

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.***

Table Of Contents

Single Point of Access (SPOA)..... 1
 Emergency Services..... 2
 Crisis Intervention..... 3
 Warm Line..... 3
 Care Management 4
 Mobile Integration Team..... 5
 Veterans Services 6
 Outpatient Counseling– Adults..... 7
 Outpatient Counseling– Children..... 8
 Inpatient Services..... 9
 Substance Abuse– Clinical Services..... 10
 Substance Abuse– Support Services..... 11
 Private Practitioners..... 12-21
 Wellness Services 22
 Medical Services..... 23-24
 Medicaid Dental Services..... 25
 Support Agencies..... 26-279
 Food-Nutritional Services..... 30-31
 Emergency Clothing 32
 Furniture 32
 Emergency Housing..... 33
 Housing Services..... 34
 Residential Services..... 35
 Housing Assistance..... 36
 Education..... 37-38
 Employment Training & Support..... 39-40
 Rehabilitation..... 41
 Library..... 41
 Family Support..... 42
 Day Care and Parenting Support..... 42
 Legal and Advocacy Assistance..... 43
 Transportation..... 44
 Acknowledgements..... 45

**To receive a copy or copies
 of this guide or to request
 changes &/or additions
 write, call or stop by:**

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

Phone: 607 433-1714 ext. 201

**Or download a copy from our
 website
www.otsegocep.org**

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.

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

M&M Taxi—medivan Accepts Medicaid
607 435-4102
607 435-0609

Otsego County Community Services
Single Point of Access

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.

Lorraine Bosma, 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

LEGAL and ADVOCACY ASSISTANCE

Legal Services of Central New York, Inc.
472 South Salina 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

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

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 203

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

REHABILITATION

Mountain View Social Club / Wellness Center

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

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

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

Catskill Center for Independence

P.O. Box 1247
Oneonta, NY 13820
607 432-8000

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

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

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.

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

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

EMPLOYMENT TRAINING

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

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

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

**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

The Meadows

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

INPATIENT 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

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.

HOUSING SERVICES

Emergency Aid To Families 607-547-1700

**Catholic Charities of Housing Office
SRO-Single Room Occupancy**

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

403B Chestnut St
Oneonta, NY 13820
607 432-7874

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

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

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**

EMERGENCY CLOTHING

Family Services Association

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

**Hours: Monday, Tuesday & Wed.
9:30 am-12:30 pm & 1:30 pm- 4:30 pm
Thursday 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

FURNITURE

Salvation Army Thrift Store

105 Main St.
Oneonta, NY 13820
607 432-0952

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 & 607 433-0436 | 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 31 Main St 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 |

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

305 Main 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 Sat 12-12 noon pm
Last Two Saturdays of the month
10:00 am -12:00 pm
607 547-8902

FOOD-NUTRITIONAL MEALS

The Lord’s Table
St James Episcopal Church
 305 Main 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 Chruch
 (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

CHILDREN & ADOLESCENT SERVICES

| PROVIDERS | SERVICE | INSURANCE |
|---|---|----------------------------------|
| George, Sally PhD 140 Main St Delhi, NY 13753 607-746-8890 | 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 31 Main St Oneonta, NY 13820 607 437-4347 | Adolescent & Adult Individual, couples /family | SF |
| Miller, Debra Ann, LCSW-R PO Box 323 Springfield Center, NY 13468 315-858-2556 | Children Adolescents, trauma, 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 607 432-9295 | 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, Specializing in ADD children | All except MD |

ADULT SERVICES

| PROVIDERS | SERVICE | INSURANCE |
|---|--|--------------------------------|
| Bercovitz, James Ph D 189 Main St. Oneonta, NY 13820 607 436-9159 or 607 433-0436 | 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 |

SUPPORT AGENCIES Continued

New York Connects

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

Office of the Aged/ New York Connects

403 Chestnut St
 Oneonta, NY 13820 607 432-9041

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

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

ADULT SERVICES

| PROVIDERS | SERVICE | INSURANCE |
|--|---|--|
| Dunham- Davis, Sallie LCSW-R 31 Main St 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, Adolescents, Adults, Families | ME and most other insurances, including Fidels no MD |
| George, Sally PhD. 140 Main St Delhi, NY 13753 607-746-8890 | 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, Adolescents | 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 31 Main St 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 607 432-9295 | 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 |

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
10 Colvin Ave.
Albany, NY 12206
Support Groups at Fox Care Center
518 459-7911

Community Action Partnership (CAP)

176 Main St
Oneonta, NY 13820
(607)432-0061

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: 607 433-8055

Oneonta Head Start: 607 432-8055

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 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

FAMILY SERVICES

| 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 LLCSW-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 31 Main St. 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 607-746-8890 | 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 31 Main St 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 or 432-9295 | Couples, Marital Counseling | All except MD & ME |

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 & 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

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

FAMILY SERVICES

| 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 associated with Depression, Anxiety, ADHD, Fibromyagia, Migraines and a variety of other disorders. | Call for information |
| Depression & Bipolar Support Group Christ Church 69 Fair St 70 Cooperstown, NY Info (607) 547-9555 | Meetings: 1st & 3rd Monday of the Month | Free |
| PALS Peer Alliance League | Support group meeting at Fox Care 5:00 pm on First and third Tuesday of each month | Free |
| NAMI Support Group | Support group for families of people with mental illness Fox Care 6:00 pm first Tuesday of the month | Free |

MEDICAL SERVICES

Bassett Healthcare

| | |
|--|--|
| Cooperstown 1 Atwell Rd Cooperstown, NY 3456 | 607 547- |
| Oneonta 125 Main St. Oneonta, NY 13820 Adult Medicine: Pediatrics: | 607 433-1790 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 PO Box 433, Morris 13808 | 607 263-5111 |
| Fox Care Center– Oneonta 1 Fox Care Drive, Suite 210, Route 7 Oneonta, NY 13820 Cyber cafe: Education, Suite 300: Fox Internal Medicine & Oncology: Oneonta Family Practice, Suite 308: Outpatient Testing Center: Patient registration: Business Office: Susquehanna Fam. Practice, Suite 103: | 607 431-5198 607 431-5080 607 431-5290 607 432-1163 607 431-5230 607 431-5200 607 431-5202 607 431-5757 |