medicine</b>	<b>315-765-0122</b>	587 Main St. Suite 104 New York Mills, NY 13417	<a href="https://www.facebook.com/p/Anchor-Family-Medicine-100089194929908/">https://www.facebook.com/p/Anchor-Family-Medicine-100089194929908/</a>	We are an independent Family Medicine Practice in NY Mills. Our providers have over 30 years of combined medical experience. We offer comprehensive and preventive care to all age groups, including newborn care and women's health. Call today for an appointment!

# Health Care Services and Resources

Name	Number	Location	Website	Description
Bassett - Clinton Health Center	315-853-5550	34 Chenango Ave. N. Clinton, NY 13323	<a href="https://www.bassett.org/locations/bassett-health-center-clinton">https://www.bassett.org/locations/bassett-health-center-clinton</a>	The Clinton Health Center is a primary care clinic that serves the local community with expert family medicine services. Please call to establish care with one of our primary care physicians or practitioners, or to schedule an appointment at this community health center for the following services:
Community Memorial - Keever Family Practice	315-821-7277	194 N. Main St. Oriskany Falls, NY 13425	<a href="https://communitymemorial.org/tm_team_member/nathan-w-keever/">https://communitymemorial.org/tm_team_member/nathan-w-keever/</a>	
Community Memorial - Waterville Family Health Center	315-841-4184	117 W. Main St. Waterville, NY 13480	<a href="https://communitymemorial.org/family-health-centers/waterville/">https://communitymemorial.org/family-health-centers/waterville/</a>	We offer primary and preventative care for newborns to the young at heart. As members of your healthcare team we recognize that you are the ultimate decision maker in regards to your health. Our goal is to provide you with the most up to date evidence based guidelines so that you can make informed decisions about your medical, mental and spiritual care.
High Peaks Medicine	315-765-0903	20 Kellogg Rd. New Hartford, NY 13413	<a href="https://highpeaksmedicine.com/primary-care-physician/">https://highpeaksmedicine.com/primary-care-physician/</a>	Our goal is to provide the best possible primary care for you and your family. That means delivering high-quality service, in a timely manner, from healthcare experts. Let us be your guide on the path to wellness.
Mohawk Valley Health System "MVHS" - Barneveld Medical Office	315-624-8440	7980 State Rt 12 Barneveld, NY 13304	<a href="https://www.mvhealthsystem.org/barneveld/">https://www.mvhealthsystem.org/barneveld/</a>	The National Committee for Quality Assurance (NCQA) has designated the MVHS medical offices as a Patient-Centered Medical Home, recognizing their use of evidence-based, patient-centered processes that focus on highly coordinated care and long-term provider/patient relationships.
Mohawk Valley Health System "MVHS" - Boonville Medical Office	315-942-4391	13460 State Rt 12 Boonville, NY 13309	<a href="https://www.mvhealthsystem.org/location/boonville/">https://www.mvhealthsystem.org/location/boonville/</a>	The National Committee for Quality Assurance (NCQA) has designated the MVHS medical offices as a Patient-Centered Medical Home, recognizing their use of evidence-based, patient-centered processes that focus on highly coordinated care and long-term provider/patient relationships.
Mohawk Valley Health System "MVHS" - Clinton Medical Office	315-853-5532	101 College St. Clinton, NY 13323	<a href="https://www.mvhealthsystem.org/location/clinton/">https://www.mvhealthsystem.org/location/clinton/</a>	The National Committee for Quality Assurance (NCQA) has designated the MVHS medical offices as a Patient-Centered Medical Home, recognizing their use of evidence-based, patient-centered processes that focus on highly coordinated care and long-term provider/patient relationships.
Mohawk Valley Health System "MVHS" - East Utica Medical Office	315-738-7186	1256 Culver Ave. Utica, NY 13501	<a href="https://www.mvhealthsystem.org/location/east-utica/">https://www.mvhealthsystem.org/location/east-utica/</a>	The National Committee for Quality Assurance (NCQA) has designated the MVHS medical offices as a Patient-Centered Medical Home, recognizing their use of evidence-based, patient-centered processes that focus on highly coordinated care and long-term provider/patient relationships.
Mohawk Valley Health System "MVHS" - Herkimer Medical Office	315-574-2300	201 E State St. Herkimer, NY 13350	<a href="https://www.mvhealthsystem.org/location/herkimer">https://www.mvhealthsystem.org/location/herkimer</a>	The National Committee for Quality Assurance (NCQA) has designated the MVHS medical offices as a Patient-Centered Medical Home, recognizing their use of evidence-based, patient-centered processes that focus on highly coordinated care and long-term provider/patient relationships.
Mohawk Valley Health System "MVHS" - Medical Arts Primary Care	315-733-1148	4401 Middle Settlement Rd. New Hartford, NY 13413	<a href="https://www.mvhealthsystem.org/service/primary-care/">https://www.mvhealthsystem.org/service/primary-care/</a>	The National Committee for Quality Assurance (NCQA) has designated the MVHS medical offices as a Patient-Centered Medical Home, recognizing their use of evidence-based, patient-centered processes that focus on highly coordinated care and long-term provider/patient relationships.
Mohawk Valley Health System "MVHS" - New Hartford Medical Office Crossroads Plaza	315-624-8500	8411 Seneca Tpk New Hartford, NY 13413	<a href="https://www.mvhealthsystem.org/location/new-hartford-crossroads/">https://www.mvhealthsystem.org/location/new-hartford-crossroads/</a>	The National Committee for Quality Assurance (NCQA) has designated the MVHS medical offices as a Patient-Centered Medical Home, recognizing their use of evidence-based, patient-centered processes that focus on highly coordinated care and long-term provider/patient relationships.

# Health Care Services and Resources

Name	Number	Location	Website	Description
Mohawk Valley Health System "MVHS" - North Utica Medical Office	315-797-5810	417 Trenton Rd. Utica, NY 13502	<a href="https://www.mvhealthsystem.org/location/north-utica/">https://www.mvhealthsystem.org/location/north-utica/</a>	The National Committee for Quality Assurance (NCQA) has designated the MVHS medical offices as a Patient-Centered Medical Home, recognizing their use of evidence-based, patient-centered processes that focus on highly coordinated care and long-term provider/patient relationships.
Mohawk Valley Health System "MVHS" - Rome Medical Office	315-336-8260	1617 N. James St. Suite 900 Rome, NY 13440	<a href="https://www.mvhealthsystem.org/location/rome/">https://www.mvhealthsystem.org/location/rome/</a>	The National Committee for Quality Assurance (NCQA) has designated the MVHS medical offices as a Patient-Centered Medical Home, recognizing their use of evidence-based, patient-centered processes that focus on highly coordinated care and long-term provider/patient relationships.
Mohawk Valley Health System "MVHS" - Sister Rose Vincent Family Medicine Center "Hobart Street Clinic"	315-798-1149	120 Hobart St. Utica, NY 13501	<a href="https://www.mvhealthsystem.org/srvfmc/">https://www.mvhealthsystem.org/srvfmc/</a>	The National Committee for Quality Assurance (NCQA) has designated the MVHS medical offices as a Patient-Centered Medical Home, recognizing their use of evidence-based, patient-centered processes that focus on highly coordinated care and long-term provider/patient relationships.
Mohawk Valley Health System "MVHS" - Town of Webb Health Center	315-369-6619	114 S. Shore Rd. Old Forge, NY 13420	<a href="https://www.mvhealthsystem.org/location/town-of-webb/">https://www.mvhealthsystem.org/location/town-of-webb/</a>	The National Committee for Quality Assurance (NCQA) has designated the MVHS medical offices as a Patient-Centered Medical Home, recognizing their use of evidence-based, patient-centered processes that focus on highly coordinated care and long-term provider/patient relationships.
Mohawk Valley Health System "MVHS" - Washington Mills Medical Office	315-624-8300	3946 Oneida St. New Hartford, NY 13413	<a href="https://www.mvhealthsystem.org/location/washington-mills/">https://www.mvhealthsystem.org/location/washington-mills/</a>	The National Committee for Quality Assurance (NCQA) has designated the MVHS medical offices as a Patient-Centered Medical Home, recognizing their use of evidence-based, patient-centered processes that focus on highly coordinated care and long-term provider/patient relationships.
Mohawk Valley Health System "MVHS" - Waterville Medical Office	315-841-4973	358 Madison St. Waterville, NY 13480	<a href="https://www.mvhealthsystem.org/location/waterville/">https://www.mvhealthsystem.org/location/waterville/</a>	The National Committee for Quality Assurance (NCQA) has designated the MVHS medical offices as a Patient-Centered Medical Home, recognizing their use of evidence-based, patient-centered processes that focus on highly coordinated care and long-term provider/patient relationships.
Mohawk Valley Health System "MVHS" - Whitesboro Medical Office	315-624-8800	37 Main St. Whitesboro, NY 13492	<a href="https://www.mvhealthsystem.org/location/whitesboro/">https://www.mvhealthsystem.org/location/whitesboro/</a>	The National Committee for Quality Assurance (NCQA) has designated the MVHS medical offices as a Patient-Centered Medical Home, recognizing their use of evidence-based, patient-centered processes that focus on highly coordinated care and long-term provider/patient relationships.
Mosaic Health Utica	315-793-7600	1651 Oneida St. Utica, NY 13501	<a href="https://mosaichealth.org/utica?gclid=EAlaIqobChMl-WYy9_4gwMVjGIHAR3I5gL4EAYASAAEgJhivD_BwE">https://mosaichealth.org/utica?gclid=EAlaIqobChMl-WYy9_4gwMVjGIHAR3I5gL4EAYASAAEgJhivD_BwE</a>	Mosaic Health Utica is located in the Mohawk Valley in Utica, New York. The center was opened by Mosaic Health (formerly RPCN) and its partners in 2010, to improve access to medical and dental care in the city after it was identified by HRSA as being a high need area. At the time, it was the only Federally Qualified Health Center in Oneida County.
Oneida Health - Oneida Health Family Care Camden	315-245-5029	9562 NY-13 Camden, NY 13316	<a href="https://www.oneidahealth.org/family-care-practices/">https://www.oneidahealth.org/family-care-practices/</a>	Oneida Healthcare provides a full complement of healthcare services for all of Madison County and Oneida County.
Oneida Health - Oneida Health Family Care Oneida	315-606-2601	301 Genesee St. Suite A Oneida, NY 13421	<a href="https://www.oneidahealth.org/family-care-practices/">https://www.oneidahealth.org/family-care-practices/</a>	Oneida Healthcare provides a full complement of healthcare services for all of Madison County and Oneida County.
Oneida Health - TriValley Family Medicine Vernon	315-829-2220	3 Curtis Rd Vernon, NY 13476	<a href="https://www.oneidahealth.org/family-care-practices/">https://www.oneidahealth.org/family-care-practices/</a>	Oneida Healthcare provides a full complement of healthcare services for all of Madison County and Oneida County.

# Health Care Services and Resources

Name	Number	Location	Website	Description
Oneida Health - Verona Health Center	315-363-3482	5547 W. Main St. Verona, NY 13478	<a href="https://www.oneidahealth.org/family-care-practices/">https://www.oneidahealth.org/family-care-practices/</a>	Oneida Healthcare provides a full complement of healthcare services for all of Madison County and Oneida County.
Planned Parenthood (Primary Care Screenings)	315-724-6146	1424 Genesee St. Utica, NY 13502	<a href="https://www.plannedparenthood.org/health-center/new-york/utica/13502/utica-center-3318-91110/wellness-preventive-care">https://www.plannedparenthood.org/health-center/new-york/utica/13502/utica-center-3318-91110/wellness-preventive-care</a>	Wellness and preventive care services are available at the Utica Center. Contact the health center by booking an appointment or calling for more information. Services include: cancer prevention and screening, anemia testing, cholesterol screening, diabetes screening, high blood pressure screening, thyroid screening, menopause treatment, smoking cessation, and wellness visits.
Rome Health - Boonville Health Center	315-942-3500	13407 State Rt 12 Boonville, NY 13309	<a href="https://www.romehealth.org/primary-care-doctor-near-boonville-ny/">https://www.romehealth.org/primary-care-doctor-near-boonville-ny/</a>	At Boonville Health Center, our goal is to help you maintain your family's good health. We are committed to providing you with the best treatment regimen that best suits your needs and goals across various chronic disease management diagnosis such as COPD, diabetes, heart disease, asthma, obesity and arthritis.
Rome Health - Camden Health Center	315-245-3192	5 Masonic Ave. Camden, NY 13316	<a href="https://www.romehealth.org/primary-care-doctor-near-camden-ny/">https://www.romehealth.org/primary-care-doctor-near-camden-ny/</a>	At Camden Health Center, our goal is to help you maintain your family's good health. We are committed to providing you with the best treatment regimen that best suits your needs and goals across various chronic disease management diagnoses such as COPD, diabetes, heart disease, asthma, obesity and arthritis.
Rome Health - Rome Health Primary Care Medical Center	315-338-7040	1500 N. James Street Rome, NY 13440	<a href="https://www.romehealth.org/primary-care-office-near-rome-ny/">https://www.romehealth.org/primary-care-office-near-rome-ny/</a>	Rome Health has primary care and pediatrics practices in Rome, Camden and Boonville to help you maintain your good health through prevention and diagnosis and treatment of acute and chronic illnesses.
Slocum Dickson Medical Group	315-798-1578	1729 Burrstone Rd. New Hartford, NY 13413	<a href="https://www.sdmg.com/family-practice/">https://www.sdmg.com/family-practice/</a>	Slocum Dickson's primary care doctors provide total healthcare for you and your family. Our family practice focuses on the total healthcare of each patient – from infants, tweens, and teens to young adults, adults, and beyond. Our doctors are specially trained to provide continuing, comprehensive healthcare and preventive recommendations for patients of all ages.
Upstate Family Health Center	315-624-9470	1001 Noyes St Utica, NY 13502	<a href="http://www.upstatefamilyhealthcenter.org">www.upstatefamilyhealthcenter.org</a>	Upstate Family Health Center, Inc. is a 501(c)(3), not for profit, Article 28, licensed health care center offering family health care services to individuals of all ages at various locations throughout the Mohawk Valley. The experienced and dedicated staff provide the highest level of care, while ensuring that the patient's needs come first. A patient can receive a continuum of care that focuses on the patient as a whole, providing comprehensive health care for the individual and family

## Primary Care Providers - Pediatrics Only

Blooming Pediatric and Family Nurse Practitioners, PLLC	315-662-0162	1 Oxford Rd. Suite 3 New Hartford, NY 13413	<a href="https://www.bloomingpeds.com/">https://www.bloomingpeds.com/</a>	Pediatric Primary Care office seeing patients birth to 21 years old. Owned and operated by Coral Montana PNP and Michal Hovak FNP.
Chamkurkishtiah P.Rao, MD	315-797-7766	1107 Champlin Ave. Utica, NY 13502		

# Health Care Services and Resources

Name	Number	Location	Website	Description
Ellinwood Pediatrics	315-507-2704	600 French Rd. Suite 4S New Hartford, NY 13413	<a href="https://www.facebook.com/EllinwoodPediatrics">https://www.facebook.com/EllinwoodPediatrics</a>	
Mohawk Valley Health System "MVHS" - Children's Health Center	315-801-3161	2212 Genesee St. Utica, NY 13502	<a href="https://www.mvhealthsystem.org/location/childrens-health-center/">https://www.mvhealthsystem.org/location/childrens-health-center/</a>	The National Committee for Quality Assurance (NCQA) has designated the MVHS medical offices as a Patient-Centered Medical Home, recognizing their use of evidence-based, patient-centered processes that focus on highly coordinated care and long-term provider/patient relationships.  As a private pediatric practice, we strive to provide the best possible care to our patients by treating our patients like our own family. We seek to gain a deeper understanding about each patients illness and providing a personalized treatment plan.
Oneida Pediatric Group - Camden	315-245-5483	90 Taberg St. Camden, NY 13316	<a href="https://oneidapediatricgroup.com/">https://oneidapediatricgroup.com/</a>	At our clinic we practice the values of honesty, trustworthiness, respect and reliability in order to ensure that our patients receive the best possible care available.  As a private pediatric practice, we strive to provide the best possible care to our patients by treating our patients like our own family. We seek to gain a deeper understanding about each patients illness and providing a personalized treatment plan. At our clinic we practice the values of honesty, trustworthiness, respect and reliability in order to ensure that our patients receive the best possible care available.
Oneida Pediatric Group - Oneida	315-363-2350	421 Main St. Oneida, NY 13421	<a href="https://oneidapediatricgroup.com/">https://oneidapediatricgroup.com/</a>	Pediatric & Adolescent Medical Associates (PAMA) specializes in the care of infants, children and adolescents through high school. Our physicians are board certified by the American Board of Pediatrics and are members of the American Academy of Pediatrics. Our training, experience and medical education is directed specifically toward caring for your children.
Pediatric and Adolescent Medical Associates, P.C.	315-339-0401	117 W. Liberty St. Rome, NY 13440	<a href="https://www.kidsdr.org/">https://www.kidsdr.org/</a>	Rome Health Pediatrics provides comprehensive medical care for children from birth through adolescence, including well-child visits, immunizations, sick visits, chronic condition management, and lactation support. After-hours care and a patient portal are also available.
Rome Health - Pediatrics	315-338-7040	1819 Black River Blvd. Rome, NY 13440	<a href="https://www.romehealth.org/pediatric-care-near-rome-ny/">https://www.romehealth.org/pediatric-care-near-rome-ny/</a>	Established in 1999, Sauquoit Valley Pediatric is located at 3136 Oneida St in Sauquoit, NY - Oneida County and is a business listed in the categories Physicians & Surgeons, Offices And Clinics Of Doctors Of Medicine and Offices Of Physicians (Except Mental Health Specialists).
Sauquoit Valley Pediatrics	315-737-3522	3136 Oneida St. Sauquoit NY 13456	<a href="https://sauquoit-valley-pediatric.hub.biz/">https://sauquoit-valley-pediatric.hub.biz/</a>	After initially being a solo practice started by Dr. Daniel Zeidner, MD, Utica Pediatrics has expanded to include three physicians and four nurse practitioners. Dr. Bard, Dr. Griffith, and Dr. Henderson welcome you and your family to Utica Pediatrics. We look forward to caring for your family!
Utica Pediatrics	315-732-7909	86 Genesee St. Suite 1 New Hartford, NY 13413	<a href="https://uticapediatrics.com/">https://uticapediatrics.com/</a>	

## Health Programs and Support Services

ACR Health - Testing Services	315-475-2430	287 Genesee St. Suite 2 Utica, NY 13501	<a href="https://www.acrhealth.org/prevention-services/hiv-std-hep-c-testing/">https://www.acrhealth.org/prevention-services/hiv-std-hep-c-testing/</a>	ACR Health provides free and confidential testing services at our three offices and at designated locations in the community every month Utica (287 Genesee Street): By Appointment, and Walk-in testing Tuesday and Thursday 9 AM – 3 PM
Good Latch Cat	315-316-2977		<a href="http://www.thegoodlatchcat.com">www.thegoodlatchcat.com</a>	Serving Mamas in the Mohawk Valley. Travels to the home to offer personalized care both during pregnancy and after the little one arrives Earthside.
HealthFriends, Inc.	315-724-0988	1119 Elm St. Utica, NY 13501	<a href="https://www.healthfriendsny.com/">https://www.healthfriendsny.com/</a>	The Pharmaceutical Assistance Program helps income eligible individuals without prescription insurance obtain the needed prescription medication.

# Health Care Services and Resources

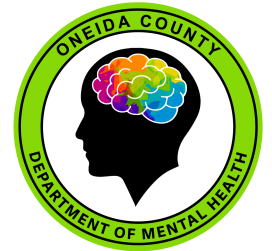
Name	Number	Location	Website	Description
Hospice & Palliative Care Inc.	315-735-6484	4277 Middle Settlement Rd. New Hartford, NY 13413	<a href="https://hospicecareinc.org/">https://hospicecareinc.org/</a>	Hospice & Palliative Care is dedicated to helping those with any serious or end-stage illness. Today, we serve patients from newborns to over 100 years old.
Madison County Rural Health Council - End-of-life Doula Network	315-313-4399		<a href="https://mcruralhealthcouncil.org/program/end-of-life-doula-network/">https://mcruralhealthcouncil.org/program/end-of-life-doula-network/</a>	The End-of-Life Doula Network is a program of the Madison County Rural Health Council, a non-profit organization in Madison County. We offer referral-based doula services to support a dying person and their family and loved ones in Madison and Oneida counties. These services will be available at no cost.
Madison County Rural Health Council - The Doula Partnership			<a href="https://mcruralhealthcouncil.org/program/doula/">https://mcruralhealthcouncil.org/program/doula/</a>	A doula is a trained professional who provides continuous physical, emotional and informational support to a mother before, during and shortly after childbirth to help her achieve the healthiest, most satisfying experience possible. Our trained Birth Doulas will offer three prenatal visits, advocacy and support at the hospital during labor and delivery, and three postpartum visits.
Mohawk Valley Perinatal Network at The Neighborhood Center	315-732-4657	800 Charlotte St. Utica, NY 13501	<a href="https://www.newfamily.org/">https://www.newfamily.org/</a>	Mohawk Valley Perinatal Network serves as a hub for perinatal information and services for both providers and consumers. We assure access to health care for individuals across the region by helping them find affordable healthcare solutions. Our mission is to improve birth outcomes and perinatal, newborn, child and family health, facilitate collaboration among providers and community organizations and advocate for change.
Oneida County - Children & Youth with Special Health Care Needs	315-798-5249	185 Genesee St. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/children-and-youth-with-special-health-care-needs/">https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/children-and-youth-with-special-health-care-needs/</a>	Children and Youth with Special Health Care Needs is a referral program for children birth to 21 years of age who have or are suspected of having a serious or chronic physical, developmental, behavioral or emotional condition that requires health and related services beyond that required by children generally.
Oneida County - Early Intervention	315-798-5267	185 Genesee St. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/early-intervention/">https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/early-intervention/</a>	A service coordinator will arrange for your child to have a therapist come to your home to see if your child needs services. A therapist will look at how your child is learning, thinking, talking, listening, growing, and interacting with others.
Oneida County - Health Department	315-798-6400	800 Park Ave. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/health/">https://oneidacountyny.gov/departments/health/</a>	Oneida County Health Department provides education and information on a variety of health-related topics geared towards community wellness, preventing disease and injuries, and supporting healthy behaviors.
Oneida County - Medicaid	315-798-6297	800 Park Ave. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/medicaid/">https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/medicaid/</a>	Medicaid is a program that helps cover medical costs for individuals or families with limited income and resources. Many Medicaid services are administered directly through New York State of Health/Health Benefit Exchange as a result of the recent Medicaid Redesign Initiative. Oneida County Medicaid primarily serves county residents who are 65 years of age or older, blind or disabled. The Medicaid Division, in conjunction with Oneida County Office for the Aging, oversees Medicaid Long Term Care (LTC) programs.

# Health Care Services and Resources

Name	Number	Location	Website	Description
Oneida County - Preschool Special Education	315-798-6400	185 Genesee St. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/preschool-program/">https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/preschool-program/</a>	This program provides educational and/or support services for children ages 3 and 4 years old with confirmed disabilities and/or delays impacting their ability to learn. The program is directed through the New York State Department of Education within your home school district. Oneida County Health Department and the State Department of Education pay for all services.
Oneida County - Public Health Clinic	315-798-6400 315-798-5747	Utica: 406 Elizabeth St. Utica, NY 13501  Rome: Please call for specific details	<a href="https://oneidacountyny.gov/departments/health/programs-and-services/clinics/locations-and-contact-information/">https://oneidacountyny.gov/departments/health/programs-and-services/clinics/locations-and-contact-information/</a>	Utica Clinic open Monday-Friday 8:30am-4:30pm, appointments preferred, walk-in availability varies. Rome Clinic: Please call 315-798-5747 for availability. After hours emergency contact 315-798-5064. The public health clinic provides resources and some treatment for Communicable Disease Reporting, Immunizations/Vaccines, Maternal Child Health, STDs/HIV, and Tuberculosis.
Oneida County - Public Health Mobile Unit	315-798-6400	Please call for specific details	<a href="https://oneidacountyny.gov/departments/health/programs-and-services/clinics/mobile-public-health-vehicle-request/">https://oneidacountyny.gov/departments/health/programs-and-services/clinics/mobile-public-health-vehicle-request/</a>	The Public Health Mobile Unit can provide vaccinations for adults and children in easily accessible locations. It allows Oneida County the ability to provide a fast public health response on site in an emergency and reduce barriers for access.
The Neighborhood Center - Community Health Care Worker	315-801-5010	800 Charlotte St. Utica, NY 13501	<a href="https://www.neighborhoodctr.org/child-care-family-services/community-health-worker-services/">https://www.neighborhoodctr.org/child-care-family-services/community-health-worker-services/</a>	We promote overall health and wellness by providing referrals for other services as well to meet the needs of the family. Community Health Workers offer education on topics such as the importance of taking folic acid, family planning, oral health, prenatal care, breastfeeding, safe sleep, shaken baby syndrome, and many more. We promote overall health and wellness.
The Neighborhood Center - Health Insurance Navigator	315-732-4657	3 Parkside Ct. Building 2 Utica, NY 13501	<a href="https://www.neighborhoodctr.org/child-care-family-services/health-insurance-navigator/">https://www.neighborhoodctr.org/child-care-family-services/health-insurance-navigator/</a>	NY State of Health is your place to shop, compare and enroll in a low-cost quality health insurance plan that's right for you. And it's the only place you can receive financial assistance based on your income, to lower your costs even more. Individuals, families and small businesses can use the Marketplace to help them compare insurance options, calculate costs and select coverage online, in-person, over the phone or by mail.
Upstate Caring Partners - Community Health & Behavioral Services "CHBS" - Certified Community Behavioral Health Clinic	Utica: 315-798-8868  Rome: 315-337-0773	1002 Oswego St. Utica, NY 13502  207 W. Dominick St. Rome, NY 13440	<a href="https://www.upstatecp.org/behavioral-health/">https://www.upstatecp.org/behavioral-health/</a>	CHBS UCP's CCBHC offers primary care screening and monitoring, with a strong emphasis on prevention. This includes routine screenings and dedicated health monitoring every six months, and care coordination with primary care providers to address and prevent chronic health conditions.

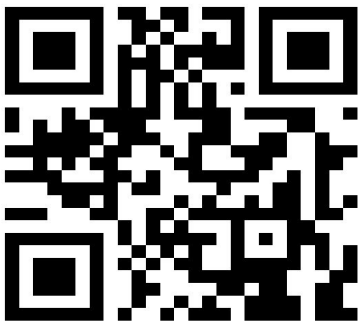


**Oneida County System of Care**  
Building Relationships Together



**Ashlee L. Thompson**  
Commissioner for Mental Health  
Director of Community Services

## Housing Resources



# Housing Resources

Name	Number	Location	Website	Description
<b>Crisis Services and/or Support Hotline</b>				
Integrated Community Alternatives Network "ICAN"- Street Outreach - Emergency Shelter Hotline	315-982-1109		<a href="https://ican.family/programs/street-outreach/">https://ican.family/programs/street-outreach/</a>	Street Outreach has the goal of locating street homeless individuals to connect them to services and assist them with finding housing. The Street Outreach Team works flexible hours throughout Oneida County to meet the needs of those they serve. We partner with the ICAN mobile unit to connect with clients at soup kitchens, food pantries, hospitals and other identified areas within Oneida County. Street Outreach provides a 24 hour on-call service to place un-sheltered individuals in emergency housing and assess immediate needs.
Utica Police Department - After-Hours Emergency Housing Information	315-736-0141			Please leave a message for the Utica Police Department and they can return call with information on warming centers and shelters.
<b>Street Homelessness Assistance</b>				
Emmaus House	315-797-3339	1215 Kemble St. Utica, NY 13501	<a href="http://www.stmargarethouse.ny.org">www.stmargarethouse.ny.org</a>	The Emmaus House was founded by the Sisters of St. Margaret in 1983. It is located on Kemble Street in the City of Utica and has provided temporary emergency shelter to over 12,000 women and children. Many of the women come feeling alone and have lost their sense of trust in others. Emmaus House provides a warm, comfortable home-like environment for the women and children. Guests are provided not only shelter, but meals, toiletries, and the love and encouragement needed to rebuild their lives.
Johnson Park Center	315-734-9608	26 Johnson Pk. Utica, NY 13501	<a href="https://www.johnsonparkcenter.org/">https://www.johnsonparkcenter.org/</a>	Johnson Park Center (JPC) offers Emergency Shelter to traditional & non-traditional homeless families (to include having adolescent male children) and homeless women with or without children. The main purpose of this residence is to keep low-income families together (regardless of its composition) during a time of crisis when housing is needed.
Morrow Warming Center	315-735-8586	500 Plant St. Utica, NY 13502	<a href="https://cornerstoneutica.com/morrow-wc">https://cornerstoneutica.com/morrow-wc</a>	The Morrow Warming Center was started in December of 2020 in the midst of the pandemic as a low barrier/ harm reduction emergency overnight shelter for people experiencing homelessness during NY's code blue season.
Oneida County - Temporary Assistance "TA" - Homeless Services	Utica DSS: 315-798-5804  Rome DSS: 315-356-2480	Utica DSS: 800 Park Ave. Utica, NY 13501  Rome DSS: 100 W. Dominick St. Rome, NY 13440	<a href="https://oneidacountyny.gov/departments/departments-of-family-and-community-services/departments-of-social-services/income-maintenance-ta-snap-and-heap/">https://oneidacountyny.gov/departments/departments-of-family-and-community-services/departments-of-social-services/income-maintenance-ta-snap-and-heap/</a>	The Oneida County Homeless Services Unit is an integrated unit serviced by Temporary Assistance staff and Services Division staff. Staff work collaboratively with individuals presenting with housing insecurity to ensure immediate housing needs are met. Staff collaborate with emergency shelters and many community partners to coordinate services that may assist recipients with overcoming barriers to obtaining and sustaining permanent stable housing.
Rescue Mission of Utica - Drop In Center	315-735-1645 ext. 2221	1013 West St. Utica, NY 13501	<a href="https://uticamission.org/programs/drop-in-center/">https://uticamission.org/programs/drop-in-center/</a>	At the Rescue Mission, we do more than get people off the street. We help them build a foundation for a changed life.
Rescue Mission of Utica - Emergency Men's Shelter	315-735-1645 ext. 2151	203 Rutger St. Utica, NY 13501	<a href="https://uticamission.org/programs/emergency-shelter-for-men/">https://uticamission.org/programs/emergency-shelter-for-men/</a>	The 59-bed Emergency Shelter provides safe lodging, meals, clothing, critically needed counseling, education, advocacy and referrals to agencies that meet the needs of the clientele. The overall goal is to help homeless people improve their quality of life, become self-sufficient and get reestablished in the community.

# Housing Resources

Name	Number	Location	Website	Description
<b>Disability, Seniors, or Low Income Housing</b>				
Artspace Utica Lofts		1020 Park Ave. Utica, NY 13501	<a href="https://www.artspace.org/utica">https://www.artspace.org/utica</a>	The project addresses critical affordable housing and economic development opportunities for the creative workforce by creating 43 live/work units for local artists and their families on the upper floors, and 770 square feet of community space on the ground floor. Units are affordable for those earning between 40–80% of Area Median Income (AMI) and serves artists, including those from immigrant and refugee communities. Artspace Utica includes a resident gallery/community room to encourage tenant engagement, cooperation, and community involvement, ultimately contributing to a healthy urban environment that supports a strong arts community and growing creative sector.
Asteri Utica Apartments	315-507-5519	327 Bleecker St. Utica, NY 13501	<a href="https://weareasteri.com/">https://weareasteri.com/</a>	Asteri is designed to serve as a constant in the lives of the folks who call it home. With an urban style, health-minded living, and its fabulous surrounding neighborhood—Asteri makes life that much brighter.
Boonville Housing Authority	315-942-5447	115 South St. Boonville, NY 13309	<a href="https://www.nyconnects.ny.gov/services/apartments-sofa3377">https://www.nyconnects.ny.gov/services/apartments-sofa3377</a>	Elderly, disabled, low income apartments. 64 apartment total with 30 HUD subsidized section 8 for Boonville area residents.
CRM Rental Management, Inc.	315-337-1401	117 W. Liberty St. #6 Rome, NY 13440	<a href="https://crmrentalmgmt.com/">https://crmrentalmgmt.com/</a>	For over 70 years, CRM has been offering affordable apartments for rent across Upstate NY. We go beyond housing, delivering comfort, affordability, and stability. With over 5,500 units managed, we're proud to be Central New York's top choice for comprehensive apartment management.
Kelberman Center - The Link Apartments	315-797-6241	2513 Sunset Ave. Utica, NY 13502	<a href="https://www.kelberman.org/services/residential/the-link-apartments/">https://www.kelberman.org/services/residential/the-link-apartments/</a>	The Link is a community-centered, inclusive residential apartment building that connects people of all abilities in a living environment that promotes meaningful interactions and opportunities for independence while fostering a sense of community.
Lillian Cooper Apartments	315-735-7531	276 Genesee St. Utica, NY 13502	<a href="https://lilliancooper.com/">https://lilliancooper.com/</a>	Welcome to Lillian Y. Cooper Apartments. an apartment community for those 62 and over or those with disabilities (regardless of age).
Rescue Mission - West Street Apartments	315-735-1645	1013 West Street Utica, NY 13501	<a href="https://uticamission.org/programs/west-street-apartments/">https://uticamission.org/programs/west-street-apartments/</a>	Provides an apartment complex offering low-income housing.
Rome Housing Authority	315-337-2600	200 N. Levitt St. Rome, NY 13440	<a href="https://romehousingauthority.com/">https://romehousingauthority.com/</a>	Our mission is to provide decent, safe, sanitary and affordable housing to low and moderate income citizens of the City of Rome. We provide the day-to-day operational support for 385 public housing households located throughout the City and over 632 Housing Choice Voucher Program participants living in private accommodations. The Authority's staff performs admissions, maintenance, property management, administrative, and resident service duties.
Utica Municipal Housing Authority	315-735-5246	509 Second St. Utica, NY 13501	<a href="https://www.peoplefirstny.org/">https://www.peoplefirstny.org/</a>	We offer affordable housing options for families, ranging from apartments for rent and houses for rent with 1-5 bedrooms.
Warehouse @ 700 Broad Street	315-737-6769	700 Broad St. Utica, NY 13501	<a href="https://www.warehouse700.com/">https://www.warehouse700.com/</a>	37 units will be available to anyone who qualifies and is deemed eligible. A lottery will be held for these units in the first quarter of 2025. Monthly rent will be subsidized and based upon 30% of adjusted monthly income.

# Housing Resources

Name	Number	Location	Website	Description
<b>Mental Health and Substance Use Supported Housing</b>				
<b>Helio Health - Housing</b>	<b>315-732-4202</b>	500 Whitesboro St. Utica, NY 13502	<a href="https://www.helio.health/using-oneida-county/">https://www.helio.health/using-oneida-county/</a>	<p>Shelter Plus Care - Designed to maintain stable housing for low-income individuals with current substance use and/or mental health diagnosis. Serves individuals who are homeless and have a documented status of homeless per the U.S. Department of Housing and Urban Development (HUD). Shelter Plus Care provides case management services including an Individualized Service Plan (ISP) and monthly home visits. Participants will be linked to further community supports as well as Section 8 housing. Assists the recovery process by ensuring housing is maintained through monthly rental subsidies and security deposits as needed.</p> <p>Supportive Living - Support services for homeless adults with current Mental Health and Substance Use diagnosis. Individuals who are homeless and have a documented status of homeless per the U.S. Department of Housing and Urban Development (HUD). Case managers work with consumers to develop Individualized Service Plans (ISP) with the goal of achieving self-sufficiency within 2 years. Case managers have weekly contact with consumers and biweekly home visits, to work on linking to community supports. ISP usually addresses personal, vocational, and housing needs.</p> <p>Dual Recovery Supportive Living - Support services for homeless adults with current Axis I Mental Health and Substance Use diagnosis. Individuals who are homeless and have a documented status of homeless per the U.S. Department of Housing and Urban Development (HUD). Case managers work with consumers to develop Individualized Service Plans (ISP) with the goal of achieving self-sufficiency within 2 years. Case managers have weekly contact with consumers and biweekly home visits, working on linking to community supports. ISP usually addresses personal, vocational, and housing needs.</p> <p>Rapid Re-Housing - The Rapid Re-Housing Program is designed to enable homeless individuals and their families to obtain safe and affordable housing with the goal of increasing skills and income, and ultimately achieving self-sufficiency and independence. With assistance through the provision of Case Management Services, individuals will find housing and acquire a security deposit and three months of rental assistance.</p> <p>OASAS Medicaid Re-Design Team Permanent Supportive Housing - The MRT Permanent Supportive Housing Program is a partnership between OASAS and Helio Health Inc. It was designed to enable individuals with chronic substance use issues to obtain and remain in safe and affordable permanent housing. Program components include rental subsidies and other</p>

# Housing Resources

Name	Number	Location	Website	Description
<b>Adult Single Point of Access (ASPOA)</b>	<b>315-768-3660</b>		<a href="https://oneidacountyny.gov/departments/mental-health/adult-mental-health/adult-single-point-of-access-and-accountability/">https://oneidacountyny.gov/departments/mental-health/adult-mental-health/adult-single-point-of-access-and-accountability/</a>	SPOA application is required for Residential Services for the following: Required to have a Severe Mental Illness as Primary diagnosis within the last year. Catholic Charities - Community Residence Rescue Mission Enriched Living Center (ELC) Supported Housing: Rescue Mission, Catholic Charities, Upstate Caring Partners Mohawk Valley Psychiatric Center - State Operated Community Residences (SOCR) and Transitional Living Center (TLC) Catholic Charities - Pathways to Independent Living (APT) DePaul Single-Site Supported Housing Helio Health Supported Housing Programs
	<b>Rome:</b> <b>315-337-8600</b>	199 W. Dominick St. Rome, NY 13440		
	<b>Utica:</b> <b>315-724-2158</b>	1408 Genesee St. Utica, NY 13502		Housing assistance is available throughout Oneida County for individuals with diagnosed mental illness to remain independent in their own residence. Assistance includes: Rental stipends
<b>Catholic Charities Of Oneida/Madison Counties</b>	<b>Oneida:</b> <b>315-363-5274</b>	1081 Northside Shopping Ctr. Box 2 Oneida, NY 13421	<a href="https://www.catholiccharities.org/residential-services">https://www.catholiccharities.org/residential-services</a>	Section 8 Housing application process Mediation with landlords, when needed
<b>Upstate Caring Partners "UCP"- Housing</b>	<b>315-866-2863 ext. 103</b>	125 Business Park Dr. Utica, NY 13502	<a href="https://www.upstatecp.org/residential/#housing-supports">https://www.upstatecp.org/residential/#housing-supports</a>	Residential & Housing Supports at Upstate Caring Partners promote and encourage the dignity and worth of every individuals. We believe in recovery from mental illness and are dedicated to providing an environment which empowers each person to maximize individual potential.
<b>Speciality Housing</b>				
<b>Abraham House</b>	<b>315-733-8210</b>	1203 Kemble Street Utica, NY 13501	<a href="http://www.theabrahamhouse.org/">http://www.theabrahamhouse.org/</a>	Provides terminally ill guests and their families with a safe home, with all the support needed for dignified end of life care, and free of financial burden.
<b>Integrated Community Alternatives Network "ICAN" - Evelyn's House</b>	<b>315-733-0236</b>	Utica, NY 13502	<a href="https://ican.family/programs/evelyns-house/">https://ican.family/programs/evelyns-house/</a>	Evelyn's House is a joint transitional and rapid rehousing program for homeless women, aged 16-24, who are pregnant and/or parenting. At Evelyn's House, we provide a safe, nurturing home with supportive services and community resources for these young women and their children during and after pregnancy, so they can become empowered during this transitional life moment.
<b>Integrated Community Alternatives Network "ICAN" - Project Home</b>	<b>315-733-0236</b>	310 Main Street Utica, NY 13501	<a href="https://ican.family/news/program-spotlight-project-home">https://ican.family/news/program-spotlight-project-home</a>	Provides Rapid Re-Housing for transition youth.

# Housing Resources

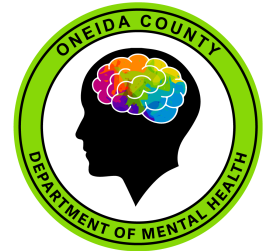
Name	Number	Location	Website	Description
<b>Housing Security Programs</b>				
<b>Catholic Charities - Community Assistance</b>	<b>315-724-2158 ext. 2248</b>	1408 Genesee St. Utica, NY 13502	<a href="https://www.catholiccharities-som.org/community-assistance">https://www.catholiccharities-som.org/community-assistance</a>	Services include: Emergency Food Vouchers: (limited availability), Personal Hygiene Items: Service can be utilized once every 30 days while supplies last, Utility Assistance: Supporting you in maintaining essential services, Referrals to Other Providers: Connecting you with additional resources and support.
<b>Habitat for Heroes</b>	<b>315-624-9010</b>	494 French Road Utica, NY 13502	<a href="http://www.oneidacountyhabitat.org/">http://www.oneidacountyhabitat.org/</a>	Provides affordable homeownership opportunities and home repairs in Oneida County to active military and veteran families.
<b>HomeOwnership Center</b>	<b>315-724-4197</b>	1611 Genesee St. Utica, NY 13501	<a href="https://unhs.org/">https://unhs.org/</a>	UNHS HomeOwnershipCenter works with you every step of the way, from figuring out your affordability to down payment and closing cost assistance.
<b>Mohawk Valley Community Action Agency "MVCAA"</b>	<b>315-624-9930</b>	9882 River Rd. Utica, NY 13502  20 Main St. Camden, NY 13316	<a href="https://www.mvcaa.com/services/housing-programs">https://www.mvcaa.com/services/housing-programs</a>	The housing department offers these programs that assist low-income individuals, senior citizens, and families: Weatherization, Energy Efficiency Services, Section 8, Cooling Program.  At the Camden Life Center on the first Thursday, and Third Tuesday of the month 9-4pm.
<b>Mohawk Valley Housing and Homeless Coalition "MVHHC" MVCAA - Manufactured Mobile Home Replacement Program</b>	<b>315-316-0114</b>  <b>315-624-9930</b>	258 Genesee St. Utica, NY 13502  9882 River Road Utica, NY 13502	<a href="https://www.mvhomeless.org/">https://www.mvhomeless.org/</a>  <a href="https://www.mvcaa.com/services/housing-programs">https://www.mvcaa.com/services/housing-programs</a>	We work together to prevent and end homelessness and to address the conditions that cause homelessness in the Mohawk Valley, NY region.  Provide low-income families safe living conditions through providing new manufacture/mobile home replacements.
<b>National Grid Consumer Advocate at Camden Life Center</b>	<b>315-820-2638</b>	20 Main St. Camden, NY 13316	<a href="https://camdenlifecenter.com/events/">https://camdenlifecenter.com/events/</a>	National Grid will be at the Camden Life Center the third Tuesday of the month. Are you finding yourself overdue on your energy bill? Does it seem that everything that you are doing isn't moving the balance? Stop in to review and regroup what needs to be done to get your energy bill straightened out.
<b>Oneida County - Home Energy Assistance Program "HEAP"</b>	<b>Utica DSS: 315-798-5559</b>  <b>Rome DSS: 315-356-2840</b>	Utica DSS: 800 Park Ave. Utica, NY 13501  Rome DSS: 100 W. Dominick St. Rome, NY 13440	<a href="https://oneidacountyny.gov/departments/departments-of-family-and-community-services/departments-of-social-services/income-maintenance-ta-snap-and-heap/heap/">https://oneidacountyny.gov/departments/departments-of-family-and-community-services/departments-of-social-services/income-maintenance-ta-snap-and-heap/heap/</a>	The Oneida County Home Energy Assistance Program (HEAP) is a federally funded program designed to assist low to middle income households in meeting their immediate home energy needs. The program consists of regular and emergency HEAP, heating equipment repair/replacement, Clean and Tune, and cooling. Eligibility is based on gross monthly income and household size.
<b>Oneida County - Temporary Assistance "TA"</b>	<b>Utica DSS: 315-798-5804</b>  <b>Rome DSS: 315-356-2840</b>	Utica DSS: 800 Park Ave. Utica, NY 13501  Rome DSS: 100 W. Dominick St. Rome, NY 13440	<a href="https://oneidacountyny.gov/departments/departments-of-family-and-community-services/departments-of-social-services/income-maintenance-ta-snap-and-heap/temporary-assistance/">https://oneidacountyny.gov/departments/departments-of-family-and-community-services/departments-of-social-services/income-maintenance-ta-snap-and-heap/temporary-assistance/</a>	The Oneida County Temporary Assistance Division provides emergency assistance to eligible households facing issues such as eviction or utility shut off. Ongoing TA provides eligible households with a monthly grant for essential needs such as rent and utilities.

# Housing Resources

Name	Number	Location	Website	Description
RCIL - Access to Home Heroes	315-797-4642	131 Genesee Street Utica, NY 13503	<a href="https://www.rcil.com/news/access-to-home-heroes-program/">https://www.rcil.com/news/access-to-home-heroes-program/</a>	Provides financial assistance for home modifications to increase accessibility for veterans with disabilities
Rescue Mission of Utica	315-735-1645	293 Genesee St. Utica, NY 13501	<a href="https://uticamission.org/">https://uticamission.org/</a>	Rescue Mission of Utica: Drop In Center, Community Clothing Closet, Food Pantry, and the Representative Payee Program. These programs deliver clothing, food, referrals, training and skills, and money management services to the Utica community.
Rescue Mission of Utica - Representative-Payee Program	315-735-1645	293 Genesee St. Utica, NY 13501	<a href="https://uticamission.org/programs/representative-payee-program/">https://uticamission.org/programs/representative-payee-program/</a>	The Representative-Payee Program was initiated in 1989 to meet the community's need for reliable financial management and to assist in keeping people from homelessness due to difficulty with budgeting their money.
Rome Rescue Mission	315-337-2516	413 E. Dominick St. Rome, NY 13440	<a href="https://www.romemission.org/">https://www.romemission.org/</a>	Rome Rescue Mission began in 1993 as a transitional housing facility and soup kitchen for the greater Rome area. Since then, it has grown to offer family services, emergency housing for women and children, clothing, and a program for Rome Free Academy students that emphasizes science, technology, engineering, the arts, and mathematics.
Stable Families	315-281-6745	414 N. James St. Suite 2 Rome, NY 13440	<a href="https://www.stablefamilies.org/">https://www.stablefamilies.org/</a>	Stable Families is a faith-based nonprofit working to stop family homelessness before it begins.  We serve single-parent families in crisis by walking beside them with support, encouragement, and practical tools that lead to lasting change.  We focus on what truly makes a difference: safe housing (find, and help with rent deposits and landlord support), job readiness, budgeting skills, emotional care, and stability for children. Our team partners with local churches, schools, and volunteers to help families not just get by, but move forward with confidence and hope.
United States Department of Agriculture Rural Development Services	800-292-8293		<a href="https://www.rd.usda.gov/programs-services">https://www.rd.usda.gov/programs-services</a>	USDA Rural Development operates over fifty financial assistance programs for a variety of rural applications. Select a category that best describes your situation, and see what RD can do to assist you.
United States Department of Agriculture Rural Development Services - Single Family and Multi Family Housing Home Loans	315-736-3316 ext. 4	9025 River Road, Room 205 Marcy, NY 13403	<a href="https://www.rd.usda.gov/programs-services">https://www.rd.usda.gov/programs-services</a>	Assists low income applicants obtain decent, safe and sanitary housing in eligible rural areas by providing payment assistance to increase an applicant's repayment ability.

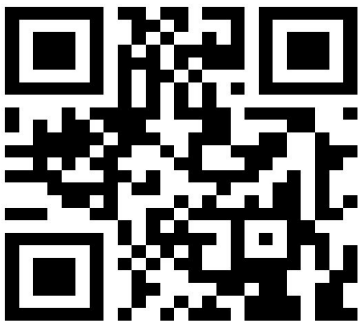


**Oneida County System of Care**  
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**Ashlee L. Thompson**  
Commissioner for Mental Health  
Director of Community Services

## Language Other than English Resources



# Language Other than English Resources

Name	Number	Location	Website	Description
<b>Crisis Services and/or Support Hotline</b>				
Línea 988 de Prevención del Suicidio y Crisis	Call or Text 988 Espanol - option 2		<a href="https://988lifeline.org/es/ini">https://988lifeline.org/es/ini</a> <a href="https://988lifeline.org/es/ini">cio/</a>	En la línea 988 de prevención del suicidio y crisis, entendemos que los retos de la vida a veces pueden ser difíciles. Independientemente de que se enfrente a problemas de salud mental, angustia emocional, preocupaciones por el consumo de alcohol o drogas, o simplemente necesite a alguien con quien hablar, nuestros amables consejeros están aquí para ayudarlo. No está solo.
<b>Education and Employment</b>				
BOCES - ACCESS	Rome: 315-334-8000  Utica: 315-738-7300	1101 Floyd Ave. Rome, NY 13440  508 Second St. Utica, NY 13501	<a href="https://www.moboces.org/p">https://www.moboces.org/p</a> <a href="https://www.moboces.org/p">rograms_services/adulted/e</a> <a href="https://www.moboces.org/p">nglish_as_a_second_languag</a> <a href="https://www.moboces.org/p">e</a>	Immigrants and refugees are invited to come learn or improve their English language skills. Classroom instruction, focusing on speaking, reading, writing and understanding English, is offered in Utica and Rome. Citizenship skills are also included in the curriculum to assist those students who are preparing for their citizenship test. Morning and afternoon classes are available at the Rome ACCESS Site and the Utica ACCESS Sites.
Mohawk Valley Community College "MVCC" - English Speakers of Other Languages	315-792-5300	1101 Sherman Dr. Utica, NY 13501	<a href="https://www.mvcc.edu/cced">https://www.mvcc.edu/cced</a> <a href="https://www.mvcc.edu/cced">/community-</a> <a href="https://www.mvcc.edu/cced">education/adult-literacy-</a> <a href="https://www.mvcc.edu/cced">education-and-esl.php</a>	We are an English for Speakers of Other Languages (ESOL) program that focuses on improving the English skills of its participants and also develop employment skills that will benefit students both professionally and socially.
The Center - Community Education	315-738-1083	201 Bleecker St. Utica, NY 13501	<a href="https://www.thecenterutica.org/our-services/community-education/">https://www.thecenterutica.org/our-services/community-education/</a>	Are you a new American looking for more cultural orientation and education about life in the United States? Based on community demand, The Center now offers FREE community education sessions to refugees, immigrants, and individuals with limited English proficiency. Anyone in the Utica area is welcome to participate in community education sessions that may be relevant for them.
The Center - Employment and Workforce Development	315-738-1083 ext. 136	201 Bleecker St. Utica, NY 13501	<a href="https://www.thecenterutica.org/our-services/employment-and-workforce-development/">https://www.thecenterutica.org/our-services/employment-and-workforce-development/</a>	Find your next job now. We work with over 80 employers in Upstate New York, connecting refugees, immigrants, secondary migrants, limited English proficient individuals, and others directly with the available workforce.
The Center - English as a Second Language	315-738-1083	201 Bleecker St. Utica, NY 13501	<a href="https://www.thecenterutica.org/our-services/adult-learning/">https://www.thecenterutica.org/our-services/adult-learning/</a>	Are you a refugee, immigrant or non-native English speaking Utica resident interested in learning English? We offer FREE English courses to fit with your schedule.

# Language Other than English Resources

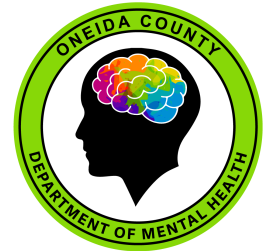
Name	Number	Location	Website	Description
<b>Interpreting and Translation</b>				
Compass Interpreters	315-749-7080	201 Bleecker St. Utica, NY 13501	<a href="https://www.thecenterutica.org/our-services/interpretation/">https://www.thecenterutica.org/our-services/interpretation/</a>	Compass Interpreters is the interpretation division of The Center. Compass Interpreters provides trained, professional, and confidential individuals who perform spoken language or sign language transmission from one language to another. We provide interpretation in over 50 languages.
Empire Interpreting Services for the Deaf	315-472-1382 844-620-8594	39 Church St. Cortland, NY 13045	<a href="https://www.empireinterpreting.com/">https://www.empireinterpreting.com/</a>	Empire Interpreting Service™ is a language service provider headquartered in New York State. We've been providing professional Sign Language, Spoken Language and document Translation services throughout the Northeast and abroad for over 20 years. The venues we work within include, but are not limited to legal, education, medical, mental health and platform. EIS is continually expanding to meet the increasing need for professional Interpreters in a myriad of settings.
Interpretek ASL	315-356-1600		<a href="https://interpretek.com/locations/rome-new-york/">https://interpretek.com/locations/rome-new-york/</a>	Whether you're seeking expert ASL classes in New York, or require the assistance of a skilled New York sign language interpreter, our dedicated team is here to provide comprehensive language solutions tailored to your needs. We stand ready to offer support for sign language interpreting services at our Rome, New York location, or nationwide!
Liberty Translation & Interpreters, LLC	315-507-2419	214 Oriskany Blvd. Suite 16 Whitesboro, NY 13492	<a href="https://www.libertytranslationllc.org/">https://www.libertytranslationllc.org/</a>	Being in a world full of diversity, we are aiming to aid in the communication of non-English proficient individuals on all necessary platforms.
MAMI of CNY	315-732-2271	287 Genesee St. Suite 101 Utica, NY 13501	<a href="http://www.mamiinterpreters.org/">http://www.mamiinterpreters.org/</a>	A medical interpreter's role is crucial and delicate. They are expected to relay a message to the patient regarding the observations of a specialist in a factual and accurate manner but also considering the cultural language differences that may arise between the doctor and patient. It is expected that all the findings, observations, and recommendations of the specialist will be translated into a language that a patient will understand.
Mohawk Valley Interpreters	315-864-8006	2017 Genesee St. Utica, NY 13501	<a href="https://mvinterpreters.com/">https://mvinterpreters.com/</a>	Trained interpreters for medical, legal, social service, educational and business communities.
Mohawk Valley Latino Association - Translation	315-864-8419	28 Scott St. 1st Floor Utica, NY 13501	<a href="https://www.mvlautica.org/translation--interpretation.html">https://www.mvlautica.org/translation--interpretation.html</a>	We are certified to translate birth and marriage certificates and a big array of other legal documents.
Multilingual Interpretation Services	800-340-8241	610 Charlotte St. Utica, NY 13501	<a href="https://connectwithmis.com/">https://connectwithmis.com/</a>	We offer the fastest, most cost-effective solution for your interpretation and translation needs, servicing over 350 languages via OPI (over the phone interpreting) and VRI (video remote interpreting). We also offer 24/7 text support, negotiable pricing, flexible terms, real-time usage monitoring, and more – all with the added bonus of no contract needed.
The Center - Interpretation Division	315-749-7080 315-738-1083 ext. 135	201 Bleecker St. Utica, NY 13501	<a href="https://www.thecenterutica.org/our-services/interpretation/">https://www.thecenterutica.org/our-services/interpretation/</a>	Compass Interpreters is the interpretation division of The Center. Compass Interpreters provides trained, professional, and confidential individuals who perform spoken language or sign language transmission from one language to another. We provide interpretation in over 50 languages.
Tone Translation Services	315-738-1084	309 Genesee St. Utica, NY 13501	<a href="https://www.tonetranslate.com/">https://www.tonetranslate.com/</a>	Services include: document translation, notarization, review, editing and proofreading, subtitling, voiceover recording and narration, desktop publishing, cultural consulting, and more.

# Language Other than English Resources

Name	Number	Location	Website	Description
<b>Support Services</b>				
<b>Midtown Utica Community Center - Language Services</b>	<b>315-496-1791</b>	43 Scott St. Utica, NY 13501	<a href="https://www.midtownutica.org/programs">https://www.midtownutica.org/programs</a>	MUCC's mission is rooted in Utica's rich tradition of embracing immigrants and refugees, a legacy spanning over two centuries. While governmental support extends for just 90 days upon their arrival, many refugees grapple with persistent language barriers, economic hardship, trauma-related challenges, and cultural nuances long after resettlement. Our commitment goes beyond the initial 90-day period, creating a multicultural, refugee-friendly space that fosters safety, health, and educational opportunities for all.
<b>The Center - Making a Connection</b>	<b>315-738-1083 ext. 136</b>	201 Bleecker St. Utica, NY 13501	<a href="https://www.thecenterutica.org/our-services/employment-and-workforce-development/">https://www.thecenterutica.org/our-services/employment-and-workforce-development/</a>	Using a tailored curriculum, the MAC Program provides participants the skills and services necessary for acclimating to life in America and accomplishing their educational and career oriented goals. The purpose of the MAC program is to match refugee youth with positive adult mentors, programs, and services that promote positive civic and social engagement and support individual educational and vocational advancement. Open to 15-25 year olds who have been in the USA less than 5 years.

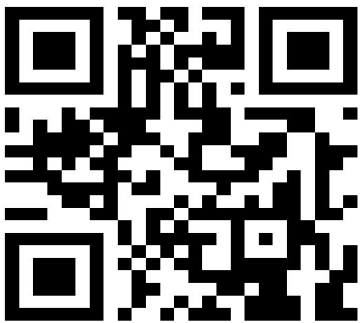


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## **LGBTQIA+ Resources and Services**



# LGBTQIA+ Services and Resources

Name	Number	Location	Website	Description
<b>Crisis Services and/or Support Hotline</b>				
988 Suicide and Crisis Lifeline	Call or Text 988		<a href="https://988lifeline.org/help-yourself/lgbtqi/">https://988lifeline.org/help-yourself/lgbtqi/</a>	The 988 Suicide & Crisis Lifeline connects you to trained crisis counselors 24/7. They can help anyone thinking about suicide, struggling with substance use, experiencing a mental health crisis, or any other kind of emotional distress. You can also call, text or chat 988 if you are worried about someone you care about who may need crisis support.
Gay & Lesbian National Hotline	888-843-4564		<a href="https://lgbthotline.org/">https://lgbthotline.org/</a>	Contact our hotlines or chatrooms, designed for all members of the LGBTQIA+ community, and receive help regarding questions regarding sexual orientation and gender identity.
The Trevor Project Hotline	866-488-7386 Text START to 678-678		<a href="https://www.thetrevorproject.org/get-help/">https://www.thetrevorproject.org/get-help/</a>	The Trevor Project's mission is to end suicide among LGBTQ+ young people. If you are thinking about harming yourself — get immediate crisis support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S via text, chat, or phone. The Trevor Project is 100% confidential and 100% free.
Trans Lifeline Hotline	877-565-8860		<a href="https://translifeline.org/">https://translifeline.org/</a>	Trans Lifeline connects trans people to the community support and resources we need to survive and thrive.
<b>Outpatient Mental Health Therapists and Treatment Centers</b>				
Adrian Bartholomeo, LCSW	315-757-2667	Whitesboro, NY	<a href="https://www.psychologytoday.com/us/therapists/adrian-bartholomeo-whitesboro-ny/1564298">https://www.psychologytoday.com/us/therapists/adrian-bartholomeo-whitesboro-ny/1564298</a>	I have had the privilege of providing support to adults & children with a wide range of needs for over 20 years. My time at Hospice gifted me lessons about how resilient people can be when experiencing grief. Most recently working in elementary, middle and high schools has been eye opening. Strong emotions such as anxiety and depression have increased the need for mental health services that not all districts are able to provide. My internship at Trillium Health allowed me to learn about clinical needs. Facilitating a social group for trans masculine individuals for many years helped meet a need that was missing at that time. Increasing access to affirming care is a personal goal. Specializing in LGBTQ+
Be U Therapy (Melissa Caldwell LCSWR)	315-525-8415	Utica, NY	<a href="https://www.psychologytoday.com/us/therapists/melissa-a-caldwell-utica-ny/952387">https://www.psychologytoday.com/us/therapists/melissa-a-caldwell-utica-ny/952387</a>	I specialize in working with the LGBTQIA+ community, and often work with clients on exploring their identity. In particular, working with clients who have experienced trauma, including sexual abuse, and how this intersects with the way they see themselves, and their overall sense of self-worth. I also have over 15 years experience working with those suffering from depression, anxiety and severe mental illness.
Beacon Center	315-366-4100	1508 Genesee St. Utica, NY 13501	<a href="https://beaconcenter.net/outpatient-counseling/">https://beaconcenter.net/outpatient-counseling/</a>	Beacon Center is now certified by the New York State Office of Mental Health (OMH) to provide treatment for adults with mental health disorders at our Utica, Herkimer, and Amherst, NY outpatient locations. Treatment is patient centered and services can be provided in person or through telehealth. An evaluation is conducted to determine treatment needs which may include medication management, a health physical, individual, group and family counseling.
Britton Tarris, LCSW, LMFT	315-306-3481	New Hartford, NY	<a href="https://www.psychologytoday.com/us/therapists/britton-a-tarris-new-hartford-ny/825709">https://www.psychologytoday.com/us/therapists/britton-a-tarris-new-hartford-ny/825709</a>	I provide affirming therapy for individuals, couples, and families that utilizes an experiential, structural, trauma-informed and strengths-based approach of meeting the client where they're at with identifying their needs and goals for treatment. I specialize in providing affirming therapy and support for LGBTQIA + clients with specialized training in providing support around transition.

# LGBTQIA+ Services and Resources

Name	Number	Location	Website	Description
Coppola Marriage and Family Therapy, PLLC - Dr. Jennifer Coppola, Ph.D., LMFT-D	315-414-9743	The Synergy Center 4500 Pewter Ln Bldgs 8 & 9 Manlius, NY 13104	<a href="http://www.drjenniferlmft.com">www.drjenniferlmft.com</a>	Offering telehealth or in-person psychotherapy. Office address: The Synergy Center 4500 Pewter Lane Bldgs 8 & 9 Manlius, NY 13104 I offer individual, couple and family therapy to adults 18+ and youth 14+. I also specialize in couples therapy as well as support for LGBTQ+ communities.
Crystal Huffstickler, LCSW	607-386-1356	Oneonta, NY	<a href="https://www.therapyden.com/therapist/crystal-huffstickler-oneonta-ny">https://www.therapyden.com/therapist/crystal-huffstickler-oneonta-ny</a>	I work with BIPOC and LGBTQIA+ adults. I enjoy exploring issues related to identity, oppression, relationships, and mood regulation. My clients come ready to dig in to the distress they are experiencing, the habitual patterns causing distress, and new skills/resources/perspectives to heal.
Danielle McDonough, LMHC	315-743-5698	Oneida, NY 13421	<a href="https://www.psychologytoday.com/us/therapists/danielle-mcdonough-oneida-ny/1125595">https://www.psychologytoday.com/us/therapists/danielle-mcdonough-oneida-ny/1125595</a>	My mission is to empower my clients to break free from societal norms and live their lives on their own terms. In my "office", I want you to be yourself, relax, and maybe even laugh a little. I have an affinity for working with those who identify as LGBTQIA+, but all are welcome in my office. I help my clients through many challenges including anxiety, depression, family/relationship issues, anger, ADHD, and stress management.
Kelsey Mooney, LMHC	315-740-1194	Clinton, NY 13323	<a href="https://www.psychologytoday.com/us/therapists/kelsey-mooney-clinton-ny/1125874">https://www.psychologytoday.com/us/therapists/kelsey-mooney-clinton-ny/1125874</a>	I offer a fully telehealth practice designed to support working professionals, college students, faculty, and staff. With over 10 years of experience in higher education, I deeply understand the unique challenges my clients face. As a trauma-informed therapist, I provide a safe, nonjudgmental, and LGBTQIA+ affirming space where you can feel seen and supported. My work focuses on helping individuals navigate mood disorders, anxiety, trauma, and LGBTQIA+ issues, including exploring sexuality and gender identity.
Steven Anderson, LCSW	347-686-9580	Utica, NY 13502	<a href="https://www.rula.com/providers/NY/1689383887?utm_source=psychology_today">https://www.rula.com/providers/NY/1689383887?utm_source=psychology_today</a>	I focus mainly on the solution using a Solution Focused paradigm. I also use Cognitive Behavioral Therapy (CBT) to help you understand how your thoughts influence your feelings and ultimately your behavior. I have experience with LGBTQ+ concerns as well as Substance Use and Recovery. My approach to therapy utilizes Cognitive Behavioral Therapy(CBT), Solution Focused Therapy, Trauma Focused Therapy, and many more. I have worked with members of the LGBTQ+ and Adolescents who suffer from Substance Use, and Recovery.

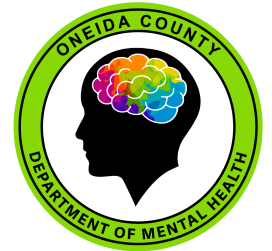
Please also see the "Outpatient/Community-Based Mental Health Services - Adults and Youth" for additional Providers

## Support Services

The Q Center	315-475-2430	287 Genesee St. Utica, NY 13501	<a href="https://www.acrhealth.org/outh-programs/q-centers/">https://www.acrhealth.org/outh-programs/q-centers/</a>	The Q Center at ACR Health is a safe space for lesbian, gay, bisexual, transgender, queer, and questioning youth, their families, and allies to gather, share, and receive support. Through our programs and services, we provide the guidance and support LGBTQ+ youth, young adults and their families need to thrive, and the foundation from which LGBTQ+ youth can succeed throughout their lives.
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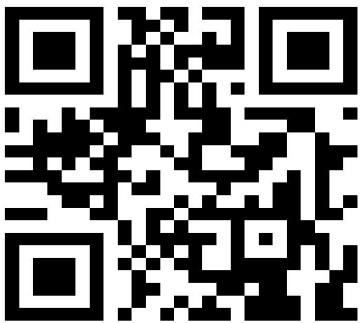


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## **Mental Health Resources and Services for Adults**



# Mental Health Services and Resources for Adults

Name	Number	Location	Website	Description
<b>Crisis Services and/or Support Hotline</b>				
988 Suicide and Crisis Lifeline	988	Call or Text	<a href="https://988lifeline.org/">https://988lifeline.org/</a>	The 988 Suicide & Crisis Lifeline connects you to trained crisis counselors 24/7. They can help anyone thinking about suicide, struggling with substance use, experiencing a mental health crisis, or any other kind of emotional distress. You can also call, text or chat 988 if you are worried about someone you care about who may need crisis support.
CopLine Crisis Line (law enforcement and their families) Hotline	800-267-5463		<a href="https://www.copline.org/about/who-we-are">https://www.copline.org/about/who-we-are</a>	Our vision is to remove the stigma associated with an officer's decision to keep his/her emotions inside for fear of retribution and/or retaliatory action if his/her personal information, feelings and state of mind is revealed to his/her agency. COPLINE® volunteers conduct themselves in a manner that reflects the highest level of honor and integrity.
Eating Disorders Hotline	888-375-7767 800-931-3337		<a href="https://anad.org/get-help/eating-disorders-helpline/">https://anad.org/get-help/eating-disorders-helpline/</a>	ANAD's free, eating disorders Helpline is available to provide emotional support and referrals.
Helio Health - 24 Hour Assessment and Referral Line	315-471-1564		<a href="https://www.helio.health/treatment/outpatient-treatment/">https://www.helio.health/treatment/outpatient-treatment/</a>	Open 24/7 for assessments and referrals.
Hope for Bereaved Hotline	315-475-4673		<a href="https://hopeforbereaved.com/">https://hopeforbereaved.com/</a>	We provide our core services free of charge to anyone experiencing the death of someone close to them. The journey from grief to hope can begin with any of our counseling services provided in groups or one-on-one.
Mobile Crisis Assessment Team "MCAT" Hotline	315-732-6228 844-732-6228		<a href="https://www.neighborhoodctr.org/behavioral-health-care-services/mobile-crisis-assessment-team/">https://www.neighborhoodctr.org/behavioral-health-care-services/mobile-crisis-assessment-team/</a>	MCAT'S mental health staff provide hope during crises to children and adults in Oneida, Herkimer, Schoharie, Otsego, Delaware and Chenango Counties. MCAT responds to crises where they occur face-to-face, virtually and on the telephone. We operate a local crisis line, the 988 line and a mobile crisis response for the region. Our Team is available 24/7/365 for support to individuals, families and community providers. There is no fee for MCAT services. Our MCAT program is nationally accredited through the American Association of Suicidology.
National Alliance on Mental Illness "NAMI" Hotline	800-950-6264		<a href="https://naminys.org/crisis-info/">https://naminys.org/crisis-info/</a>	Trained expert advocates are available 24/7 to provide confidential support to anyone experiencing domestic violence or seeking resources and information. Help is available in Spanish and other languages.
National Institute of Mental Health Resource Center	866-615-6464		<a href="https://www.nimh.nih.gov/site-info/contact-nimh">https://www.nimh.nih.gov/site-info/contact-nimh</a>	NIMH Information Resource Center
NY Depression Hotline	866-629-4564		<a href="https://nationaldepressionhotline.org/">https://nationaldepressionhotline.org/</a>	The National Depression Hotline is a nationwide resource for people struggling with depression and post-traumatic stress disorder. We know how hard it is to find reliable, and free resources to help yourself or a loved one. This website does just that. If you want to talk, getting help for depression is only a phone call away. Our free depression hotline is available 24/7.
S.A.F.E Alternatives (Self-Harm) Hotline	800-366-8288		<a href="https://www.helpguide.org/mental-health/suicide-self-harm/cutting-and-self-harm">https://www.helpguide.org/mental-health/suicide-self-harm/cutting-and-self-harm</a>	Organization dedicated to helping people who self-harm.

# Mental Health Services and Resources for Adults

Name	Number	Location	Website	Description
<b>Care Management</b>				
Catholic Charities Of Oneida/Madison Counties- Supportive Case Management	315-724-2158 ext. 7011	1408 Genesee St. Utica, NY 13502	<a href="https://www.catholiccharities.org/supportive-case-manager">https://www.catholiccharities.org/supportive-case-manager</a>	In collaboration with Neighborhood Center and Center for Family Life and Recovery, care management services are provided to the seriously and persistently mentally ill in Oneida County
Central NY Health Home Network, Inc.	315-624-9670	268 Genesee St. Suite 202 Utica, NY 13502	<a href="https://www.cnyhealthhome.net/cnyhnn-1">https://www.cnyhealthhome.net/cnyhnn-1</a>	The Health Home provides Care Management services to Medicaid or Medicaid Managed Care eligible adults who meet the criteria for services. Our Care Managers are trained to consider all of your needs, not just the physical needs but the emotional needs as well. They make sure everyone involved in your care is working together and sharing information that is important in supporting your overall wellbeing.
Helio Health - Case & Care Management	315-883-3355	502 Court St. 2nd Floor Utica, NY 13502	<a href="https://www.helio.health/in-community/adult-care-coordination/">https://www.helio.health/in-community/adult-care-coordination/</a>	Programs include assessments, suicide prevention, adjustment monitoring, medication management and discharge planning.
Integrated Community Alternatives Network "ICAN"- Adult Care Management	315-731-2611 315-731-2666	310 Main St. Utica, NY 13501	<a href="https://ican.family/programs/adult-health-homes/">https://ican.family/programs/adult-health-homes/</a>	ICAN's Adult Care Management services are vital to the lives of the individuals that we serve. Our Care Coordinators work in a person-centered approach to help our clients become healthy and successful on their own terms. Our Care Coordinator/Client relationships offer the encouragement to help individuals achieve goals they have set for themselves.
Integrated Community Alternatives Network "ICAN"- Health and Recovery Program "HARP"	315-731-2661	310 Main St. Utica, NY 13501	<a href="https://ican.family/programs/harp/">https://ican.family/programs/harp/</a>	The Health and Recovery Program (HARP) is designed to assist individuals with living the life they want to live through services delivered where they live, work, socialize and learn.
The Neighborhood Center - Case Mangement	315-679-1192 315-731-5480	624 Elizabeth St. Utica, NY 13501	<a href="https://www.neighborhoodctr.org/behavioral-health-care-services/home-community-based-services-hcbs/">https://www.neighborhoodctr.org/behavioral-health-care-services/home-community-based-services-hcbs/</a>	The Care Management Program helps to connect people with the services they need: housing, primary care doctor, mental health services, substance use disorder treatment, dentist, support for applying for public assistance programs (such as SNAP, WIC, Temporary Assistance, Social Security Disability (SSD), etc.). Our services connect individuals to social programs, resources for transportation, and other specialty providers.
Upstate Caring Partners - Community Health & Behavioral Services "CHBS" - Certified Community Behavioral Health Clinic - Targeted Case Management "TCM"	Utica: 315-798-8868  Rome: 315-337-0773	1002 Oswego Street Utica, NY 13502  207 West Dominick Street, Rome, NY 13440	<a href="https://www.upstatecp.org/behavioral-health/">https://www.upstatecp.org/behavioral-health/</a>	CHBS UCP's CCBHC delivers comprehensive outpatient mental health services, enhanced by Targeted Case Management (TCM). TCM staff address social determinants of health, support access to benefits and services, and facilitate coordination across the care continuum to ensure person-centered treatment.

# Mental Health Services and Resources for Adults

Name	Number	Location	Website	Description
<b>Inpatient Psychiatric Facility</b>				
Mohawk Valley Health System "MVHS" - Wynn Hospital - Behavioral Health Unit	315-917-7900	111 Hospital Dr. Utica, NY 13502	<a href="https://www.mvhealthsystem.org/behavioral-health-services/">https://www.mvhealthsystem.org/behavioral-health-services/</a>	Our goal is to provide our patients with collaborative care through access to Behavioral Health Services within the primary care setting. By engaging in counseling services within your primary care system, your counselor and physician will be able to coordinate your treatment and enhance the care of your overall health.
Rome Health - Rome Hospital - Behavioral Health Unit	315-338-7399	1500 N. James St. Rome, NY 13440	<a href="https://www.romehealth.org/behavioral-health-near-rome-ny/">https://www.romehealth.org/behavioral-health-near-rome-ny/</a>	Rome Health Behavioral Health Unit provides inpatient psychiatric care for adults aged 45 and older experiencing acute mental health crises, including depression, anxiety, and bipolar disorder. This 12-bed unit offers a private, supportive environment with 24-hour nursing and medical support. Treatment includes psychiatric evaluations, individual and group therapy, medication management, and family support. Admissions are accepted 24/7; referrals can be made by healthcare professionals or family members.
<b>Peer Support</b>				
Helio Health - Peer Support	315-434-5333	500 Whitesboro Street Utica, NY 13502	<a href="https://www.helio.health/crisis-center/">https://www.helio.health/crisis-center/</a>	Our peers and counselors are committed to creating a judgement free and welcoming environment, where individuals can feel safe to share their stories and build connections.
Mohawk Valley Psychiatric Center "MVPC" - Peer Wellness Center	315-738-3800	1617 North James Street, Suite 200, Rome NY 13440	<a href="https://omh.ny.gov/omhweb/facilities/mvpc/">https://omh.ny.gov/omhweb/facilities/mvpc/</a>	There is Peer Wellness Center next to the Rome Clinic that is peer run and available on a drop-in basis. It provides a wide range of activities to help people live successful and satisfying lives in the community.
The Neighborhood Center - Peer Support	315-732-6228 844-732-6228	624 Elizabeth Street Utica, NY 13501	<a href="https://www.neighborhoodcenter.org/covid-19/our-peer-advocates-are-here-for-you/">https://www.neighborhoodcenter.org/covid-19/our-peer-advocates-are-here-for-you/</a>	Someone with personal experience with substance use/recovery who uses their knowledge to support the recovery goals of individuals and meeting individuals where they are at in their recovery/active use.
Upstate Caring Partners - Community Health & Behavioral Services "CHBS" - Certified Community Behavioral Health Clinic - Peer Specialist Services	Utica: 315-798-8868 Rome: 315-337-0773	1002 Oswego St. Utica, NY 13502 207 W. Dominick St. Rome, NY 13440	<a href="https://www.upstatecp.org/behavioral-health/">https://www.upstatecp.org/behavioral-health/</a>	CHBS UCP's CCBHC provides robust outpatient mental health care for adults, with individualized treatment planning and evidence-based interventions. While not a designated crisis center, the CCBHC triages and refers individuals to crisis services when appropriate.  Peer Support Workers are individuals with lived experience and have been successful in the recovery process who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of return to use or engagement in unhelpful practices.

# Mental Health Services and Resources for Adults

Name	Number	Location	Website	Description
<b>Other Available Services</b>				
ACCES-VR	315-793-2536	207 Genesee Street Utica, NY 13501	<a href="https://www.acces.nysed.gov/vr/utica-district-office">https://www.acces.nysed.gov/vr/utica-district-office</a>	Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR) starts with the presumption that all individuals with disabilities can benefit from vocational rehabilitation services and should have opportunities to work in jobs integrated within their communities. Vocational Rehabilitation Counselors guide individuals through service programs they need to reach their employment goal.
Adult Single Point of Access (ASPOA)	315-768-3660		<a href="https://oneidacountyny.gov/departments/mental-health/adult-mental-health/adult-single-point-of-access-and-accountability/">https://oneidacountyny.gov/departments/mental-health/adult-mental-health/adult-single-point-of-access-and-accountability/</a>	ASPOA is coordinated through the Oneida County Department of Mental Health. SPOA application is required for Assertive Community Treatment, and Intensive Case Management through Mohawk Valley Psychiatric Center.
Assisted Outpatient Treatment "AOT"	315-768-3660		<a href="https://oneidacountyny.gov/departments/mental-health/adult-mental-health/assisted-outpatient-treatment/">https://oneidacountyny.gov/departments/mental-health/adult-mental-health/assisted-outpatient-treatment/</a>	AOT is coordinated through the Oneida County Department of Mental Health. New York State has enacted legislation that provides for court-ordered Assisted Outpatient Treatment (AOT) for certain individuals with severe mental illness who, in view of their treatment history, are unlikely to survive safely in the community without supervision. The following questions and answers will help explain this new legislation, commonly referred to as "Kendra's Law."
Camden Life Center	315-820-2638	20 Main Street, Camden, NY 13316	<a href="https://camdenlifecenter.com/">https://camdenlifecenter.com/</a>	The Camden Life Center is an impact center -this means we are a single location with multiple agencies coming together to act in their areas of strength for the maximum impact and overall benefit of our community. The Camden Life Center is a partnership between Come to the Table Counseling and Center for Family Life and Recovery. The primary goal is to inspire hope, provide help, promote wellness and transform lives with a focus of being in Camden, of Camden, for Camden.
Catholic Charities Of Oneida/Madison Counties- Social Recreation	315-724-2158 ext. 7001	1408 Genesee Street Utica, NY 13502	<a href="https://www.catholiccharities.org/social-recreation">https://www.catholiccharities.org/social-recreation</a>	Socialization and recreational opportunities for adults with mental illness.
Center for Family Life and Recovery	315-733-1709	502 Court Street, Suite 401 Utica, NY 13502	<a href="https://www.whenthereshelpthereshope.com/">https://www.whenthereshelpthereshope.com/</a>	Center for Family Life and Recovery supports individuals struggling with addiction, mental health and behavioral issues by inspiring hope, providing help, promoting wellness and transforming lives.
Center for Family Life and Recovery - Prevention Services	315-733-1709	502 Court Street, Suite 401, Utica, NY 13502	<a href="https://www.whenthereshelpthereshope.com/services/prevention-services/">https://www.whenthereshelpthereshope.com/services/prevention-services/</a>	CFLR offers trainings and evidence based programming, and behavioral support. Current trainings include: "Mental Health First Aid", "Talk Saves Lives- An Introduction to Suicide Prevention", "It's Real- College Students and Mental Health", and "Understanding Mental Health".

# Mental Health Services and Resources for Adults

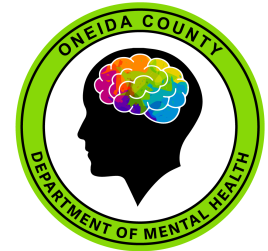
Name	Number	Location	Website	Description
Helio Health - Forensic Case Management "FCM"	315-316-0101	1008 Cornelia Street Utica, NY 13502	<a href="https://www.helio.health/in-community/criminal-justice-support-services/">https://www.helio.health/in-community/criminal-justice-support-services/</a>	The Forensic Case Management program works with inmates from the Oneida County Correctional Facility who have a need for community – based services upon their release from confinement. The FCM team consists of trained and experienced individuals who work in concert with the Forensic Mental Health staff and other community providers to ensure that individuals are afforded the community-based treatment interventions that are needed. Services include, but are not limited to: referral to the appropriate community provider, advocacy services to enhance participant compliance and success, follow-up with the provider, and on-going compliance monitoring.
Helio Health - Forensic Evaluation Unit "FEU"	315-735-2281	1008 Cornelia Street Utica, NY 13502	<a href="https://www.helio.health/in-community/criminal-justice-support-services/">https://www.helio.health/in-community/criminal-justice-support-services/</a>	An alternative-to-incarceration/ diversion program for adults who are involved in the Oneida County criminal justice system and are struggling with mental illness, chemical dependency, intellectual or developmental disabilities, or other behavioral health challenges. Provides assessment and case management services in partnership with participants, courts, attorneys, and area providers.
Helio Health - Forensic Mental Health Unit	315-768-4744	6575 Judd Road Oriskany, NY 13424	<a href="https://www.helio.health/in-community/criminal-justice-support-services/">https://www.helio.health/in-community/criminal-justice-support-services/</a>	Provides comprehensive forensic mental health programs within the 600 bed Oneida County Correctional Facility.
Jaime Hawkins George Foundatoin		2951 Graffenburg Road, New Hartford, NY 13413	<a href="https://www.jaimehawkinsgeorgefoundation.org/">https://www.jaimehawkinsgeorgefoundation.org/</a>	Our mission is to provide financial assistance to individuals and families who have tragically lost a loved one to suicide. We strive to alleviate the burden of financial hardships during this difficult time, offering support and resources to help them navigate their immediate financial needs. The Jaime Hawkins George Foundation is a 501c3 non-profit organization. It was found in memory of Jaime Hawkins George, who died by suicide on May 26, 2022.
Mohawk Valley Psychiatric Center "MVPC" *Assertive Community Treatment (ACT)* *Intensive Case Management (ICM) *The Corner*	315-738-3800	1400 Noyes Street Utica, NY 13502	<a href="https://omh.ny.gov/omhwe/b/facilities/mvpc/">https://omh.ny.gov/omhwe/b/facilities/mvpc/</a>	Mohawk Valley Psychiatric Center is one of 24 state-run psychiatric facilities in New York State. We offer personalized treatment and rehabilitation services for children and adults. We operate in collaboration with local mental health agencies to ensure long-lasting recovery and support. Services offered at this location include Outpatient mental health treatment for adults, inpatient psychiatric services for youth at Pinefield, Assertive Community Treatment Team (ACT Team), Intensive Care Management (ICM), and the Corner Rehabilitation and Recovery Center. ACT and ICM require an ASPOA referral.
Oneida County - Mental Health Department	315-768-3660	800 Park Avenue Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/mental-health/">https://oneidacountyny.gov/departments/mental-health/</a>	Oneida County Department of Mental Health provides administrative leadership to the planning, monitoring and reviewing of services for individuals with mental illness, substance use disorder, and intellectual and developmental disabilities. The department is dedicated to being a leader in these areas and strives to implement initiatives that deliver quality programs that enhance the lives of those in our community.

# Mental Health Services and Resources for Adults

Name	Number	Location	Website	Description
The Neighborhood Center - Adult Recovery Services "ARS"	Utica: 315-272-2661	15-17 Hopper Street Utica, NY 13501	<a href="https://www.neighborhoodctr.org/behavioral-health-care-services/adult-recovery-services/">https://www.neighborhoodctr.org/behavioral-health-care-services/adult-recovery-services/</a>	Adult Recovery Services (ARS) is a voluntary program for any adult 18 and above with a Mental Health Diagnosis. ARS provides a safe and positive environment where our members can socialize, obtain advice and support, develop job skills, and attend a wide variety of groups offered daily.
	Rome: 315-272-2736	199 W. Dominick Street Rome, NY 13440		
The Neighborhood Center - Bridge Script Program	315-732-6228	624 Elizabeth St. Utica, NY 13501	<a href="https://www.neighborhoodctr.org/behavioral-health-care-services/mobile-crisis-assessment-team/">https://www.neighborhoodctr.org/behavioral-health-care-services/mobile-crisis-assessment-team/</a>	Coordinated through the Mobile Crisis Assessment Team "MCAT". A Bridge Script is a supplemented medication to bridge the gap between medications prescribed by a previous provider to avoid a lapse in established medications before transitioning to a new provider.
The Neighborhood Center - Community Mental Health Promotion and Support "COMHPS"	315-272-2640	616 Mary Street, Utica, NY 13501	<a href="https://www.neighborhoodctr.org/behavioral-health-care-services/care-management/">https://www.neighborhoodctr.org/behavioral-health-care-services/care-management/</a>	The NYS Office of Mental Health's COMHPS team provides community engagement, mental health wellness promotion, individual screenings for mental health conditions, brief counseling, and referral to licensed mental health professionals. The COMHPS Program aims to support New Yorkers with subclinical mental health needs and establish, maintain, and improve individual and community mental health and wellness.
The Neighborhood Center - Community Oriented Recovery and Empowerment Services "CORE" and Home & Community Based Services "HCBS"	315-794-7490		<a href="https://www.neighborhoodctr.org/behavioral-health-care-services/core-hcbs/">https://www.neighborhoodctr.org/behavioral-health-care-services/core-hcbs/</a>	CORE services assist individuals with serious mental health and/or substance use disorders meet their recovery goals such as finding a job, going to school, or socializing or living more independently. HCBS assists people with learning new, or build, skills in areas such as communication, socialization, self-care, or taking care of one's home, to help people successfully live within their community. HCBS supports individuals who need ongoing support to learn a new job or maintain a job through its Intensive Supportive Employment (ISE) program.

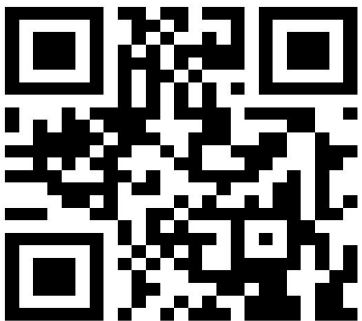


**Oneida County System of Care**  
Building Relationships Together



**Ashlee L. Thompson**  
Commissioner for Mental Health  
Director of Community Services

## **Outpatient/Community -Based Mental Health Services Adults and Youth**



# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
Treatment Center - Offers medication management, mental health therapy, and usually case management. Must engage in therapy at this organization prior to being seen by a prescriber. Please discuss with clinic staff if you desire to get any part of your services from a different provider.					
Medication Management - a medical provider who primarily manages psychiatric medication. Often does not provide therapy.					
Independent Therapist - independent provider or group of providers, not affiliated with a treatment center, aka "private practice". In most cases, it is unethical for a single therapist to individually treat members from the same family, except in the case of family therapy.					
Psychological Testing - Offers formal testing for certain diagnoses like Autism Spectrum Disorder (ASD) or Attention-Deficit/Hyperactivity Disorder (ADHD).					
Adults - provides services to individuals over 18.					
Youth - provides services to individuals under 18, although some may have age restrictions.					
* next to name indicates acceptance of a medicaid insurance.					

<b>Adaya Counseling Services</b>	<b>315-907-1800</b>	Rome, NY 13440	<a href="https://adayacounseling.com/">https://adayacounseling.com/</a>	Independent Therapist Adults Youth	Together we can work to help equip you with the necessary tools to help you face and overcome these challenges. Whether you're struggling with marital problems, overcoming addictions, or anxiety, you don't have to be alone in this journey. No two individuals are the same; sessions are tailored to address challenges unique to you, to understand the root cause of your struggles, and address those issues with long-lasting strategies. This practice supports several therapists, please see their website or contact them for more information.
<b>ADHD &amp; Autism Psychological Services and Advocacy</b>	<b>315-732-3431</b>	122 Business Park Dr. Suite 1 Utica, NY 13502	<a href="https://aapsa.net/child-adolescent-services/">https://aapsa.net/child-adolescent-services/</a>	Psychological Testing Youth	We offer a variety of individually-based therapies that help patients make meaningful gains in their lives. With our emphasis on science, we base our recommendations for therapy upon what is likely to result in the most improvement. When individual therapy is recommended, we most often use Cognitive Behavioral Therapy given the wealth of scientific evidence that supports it as a very effective treatment for a variety of problems. Not all persons are good candidates for individual therapy due to several factors.
<b>Adrian Bartholomeo, LCSW</b>	<b>315-757-2667</b>	Whitesboro, NY	<a href="https://www.psychologytoday.com/us/therapists/adrian-bartholomeo-whitesboro-ny/1564298">https://www.psychologytoday.com/us/therapists/adrian-bartholomeo-whitesboro-ny/1564298</a>	Independent Therapists Adults Youth	I have had the privilege of providing support to adults & children with a wide range of needs for over 20 years. My time at Hospice gifted me lessons about how resilient people can be when experiencing grief. Most recently working in elementary, middle and high schools has been eye opening. Strong emotions such as anxiety and depression have increased the need for mental health services that not all districts are able to provide. My internship at Trillium Health allowed me to learn about clinical needs. Facilitating a social group for trans masculine individuals for many years helped meet a need that was missing at that time. Increasing access to affirming care is a personal goal. Specializing in LGBTQ+

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
Alicia Zielenski, PsyD	315-918-7205	Utica, NY	<a href="https://care.headway.co/providers/alicia-zielenski?utm_source=pem&amp;utm_medium=direct_link&amp;utm_campaign=115993">https://care.headway.co/providers/alicia-zielenski?utm_source=pem&amp;utm_medium=direct_link&amp;utm_campaign=115993</a>	Independent Therapist Adults Youth	Specializing in working with kids, teens, and young adults, my approach is compassionate, practical, down-to-earth, and collaborative, tailored to the unique needs of each client. I prioritize following my clients' lead and empowering clients to develop new patterns of behavior by investigating the factors influencing thoughts, feelings, and behavior.
Alyssa Urteaga, LPMFT	315-563-3807	Rome, NY 13440	<a href="https://www.psychologytoday.com/us/therapists/alyssa-urteaga-rome-ny/1386347">https://www.psychologytoday.com/us/therapists/alyssa-urteaga-rome-ny/1386347</a>	Independent Therapist Adults	As a Marriage and Family Therapist, my goal is to provide guidance to couples, families, and individuals, as they experience challenging times that may impact their mental health and relationships. I seek to create a collaborative space that allows clients to grow in numerous aspects of their life and relationships.
Amanda Bailey, LCSW-R, CASAC	315-400-6139	Utica, NY 13502	<a href="https://www.psychologytoday.com/us/therapists/amanda-bailey-whitesboro-ny/815169">https://www.psychologytoday.com/us/therapists/amanda-bailey-whitesboro-ny/815169</a>	Independent Therapist Adults Youth	I am a Licensed Clinical Social Worker-Psychotherapist (LCSW-R) and a Credentialed Alcoholism and Substance Abuse Counselor (CASAC). I offer Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), and Cognitive Processing Therapy (CPT). I am also a NYS Approved OASAS Impaired Driver Services Provider.
Amanda Gallipeau, LMHC	315-922-5678	Utica, NY 13502	<a href="https://headway.co/providers/amanda-gallipeau?utm_source=pem&amp;utm_medium=direct_link&amp;utm_campaign=64362#intro">https://headway.co/providers/amanda-gallipeau?utm_source=pem&amp;utm_medium=direct_link&amp;utm_campaign=64362#intro</a>	Independent Therapist Adults	I specialize in maternal/parental mental health counseling to ensure that no parent has to experience family planning, pregnancy, and parenting alone. I focus on relationship building with each client to provide a safe and transparent space with roots in person-centered practices.
Amy Mack, LCSW, RPT	315-322-9372	Manlius, NY	<a href="https://www.psychologytoday.com/us/therapists/amy-mack-manlius-ny/867622">https://www.psychologytoday.com/us/therapists/amy-mack-manlius-ny/867622</a>	Independent Therapist Youth	As a registered play therapist, I am dedicated to working with younger clients from a place that incorporates play, attachment, and neuroscience together. I strive to help children and teens feel seen, heard, and validated, with play and expressive arts as their language. I support families to increase coregulation, shared delight, safety, and connection.
Angela J. Matuella, LCSW	315-818-2591	Woodgate, NY 13494	<a href="https://www.psychologytoday.com/us/therapists/angela-j-matuella-woodgate-ny/1355562">https://www.psychologytoday.com/us/therapists/angela-j-matuella-woodgate-ny/1355562</a>	Independent Therapist Adults	When you are feeling alone in your issues, know that you are not alone and can be in control. Understand that your feelings are valid and you can learn to be strong in believing in yourself. If there are negative events in your life, know that while you can't forget, you have the strength to forgive and live a happier life.

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
Anthony Rotolo, PhD	315-810-9724	New Hartford, NY	<a href="http://www.rotolophd.com">www.rotolophd.com</a>	Independent Therapist Adults Youth	My approach combines modern, research-based techniques to empower and support you. I am certified in clinical hypnotherapy, and many of my clients are interested in using that powerful tool. Others prefer to explore the advanced cognitive-behavioral therapies that I can teach you. In all cases, we will work together to create a personalized plan for you. I know that it takes courage to seek a better version of yourself. I also know that therapy is an investment of time, money, and energy—so you deserve to work with a therapist who matches your commitment to learn and grow. If you're ready to do the kind of work that can transform your life, please reach out—and let's get started.
Barbara Arcuri, LCSW-R	315-794-5969	9273 Kellogg Rd. New Hartford, NY 13413	<a href="https://www.hypnoticworld.com/hypnotherapists/therapist?id=17917&amp;name=Barbara+Arcuri+LCSW-R%2C+CSSW%2C+CHt&amp;city=&amp;srltid=AfmBOoo9kW8nnNG8s4o-GEwPkP0SdlQNMVDGZRrdDrXlLcDMQaKVDFhR">https://www.hypnoticworld.com/hypnotherapists/therapist?id=17917&amp;name=Barbara+Arcuri+LCSW-R%2C+CSSW%2C+CHt&amp;city=&amp;srltid=AfmBOoo9kW8nnNG8s4o-GEwPkP0SdlQNMVDGZRrdDrXlLcDMQaKVDFhR</a>	Independent Therapist Adults Youth	As a Clinical Social Worker, Certified Hypnotherapist, & EMDR-trained therapist, Barbara Arcuri, LCSW-R, CHT provides services in a safe, non-judgmental, therapeutic atmosphere, which are based on Biopsychosocial perspectives. Services consist of assessment, diagnosis, treatment client-centered advocacy, consultation, evaluation, and management of mental illness, emotional, or behavioral disturbances. Barbara sees clients as young as 3-years-old, and as wise as 95-years-old.
Barbara Goldsmith Fillips, LMFT	315-567-4701	Whitesboro, NY 13492	<a href="https://www.psychologytoday.com/us/therapists/barbara-goldsmith-fillips-whitesboro-ny/88118">https://www.psychologytoday.com/us/therapists/barbara-goldsmith-fillips-whitesboro-ny/88118</a>	Independent Therapist Adults	I try to make our work together as fun, co-creative, and as low in stress as possible. I intend for clients to leave therapy with personalized skills and skillful means for ongoing lifetime growth and resiliency.
Barbara Lee Pfendler Ruiz, LCSW	315-339-3935	1754 Black River Blvd. Rome, NY 13440		Independent Therapist Adults	
Be U Therapy - Melissa Caldwell, LCSWR	315-525-8415	286 Genesee St. Utica, NY 13502	<a href="https://www.psychologytoday.com/us/therapists/melissa-caldwell-utica-ny/952387">https://www.psychologytoday.com/us/therapists/melissa-caldwell-utica-ny/952387</a>	Independent Therapist Adults Youth	I specialize in working with the LGBTQIA+ community, and often work with clients on exploring their identity. In particular, working with clients who have experienced trauma, including sexual abuse, and how this intersects with the way they see themselves, and their overall sense of self-worth. I also have over 15 years experience working with those suffering from depression, anxiety and severe mental illness.

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
Beacon Center*	Utica: 315-366-4100	1508 Genesee Street, Utica, NY 13501			Beacon Center is now certified by the New York State Office of Mental Health (OMH) to provide treatment for adults with mental health disorders at our Utica, Herkimer, and Amherst, NY outpatient locations. Treatment is patient centered and services can be provided in person or through telehealth. An evaluation is conducted to determine treatment needs which may include medication management, a health physical, individual, group and family counseling.
	Rome: 315-367-1280	303 W. Liberty St. Rome, NY 13440	<a href="https://beaconcenter.net/oupatient-counseling/">https://beaconcenter.net/oupatient-counseling/</a>	Treatment Center Adults	
Brandi Lloyd, LMHC	315-873-2145	Utica, NY 13502	<a href="https://www.psychologytoday.com/us/therapists/brandi-lloyd-utica-ny/952635">https://www.psychologytoday.com/us/therapists/brandi-lloyd-utica-ny/952635</a>	Independent Therapist Adults Youth	A major area of focus within my work consists of working with individuals who are struggling with various forms of complex trauma, such as physical and sexual abuse, depression, and anxiety; however there are other needs that we may address together. I have experience working with individuals, couples and families with a variety of needs.
Brian P. Mulkerne, LCSW-R	315-541-4237	New Hartford, NY 13413	<a href="https://www.psychologytoday.com/us/therapists/brian-p-mulkerne-new-hartford-ny/181448">https://www.psychologytoday.com/us/therapists/brian-p-mulkerne-new-hartford-ny/181448</a>	Independent Therapist Adults Youth	I am licensed to practice as a Social Worker in New York. I have been providing mental health care for 36 years and have been in private practice since 1996. I have extensive training in many clinical approaches to the treatment of emotional disorders of children and adults. I accept most local insurance plans.
Brittany Weibel, LCSW	315-915-8533	New Hartford, NY 13413	<a href="https://www.psychologytoday.com/us/therapists/brittany-weibel-new-hartford-ny/1062908">https://www.psychologytoday.com/us/therapists/brittany-weibel-new-hartford-ny/1062908</a>	Independent Therapist Adults Youth	With extensive experience in trauma-informed care, Cognitive Behavioral Therapy (CBT), and mindfulness, I bring a compassionate and holistic approach to therapy. I utilize evidence-based techniques to help clients identify solutions, reframe negative thought patterns, and develop healthier coping strategies.
Britton Tarris, LCSW, LMFT	315-306-3481	New Hartford, NY	<a href="https://www.psychologytoday.com/us/therapists/britton-tarris-new-hartford-ny/825709">https://www.psychologytoday.com/us/therapists/britton-tarris-new-hartford-ny/825709</a>	Independent Therapist Adults Youth	I provide affirming therapy for individuals, couples, and families with a specialty in providing affirming therapy and support for sexual and gender diverse (LGBTQIA +) clients with specialized training in providing support around transition. Please contact me to begin the conversation about your concerns, what you may be struggling with, your hopes for how therapy might be helpful, and to see if I may be a good fit for you.
Carrie Corby, LCSW	315-302-1473	New Hartford, NY 13413	<a href="https://www.psychologytoday.com/us/therapists/carrie-corby-new-hartford-ny/817674">https://www.psychologytoday.com/us/therapists/carrie-corby-new-hartford-ny/817674</a>	Independent Therapist Adults Youth	I have experience with children, adolescents and adults, effectively addressing issues related to depression, anxiety, poor self-esteem, childhood trauma, personality disorder traits and symptoms, parent-child relationships, behavioral difficulties, ADHD, and Autism Spectrum Disorder.

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
Charlotte Marie Disotell-Rusch, LMHC		Boonville, NY 13309	<a href="https://openpathcollective.org/clinicians/charlotte-disotell-rusch/">https://openpathcollective.org/clinicians/charlotte-disotell-rusch/</a>	Independent Therapist Adults Youth	With healing comes control over aspects of your life that had felt so very out of control. With healing comes peace and serenity. As a therapist, I guide my clients to safety after trauma and provide a safe place for them to explore their emotions, their traumas, their thoughts. I give clients a place to let out what they have been holding in for so very long. Imagine breathing again after holding your breath for the worst happening. Offers weekend appointments.
Christine Pallas, Ph.D.	315-840-2884	Rome, NY 13440	<a href="https://www.prosperhealth.io/our-team/christine-pallas">https://www.prosperhealth.io/our-team/christine-pallas</a>	Independent Therapist Adults	I use a trauma-informed care approach to treating clients and help them use their own personal strengths to reach their best selves. My approach to therapy is working collaboratively with my clients to achieve the best outcome for them and giving them opportunities to practice their skills and gain confidence in the real-world setting.
Clinton Therapy & Testing Center	315-859-1973	7325 St Rt 5 Clinton, NY 13323	<a href="https://www.clintontherapy.com/">https://www.clintontherapy.com/</a>	Independent Therapist Adults Youth	Our staff members include Licensed Psychologists, Licensed Clinical Social Workers, Licensed Mental Health Counselors, and Psychiatric Nurse Practitioners, most of whom have practiced mental health services for a decade or more. This practice supports several therapists, please see their website or contact them for more information.
Colleen Vernold, LCSW-R	315-533-4132	Rome, NY 13440	<a href="https://www.psychologytoday.com/us/therapists/colleen-vernold-lcsw-r-rome-ny/482290">https://www.psychologytoday.com/us/therapists/colleen-vernold-lcsw-r-rome-ny/482290</a>	Independent Therapist Adults Youth	As your therapist I will help you identify the factors that interfere with you becoming your best self. We will work as a team to develop life strategies that work for YOU so you can better manage it all. I offer online, video therapy via a secure, HIPAA compliant platform. If you think we may be a good fit please contact me for a free consultation.
Come to the Table Counseling	315-533-2570	20 Main St. Camden, NY 13316	<a href="https://www.cometothetablecounseling.com/">https://www.cometothetablecounseling.com/</a>	Independent Therapist Adults Youth	Come to the Table Counseling uses a variety of therapeutic tools such as psycho-education, Dialectic Behavioral Therapy skills, Cognitive Behavioral Therapy, Eye Movement Desensitization and Reprocessing (EMDR) Therapy, Solution Focused Therapy, Mindfulness, Behavioral Intervention, Motivational Interviewing, and Brief Intervention Therapy. All services are available in-person and Telehealth. Many insurances accepted. This practice supports several therapists, please see their website or contact them for more information.
Coppola Marriage and Family Therapy, PLLC - Dr. Jennifer Coppola, Ph.D., LMFT-D	315-414-9743	The Synergy Center 4500 Pewter Lane Bldgs 8 & 9 Manlius, NY 13104	<a href="http://www.drjenniferlmft.com">www.drjenniferlmft.com</a>	Independent Therapist Adults Youth	Offering telehealth or in-person psychotherapy. Office address: The Synergy Center 4500 Pewter Lane Bldgs 8 & 9 Manlius, NY 13104 I offer individual, couple and family therapy to adults 18+ and youth 14+. I also specialize in couples therapy as well as support for LGBTQ+ communities.

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
Coral Psychiatry	518-414-5421	Troy, NY 12179	<a href="https://www.coralpsych.com/">https://www.coralpsych.com/</a>	Medication Management Adults	Coral psychiatry is a specialized women's mental health practice that serves patients in Florida, Illinois, Massachusetts, Minnesota, and New York. Our expertise in reproductive psychiatry and integrative mental health strategies allows us to focus on providing female-first care, putting patients' needs and wellness at the forefront of treatment.
Cornerstone Mobile Counseling	315-868-1000		<a href="https://www.cornerstonemoBILEcounseling.com/">https://www.cornerstonemoBILEcounseling.com/</a>	Independent Therapist Adults	Cornerstone Mobile Counseling proudly links individuals to local, licensed mental health professionals for counseling in their homes or via telehealth.
Counseling Corner for Marriage and Family Therapy, P.C. - Cari Sans, LMFT	315-922-0662	New Hartford, NY 13413	<a href="https://www.couplesandfamilylies.com/">https://www.couplesandfamilylies.com/</a>	Independent Therapist Adults	I specialize in helping individuals and couples achieve greater self-awareness and healthier relationships. With nearly two decades of experience as a Licensed Marriage Therapist, and Certified Strategic Life & Relationship Coach, I offer practical tools and strategies to navigate relationship challenges and foster growth.
Crystal Huffstickler, LCSW	607-386-1356	Oneonta, NY	<a href="https://www.therapyden.com/therapist/crystal-huffstickler-oneonta-ny">https://www.therapyden.com/therapist/crystal-huffstickler-oneonta-ny</a>	Independent Therapist Adults	I work with BIPOC and LGBTQIA+ adults. I enjoy exploring issues related to identity, oppression, relationships, and mood regulation. My clients come ready to dig in to the distress they are experiencing, the habitual patterns causing distress, and new skills/resources/perspectives to heal.
Cuda Counseling, LCSW, PLLC	315-866-0100	143 West Dominick Street, Rome, NY 13440	<a href="https://www.cudacounseling.org/services-2">https://www.cudacounseling.org/services-2</a>	Independent Therapist Adults Youth	Since our founding in 2017, we are committed to providing the best of the best in health services. We pride ourselves on our patient-focused approach that emphasizes the highest possible standards. This practice supports several therapists, please see their website or contact them for more information.
Dale Marie Romleski, LCAT	315-712-1280	Oriskany, NY 13424	<a href="https://www.psychologytoday.com/us/therapists/dale-marie-romleski-oriskany-ny/995910">https://www.psychologytoday.com/us/therapists/dale-marie-romleski-oriskany-ny/995910</a>	Independent Therapist Adults Youth	Through my work with trauma survivors, I've found that many of their symptoms, habits, and reactions are simply adaptations - ways their nervous systems learned to cope with unsafe, chaotic, and unpredictable environments. Together, we'll explore the patterns and defenses you've developed to cope with past challenges. By uncovering the wisdom, compassion, and resilience beneath those protective layers, we can help you move beyond what's been holding you back and reveal your true inner strength.
Daniel Silverman, LCSW-R	315-790-6244	Rome, NY 13440	<a href="https://www.dansilvermanlcswr.com/">https://www.dansilvermanlcswr.com/</a>	Independent Therapist Adults	I have a high success rate with people who struggle with depression and anxiety, as well as grief, anger management, coping, codependency, change of life and burnout. I also have a passion and expertise for providing focused and effective marital/relationship therapy. I help people to become a better version of themselves, ultimately leading to higher life satisfaction.

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
Danielle McDonough, LMHC	315-743-5698	Oneida, NY 13421	<a href="https://www.psychologytoday.com/us/therapists/danielle-mcdonough-oneida-ny/1125595">https://www.psychologytoday.com/us/therapists/danielle-mcdonough-oneida-ny/1125595</a>	Independent Therapist Adults	My mission is to empower my clients to break free from societal norms and live their lives on their own terms. In my “office”, I want you to be yourself, relax, and maybe even laugh a little. I have an affinity for working with those who identify as LGBTQIA+, but all are welcome in my office. I help my clients through many challenges including anxiety, depression, family/relationship issues, anger, ADHD, and stress management.
David Jordan, LMHC	315-888-6431	Rome, NY 13440	<a href="https://www.psychologytoday.com/us/therapists/david-jordan-rome-ny/1377426">https://www.psychologytoday.com/us/therapists/david-jordan-rome-ny/1377426</a>	Independent Therapist Adults	In my work with adults, I prioritize meeting my clients where they are in life and collaboratively working with them to figure out what they need from therapy. Sometimes this means working on developing coping skills, building insight into (and changing) unhelpful cognitive and behavioral patterns, or working through traumatic experiences they may have gone through.
David O'Connor Psychiatry	315-714-7786	New Hartford, NY 13413	<a href="https://dopsychiatry.com/">https://dopsychiatry.com/</a>	Medication Management Adults Youth	A native Utican, David O’Connor is a board-certified Psychiatric Nurse Practitioner specializing in adult and adolescent mental health. Spanning a 19-year nursing career, David has an extensive background in community based psychiatric mental health and is currently affiliated with the Community Recovery Center of Rome Health providing mental health and addiction treatment.
David Stang, Ph.D.	315-520-8963	286 Genesee St. Utica, NY 13502	<a href="https://www.psychologytoday.com/us/therapists/david-stang-utica-ny/85037">https://www.psychologytoday.com/us/therapists/david-stang-utica-ny/85037</a>	Independent Therapist Psychological Testing Adults Youth (Testing Only)	I can address a variety of problems, such as depression, anxiety, substance abuse and serious mental illness. I work with individual adults, couples and adolescents. I provide a supportive approach. I give people an opportunity to express their emotions and sort out their problems, provide practical coping skills as the situation warrants, diagnostic testing and evaluations. I take all major insurance. Services available for teens and adults. Psychological testing for ADHD and Independent Counselor.
Deanna Butera, LCSW	315-749-3476	Whitesboro, NY 13492		Independent Therapist Adults Youth	I provide counseling services for youth or adults. Specializing in CBT, DBT, play therapy techniques. Family services and sessions can occur.
Desiree Peters, LCSW	315-210-8122	New Hartford, NY	<a href="https://www.psychologytoday.com/us/therapists/desiree-peters-new-hartford-ny/1545999">https://www.psychologytoday.com/us/therapists/desiree-peters-new-hartford-ny/1545999</a>	Independent Therapist Adults	My approach is collaborative, strengths-based and dynamic. I aim to create a safe, non-judgmental space where we can explore what’s happening in the present and, when helpful, look deeper into the past. Through both reflection and action we can work together to make meaningful change while honoring the complexity of each person’s story. Virtual and in-person in Clinton, NY, some evening and weekend availability.
Dr. Minjah Siddiqi	315-266-0600			Medication Management Adults	

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
DRN Counseling and Consulting Services LCSW, PLLC	315-570-5058	2621 Genesee St. Utica, NY 13502	<a href="https://drncounseling.com/">https://drncounseling.com/</a>	Independent Therapist Adults	DRN Counseling & Consulting Services offers clinically-based psychotherapy counseling for individuals, families, students, veterans, professionals, athletes, and more. This practice supports several therapists, please see their website or contact them for more information.
Erin Hall, LCSW	315-259-1428	Oneida, NY 13421	<a href="https://care.headway.co/providers/erin-hall">https://care.headway.co/providers/erin-hall</a>	Independent Therapist Adults Youth	I am here for you if you decide to reach out for support. I enjoy working with children, teens and adults. I have experience working with individuals who have faced a wide range of issues, including depression, anxiety, PTSD, behavioral difficulties, parenting, co-occurring disorders (mental health and addiction), and maternal mental health.
Family and Children's Counseling Services	315-280-0400	201 Cedar Street, Oneida, NY 13421	<a href="https://familycs.org/offices/oneida-clinic-madison-county/">https://familycs.org/offices/oneida-clinic-madison-county/</a>	Treatment Center Adults Youth	Family & Children's Counseling Services is a private, non-profit organization offering professional counseling and prevention services. Integrated outpatient behavioral health services are available for youth, adults and families who are experiencing emotional, personal, and alcohol or drug-related problems. Services are available at multiple locations in Broome, Cortland, Madison and Tioga counties and through our school-based counseling programs.
Greehouse Therapy Co., Alyce Short, LCSW	<a href="mailto:Alyce@greehousetherapyco.com">Alyce@greehousetherapyco.com</a>	South Utica, NY	<a href="https://greehousetherapyco.com/about">https://greehousetherapyco.com/about</a>	Independent Therapist Adults	My therapeutic style is casual, raw, and old-soul driven, with a touch of humor when appropriate. I prioritize comfort—if you're not comfortable with me, you won't feel at ease opening up. I believe if we can laugh together, it makes it easier when the tears come. This is your journey, and I'm here to follow your lead, staying in the passenger seat. I wear my heart on my sleeve, bringing empathy, authenticity, and a genuine connection to every session.
Guarascio Psychological Services, Kim Guarascio, Ph.D.	315-520-8234	10 Main Street, Suite 203, Whitesboro, NY 13492	<a href="https://guarasciopsychological.com/">https://guarasciopsychological.com/</a>	Independent Therapist Adults	Therapy doesn't go anywhere without you. I'll help you embrace the uncomfortable and face your fears. Together, we'll boldly face the pain of the past and dare to dream of a different future without shame or fear. You might think others would run in the opposite direction if they knew you carried all that. Realizing that may not be true is a huge step forward in therapy.
Heart in Hand: Couples and Individual Therapy- Suzanne Chabot, LMFT, RN	315-509-8790	2308 Genesee Street Utica, NY 13502	<a href="https://www.heartinhandtherapy.com/">https://www.heartinhandtherapy.com/</a>	Independent Therapist Adults	My primary areas of expertise are helping folks work through relationship difficulties, navigate life cycle transitions, as well as eating disorder and intimacy disorder (e.g. love addiction) recovery.

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
Helio Health - Outpatient Services*	315-724-5168	500 Whitesboro St. Utica, NY 13502	<a href="https://www.helio.health/treatment/outpatient-treatment/">https://www.helio.health/treatment/outpatient-treatment/</a>	Treatment Center Adults Youth	At Helio Health, we prioritize the well-being of all individuals across the lifespan. Our dedicated team is here for you, providing services for anyone who is struggling with Mental Health, such as depression, anxiety, behavioral issues, and/or substance use. Services may include Individual and group, Family/Sibling Counseling, Play Therapy, Psychiatric Evaluations, Medication Monitoring. Walk- In hours are Sunday-Saturday 8am- 3pm, or call 315-724-5168 for additional information.
Helio Health - Outpatient Services* (at Camden Life Center)	315-724-5168	20 Main St. Camden, NY 13316	<a href="https://www.helio.health/treatment/outpatient-treatment/">https://www.helio.health/treatment/outpatient-treatment/</a>	Treatment Center Adults Youth	At Helio Health, we prioritize the well-being of all individuals. Our dedicated team is here for you, providing services for anyone who is struggling with Mental Health, such as depression, anxiety, behavioral issues, and/or substance use. Services may include Individual and group, Family/Sibling Counseling, Play Therapy, Psychiatric Evaluations, Medication Monitoring. Call 315-724-5168 for information on this location.
Helio Health - Outpatient Services* (at Center For Family Life and Recovery, Rome)	315-724-5168	201 W. Dominick St. Rome, NY 13440	<a href="https://www.helio.health/treatment/outpatient-treatment/">https://www.helio.health/treatment/outpatient-treatment/</a>	Treatment Center Adults Youth	At Helio Health, we prioritize the well-being of all individuals. Our dedicated team is here for you, providing services for anyone who is struggling with Mental Health, such as depression, anxiety, behavioral issues, and/or substance use. Services may include Individual and group, Family/Sibling Counseling, Play Therapy, Psychiatric Evaluations, Medication Monitoring. Call 315-724-5168 for information on this location.
Jacqueline Hawkins, LMHC	315-871-5619	Rome, NY	<a href="https://www.psychologytoday.com/us/therapists/jacqueline-hawkins-rome-ny/1047290">https://www.psychologytoday.com/us/therapists/jacqueline-hawkins-rome-ny/1047290</a>	Independent Therapist Adults Youth	I am a Mental Health Clinician licensed in New York with over 8 years of experience. I have worked with clients with a wide range of concerns including depression, anxiety, self-esteem issues, parenting problems, career challenges, relationship issues, OCD, ASD and ADHD. I also helped many people who have dealt with grief and loss and discrimination. My therapy style is inclusive, collaborative, warm and interactive. I believe in treating anyone with respect, sensitivity, and compassion, and I don't believe in stigmatizing labels. My approach combines cognitive-behavioral therapy with a strength-based focus. I will tailor our dialog and treatment plan to meet your unique and specific needs. It takes courage to seek a more fulfilling and happier life and to take the first steps towards change. If you are ready to take that step, I am here to support and empower you.

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
<b>James Brendan Ryan, LMHC*</b>	<b>315-235-1587</b>	1 Ellinwood Ct. New Hartford, NY 13413	<a href="https://www.psychologytoday.com/us/therapists/james-brendan-ryan-new-hartford-ny/105714">https://www.psychologytoday.com/us/therapists/james-brendan-ryan-new-hartford-ny/105714</a>	Independent Therapist Adults Youth	I have over 30 years experience working with children and adolescents, and adults. I have had good success working with clients with anger control issues and ADHD features. I have lots of experience working with clients with depression and suicidal ideation, family therapy, and 20 years experience coaching a variety sports at the high school level. I have a strong interest and background in working with teens with anger control issues, developing coping skills and working on self control strategies, and with clients suffering from depression.
<b>Janet Prince, LCSW</b>	<b>315-737-6388</b>	Camden, NY 13316	<a href="https://www.psychologytoday.com/us/therapists/janet-prince-camden-ny/972490">https://www.psychologytoday.com/us/therapists/janet-prince-camden-ny/972490</a>	Independent Therapist Adults	I am trained in EMDR an EBP to treat PTSD, trauma, depression and anxiety symptoms. DBT a type of CBT focus to reducing negative thinking and self destructive behaviors.
<b>Jasmine Peck, LCSW</b>	<b>315-761-7927</b>	Vernon, NY 13476	<a href="https://jasminepecklcsw.com/">https://jasminepecklcsw.com/</a>	Independent Therapist Adults Youth	Feeling overwhelmed, disconnected, or just not like yourself? Maybe you're stuck in the same patterns — overthinking, arguing, avoiding, shutting down...and you're exhausted from trying to fix it all on your own. Maybe you're carrying anxiety that won't let up, holding onto resentment you can't seem to shake, or feeling unsure about where your relationship is heading. Real Support. Practical Tools. Lasting Change. Therapy with Jasmine is more than a place to vent, it's a space to slow down, catch your breath, and actually do the work that leads to relief and clarity.
<b>Jean Murphy Baker, LCSW-R</b>	<b>315-510-4041</b>	New Hartford, NY 13413	<a href="https://jean-baker.clientsecure.me/">https://jean-baker.clientsecure.me/</a>	Independent Therapist Adults Youth	Working with adults & adolescents, I specialize in trauma, anxiety, depression, life transition, parent-child conflict, addiction, codependency & issues related to growing up in a dysfunctional family. Utilizing a compassionate & individualized approach, my focus is to help my clients build on their strengths, gain insight, reduce distress & change behavior.
<b>Jeana (Cacozza) Penree, LCSW-R</b>	<b>315-805-4355</b>	Utica, NY 13502	<a href="https://jeanacacozza.wixsite.com/website">https://jeanacacozza.wixsite.com/website</a>	Independent Therapist Adults	Life can be challenging at times and I can help you navigate through the tougher moments. I will help you combat negative self talk, self defeating behaviors, or stress. I will assist you in finding the awareness you desire to balance distinguishable areas of your life. I am experienced in working with individuals who are struggling with anxiety, depression, situational stressors, grief, and school- or work-related issues. My therapy approach is eclectic, consisting of a variety of approaches.
<b>Jeff Aulisi, LCSW</b>	<b>315-897-5375</b>	Utica, NY 13502	<a href="https://www.psychologytoday.com/us/therapists/jeffrey-aulisi-utica-ny/415015">https://www.psychologytoday.com/us/therapists/jeffrey-aulisi-utica-ny/415015</a>	Independent Therapist Adults Youth	I come from a wide-ranging background in working with children, teens, and adults. I work a great deal with families and marriages. I have extensive knowledge in school based difficulties in the areas of academic, social, and emotional struggles. I have worked a lot with grief and family crisis situations.

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
Jennie Mazza Jones, LCSW-R, RPT, CCPT	315-737-3094	2 Williams St. Suite 2 Clinton, NY 13323	<a href="https://jenniemazzajones.com/">https://jenniemazzajones.com/</a>	Independent Therapist Youth	I help kids who long to feel accepted, want to do well, but struggle because they communicate in a way that many adults don't understand. I also help parents/caregivers who want to help the important children in their lives reach their truest potential. I do this by meeting with parents/caregivers to start to figure out what is occurring with their child. I work with kids in navigating their struggles through Play Therapy so they can learn to relate differently to themselves and the world around them.
Jennifer D'Amico, LCSW	315-753-5026	Utica, NY 13501	<a href="https://www.psychologytoday.com/us/therapists/jennifer-damico-utica-ny/1111816">https://www.psychologytoday.com/us/therapists/jennifer-damico-utica-ny/1111816</a>	Independent Therapist Adults Youth	In my career I have worked with children, teens, adults, and families in the not for profit setting and private group practice. I utilize a variety of therapeutic approaches to understand your challenges and create an appropriate treatment plan. I provide a welcoming and accepting counseling environment through my private office space or tele-health means.
Jennifer Marie Bartkowiak, LMHC	315-381-1180	Clinton, NY 13323	<a href="https://abalancedlifementalhealthcounseling.com/">https://abalancedlifementalhealthcounseling.com/</a>	Independent Therapist Adults	I am a Licensed Mental Health Counselor and I work with individuals struggling with feelings of sadness, anxiety, rejection, fear, abandonment, and much more. Everyone experiences negative emotions, however sometimes people need help to cope with, and heal from past life experiences. I also work with couples who are experiencing many of the same emotions, within their romantic relationship.
Joanna Rigoli, LCSW	315-794-2163	New Hartford, NY 13413	<a href="https://www.psychologytoday.com/us/therapists/joanna-rigoli-new-hartford-ny/103021">https://www.psychologytoday.com/us/therapists/joanna-rigoli-new-hartford-ny/103021</a>	Independent Therapist Adults Youth	I treat adolescents, adults and the elderly using cognitive behavioral and insight oriented therapeutic techniques. These approaches allow me to help my clients identify the cause of the issues, gain specific techniques to alleviate stress while maintaining a solution focused approach. I teach my clients to build upon their current strengths, develop new skills, increase awareness and create positive growth to improve their relationships, communication styles, self-worth and to increase their overall coping skills for long term results.
Jodi L. Kapes, LCSW-R	315-757-1022	Clinton, NY 13323	<a href="https://www.psychologytoday.com/us/therapists/jodi-l-kapes-clinton-ny/945209">https://www.psychologytoday.com/us/therapists/jodi-l-kapes-clinton-ny/945209</a>	Independent Therapist Adults Youth	My practice specializes in solution focused therapy utilizing a Cognitive Behavioral Therapy approach giving real time tools to feel better quickly.
Johanna L. Emrich, LCSW	315-954-4577	New Hartford, NY 13413	<a href="https://www.psychologytoday.com/us/therapists/johanna-l-emrich-new-hartford-ny/1288885">https://www.psychologytoday.com/us/therapists/johanna-l-emrich-new-hartford-ny/1288885</a>	Independent Therapist Adults	As a mental health professional for the past 14 years, I have had the opportunity to work with diverse populations and individuals with a variety of needs. My primary treatment frameworks include a Trauma Informed approach and Cognitive Behavior Therapy where together we will explore your experiences, emotions, and triggers in order to identify and build on.

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
Jonathan C Bannigan, LMHC	315-669-8763	Rome, NY	<a href="https://www.psychologytoday.com/us/therapists/jonathan-c-bannigan-rome-ny/1593789">https://www.psychologytoday.com/us/therapists/jonathan-c-bannigan-rome-ny/1593789</a>	Independent Therapist Adults	You may feel stuck—intellectually capable yet emotionally constrained. Perhaps you’ve carried the weight of trauma, self-sacrifice, or a nagging sense you’ve been living in conflict with your deeper values, needs, or desires. Maybe therapy has helped before, but felt more supportive than transformative. My clients want honesty, depth, and change that endures—a space to face what feels difficult, recover what matters, and begin living more truthfully. I don’t just listen passively. I track patterns, notice what feels unsaid, and name the tension in the room. Through a psychodynamic and Control-Mastery Theory lens, I help uncover the meaning behind symptoms and defenses. The goal isn’t surface relief, but lasting change through honesty, relationship, and insight—descending into what’s hard to rise freer.
Joseph Anthony Abbott, LCSW, CASAC	315-306-3456	Oneida, NY 13421	<a href="https://www.psychologytoday.com/us/therapists/joseph-anthony-abbott-oneida-ny/830076">https://www.psychologytoday.com/us/therapists/joseph-anthony-abbott-oneida-ny/830076</a>	Independent Therapist Adults Youth	During the past 20 years, I have had experience working in community mental health clinics, substance abuse clinics, and care management agencies. My experience includes working with diverse clientele, including children, teens, adults, and seniors. My therapeutic approach will depend on each clients specific needs and diagnoses.
K & M Wellness, Inc	315-220-0603	Rome, NY	<a href="https://www.kmwellnessinc.org/">https://www.kmwellnessinc.org/</a>	Independent Therapist Psychological Testing Adults	K&M Wellness, Inc. (K&M) is committed to reducing unmanaged behavioral health conditions in individuals and families by providing immediate access to evidence-based mental health and psychological services. K&M works with community agencies and resources to remove obstacles preventing community members from achieving long-term wellness. Psychological Testing only provided to adults for ADHD diagnoses.
Kara R. Harvey, LCSW PLLC	315-380-7070	Whitesboro, NY		Independent Therapist Adults Youth	I provide online-only individual and family counseling to age 6 through 75+. I typically treat anxiety, depression, learning how to handle stress better, short term grief, history of trauma, and difficult life transitions. I particularly enjoy working with those in the maternal mental health field either pre-conception, during fertility process, during pregnancy, and postpartum through motherhood. I also have a background working with the forensic population and am skilled in this area as well.

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
Kara L Kaplan, LMHC		Sherrill, NY	<a href="https://www.psychologytoday.com/us/therapists/kara-l-kaplan-sherrill-ny/728032">https://www.psychologytoday.com/us/therapists/kara-l-kaplan-sherrill-ny/728032</a>	Independent Therapist Adults	In my nearly 20 years as a therapist, I have worked with so many people to help find growth, healing, confidence, and acceptance in their lives. I would love to be a part of your journey to help you to understand your feelings, to feel satisfied with your sex life, to lift your mood, and more. I've heard it all and I'm not here to judge or criticize. I am here to help. My office is a safe space where you can get support to figure out what's holding you back and how to move forward. You can reach out to me via my website by sending a message to inquire about services, as I find that is the easiest way to make sure that we connect.
Kate Keyser Rossi, Psy.D.	315-517-3626	Utica, NY 13502	<a href="https://www.psychologytoday.com/us/therapists/kate-keyser-rossi-middleville-ny/242153">https://www.psychologytoday.com/us/therapists/kate-keyser-rossi-middleville-ny/242153</a>	Independent Therapist Adults Youth	I have been trained at the Children's National Medical Center in D.C and The Emily Program in Minnesota. My training in eating disorder treatment includes outpatient, intensive outpatient, intensive day, and residential settings. I have experience working with adolescents and adults of all eating disorder diagnoses.
Kelly Virkler Green, LMHC	315-915-2741	New Hartford, NY 13413	<a href="https://www.psychologytoday.com/us/therapists/kelly-virkler-greene-lmhc-ncc-new-hartford-ny/1193193">https://www.psychologytoday.com/us/therapists/kelly-virkler-greene-lmhc-ncc-new-hartford-ny/1193193</a>	Independent Therapist Adults Youth	My counseling style leans toward a person-centered, solution focused approach. This approach remains eclectic in nature as each individual brings unique issues to the table and should be treated with the type of therapy most beneficial to their recovery. Over the last 15 years, I have worked with individuals of all ages, with a multitude of reasons in which to seek therapeutic resolve.
Kelsey Mooney, LMHC	315-740-1194	Clinton, NY 13323	<a href="https://www.psychologytoday.com/us/therapists/kelsey-mooney-clinton-ny/1125874">https://www.psychologytoday.com/us/therapists/kelsey-mooney-clinton-ny/1125874</a>	Independent Therapist Adults Youth	I offer a fully telehealth practice designed to support working professionals, college students, faculty, and staff. With over 10 years of experience in higher education, I deeply understand the unique challenges my clients face. As a trauma-informed therapist, I provide a safe, nonjudgmental, and LGBTQIA+ affirming space where you can feel seen and supported. My work focuses on helping individuals navigate mood disorders, anxiety, trauma, and LGBTQIA+ issues, life transitions, relationship challenges, and self-esteem concerns.
Krystal Smith, LMHC, CASAC	315-895-8368	Utica, NY 13502	<a href="https://ksmithcounseling.com/">https://ksmithcounseling.com/</a>	Independent Therapist Adults	I have experience working with individuals with both mental health and substance use issues and from different economic and cultural backgrounds. I have worked in a variety of behavioral health settings. My approach is tailored to meet your needs in an environment where you can feel safe and comfortable. I work collaboratively with you in helping you to develop coping skills to deal with those issues that might be impacting your daily living. Visit my website at ksmithcounseling.com to learn more about my services.

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
Lindsay A. Guido, LCSW-R	315-752-6403	New Hartford, NY 13413	<a href="https://www.psychologytoday.com/us/therapists/lindsay-a-guido-new-hartford-ny/442026">https://www.psychologytoday.com/us/therapists/lindsay-a-guido-new-hartford-ny/442026</a>	Independent Therapist Adults Youth	Using Brainspotting, a trauma-based therapeutic intervention, in conjunction with Cognitive Processing Therapy, the client and I dive into experiences and create cognitive changes surrounding abnormal traumatic events. I help clients realize they have normal reactions to abnormal events that had occurred due to circumstances out of their control.
Loomis Psychology	315-610-8500	286 Genesee St. Utica, NY 13502	<a href="https://www.psychologytoday.com/us/therapists/cheryl-loomis-utica-ny/752247">https://www.psychologytoday.com/us/therapists/cheryl-loomis-utica-ny/752247</a>	Independent Therapist Psychological Testing Adults Youth	My primary focus with my patients, as a psychologist, is to work with them to identify those things causing stress, difficulty, and discourse; then work alongside them to restore health, balance, and wellness. My goal is for patients to leave feeling more empowered, confident, and insightful.
Lynn Tomaino, LCSW	315-605-2069	New Hartford, NY 13413	<a href="https://www.psychologytoday.com/us/therapists/lynn-tomaino-new-hartford-ny/36847">https://www.psychologytoday.com/us/therapists/lynn-tomaino-new-hartford-ny/36847</a>	Independent Therapist Adults	Using Cognitive Behavioral Therapy (CBT) we will explore your thoughts, feelings and behavior and identify those that are not rational, but whose messages control how you feel and behave. By learning more rational ways of thinking, you will be in control of the messages you give yourself, not the ones you have been barely conscious of and often come from negative past experiences. Behavior is also explored. Do you repeat the same actions that create problems at work, in relationships? You can change that too, through thinking differently.
Mackenzie Heinrich, LCSW	315-909-6710	Utica, NY 13501	<a href="https://www.counselingatevolve.com/">https://www.counselingatevolve.com/</a>	Independent Therapist Adults Youth	I have a passion for working with clients struggling with PTSD, Anxiety, and/or going through the legal system whether it be criminal or family court related. I offer EMDR therapy should a client identify this as an area of interest.
Maria Horan & Associates	315-724-5344	2626 Genesee St. Utica, NY 13502		Independent Therapist Adults Youth	Maria Horan & Associates helps individuals who are at transition points in their life, where they are moving from the familiar to the strange, going from child to adult, single to married and so on. These changes can be difficult and our counselor can help clients successfully make the change, both emotionally and cognitively. Maria Horan & Associates offers counseling services on a sliding scale fee. Counseling services are also available outside of clinical hours on Friday, Saturday & Sunday by appointment only.
Mark A. Russell, LCSW	315-678-4271	New Hartford, NY 13413	<a href="https://www.psychologytoday.com/us/therapists/mark-a-russell-new-hartford-ny/1372971">https://www.psychologytoday.com/us/therapists/mark-a-russell-new-hartford-ny/1372971</a>	Independent Therapist Adults Youth	My expertise includes working with adults, adolescents, and families dealing with a variety of issues such as anxiety, depression, trauma, and relationship difficulties. I employ techniques such as Cognitive Behavioral Therapy (CBT), Motivational Interviewing, and strength-based as well as person-centered approaches tailored to meet your unique needs.

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
Megan E. Ayres-Gregory, LCSW	315-870-1161	Waterville, NY 13480	<a href="https://www.psychologytoday.com/us/therapists/megan-ayres-gregory-waterville-ny/1197815">https://www.psychologytoday.com/us/therapists/megan-ayres-gregory-waterville-ny/1197815</a>	Independent Therapist Adults Youth	I help clients improve interpersonal relationships, maintain employment, be successful in school, and improve the ability to manage stress. I also help people practice communication skills, problem-solving skills, organizational skills, and internal coping skills. I work with children and their caregivers, individuals, and families.
Meghan Stevenson, LMHC-D	315-965-2064	Lee Center, NY	<a href="https://www.psychologytoday.com/us/therapists/meghan-stevenson-lee-center-ny/1401663">https://www.psychologytoday.com/us/therapists/meghan-stevenson-lee-center-ny/1401663</a>	Independent Therapist Adults Youth	Life can be challenging and most of the time, we feel like we got it handled. But, there are times when it becomes too overwhelming and we start to feel anxious, depressed, and stuck. No matter how hard we try, it feels like roadblocks keep getting in our way of moving forward. Maybe we find we are thinking more negatively about ourselves and the world around us. Our work life, home life, and relationships may start to feel like they are crumbling. Using a person-centered and collaborative approach, we can work to uncover what's underneath those overwhelming feelings. I utilize an integrated method of cognitive behavioral therapy, narrative techniques, and a strengths-based lens to understand your story and gently challenge you toward your ideal self and goals.
Melanie Taylor, LCSW	315-280-8622	New Hartford, NY	<a href="https://www.psychologytoday.com/us/therapists/melanie-taylor-new-hartford-ny/1556394">https://www.psychologytoday.com/us/therapists/melanie-taylor-new-hartford-ny/1556394</a>	Independent Therapist Adults Youth	I am Melanie Taylor, and I am a Licensed Clinical Social Worker. I specialize in helping children, adolescents, and their families who are experiencing difficulty in their relationships, with their behavior, or with managing difficult situations that happen in life. I can help you understand how your mental health impacts your daily life, and then work with you to make the improvements that you believe are important. I use a strengths based approach in all situations and I will focus on the evidence based practice that will meet your individual needs after a thorough assessment.
Melanie Saber, LCSW	315-955-2559	6006 Number Four Rd. Lowville, NY 13367	<a href="https://lewiscountyny.gov/departments/community-services-mental-health/mental-health-providers/">https://lewiscountyny.gov/departments/community-services-mental-health/mental-health-providers/</a>	Independent Therapist Youth	I am licensed in New York with 10 years of professional work experience with a focus in children and trauma. Additionally, I have experience in helping clients with stress and anxiety, motivation, self esteem, and confidence, & depression. I also have experience working with coping with life changes. I believe in treating everyone with respect, sensitivity, and compassion. I will tailor our dialog and treatment plan to meet your unique and specific needs. Taking the first step to receiving therapy can take courage and I am proud of you for getting started!

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
<b>Melissa Conaway, LCSW</b>	<b>315-938-3369</b>	Forestport, NY 13338	<a href="https://www.psychologytoday.com/us/therapists/melissa-conaway-forestport-ny/1340592">https://www.psychologytoday.com/us/therapists/melissa-conaway-forestport-ny/1340592</a>	Independent Therapist Adults Youth	My practice assists clients seeking mental health therapy to manage symptoms of; Post Traumatic Stress disorder, anxiety, depression, anger management, and grief. My clients seek guidance in processing complicated emotions; sadness, hopelessness, and worthlessness. My clients may have a history of legal concerns and difficulty maintaining relationships with family or friends.
<b>Melissa S. Jones, LCSW-R</b>	<b>315-535-6986</b>	Sherrill, NY	<a href="https://therapyfinder.com/therapist/melissa-s-jones-clinical-social-worker-oneida-ny">https://therapyfinder.com/therapist/melissa-s-jones-clinical-social-worker-oneida-ny</a>	Independent Therapist Adults Youth	Much of my therapeutic technique is a combination of utilizing the natural resources and strengths of the client, in addition to Cognitive Behavioral (CBT) and Dialectical Behavior (DBT) Therapy practices. These, and other interventions, can help you achieve the success you desire and live the life you've imagined. Ages 16+
<b>Meredith Gorton, LMHC</b>	<b>315-749-3476</b>	Whitesboro, NY 13492	<a href="https://meredithgortoncounseling.com/">https://meredithgortoncounseling.com/</a>	Independent Therapist Adults Youth	In my role as a Licensed Mental Health Counselor, I work with clients and their families to provide support, counseling, information, and referral to people who are experiencing difficulties with their mental health. I use cognitive behavioral therapy and strength based approach in order to empower individuals to make positive changes to their lives. I am also a Licensed Practical Nurse and worked as a mental health nurse with children, adolescence, and adults.
<b>Merissa Sigbienny, LCSW</b>	<b>315-710-9134</b>	New Hartford, NY	<a href="https://www.psychologytoday.com/us/therapists/merissa-sigbienny-new-hartford-ny/811603">https://www.psychologytoday.com/us/therapists/merissa-sigbienny-new-hartford-ny/811603</a>	Independent Therapist Adults Youth	I have worked in this field for over 10 years mainly servicing children ages 6-18. I have worked with not only the child but also the family as a whole, helping to improve relationships, communication & healthy interactions with one another. I would love to work together to process past trauma & what role that plays in your current daily function. As a team with client driven goals, we can work together to improve daily function & improve relationships or other barriers that may hinder your full potential. 14+
<b>Mindful Psychiatric Services, PMHNP-BC</b>	<b>315-272-2129</b>	2520 Genesee St Utica, NY 13502	<a href="https://www.patientfusion.com/doctor/marvellen-stephens-pmhnp-bc-43203">https://www.patientfusion.com/doctor/marvellen-stephens-pmhnp-bc-43203</a>	Medication Management Adults Youth	Maryellen Stephens, RN MS PMHNP-BC has worked to provide quality, evidenced-based, compassionate psychiatric services for children, teens and adults in Oneida, Herkimer and Madison Counties. As a board-certified Psychiatric Mental Health Nurse Practitioner PMHNP-BC, she specializes in diagnosis and treatment of Mood Disorders, Anxiety and Panic Disorders, OCD, Complex PTSD, PTSD, ADHD and Autism Spectrum Disorder across the lifespan.

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
Mobile Counseling of New York	315-507-3858	2621 Genesee St. Utica, NY 13502	<a href="https://www.mcnys.com/">https://www.mcnys.com/</a>	Independent Therapist Adults	At Mobile Counseling of New York, our team of therapists are reshaping the traditional mental health model. Offering in-home or telehealth phone and video conferencing options, our licensed professional practitioners are here to help you overcome your challenges and meet your goals. Let's take the journey to healing....together. Owned and Operated by Army Veterans!
Modern Counseling and Wellness Co.	315-507-2050	New Hartford, NY 13413	<a href="https://www.psychologytoday.com/us/therapists/natalie-detraglia-new-hartford-ny/1046777">https://www.psychologytoday.com/us/therapists/natalie-detraglia-new-hartford-ny/1046777</a>	Independent Therapist Adults Youth	At Modern Counseling and Wellness Co. we aim to provide personalized mental health support in a warm and upbeat environment. We hope to empower individuals to achieve their goals and improve their overall wellbeing through modernized therapeutic approaches, tailored strategies and techniques and a compassionate, approachable atmosphere. We believe in making the journey to mental wellness both effective and enjoyable, supporting our clients every step of the way. We recently added a focus on supporting women and youth through our Modern Moms and Modern Minis branches of the company. This practice supports several therapists, please see their website or contact them for more information.
Mohawk Valley Counseling Associates	315-765-0121	610 French Road New Hartford, NY 13413	<a href="http://mohawkvalleycounseling.org/wp/">http://mohawkvalleycounseling.org/wp/</a>	Independent Therapist Adults Youth	Mohawk Valley Counseling Associates. An outpatient private practice providing mental health counseling for Individuals, Couples, and Families. We are a safe space to prioritize your mental health and well-being. This practice supports several therapists, please see their website or contact them for more information.
Mohawk Valley Health System "MVHS" - Outpatient Behavioral Health Services*	315-624-4801	1675 Bennet St. Utica, NY 13502	<a href="https://www.mvhealthsystem.org/behavioral-health-services/">https://www.mvhealthsystem.org/behavioral-health-services/</a>	Medication Management Independent Therapist Psychological Testing Adults Youth	MVHS Outpatient Behavioral Health Services may be used by children, adolescents and adults who <u>are affiliated with a primary care physician in any of our MVHS Medical Group Primary Care Office locations</u> . Your physician will refer you to a Licensed Behavioral Health Professional if you are struggling and you would benefit from counseling services. Medication Management, and Psychological testing for a variety of neuro and cognitive disorders available for youths and adults through a MVHS affiliated Primary care or Specialty Care provider.
Mohawk Valley Psychiatric Center "MVPC"* *York Street Clinic* *Rome Clinic*	315-738-3800	1400 Noyes Street Utica, NY 13502  1617 North James Street, Suite 200, Rome NY 13440	<a href="https://omh.ny.gov/omhwe/b/facilities/mvpc/">https://omh.ny.gov/omhwe/b/facilities/mvpc/</a>	Treatment Center Adults	Mohawk Valley Psychiatric Center is one of 24 state-run psychiatric facilities in New York State. We offer personalized treatment and rehabilitation services for children and adults. We operate in collaboration with local mental health agencies to ensure long-lasting recovery and support. Also provides ACT, and ICM for Adults.

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
Mosaic Health Utica	315-793-7600	1651 Oneida St. Utica, NY 13501	<a href="https://mosaichealth.org/utica?gclid=EAIaIQobChMIl-WYy9_4gwMVjGIHAR3I5gL4EAAyASAAEgJhivD_BwE">https://mosaichealth.org/utica?gclid=EAIaIQobChMIl-WYy9_4gwMVjGIHAR3I5gL4EAAyASAAEgJhivD_BwE</a>	Medication Management Independent Provider Adults Youth	Mental Health services are integrated at Mosaic Health Utica, and are accessible to patients of Mosaic Health Utica. Please contact Mosaic Health for more information.
Neurodevelopmental Health Services	315-507-7150	110 Lomond Ct. Utica, NY 13502	<a href="https://cnyneuro.org/">https://cnyneuro.org/</a>	Psychological Testing Adults Youth	NHS offers a variety of evaluation services for individuals across the lifespan. All evaluation services at NHS include a clinical interview, followed by direct assessment procedures, and a feedback session. The feedback session entails an in-depth review and discussion of assessment findings, clinical impressions, and recommendations.
New Hartford Psychiatric Services	315-768-7181	238 Oriskany Blvd Whitesboro, NY 13492	<a href="https://doctor.webmd.com/practice/new-hartford-psychiatric-services-bac9f8c7-4703-e211-a42b-001f29e3eb44">https://doctor.webmd.com/practice/new-hartford-psychiatric-services-bac9f8c7-4703-e211-a42b-001f29e3eb44</a>	Medication Management Adults Youth	New Hartford Psychiatric Services is a Group Practice with 1 Location. Currently New Hartford Psychiatric Services's 5 physicians cover 3 specialty areas of medicine.
New Hartford Psychological Services	315-223-8889	2307 Genesee St. Utica, NY 13501	<a href="https://www.nhpstherapy.com/">https://www.nhpstherapy.com/</a>	Medication Management Independent Therapist Adults Youth	New Hartford Psychological Services, PC is a comprehensive mental health clinic founded by Dr. Andrew Kinney in 2003. We have a highly trained staff consisting of four psychologists, two social workers and a mental health counselor, each having a specific area of expertise. This practice supports several therapists, please see their website or contact them for more information.
New Horizons Marriage and Family Therapy	315-669-2558	111 East Chestnut St., Floor 2 Suite 203 Rome, NY 13440	<a href="https://www.newhorizonsmf.com/">https://www.newhorizonsmf.com/</a>	Independent Therapist Adults Youth	You may be feeling anxious, stuck in a difficult transition, facing tension in your relationships, or worried about your child or teen. Whatever brings you here, you don't have to face it alone. At New Horizons Marriage and Family Therapy, we understand how overwhelming it can feel when life gets heavy. We offer an understanding, compassionate, and supportive space where you can feel understood, find clarity, and begin to heal - at your own pace.
Nicole Schrader, LCSW	315-743-5582	New Hartford, NY 13413	<a href="https://www.psychologytoday.com/us/therapists/nicole-schrader-new-hartford-ny/1125291">https://www.psychologytoday.com/us/therapists/nicole-schrader-new-hartford-ny/1125291</a>	Independent Therapist Adults Youth	I am passionate about helping those struggling with maternal and reproductive mental health issues as well as women that are finding themselves in other difficult transitions within their lives (i.e. divorce, increased stress, abuse, etc.). I too have had difficult transitions in my life and want to help you thrive through your difficulties.

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
Nurse Practitioner in Psychiatry Services of CNY - Robert Sharpe, PMHNP-BC	315-507-5811	44 Oxford Road New Hartford, NY 13413	<a href="https://nppofcny.com/">https://nppofcny.com/</a>	Medication Management Adults Youth	We treat a number of mental health disorders for those aged 5 and up. Goal of treatment is full remission of symptoms whenever possible. We are in the treatment process together. If you are compliant with appointments and medications I will do everything in my power to help you. I like to explain treatment options with patients so they can make educated choices. At this office you are always a part of your treatment. Together we will formulate the best treatment for you.
Paris L. Pearson, LCSW	315-757-1918	Utica, NY 13502	<a href="https://www.psychologytoday.com/us/therapists/paris-l-pearson-utica-ny/1154325">https://www.psychologytoday.com/us/therapists/paris-l-pearson-utica-ny/1154325</a>	Independent Therapist Adults	My background is in trauma-informed care. I specialize in working with individuals in the health care & helping professions, who are struggling with work and life stress exacerbated by the profession they are in. I enjoy helping individuals identify professional self-care, and emphasize self wellness. I also specialize in supporting young adults in navigating through early adulthood transitions/adjustments. I also work with many couples surrounding communication and marital issues.
Paul Dischiavo, LCSW-R	315-235-1159	Utica, NY 13501	<a href="https://www.psychologytoday.com/us/therapists/paul-dischiavo-lcsw-r-childadolescent-counseling-utica-ny/423156">https://www.psychologytoday.com/us/therapists/paul-dischiavo-lcsw-r-childadolescent-counseling-utica-ny/423156</a>	Independent Therapist Youth	I am a Licensed Clinical Social Worker who has provided counseling and social work services to children and families for over twenty years. I help my clients find concrete solutions to the issues they are facing. I operate from a strengths based perspective that focuses on problem solving, teaching specific coping skills, and helping the client take charge of their situation. I provide tools to help my clients gain a greater sense of control of their situations, and to solve the problem at hand.
Ray Bepko, Ph.D.	315-683-3657	New Hartford, NY 13413	<a href="https://raybepkophd.com/">https://raybepkophd.com/</a>	Independent Therapist Adults	I help people to actively recover from depression, anxiety and other mood disorders, manage emotional and behavioral aspects of chronic pain and illness, and develop and practice the specific attitudes, skills, and behaviors central to physical and psychological well-being.
Reflections Counseling and Coaching Services	315-245-0345	Camden, NY 13316	<a href="https://www.reflectionscounselingsvc.com/">https://www.reflectionscounselingsvc.com/</a>	Independent Therapist Adults Youth	If you have a particular life obstacle you're trying to overcome; Sometimes, seeking help from a licensed or certified expert is the best way to put things into perspective. We can and will be happy to guide you through all of life's challenges with the attention and care you deserve. This practice accepts Tri-Care and Military OneSource, among other insurances. This practice supports several therapists, please see their website or contact them for more information.

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Name	Number	Location	Website	Services Offered Demographics Served	Description
Rene Ciaccia, LCSW-R	315-709-2556	327 Oriskany Blvd Whitesboro, NY 13492	<a href="https://www.clearlyconnect-edcoach.com/therapy-with-rene-cia">https://www.clearlyconnect-edcoach.com/therapy-with-rene-cia</a>	Independent Therapist Adults Youth	Rene has many years of experience working with a diverse group of individuals and families and has successfully cultivated relationships with community, state, and federal organizations. She is skilled in CBT (Cognitive Behavioral Therapy), DBT (Dialectical Behavioral Therapy), Solution Focused Therapy, crisis intervention, suicide assessments, functional behavior assessments, psychosocial assessments, family dynamics, addiction treatment to include relapse prevention, and trauma treatment.
Rhiannon Hickox, LCSW	315-922-5991	Boonville, NY 13309	<a href="https://www.psychologytoday.com/us/therapists/rhiannon-hickox-lcsw-boonville-ny/1276987">https://www.psychologytoday.com/us/therapists/rhiannon-hickox-lcsw-boonville-ny/1276987</a>	Independent Therapist Adults Youth	I utilize evidence-based techniques to address concerns and foster positive growth in my clients. I am skilled in providing both individual and family therapy. My level of expertise is in treating anxiety disorders, post-traumatic stress disorder, grief/loss and relationship issues. I also have extensive experience treating children and adolescents.
Rising Potential Counseling, Luis Ruiz, LCSW*	315-520-0859	Utica, NY	<a href="https://www.risingpotentialcounseling.com/">https://www.risingpotentialcounseling.com/</a>	Independent Therapist Adults	Having gone through my share of adversity, I understand how beneficial it can be to have support when trying to heal from traumatic experiences. Being a part of the healing process is what I enjoy the most about being a therapist. I have risen from the ashes and am qualified to help others rise from the ashes to realize their true potential. Rising Potential Counseling LCSW, PLLC, allows me to engage in an array of therapy styles tailored to individual needs without the constraints of an office's guidelines.
Sacred Heart Healing Center	315-335-4592	8234 Turin Road Rome, NY 13440	<a href="https://www.facebook.com/CharleneLCSWSHHC/">https://www.facebook.com/CharleneLCSWSHHC/</a>	Independent Therapist Adults	At Sacred Heart Healing Center, we believe in a holistic approach in treating your mind, body and soul. Our goals are to help you solve your problems and to help you find a purpose in life.
Sadé Monique Cardin	315-968-2622	Utica, NY	<a href="https://www.psychologytoday.com/us/therapists/sade-monique-cardin-utica-ny/868989">https://www.psychologytoday.com/us/therapists/sade-monique-cardin-utica-ny/868989</a>	Independent Therapist Adults Youth	My primary client population primarily consists of adolescents and young adults. I take pride in providing authentic and genuine support to my clients as we navigate stress and anxiety management, behavioral and emotional regulation, interpersonal relationships, unresolved trauma, and an improved overall sense of self. My clients are the experts on their thoughts and feelings. Client autonomy is vital and strongly encouraged throughout sessions. I am a clinician by nature due to my passion for supporting and uplifting those in need. The foundation of my skills and abilities as a clinician have been formed by having to overcome my own personal life challenges in addition to years of community work serving a variety of children, families, and individuals from underprivileged backgrounds. It's okay to not be okay. I also encourage and promote the importance of holistic self-care as a priority, not a luxury.

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
<b>Samaritan Counseling Center of the Mohawk Valley</b>	<b>315-724-5173</b>	1612 Genesee St. Utica, NY 13501	<a href="https://www.samaritancent.ermv.com/">https://www.samaritancent.ermv.com/</a>	Independent Therapist Adults Youth	The Samaritan Counseling Center of the Mohawk Valley, Inc. is an interfaith organization committed to a unique concern for the spiritual dimension of human life. Our mission is to offer high quality psychotherapy and pastoral counseling to individuals, couples, & families. Our interdisciplinary staff is trained to assist persons who seek relief from suffering and help them bring new healing and hope to their lives. This practice supports several therapists, please see their website or contact them for more information.
<b>Sandra A. Mizerak, LMHC</b>	<b>315-401-7869</b>	New Hartford, NY 13413	<a href="https://www.psychologytoday.com/us/therapists/sandra-a-mizerak-new-hartford-ny/300595">https://www.psychologytoday.com/us/therapists/sandra-a-mizerak-new-hartford-ny/300595</a>	Independent Therapist Adults	My specialities have ranged in a variety of therapeutic modalities throughout the years. Over the past several years I have primarily focused on helping to support people with unresolved trauma, loss, anxiety disorders and struggling with life transitions. One of the techniques I use the most to help in the management of anxiety is Energy Tapping. This provider works with Mohawk Valley Counseling Associates.
<b>Sarah Law, LCSW</b>	<b>315-220-9983</b>	Waterville, NY 13480	<a href="https://www.psychologytoday.com/us/therapists/sarah-law-waterville-ny/741453">https://www.psychologytoday.com/us/therapists/sarah-law-waterville-ny/741453</a>	Independent Therapist Adults	I am skilled in the areas of cognitive behavior therapy and trauma-informed treatment, with a focus on building a mindfulness into client's everyday lives. I offer individual treatment to adults in a confidential, supportive setting.
<b>SP Clinical Services LCSW, PLLC (Sonya Piersma, LCSW)</b>	<b>315-525-8048</b>	8469 Seneca Tpk New Hartford, NY 13413	<a href="https://www.psychologytoday.com/us/therapists/sonya-piersma-new-hartford-ny/937119">https://www.psychologytoday.com/us/therapists/sonya-piersma-new-hartford-ny/937119</a>	Independent Therapist Adults Youth	I provide Individual, Family, Couples, and Group therapy. I currently accept Excellus Blue Cross and Offer a sliding fee scale self pay fee with a superbill if requested. I do have plans to expand to other insurance panels in the future. Search my profile on Psychology Today for specifics in regards to my experience, approach/style, and treatment modalities I utilize. I also provide consultations, assistance in referrals, assessments, and mediation.
<b>Sphere Psychological Services</b>	<b>315-860-0988</b>	2615 Genesee Street Utica, NY 13501	<a href="https://spherepsychological.com/">https://spherepsychological.com/</a>	Independent Therapist Adults	I tend to work with people who want to understand themselves better, improve difficult symptoms, and improve their relationships. I see clients who are struggling with anxiety, depression, trauma, identity, family crises, life changes, and various life experiences. I am open, down to earth, thoughtful, and caring. I see myself as walking on a path beside you, there to help you explore your thoughts and feelings, and to help you to make changes within your unique struggles and life experiences.
<b>Stephanie Anderson, LCSW-R</b>	<b>315-847-4412</b>	Oneida, NY 13421	<a href="https://www.psychologytoday.com/us/therapists/stephanie-anderson-oneida-ny/458236">https://www.psychologytoday.com/us/therapists/stephanie-anderson-oneida-ny/458236</a>	Independent Therapist Adults Youth	With 15 years of experience and specialized training in DBT, Exposure & Response Prevention (ERP), Dynamic Deconstructive Psychotherapy and Trauma Focused CBT, I can assist you in better understanding and coping with the emotions or situations that are causing distress and guide you toward healing and finding meaningful solutions for lasting change.

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
Teresa LoRe Pascarella, LCSW-R	315-352-4585	Oneida, NY 13421	<a href="https://www.psychologytoday.com/us/therapists/teresa-lore-pascarella-oneida-ny/226275">https://www.psychologytoday.com/us/therapists/teresa-lore-pascarella-oneida-ny/226275</a>	Independent Therapist Adults Youth	For some, regulating emotions and improving communication skills can be challenging. I will offer encouragement to re-train your brain to think positively and improve emotional IQ. Utilizing best practice techniques and alternative models to teach ways to relax and distract your brain from unwanted thoughts and build resiliency for life's challenges.
The Center for Couples and Coparenting Solutions at Upstate Marriage and Family Therapy, PLLC - Greg Kovaks, LMFT, PhD	315-527-7936	Utica, NY 13501	<a href="http://www.couplesandcoparenting.com">www.couplesandcoparenting.com</a>	Independent Therapist Adults Youth	I believe that Couples Counseling and Post-Separation Coparenting Counseling are most effective when provided by therapists who specialize in complex relationship dynamics; by therapists who have the specific expertise to address the complex interactions, communication patterns, and systemic issues that arise between partners and coparents.
The Door Counseling Center, Elizabeth Szlek, LMHC	315-768-8900	37 Dudley Ave, Yorkville, NY 13495	<a href="https://www.thedoorcounselingcenter.com/">https://www.thedoorcounselingcenter.com/</a>	Independent Therapist Adults	As a solution-focused therapist, my goal is to help you uncover your true potential and lead a life that is worth celebrating. While we can't change difficult situations of the past, we can work together to better understand and resolve challenges in your life. By applying complementary therapy approaches and techniques, we will unearth long-standing behavior patterns or negative perceptions that may be holding you back from experiencing a more fulfilling and meaningful life.
	Utica: 315-797-6241	2513 Sunset Ave Utica, NY 13502			We provide comprehensive autism programs and services for people throughout all phases of life, from early childhood through adulthood, including: Home & Community Based, Educational, Clinical, Residential, and Camp.
The Kelberman Center	Rome: 315-797-6241	725 Daedalian Dr. Rome, NY 13441	<a href="https://www.kelberman.org/">https://www.kelberman.org/</a>	Psychological Testing Youth	
The Neighborhood Center - Behavioral Healthcare Clinics	Utica: 315-272-2600	624 Elizabeth Street Utica, NY 13501		Treatment Center Adults Youth	The Neighborhood Center, Inc. provides professional, state-of-the-art mental health clinical and crisis services for children, youth, adults and their families. Open Access is available at the Utica Clinic: Tuesdays 11:00 AM - 2:00 PM, Wednesdays 9:00 AM - 10:00 AM, Fridays 8:45 AM - 11:00 AM. Open Access is available at the Rome Clinic: Mondays 11:00 AM - 2:00 PM, Thursdays 9:00 AM - 11:00 AM.
	Rome: 315-272-2730	199 W. Dominick St. Rome, NY 13440	<a href="https://www.neighborhoodcenter.org/">https://www.neighborhoodcenter.org/</a>		
Tina J. Iacovissi, LMFT	315-306-3797	Rome, NY 13440	<a href="https://www.psychologytoday.com/us/therapists/tina-j-iacovissi-rome-ny/812714">https://www.psychologytoday.com/us/therapists/tina-j-iacovissi-rome-ny/812714</a>	Independent Therapist Adults Youth	With advanced training in Gottman Method Level 2 Couples Therapy and certification in trauma recovery, I offer evidence-based treatments tailored to your needs. Whether you're looking to strengthen your relationship, address behavioral issues with your child, or navigate anxiety, depression, or grief, I'm here to support you.

# Outpatient/Community-Based Mental Health Services - Adults and Youth

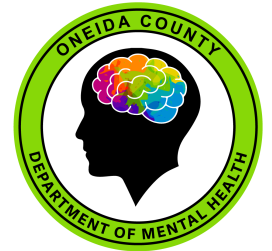
Name	Number	Location	Website	Services Offered Demographics Served	Description
Toby Davis, Ph.D.	315-358-4398	406 Post Street, Boonville, NY 13309		Independent Therapist Adults	CHBS UCP's CCBHC provides robust outpatient mental health care for adults, with individualized treatment planning and evidence-based interventions.
Upstate Caring Partners - Community Health & Behavioral Services "CHBS" - Certified Community Behavioral Health Clinic	Utica: 315-798-8868  Rome: 315-337-0773	1002 Oswego Street Utica, NY 13502  207 West Dominick Street, Rome, NY 13440	<a href="https://www.upstatecp.org/behavioral-health/">https://www.upstatecp.org/behavioral-health/</a>	Treatment Center Adults Youth	CHBS offers Open Access in Utica for adults Monday-Friday 9a-3p and for youth Wednesday & Thursday 4p-6p. Open Access in Rome is offered on Tuesdays for Adults 9a-3p, and children 4-6pm. This is available for all individuals, regardless of if they are established, or presenting for a routine or crisis visit. CHBS offers both walk-in and telehealth crisis support during all operating hours, at both clinic locations, to all individuals presenting with needs. CHBS regularly accepts drop-offs from UPD/CRT who will transport clients in crisis to the clinic to support interventions in lieu of unnecessary hospitalization. (Open Access times are subject to change, please verify with provider.)
Valerie Lighthall, LCSW-R	315-515-4445	Clinton, NY 13323	<a href="https://valerielighthall.com/">https://valerielighthall.com/</a>	Independent Therapist Adults Youth	Offering in person and telehealth appointments. My goal is to make therapy convenient and accessible for you so that you feel comfortable in your own space while we are working together. Please call, text, or email me to set up an appointment. You can also request an appointment with me online at valerielighthall.com. 16+
Vanessa Soleil, LMHC	984-207-0761	New Hartford, NY 13413	<a href="https://www.vanessascounselling.com/">https://www.vanessascounselling.com/</a>	Independent Therapist Adults	My hope is to nurture your innate wisdom, so that you may grow, heal, & flourish! I have completed training in the following: Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavior Therapy (DBT), Treating Complex Trauma with Internal Family Systems (IFS), Gottman Method Level 1 & 2 for couples work. I have experience with somatic practices.
View Point Clinical Therapy Services*	315-317-2698	44 Oxford Rd New Hartford, NY 13413	<a href="https://vptherapyservices.com/">https://vptherapyservices.com/</a>	Independent Therapist Adults Youth	View Point will uphold our high standards of practice by utilizing our therapist derived value system in every level of care. We are committed to partnering with colleagues, clients, and all community members to enhance the delivery of mental health services across New York State. This practice supports several therapists, please see their website or contact them for more information.

# Outpatient/Community-Based Mental Health Services - Adults and Youth

Name	Number	Location	Website	Services Offered Demographics Served	Description
Warren J. Baynes, LCSW	315-687-8224	Utica, NY	<a href="https://www.psychologytoday.com/us/therapists/warren-j-baynes-utica-ny/1580033">https://www.psychologytoday.com/us/therapists/warren-j-baynes-utica-ny/1580033</a>	Independent Therapist Adults Youth	I work with individuals going through major changes—whether that’s a new chapter, an unexpected loss, or the uncertainty of what’s next. My goal is to help you feel supported, understood, and empowered to take your next steps. In our work together, we might use approaches like Cognitive Behavioral Therapy, reflection, or simply open, honest conversation. I believe you are the expert in your own life, and I’m here to offer tools, new perspectives, and a safe space to sort things out. Whether you’re dealing with stress, grief, self-doubt, or adjusting to a big change. My style is warm, direct, and down-to-earth—I create a space where you feel heard, understood, and respected. I believe you’re the expert in your own life, and I’m here to help you discover new perspectives and tools to move forward in your life.
Willow Tree Wellness and Consulting, Dr. David Walden	315-404-9937	Clinton, NY 13323	<a href="https://willow-tree-wellness.com/">https://willow-tree-wellness.com/</a>	Independent Therapist Adults	I have 25+ years of experience working with people aged 6-86 in a variety of settings. I love working with individuals & couples, and bring a unique set of skills to the work. With an ability to be present with people and to be open to the wholeness of others and the varieties of ways we choose to live our lives, the gift I give others is seeing themselves more fully, deeply, and lovingly. We sometimes have a sense of something bigger, a space where we feel at peace, but the daily challenges of life often occupy most of our time. I am very happy to help you navigate those challenges, and have found that it is often through them that we find windows or doors to our deepest wisdom and growth.
You First, Counseling Services - Bianca Petrilli, LMHC	315-375-2007	New Hartford, NY 13413	<a href="https://youfirstcs.com/">https://youfirstcs.com/</a>	Independent Therapist Adults	I understand that a person is more than a compilation of symptoms, and take into account a person’s history, current life experience and future goals to provide comprehensive treatment. I provide a mostly psychodynamic approach to therapy, which allows a person to gain insight into their life experience. I believe psychotherapy is not a passive experience, and requires active participation by you. I am here to guide and help you realize your potential to live a more fulfilling life. Provides EMDR therapy among other modalities.
You Fit Counseling, LCSW, PLLC	315-323-7893	Utica, NY 13501	<a href="http://www.youfitcounselinglcswp.com">www.youfitcounselinglcswp.com</a>	Independent Therapist Adults Youth	Veteran-owned. Specializing in First Responder and Military personnel, as well as community members. While under our care, you will find an unhurried pace, where your relationship with your clinician is respected and significant. Browse through our site to learn more about our philosophy, background, services, and how we may serve you, a family member, or a friend. This practice supports several therapists, please see their website or contact them for more information.

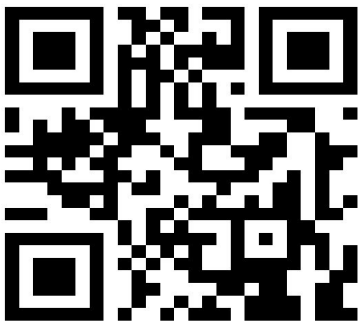


**Oneida County System of Care**  
Building Relationships Together



**Ashlee L. Thompson**  
Commissioner for Mental Health  
Director of Community Services

## Pet Resources



# Pet Resources

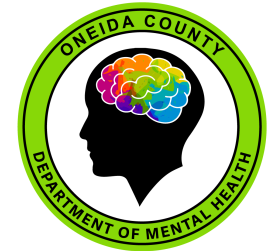
Name	Number	Location	Website	Description
4PetSake	315-796-2584	100 East Main St. Mohawk, NY 13407	<a href="http://www.4petsakefoodpantry.org/spay---neuter.html">http://www.4petsakefoodpantry.org/spay---neuter.html</a>	We offer low cost spay and neuturing for Oneida County pet owners. If you are interested in applying to take part in our Spay/Neuter Program, please contact us at pet-sake@hotmail.com or call us at 315-796-2584. In your email or phone call we will need your name and mailing address and phone number along with a brief description of your pet(s), such as species (cat or dog), name, age, female or male, and (for dogs) – weight. Please have that information available.
<b>Animal Control</b>				
Pet Poison Helpline	855-764-7661		<a href="https://www.petpoisonhelpline.com/">https://www.petpoisonhelpline.com/</a>	For animal control services please search for your city, town, or village's website and utilize the contact information provided. <b>\$89 fee.</b> Was your pet just exposed to something harmful? Call your veterinarian or Pet Poison Helpline® immediately. The sooner an exposure or poisoning is addressed, the easier, less expensive, and safer it is to treat. We have the expertise to handle any exposure situation, in any pet species – large or small!
Anita's Stevens Swan Humane Society - Spay and Neuter Program	315-738-4357	5664 Horatio St. Utica, NY 13502	<a href="https://www.anitas-shs.org/assets/PDFs/SpayNeuter-Flyer.pdf">https://www.anitas-shs.org/assets/PDFs/SpayNeuter-Flyer.pdf</a>	This program is available to Oneida County Residents whom are considered a Low Income/Poverty Level Household (if you qualify for Public Assistance in Oneida County you will qualify for this program). We are located at 5664 Horatio Street, Utica, NY 13502.
Catholic Charities Of Oneida/Madison Counties- Food Pantry - Pets	315-337-8600	199 W. Dominick St. Rome, NY 13440	<a href="https://www.catholiccharitiesom.org/food-pantry">https://www.catholiccharitiesom.org/food-pantry</a>	We welcome donations of unopened dog food, cat food, and cat litter.
Humane Society of Rome	315-336-7070	6247 Lamphear Rd. Rome, NY 13440	<a href="https://humanesocietyrome.com/our-programs/">https://humanesocietyrome.com/our-programs/</a>	Pet therapy is a guided interaction between a person and a shelter animal. Pet Therapy can improve social, emotional, or cognitive functioning. Interacting with a friendly pet can help many physical and mental issues, like blood pressure and improve overall cardiovascular health, and release endorphins that produce a calming effect. This can help alleviate pain, reduce stress, and improve your overall psychological state. Residents at area nursing homes and DDSO homes are among those who enjoy our pet therapy visits.
Mohawk Valley Cat Care	315-859-1144	3060 Austin Rd. Clinton, NY 13323	<a href="https://www.mohawkvalleycatcare.com/low-cost-spay-neuter">https://www.mohawkvalleycatcare.com/low-cost-spay-neuter</a>	Here at Mohawk Valley Cat Care we offer low cost spay and neuter year round. Spaying/neutering your cat is extremely important, as not only does it help control the ever growing overpopulation of strays, but also contributes to a healthier, happier life for your cat. Priced competitively, this one time low cost (which includes rabies and distemper vaccinations as well as deworming!) is a simple step that we 110% recommend you invest in, for both you and your cat's well-being.
Oneida County - Rabies Clinic	315-798-5064		<a href="https://oneidacountyny.gov/departments/health/programs-and-services/environmental-health/rabies-program/">https://oneidacountyny.gov/departments/health/programs-and-services/environmental-health/rabies-program/</a>	The Oneida County Health Department hosts rabies clinics throughout the year in various locations in the county. Pets will receive a one-year certificate if no prior proof of rabies is shown. A \$10 donation per pet is requested to help with costs.

# Pet Resources

Name	Number	Location	Website	Description
Rover's Do Over	<a href="mailto:roversdoover@gmail.com">roversdoover@gmail.com</a>	foster based rescue	<a href="https://www.roversdoover.com/">https://www.roversdoover.com/</a>	Rover's Do Over is a non-profit, no-kill, foster-based animal rescue for misguided, mistreated and misunderstood animals. We pride ourselves on the work we do to give these animals a second chance - or "do-over" - with the love, care, and attention they need to thrive. RDO is committed to supporting struggling shelters and municipalities by serving as a resource to alleviate some of the burdens they face. Rover's Do Over is REDEFINING the role that animal rescues play in our community.
Sarah's Pet Pantry	315-865-5854 Utica: 315-735-5745	7835 Church St. Holland Patent, NY 13354	<a href="https://www.foothillsruralcommunityministry.org/sarahs-pet-pantry">https://www.foothillsruralcommunityministry.org/sarahs-pet-pantry</a>	Sarah's Pet Pantry stocks dry and canned dog and cat food, along with a variety of snacks and cat litter when available. This pet food is available to anyone who qualifies to receive food from the Foothills Rural Community Ministry Food Pantry. Sarah's Pet Pantry is located at the Twin Churches in Holland Patent. If you are a pet owner, and your family uses the Food Pantry, do take this opportunity to stretch your pet food dollars by checking out what Sarah's Pet Pantry has to offer.
Tractor Supply PetVet	Rome: 315-337-2710	1183 Erie Blvd W. Rome, NY 13440	<a href="https://www.tractorsupply.com/tsc/services/petvet">https://www.tractorsupply.com/tsc/services/petvet</a>	PetVet clinics offer affordable and convenient preventative services state-licensed veterinarians and with no appointment necessary. Unlike veterinary offices, PetVet clinics provide necessary services with no office visit fee
Wanderer's Rest	315-697-2796	7138 Sutherland Dr. PO Box 535 Canastota, NY 13032	<a href="https://www.wanderersrest.org/">https://www.wanderersrest.org/</a>	Wanderers' Rest Humane Association (WRHA) is an open admissions shelter for Madison County, NY while serving other municipalities such as City of Utica, Town of Augusta, Town of Earlville, Town of Lee. We provide humane education, dog control (Madison County), dog and cat surrenders, and a spay and neutering voucher program.

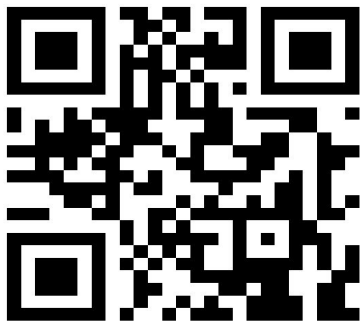


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**Resources and Supports  
for Older Adults,  
Intellectual/  
Developmental and  
Physical/Medical  
Disabilities**



# Resources and Supports for Older Adults, Intellectual/Developmental and Physical/Medical Disabilities

Name	Number	Location	Website	Description
<b>Crisis Services and/or Support Hotline</b>				
				The 988 Suicide & Crisis Lifeline connects you to trained crisis counselors 24/7. They can help anyone thinking about suicide, struggling with substance use, experiencing a mental health crisis, or any other kind of emotional distress. You can also call, text or chat 988 if you are worried about someone you care about who may need crisis support.
<b>988 Suicide and Crisis Lifeline - Deaf or Hard of Hearing Line</b>	<b>988</b> Call or Text option 2		<a href="https://988lifeline.org/deaf-hard-of-hearing-hearing-loss/">https://988lifeline.org/deaf-hard-of-hearing-hearing-loss/</a>	You can reach out to 988 Videophone by calling 988 with a VP number or connecting through our web portal.
<b>Alzheimer's Association Helpline</b>	<b>800-272-3900</b>		<a href="https://www.alz.org/help-support/resources/helpline">https://www.alz.org/help-support/resources/helpline</a>	24-hours a day, 7 days a week, to speak confidentially with a trained Helpline specialist who will provide information, support and referrals to local resources.
<b>Crisis Services for Individuals with Developmental Disabilities Hotline</b>	<b>315-473-6972</b>		<a href="https://opwdd.ny.gov/contact-us">https://opwdd.ny.gov/contact-us</a>	Crisis Services for Individuals with Developmental Disabilities (CSIDD)
<b>NYS Office of Aging Hotline</b>	<b>800-342-9871</b>		<a href="https://www.nyconnects.ny.gov/welcome">https://www.nyconnects.ny.gov/welcome</a>	NY Connects is your trusted place to go for free, unbiased information about long term services and supports in New York State for people of all ages or with any type of disability. Long term services and supports include medical and non-medical services a person needs to improve or maintain health and independence. They may be provided in a nursing home, the individual's home or other community-based settings. You can use this directory to search for programs, providers, and services in your area and to contact your local NY Connects office for further assistance.

## Services for Individuals with Intellectual/Developmental Disabilities

<b>ACCES-VR</b>	<b>315-793-2536</b>	207 Genesee St. Utica, NY 13501	<a href="https://www.acces.nysed.gov/vr/utica-district-office">https://www.acces.nysed.gov/vr/utica-district-office</a>	ACCES-VR encourages you to be as independent as you would like when developing your Individualized Plan for Employment (IPE). Your vocational rehabilitation counselor is available to assist you with developing your plan and reaching your employment goal. Your vocational rehabilitation counselor must review and approve your IPE and apply their professional judgment and expertise, as well as applicable laws, regulations, and policies to ensure responsible use of public funds.
<b>Central NY Health Home Network, Inc.</b>	<b>315-624-9670</b>	268 Genesee St. Suite 202 Utica, NY 13502	<a href="https://www.cnyhealthhome.net/cnyhnn-1">https://www.cnyhealthhome.net/cnyhnn-1</a>	Comprehensive Care Management offers clients access to more timely and appropriate care based on a comprehensive assessment of medical, behavioral, rehabilitative and social needs.
<b>Central NY Quest, Inc.</b>	<b>315-732-3435</b>	122 Business Park Dr. Suite 5 Utica, NY 13502	<a href="https://www.cnyquest.com/">https://www.cnyquest.com/</a>	We are dedicated to delivering high-quality supports and services to individuals with developmental disabilities through a person-centered approach. Honoring each person's unique abilities, preferences, and aspirations we ensure that they receive the personalized care and attention they deserve. Through compassionate guidance, empowerment, and advocacy, we strive to enhance the quality of life for those we serve, fostering independence, dignity, and a sense of belonging within their communities.

# Resources and Supports for Older Adults, Intellectual/Developmental and Physical/Medical Disabilities

Name	Number	Location	Website	Description
CNY Developmental Disabilities Services Office	315-336-2300	101 W. Liberty St. Rome, NY 13440	<a href="https://opwdd.ny.gov/location/central-new-york-developmental-disabilities-services-office">https://opwdd.ny.gov/location/central-new-york-developmental-disabilities-services-office</a>	Through OPWDD, you can access supports and services that can help your family to support you to live in your family home; assistance for you to live on your own in the community of your choice; help if you want to work, take part in volunteer opportunities or other types of community involvement; and assistance accessing services you need to live your life, including connecting you to clinical or therapeutic supports.
Front Door (through NYS OPWDD)			<a href="https://opwdd.ny.gov/get-started/front-door">https://opwdd.ny.gov/get-started/front-door</a>	People new to the OPWDD system can access services and supports through the Front Door. The Front Door is the way OPWDD connects people to the services they need and want. Once you enter, a person-centered planning process begins which helps you learn about and access service options taking your needs and desires into consideration. It will also give you the chance to direct your own service plan or help your family member or loved one as they direct theirs.
Haven Camps	315-336-7210	6420 Pillmore Dr. Rome, NY 13440	<a href="https://havencamps.com/">https://havencamps.com/</a>	The Mission of Haven Camps is to meet the PHYSICAL, SOCIAL, and SPIRITUAL needs of individuals with intellectual and developmental disabilities.
Human Technologies - Education & Employment	315-724-9891	2260 Dwyer Ave. Utica, NY 13501	<a href="https://htcorp.net/">https://htcorp.net/</a>	Human Technologies, a 501(c)(3) not-for-profit Social Enterprise with a mission to create employment for people with disabilities, is headquartered in Utica, New York with operations throughout New York State, Pennsylvania, Delaware, and northern Virginia.
Lifeplan Care Coordination Organization NY	315-758-1688	258 Genesee St. Mezzanine Utica, NY 13502	<a href="https://lifeplancony.com/">https://lifeplancony.com/</a>	Through close, personal support, Care Managers coordinate healthcare, personal services, social supports, disease-related care for chronic conditions, and access to preventative care. Care Management services are provided with sensitivity to cultural and language preferences.
Office for People With Developmental Disabilities "OPWDD"	866-946-9733		<a href="https://opwdd.ny.gov/types-services">https://opwdd.ny.gov/types-services</a>	Through OPWDD, you can access supports and services that can help your family to support you to live in your family home; assistance for you to live on your own in the community of your choice; help if you want to work, take part in volunteer opportunities or other types of community involvement; and assistance accessing services you need to live your life, including connecting you to clinical or therapeutic supports.
Oneida County Sheriff's Office Blue Envelope Program	315-765-2200		<a href="https://sheriff.oneidacounty.ny.gov/news/678a8c4948f0c823fb0be714/">https://sheriff.oneidacounty.ny.gov/news/678a8c4948f0c823fb0be714/</a>	Law enforcement agencies around the country have recently begun adopting the Blue Envelope Program. Drivers with autism are encouraged to obtain a Blue Envelope, in which the drivers can keep their license, registration, insurance card, or other relevant documents, which a police officer would normally request upon a traffic stop. In this way, when the police officer sees the Blue Envelope, the officer is immediately alerted to the driver's autism and can adjust his or her own actions and reactions to fit that situation
Primecare Care Coordination Organization	315-926-7762 (Main); 315-584-3635 (On-Call)		<a href="https://primecareny.org/">https://primecareny.org/</a>	Prime Care Coordination is a care coordination organization (CCO) serving 8,600 members throughout 42 New York Counties. Prime Care supports individuals with intellectual and/or developmental disabilities, many of whom have multiple and complex needs, by developing individualized care plans focused on the individual's personal goals and dreams.

# Resources and Supports for Older Adults, Intellectual/Developmental and Physical/Medical Disabilities

Name	Number	Location	Website	Description
Southern Tier Connect Care Coordination Organization	607-376-7526	5-9 W. Main St. Norwich, NY 13815	<a href="https://southerntierconnect.org/">https://southerntierconnect.org/</a>	Care Coordination for people with Intellectual and Developmental Disabilities is what we do.
The 21 Club			<a href="https://www.the21club.org">https://www.the21club.org</a>	The 21 Club wants to raise awareness in our community so people with Down syndrome will be accepted and appreciated. As a group, we help support families and people with Down syndrome. Our goal is to share information with families so they can make choices about therapies, programs, schooling, job opportunities and other services that may help their loved ones. We also hope to raise awareness in the community so they will come to see people with Down syndrome as "more alike than different" from their typical peers.
The Arc, Oneida-Lewis Chapter, NYSARC - Employment	315-927-0165	245 Genesee St. Utica, NY 13501	<a href="https://www.thearc.org/employment-solutions/">https://www.thearc.org/employment-solutions/</a>	The Arc's Employment Solutions program has developed a pool of qualified applicants eager for the opportunity to become dependable, productive employees. We forge relationships between local businesses/industries and the rehabilitation community. As a result, people with developmental disabilities are employed at competitive wages in our community.
The Kelberman Center	315-797-6241	2513 Sunset Ave. Utica, NY 13502	<a href="https://www.kelberman.org/">https://www.kelberman.org/</a>	We provide comprehensive autism programs and services for people throughout all phases of life, from early childhood through adulthood, including: Home & Community Based, Educational, Clinical, Residential, and Camp.

## Services for Individuals with either Intellectual/Developmental or Physical/Medical Disabilities

ASCEND Program	315-798-5710	6065 Judd Rd Oriskany, NY 13492	<a href="https://oneidacountyny.gov/projects/ascend-registry/">https://oneidacountyny.gov/projects/ascend-registry/</a>	The ASCEND (Assistance for Special, Cognitive, Emotional Needs & Disabilities) program will allow residents with preexisting mental health concerns, developmental disabilities, health conditions, or religious or cultural considerations, to voluntarily submit their information to the county so that law enforcement and fire and EMS personnel are aware of their needs and can provide the proper support and resources.
Asteri Utica Apartments	315-507-5519	327 Bleecker St. Utica, NY 13501	<a href="https://weareasteri.com/">https://weareasteri.com/</a>	Asteri is designed to serve as a constant in the lives of the folks who call it home. With an urban style, health-minded living, and its fabulous surrounding neighborhood—Asteri makes life that much brighter.
Cayuga Centers	315-253-5383	403 Court St. 2nd Floor Utica, NY 13501	<a href="https://cayugacenters.org/id/">https://cayugacenters.org/id/</a>	We offer support programs for residents of all ages residing in Cayuga County and the surrounding areas. The aim is to meet individuals' goals in a safe and interactive environment and give families and caregivers a much-needed break. We offer after-school, evening, and weekend respite services, day and community habilitation programs, and supportive housing through Spring Village Apartments.
Central Association for the Blind and Visually Impaired "CABVI"	315-797-2233	507 Kent St. Utica, NY 13501	<a href="https://www.cabvi.org/">https://www.cabvi.org/</a>	CABVI's mission has been to assist people who are blind or visually impaired to achieve their highest levels of independence.
Charles T. Sitrin Health Care Center - Special Needs	315-737-2244; 315-797-3114	2050 Tilden Ave. New Hartford, NY 13413	<a href="https://www.sitrin.com/special-needs/">https://www.sitrin.com/special-needs/</a>	Providing special attention to people with special needs.
Charles T. Sitrin Health Care Center - Gan Kavod Residences	315-737-2244; 315-797-3114	2050 Tilden Ave. New Hartford, NY 13413	<a href="https://www.sitrin.com/special-needs/gan-kavod-residences/">https://www.sitrin.com/special-needs/gan-kavod-residences/</a>	Sitrin offers special needs residences for individuals with intellectual disabilities and medically complex conditions. Two houses are located on Sitrin's main campus, with other homes in New York Mills, South Utica, New Hartford, and Whitesboro.

# Resources and Supports for Older Adults, Intellectual/Developmental and Physical/Medical Disabilities

Name	Number	Location	Website	Description
Kelberman Center - The Link Apartments	315-797-6241	2513 Sunset Ave. Utica, NY 13502	<a href="https://www.kelberman.org/services/residential/the-link-apartments/">https://www.kelberman.org/services/residential/the-link-apartments/</a>	The Link is a community-centered, inclusive residential apartment building that connects people of all abilities in a living environment that promotes meaningful interactions and opportunities for independence while fostering a sense of community.
NYS Office of Temporary Disability Assistance Hotline "OTDA"	1-800-342-3009		<a href="https://otda.ny.gov/contact.asp">https://otda.ny.gov/contact.asp</a>	Office of Temporary and Disability Assistance Resources
Oneida County - Children & Youth with Special Health Care Needs	315-798-5249	185 Genesee St. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/children-and-youth-with-special-health-care-needs/">https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/children-and-youth-with-special-health-care-needs/</a>	Children and Youth with Special Health Care Needs is a referral program for children birth to 21 years of age who have or are suspected of having a serious or chronic physical, developmental, behavioral or emotional condition that requires health and related services beyond that required by children generally.
Oneida County - Early Intervention	315-798-5267	185 Genesee St. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/early-intervention/">https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/early-intervention/</a>	A service coordinator will arrange for your child to have a therapist come to your home to see if your child needs services. A therapist will look at how your child is learning, thinking, talking, listening, growing, and interacting with others.
Oneida County - Preschool Special Education	315-798-6400	185 Genesee St. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/preschool-program/">https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/preschool-program/</a>	This program provides educational and/or support services for children ages 3 and 4 years old with confirmed disabilities and/or delays impacting their ability to learn. The program is directed through the New York State Department of Education within your home school district. Oneida County Health Department and the State Department of Education pay for all services.
Resource Center for Independent Living "RCIL"	315-797-4642	131 Genesee St. Utica, NY 13503	<a href="https://www.rcil.com/">https://www.rcil.com/</a>	RCIL promotes a dynamic environment where society and the individual mutually benefit from a world with no limits. This is accomplished by promoting and achieving excellence in consumer-controlled, self-directed services in programs, education, advocacy, research, and information retrieval and dissemination. These services are self-directed and geared toward increasing awareness of an individual's rights and options as well as the various methods to achieve chosen goals.
Self-Direct, Inc.	315-635-5374	421 Broad St. Utica, NY 13501	<a href="https://www.selfdirectinc.com/">https://www.selfdirectinc.com/</a>	We assist and support individuals and their families seeking care at home and/or in the community. We will maintain a plan of care that centers on the rights of the person we are serving to live as independently as possible, and continue to live their life where they wish.
Technology-Related Assistance for Individuals with Disabilities (TRAIID) Program	315-292-1968	675 Catherine St. Utica, NY 13501	<a href="https://www.justicecenter.ny.gov/traid-program">https://www.justicecenter.ny.gov/traid-program</a>	The Technology-Related Assistance for Individuals with Disabilities (TRAIID) Program provides access to assistive technology to any New Yorker with a disability through Regional TRAIID Centers. Regional TRAIID Centers provide device loans and hands-on training to people with disabilities.
The Arc, Oneida-Lewis Chapter, NYSARC	315-735-6477	245 Genesee St. Utica, NY 13501	<a href="https://www.thearc.org/">https://www.thearc.org/</a>	The Arc, Oneida-Lewis Chapter is a premier human services agency in the healthcare field. Our agency was started by parents who envisioned a rich, full life for their children with disabilities, inclusive of their community.

# Resources and Supports for Older Adults, Intellectual/Developmental and Physical/Medical Disabilities

Name	Number	Location	Website	Description
The Arc, Oneida-Lewis Chapter, NYSARC - Housing	315-927-0104	245 Genesee St. Utica, NY 13501	<a href="https://www.thearc.org/residential-services/">https://www.thearc.org/residential-services/</a>	Our Residential program offers two types of living environments: Supervised and Supportive Individualized Residential Alternatives (IRAs).
The Root Farm	315-520-7046	2860 King Rd. Sauquoit, NY 13456	<a href="https://www.rootfarm.org/">https://www.rootfarm.org/</a>	The Root Farm is focused on learning and healing for people of all ages and abilities through the power of equine, agricultural and recreational experiences. LIVE. LEARN. GROW.
Upstate Caring Partners "UCP"	315-725-2181	125 Business Park Dr. Utica, NY 13502	<a href="https://www.upstatecp.org/">https://www.upstatecp.org/</a>	Providing innovative programs and services that support and create opportunities for people of all abilities.
Upstate Caring Partners "UCP" - Community Habilitation and Integration	315-725-3325	125 Business Park Dr. Utica, NY 13502	<a href="https://www.upstatecp.org/family-community/#respite">https://www.upstatecp.org/family-community/#respite</a>	Habilitation Services are designed to assist people with learning life skills to maximize their independence and support their long-term goals and dreams. Services are provided in the community by Community Habilitation Aides (CHAs) to people who reside independently, with families, or in a certified residence. Activities and services are developed in partnership with the person and include financial management, meal planning and preparation, personal health care, and relationship building.
				Day Habilitation Services are designed to assist with learning life skills that will enable individuals to maximize their independence and support their long-term goals and dreams. Activities and services are developed in partnership with each person and their circle of support. A wide variety of skills can be developed in areas such as financial management, meal planning and preparation, personal health care, household maintenance, relationship building, safety, and accessing community resources.
				Upstate Caring Partners Day Habilitation Programs support individuals with developmental disabilities living in Herkimer, Lewis, Madison, and Oneida Counties who are eligible for Office of People with Developmental Disabilities (OPWDD) services.
Upstate Caring Partners "UCP" - Day Habilitation & ASPIRE	315-725-3325	125 Business Park Dr. Utica, NY 13502	<a href="https://www.upstatecp.org/family-community/#respite">https://www.upstatecp.org/family-community/#respite</a>	Going beyond the traditional day habilitation setting, the ASPIRE (Assisting and Supporting People in Reaching Employment) program allows individuals to learn about different opportunities in the community by experiencing them firsthand.
				The Family and Community Services team at Upstate Caring Partners is always available to answer your questions or to set up an appointment to discuss your or your loved one's unique needs and opportunities.
Upstate Caring Partners "UCP" - Family Connect	315-927-3411	125 Business Park Dr. Utica, NY 13502	<a href="https://www.upstatecp.org/family-community/#respite">https://www.upstatecp.org/family-community/#respite</a>	You may also contact our agency Family Connect Resource Line at (315) 927-3411 or FamilyConnection@upstatecp.org for more information about our programs and services.
Upstate Caring Partners "UCP" - In-Home Respite	315-725-3325	125 Business Park Dr. Utica, NY 13502	<a href="https://www.upstatecp.org/family-community/#respite">https://www.upstatecp.org/family-community/#respite</a>	Caregivers need and desire breaks from caring for their loved ones with differing abilities. Upstate Caring Partners offers Respite services to provide relief to primary caregivers for individuals who cannot be left unsupervised for any length of time.

# Resources and Supports for Older Adults, Intellectual/Developmental and Physical/Medical Disabilities

Name	Number	Location	Website	Description
Upstate Caring Partners "UCP" - Self-Direction	315-794-3341	125 Business Park Dr. Utica, NY 13502	<a href="https://www.upstatecp.org/family-community/#respice">https://www.upstatecp.org/family-community/#respice</a>	People choosing services from Upstate Caring Partners have unique interests, hobbies, and preferences. The goal of Self Direction services is to offer greater independence by creating a unique and individualized service plan. Self-Direction affords the opportunity for flexibility in choosing goals, schedules, activities, and staff based on an individual's preferences.
Upstate Caring Partners "UCP" - Special Needs Resources	315-724-6907	125 Business Park Dr. Utica, NY 13502	<a href="https://www.upstatecp.org/">https://www.upstatecp.org/</a>	Providing innovative programs and services that support and create opportunities for people of all abilities.
	Youth: 315-798-4006 ext. 2452			Youth Residential - Our Children's Residential Program (CRP), approved by the New York State Education Department and licensed by the NYS Office for Persons with Developmental Disabilities (OPWDD), is for children who are no longer able to permanently live in their homes.
Upstate Caring Partners "UCP" - Housing	315-724-6907 ext 2064	125 Business Park Dr. Utica, NY 13502	<a href="https://www.upstatecp.org/residential/#housing-supports">https://www.upstatecp.org/residential/#housing-supports</a>	Adult Residential - We have a number of living alternatives in both certified (Individualized Residential Alternatives-IRA and Intermediate Care Facilities-ICF) and non-certified settings (apartments and houses that are not regulated by the Office for People with Developmental Disabilities-OPWDD).

## Legal

Legal Aid Society - Aging Services	315-793-7000	120 Bleecker St. Utica, NY 13501	<a href="https://www.lasmny.org/elder-law">https://www.lasmny.org/elder-law</a>	We handle multiple civil legal problems for seniors, including consumer problems, family matters, access to healthcare, public benefits issues, housing problems, future planning (for example wills, living wills, health care proxies, powers of attorney, and Medicaid planning), elder abuse and/or neglect, and additional legal issues.
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## Physical Disability/Senior Apartments, Adult Homes, Assisted Living Facilities, and Skilled Nursing Facilities

Bethany Gardens Skilled Living Center	315-339-3210	800 W. Chestnut St. Rome, NY 13440	<a href="https://bethanynursing.com/">https://bethanynursing.com/</a>	Since opening our doors in 1973, our reputation has developed as to our being an outstanding provider in long term care and short term sub acute rehabilitation. We offer an array of post – acute medical treatments such as Physical, Occupational & Speech Therapies; IV Therapy, Wound Care; Pain Management; Respiratory Therapy and Cardiac Therapy. We specialize in Short Term Sub – Acute Rehabilitation, offering therapy up to 7 days a week, and that's more than other facilities in the area. More Rehabilitation equals a quicker recovery.
Betsy Ross Rehabilitation Center	315-339-2220	1 Elsie St. Rome, NY 13440	<a href="https://betsyrossrehab.com/">https://betsyrossrehab.com/</a>	Betsy Ross Nursing & Rehab Center offers excellence in rehabilitation and skilled nursing care in a lovely homelike environment. With a focus on rehabilitation and recovery, our skilled team of therapists and healthcare professionals assist residents in achieving optimal health and well-being. We offer residents the perfect setting to experience a tranquil and peaceful backdrop for rehabilitation.
Brookdale Clinton	315-859-8572	99 Brookside Dr. Clinton, NY 13323	<a href="https://www.brookdale.com/en.html">https://www.brookdale.com/en.html</a>	At Brookdale Clinton, an independent living community in Clinton, New York. Here you'll have more time to do what you want to do. Start your day with a coffee in the courtyard garden and then head over to the game room to play bridge.
Charles T. Sitrin Health Care Center - Aging Services	315-797-3114	2050 Tilden Ave. New Hartford, NY 13413	<a href="https://www.sitrin.com/senior-care/">https://www.sitrin.com/senior-care/</a>	Providing long-term care, assisted living at the Cedarbrook Villages, and independence.

# Resources and Supports for Older Adults, Intellectual/Developmental and Physical/Medical Disabilities

Name	Number	Location	Website	Description
Colonial park Rehabilitation and Nursing Center	315-336-5400	950 Floyd Ave. Rome, NY 13440	<a href="https://thegrandhealthcare.com/colonial-park/">https://thegrandhealthcare.com/colonial-park/</a>	We believe that all guests should be treated with respect and enabled to achieve their wellness goals in a comfortable and welcoming environment boasting cutting edge technology. We believe in listening to our guests and their loved ones so that we always provide the highest standard of care.
Focus Senior Living at Utica	315-732-0100	1445 Kemble St. Utica, NY 13501	<a href="https://centershealthcare.com/locations/uticacenter/">https://centershealthcare.com/locations/uticacenter/</a>	Focus Senior Living is an Enriched Housing Program. Come Home to Focus Senior Living at Utica We are the coziest place in town, nestled right here in the heart of Utica. Come by and visit us. Take a tour. Then plan your move-in day!
Katherine Luther Residential Health Care and Rehabilitation Center	315-853-5515	108-110 Utica Rd Clinton, NY 13323	<a href="https://www.communitywellnesspartners.org/lutheran">https://www.communitywellnesspartners.org/lutheran</a>	Katherine Luther Residential Health Care and Rehabilitation Center is a member of Community Wellness Partners. Lutheran Campus offers a full continuum of senior care services in a compassionate, faith-based environment. Located in Oneida County, it provides skilled nursing, memory care, rehabilitation, and adult day services, ensuring personalized support for older adults at every stage of care.
Masonic Care Community of Utica, NY	315-798-4800	2150 Bleecker St Utica, NY 13501	<a href="https://masonichomeny.org/">https://masonichomeny.org/</a>	Adult Home. Long-term home health care may be a solution for seniors who want to continue living at home but need supplemental care for their safety and well-being. As people age, they often begin experiencing more health concerns that can affect daily living. They become more prone to falling or face other injury risks. Staying alone in their homes may be what they want, but it might be difficult to maintain the same quality of life and independence without some professional help.
Mohawk Valley Health System "MVHS" Rehabilitation and Nursing Center	315-624-8600	1650 Champlin Ave. Utica, NY 13502	<a href="https://www.mvhealthsystem.org/rnc/">https://www.mvhealthsystem.org/rnc/</a>	MVHS Rehabilitation and Nursing Center (RNC) is a 202-bed skilled nursing facility with a 40-bed subacute rehabilitation unit. At MVHS RNC, our residents feel comfortable in a safe, warm, friendly environment filled with reminders of home and a caring and compassionate staff.
New York Mills Senior Center	315-736-7360	320 Main St. New York Mills, NY 13417	<a href="https://crmrentalmgmt.com/property/new-york-mills-senior-center/">https://crmrentalmgmt.com/property/new-york-mills-senior-center/</a>	New York Mills Senior Center is designed specially to provide quality affordable housing for eligible seniors 55 years of age and older. Located in the heart of New York Mills, this historic property contains one and two bedroom apartments. All residents must be capable of independent living and are encouraged to be active and self-sufficient members of the community.
Oneida Center for Rehabilitation and Nursing	315-732-0100	1445 Kemble St. Utica, NY 13501	<a href="https://oneida-center.facilities.centershealthcare.org/">https://oneida-center.facilities.centershealthcare.org/</a>	We're a community of friends, neighbors, parents and grandparents getting stronger together in the heart of Utica.
Presbyterian Homes & Services	315-797-7500	4290 Middle Settlement Rd. New Hartford, NY 13413	<a href="https://www.communitywellnesspartners.org/presbyterian">https://www.communitywellnesspartners.org/presbyterian</a>	Presbyterian Homes & Services is a member of Community Wellness Partners –offering the most complete continuity of health and wellness services for older adults in Oneida County. Presbyterian Homes & Services' 62-acre campus offers a full range of health care services for older adults, including home care and adult day programs, short-term and outpatient rehabilitation, assisted living and skilled nursing.
Rome Health - Residential Health Care Facility	315-338-7305	1500 N. James St. Rome, NY 13440	<a href="https://www.romehealth.org/nursing-home-near-rome-ny/">https://www.romehealth.org/nursing-home-near-rome-ny/</a>	Rome Health's Residential Health Care Facility (RHCF) is a hospital-based, full-service 80-bed skilled nursing facility offering long-term care, short-term rehabilitation, and respite care. Recognized among the top 20% of nursing homes statewide, the facility provides compassionate care in a comfortable, home-like environment. Services include 24/7 skilled nursing, physical, occupational, and speech therapy, personalized dining options, and access to hospital-based medical services.

# Resources and Supports for Older Adults, Intellectual/Developmental and Physical/Medical Disabilities

Name	Number	Location	Website	Description
				We are a team of Legends Caring for Legends and are recognized for pioneering and integrating progressive programs and services that define our local health care communities.
Sunset Nursing and Rehabilitation Center	315-942-4301	232 Academy St. Boonville, NY 13309	<a href="https://www.livinglegendshealth.com/sunset/">https://www.livinglegendshealth.com/sunset/</a>	The fabric of Sunset Nursing & Rehabilitation Center is comprised of residents and employees whose personal stories, or legends, are knit together to form one amazing, collective story. These stories are told through the words and actions of each individual. They are stories that give us life, purpose and hope for the future.
The Community at Sunset Wood	315-733-1389	118 Genesee St. New Hartford, NY 13413	<a href="https://www.sunsetwood.org/">https://www.sunsetwood.org/</a>	The Community at Sunset Wood, a 501(c)3 non-profit organization, offers seniors 62+ an environment that includes gracious living with options for aging in place. Our campus, located in the Village of New Hartford, is independently owned and has a board of directors that oversees long range goals and opportunities for programs that enhance a high quality of living within our community.
The Eastern Star Home	315-736-9311	8290 St. Rt. 69 PO Box 5 Oriskany, NY 13424	<a href="http://eshomeny.org/">http://eshomeny.org/</a>	The residents are provided with the highest quality of care, in combination with the love and the true meaning of being part of a wonderful "family".  Our Nursing Home is now open to the public, with preference given to Eastern Star Members and Masonic members.
The Eastern Star Home and Campus - Pounder Hall	315-736-9311	8290 NY-69 Oriskany, NY 13424	<a href="http://eshomeny.org/">http://eshomeny.org/</a>	If you are able to care for yourself and your medical history does not necessitate nurses, only limited services, such as meals and light housekeeping, you may wish to consider Independent Living at Pounder Hall. Independent Living provides the freedom of action that is yours to enjoy.  For those who may need more assistance in their everyday activities, Housing is also available on the first floor of Pounder Hall. This program provides 24-hour personal care aides under the supervision of a licensed practical nurse.
The Grand Rehabilitation and Nursing	Rome: 315-533-1600  Utica: 315-797-7392	801 N. James St. Rome, NY 13440  1657 Sunset Ave. Utica, NY 13502	<a href="https://thegrandhealthcare.com/utica/wire-facilities/">https://thegrandhealthcare.com/utica/wire-facilities/</a>	The Grand Healthcare System is a network of high profile, state-of-the-art facilities designed for advanced rehabilitation and nursing. Deeply ingrained in their local communities, each facility brings all-inclusive healthcare closer to home. We know surroundings influence wellbeing, so our residences offer the familiar ambiance of home. Niceties like soft linens and elegant furnishings lift spirits, while lovely grounds and community integration brighten outlooks.
The Neighborhoods at Acacia Village	315-798-4775	2160 Bleecker St. Utica, NY 13501	<a href="https://www.acaciavillageny.org/">https://www.acaciavillageny.org/</a>	We are an active retirement living community offering cottage, townhome and apartment accommodations situated on a beautiful 400 acre campus in Utica, New York. Now This is Living!
The Pines at Utica Center for Nursing and Rehabilitation	315-797-3570	1800 Butterfield Ave. Utica, NY 13501	<a href="https://pinesutica.com/">https://pinesutica.com/</a>	At The Pines at Utica Center for Nursing and Rehabilitation, we center health care on healing so the joys of daily living can be celebrated. Our center provides post-acute rehabilitation and long-term care services, including a myriad of medical and therapy services. We offer around-the-clock care for those living with chronic illnesses and disabilities. Each day, our skilled, compassionate team strives to help our guests become a better, brighter, and stronger version of themselves.

# Resources and Supports for Older Adults, Intellectual/Developmental and Physical/Medical Disabilities

Name	Number	Location	Website	Description
The Terrace at Woodland	315-336-0307	8299 Turin Rd. Rome, NY 13440	<a href="https://terraceatwoodland.com/">https://terraceatwoodland.com/</a>	At The Terrace at Woodland, we provide exceptional assisted living services in a welcoming and supportive environment. Located in beautiful Rome, NY, our community offers personalized care designed to meet each resident's unique needs. Whether you or your loved one needs short-term care or long-term assistance, we are here to ensure comfort, dignity, and the highest quality of life.
Utica Rehabilitation and Nursing Center	315-797-1230	2535 Genesee St. Utica, NY 13501	<a href="http://www.uticarehab.com/">http://www.uticarehab.com/</a>	We offer compassionate and dignified care to promote each of our residents' physical and emotional well-being. Our rehabilitation team provides customized rehabilitation plans and measurable, concrete results, while our long-term care team builds and nurtures our vibrant community.
Waterville Residential Care Center	315-841-4156	220 Tower St. Waterville, NY 13480	<a href="https://watervillecares.com/">https://watervillecares.com/</a>	We are a Skilled Nursing Residence and Rehabilitation Center located in the quaint village of Waterville, New York. The partnership that we have developed enables us to bring renewed strength, ideas and expert experience to WRCC making us who we are today!  Our Mission is to provide people in our community with healthcare, customer service, and support to overcome or adapt to their physical and cognitive limitations so as to achieve their individual best quality of life.
Willow Park	315-732-2257	1550 Herkimer Rd. Utica, NY 13502	<a href="https://profiles.health.ny.gov/acf/view/1255157">https://profiles.health.ny.gov/acf/view/1255157</a>	Adult Home
<b>Medical Assistance at Home</b>				
CareGivers	315-797-7050	48 Genesee St. New Hartford, NY 13413  111 E. Chestnut St. Rome, NY 13440	<a href="https://caregivershomecare.com/">https://caregivershomecare.com/</a>	At CareGivers we care for everyone, from newborn infants to the elderly. Because each client's needs are unique, our services are flexible and our staff is trained to meet a variety of special health care requirements.
Central NY Health Home Network, Inc.	315-624-9670	268 Genesee St. Suite 202 Utica, NY 13502	<a href="https://www.cnyhealthhome.net/cnyhhn-1">https://www.cnyhealthhome.net/cnyhhn-1</a>	Comprehensive Care Management offers clients access to more timely and appropriate care based on a comprehensive assessment of medical, behavioral, rehabilitative and social needs.
Elder Choice, Inc.	315-363-7448	1 Oxford Crssng Suite 5 New Hartford, NY 13413	<a href="https://elderchoiceinc.com/">https://elderchoiceinc.com/</a>	ElderChoice is a New York State licensed provider of home health care services for all of Central New York, with offices in Elbridge, Syracuse, New Hartford, Cortland & Auburn. Our services can offer an alternative to nursing home placement by providing an individual's personal and medical care needs at home. We are committed to improving a person's quality of life by offering exceptional services through screened and highly trained professionals.
Mohawk Valley Health System "MVHS" - Senior Network Health	315-624-4545	1650 Champlin Ave Utica, NY 13502	<a href="https://www.mvhealthsystem.org/snh/">https://www.mvhealthsystem.org/snh/</a>	Senior Network Health is an alternative to traditional nursing home care. It is a managed Medicaid long-term health insurance care plan for individuals who need assistance with day to day health maintenance and support activities, but want to live in the comforts of home with the caring faces of family and friends nearby.

# Resources and Supports for Older Adults, Intellectual/Developmental and Physical/Medical Disabilities

Name	Number	Location	Website	Description
U.S. Care Systems, Inc.	315-793-0090	2614 Genesee St. Utica, NY 13502	<a href="http://uscaresystems.com/">http://uscaresystems.com/</a>	Our mission at U.S. Care Systems is to provide quality, cost-effective home care service that assists clients in maintaining their independence and safety through a range of support services and case coordination. We treat all patients regardless of age, race, national origin, religion, sex or disability.
<b>Older Adults and Physical/Medical Disability Support Services</b>				
	<b>Parkway Center:</b> 315-223-3973	220 Memorial Pkw Utica, NY 13501		
	<b>Verona Beach:</b> 315-235-2029	6734 NYS Rt 13 Verona Beach, NY 13162		
50 Forward Mohawk Valley	<b>West Side:</b> 315-223-3973	717 Court St. Utica, NY 13502	<a href="https://www.50forwardmv.org/">https://www.50forwardmv.org/</a>	50 Forward Mohawk Valley provides programs and services to individuals 50+ empowering them to live healthy and vibrant lives.
Camden Life Center - Resource Navigation for Older Adults	315-820-2638	20 Main St. Camden, NY 13316	<a href="https://camdenlifecenter.com/events/">https://camdenlifecenter.com/events/</a>	Bonnie, comes to the Camden Life Center on Wednesdays from 9-12pm to help navigate the confusing system of Medicare and senior and aging services. Held on the second and fourth Wednesday of the month.
Copper City Community Connection	315-337-8230	305 E. Locust St. Rome, NY 13440	<a href="https://coppercitycommunityconnection.com/">https://coppercitycommunityconnection.com/</a>	Are you looking for a way to stay physically and mentally engaged? Look no further than the senior community outreach programs at Copper City Community Connection in Rome, NY. The center was founded by a Holocaust survivor and employs a close-knit and caring staff. We provide local community events, physical health education, senior exercise classes, aging mastery programs & more!
Daughter for Hire	315-725-2955	6 Williams St. Clinton, NY 13323	<a href="https://daughter-for-hire.com/">https://daughter-for-hire.com/</a>	Daughter for Hire provides non-medical, in-home respite caregiver services that assist the elderly, give their families peace of mind, and make it possible for seniors to age in place enjoying their golden years. Whether it's laundry, meal preparation, light housekeeping or assistance with medical appointments, our bonded and insured care companions are there to help.
Jewish Community Center	315-733-2343	2310 Oneida St. Utica, NY 13501	<a href="https://jccutica.net/senior-programs/">https://jccutica.net/senior-programs/</a>	Anyone regardless of religion is welcome to participate and utilize the JCC. JCC offers Majong, Bridge, Pickleball, Dinner and a Movie events, and Book Rap! Activities are free or discounted for members, an open to non-members.
Noble Companion	315-530-1100	8490 Turin Rd. Rome, NY 13440	<a href="https://www.noblecompanion.com/">https://www.noblecompanion.com/</a>	Our senior care specialists help your loved ones live independently with integrity. We give 24/7 personal care because we care 24/7.
North Utica Community Center	315-724-2430	50 Riverside Dr. Utica, NY 13502	<a href="https://www.northuticacomunitycenter.com/">https://www.northuticacomunitycenter.com/</a>	The Mission of the North Utica Community Center Inc. is to provide programs and services that foster knowledge, promote health and wellness, support growth and independence, and enrich the quality of life for all ages in the Greater Utica area.
Oneida County - Office for the Aging and Continuing Care	315-798-5456	120 Airline St. Suite 201 Oriskany, NY 13424	<a href="https://oneidacountyny.gov/departments/office-for-aging-and-continuing-care/">https://oneidacountyny.gov/departments/office-for-aging-and-continuing-care/</a>	The purpose of Oneida County Office for the Aging and Continuing Care is to serve as the lead planning, funding, and advocacy agency for older adults, individuals with disabilities, their families, and caregivers.

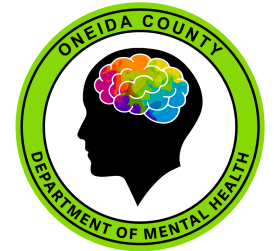
# Resources and Supports for Older Adults, Intellectual/Developmental and Physical/Medical Disabilities

Name	Number	Location	Website	Description
Oneida County - Office for the Aging and Continuing Care - NY Connects	315-798-5456	120 Airline St. Suite 201 Oriskany, NY 13424	<a href="https://www.nyconnects.ny.gov/">https://www.nyconnects.ny.gov/</a>	Oneida County Office for the Aging and Continuing Care's goal is to maintain maximum independence through service provision and is guided by the core values of respect, dignity, compassion, honesty, confidentiality, commitment and informed professionalism for older adults, and individuals with disabilities. OFA offers information and referral services, case management and connections to home delivered meals, personal emergency response systems, caregiver support, and a host of other services.
Oneida County - Office for the Aging and Continuing Care - Senior Nutrition	315-798-5456	120 Airline St. Suite 201 Oriskany, NY 13424	<a href="https://oneidacountyny.gov/departments/office-for-aging-and-continuing-care/programs/senior-nutrition/">https://oneidacountyny.gov/departments/office-for-aging-and-continuing-care/programs/senior-nutrition/</a>	This program targets frail, homebound individuals, age 60 and older, and is available at a suggested donation of \$2.75 per meal. Donations are voluntary and confidential, and no one will be denied a meal for their inability to contribute. All home delivered meals are frozen and all are delivered on one day per week and the client must be home to get them. Weekend meals are provided for those who are considered to be nutritionally at risk. Shelf Stable meals are provided in advance for the winter if meals cannot be delivered due to the weather.
Senior Retirement Services	315-794-0487	1644 Sunset Ave. Utica, NY 13502	<a href="https://www.mapquest.com/us/new-york/senior-retirement-services-350749798">https://www.mapquest.com/us/new-york/senior-retirement-services-350749798</a>	Delivery of meals also serves as a monitoring system to check on each person's wellbeing. No meal is left without either visual or verbal confirmation the client is alright. In the event that a client is found unwell, in an emergency situation, or not home when expected to be there the meals the driver will report back to their supervisor who will notify the Office for the Aging for follow-up and necessary action.
Seniors Helping Seniors	315-720-4441		<a href="https://seniorcarecny.com/">https://seniorcarecny.com/</a>	We have been providing insurance services for people 55 and over for 35 years. We are a leader in Medicare, and Medicaid health insurance plans through six insurance providers. We also provide life insurance for ages up to 85 with very little underwriting.
South Rome Senior Center	315-339-6457	112 Ridge St. Rome, NY 13440	<a href="https://www.facebook.com/SouthRomeSeniors">https://www.facebook.com/SouthRomeSeniors</a>	Our in-home care services brighten the lives of seniors, who can benefit from a helping hand and a friendly smile. Our caregivers, who are seniors themselves, make your life easier through compassionate support, beautifully vibrant moments, and shared experiences.
Your Neighbors, Inc.	315-235-7149	108 Utica Rd. Clinton, NY 13323		Our Senior Center was established in 1987 and is still going strong! We're located at 112 Ridge St. Stop by and have a cup of coffee and find out what's happening at the Center! Annual membership is just \$25 per person or \$45 per couple.
<b>Transportation</b>				
Livable Communities - Way2Go	315-624-9932 315-798-8710	220 Memorial Pkw Utica, NY 13501	<a href="https://livableoneidacounty.com/way2go/">https://livableoneidacounty.com/way2go/</a>	Your Neighbors, Inc. is a non-profit organization comprised of volunteers from area churches, synagogues, businesses and social service and civic organizations who reach out to the homebound in the Greater Utica Area, the majority of whom are the frail elderly and/or disabled and who often lack the support of friends and family members. These volunteers serve those in our community who are the most vulnerable and in need of assistance to ensure their health and well-being are maintained with a sufficient level of independence.
Way2Go is 50 Forward Mohawk Valley's "one-call-one-click" transportation information center for older adults and people with disabilities in Herkimer and Oneida Counties.				

Please also see the Transportation Section for more options.

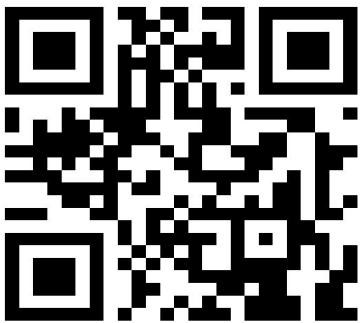


**Oneida County System of Care**  
Building Relationships Together



**Ashlee L. Thompson**  
Commissioner for Mental Health  
Director of Community Services

## **Service Members, Veterans, and Families Resources**



# Service Members, Veterans, and Families Resources

Name	Number	Location	Website	Description
<b>Crisis Services and/or Support Hotlines</b>				
Veterans Crisis Hotline	988 press 1 Text 838255		<a href="https://www.veteranscrisisline.net/">https://www.veteranscrisisline.net/</a>	You're not alone—the Veterans Crisis Line is here for you. You don't have to be enrolled in VA benefits or health care to call.
CNY Veteran Medical Information Hotline	888-838-7890		<a href="https://veterans.syr.edu/veteran-justice-outreach-program/">https://veterans.syr.edu/veteran-justice-outreach-program/</a>	24-hour, toll-free medical advice for enrolled Veterans
National Homeless Veterans Hotline	877-424-3838		<a href="https://www.va.gov/homeless/nationalcallcenter.asp">https://www.va.gov/homeless/nationalcallcenter.asp</a>	Veterans who are homeless or at risk of homelessness—and their family members, friends and supporters—can make the call to or chat online with the National Call Center for Homeless Veterans, where trained counselors are ready to talk confidentially 24 hours a day, 7 days a week.
National Veterans Foundation "NVF" Lifeline for Vets Hotline	888-777-4443		<a href="https://nvf.org/what-we-do/">https://nvf.org/what-we-do/</a>	The National Veterans Foundation's (NVF) Lifeline for Vets helps Veterans of all eras, their family members and active duty service members, some while serving overseas in combat deployments. The Lifeline for Vets assists Veterans with needs including medical treatment, PTSD counseling, VA benefits advocacy, food, shelter, employment, training, legal aid, suicide intervention and more.
NYS Veterans Civil Referral Line	315-828-0758		<a href="https://www.lawhelpny.org/blog/veterans-civil-legal-hotline">https://www.lawhelpny.org/blog/veterans-civil-legal-hotline</a>	This hotline provides free statewide civil legal services to veterans and their families. They take calls that also deal with homelessness prevention, foreclosure assistance, disability benefits, unemployment insurance benefits, and public benefits. Whenever possible, they try to provide referrals and information to local Veteran services and organizations.
Stop Soldier Suicide Hotline	800-273-8255 ext. 1		<a href="https://stopsoldiersuicide.org/">https://stopsoldiersuicide.org/</a>	Our ROGER wellness service provides counseling, crisis intervention, and suicide prevention—100% free for U.S. veterans and service members.
Tragedy Assistance Program "TAP" for Survivors - National Veteran Grief and Loss Hotline	800-959-8277		<a href="https://www.taps.org/">https://www.taps.org/</a>	TAPS is a family. A family of care, compassion and hope. We are here for you, whether you need someone to listen, a shoulder to cry on, a connection to resources, or an opportunity to remember and honor your loved one.
Veterans Affairs Caregiver Support Line	855-260-3274		<a href="https://www.caregiver.va.gov/help_landing.asp#:~:text=Call%20VA's%20Caregiver%20Support%20Line,your%20local%20VA%20Medical%20Center.">https://www.caregiver.va.gov/help_landing.asp#:~:text=Call%20VA's%20Caregiver%20Support%20Line,your%20local%20VA%20Medical%20Center.</a>	VA's National Caregiver Support Line is a toll-free number for caregivers, family members, friends, Veterans, and community partners to contact for information related to caregiving and available supports and services. Call VA's Caregiver Support Line at 1-855-260-3274 to learn more about the support that is available to you and for assistance connecting with the Caregiver Support Team at your local VA Medical Center.
Veterans Health Care and Benefits Line	800-827-1000		<a href="https://www.va.gov/opa/contact.asp#:~:text=you%20have%20a%20Veterans%20health,VA%20customer%20service%20web%20portal.">https://www.va.gov/opa/contact.asp#:~:text=you%20have%20a%20Veterans%20health,VA%20customer%20service%20web%20portal.</a>	If you have a Veterans health, benefits, or national cemeteries inquiry, please call.

# Service Members, Veterans, and Families Resources

Name	Number	Location	Website	Description
War Vet Call Center	877-927-8387		<a href="https://www.vetcenter.va.gov/media/Call-Center-PSA.asp">https://www.vetcenter.va.gov/media/Call-Center-PSA.asp</a>	War Vet Call Center is an around the clock confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life. The staff is comprised of combat Veterans from several eras as well as families members of combat Veterans. This benefit is prepaid through the Veteran's military service.
Women Veterans Call Center	855-829-6636 aka 855-VA-WOMEN		<a href="https://www.womenshealth.va.gov/wvcc.asp">https://www.womenshealth.va.gov/wvcc.asp</a>	The Women Veterans Call Center will help you navigate VA, and connect you with the Women Veterans Program Manager at your local VA medical center. This service is free and confidential, and you can call as many times as you need. You, or a support person, can call for you. Representatives are available Monday through Friday, 8:00 a.m. to 10:00 p.m. ET, and Saturday, 8:00 a.m. to 6:30 p.m. ET, excluding federal holidays. For after hours leave a message, you will receive a return call the next day the call center is open.
Wounded Warrior Hotline	800-342-9647		<a href="https://www.militaryonesource.mil/benefits/wounded-warrior-consultation/">https://www.militaryonesource.mil/benefits/wounded-warrior-consultation/</a>	Military OneSource provides wounded warrior specialty consultation services to help eligible wounded, ill or injured service members, veterans and caregivers get immediate assistance for issues related to health care, resources, facilities and benefits. Service members and veterans injured in accidents or battling serious illnesses are also eligible.

## Care Management

Central NY Health Home Network, Inc.	315-624-9670	268 Genesee Street, Suite 202 Utica, NY 13502	<a href="https://www.cnyhealthhome.net/cnyhhn-1">https://www.cnyhealthhome.net/cnyhhn-1</a>	Comprehensive Care Management offers clients access to more timely and appropriate care based on a comprehensive assessment of medical, behavioral, rehabilitative and social needs.
Utica Center for Development - Supportive Services for Veteran Families (SSVF)	315-765-0975	726 Washington Street Utica, NY 13502	<a href="https://www.ucdevelopment.org/programs/ssvf.php">https://www.ucdevelopment.org/programs/ssvf.php</a>	The goal of the SSVF Program is to help Veteran and their families who are homeless or at-risk of homelessness quickly regain stability in permanent housing after experiencing a housing crisis and/or homelessness. We assist participants by providing a range of supportive services designed to resolve the immediate crisis and promote housing stability.
Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program (SSG Fox SPGP)	315-601-4662	726 Washington Street, Utica, NY 13502	<a href="https://oneidacountyny.gov/departments/mental-health/ssgfox/">https://oneidacountyny.gov/departments/mental-health/ssgfox/</a>	The Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program (SSG Fox SPGP) is a nationwide, community-based outreach and suicide prevention program designed to reduce suicide risk and improve wellbeing for eligible Veterans and their families. Services include case management, peer advocacy, education on suicide risk and prevention, linkage to benefits, and more. SSG Fox SPGP honors Veteran Parker Gordon Fox who was a sniper instructor at the U.S. Army Infantry School and died by suicide on July 21, 2020, at the age of 25.

## Education

Mohawk Valley Community College "MVCC" - Veteran Services	315-735-5710	1101 Sherman Drive Utica, NY 13501	<a href="https://www.mvcc.edu/student-handbook/offices-services/veterans-services.php">https://www.mvcc.edu/student-handbook/offices-services/veterans-services.php</a>	The Veterans Education Services Office welcomes Veteran students, Reservist, National Guard, Active Duty students and Dependents to Mohawk Valley Community College. Our office is here to help you through the traditional college processes as well as provide a comprehensive overview of VA and DOD Educational Benefits. Stop by our Veterans Study Area on the first floor of Payne Hall, or join the MVCC chapter of Student Veterans of America to learn more about available services and resources.
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# Service Members, Veterans, and Families Resources

Name	Number	Location	Website	Description
SUNY Poly - Veteran Benefits	315-792-7500	100 Seymour Road Utica, NY 13502	<a href="https://sunypoly.edu/student-life/diversity-equity-inclusion/veteran-benefits.html">https://sunypoly.edu/student-life/diversity-equity-inclusion/veteran-benefits.html</a>	SUNY Polytechnic Institute is pleased to serve veterans and our country's men and women in the armed forces. Information and links are provided to help veterans, service personnel and their families seeking assistance as they pursue educational goals at SUNY Poly as new, transfer or continuing students.
Utica University - Education Program	315-792-3753	1600 Burrstone Road Utica, Ny 13502	<a href="https://www.utica.edu/veterans-and-service-members-utica">https://www.utica.edu/veterans-and-service-members-utica</a>	Offering both undergraduate and graduate programs, along with excellent online programs, Utica ensures academic and financial flexibility for veterans, providing a 10% tuition discount for matriculated online students and spouses of Active Duty, Reserve, and Guard members, if eligible. Please note, students who are receiving benefits that cover full tuition and fees are not eligible for the discount.

## Food Security

Feed Our Vets	315-982-0698 315-525-9206	502 Broad Street Utica, NY 13501	<a href="https://feedourvets.org/">https://feedourvets.org/</a>	Since February 2009, Feed Our Vets has provided free food assistance to over 52,00 Veterans, active-duty members and their families, distributing 3.85 million pounds of food, and over \$275,000 in gift cards. Feed Our Vets mission is to help Veterans in the United States, their spouses and children, whose circumstances have left them on the battlefield of hunger, and to involve the public in fighting Veteran hunger. Wednesdays 2:3--5:30pm, and the Third Saturday of the month 8:30-am-3:30pm for veterans and their families.
Utica Center for Development - Veterans Food Pantry/Donation Room	315-765-0975	726 Washington St. Utica, NY 13502	<a href="https://www.ucdevelopment.org/veteran-services/permanent-supportive-housing.php">https://www.ucdevelopment.org/veteran-services/permanent-supportive-housing.php</a>	The UCD could not be more proud of our ability to be able to serve our veteran clientele and our community members with our food pantry and donation room. Both are stocked by our incredible donors and also with funding directly from our agency. Our food pantry and donation room are available to all veterans twice a month, and non veterans as one time use. Operating hours for the food pantry/donation room are 9 AM to 1 PM Monday through Friday. Please contact our front desk to find out what we accept for non-food donations.

## Housing

Habitat for Heroes	315-624-9010	494 French Road Utica, NY 13502	<a href="http://www.oneidacountyhabitat.org/">http://www.oneidacountyhabitat.org/</a>	Provides affordable homeownership opportunities and home repairs in Oneida County to active military and veteran families.
RCIL - Access to Home Heroes	315-797-4642	131 Genesee Street Utica, NY 13503	<a href="https://www.rcil.com/news/access-to-home-heroes-program/">https://www.rcil.com/news/access-to-home-heroes-program/</a>	Provides financial assistance for home modifications to increase accessibility for veterans with disabilities
Utica Center for Development - Supportive Services for Veteran Families (SSVF)	315-765-0975	726 Washington St. Utica, NY 13502	<a href="https://www.ucdevelopment.org/programs/ssvf.php">https://www.ucdevelopment.org/programs/ssvf.php</a>	The goal of the SSVF Program is to help Veteran and their families who are homeless or at-risk of homelessness quickly regain stability in permanent housing after experiencing a housing crisis and/or homelessness. We assist participants by providing a range of supportive services designed to resolve the immediate crisis and promote housing stability.
Utica Center for Development - Veterans Housing	315-765-0975	726 Washington St. Utica, NY 13502	<a href="https://www.ucdevelopment.org/veteran-services/permanent-supportive-housing.php">https://www.ucdevelopment.org/veteran-services/permanent-supportive-housing.php</a>	The Utica Center for Development currently offers seven permanent supportive units in our main Utica location for Veterans to stay as long as they wish. The UCD currently offers ten transitional housing units in our main Utica location. Transitional housing is a temporary stay where Veterans will work weekly with our case managers to assist them in rejoining society. Case managers will assist in finding employment, income, benefits and much more! Please contact our front desk to determine eligibility.

# Service Members, Veterans, and Families Resources

Name	Number	Location	Website	Description
<b>Mental Health</b>				
<b>Helio Health - Veteran Services</b>	<b>315-708-2698</b>	1411 Genesee St. Utica, NY 13501	<a href="https://www.helio.health/in-community/veteran-support-services/">https://www.helio.health/in-community/veteran-support-services/</a>	The Veterans Diversion Program works in conjunction with the VA to provide substance use and mental health treatment services for Veterans that have been honorably discharged from the military. Referrals are made by the District Attorney's office.
<b>Mobile Counseling of New York</b>	<b>315-507-3858</b>	2621 Genesee St. Utica, NY 13502	<a href="https://www.mcnys.com/">https://www.mcnys.com/</a>	At Mobile Counseling of New York, our team of therapists are reshaping the traditional mental health model. Offering in-home or telehealth phone and video conferencing options, our licensed professional practitioners are here to help you overcome your challenges and meet your goals. Let's take the journey to healing...together. Owned and Operated by Army Veterans!
<b>Reflections Counseling and Coaching Services</b>	<b>315-245-0345</b>	Camden, NY 13316	<a href="https://www.reflectionsounselingsvc.com/">https://www.reflectionsounselingsvc.com/</a>	If you have a particular life obstacle you're trying to overcome; Sometimes, seeking help from a licensed or certified expert is the best way to put things into perspective. We can and will be happy to guide you through all of life's challenges with the attention and care you deserve. This practice accepts Tri-Care and Military OneSource, among other insurances. This practice supports several therapists, please see their website or contact them for more information.
<b>Stacy Rogers, LCSW Equine Assisted Psychotherapy</b>	<b>518-662-7644</b>	Fort Edward, NY	<a href="https://www.psychologytoday.com/us/therapists/stacy-rogers-fort-edward-ny/1319630">https://www.psychologytoday.com/us/therapists/stacy-rogers-fort-edward-ny/1319630</a>	I specialize in helping people who are experiencing grief and loss, end of life issues, anxiety, depression, trauma, and life stressors. I offer a person-centered approach while working with kids ages 8+, adults, Veterans, individuals in the LGBTQ+ community, and all races and ethnicities. I offer an eclectic mix of therapeutic interventions, including CBT, DBT, motivational Interviewing, mindfulness, Equine Assisted Psychotherapy, and nature-based therapy. I offer a compassionate, holistic, strengths-based approach to empower each individual.
<b>The Neighborhood Center At Utica Center for Development</b>	<b>315-765-0975</b>	726 Washington St. Utica, NY 13502	<a href="https://www.ucdevelopment.org/veteran-services">https://www.ucdevelopment.org/veteran-services</a>	The Neighborhood Center, Inc. provides professional mental health counseling on Wednesday Mornings. Please call for more information.
<b>Upstate Caring Partners - Community Health &amp; Behavioral Services "CHBS" - Certified Community Behavioral Health Clinic</b>	<b>Utica: 315-798-8868  Rome: 315-337-0773</b>	1002 Oswego St. Utica, NY 13502  207 W. Dominick St. Rome, NY 13440	<a href="https://www.upstatecp.org/behavioral-health/">https://www.upstatecp.org/behavioral-health/</a>	CHBS UCP's CCBHC identifies military and veteran status at intake and offers tailored support via Targeted Case Management and clinical services. Partnerships with the VA and local veteran organizations ensure connection to culturally competent care, benefits navigation, and trauma-informed services. CHBS is a Veteran Ready agency.  CHBS offers Open Access in Utica for adults Monday-Friday 9a-3p and for youth Wednesday & Thursday 4p-6p. Open Access in Rome is offered on Tuesdays for Adults 9a-3p, and children 4-6pm. This is available for all individuals, regardless of if they are established, or presenting for a routine or crisis visit. CHBS offers both walk-in and telehealth crisis support during all operating hours, at both clinic locations, to all individuals presenting with needs. CHBS regularly accepts drop-offs from UPD/CRT who will transport clients in crisis to the clinic to support interventions in lieu of unnecessary hospitalization.

# Service Members, Veterans, and Families Resources

Name	Number	Location	Website	Description
VA - Donald J. Mitchell Department of Veterans Affairs Outpatient Clinic	315-334-7100	125 Brookley Road Rome, NY 13441	<a href="https://www.va.gov/syracuse-health-care/locations/donald-j-mitchell-va-outpatient-clinic/">https://www.va.gov/syracuse-health-care/locations/donald-j-mitchell-va-outpatient-clinic/</a>	Our outpatient clinic provides primary care and specialty health services, including addiction and substance abuse treatment, diabetes care, mental health care, treatment for post-traumatic stress disorder (PTSD), physical and occupational therapy, whole health services, and more. Below, you'll find our address and hours, parking and transportation information, and the other health services we offer at our Donald J. Mitchell VA Outpatient Clinic in Rome.
Vet Center Counseling Services	315-478-7127	502 Broad Street, Utica, NY 13501	<a href="https://www.va.gov/syracuse-vet-center/">https://www.va.gov/syracuse-vet-center/</a>	Readjustment counseling is a wide range of no-cost, confidential services offered to eligible Veterans, service members, and their families in the effort to make a successful transition from military to civilian life. Services offered at Vet Centers include individual and group counseling, family counseling for military related issues, bereavement counseling, military sexual trauma, coping with deployments, community education, outreach, and referrals. In-person at Feed Our Vets, and Virtual, by appointment only.
You Fit Counseling, LCSW, PLLC	315-323-7893	Utica, NY 13501	<a href="http://www.youfitcounselinglcswpllc.com">www.youfitcounselinglcswpllc.com</a>	Veteran Owned! While under our care, you will find an unhurried pace, where your relationship with your clinician is respected and significant. Browse through our site to learn more about our philosophy, background, services, and how we may serve you, a family member, or a friend. This practice supports several therapists, please see their website or contact them for more information.
<b>Please also see the "Outpatient/Community-Based Mental Health Services - Adults and Youth" for additional Providers</b>				
<b>Peer Support</b>				
Joseph P. Dwyer Veteran Peer to Peer Program	315-765-0975 ext. 222	726 Washington St. Utica, NY 13502	<a href="https://www.josephpdwyerpeerproject.org/">https://www.josephpdwyerpeerproject.org/</a>	The CNY Veteran's Outreach Center at the Utica Center for Development Inc. has a grant to implement the renowned Joseph P. Dwyer Veteran Peer to Peer Pilot Program. This will help the center provide confidential, one-on-one, or small group counseling that has proved to be beneficial for veterans and mental health professionals alike statewide. The service has expanded to all counties in New York State. Find a local Dwyer program near you!
Upstate Caring Partners - Peer Support Specialists	315-798-8868		<a href="https://www.upstatecp.org/behavioral-health/#crisis">https://www.upstatecp.org/behavioral-health/#crisis</a>	Service members, veterans, and their families (SMVF) are often overwhelmed by the complexities of navigating the service systems designed to support them. While many resources are in place to support the health and well-being of SMVF, finding and accessing those resources can be challenging. The training and support for Peer Support Workers with military-affiliated experience can help bridge the gap between the SMVF member who needs resources and the organizations that are designed to meet those needs.
<b>Primary Care</b>				
Charles T. Sitrin Health Care Center - Veteran Services	315-797-3114	2050 Tilden Avenue New Hartford, NY 13413	<a href="https://www.sitrin.com/veteran-care/">https://www.sitrin.com/veteran-care/</a>	Providing a healing environment for veterans, injured service members, and families.

# Service Members, Veterans, and Families Resources

Name	Number	Location	Website	Description
VA - Donald J. Mitchell Department of Veterans Affairs Outpatient Clinic	315-334-7100	125 Brookley Road Rome, NY 13441	<a href="https://www.va.gov/syracuse-health-care/locations/donald-j-mitchell-va-outpatient-clinic/">https://www.va.gov/syracuse-health-care/locations/donald-j-mitchell-va-outpatient-clinic/</a>	Our outpatient clinic provides primary care and specialty health services, including addiction and substance abuse treatment, diabetes care, mental health care, treatment for post-traumatic stress disorder (PTSD), physical and occupational therapy, whole health services, and more. Below, you'll find our address and hours, parking and transportation information, and the other health services we offer at our Donald J. Mitchell VA Outpatient Clinic in Rome.
<b>Please also see the "Health Care Services and Resources" for additional Providers</b>				

## Substance Use Treatment

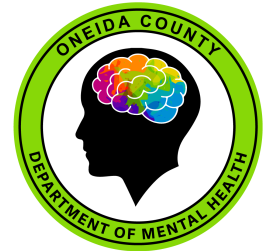
Helio Health - Veteran Services	315-708-2698	1411 Genesee Street Utica, NY 13501	<a href="https://www.helio.health/in-community/veteran-support-services/">https://www.helio.health/in-community/veteran-support-services/</a>	The Veterans Diversion Program works in conjunction with the VA to provide substance use and mental health treatment services for Veterans that have been honorably discharged from the military. Referrals are made by the District Attorney's office.
VA - Donald J. Mitchell Department of Veterans Affairs Outpatient Clinic	315-334-7100	125 Brookley Road Rome, NY 13441	<a href="https://www.va.gov/syracuse-health-care/locations/donald-j-mitchell-va-outpatient-clinic/">https://www.va.gov/syracuse-health-care/locations/donald-j-mitchell-va-outpatient-clinic/</a>	The Veterans Diversion Program works in conjunction with the VA to provide substance use and mental health treatment services for Veterans that have been honorably discharged from the military. Referrals are made by the District Attorney's office.
<b>Please also see the "Substance and Addiction Services and Supports" for additional Providers</b>				

## Support Services

American Red Cross	315-733-4666	125 Business Park Drive, Suite 110 Utica, NY 13502	<a href="https://www.redcross.org/about-us/our-work/military-families.html">https://www.redcross.org/about-us/our-work/military-families.html</a>	The Red Cross helps members of the military, veterans and their families prepare for, cope with, and respond to, the challenges of military service.
CNYVOC - Transportation Services	315-765-0975	726 Washington Street Utica, NY 13502	<a href="http://www.ucdevelopment.org/">http://www.ucdevelopment.org/</a>	Provides wheelchair accessible transportation between local VA clinics and hospitals for United States military Veterans.
NYS Department of Veterans' Services "NYS DVS"	518-474-6114	2 Empire State Plaza, 17th Floor, Albany, NY 12223	<a href="https://veterans.ny.gov/">https://veterans.ny.gov/</a>	Department of Veterans' Services (DVS) provides free benefits advising and advocacy on behalf of New York's Veterans and their families to ensure they receive benefits granted by law. Benefit Advisors, each a Veteran, offer claimants with professional help to resolve social, medical, and economic matters. VBAs assist claimants in completing applications, obtaining necessary documentation, and filing claims for a broad spectrum of federal, State, local, and private Veterans' benefits and also assist through follow-up and appeals.
Oneida County - Veterans' Services Agency	Utica: 315-798-5831  Rome: 315-336-4270	800 Park Ave. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/veterans-services/">https://oneidacountyny.gov/departments/veterans-services/</a>	The mission of the Oneida County Veterans' Service Agency is to provide entitlement information and advocacy assistance to military personnel, military veterans, and to their dependents in matters relating to veteran's law. Staff prepares, presents and prosecutes claims ranging from monthly compensation and pension income, to education benefits, burial benefits, health care, nursing home care, vocational rehabilitation, tax exemption, military discharge review and upgrades, and home loan guarantees.
Utica Center for Development	315-765-0975	726 Washington St. Utica, NY 13502	<a href="https://www.ucdevelopment.org/veteran-services/">https://www.ucdevelopment.org/veteran-services/</a>	The Utica Center for Development (UCD) has taken reasonable steps to vet this list of Veteran resources. We believe them to be good programs working in good faith to assist veterans. In some cases, we have a direct experience in working with these organizations. In other cases, we are recommending them based on their reputation and the information we have available.

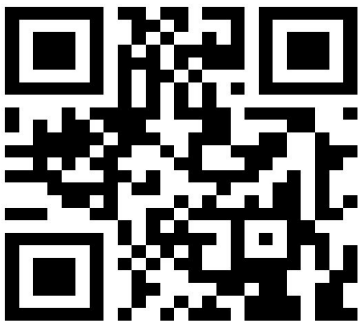


**Oneida County System of Care**  
Building Relationships Together



**Ashlee L. Thompson**  
Commissioner for Mental Health  
Director of Community Services

## **Substance and Addiction Services and Supports**



# Substance and Addiction Services and Supports

Name	Number	Location	Website	Description
<b>Crisis Services and/or Support Hotline</b>				
24 Hour Rehab Hotline	866-644-3061		<a href="https://evokewellness.com/lp/help/?kw=addiction%20helpline&amp;cpn=19782937337&amp;gad_source=1&amp;gclid=Cj0KCQjwmt24BhDPARIsAJFYKk2UMrsopPyc3ooyEJ6AMC8dR-TzvYH5bBwENqQEUKC3-xmyuaVS8N8aAv2KEALw_wcB">https://evokewellness.com/lp/help/?kw=addiction%20helpline&amp;cpn=19782937337&amp;gad_source=1&amp;gclid=Cj0KCQjwmt24BhDPARIsAJFYKk2UMrsopPyc3ooyEJ6AMC8dR-TzvYH5bBwENqQEUKC3-xmyuaVS8N8aAv2KEALw_wcB</a>	Call The Substance Abuse Hotline To Get You Or A Loved One Immediate Help. Call Us Today. Top Drug & Alcohol Treatment Center.
988 Suicide and Crisis Lifeline	988	Call or Text	<a href="https://988lifeline.org/">https://988lifeline.org/</a>	The 988 Suicide & Crisis Lifeline connects you to trained crisis counselors 24/7. They can help anyone thinking about suicide, struggling with substance use, experiencing a mental health crisis, or any other kind of emotional distress. You can also call, text or chat 988 if you are worried about someone you care about who may need crisis support.
Addiction Center Hotline	800-586-9670		<a href="https://www.addictioncenter.com/dual-diagnosis/">https://www.addictioncenter.com/dual-diagnosis/</a>	Since 2014, Addiction Center has been an informational web guide for those who are struggling with substance use disorders and co-occurring behavioral and mental health disorders.
Alcoholics Anonymous Utica 24 Hour District Answering Service	315-372-6880		<a href="https://www.aa.org/find-aa/north-america?dist_center%5Bcoordinates%5D%5Blat%5D=43.100903&amp;dist_center%5Bcoordinates%5D%5Blng%5D=-75.232664&amp;dist_center%5Bgeocoder%5D%5Bgeolocation_geocoder_address%5D=Utica%2C+NY%2C+USA">https://www.aa.org/find-aa/north-america?dist_center%5Bcoordinates%5D%5Blat%5D=43.100903&amp;dist_center%5Bcoordinates%5D%5Blng%5D=-75.232664&amp;dist_center%5Bgeocoder%5D%5Bgeolocation_geocoder_address%5D=Utica%2C+NY%2C+USA</a>	Alcoholics Anonymous is a fellowship of people who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA Membership, we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization, or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes.
CNY Narcotics Anonymous Hotline	315-474-5555		<a href="https://www.nyconnects.ny.gov/providers/narcotics-anonymous-hotline-sofa-ag-377708">https://www.nyconnects.ny.gov/providers/narcotics-anonymous-hotline-sofa-ag-377708</a>	Substance Abuse and Addiction Recovery Services for Adults The HOPEline is available 24/7/365 via Call or Text The HOPEline is staffed by specially trained and supervised mental health professionals with training in addiction and people with lived addiction experience or peer advocates that are available at the request of the caller.
Gambling and Chemical Dependency HOPEline	877-846-7369	Call or Text	<a href="https://oasas.ny.gov/hopeline">https://oasas.ny.gov/hopeline</a>	HOPEline provides Crisis Intervention Support, including de-escalation and collaboration to connect to 911.

# Substance and Addiction Services and Supports

Name	Number	Location	Website	Description
Helio Health - 24 Hour Assessment and Referral Line	315-471-1564		<a href="https://www.helio.health/treatment/outpatient-treatment/">https://www.helio.health/treatment/outpatient-treatment/</a>	Open 24/7 for assessments and referrals.
Help & Hope Text Program (SUD) Hotline	Text JOIN to 55753		<a href="https://drugfree.org/get-help-hope-by-text/">https://drugfree.org/get-help-hope-by-text/</a>	Texting JOIN to 55753 will sign you up to receive personalized text messages from the Partnership to End Addiction. These messages can provide information and resources on a variety of topics, including: Prevention, Early use, How to help a loved one who is struggling with substance use, and Other drug-related concerns.
HIV/AIDs Information - English Hotline	800-541-2437		<a href="https://www.health.ny.gov/diseases/aids/consumers/condoms/resources.htm">https://www.health.ny.gov/diseases/aids/consumers/condoms/resources.htm</a>	You can get new needles at a syringe exchange. Call 1-800-541-2437 to find a syringe exchange or a drugstore that sells syringes. For Spanish speakers, call 1-800-233-7432.
HIV/AIDs Information - Spanish Hotline	800-233-7432		<a href="https://www.health.ny.gov/diseases/aids/consumers/condoms/resources.htm">https://www.health.ny.gov/diseases/aids/consumers/condoms/resources.htm</a>	You can get new needles at a syringe exchange. Call 1-800-541-2437 to find a syringe exchange or a drugstore that sells syringes. For Spanish speakers, call 1-800-233-7432.
National Rehab Hotline	866-210-1303		<a href="https://rehab.com/rehab-hotline/relapse-prevention/">https://rehab.com/rehab-hotline/relapse-prevention/</a>	Free and confidential, support specialists can help you through a mental health or substance use crisis.
National Substance Use Hotline	800-662-4357		<a href="https://www.disasterassistance.gov/get-assistance/forms-of-assistance/4506#:~:text=SAMHSA's%20National%20Helpline%201%2D800,(English%20%26%20Spanish)">https://www.disasterassistance.gov/get-assistance/forms-of-assistance/4506#:~:text=SAMHSA's%20National%20Helpline%201%2D800,(English%20%26%20Spanish)</a>	Get help for mental and substance use disorders, prevention, and recovery. This is a free, 24-hour, confidential treatment referral and information service. (English & Spanish)
Never Use Alone (OD Risk) - English Hotline	800-484-3731 then 1		<a href="https://neverusealone.com/">https://neverusealone.com/</a>	Toll-free national overdose prevention, detection, life-saving crisis response and medical intervention services for people who use drugs while alone. Never Use Alone's peer operators are available 24-hours a day, 7 days a week, 365 days a year. No stigma. No judgment. Just love!
Nunca Use Solo (OD Risk) - Spanish Hotline	800-928-5330 then 2		<a href="https://neverusealone.com/">https://neverusealone.com/</a>	Toll-free national overdose prevention, detection, life-saving crisis response and medical intervention services for people who use drugs while alone. Never Use Alone's peer operators are available 24-hours a day, 7 days a week, 365 days a year. No stigma. No judgment. Just love!

## Care Management

ACR Health - Care Management	315-898-2418	287 Genesee St. 2nd Floor Utica, NY 13501	<a href="https://www.acrhealth.org/support-services/care-management-bhee/">https://www.acrhealth.org/support-services/care-management-bhee/</a>	Care managers work one-on-one with members to identify needs and link them with services: Primary Medical Care, Substance Abuse Treatment, Mental Health Treatment, Financial Benefits, Housing, Legal Assistance, Nutrition, Treatment Adherence and Medical Transportation.
Central NY Health Home Network, Inc.	315-624-9670	268 Genesee St. Suite 202 Utica, NY 13502	<a href="https://www.cnyhealthhome.net/cnyhnn-1">https://www.cnyhealthhome.net/cnyhnn-1</a>	Comprehensive Care Management offers clients access to more timely and appropriate care based on a comprehensive assessment of medical, behavioral, rehabilitative and social needs.

# Substance and Addiction Services and Supports

Name	Number	Location	Website	Description
Helio Health - Case & Care Management	315-883-3355	502 Court St. 2nd Floor Utica, NY 13502	<a href="https://www.helio.health/in-community/adult-care-coordination/">https://www.helio.health/in-community/adult-care-coordination/</a>	Programs include assessments, suicide prevention, adjustment monitoring, medication management and discharge planning.
The Neighborhood Center - The Monarch Outpatient Program - Case Management	315-272-2650	628 Mary St. Utica, NY 13501	<a href="https://www.neighborhoodctr.org/behavioral-health-care-services/monarch-outpatient-program/">https://www.neighborhoodctr.org/behavioral-health-care-services/monarch-outpatient-program/</a>	We take a person-centered, collaborative approach to treatment. Our team of skilled professionals works with each client to build a foundation for long-term recovery—because we believe every individual deserves the tools, support, and respect necessary to thrive. Walk in Hours: 8:30a-2:00p, or by appointment (Open Access times are subject to change, please verify with provider.)

## Education and Employment

ACCES-VR	315-793-2536	207 Genesee St. Utica, NY 13501	<a href="https://www.acces.nysed.gov/vr/utica-district-office">https://www.acces.nysed.gov/vr/utica-district-office</a>	ACCES-VR encourages you to be as independent as you would like when developing your Individualized Plan for Employment (IPE). Your vocational rehabilitation counselor is available to assist you with developing your plan and reaching your employment goal. Your vocational rehabilitation counselor must review and approve your IPE and apply their professional judgment and expertise, as well as applicable laws, regulations, and policies to ensure responsible use of public funds.
ACR Health - Employment	315-475-2430	287 Genesee St. 2nd Floor Utica, NY 13501	<a href="https://www.acrhealth.org/support-services/employment/">https://www.acrhealth.org/support-services/employment/</a>	The main goal of the Employment Program is to help individuals in any way possible with their job search and training goals. We offer many levels of assistance to help individuals achieve their personal goals.

## Housing

ACR Health - Housing	315-898-2488	287 Genesee St. 2nd Floor Utica, NY 13501	<a href="https://www.acrhealth.org/support-services/housing/">https://www.acrhealth.org/support-services/housing/</a>	The Housing programs at ACR Health are intended to assist individuals in identifying, securing, and maintaining stable housing. We currently provide a variety of services to eligible individuals.
Catholic Charities - Men's and Women's Halfway Houses	315-724-2158 ext. 7011	1408 Genesee St. Utica, NY 13502	<a href="https://www.catholiccharities.org/men-s-women-s-halfway-houses">https://www.catholiccharities.org/men-s-women-s-halfway-houses</a>	Catholic Charities philosophy for both our Men's and Women's Halfway Houses is to provide a positive living environment that offers transitional living for men and women returning to the community from inpatient substance treatment facilities.
Helio Health - Housing	315-732-4202	500 Whitesboro St. Utica, NY 13502	<a href="https://www.helio.health/using-oneida-county/">https://www.helio.health/using-oneida-county/</a>	Support services for homeless adults with current Axis I Mental Health and Substance Use diagnosis. Individuals who are homeless and have a documented status of homeless per the U.S. Department of Housing and Urban Development (HUD). Case managers work with consumers to develop Individualized Service Plans (ISP) with the goal of achieving self-sufficiency within 2 years. Case managers have weekly contact with consumers and biweekly home visits, to work on linking to community supports. ISP usually addresses personal, vocational, and housing needs.
Rescue Mission of Utica - Parker House Aftercare Program	315-735-1645 ext. 2141	203 Rutger St. Utica, NY 13501	<a href="https://uticamission.org/programs/parker-house-aftercare-program/">https://uticamission.org/programs/parker-house-aftercare-program/</a>	The Parker House Residential Aftercare Program is a six month Christian discipleship program offering men a safe environment in which to grow spiritually while healing from addiction and other destructive behaviors. Residents receive one-on-one counseling, case management, Bible study, Chapel services, outpatient treatment, and advocacy.

# Substance and Addiction Services and Supports

Name	Number	Location	Website	Description
<b>Inpatient and Residential</b>				
<b>Helio Health - Insights Residential Stabilization and Rehabilitation</b>	<b>315-724-5168</b>	500 Whitesboro St. Utica, NY 13502	<a href="https://www.helio.health/residential-housing/insights-residential-stabilization-and-rehabilitation/">https://www.helio.health/residential-housing/insights-residential-stabilization-and-rehabilitation/</a>	A highly-intensive level of care for individuals who require a structured living environment during treatment. This certified 44-bed program is suitable for men and women who are experiencing dysfunction in multiple life areas. Individuals can be admitted to this program with a primary alcohol or drug diagnosis. The length of stay is individualized, based on the person's needs. Referrals are welcomed from human service providers, courts, hospitals, medical practices, employers, probation, parole, self-referrals, as well as concerned family members.
<b>McPike Addiction Treatment Center "ATC"</b>	<b>315-738-4465</b>	1213 Court St Utica, NY 13502	<a href="https://oasas.ny.gov/location/mcpike-addiction-treatment-center">https://oasas.ny.gov/location/mcpike-addiction-treatment-center</a>	McPike Addiction Treatment Center is a 68-bed inpatient facility located in Utica, New York, on the campus of the Mohawk Valley Psychiatric Center (MVPC). The Center provides a proven individualized program for adult men and women with a chemical addiction.
<b>Rescue Mission of Utica - Addiction Crisis Stabilization Center</b>	<b>315-735-1645</b>	210 Lansing St. Utica, NY 13501	<a href="https://uticamission.org/programs/addiction-stabilization-center/">https://uticamission.org/programs/addiction-stabilization-center/</a>	The Addiction Stabilization Center (ASC) is a 25 bed faith based Residential Stabilization Service regulated by the New York State Office of Alcohol and Substance Abuse Services for adult men and women with Substance Use Disorder. Individuals were provided with 3,624 nights of care in our Addiction Stabilization Center. Addiction Crisis Stabilization Center offers Medication Assisted Treatment "MAT" as an inpatient treatment option.
<b>Outpatient Medication Assisted Treatment</b>				
<b>Beacon Center - Medication Assisted Treatment "MAT"/Opioid Treatment Program "OTP"</b>	<b>Utica: 315-366-4100  Rome: 315-367-1290</b>	1508 Genesee St. Utica, NY 13501  303 W. Liberty St. Suite B Rome, NY 13440	<a href="https://beaconcenter.net/medication-assisted-treatment/mat/">https://beaconcenter.net/medication-assisted-treatment/mat/</a>	Beacon Center staff works to ensure patient safety, appropriate medication use, and maintenance of an appropriate level of care to help manage triggers, cravings and promote recovery. Patient centered counseling is provided in a judgement-free environment allowing the patient to make behavioral changes without suffering major withdrawal symptoms or further medical consequences. Medication Assisted Therapy is available in the Utica and Rome locations.
<b>Helio Health - Medication Assisted Treatment</b>	<b>315-624-9835</b>	1213 Court St Utica, NY 13502	<a href="https://www.helio.health/treatment/opioid-treatment-program/">https://www.helio.health/treatment/opioid-treatment-program/</a>	Helio Health's Opioid Treatment Program (OTP) provides assessments, individual, group and family counseling sessions, along with Methadone or Suboxone as Medication-Assisted Therapy options. The Medication-Assisted Therapies in the OTP are dispensed on-site, with approved take-home privileges over time. Treatment and medical sessions are provided by a multidisciplinary team that focuses on individual patient needs. Services may also include Peer Specialist services and medication management.
<b>The Neighborhood Center - The Monarch Outpatient Program - Medication Assisted Treatment "MAT"</b>	<b>315-272-2650</b>	628 Mary St. Utica, NY 13501	<a href="https://www.neighborhoodctr.org/behavioral-health-care-services/monarch-outpatient-program/">https://www.neighborhoodctr.org/behavioral-health-care-services/monarch-outpatient-program/</a>	We take a person-centered, collaborative approach to treatment. Our team of skilled professionals works with each client to build a foundation for long-term recovery—because we believe every individual deserves the tools, support, and respect necessary to thrive. Walk in Hours: 8:30a-2:00p, or by appointment (Open Access times are subject to change, please verify with provider.)

# Substance and Addiction Services and Supports

Name	Number	Location	Website	Description
Rome Health - Community Recovery Center "CRC"	315-334-4701	264 W. Dominick St. Liberty Plaza Rome, NY 13440		The Community Recovery Center provides outpatient and intensive outpatient treatment for adolescents and adults with substance use disorders. Outpatient treatment includes individual and group counseling. In addition, CRC offers significant other services to individuals negatively impacted by another person's substance use disorder. Success is measured by attainment of the goals defined by the patient to meet their specific needs in achieving recovery. Participation in appropriate self-help programs is encouraged.
Upstate Caring Partners - Community Health & Behavioral Services "CHBS" - Medication Assisted Treatment	315-798-8868	1002 Oswego St. Utica, NY 13502	<a href="https://www.upstatecp.org/behavioral-health/">https://www.upstatecp.org/behavioral-health/</a>	Our team includes nurse practitioners, RNs, LPNs, psychiatrists, licensed social workers and care managers. Designed to improve functional abilities of people diagnosed with a variety of physical and mental health conditions, treatment is provided by New York State licensed physicians and clinicians.
<b>Outpatient Substance Use Treatment Center</b>				
ACR Health - Medical Clinic	315-898-2477	287 Genesee St. 2nd Floor Utica, NY 13501	<a href="https://www.acrhealth.org/drug-user-health/">https://www.acrhealth.org/drug-user-health/</a>	ACR Health is a designated Harm Reduction Medical Clinic by the NYSDOH AIDS Institute, Office of Drug User Health. The Harm Reduction Medical Clinic is a health hub for all individuals in need of medical services, specializing in the treatment of substance use disorders and care for people who use drugs. The Harm Reduction Medical Clinic at ACR Health removes barriers for individuals in need of medical services.
Beacon Center	Utica: 315-366-4100  Rome: 315-367-1280	1508 Genesee St. Utica, NY 13501  303 W. Liberty St Suite B Rome, NY 13440	<a href="https://beaconcenter.net/outpatient-counseling/">https://beaconcenter.net/outpatient-counseling/</a>	A thorough evaluation is performed to determine if substance use disorder treatment is recommended. A psychosocial history is completed which examines a patient's alcohol and other drug use, family and relationships, medical and mental health history, educational and occupational functioning and social and legal status. Random monitored urine toxicology screens and blood alcohol testing may be conducted as well as hair follicle testing.
Helio Health - Outpatient Services	315-724-5168	500 Whitesboro St. Utica, NY 13502	<a href="https://www.helio.health/treatment/outpatient-treatment/">https://www.helio.health/treatment/outpatient-treatment/</a>	At Helio Health, we prioritize the well-being of all individuals across the lifespan. Our dedicated team is here for you, providing services for anyone who is struggling with Substance use and/or Mental Health. Services may include Individual and group, Family/Sibling Counseling, Psychiatric Evaluations, Medication Monitoring. Walk- In hours are Sunday-Saturday 8am- 3pm, or call 315-724-5168 for additional information.
Helio Health - Outpatient Services (at Camden Life Center)	315-724-5168	20 Main St. Camden, NY 13316	<a href="https://www.helio.health/treatment/outpatient-treatment/">https://www.helio.health/treatment/outpatient-treatment/</a>	At Helio Health, we prioritize the well-being of all individuals across the lifespan. Our dedicated team is here for you, providing services for anyone who is struggling with Substance use and/or Mental Health. Services may include Individual and group, Family/Sibling Counseling, Psychiatric Evaluations, Medication Monitoring. Call 315-724-5168 for information on this location.
Helio Health - Outpatient Services (at Center For Family Life and Recovery, Rome)	315-724-5168	201 W. Dominick St. Rome, NY 13440	<a href="https://www.helio.health/treatment/outpatient-treatment/">https://www.helio.health/treatment/outpatient-treatment/</a>	At Helio Health, we prioritize the well-being of all individuals across the lifespan. Our dedicated team is here for you, providing services for anyone who is struggling with Substance use and/or Mental Health. Services may include Individual and group, Family/Sibling Counseling, Psychiatric Evaluations, Medication Monitoring. Call 315-724-5168 for information on this location.

# Substance and Addiction Services and Supports

Name	Number	Location	Website	Description
The Neighborhood Center - The Monarch Outpatient Program	315-272-2650	628 Mary St. Utica, NY 13501	<a href="https://www.neighborhoodctr.org/behavioral-health-care-services/monarch-outpatient-program/">https://www.neighborhoodctr.org/behavioral-health-care-services/monarch-outpatient-program/</a>	We take a person-centered, collaborative approach to treatment. Our team of skilled professionals works with each client to build a foundation for long-term recovery—because we believe every individual deserves the tools, support, and respect necessary to thrive. Walk in Hours: 8:30a-2:00p, or by appointment (Open Access times are subject to change, please verify with provider.)
Rome Health - Community Recovery Center "CRC"	315-334-4701	264 W. Dominick St. Liberty Plaza Rome, NY 13440		The Community Recovery Center provides outpatient and intensive outpatient treatment for adolescents and adults with substance use disorders. Outpatient treatment includes individual and group counseling. In addition, CRC offers significant other services to individuals negatively impacted by another person's substance use disorder. Success is measured by attainment of the goals defined by the patient to meet their specific needs in achieving recovery. Participation in appropriate self-help programs is encouraged.
Upstate Caring Partners - Community Health & Behavioral Services "CHBS" - Substance Use Outpatient	315-798-8868	1002 Oswego St. Utica, NY 13502	<a href="https://www.upstatecp.org/behavioral-health/#outpatient-behavioral-health">https://www.upstatecp.org/behavioral-health/#outpatient-behavioral-health</a>	Our team includes nurse practitioners, RNs, LPNs, psychiatrists, licensed social workers and care managers. Designed to improve functional abilities of people diagnosed with a variety of physical and mental health conditions, treatment is provided by New York State licensed physicians and clinicians.
<b>Peer Support</b>				
Beacon Center - Peer Services	Utica: 315-366-4100  Rome: 315-367-1280	1508 Genesee St. Utica, NY 13501  303 W. Liberty St Suite B Rome, NY 13440	<a href="https://beaconcenter.net/peer-services/">https://beaconcenter.net/peer-services/</a>	A thorough evaluation is performed to determine if substance use disorder treatment is recommended. A psychosocial history is completed which examines a patient's alcohol and other drug use, family and relationships, medical and mental health history, educational and occupational functioning and social and legal status. Random monitored urine toxicology screens and blood alcohol testing may be conducted as well as hair follicle testing.
ACR Health - Peer Support	315-475-2430	287 Genesee St. 2nd Floor Utica, NY 13501	<a href="https://www.acrhealth.org/prevention-services/peer-services/">https://www.acrhealth.org/prevention-services/peer-services/</a>	Peers are community representatives who work side-by-side with our staff to engage people in services and promote agency programs. Program Peers are an integral part of the recruitment strategy for all of the agency's prevention initiatives.
Camden Life Center - Recovery Café Network	315-820-2638	20 Main St. Camden, NY 13316	<a href="https://camdenlifecenter.com/events/">https://camdenlifecenter.com/events/</a>	The School of Recovery is a series of fun, hobby building/educational opportunity, peer-supported, skill-building classes designed to help individuals strengthen life skills, resilience, and personal growth as part of their recovery journey.
Center for Family Life and Recovery - Peer Alliance Program	315-733-1709	502 Court St. Suite 401 Utica, NY 13502	<a href="https://www.whenthereshelpthereshope.com/services/community-family-recovery-services/recovery-aftercare-community-programs/">https://www.whenthereshelpthereshope.com/services/community-family-recovery-services/recovery-aftercare-community-programs/</a>	Peer Alliance is a series of training courses that help those in recovery along with those trying to get into recovery. Peer professionals offer one of the most powerful opportunities for individuals to practice wellness with support, insight, coaching and validation in a person's journey. The Peer Alliance Program is an important addition to our community that allows opportunities for the growth of the peer professional field, ongoing training of skills, and mentoring within our community.

# Substance and Addiction Services and Supports

Name	Number	Location	Website	Description
Center for Family Life and Recovery - Peer Support	315-733-1709	502 Court St. Suite 401 Utica, NY 13502	<a href="https://www.whenthereshelpthereshope.com/services/community-family-recovery-services/recovery-aftercare-community-programs/">https://www.whenthereshelpthereshope.com/services/community-family-recovery-services/recovery-aftercare-community-programs/</a>	Family Support Navigation services were developed to help the loved ones of those struggling with substance use disorders. If you are impacted by someone's addiction and need help finding services for them or services to help you and/or your family, our program will help connect you to the services in our community that meet your needs. Our goal is to help the whole family find Recovery. FSN services take on a holistic approach, one that incorporates the strengths of all treatment and recovery agencies in our community.
Helio Health - Peer Support	315-434-5333	500 Whitesboro St. Utica, NY 13502	<a href="https://www.helio.health/crisis-center/">https://www.helio.health/crisis-center/</a>	Our peers and counselors are committed to creating a judgement free and welcoming environment, where individuals can feel safe to share their stories and build connections.
The Neighborhood Center - The Monarch Outpatient Program - Certified Recovery Peer Advocate "CRPA"	315-272-2650	628 Mary St. Utica, NY 13501	<a href="https://www.neighborhoodctr.org/behavioral-health-care-services/monarch-outpatient-program/">https://www.neighborhoodctr.org/behavioral-health-care-services/monarch-outpatient-program/</a>	We take a person-centered, collaborative approach to treatment. Our team of skilled professionals works with each client to build a foundation for long-term recovery—because we believe every individual deserves the tools, support, and respect necessary to thrive. Walk in Hours: 8:30a-2:00p, or by appointment (Open Access times are subject to change, please verify with provider.)
Rescue Mission of Utica - Peer Support	315-735-1645 ext. 2161	210 Lansing St. Utica, NY 13501	<a href="https://uticamission.org/programs/peer-engagement-specialist/">https://uticamission.org/programs/peer-engagement-specialist/</a>	The Rescue Mission of Utica Peer Engagement Specialist service is a 24/7, mobile, on-call responder who will travel to any Emergency Department (ED) located in the Mohawk Valley Region (Oneida, Herkimer, Otsego, and Montgomery counties) and assist individuals diagnosed with SUD. The Advocate is available to assist in discharge planning for SUD individuals treated for drug overdose and/or drug-related complications.
Rome Health - Community Recovery Center "CRC"	315-334-4701	264 W. Dominick St. Liberty Plaza Rome, NY 13440	<a href="https://www.romehealth.org/community-recovery-center-near-rome-ny/">https://www.romehealth.org/community-recovery-center-near-rome-ny/</a>	The Community Recovery Center provides outpatient and intensive outpatient treatment for adolescents and adults with substance use disorders. Outpatient treatment includes individual and group counseling. In addition, CRC offers significant other services to individuals negatively impacted by another person's substance use disorder. Success is measured by attainment of the goals defined by the patient to meet their specific needs in achieving recovery. Participation in appropriate self-help programs is encouraged.
Upstate Caring Partners - Community Health & Behavioral Services "CHBS" - Substance Use Peer Services	315-798-8868	1002 Oswego St. Utica, NY 13502	<a href="https://www.upstatecp.org/behavioral-health/#outpatient-behavioral-health">https://www.upstatecp.org/behavioral-health/#outpatient-behavioral-health</a>	Our team includes nurse practitioners, RNs, LPNs, psychiatrists, licensed social workers and care managers. Designed to improve functional abilities of people diagnosed with a variety of physical and mental health conditions, treatment is provided by New York State licensed physicians and clinicians.
<b>Programs, Trainings, and Support Services</b>				
ACR Health	315-475-2430	287 Genesee St. 2nd Floor Utica, NY 13501	<a href="https://www.acrhealth.org/">https://www.acrhealth.org/</a>	ACR Health is a not-for-profit, community-based organization providing an array of support services to individuals affected by a wide range of chronic diseases, including HIV/AIDS, with the goal of positive health outcomes; as well as navigators to help individuals and businesses make informed health insurance decisions.
ACR Health - Syringe Exchange Program	315-475-2430	287 Genesee St. Suite 2 Utica, NY 13501	<a href="https://www.acrhealth.org/syringe-exchange/">https://www.acrhealth.org/syringe-exchange/</a>	ACR Health provide a Safe Space and Non-Judgmental environment, offering Free and Confidential Services to All persons in need of new Sterile Safe injection Supplies & Sharps containers for their necessities.

# Substance and Addiction Services and Supports

Name	Number	Location	Website	Description
ACR Health - Testing Services	315-475-2430	287 Genesee St. Suite 2 Utica, NY 13501	<a href="https://www.acrhealth.org/prevention-services/hiv-std-hep-c-testing/">https://www.acrhealth.org/prevention-services/hiv-std-hep-c-testing/</a>	ACR Health provides free and confidential testing services at our three offices and at designated locations in the community every month Utica (287 Genesee Street): By Appointment, and Walk-in testing Tuesday and Thursday 9 AM – 3 PM
Center for Family Life and Recovery - Prevention Services	315-733-1709	502 Court St. Suite 401 Utica, NY 13502	<a href="https://www.whenthereshelpthereshope.com/services/prevention-services/">https://www.whenthereshelpthereshope.com/services/prevention-services/</a>	CFLR offers trainings and evidence based programming, and behavioral support. Current trainings include: "Concealing Secrets", "Compeer", "Teen Intervene", "PreVenture", "Life Skills", "Second Step", "The You and me, Together Vape-Free", "The Smart Talk- Cannabis Prevention and Awareness", "Safety First", "It's Real - Teens and Mental Health".
Center for Family Life and Recovery - Substance Use Prevention	315-733-1709	502 Court St. Suite 401 Utica, NY 13502	<a href="https://www.whenthereshelpthereshope.com/services/community-family-recovery-services/">https://www.whenthereshelpthereshope.com/services/community-family-recovery-services/</a>	Family Support Navigation services were developed to help the loved ones of those struggling with substance use disorders. If you are impacted by someone's addiction and need help finding services for them or services to help you and/or your family, our program will help connect you to the services in our community that meet your needs. Our goal is to help the whole family find Recovery. FSN services take on a holistic approach, one that incorporates the strengths of all treatment and recovery agencies in our community.
Oneida County - Mental Health Department	315-768-3660	800 Park Ave Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/mental-health/">https://oneidacountyny.gov/departments/mental-health/</a>	Oneida County Department of Mental Health provides administrative leadership to the planning, monitoring and reviewing of services for individuals with mental illness, substance use disorder, and intellectual and developmental disabilities. The department is dedicated to being a leader in these areas and strives to implement initiatives that deliver quality programs that enhance the lives of those in our community.
Oneida County Opioid Taskforce	<a href="mailto:ce@oneidacountyny.gov">ce@oneidacountyny.gov</a>	800 Park Ave Utica, NY 13501	<a href="https://opioidtaskforce.oneidacountyny.gov/">https://opioidtaskforce.oneidacountyny.gov/</a>	The Oneida County Opioid Task Force is dedicated to reducing the total number of overdoses, fatalities, and drug-related burden in Oneida County by delivering effective, efficient, and respectful public service with integrity and accountability, using both proven and innovative methods.
Rescue Mission of Utica	315-735-1645	293 Genesee St. Utica, NY 13501	<a href="https://uticamission.org/">https://uticamission.org/</a>	Rescue Mission of Utica: Drop In Center, Community Clothing Closet, Food Pantry, and the Representative Payee Program. These programs deliver clothing, food, referrals, training and skills, and money management services to the Utica community.

## Narcan Available, and Narcan Training

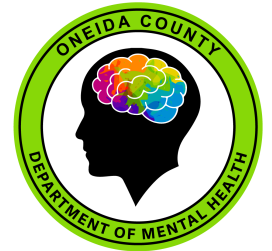
ACR Health	315-475-2430	287 Genesee St. 2nd Floor Utica, NY 13501	<a href="https://www.acrhealth.org/">https://www.acrhealth.org/</a>	Please call for more information on Narcan availability, and Narcan training.
	Utica: 315-366-4100	1508 Genesee St. Utica, NY 13501		
Beacon Center	Rome: 315-367-1280	303 W. Liberty St Suite B Rome, NY 13440	<a href="https://beaconcenter.net/our-patient-counseling/">https://beaconcenter.net/our-patient-counseling/</a>	Please call for more information on Narcan availability, and Narcan training.

# Substance and Addiction Services and Supports

Name	Number	Location	Website	Description
Center for Family Life and Recovery	Utica: 315-733-1709  Rome: 315-336-3090	502 Court St. Suite 401 Utica, NY 13502  201 W. Dominick St. Rome, NY 13440	<a href="https://www.whenthereshelpthereshope.com/services/community-family-recovery-services/recovery-aftercare-community-programs/">https://www.whenthereshelpthereshope.com/services/community-family-recovery-services/recovery-aftercare-community-programs/</a>	Please call for more information on Narcan availability, and Narcan training.
Helio Health - Medication Assisted Treatment	315-624-9835	1213 Court St Utica, NY 13502	<a href="https://www.helio.health/treatment/opioid-treatment-program/">https://www.helio.health/treatment/opioid-treatment-program/</a>	Please call for more information on Narcan availability, and Narcan training.
Helio Health - Outpatient Services	315-724-5168	500 Whitesboro St. Utica, NY 13502	<a href="https://www.helio.health/treatment/outpatient-treatment/">https://www.helio.health/treatment/outpatient-treatment/</a>	Please call for more information on Narcan availability, and Narcan training.
McPike Addiction Treatment Center "ATC"	315-738-4465	1213 Court St Utica, NY 13502	<a href="https://oasas.ny.gov/location/mcpike-addiction-treatment-center">https://oasas.ny.gov/location/mcpike-addiction-treatment-center</a>	Please call for more information on Narcan availability, and Narcan training.
Oneida County - Health Department	315-798-6400	800 Park Ave. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/health/">https://oneidacountyny.gov/departments/health/</a>	Please call for more information on Narcan availability, and Narcan training.
Rescue Mission of Utica - Addiction Crisis Stabilization Center	315-735-1645	210 Lansing St. Utica, NY 13501	<a href="https://uticamission.org/programs/addiction-stabilization-center/">https://uticamission.org/programs/addiction-stabilization-center/</a>	Please call for more information on Narcan availability, and Narcan training.
Rome Health - Community Recovery Center "CRC"	315-334-4701	264 W. Dominick St. Liberty Plaza Rome, NY 13440	<a href="https://www.romehealth.org/community-recovery-center-near-rome-ny/">https://www.romehealth.org/community-recovery-center-near-rome-ny/</a>	Please call for more information on Narcan availability, and Narcan training.
Upstate Caring Partners - Community Health & Behavioral Services "CHBS" - Substance Use Outpatient	315-798-8868	1002 Oswego St. Utica, NY 13502	<a href="https://www.upstatecp.org/behavioral-health/#outpatient-behavioral-health">https://www.upstatecp.org/behavioral-health/#outpatient-behavioral-health</a>	Please call for more information on Narcan availability, and Narcan training.

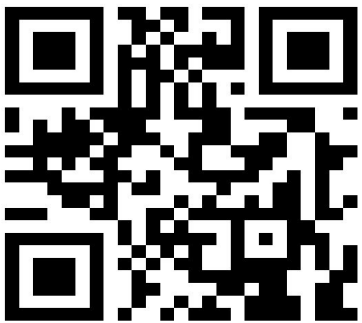


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**Ashlee L. Thompson**  
Commissioner for Mental Health  
Director of Community Services

## Transportation



# Transportation

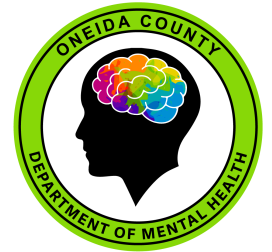
Name	Number	Location	Website	Description
50 Forward - Senior Center Transportation	315-223-3973 ext. 108	220 Memorial Parkway Utica, NY 13501	<a href="https://www.50forwardmv.org/">https://www.50forwardmv.org/</a>	Provides members of the center rides from their homes to the center and return home after program.
ACR Health - Individuals with HIV/AIDS	315-475-2430	287 Genesee St. 2nd Floor Utica, NY 13501	<a href="https://www.acrhealth.org/support-services/medical-transport/">https://www.acrhealth.org/support-services/medical-transport/</a>	Medical Transportation is for people living with HIV/AIDS who need help with transportation to get to medical and other services that help them maintain their health.
Apex Medical Transport, Inc.	315-737-3456		<a href="https://apexmedicaltransport.com/medical-transportation-services">https://apexmedicaltransport.com/medical-transportation-services</a>	We provide transportation services for individuals using or needing wheelchairs in the New Hartford & Utica, NY area.
Call-A-Bus	315-442-3400	200 Cortland Ave Syracuse, NY 13205	<a href="https://www.centro.org/specialized-transit/call-a-bus">https://www.centro.org/specialized-transit/call-a-bus</a>	Call-A-Bus is Centro's paratransit program that provides coordinated ride-sharing transportation for people with disabilities who are unable to ride Centro transit buses due to their disability. Individuals place of residence and destination must be within 3/4 of a mile of a regular Centro bus route.
Catholic Charities Of Oneida/Madison Counties- Transportation	315-724-2158 ext. 7007	1408 Genesee St. Utica, NY 13502	<a href="https://www.catholiccharities.org/transportation-services">https://www.catholiccharities.org/transportation-services</a>	Catholic Charities facilitates transportation to programming for individuals with mental illness who meet specific criteria set forth by the OCDMH through ASPOA.
Cluster 13 Ministries - Seniors	315-245-5758	84 Main St. Camden, NY 13316	<a href="https://211midyork.org/detail.php?&amp;s=1&amp;id=23380317">https://211midyork.org/detail.php?&amp;s=1&amp;id=23380317</a>	Food... Clothing.... Shelter, basic necessities for survival....Cluster 13 helps with all three, thanks to all of our volunteers, financial, and spiritual supporters.
CNYVOC - Transportation Services	315-765-0975	726 Washington Street Utica, NY 13502	<a href="http://www.ucdevelopment.org/">http://www.ucdevelopment.org/</a>	Provides wheelchair accessible transportation between local VA clinics and hospitals for United States military Veterans.
Livable Communities - Way2Go	315-624-9932 315-798-8710	220 Memorial Pkw Utica, NY 13501	<a href="https://livableoneidacounty.com/way2go/">https://livableoneidacounty.com/way2go/</a>	Way2Go is 50 Forward Mohawk Valley's "one-call-one-click" transportation information center for older adults and people with disabilities in Herkimer and Oneida Counties.
Medicaid Cab	1-855-852-3288		<a href="https://www.health.ny.gov/health_care/medicaid/members/docs/medtrans_overview.pdf">https://www.health.ny.gov/health_care/medicaid/members/docs/medtrans_overview.pdf</a>	The Medicaid Transportation program ensures Medicaid members can get to and from their medical appointments at no cost to them. We arrange non-emergency transportation, such as pre-scheduled trips to primary care and the dentist. For emergency medical services, please call 911. We do not provide trips to non-medical locations like pharmacies, gyms, schools, or grocery stores.
RCIL - NY Connects	315-272-2969	131 Genesee Street Utica, NY 13503	<a href="https://www.rcil.com/services/adults-and-seniors/new-york-connects/">https://www.rcil.com/services/adults-and-seniors/new-york-connects/</a>	Provides information and assistance on available long-term services and support to individuals. NY Connects Coordinations can provide assistance with transportation.

# Transportation

Name	Number	Location	Website	Description
Safe Schools Mohawk Valley - Youth Homelessness Intervention	315-733-7768	110 Lonond Court Utica, NY 13502	<a href="https://safeschoolsmohawkvalley.org/">https://safeschoolsmohawkvalley.org/</a>	Provides assistance to homeless students and their families in the Utica School District by providing transportation to school.
Self-Direct, Inc.	315-635-5374	421 Broad St. Utica, NY 13501	<a href="https://www.selfdirectinc.com/">https://www.selfdirectinc.com/</a>	We assist and support individuals and their families seeking care at home and/or in the community. We will maintain a plan of care that centers on the rights of the person we are serving to live as independently as possible, and continue to live their life where they wish.
United Way of the Mohawk Valley - Ride United			<a href="https://www.unitedwaymohawkvalley.org/rideunited">https://www.unitedwaymohawkvalley.org/rideunited</a>	This service is intended to be short-term until the client establishes a sustainable, independent means of transportation. Lyft Passes are for clients who have devices and a credit card to download the Lyft app on their phone, clients are responsible to pay the remaining amount of the ride after the \$26.00 one-way credit is used. If you are looking for transportation on days when we are closed, please submit them prior on an open day and time. Please allow up to a 4-hour period for your request to be fulfilled.
Your Neighbors, Inc.	315-235-7149	108 Utica Road Clinton, NY 13323	<a href="http://www.yourneighborsinc.org">www.yourneighborsinc.org</a>	Matches participants who are frail, elderly or have a disability with volunteers who provide Medical appointment transportation.

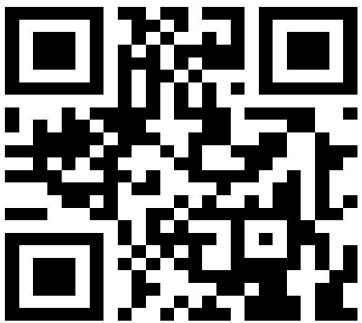


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Director of Community Services

## Youth Services and Resources



# Youth Services and Resources

Name	Number	Location	Website	Description
<b>Crisis Services and/or Support Hotline</b>				
<b>988 Suicide and Crisis Lifeline</b>	Call or Text 988		<a href="https://988lifeline.org/help-yourself/youth/">https://988lifeline.org/help-yourself/youth/</a>	The 988 Suicide & Crisis Lifeline connects you to trained crisis counselors 24/7. They can help anyone thinking about suicide, struggling with substance use, experiencing a mental health crisis, or any other kind of emotional distress. You can also call, text or chat 988 if you are worried about someone you care about who may need crisis support.
<b>Child Abuse Hotline NY</b>	800-342-3720		<a href="https://ocfs.ny.gov/programs/cps/#:~:text=If%20you%20suspect%20a%20child,You%20can%20make%20a%20difference.">https://ocfs.ny.gov/programs/cps/#:~:text=If%20you%20suspect%20a%20child,You%20can%20make%20a%20difference.</a>	The New York State Office of Children and Family Services maintains the Statewide Central Register of Child Abuse and Maltreatment (SCR, also known as the “hotline”) for reports made pursuant to the Social Services Law. The SCR receives telephone calls alleging child abuse or maltreatment within New York State. SCR staff relay information from the calls to the local CPS for investigation, monitors their prompt response, and identifies whether there are prior child abuse or maltreatment reports.
<b>Childhelp Hotline</b>	Call or Text 800-422-4453		<a href="https://www.childhelpline.org/">https://www.childhelpline.org/</a>	The Childhelp National Child Abuse Hotline Crisis counselors are here to support those concerned about or affected by child abuse and provide appropriate, individualized guidance for those that reach out. The hotline is staffed by live crisis counselors (not bots) who all have college education and life experience in working with child abuse, neglect, and maltreatment. Bottom line, crisis counselors are here to answer calls, texts, and chats 24/7 in a safe place for support and guidance for the help-seeker.
<b>Integrated Community Alternatives Network - Children's Crisis Residence</b>	315-801-7329	2619 Genesee St. Utica, NY 13501	<a href="https://ican.family/programs/childrens-crisis-residence/">https://ican.family/programs/childrens-crisis-residence/</a>	Children's Crisis Residence for children ages 10-17 who are experiencing a mental health episode and are in need of intensive intervention, but not hospitalization. Services are voluntary and the youth can stay up to 21 days. The Children's Crisis Residence will offer a stable environment and assist the child in integrating into the community by providing necessary support and resources.
<b>Mohawk Valley Runaway and Homeless Youth</b>	Call or Text 315-525-7276		<a href="https://www.mvcaa.com/services/youth-and-family-programs">https://www.mvcaa.com/services/youth-and-family-programs</a>	The MVCAA Runaway & Homeless Youth Program works with community-based programs to address the immediate needs of runaway and homeless youth. MVCAA aims to increase young people's safety and well-being to help them build permanent connections with caring adults, with the goal of reuniting them with their families if appropriate. MVCAA works to strengthen family relationships and help youth find safe and appropriate living arrangements through partnerships with local programs. Please don't hesitate to reach out to our 24/7 hotline for assistance.
<b>National Runaway Safeline</b>	Call or Text 800-786-2929		<a href="https://www.1800runaway.org/">https://www.1800runaway.org/</a>	NRS provides free services to youth in crisis aged 12 to 21. We hear from young people who are at home and simply need somewhere to turn for advice, and also we connect with youth who have runaway or were kicked out of their home and are now couch surfing, living in their car or staying in shelters or on the street. If you are still unsure about how we might be able to help, contact us and we can refer you to another service, if needed.

# Youth Services and Resources

Name	Number	Location	Website	Description
<b>Care Management</b>				
<b>Building Blocks Learning Center</b>	<b>315-853-6090</b>	19 Robinson Rd. Clinton, NY 13323	<a href="https://buildingblockscny.com/">https://buildingblockscny.com/</a>	Building Blocks has been the leading multi-service developmental and educational organization in New York State with a united focus on helping people reach their individual goals. Building Blocks aids clients of all ages and provides our services at homes, schools, facilities, designated community centers or right at our facilities. Our services extend to over 39 Counties in New York State, contact us to see if we can assist you with your needs.
<b>Central NY Health Home Network, Inc.</b>	<b>315-624-9670</b>	268 Genesee St. Suite 202 Utica, NY 13502	<a href="https://www.cnyhealthhome.net/cnyhnn-1">https://www.cnyhealthhome.net/cnyhnn-1</a>	Comprehensive Care Management offers clients access to more timely and appropriate care based on a comprehensive assessment of medical, behavioral, rehabilitative and social needs.
<b>Community Action Partnership - Kinship Care</b>	<b>315-825-5568</b>		<a href="https://capmadco.org/program/kinship-care/">https://capmadco.org/program/kinship-care/</a>	The Permanency Resources Program offers case management, advocacy, referrals and appointment assistance to kinship caregivers, adoptive, and guardianship families residing in Chenango and Oneida counties.
<b>Integrated Community Alternatives Network - Children's Care Management</b>	<b>315-792-9039</b>		<a href="https://ican.family/programs/childrens-health-homes/">https://ican.family/programs/childrens-health-homes/</a>	Children's Care Management provides families with family-driven community resources to promote healthier lifestyles and positive changes in both physical and mental health. At ICAN, within our Children's Care Management program, quality services is our priority. Completed referrals for either Health Home should be faxed directly to (315) 792-9578.
<b>Integrated Community Alternatives Network - Healthy Families</b>	<b>315-731-2680</b>		<a href="https://ican.family/programs/healthy-families-of-oneida-county/">https://ican.family/programs/healthy-families-of-oneida-county/</a>	Within Healthy Families of Oneida County, our free and voluntary home-based services and resources are designed to assist expectant families with creating a healthy home. Healthy Families of Oneida County is an evidence-based program at ICAN. Referrals can be made by completing a program survey and sending by fax to (315) 731-5646.
<b>The Neighborhood Center - Children's Care Management</b>	<b>315-731-5480</b>	624 Elizabeth St. Utica, NY 13501	<a href="https://www.neighborhoodctr.org/behavioral-health-care-services/home-community-based-services-hcbs/">https://www.neighborhoodctr.org/behavioral-health-care-services/home-community-based-services-hcbs/</a>	Children's Care Management services Children age 0-21 in Oneida and Herkimer Counties. Care Managers work with the child/youth and family to ensure all the child's biopsychosocial needs are being met. The care managers provides linkage to services including primary care, dentist, behavioral health and social support services. The care manager also works together with service providers to collaborate services and provide advocacy to ensure the child's needs are adequately met.
<b>The Neighborhood Center - Kindred Connections</b>	<b>315-272-2699</b>	800 Charlotte St. Utica, NY 13501	<a href="https://www.neighborhoodctr.org/child-care-family-services/kindredconnections/">https://www.neighborhoodctr.org/child-care-family-services/kindredconnections/</a>	This program provides services to families living in Schoharie, Otsego, Herkimer or Oneida counties who have adopted or have guardianship of a child. Funded through the NYS Office of Children and Family Services, Our Family will work with your family to find the resources you need. Guardianship or adoption of a child up to age 21. Families living in Schoharie, Otsego, Herkimer or Oneida counties.
<b>Inpatient Psychiatric Facility</b>				
<b>Mohawk Valley Psychiatric Center "MVPC" - Pinefield Children and Youth Services</b>	<b>315-738-3800</b>	1400 Noyes St. Utica, NY 13502	<a href="https://omh.ny.gov/omhweb/facilities/mvpc/">https://omh.ny.gov/omhweb/facilities/mvpc/</a>	Mohawk Valley Psychiatric Center is one of 24 state-run psychiatric facilities in New York State. We offer personalized treatment and rehabilitation services for children and adults. We operate in collaboration with local mental health agencies to ensure long-lasting recovery and support.

# Youth Services and Resources

Name	Number	Location	Website	Description
<b>Other Available Services</b>				
<b>Bikers Against Child Abuse</b>	<b>315-751-1825</b>		<a href="https://bacaworld.org/newyork/syracuse-chapter/">https://bacaworld.org/newyork/syracuse-chapter/</a>	Bikers Against Child Abuse, Inc. (B.A.C.A.) exists with the intent to create a safer environment for abused children. We exist as a body of Bikers to empower children to not feel afraid of the world in which they live. We stand ready to lend support to our wounded friends by involving them with an established, united organization. We work in conjunction with local and state officials who are already in place to protect children. We desire to send a clear message to all involved with the abused child that this child is part of our organization, and that we are prepared to lend our physical and emotional support to them by affiliation, and our physical presence. We stand at the ready to shield these children from further abuse. We do not condone the use of violence or physical force in any manner, however, if circumstances arise such that we are the only obstacle preventing a child from further abuse, we stand ready to be that obstacle.
<b>Camden Life Center - Youth Advisory Council</b>	<b>315-820-2638</b>	20 Main Street, Camden, NY 13316	<a href="https://camdenlifecenter.com/events/">https://camdenlifecenter.com/events/</a>	The Camden Life Center Youth Advisory Council empowers young leaders to make a difference in their community. Through collaboration, advocacy, and service, council members gain valuable leadership skills while providing fresh perspectives to shape the center's programs and initiatives. The Youth Advisory Council meets monthly to advocate for change in the CCSD.
<b>Cayuga Centers</b>	<b>800-421-2031</b>	403 Court St. 2nd Floor Utica, NY 13501	<a href="https://cayugacenters.org/">https://cayugacenters.org/</a>	Children need families, and families sometimes need support. Cayuga Centers is a nonprofit organization dedicated to ensuring children have a safe, loving home. We work to keep families together, and unite those who have been divided.
<b>Center for Family Life and Recovery - Prevention Services</b>	<b>315-733-1709</b>	502 Court St. Suite 401 Utica, NY 13502	<a href="https://www.whenthereshelpthereshope.com/services/prevention-services/">https://www.whenthereshelpthereshope.com/services/prevention-services/</a>	CFLR offers trainings and evidence based programming, and behavioral support. Current trainings include: "Concealing Secrets", "Compeer", "Teen Intervene", PreVenture", "Life Skills", "Second Step", The You and me, Together Vape-Free", "The Smart Talk- Cannabis Prevention and Awareness", "Safety First", "It's Real - Teens and Mental Health".
<b>Child Care Council of Cornell Cooperative Extension</b>	<b>315-223-7850 x223</b>	121 Second St. Oriskany, NY 13424	<a href="http://ceoneida.com/childcare">ceoneida.com/childcare</a>	The Child Care Council of Cornell Cooperative Extensions can provide free referrals to licensed/registered child care programs to families in Herkimer Madison and Oneida Counties. This includes resources on how to find a child care provider that works for their family as well as how to pay for child care and information on accessing assistance programs. The Child Care Council also helps anyone who is interested in providing child care open their business. This can be small in-home operations as well as larger child care centers.
<b>Child Single Point of Access (CSPOA)</b>	<b>315-768-3660</b>		<a href="https://oneidacountyny.gov/departments/mental-health/children-and-youth-mental-health/">https://oneidacountyny.gov/departments/mental-health/children-and-youth-mental-health/</a>	Services offered through Children & Youth SPOAA include: Health Home Care Management, Intensive Home Based Services, and Intensive Case Management. Children's Residential Services can be explored with the family during extraordinary circumstances. The Children's SPOA referral and instructions may be accessed through the website. For more information or assistance with a referral, please contact one of the staff from the Department of Mental Health's Children & Youth SPOA.

# Youth Services and Resources

Name	Number	Location	Website	Description
Community Action Partnership	315-825-5568	1072 Northside Shopping Center Oneida, NY 13421	<a href="https://capmadco.org/">https://capmadco.org/</a>	The Permanency Resources Program offers case management, advocacy, referrals, linkages, and support to kinship caregivers, adoptive, and guardianship families residing in Oneida county. Case Coordinators conduct home visits, link to community partners, assist with referrals, and can attend DSS, court, educational or other related appointments in support of the family. Monthly support groups are provided.
Connected Community Schools	315-272-7498	207 North James St. Rome, NY 13440	<a href="https://connectedcommunitieschools.org/">https://connectedcommunitieschools.org/</a>	We work to bring the community, local agencies, services, organizations, businesses, places of worship, individuals, teachers, administrators, union members and leader, & investors to the students. We all have the same mission in mind. To help students become successful, productive and engaged healthy citizens! Connected Community Schools has a hub in the following Oneida County districts: Adirondack, Camden, Holland Patent, Mount Markham, Rome, Waterville, New Hartford
HEARS Family Line	888-554-3277		<a href="https://ocfs.ny.gov/programs/cwcs/hears.php">https://ocfs.ny.gov/programs/cwcs/hears.php</a>	The HEARS Family Line assists parents and families by providing resources and referrals to a variety of services. Caring representatives guide families to services including food, clothing, housing, medical and behavioral health care services, parenting education and child care. Representatives are available to help Monday through Friday from 8:30 a.m.-4:30 p.m. The line offers messages in 12 languages.
Empowered Pathway's CNY	315-724-1718	502 Court St. Suite 234 Utica, NY 13502	<a href="https://www.empoweredpathwayscny.org/restorative-practices">https://www.empoweredpathwayscny.org/restorative-practices</a>	The mission of Empowered Pathways is to help people create self-directed solutions and move forward with their lives through education, advocacy, and empowerment. Empowered Pathways offers Restorative practices for Youth including attendance mediation, Special education/IEP mediation, student re-entry Mediation, and Parent-Teen & PINS Mediation.
House of the Good Shepherd	315-235-7624	1550 Champlin Ave. Utica, NY 13501	<a href="https://www.hgs-utica.com/">https://www.hgs-utica.com/</a>	The House of the Good Shepherd is a leading provider of treatment, education, and support services to the children and families of the community that we serve. We are known for providing services that are of the highest quality and value, delivered within the context of family, culture, and community. We offer residential, foster care and community support services for youth and families in need.
Integrated Community Alternatives Network "ICAN"	315-798-3697 315-768-3659	310 Main St. Utica, NY 13501	<a href="https://ican.family/programs/county/oneida">https://ican.family/programs/county/oneida</a>	We strive to empower children, families and individuals who have high service needs, to enable them to live in ways that are productive and healthy, and to keep families together.
Integrated Community Alternatives Network - Children and Family Treatment Support Services "CFTSS"	315-792-9039	310 Main St. Utica, NY 13501	<a href="https://ican.family/programs/cftss/">https://ican.family/programs/cftss/</a>	CFTSS help children with mental health, behavioral health and substance use needs. These services are provided to families to help them stay together and support them in achieving goals that they want. CFTSS supports children and family members in a way that works best for them and where they are most comfortable.
Integrated Community Alternatives Network "ICAN" - Evelyn's House	315-733-0236	10 Barton Ave Utica, NY 13502	<a href="https://ican.family/programs/evelyns-house/">https://ican.family/programs/evelyns-house/</a>	Evelyn's House is a joint transitional and rapid rehousing program for homeless women, aged 16-24, who are pregnant and/or parenting. At Evelyn's House, we provide a safe, nurturing home with supportive services and community resources for these young women and their children during and after pregnancy, so they can become empowered during this transitional life moment.

# Youth Services and Resources

Name	Number	Location	Website	Description
Integrated Community Alternatives Network "ICAN" - Home Based Crisis Intervention "HBCI"	315-941-4889	310 Main St. Utica, NY 13501	<a href="https://ican.family/programs/hbci/">https://ican.family/programs/hbci/</a>	A short-term intervention and stabilization service for Oneida County Youth and Families in crisis.
Integrated Community Alternatives Network "ICAN" - Nurturing Parenting Program	315-792-9039	310 Main St. Utica, NY 13501	<a href="https://ican.family/programs/nurturing-parenting-program/">https://ican.family/programs/nurturing-parenting-program/</a>	With this program, our goal is to serve as a resource to teach parenting and life skills, and provide a safe, comfortable, and supervised setting at our main office so parents can focus on maintaining strong bonds and effective parenting techniques with their children. The Court typically refers clients to this program; however, self-referrals or other professional referrals are also accepted and may be made by calling our program manager, Katie Clark, at (315) 792-9039.
Integrated Community Alternatives Network "ICAN" - School Based Services	315-801-5706	310 Main St. Utica, NY 13501	<a href="https://ican.family/programs/school-based-services/">https://ican.family/programs/school-based-services/</a>	While mental health supports are often lacking in many schools, ICAN's School-Based Services are a resource to fill this gap, and promote children's health and well-being. ICAN is, and has been, the premier provider of children's mental health services in our community for over 26 years.
Integrated Community Alternatives Network "ICAN" - Service Provision for Individual Needs "SPIN"	315-792-9039	310 Main St. Utica, NY 13501	<a href="https://ican.family/programs/spin/">https://ican.family/programs/spin/</a>	SPIN, ICAN's most flexible program, follows a fee-for-service model, and allows outside agencies and organizations to purchase any of our services for their population based on their needs.
Integrated Community Alternatives Network "ICAN" - SNUG	315-792-9039	310 Main St. Utica, NY 13501	<a href="https://ican.family/programs/snug/">https://ican.family/programs/snug/</a>	The program engages the highest-risk individuals who are causing violence in communities with high rates of violent crime, addresses the issues that may be causing high-risk individuals to engage in gun violence, and educates the community on how violence is spread. SNUG prioritizes those who are most at risk of being impacted by gun violence.
Integrated Community Alternatives Network "ICAN" - Youth Assertive Community Treatment "Youth ACT"	315-792-9039	310 Main St. Utica, NY 13501	<a href="https://ican.family/programs/youth-act/">https://ican.family/programs/youth-act/</a>	ACT is designed to service the significant and complex psychiatric needs of children ages 10 up to 21, who are at risk of entering – or returning home from – high intensity services such as institutional level care, inpatient settings or residential services. Referrals must go through Oneida county CSPOA, for more information call 315-767-3660.
Oneida County - Child Advocacy Center	315-732-3990	1415 Genesee St. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/child-advocacy-center/">https://oneidacountyny.gov/departments/child-advocacy-center/</a>	The Oneida County Department of Family and Community Services Child Advocacy Center (CAC) operates as a multidisciplinary team (MDT) comprised of caseworkers, law enforcement officers, family advocates, medical and mental health providers and the Oneida County District Attorney's Office. The CAC investigates sexual abuse and serious physical abuse cases and provides a variety of supportive services to families. The MDT offers the availability of most services at one site, with a focus on reducing the trauma experienced by the victims of abuse and their families.

# Youth Services and Resources

Name	Number	Location	Website	Description
<b>Oneida County - Children &amp; Youth with Special Health Care Needs</b>	<b>315-798-5249</b>	185 Genesee St. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/children-and-youth-with-special-health-care-needs/">https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/children-and-youth-with-special-health-care-needs/</a>	Children and Youth with Special Health Care Needs is a referral program for children birth to 21 years of age who have or are suspected of having a serious or chronic physical, developmental, behavioral or emotional condition that requires health and related services beyond that required by children generally.
<b>Oneida County - Child Support Unit</b>	<b>888-208-4485</b>	Utica DSS: 800 Park Ave. Utica, NY 13501  Rome DSS: 100 W. Dominick St. Rome, NY 13440	<a href="https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/child-support/">https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/child-support/</a>	The Oneida County Child Support Unit provides services to custodial parents and guardians seeking assistance with obtaining child support. These services include locating non-custodial parents, establishing paternity or parentage, obtaining financial and medical support orders, collecting support obligations and enforcing support orders. The child support unit can act as a neutral party for the collection and disbursement of support payments in some cases.
<b>Oneida County - Daycare Assistance</b>	<b>315-266-6191</b>	Utica DSS: 800 Park Ave. Utica, NY 13501  Rome DSS: 100 W. Dominick St. Rome, NY 13440	<a href="https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/daycare/">https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/daycare/</a>	Oneida County Department of Family and Community Services offers subsidized childcare assistance for recipients of Temporary Assistance who are working or participating in an approved training or educational program, as well as caretakers transitioning off of Temporary Assistance. Subsidized childcare assistance may also be available to other families meeting income eligibility guidelines.
<b>Oneida County - Early Intervention</b>	<b>315-798-5267</b>	185 Genesee St. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/early-intervention/">https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/early-intervention/</a>	A service coordinator will arrange for your child to have a therapist come to your home to see if your child needs services. A therapist will look at how your child is learning, thinking, talking, listening, growing, and interacting with others.
<b>Oneida County - Preschool Special Education</b>	<b>315-798-6400</b>	185 Genesee St. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/preschool-program/">https://oneidacountyny.gov/departments/health/programs-and-services/specialchildren/preschool-program/</a>	This program provides educational and/or support services for children ages 3 and 4 years old with confirmed disabilities and/or delays impacting their ability to learn. The program is directed through the New York State Department of Education within your home school district. Oneida County Health Department and the State Department of Education pay for all services.
<b>Oneida County - Services Division</b>	<b>315-798-5612</b>	800 Park Ave. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/services/">https://oneidacountyny.gov/departments/department-of-family-and-community-services/department-of-social-services/services/</a>	The Oneida County Services Division offers children, adults, and families a range of social services to promote safety, reduce risk, and ensure permanency and well-being, with an emphasis on independence, self-sufficiency, and providing services in the least restrictive manner possible. In addition to the direct services provided, contractual and community-based services are utilized to engage youth and families and provide services that are trauma-informed and culturally sensitive.

# Youth Services and Resources

Name	Number	Location	Website	Description
Oneida County - Youth Bureau	315-798-5027	800 Park Ave. Utica, NY 13501	<a href="https://oneidacountyny.gov/departments/youth-bureau/">https://oneidacountyny.gov/departments/youth-bureau/</a>	Oneida County Youth Bureau provides activities, programs and services to youth under the age of 21. The Youth Bureau is responsible for planning, coordinating and supplementing the activities of public, private and religious agencies concerned with the welfare and protection of youth.
Oneida County System of Care "SOC"	315-768-3660	800 Park Ave Utica, NY 13501	<a href="https://oneidacountysoc.com/">https://oneidacountysoc.com/</a>	We are a group of cross system agencies who work with youth and families in Oneida County. We work together to share resources, connect youth with appropriate services and collaborate on high risk cases.
School Based Mental Health Satellite Site				The Neighborhood Center - Central Valley Academy, Jarvis Middle School, Barringer Road Elementary, Fisher Elementary School, Waterville Memorial Park Elementary, Waterville Jr/Sr High School, Mt. Markham Elementary and Jr High Schools, Town of Webb Union Free School District, Gansevort Elementary School, Strough Miggle School <a href="https://www.neighborhoodctr.org/wp-content/uploads/2025/02/Behavioral-Health-Clinic-Satellites-1.pdf">https://www.neighborhoodctr.org/wp-content/uploads/2025/02/Behavioral-Health-Clinic-Satellites-1.pdf</a> CHBS - Please contact for information on which schools and districts school based services are available.
The Neighborhood Center - Children and Family Treatment and Support Services "CFTSS"	315-794-7493		<a href="https://www.neighborhoodctr.org/behavioral-health-care-services/children-and-family-treatment-and-support-services-cftss/">https://www.neighborhoodctr.org/behavioral-health-care-services/children-and-family-treatment-and-support-services-cftss/</a>	CFTSS provides preventative community-based mental health and substance use services to children (ages 0-21) and their families with an outcome of improving health, well-being, and quality of life. CFTSS can help by: Mitigate crisis, build coping skills, and manage behavioral symptoms. Provide support to child and their family in the home and community. Prevent the need for emergency room visits, hospital stays, or out of home placements.
The Neighborhood Center - Outreach and Prevention	315-272-2600	624 Elizabeth St. Utica, NY 13501	<a href="https://www.neighborhoodctr.org/child-care-family-services/outreach-and-prevention/">https://www.neighborhoodctr.org/child-care-family-services/outreach-and-prevention/</a>	Outreach & Prevention (O & P) is a drop in social, recreational and educational activities drop-in program for youth up to age 18. This program also provides a teen night 1 night a week during the school year and based on need more frequently in the summer months. This program offers meaningful activities based on the 40 Developmental Assets and supervised socialization to gain important interpersonal skills. Just drop in! During the summer session, lunch is provided daily and on teen nights, dinner is made during a life skills session.
The Neighborhood Center - Project AIM	315-272-2600	624 Elizabeth St. Utica, NY 13501	<a href="https://www.neighborhoodctr.org/child-care-family-services/project-aim/">https://www.neighborhoodctr.org/child-care-family-services/project-aim/</a>	Project AIM provides adult - mentor led programming for youths between the ages of 13-18 in group sessions that facilitates personal growth with students. Our goal is to develop real life problem solving, forward thinking and life skills. AIM provides youth access to staff for homework assistance or links them to free tutoring services in our community. We help youth explore ways of getting connected to their school environment. Students leave the program with life long friendships, emotional intelligence and tools to manage adulthood.
Thea Bowman House, Inc.	315-797-0748	309 Genesee St. Utica, NY 13501	<a href="https://www.theabowmanhouse.org/pantry">https://www.theabowmanhouse.org/pantry</a>	Our organization has been serving low-income, at-risk children and families in the Utica community for over 30 years. We provide quality care to some of our community's most vulnerable children and youth in the hope of breaking the cycle of poverty through a structured program of educational and social enrichment. Thea Bowman House offers many different child care options including Day Care, Universal Pre-K, The After School Program, Kids with Promise, and DOVE: Domestic Violence Ended

# Youth Services and Resources

Name	Number	Location	Website	Description
United Way - Ready For Kindergarten (R4K) Program	315-880-0551		<a href="https://www.unitedwaymv.org/r4k-creates-brighter-futures">https://www.unitedwaymv.org/r4k-creates-brighter-futures</a>	The Ready For Kindergarten (R4K) Program is a program serving children ages 0-5 and their families. Our primary component is a Family School Navigator (FSN) embedded in elementary school(s). They identify and asses for educational, health, mental health and basic need challenges and then work with or refer children and family members for intervention and/or services as needed. School Districts can request R4K Program services through the OHM BOCES Community School COSER or contact Perch Place, LLC directly.
Upstate Caring Partners - Building Abilities and Skill for Employment "B.A.S.E."	315-725-2181		<a href="https://www.upstatecp.org/vocational/">https://www.upstatecp.org/vocational/</a>	Upstate Caring Partners offers pre-employment transition services for students with disabilities between the ages of 14 and 21. Students are given tools to explore different areas of work environments through community partnerships and skill development training sessions. Students will have the opportunity to speak with professionals in their field of interest and develop on-site social and independent skills in an integrated community setting.
Upstate Caring Partners - Evaluation Services	315-797-4080 x2321		<a href="https://www.upstatecp.org/early-childhood/#intervention">https://www.upstatecp.org/early-childhood/#intervention</a>	Programs for children from birth to 5 years old. Upstate Caring Partners offers a wide variety of evaluation services. Clinical staff members, including psychiatric nurse practitioners, psychologists, psychiatrists, social workers, occupational therapists, physical therapists, speech/language pathologists, and educational and behavioral specialists are able to provide comprehensive diagnostic evaluations to assess each individual's needs.
Upstate Caring Partners - Family Peer Advocate	315-798-8868		<a href="https://www.upstatecp.org/behavioral-health/#crisis">https://www.upstatecp.org/behavioral-health/#crisis</a>	The family peer advocate program provides direct peer support services to families with children who have medical, mental, or behavioral challenges. Support specialist assists families who need to navigate the special education and mental health service systems. Services include education on caregiver and child rights and responsibilities, and attending planning meetings with families.
Safe Schools Mohawk Valley - Youth Homelessness Intervention	315-733-7768	110 Lomond Ct. Utica, NY 13502	<a href="https://safeschoolsmohawkvalley.org/">https://safeschoolsmohawkvalley.org/</a>	Provides assistance to homeless students and their families in the Utica School District by providing transportation to school.
Upstate Caring Partners - Mentoring	315-798-8868		<a href="https://www.upstatecp.org/behavioral-health/#crisis">https://www.upstatecp.org/behavioral-health/#crisis</a>	Children are referred to Upstate Caring Partners by a mental health provider for mentoring services. These services include 1:1 outings within the community on a weekly basis to help with social skills and added support for those individuals that are struggling with their own mental health. Examples of these skills would be role modeling correct behaviors, assisting with homework, and socialization.

# Youth Services and Resources

Name	Number	Location	Website	Description
<b>Substance Use Treatment</b>				
Beacon Center	<b>Rome:</b> 315-367-1280	303 W. Liberty St. Suite B Rome, NY 13440		A thorough evaluation is performed to determine if substance use disorder treatment is recommended. A psychosocial history is completed which examines a patient's alcohol and other drug use, family and relationships, medical and mental health history, educational and occupational functioning and social and legal status. Random monitored urine toxicology screens and blood alcohol testing may be conducted as well as hair follicle testing.
	<b>Utica:</b> 315-366-4100	1508 Genesee St. Utica, NY 13501	<a href="https://beaconcenter.net/outpatient-counseling/">https://beaconcenter.net/outpatient-counseling/</a>	
Helio Health - Outpatient Services	315-724-5168	500 Whitesboro St. Utica, NY 13502	<a href="https://www.helio.health/treatment/outpatient-treatment/">https://www.helio.health/treatment/outpatient-treatment/</a>	At Helio Health, we prioritize the well-being of all individuals across the lifespan. Our dedicated team is here for you, providing services for anyone who is struggling with Substance use and/or Mental Health. Services may include Individual and group, Family/Sibling Counseling, Psychiatric Evaluations, Medication Monitoring. Walk- In hours are Sunday-Saturday 8am- 3pm, or call 315-724-5168 for additional information.
Helio Health - Outpatient Services (at Camden Life Center)	315-724-5168	20 Main St. Camden, NY 13316	<a href="https://www.helio.health/treatment/outpatient-treatment/">https://www.helio.health/treatment/outpatient-treatment/</a>	At Helio Health, we prioritize the well-being of all individuals across the lifespan. Our dedicated team is here for you, providing services for anyone who is struggling with Substance use and/or Mental Health. Services may include Individual and group, Family/Sibling Counseling, Psychiatric Evaluations, Medication Monitoring. Call 315-724-5168 for information on this location.
Helio Health - Outpatient Services (at Center For Family Life and Recovery, Rome)	315-724-5168	201 W. Dominick St. Rome, NY 13440	<a href="https://www.helio.health/treatment/outpatient-treatment/">https://www.helio.health/treatment/outpatient-treatment/</a>	At Helio Health, we prioritize the well-being of all individuals across the lifespan. Our dedicated team is here for you, providing services for anyone who is struggling with Substance use and/or Mental Health. Services may include Individual and group, Family/Sibling Counseling, Psychiatric Evaluations, Medication Monitoring. Call 315-724-5168 for information on this location.
The Neighborhood Center - The Monarch Outpatient Program	315-272-2650	628 Mary St. Utica, NY 13501	<a href="https://www.neighborhoodctr.org/behavioral-health-care-services/monarch-outpatient-program/">https://www.neighborhoodctr.org/behavioral-health-care-services/monarch-outpatient-program/</a>	We take a person-centered, collaborative approach to treatment. Our team of skilled professionals works with each client to build a foundation for long-term recovery—because we believe every individual deserves the tools, support, and respect necessary to thrive. Walk in Hours: 8:30a-2:00p, or by appointment (Open Access times are subject to change, please verify with provider.)
Rome Health - Community Recovery Center "CRC"	315-334-4701	264 W. Dominick St. Liberty Plaza Rome, NY 13440		The Community Recovery Center provides outpatient and intensive outpatient treatment for adolescents and adults with substance use disorders. Outpatient treatment includes individual and group counseling. In addition, CRC offers significant other services to individuals negatively impacted by another person's substance use disorder. Success is measured by attainment of the goals defined by the patient to meet their specific needs in achieving recovery. Participation in appropriate self-help programs is encouraged.

