

# **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](mailto: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](http://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 where 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

## **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](http://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](mailto: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  
607 547-4245

### **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

### **Spring brook**

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](http://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](mailto: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](mailto: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

**Spring brook**

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](http://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](http://www.heartshare.org/programs/energy-assistance/projectshare.htm)**

**INSURANCE CODES**

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

## CHILDREN & ADOLESCENT SERVICES

PROVIDERS	SERVICE	INSURANCE
<b>Bercovitz, James PhD</b> 189 Main St. Oneonta, NY 13820 607 436-9159 & 607 353-8630	Adolescents & Children	Accepts Most Insurance
<b>Black, Charlotte LCSW-R</b> 143 Main St. Oneonta, NY 13820 607 432-0475	Adolescents	Accepts Most Insurance— SF
<b>Carentz, William LCSW-R</b> 48 Dietz St. Oneonta, NY 13820 607 432-1180	Adolescents & Children— Specializes in ADD children	Accepts Most Insurance
<b>Clark, Debra J. LCSW-R</b> 10 Market St. Suite 5 Oneonta, NY 13820 607 432-1914	Adolescents & Children	Me, most others, no MD
<b>Cole, Samantha L. LCSW-R</b> 1004 State Hwy 7 Suite B Unadilla, NY 13849 607 354-4602	Young adult / Adolescents Dialectical Behavioral Therapy DBT	SF
<b>Dunham-Davis, Sallie LCSW-R</b> 31 Main St Oneonta, NY 13820 607 433-0209	Adolescents & Chil- dren, Adolescent girls groups, Adults & Couples	BC, BS, BC+, HMO, E No MD
<b>Donovan, Tim LCSW-R</b> 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
<b>George, Sally PhD</b> 140 Main St Delhi, NY 13753 607-746-8899	Adolescents	Does not take MD & ME
<b>Grappone Bill LCSW –R</b> 10 Market St. Oneonta, NY 13820 607 432-9128	Adolescents, Children, Elderly	ME, most others
<b>LaFrance, Ron Ed. D LMFT-R</b> 31 Main St Oneonta, NY 13820 607 437-4347	Adolescent & Adult Individual, cou- ples /family	SF
<b>Miller, Debra Ann, LCSW-R</b> PO Box 323 Springfield Center, NY 13468 315-858-2556	Children Adolescents, trauma, loss, adoption	Many and SF No MD & ME
<b>Miller, Esther LCSW-R</b> 89-C Main St. Cooperstown, NY 13326 607 547-1303	Adolescents Specializes in transition	BC, MVP, ME No MD & ME
<b>Mills, Ann Marie LCSW-R</b> 3200 Chestnut St. Oneonta, NY 13820 607 436-9033	Children,	All including CHP No MD or ME
<b>Zeien, Suzanne LCSW-R, ACSW</b> 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
<b>Bercovitz, James Ph D</b> 189 Main St. Oneonta, NY 13820 607 436-9159 or 607 353-8630	Individual	Accepts most No Medicaid
<b>Black, Charlotte LCSW-R</b> 143 Main St. Oneonta, NY 13820 607 432-0475	Adults, Individual, Marital & Couples	Accepts most Insurance— SF
<b>Carentz, William LCSW-R</b> 48 Dietz St. Oneonta, NY 13820 607 432-1180	Anxiety Disorder, Elderly, Depression, couples, marriage, individuals.	Accepts most—call for info.
<b>Clark, Debra J. LCSW-R</b> 10 Market St. Suite 5 Oneonta, NY 13820 607 432-1914	Adults, Family Therapy	ME, most others, no MD Fidelis
<b>Cole Samantha L. LCSW-R</b> 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

## 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

**FURNITURE**

**Salvation Army Thrift Store**

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

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**ADULT SERVICES**

<b>PROVIDERS</b>	<b>SERVICE</b>	<b>INSURANCE</b>
<b>Dunham- Davis, Sallie LCSW-R</b> 31 Main St Oneonta, NY 13820 607 433-0209	Depression, Mixed Groups, Women’s Survivor Group	BC, BS, BC+, HMO
<b>Donovan Tim LCSW-R)</b> 75 Chestnut St Oneonta, N.Y. 13820 607-432-1607	Children, Adolescents, Adults, Families	ME and most other insurances, including Fidels no MD
<b>George, Sally PhD.</b> 140 Main St Delhi, NY 13753 607-746-8899	Individual, adults	Does not take MD & ME
<b>Gerace, Nicole LCSW-R</b> 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
<b>Grappone, Bill LCSW-R</b> 10 Market St Oneonta, NY 13820 607 432-9128	Adults, gerontology , Children, Adolescents	ME, most others
<b>Hegeman, Marie LCSW-R</b> 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
<b>Hill, Blanche LCSW-R</b> 143 Main St. Suite 207 Oneonta, NY 13820 607 434-6299	Individuals, Cou- ples	Please call for info.
<b>LaFrance, Ron Ed.D LMFT-R</b> 31 Main St Oneonta, NY 13820 607 437-4347	Adolescent & family	SF
<b>Miller, Debra Ann LCSW-R</b> P.O. Box 323 Springfield Center, NY 13468 1 315 858-2556	Adult, trauma, loss, depression, adoption	No MD. & ME
<b>Mills, Ann Marie LCSW-R</b> 3200 Chestnut St. suite 121 Oneonta, NY 13820 607 436-9033	Adults Individual	All including CHP No MD & ME
<b>Shaw, Laurel LCSW-R</b> 164 Main St. Oneonta, NY 13820 607 432-3352	Anxiety, Depres- sion, Pers. Disor- der, Sexual Abuse	All except MD
<b>Zeien, Suzanne LCSW-R, ACSW</b> 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

PROVIDERS	SERVICE	INSURANCE
<b>Black, Charlotte LCSW-R</b> 143 Main St. Oneonta, NY 13820 607 432-0475	Family Counseling, Couples, Marital Counseling	Accepts most insurance— SF
<b>Carentz, William LCSW-R</b> 48 Dietz St. Oneonta, NY 13820 607 432-1180	Couples, Family & Marital Counseling	No medicaid
<b>Clark, Debra J. LCSW-R</b> 10 Market St. Suite 5 Oneonta, NY 13820 607 432-1914	Family Counseling	Me, most others, no MD
<b>Cole, Samantha LLCSW-R</b> 1004 State Hwy 7 Suite B Unadilla, NY 13849 Hrs 9 am– 5:30 pm 607 354-4602	Young adults & Families	SF
<b>Dunham-Davis, Sallie . LCSW-R, ACSW</b> 31 Main St. Oneonta, NY 13820 607 433-0209	Family Counseling	BC, BS, VBH, BC+, HMO, E
<b>Donovan, Tim LCSW-R</b> 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
<b>George, Sally PhD.</b> 140 Main St Delhi, NY 13753 607-746-8899	Couples, Family & Marital Counseling	Does not take MD & ME
<b>Grappone, Bill LCSW-R</b> 10 Market St. Oneonta, NY 13820 607 432-9128	Family Counseling, Children, Adolescents	most others
<b>Hill, Blanche LCSW-R</b> 143 Main St. Suite 207 Oneonta, NY 13820 607 434-6299	Family Counseling	SF, Please call for info.
<b>LaFrance, Ron Ed.D LMFT-R</b> 31 Main St Oneonta, NY 13820 607 437-4347	Family & Couples	SF
<b>Miller, Debra Ann, LCSW-R</b> PO Box 323 Springfield Center, NY 13468 315-858-2556	Adults, family, trauma, loss, adoption	Many and SF No MD or ME
<b>Mills, Ann Marie LCSW-R</b> 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 of the Aging/ New York Connects**

403 Chestnut St  
Oneonta, NY 13820 607 432-9041

Programs and Service for individuals over 60  
Case management, insurance counseling,

### **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
<b>Zeien, Suzanne</b> <b>LCSW-R, ACSW</b> 254 Main St. Suite 6B Oneonta, NY 13820 607 434-3032	Couples, Family & Marital Counseling	All except MD

## PSYCHIATRISTS

PROVIDERS	SERVICE	INSURANCE
<b>Gordon, Kenneth MD</b> 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
<b>Mind Matters Neurofeedback Centers</b>  189 Main Street, Suite 401, Oneonta NY 13820 <b>(607) 432-0060</b>  <b><i>www.urmindmatters.</i></b>	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
<b>NAMI Support Group</b>	Support group for families and friends of people with mental ill- ness  Fox Care 6:00 pm first Tuesday of the month	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