

Otsego County Guide To Community Services

**A collaborative effort by NAMI and
RSS as a part of the
Community Education Project
funded by reinvestment.**

**Printed by
the Mountain View
Wellness Center**

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***This guide contains information made available
for the public. It does not serve to endorse any
individual, organization or agency.***

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Otsego County Community Services
Single Point of Access

**To receive a copy or copies
of this guide or to request
changes &/or additions**

Email us at otsegocep@gmail.com

**Mountain View Wellness Center
Community Education Project
P.O. Box 781
9 River St.
Oneonta, NY 13820**

Call

Phone: 607 433-1714 ext. 201

**Or download a copy from our
website or order on line**

www.otsegocep.org

The Otsego County Community Services Single Point of Access (SPOA) is designed to assist individuals with a mental disabilities and their families residing in the community to navigate the complex human services system.

SPOA is designed to use county resources wisely while meeting the unique needs of the individual. SPOA is designed to maximize coordination of human services and service delivery.

Any individual may be referred to SPOA by walking into the Mountain View Wellness Center during business hours.

The Mountain View Wellness Center is located at:

9 River St, Oneonta, N.Y.,

hours of operation are Monday through Friday, 8:30-3:30 pm.

Referrals may also be made by calling the SPOA Clinical Coordinator or the Otsego County Community Services office.

SPOA Clinical Coordinator
Otsego Co. Community Services:
607-547-1621
Fax: 547-1618
140 County Highway 33 W
Cooperstown, NY 13326
or
Mountain View Wellness Center
607-433-1714
9 River Street
Oneonta, NY 13820

EMERGENCY SERVICES

ONEONTA

Police: 432-1111
State Police: 432-3211
Sheriff: 433-1340
Ambulance: 911
A.O. Fox Memorial Hospital: 431-5000
Fire: 911 or
433-3480

COOPERSTOWN

State Police: 547-2233
Sheriff: 547-4273
Bassett Hospital: 547-3355

HOTLINES

Child Abuse &
Maltreatment Reporting: 1 800 342-3720
Domestic Violence Hotline: 432-4855
Violence Int. Program: (VIP) 433-8038
Rape Crisis Hotline: 432-4855
Crisis Intervention Hotline: 1 877 369-6699
Suicide Prevention 1-800-273-8255
Poison Control: 1 800 222-1222
Homeless Hotline: 433-8318
Warm Line: 433-0661
1 800 377-3281

We would like to thank
everyone who has
helped with the publication of this guide.

A.O. Fox Hospital
NAMI of Delaware and Otsego Counties

Otsego County Community Services
Bassett Hospital
Private Practitioners
RSS of Otsego County

MEDICAID TRANSPORTATION

Medical Answering Services

1 866-333-1030

Medical Answering Services processes all Medicaid transportation requests for Otsego County and may refer to other providers. Requests for transportation must be received three days in advance.

Get There Resources for Transportation

1-855-373-4040

Monday—Friday 7:00 am—7:00 pm

Provides referrals to transportation services, travel planning, information regarding transportation in your area.

[Www.gettherescny.org](http://www.gettherescny.org)

PUBLIC TRANSPORTATION

A and D Taxi

Accepts Medicaid

607 433-1726

Bernie Bus

Accepts Medicaid

1 800-388-9853

Oneonta Public Transit.

City bus system

607 432-7100

[Www.optrides.com](http://www.optrides.com)

M&M Taxi—medivan Accepts Medicaid

607 435-0609

CRISIS INTERVENTION

Neighborhood Center Mobile Crisis Assessment Team
(MCAT)

24 Hour Crisis Hotline: 1 315-732-6228

1 844-732-6228

MCAT provides help during a crisis to children and adults in Oneida, Herkimer, Schoharie, Otsego, Delaware and Chenango Counties

MCAT seeks to de-escalate a crisis situation, preventing possible harm, keeping the problem outside of the legal system and avoiding hospitalizations when appropriate.

MCAT has the ability to respond to crisis where they occur. MCAT works with the individual, family and community agencies.

Concerns which are causing a person a serious problem in functioning is a reason to call.

WARM LINE (RSS Inc.)

1 800 377-3281 or 607 433-0661

Mon—Fri. 4:30 pm– 10:30 pm

Sun & Sat: 12:00 pm to 10:30 pm

The Warm Line Peer provides confidential peer support and self-help to individuals in Otsego, Delaware, Schoharie and Chenango Counties;

The Warm Line is a phone call away were people can speak with a well trained non –judgmental peer support operator who has been there.

The Warm Line can suggest referrals to community services and alternative means of finding growth and health;

The Warm Line can make prearranged contact calls to your home by a peer support operator.

The Warm Line is NOT a crisis hotline.

Care Management Services

Rehabilitation Support Services Inc.

P.O. Box 781
Oneonta, NY 13820
607 433-1714 ext 224

Southern Tier Care Coordination

189 Main St Suite 204
Oneonta, NY 13820
607 441-3347

Catholic Charities

176 Main St
Oneonta, NY 13820
607 432-0061

Bassett Navigators

125 Main St
Oneonta, NY 13820
547-4887

Care Management Services oversees and provides access to all of the services an individual needs to ensure that they are receiving everything necessary to stay healthy, out of the emergency room and out of the hospital

LEGAL and ADVOCACY ASSISTANCE

Legal Services of Central New York, Inc.

221 South Warren St Suite 300
Syracuse, NY 13202
315 703-6500 www.lscny.org

Attorney Helpline

1 877-777-6152

NYS Commission on Quality of Care & Advocacy for Persons with Disabilities

Justice Center

401 State St.
Schenectady, NY 12305
1 800-624-4143

Legal Aid Society of Mid- New York Inc.

Barry Holden

189 Main St 3rd floor
PO Box 887
Oneonta, NY 13820
607 433-2220
Assistance with SSDI & SSI only

Office of Mental Health Bureau of Consumer Affairs

Tom O' Clair

44 Holland Ave
Albany, NY 12229
518 473-6579

Central Region—OMH

Advocacy Specialist Garret Smith

545 Cedar St
Syracuse, NY 13210
(315) 426-3930

FAMILY SUPPORT

National Alliance on Mental Illness (NAMI) of Delaware and Otsego County

NAMI members are concerned families and friends of people who suffer from psychiatric illnesses and are people living with mental health challenges.

NAMI offers mutual support to those coping with the issues and needs of a loved one who is mentally ill. NAMI facilitates support meetings, NAMI Family to Family Education Program, NAMI Peer to Peer Education Program and speakers for NAMI “In Our Own Voice” Program

Contact Person: Rina Riba

PO Box 506
Roxbury, NY 12474

Phone: (607) 326-4797

Email: namidelawareco@gmail.com

DAY CARE

**Catholic Charities
Child Care Connection**
176 Main Street
Oneonta, NY 13820
607-432-0061

PARENTING SUPPORT

Even Start at O.F.O.—Building Healthy Families
182 Round House Rd
Oneonta, NY 13820
607 433-0444

Family Services
277 Chestnut St
Oneonta, NY 13820
607-432-2870
Hrs: M-Th 9:30 am—12:30 pm, 1:30 pm—4:30 pm
Friday by appointments

Southern Tier Mobile Integration Team (MIT)

MIT is Designed to provide support necessary for adults with Serious mental illness and youth with serious emotional disturbance to remain in the community and assist people in moving towards recovery.

**1-844-helpmit
1-844-435-7648**

In Home Stabilization

9 River St
Oneonta, NY 13820

607 434-8692

Veterans Services

Otsego County Veteran's Office

140 County Hwy 33 W
Cooperstown, NY 13326
607 547-4224

Veteran's Affairs Office

242 Main St
Oneonta, NY 13820
607 432-4190

VA Medical Center

113 Holland Ave
Albany, NY 12208
518 626-5000

VA Bainbridge Office

1 North Main St
Bainbridge, NY 13733
607 967-8590

Veteran's Crisis Line

1-800-273-8255 Press 1

Springbrook

2705 State Hwy 28
Milford Center, NY
607 286-7171

offers residential services, day services,
family services and employment services for individuals
with developmental disabilities

Community Education Project Library and Resource Center

35 Main St
Oneonta, NY 13820
607 433-0661
www.otsegocep.org

Friday 12:00-3:00
And by appointment

The lending library provides books, periodicals pamphlets
brochures' and videos / DVDs for loan focusing on
mental health and recovery topics.
Center provides referral information to area agencies

REHABILITATION

Mountain View Social Club / Wellness Center

Operated by Rehabilitation Support Services (RSS)
9 River St.
Oneonta, NY 13820
607 433-1714 ext 201

Hours: Monday-Friday 8 am-3:30 pm

Recovery oriented activities and , social opportunities
for Adults with Mental Health diagnosis.

Catskill Center for Independence

6104 State Highway 23,
Oneonta, NY 13820

Main phone/TTY: (607) 432-8000
Toll Free: 1-866-724-8666
Fax: (607) 432-6907
E-mail ccfi@ccfi.us

Information and referral services, TBI Waiver Services
Architectural Barrier Consultation, Speaker Service
Personal Care Attendant Referral

The Arc Otsego

35 Academy St.,
Oneonta, NY

P: (607) 432-8595
F: (607) 433-8430
E: info@arcotsego.org

The Arc Otsego offers residential services, day services,
family services and employment services for individuals
with developmental disabilities

OUTPATIENT COUNSELING SERVICES FOR ADULTS

Otsego County Mental Health Clinic

(Ages 18 & up)

242 Main St
Third Floor
Oneonta, NY 13820
607 433-2343

Hours:

Monday-Friday 8:00 am-5:00 pm
Some appointments are available
after 5 pm

Mary Imogene Bassett Hospital **Outpatient Psychiatry Services**

1 Atwell Rd.
Cooperstown, NY 13326
607 547-3500

Hours:

Monday-Friday 8 am-5 pm

OUTPATIENT COUNSELING SERVICES
FOR CHILDREN

**Otsego County Children's
Mental Health Clinic**

242 Main St.
Second Floor
Oneonta, NY 13820
607 433-2334

Hours:

Monday-Friday 8:00 am-5:00 pm
Some appointments are available
after 5:00 pm.

**Mary Imogene Bassett Hospital Outpatient
Psychiatry Services**

1 Atwell Rd.
Cooperstown, NY 13326
607 547-3500

Hours:

Monday-Friday 8:00 am-5:00 pm

The Arc Otsego

35 Academy St.,
Oneonta, NY
607-433-8447, ext. 110

The Arc Otsego's Community Employment Services offers a host of services and supports to get you working in the community and earning a paycheck.

Specific services include:

Pathway to Employment
Supported Employment
Community Based Work Assessments
Transition Services

Vender for ACCES VR

Spring brook

2705 State Hwy 28
Milford Center, NY
607 286-7171

Community Employment Services offers a host of services and supports to get you working in the community and earning a paycheck.

Specific services include:

Pathway to Employment
Supported Employment
Community Based Work Assessments
Transition Services

Vender for ACCES VR

Catskill Center for Independence

Assistive Competitive Employment Services

6104 State Highway 23,
Oneonta, NY 13820

Main phone/TTY: (607) 432-8000
Toll Free: 1-866-724-8666

EMPLOYMENT SUPPORT

RSS Employment Services

9 River Street
Oneonta, N.Y. 13820
607-433-1714 x-201

Provides employment services and training, assists individuals with psychiatric disabilities in identifying and pursuing employment goals, including transitional employment, supported employment and competitive employment with job coaching options.

Assistance with developing job skills, identifying barriers to employment, learning work readiness skills, job searching, resume writing, interview preparation, benefits counseling etc.

Assists students and youth to transition in to employment by offering self advocacy skills, work readiness skills, internships, job placement services. Supported employment

Assists individuals in exploring education including college.

Vender for ACCES VR

Serves Otsego Delaware and Chenango Counties

ACCES—VR

44 Hawley St
Binghamton, NY 13904
1 800 888-5010

In Oneonta Tuesdays and Thursdays

Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR) offers access to a full range of employment and independent living services that may be needed by persons with disabilities through their lives.

INPATIENT PSYCHIATRIC SERVICES

Mary Imogene Bassett Hospital

1 Atwell Rd.
Cooperstown, NY 13326
607 547-3525

Greater Binghamton Health Center

425 Robinson St.
Binghamton, NY 13901
607 724-1391

Binghamton General Hospital

10-42 Mitchell Ave.
Binghamton, NY 13903
607 762-2200

Faxton-St. Lukes Health Center

P O Box 479
Utica, NY 13502
315-798-6000 ex 6332

St Elizabeth Medical Center in Utica

2209 Genesee St
Utica, NY 13502
315 798-8100

Ellis Hospital in Schenectady

216 LaFayette St
Schenectady, NY 12305
518 243-3300

SUBSTANCE ABUSE
CLINICAL SERVICES

NYS Hope-Line 1-877-846-7369 open 24/7

Otsego County Addictions Recovery Services

242 Main St, 2nd floor
Oneonta, NY 13820
607 431-1030

Hours: through Friday 8:00 am-4:30 m

Provides counseling for individuals dependent
on alcohol or illegal drugs.

DETOX

SPARC—St Peter's Addiction Center

3 Mercy Care Lane
Guilderland, NY 12084
518-452-6700 inpatient
518-525-1303 Detox

Conifer Park

79 Glenridge Rd
Glenville, NY 12302
1-800-989-6446

DVH Addiction Treatment Program

1 Titus Place
Walton, NY 13856
Referral 607-865-2163
General Info 607-865-2115

EMPLOYMENT TRAINING and Support

Oneonta Bagel Company

Operated by Rehabilitation Support Services
171 Main St.
Oneonta, NY 13820
607 433-0162

**Hours: Tuesday-Friday 7am-2pm,
Saturday 8am-3pm**

Oneonta Job Corps Center

21 Homer Folks Ave.
Oneonta, NY 13820
607 433-2111
employment in a supported environment

CDO Work Force

12 Dietz St.
Oneonta, NY 13820

607 432-4800

**Otsego Area Occupational Center
(BOCES)**

P.O. Box 57
1914 County Hwy 35
Milford, NY 13807
Main Office: 607 286-771

EDUCATION SUPPORT
Continued

Family Resource Network

46 Oneida St
Oneonta, NY 13820

607 432-0001

Special Education Parent Center
Educational Advocacy

Springbrook

2705 State Hwy 28
Milford Center, NY
607 286-7171

SUBSTANCE ABUSE
SUPPORT SERVICES and EDUCATION

LEAF

**Leather-stocking Education on Alcoholism
Foundation and Council on Alcoholism, Inc.**

189 Main St
Oneonta, NY 13820
607 432-0090

Information, referral and education services for
Alcoholism, Gambling and Tobacco addictions

AA– Alcoholics Anonymous

Otsego County
Provides self– help for alcoholics

1 800 339-1894

Utica/Herkimer County
1 315 732-6880

Ala-non

1 888-425-2666

NA– Narcotics Anonymous

Provides self-help for narcotics abusers
1 607 762-9116

Friends of Recovery of Delaware and Otsego

Turning Point Center
22 Elm St
Oneonta, NY 13820
607 267-4435

Education, Referral and Support Services

PRIVATE PRACTITIONERS

A message about Psychologists and Psychotherapists

Unless specifically exempted by law, psychologists and psychotherapists must be licensed and currently registered by the Board of Regents of the University of the State of New York to practice in this state.

If you have a question regarding the status of a psychologist or psychotherapist, call the New York State Education Department, Division of Professional Licensing Services.

1 518 474-3817

You can also verify status of licenses on line at:
www.op.nysed.gov/opsearches

**Please call provider to verify services
provided and insurance accepted.**

**For explanation of insurance
See key on page 13**

EDUCATION

Hartwick College

1 Hartwick Drive
Oneonta, NY 13820
Academic Affairs: 607 431-4400
Admissions: 607 431-4150

ONC– BOCES Adult Education Center

31 Center St
Oneonta, NY 13820
607-433-3645 ext 341

**Hours: Monday– Friday 7:30 am- 3 pm,
Mon, Tues, & Wed. evenings 5:30 pm– 8:30 pm,**

Otsego Area Occupational Center (BOCES)

P.O. Box 57
1914 County Hwy 35
Milford, NY 13807
Main Office: 607 286-7715

State University of New York at Oneonta

Oneonta, NY 13820
Continuing Education: 607 436-2548
Disabilities Services: 607 436-2137

HOUSING ASSISTANCE– UTILITIES

**Home Energy Assistance Program (HEAP)
Otsego County Department of Social Services**

Department of Social Services
140 Cty. Hwy. 33 W
Cooperstown, NY 13326
607 547-1700 800 422-2512
Fax : 547-1721

**Lifeline
Verizon**
1 800—837-4966 (toll free)
Lifeline offers a reduced rate on basic monthly services as well as a discount on installation for eligible households.

Safe link Phone
1 800-977-3768
1 800 378-1684 tech support

HeartShare—Project Share Heating Fund
Assistance with NYSEG Bills
Emergency Fuel
1-800-599-4327
www.heartshare.org/programs/energy-assistance/projectshare.htm

INSURANCE CODES

MD – Medicaid	Fidelis Care	MM – MVP Managed Medicaid
ME – Medicare	EAP – Employee Assistance Program	WC – Workman’s Compensation
BC – Blue Cross	E – Empire	HMO – Health Maintenance Organization
BS – Blue Shield	BC+ – Blue Cross Plus	SF – Sliding Fee Scale
MVP – Mohawk Valley Plan	W – Wellcare	CI – Commercial Insurance
CDPHP – Capitol District Physicians Health Plan	C – Champus	SP – Self Pay
WM – Wellcare Medicaid	VO – Value Options	NAA – North American Administration
GHI –Government Health Insurance	TC – Tri-Care	CHP – Child Health Plus

CHILDREN & ADOLESCENT SERVICES

PROVIDERS	SERVICE	INSURANCE
Bercovitz, James PhD 189 Main St. Oneonta, NY 13820 607 436-9159 & 607 353-8630	Adolescents & Children	Accepts Most Insurance
Black, Charlotte LCSW-R 143 Main St. Oneonta, NY 13820 607 432-0475	Adolescents	Accepts Most Insurance— SF
Carentz, William LCSW-R 48 Dietz St. Oneonta, NY 13820 607 432-1180	Adolescents & Children— Specializes in ADD children	Accepts Most Insurance
Clark, Debra J. LCSW-R 10 Market St. Suite 5 Oneonta, NY 13820 607 432-1914	Adolescents & Children	Me, most others, no MD
Cole, Samantha L. LCSW-R 1004 State Hwy 7 Suite B Unadilla, NY 13849 607 354-4602	Young adult / Adolescents Dialectical Behavioral Therapy DBT	SF
Dunham-Davis, Sallie LCSW-R Oneonta, NY 13820 607 433-0209	Adolescents & Chil- dren, Adolescent girls groups, Adults & Couples	BC, BS, BC+, HMO, E No MD
Donovan, Tim LCSW-R 75 Chestnut St. Oneonta, N.Y. 13820 607-432-1607	Children, Adoles- cents, Adults, Families	ME and most other insuranc- es, no MD

RESIDENTIAL SERVICES

Rehabilitation Support Services

Supervised Community Residence
& Treatment Apartment Program
57 Elm St.
Oneonta, NY 13830
607 432-1664

Supported Housing Program
9 River St.
Oneonta, NY 13820
607 433-1714

Elmwood Ave. Community Residence RSS Inc.

11 Elmwood Ave.
Oneonta, NY 13820
607-267-4302

An 8 bed residence serving boys and girls, ages 12 to 18,
who have a serious emotional disturbance.

1 respite bed

All referrals go to SPOA of
Chenango, Delaware,
Otsego, or Schoharie Counties.

CHILDREN & ADOLESCENT SERVICES

HOUSING SERVICES

Emergency Aid To Families 607-547-1700

**Catholic Charities Albany Diocese
SRO-Single Room Occupancy and Housing**
52 Maple Ave
Oneonta, NY 13820
607 436-9250

Oneonta Housing Authority
2 Mitchell St.
Oneonta, NY 13820
607 432-0170

Otsego Rural Housing
140 County Highway 33 W
Cooperstown, NY 13326
607 547-8839

Habitat For Humanity
403 Chestnut St suite B
Oneonta, NY 13820
607 432-7874

PROVIDERS	SERVICE	INSURANCE
George, Sally PhD 140 Main St Delhi, NY 13753 607-746-8899	Adolescents	Does not take MD & ME
Grappone Bill LCSW –R 10 Market St. Oneonta, NY 13820 607 432-9128	Adolescents, Children, Elderly	ME, most others
LaFrance, Ron Ed. D LMFT-R Oneonta, NY 13820 607 437-4347	Adolescent & Adult Individual, cou- ples /family	SF
Miller, Debra Ann, LCSW-R PO Box 323 Springfield Center, NY 13468 315-858-2556	Children Adolescents, trau- ma, loss, adoption	Many and SF No MD & ME
Miller, Esther LCSW-R 89-C Main St. Cooperstown, NY 13326 607 547-1303	Adolescents Specializes in transition	BC, MVP, ME No MD & ME
Mills, Ann Marie LCSW-R 3200 Chestnut St. Oneonta, NY 13820 607 436-9033	Children,	All including CHP No MD or ME
Zeien, Suzanne LCSW-R, ACSW 254 Main St. Suite 6b Oneonta, NY 13820 607 434-3032 sueannezein@yahoo.com	Adolescents & Children, Special- izing in ADD chil- dren	All except MD

ADULT SERVICES

PROVIDERS	SERVICE	INSURANCE
Bercovitz, James Ph D 189 Main St. Oneonta, NY 13820 607 436-9159 or 607 353-8630	Individual	Accepts most No Medicaid
Black, Charlotte LCSW-R 143 Main St. Oneonta, NY 13820 607 432-0475	Adults, Individual, Marital & Couples	Accepts most Insurance- SF
Carentz, William LCSW-R 48 Dietz St. Oneonta, NY 13820 607 432-1180	Anxiety Disorder, Elderly, Depression, couples, marriage, individuals.	Accepts most-call for info.
Clark, Debra J. LCSW-R 10 Market St. Suite 5 Oneonta, NY 13820 607 432-1914	Adults, Family Therapy	ME, most others, no MD Fidelis
Cole Samantha L. LCSW-R 1004 State Hwy 7 Suite B Unadilla, NY 13849 Hrs 9am-5:30 pm 607 354-4602	Women's Issues Young Adults Dialectical Behavioral Therapy DBT	SF

FURNITURE

Salvation Army Thrift Store
 105 Main St.
 Oneonta, NY 13820
 607 432-0952

EMERGENCY HOUSING

24 Hour Hotline 607 433-8318

Otsego County Department of Social Services
 Mailing Address: 197 Main St.
 Cooperstown, NY 13326
 607 547-1700 or 1 800 422-2512
 Fax : 547-1721

Physical Address: The Meadows
 140 County. Hwy. 33 W
 Cooperstown, NY

Opportunities For Otsego
 3 West Broadway
 Oneonta, NY 13820
 607 433-8000
24 hr Homeless Hotline: 607 433-8318
Hours: Monday-Friday 8:00 am-5:00 pm

Family Services Association
 277 Chestnut St.
 Oneonta, NY 13820
 607 432-2870
Hours: Monday, Tuesday & Wed.
9:30 am-12:30 & 1:30 pm- 4:30 p m
Thursday 1:30 pm- 4:30 pm
Friday by appointment only

Helpful Advocates for Housing Assistance (HAHA)
 35 Main St
 Oneonta, NY 13820
 607 433-0661

Provides assistance locating housing
Hours Tuesdays 1 p.m.—2:30 pm

EMERGENCY CLOTHING

Family Services Association

277 Chestnut St.
Oneonta, NY 13820
607 432-2870

Hours: Monday-Thursday
9:30 am-12:30 pm & 1:30 pm- 4:30 pm
Friday by appointment

Salvation Army

25 River St.
Oneonta, NY 13820
607 432-6120

Hours: Monday-Wednesday 9:30 am—3:00 pm
Tues, Thur, and Friday 9:30-4:00
Closed 12:00-1:00 for lunch

The Magic Closet- Episcopal Parish Hall

162 Main St.
Morris, NY 13808
607 263-5116, 263-5942 or 783-2715

Hours: Wed 11:00 am-1:00 pm,
Thurs 4:30 pm-6:30 pm,
Sat 11:00 am-1:00 pm

**Community Maternity Services—
Catholic Charities**

(Baby Clothes)
Mon.-Fri. 8:30– 12:30 & 1:30-4:30
176 Main Street
Oneonta, NY 13820
607-432-0061

My Neighbor's Closet

3097 County Hwy11
Hartwick, NY 1334
607 431-8320
Wednesday. & Saturday 9 am –1:00 p
Www.angelnetworkofcooperstown.org

ADULT SERVICES

PROVIDERS	SERVICE	INSUR- ANCE
Dunham- Davis, Sallie LCSW-R Oneonta, NY 13820 607 433-0209	Depression, Mixed Groups, Women’s Survivor Group	BC, BS, BC+, HMO
Donovan Tim LCSW-R) 75 Chestnut St Oneonta, N.Y. 13820 607-432-1607	Children, Adoles- cents, Adults, Fami- lies	ME and most other insurances, including Fidels no MD
George, Sally PhD. 140 Main St Delhi, NY 13753 607-746-8899	Individual, adults	Does not take MD & ME
Gerace, Nicole LCSW-R 8-12 Dietz St., suite 201 Oneonta, N.Y. 13820 607 432-9039	Individuals and Couples, Chemical Dependencies and Mental health Issues	Most, no MD
Grappone, Bill LCSW-R 10 Market St Oneonta, NY 13820 607 432-9128	Adults, gerontology , Children, Adoles- cents	ME, most others
Hegeman, Marie LCSW-R 8-12 Dietz St suite 201 Oneonta, NY 13820 607 432-9039	Chemical Dependency, short term dep., anxiety	All except MD

ADULT SERVICES

PROVIDERS	SERVICE	INSUR- ANCE
Hill, Blanche LCSW-R 143 Main St. Suite 207 Oneonta, NY 13820 607 434-6299	Individuals, Cou- ples	Please call for info.
LaFrance, Ron Ed.D LMFT-R Oneonta, NY 13820 607 437-4347	Adolescent & family	SF
Miller, Debra Ann LCSW-R P.O. Box 323 Springfield Center, NY 13468 1 315 858-2556	Adult, trauma, loss, depression, adoption	No MD. & ME
Mills, Ann Marie LCSW-R 3200 Chestnut St. suite 121 Oneonta, NY 13820 607 436-9033	Adults Individual	All including CHP No MD & ME
Shaw, Laurel LCSW-R 164 Main St. Oneonta, NY 13820 607 432-3352	Anxiety, Depres- sion, Pers. Disor- der, Sexual Abuse	All except MD
Zeien, Suzanne LCSW-R, ACSW 254 Main St. Suite 6B Oneonta, NY 13820 607 434-3032 sueannezein@yahoo.com	Anxiety, Elderly, Depression, Sex- ual Abuse	All except MD

FOOD-NUTRITIONAL Pantries

WIC– Women, Infants & Children

3 West Broadway
Oneonta, NY 13820
607 433-8071

St. Mary’s Food Pantry

38 Walnut St.
Oneonta, NY 13820
607 432-3920

Hours: Monday - Friday 11:00 am - 3:00 pm
May use once every 30 days.

St. James Food Pantry

19 Elm St
Oneonta, NY 13820
9:00 am– 2:00 pm m-f
Lords Table Feeding Program m-f 4:30—6:00 pm
607 432-1458

Presbyterian Church

25 Church St.
Cooperstown, NY 13326
607 547-8401

Cooperstown Food Bank

Presbyterian Church
25 Church St
Cooperstown, NY 13326
M-F 10 am—4:00 pm
Last Two Saturdays of the month
10:00 am -12:00 pm
607 547-8902

FAMILY SERVICES

FOOD-NUTRITIONAL MEALS

**The Lord's Table
St James Episcopal Church**

19 Elm St
Oneonta, NY 13820
607 432-1458

Hours: Monday-Friday 4:30 pm-6:00 pm

Saturday's Bread

First United Methodist Church
66 Chestnut St.

Oneonta, NY 13820

607 432-4102—Main Church

(607)435-7188 Operations Coordinator

Hours: Saturday 11:00 am-1:00 pm

Salvation Army

Meal with a Message

25 River St.
Oneonta, NY 13820

607 432-6120

Sunday, 4:00 pm after a brief service

Food pantry also available

Hours: Monday-Friday 9:30 am-12:00 pm

Otsego Community Food Pantry

290 Main St po box 55

Otsego, NY 13825

607 353-0388

Thur 3:15-5:15, Sat 11:00 -1:00

PROVIDERS	SERVICE	INSURANCE
Black, Charlotte LCSW-R 143 Main St. Oneonta, NY 13820 607 432-0475	Family Counseling, Couples, Marital Counseling	Accepts most insurance— SF
Carentz, William LCSW-R 48 Dietz St. Oneonta, NY 13820 607 432-1180	Couples, Family & Marital Counseling	No medicaid
Clark, Debra J. LCSW-R 10 Market St. Suite 5 Oneonta, NY 13820 607 432-1914	Family Counseling	Me, most others, no MD
Cole , Samantha LLCSSW-R 1004 State Hwy 7 Suite B Unadilla, NY 13849 Hrs 9 am– 5:30 pm 607 354-4602	Young adults & Families	SF
Dunham-Davis, Sallie . LCSW-R, ACSW Oneonta, NY 13820 607 433-0209	Family Counseling	BC, BS, VBH, BC+, HMO, E
Donovan, Tim LCSW-R 75 Chestnut St Oneonta, N.Y. 13820 607-432-1607	Children, Adolescents, Adults, Families	ME and most other insurances, no MD

FAMILY SERVICES

PROVIDERS	SERVICE	INSURANCE
George, Sally PhD. 140 Main St Delhi, NY 13753 607-746-8899	Couples, Family & Marital Counseling	Does not take MD & ME
Grappone, Bill LCSW-R 10 Market St. Oneonta, NY 13820 607 432-9128	Family Counseling, Children, Adolescents	most others
Hill, Blanche LCSW-R 143 Main St. Suite 207 Oneonta, NY 13820 607 434-6299	Family Counseling	SF, Please call for info.
LaFrance, Ron Ed.D LMFT-R Oneonta, NY 13820 607 437-4347	Family & Couples	SF
Miller, Debra Ann, LCSW-R PO Box 323 Springfield Center, NY 13468 315-858-2556	Adults, family, trauma, loss, adoption	Many and SF No MD or ME
Mills, Ann Marie LCSW-R 3200 Chestnut St. Oneonta, NY 13820 607 436-9033	Couples, Marital Counseling	All except MD & ME

SUPPORT AGENCIES Continued

New York Connects

140 County Highway 33 W Suite 5
Cooperstown, NY 13326
Multiple Service Needs: 607 547-4390
Referrals to long term services and supports including Home Health Services

Office for the Aging/ New York Connects

140 County Hwy 33W
Cooperstown, ny 13326 607 547-4232

Programs and Service for individuals over 60
Case management, insurance counseling,
home delivery meals , home care services,
transportation,

Jail Ministry of Otsego County

P.O. Box 1023
Cooperstown, NY 13326
Contact Ameen Aswad
607 282 2521

Case management Services
Hygiene Supplies, Clothing Vouchers, Food Vouchers, Outreach to Children of inmates
One on One counseling and spiritual support

Potter's Wheel Biblical Counseling Center

577 Greenough Rd
Cooperstown, NY 13326
607 547-9764
Contact Pastor Jack Kloshein
Free of Charge

FAMILY SERVICES

SUPPORT AGENCIES Continued

Family Resource Network

46 Oneida St
 Oneonta, NY 13820
 607 432-0001
 Mon—Friday 9:00 am– 4:00 pm

Coordinated Children’s Services Initiative (CCSI)
 Adolescent Outreach Program
 Residential Services Family Advocate

Provides wrap around services to families with children in multiple systems who are at risk

Northeast Parent and Child Society

297 River St Service Road
 Oneonta, NY 13820
 607 441-5055

Home and community based waiver program
 Therapeutic Foster Care

Mother’s and Babies Prenatal Network of SCNY

457 State St
 Binghamton, NY 13901
 800-231-0744

Family Support, Youth Support, Prenatal Support and Health Insurance enrolment assistance

United Way of Delaware and Otsego Counties

31 Maple St
 Oneonta, NY
 607 432-8006

PROVIDERS	SERVICE	INSURANCE
Zeien, Suzanne LCSW-R, ACSW 254 Main St. Suite 6B Oneonta, NY 13820 607 434-3032	Couples, Family & Marital Counseling	All except MD

PSYCHIATRISTS

PROVIDERS	SERVICE	INSURANCE
Gordon, Kenneth MD 75 Chestnut St. Oneonta, NY 13820 Mon– Thur. 8:30-6:00 pm 607 433-1663	Children, Adolescents	E, MVP, CDPHP No MD, ME

Wellness Services and Support Groups

PROVIDERS	SERVICE	INSURANCE
Mind Matters Neurofeedback Centers 189 Main Street, Suite 401, Oneonta NY 13820 (607) 432-0060 www.urmindmatters. com	neurofeedback or neurotherapy manages symptoms that are asso- ciated with Depression, Anxiety, ADHD, Fibromyagia, Migraines and a variety of other disorders.	Call for in- formation
NAMI Support Group	Support group for families and friends of people with mental ill- ness 6:00 pm first Tuesday of the month If you are interested in participating, please call our contact num- ber, (607) 326-4797	Free

SUPPORT AGENCIES Continued

Alzheimer's Association

140 County Hwy 33 W
 Cooperstown, NY 13326
 (607) 547-1650
 Help Line 1-800-272-3900

Brain Injury Association of New York State

Serves people with Brain Injury in
 Otsego, Chenango, Delaware and Schoharie Counties
 4 Pinewest Plaza Suite 402
 Albany, NY 12206
 Support Groups at Fox Care Center
 518 459-7911

Catskill Center for Independence

6104 State Hwy 23
 Oneonta, NY 13820
 607 432-8000

Information and referral services,
 TBI Waiver Services
 Architectural Barrier Consultation, Speaker Service
 Personal Care Attendant Referral

Southern Tier Independence Center

189 Main St
 Oneonta NY 13820
 (607) 222-6670
 eroller2@stic-cil.org

STIC provides free and confidential enrollment in
 Medicaid and Medicare for aged, blind and disabled.

SUPPORT AGENCIES

Catholic Charities of Delaware & Otsego Counties

176 Main St.
Oneonta, NY 13820
Main office: 607 432-0061
Community Maternity Services
Dispute Resolution
Emergency Assistance

Opportunities For Otsego Inc.

3 West Broadway
Oneonta, NY 13820
Main office: 607 433-8000

Child & Family Dev. Dept.: 607 433-8055
Women, Infants, & Children: 607 433-8071

Head Start: 607 433-3538

Crisis Intervention & Support 607 433-8038
Domestic Violence & Rape
Crisis: 607 432-8038
Homeless Hotline: 607 433-8318
Housing, Employment & Energy
Services 607 433-8048

HEAP over 60 607 433-8061
Wheels Program: 607 432 4800
Weatherization: 607 433 0444

Building Healthy Families 607 433-0444
182 Round House Rd
Oneonta, NY 13820

MEDICAL SERVICES

Bassett Healthcare

Cooperstown
1 Atwell Rd Cooperstown, NY 607 547-3456

Urgent Care Cooperstown 607-547-3456

Oneonta
125 Main St. Oneonta, NY 13820
Adult Medicine: 607 433-1790
Pediatrics: 607 433-1792

Convenient Care
Associate Drive, Oneonta 607 433-6400

Edmeston
15 Turner Lane, Edmeston, NY 1335 607 965-8900

Stamford
28650 State Highway 23 607 652-2537

Oneonta Surgeons & Specialists
Associate Drive, Oneonta 607 433-2570

Butternut Valley Health Center
West Main & Liberty, Morris 607 263-5111
PO Box 433, Morris 13808

Fox Care Center– Oneonta
1 Fox Care Drive, Suite 210, Route 7
Oneonta, NY 13820
Cyber cafe: 607 431-5198
Education, Suite 300: 607 431-5080
Fox Internal Medicine & Oncology: 607 431-5290
Oneonta Family Practice, Suite 308: 607 432-1163
Outpatient Testing Center: 607 431-5230
Patient registration: 607 431-5200
Business Office: 607 431-5202
Susquehanna Fam. Practice, Suite 103: 607 431-5757

MEDICAL SERVICES CONTINUED

Oneonta Community Free Health Center

607 433-0300

31 Main St, Oneonta

Stamford Family Practice

32-34 Main St, Stamford 12167 607 652-2000

Fax; 607 652-2423

United Health Services

179 River St

Oneonta, NY 13820

433-3484

Planned Parenthood Association of South Central New York

5 Cortland St. Norwich 607 334-6348,

Appointments & Info: 607 432-2250

Administrative Offices: 607 432-2252

37 Pleasant St Sidney 607 432-2250

130 North St Walton 607 432-2250

117 Hawley St Binghamton 607 723-8306

Public Health Nursing

140 Co Hwy 33W, suite 3

Cooperstown, NY 13326

607 547-4230

Hours: Monday –Friday 9:00 am-5:00 pm

Catskill Area Hospice & Palliative Care, Inc.

297 River St. Service Rd

Oneonta, NY 13820

607 432-5525

Hrs: 8:00 am—5:00 pm

MEDICAID DENTISTS

Fox Care Dental Associates

1 Fox Care Drive Route 7

Oneonta, NY 13820

607 433-1778

Chenango Memorial Hospital Dental Care Center

Eaton Center

32 Conkey Ave.

Norwich, NY 13815

607 337-4174

New Dimensions in Health Care

40 Wall St.

Amsterdam, NY 12010

518 843-2575

American Mobile Dental

8 Grand St.

Oneonta, NY 13820

607 432-1010

Mon– Thursday 8:00 am—5:00 pm

Friday 8:00 am—4:00 pm

Advanced Family Dentist

482 Main St

Oneonta, NY 138520

607 433-1472

Monday—Thursday 8:00 am—4:00 pm