

## Ulster County Resource List

### COVID-19 Information:

#### **Ulster County Department of Health**

- Ulster County COVID-19 Hotline: 845-443-8888/ Monday-Saturday 9:00am-5:00pm  
<https://covid19.ulstercountyny.gov/>

#### **New York State Department of Health**

- COVID-19 Emotional Support Hotline for mental health counseling: 844-863-9314  
<https://coronavirus.health.ny.gov/home>

### Crisis Intervention/Assistance:

#### **Ulster County Crisis Intervention**

- Hotline: 845-338-2370

#### **Mobile Mental Health Ulster County**

- Available to assist county residents, school districts, police, ambulance personnel and other first responders as they respond to mental health crisis issues.
- 844-277-4820/ 7 days a week 10:00am-10:00pm

### Food Insecurity/Assistance:

#### **Family of Woodstock**

- Crisis hotline: Call 24/7 or Text to 845-679-2485

#### **Family of New Paltz**

- Emergency food resources
- Monday-Thursday 10:00am-5:00pm/ Friday 10:00am-4:00pm  
<https://www.familyofwoodstockinc.org/>

#### **Project Resilience**

- Ulster County-wide community partnership to bring food and other assistance to those who cannot afford it or who cannot leave home during the COVID-19 outbreak.  
[https://forms.office.com/Pages/ResponsePage.aspx?id=0WrrnsA12ESOi\\_DlxEyioxtynIO7HpVFvTmeMHIXhMIUOENDNTIWUzkwQ0dORjM3QUlMSVRBVE41MiQlQCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=0WrrnsA12ESOi_DlxEyioxtynIO7HpVFvTmeMHIXhMIUOENDNTIWUzkwQ0dORjM3QUlMSVRBVE41MiQlQCN0PWcu)

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### Mental Health Services:

#### **Astor Services for Children & Families**

- Conducting services remotely, including intakes and medication management.
- Early childhood development programs, Community-based mental health program, Residential treatment programs.

<https://www.astorservices.org/programs/hudson-valley-counseling-center-locations/>

### Individual Narcan Kits/Training:

#### **Institute for Family Health**

- Available to provide individual and group Overdose Responder training as well as arrange for pickup of a free Narcan training/ Contact Tom McCarry at 646-648-2551.

### Substance Use Disorder Treatment:

#### **Step One**

- Conducting services remotely
- Step One is a comprehensive outpatient Substance Abuse Program licensed by OASAS that offers a wide range of treatment options for individuals with Substance abuse or dependence and their family members/significant others.

<https://www.step1ny.org/>

### Recovery Support:

#### **12 Step meetings**

- Offering virtual meetings online

<http://aa.org>

<http://na.org>

#### **Recovery Link**

- Offering virtual recovery meetings, recovery yoga, cross-fit, guided meditation, and more.

<http://myrecoverylink.com/digital-recovery-support/>

#### **Samadhi Center**

- Certified Recovery Peer Advocates available to help for any addiction emergency and peer counseling/ Call 24/7 855-726-2344.

<https://samadhiny.org>

## Ulster County Resource List

### Wellness Collective

- Offers individual, family and community member recovery support services. They are hosting the following meetings online during the COVID19 crisis. Meetings are free and everyone is welcome!
- Harm Reduction Works (HRW) Zoom Meeting/ Mondays @ 12:00pm
- Family Member Support & Education Group Zoom Meeting/ Tuesdays @ 6:30pm

<https://www.ourwellnesscollective.com>

### Additional Supports and Resources:

#### College Prevention Coordinator – Jackie Cirello

- Can connect students to alcohol/ substance use, recovery and other resources on campus and in the community.
- 845-257-3028/ [cirelloj@newpaltz.edu](mailto:cirelloj@newpaltz.edu)

<https://www.newpaltz.edu/aod/>

#### Hudson Valley LGBTQ Community Center

- Provides services, professional resources, and programs that unite the lesbian, gay, bisexual, transgender, and queer/ questioning community across lines of age, race, gender, and economics.
- COVID-19 resources: <https://lgbtqcenter.org/news/covid/>

<https://lgbtqcenter.org/>

#### New Paltz Youth Program

- Free Remote Tutoring Program for K-12 via Zoom, Facetime, or preferred medium with flexible scheduling
- 845-325-2593/ [newpaltzyp@gmail.com](mailto:newpaltzyp@gmail.com)

[www.npyp.org](http://www.npyp.org)

#### Town of New Paltz – Office for Community Wellness

- Serves as a local resource for those seeking information, referral and support. Please contact Phoenix Kawamoto, Community Education Coordinator, either via e-mail at [pkawamoto@townofnewpaltz.org](mailto:pkawamoto@townofnewpaltz.org), or their mobile number at 845-275-5413. Information and resources are available at the website: <http://npcommunitywellness.org>.