

Website Resources

Website Announcement

Parents and educators are encouraged to attend an Ulster County Community Forum: The Fight Against the Opioid and Heroin Crisis on Tuesday, April 28 from 6-8 PM at the Ulster BOCES Conference Center, 175 Route 32 North, New Paltz, NY.

- Learn from the experts, including healthcare and law enforcement professionals, who will share tips, tools, and insight into the epidemic.
- Discover the harsh realities from a recovering addict.
- Understand the potential devastating loss from a parent's perspective.
- Connect with local agencies and collect tools and resources.

Topics covered will include: Prevention • Awareness • Identification • Consequences • Getting Help • Ongoing Support

The event is being sponsored by the Ulster County Interagency Task Force on Substance Abuse Prevention.

Feature Article

The article below can be shared on the website, featured in a building newsletter, or easily adapted to a letter home from the superintendent or building principal.

Parents Encouraged to Attend Countywide Forum on Local Opioid Drug Crisis

Parents and educators are encouraged to attend a countywide community event focused on the local opioid and heroin crisis. The event will be held at the Ulster BOCES Conference Center in New Paltz on **Thursday, April 28 from 6-8 PM**.

The event will introduce parents and educators to the realities of the local epidemic and provide tools necessary to help prevent abuse, recognize its signs, understand the consequences (from both the health and legal perspectives), get help, and find support to cope with an abuse problem or loss of a loved one.

Why Parents Need to Attend:

Deaths caused by opioid drugs, including prescriptions, over-the-counter medications, and heroin, are on a rapid rise across the nation. Locally, the epidemic is hitting hard in Ulster County, leaving families and communities devastated by the loss of loved ones and questioning, "How can this happen here?"

It's important to understand that most addictions begin in the home. Those sleeping pills and pain killers that were prescribed for legitimate reasons and those over-the-counter cold drugs that seem to be sitting harmlessly on medicine cabinet shelves often open the gates to a heroin addiction.

And the abuse can start early, at age 12 or 13 for some children, as reported by the Substance Abuse and Mental Health Services Administration, although locally the data suggests highest risk is between ages 18-23.

"The more parents know, the more they can protect their children," advises Castle. "We want to be proactive and make parents aware of the dangers and signs now so they can discuss this with their children and equip them with the tools needed to make appropriate decisions as young adults."

About the Event:

A panel of experts from across the county will share information and answer questions. Representatives from various community organizations and agencies will be set up at tables throughout the room with additional resources.

The event is being coordinated by the Ulster County Interagency Task Force on Substance Abuse Prevention, which includes representatives from the Ulster County School Superintendents Council; the Ulster County Police Chiefs Association; the Ulster County Department of Health and Mental Health; the Ulster County Prevention Council; the Ulster County District Attorney's Office; and the Greater New Paltz Community Partnership.

Ulster BOCES is located at 175 Route 32 North, New Paltz, New York.

#

Links to Valuable Online Resources

Is Your Medicine Cabinet Safe?

<https://www.oasas.ny.gov/publications/pdf/MedicineCabBrochure.pdf>

Is Your Child Misusing Prescription Drugs or Over-the-Counter Medications?

<https://www.oasas.ny.gov/publications/pdf/PrescriptionDrugUseBrochure.pdf>

How to Know? I Think My Child is Using Alcohol and/or Drugs

<https://www.oasas.ny.gov/publications/pdf/I Think Using.pdf>

What to Do? I Know my Child is Using Alcohol and/or Drugs

<https://www.oasas.ny.gov/publications/pdf/I Know Using.pdf>

Kitchen Table Toolkit for Talking with Your Child About Drugs

<https://www.combatheroin.ny.gov/kitchen-table-toolkit>

New York State Office of Alcoholism & Substance Abuse Services

<https://www.oasas.ny.gov/>

List of Local Licensed Human Services Agencies and Providers

This Local Resource and Service Provider List contains the licensed human service organizations that are here to assist adults, families, and youth residing within the greater New Paltz community and Ulster County, New York.

If you are experiencing a mental health related emergency, please contact:

- Mobile Mental Health Team [1-844-277-4820],
- Family of Woodstock Helpline
[845-679-2485 or 845-338-2370],
- Dial 911, or
- Visit your nearest emergency room.

Mobile Mental Health Crisis Team

The Mobile Mental Health Crisis Team in Ulster County is a team of highly trained professionals who can be called upon when stress, depression or other mental health issues create a personal crisis. The Mobile Mental Health Team is currently available seven days a week from 1PM - 11PM. **Call: 1-844-277-4820**

Arms Acres (www.armsacres.com)

Arms Acres is a private health care system providing the highest quality professional treatment to those suffering from chemical dependency, co-occurring medical and mental health disorders, and to those whose lives are impacted by the disease of addiction. Services are provided to diverse populations using the latest innovations in evidence-based practices in a caring and respectful environment.

Call: 1-844-225-3400

Astor Services for Children & Families

(www.astorservices.org)

Astor Services for Children & Families is a community based, non-profit organization that provides children's mental health services, child welfare services, and early childhood development programs. Astor has numerous offices within Ulster County, including New Paltz, and the Mid-Hudson Valley region.

Call: 1-844-225-3400

Family of Woodstock / New Paltz

(www.FamilyofWoodstock.org)

Family of Woodstock, Inc. is a network of individuals, paid and volunteer, whose mission is to provide confidential and fully accessible crisis intervention, information, prevention, and support services to address the needs of individuals and families. The scope of the agency's vision allows us to bring to bear resources to address a broad spectrum of human problems. **Call: 845-331-7080**

Institute for Family Health (www.institute.org)

The mission of the Institute for Family Health is to improve access to high quality, patient-centered primary health care targeted to the needs of medically underserved communities. The Institute community health care centers (available locally within New Paltz and Kingston) include primary care, behavioral health, dental and social services. **Call: 845-255-2930**

Mental Health Association in Ulster County

(www.mhainulster.com)

MHA is an education, advocacy and service organization that is dedicated to helping all citizens reach their optimal mental health. We work to raise awareness about mental illness, advocate for improvements in the mental health system and provide care to people facing mental health challenges. MHA has operated in our community for over 50 years and provides a wide array of services that includes, but not limited to: ACT, Health Home Care Coordination, Wellness activities, Home and Community Based Services, Residential, therapeutic foster care, supported education, information and referral, respite and support groups. **Call: 845-339-9090**

NAMI Mid-Hudson (www.namimidhudson.org)

The National Alliance on Mental Illness (NAMI) is one of the largest mental health organizations in the nation. NAMI provides support and free, evidence-based, peer delivered programs. NAMI advocates for families/caregivers and individuals that are affected by mental illness. NAMI Mid-Hudson is the local affiliate providing services in Dutchess and Ulster Counties. **Call: 845-206-9892**

Never Alone

Never Alone is a private Residential Rehabilitation Services for Youth program serving adolescents affected by chemical dependency. Extensive family program is offered. Our clients learn structure in a loving, nurturing environment designed to teach maturity and a substance free lifestyle. **Call: 845-339-4272**

New Paltz Youth Program

(www.newpaltzyouthprogram.org)

The NPYP has been a community resource since 1989 and offers extensive services to area youth and their families. In addition to being thoroughly knowledgeable in all Ulster County services, the staff of the youth program can assist in the following: crisis intervention, family mediation, individual counseling, case management, educational training, tutoring, and more. **Call: 845-255-5140**

PEOPLE, Inc. (www.projectstoempower.org)

PEOPLE, Inc. is a peer-run not-for-profit agency that advocates with and provides recovery-oriented services to people living with mental health issues. We are an agency made up of people with their own personal lived experiences with mental illness, psychiatric diagnoses, trauma, crisis, and recovery. We use our mutuality - the shared elements of our stories - to inspire and guide people towards lives of wellness, and our collective voices and imaginations drive communities towards better public health through innovation and alternatives. We provide a diverse range of services, including advocacy, peer support, supported housing, mobile recovery & wellness coaching, peer-run hospital alternatives (Rose Houses), benefits and employment counseling, psych. hospital advocacy and bridging, and care coordination. **Call: 845-331-4965**

Step One (www.step1ny.org)

Step One is a comprehensive outpatient substance abuse program licensed by OASAS that offers a comprehensive assessment, diagnosis and treatment of substance abusing individuals and their significant others. **Call: 1-877-435-7410**

Wellness Recovery (www.wellnessrecovery.org)

The information posted on this site is a collection of Ulster County resources (medical, mental health, substance abuse, etc.) designed to help individuals craft their own individual plans for wellness and recovery.