

ROUTES TO RECOVERY

This booklet is intended to connect people in Clinton, Essex, and Franklin counties with local and online resources related to substance abuse. Please be aware that addresses, telephone numbers, and websites may change. However, the free app version of the Routes to Recovery information for your mobile device will be updated more frequently. Scan the QR code or use the link below to download the app.

Android™



iOS™ devices



<http://cefls.libguides.com/routes-to-recovery>

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Who We Are

The Clinton-Essex-Franklin Library System not only functions as a support to the 33 local libraries and reading centers in the region, but also provides a direct connection to enhanced library services for the organizations, groups, and individuals of Northeastern New York. We provide leadership and advocacy for libraries, as well as coordinate interlibrary loan and information distribution within our member libraries and to the global library network. By providing resources to the population free of charge on both a regional and state level, we ensure that people have access to information regardless of their circumstances or situation. Not only can people borrow books and many other materials, but libraries also offer free Internet access. Our focus on resource sharing, cooperative delivery of goods and services, and collaborative project management, coupled with new information technology, means we can deliver thousands of dollars' worth of resources and materials at a fraction of the cost, bringing the best possible library services at the best possible value to each and every person.

Contact Us

Clinton • Essex • Franklin Library System

33 Oak Street Plattsburgh, NY 12901

Phone: (518) 563-5190

Email: abouchard@cefls.org

Email: dfuller@cefls.org

<http://www.cefls.org>

<https://www.facebook.com/CEFLS>

<http://www.twitter.com/CEFLSTweets>

If you see anything that is incorrect in this booklet, please feel free to contact us. Last revised on May 4, 2017.

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SUBSTANCE ABUSE

Search for treatment providers near you:

Online: findtreatment.samhsa.gov

or

Call: 1-800-662-HELP

2-1-1 – Adirondacks New York

2-1-1 is a telephone number to call for free, confidential information and referral to connect people with services.

Phone: 2-1-1 (from service area)

Toll-free: 1-888-774-0289

<https://211adirondackregion.communityos.org/cms>

Alcoholics Anonymous

For concerns with a drinking problem, more information about Alcoholics Anonymous, or to find A.A. near you.

Plattsburgh – District 10 Answering Service

Phone: (518) 561-8444

Saranac Lake – District 10 Answering Service

Toll-free: 1-800-281-1190

Waverly – Sayre Waverly Valley Intergroup 24-hour Hotline

Toll-free: 1-800- 233-3840

<http://www.aa.org/>

Champlain Valley Family Center

Dedicated to providing substance abuse treatment, prevention, education and related support programs to promote the well-being and quality of life for the residents of Clinton County, NY.

20 Ampersand Drive

Plattsburgh, NY 12901

Phone: 518-561-8480

Plattsburgh, NY 12901

Satellite Clinic

SUNY Plattsburgh Students

Hawkins Hall 53E

Phone: 518-561-8480

<http://cvfamilycenter.org/index.php>

Clinton County Mental Health and Addiction Services

Outpatient clinic serving Clinton County residents who struggle with alcohol or drug addiction as well as mental health and co-occurring disorders. Offers an integrative approach to treatment by addressing all aspects of recovery. Supportive services are also available for family members.

130 Arizona Avenue, Suite 1500

Plattsburgh, NY 12903

Phone: (518) 565-4060

<http://www.clintoncountygov.com/departments/MHAS/ASmain.html>

Conifer Park

Offers a variety of services to adults and adolescents with drinking or drug abuse problems. They provide chemical dependency treatment for the general population as well as those with specialized treatment needs including methadone induction and maintenance.

80 Sharron Avenue, Suite 3

Plattsburgh, NY 12901

Phone: (518) 561-1447

<http://www.coniferpark.com/plattsburgh-outpatient-clinic>

Narcotics Anonymous

Offers recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle.

<http://www.naws.org/meetingsearch>

<http://www.club12ofplattsburgh.org/links-2>

NA Meeting Search App

Apple App Store:

<https://itunes.apple.com/us/app/na-meeting-search/id627643748?mt=8>

Android Google Play Store:

<https://play.google.com/store/apps/details?id=org.na.naapp&hl=en>

PROS [Personalized Recovery Oriented Services]

PROS partners with individuals who are in recovery from mental illness and substance abuse by providing an array of services using integrative approaches in rehabilitation and counseling. PROS is committed to helping individuals achieve goals in work, education, housing, and developing a healthier lifestyle.

PROS utilizes Integrated Treatment for dual disorders [IDDT], an evidence based practice designed to address mental health and substance abuse needs of persons with co-occurring disorders simultaneously. The primary modes of treatment are: motivational, cognitive behavioral and harm reduction approaches.

2155 State Route 22-B
Morrisonville, NY 12962
Phone: (518) 563-8000

St. Joseph's Addiction Treatment & Recovery Centers

Offers an integrated approach to addiction treatment by addressing all aspects of personal recovery through individualized lengths-of-stay, extensive family services, mental health services for co-occurring disorders, spirituality, recreation therapy, a statewide supportive fellowship network, specialized services for women, and a focus on the needs of clients involved in the legal system.

159 Glenwood, PO Box 470

Saranac Lake, NY 12983

Phone: (518) 891-3950

Toll-free: 1-877-813-8647

<http://www.stjoestreatment.org/>

Outpatient clinics in Malone, Elizabethtown, Keeseville, & Ticonderoga, Lake Placid, Saranac Lake, Massena

Substance Abuse Prevention Team of Essex County, Inc.

A non-profit agency leading the way in Alcohol, Tobacco and Other Drugs (ATOD) education and prevention services for Essex County in Northeastern New York.

173 Lord Howe Street,

Ticonderoga, NY 12833

Phone: (518) 585-7424

Email: Team@PreventionTeam.Org

www.preventionteam.org

Veterans Residential Program

In order to receive services, an individual must be a male who has had military experience and who has been diagnosed with a substance use disorder.

444 Kiwassa Road

Saranac Lake, NY 12983

Phone: (518) 891-8387

Saint Regis Mohawk Tribe**Alcohol/Chemical Dependency Outpatient Program**

Offers services for alcohol/chemically dependent individuals including drug/alcohol assessments, outpatient treatment, aftercare services, codependency treatment, and relapse prevention treatment. Therapies used are 12-step based counseling, cognitive behavioral and motivational interviewing.

25 Saint Regis Road

Hogansburg, NY 13655

Phone: (518) 358-3141 ext. 160

http://www.srmt-nsn.gov/divisions/indian_health_service/alcohol_chemical_dependency_outpatient_program/

Support Group - Never Lose Hope: Learn to Cope

“Our mission is to Support, Educate, and Advocate family and friends of opioid users. We must stand together and break the walls of stigma one by one.”

When: Every 1st and 3rd Wednesday of each month
6:00 pm – 7:00 pm

Where: CVPH Medical Center, Auditorium A

Tobacco-Free Clinton Franklin and Essex Counties

Work to foster environments supportive of policies that reinforce the tobacco-free norm in communities throughout New York State.

20 Ampersand Drive

Plattsburgh, NY 12901

Phone: (518) 570-7784

Fax: (518) 566-6382

Email: tobaccofree@cvfamilycenter.org

MENTAL HEALTH SERVICES

Search for treatment providers near you:

Online: findtreatment.samhsa.gov

or

Call: 1-800-662-HELP

2-1-1 – Adirondacks New York

2-1-1 is a telephone number to call for free, confidential information and referral to connect people with important services.

Phone: 2-1-1 (from service area)

Toll-free: 1-888-774-0289

<https://211adirondackregion.communityos.org/cms>

Behavioral Health Services North (BHSN)

Dedicated to strengthening individuals, families and community life by providing an array of mental health, substance abuse and community support and prevention services. BHSN offers a wide range of housing options for adults with behavioral health issues, therapeutic foster care and children’s respite services, care management for children and adults, mental health clinical services for children, families and adults, Eldercare, Domestic Violence, Home Visitation, Employee Assistance Services, Adventure Based Counseling, Supported Education and Employment services.

BHSN Adult Housing: (518) 563-0575

BHSN Mental Health Clinic services: (518) 563-8000

All other BHSN services/Administration:

22 US Oval Suite 218

Plattsburgh NY 12903

Phone: (518) 563-8206

<http://www.bhsn.org/>

Catholic Charities

Welcomes families, couples, groups and individuals of all ages regardless of race, gender, religious affiliation or income level. Staff consists of professional counselors and social workers who deal with general issues.

57 Rennie Street, Malone, NY 12953
Phone: (518) 483-1460

Citizen Advocates Inc.

North Star Behavioral Health Services

Features a wide array of comprehensive services provided to all age levels and needs including integrated behavioral health outpatient services for mental health and substance use problems.

31 Sixth Street	70 Edgewood Road
Malone, NY 12953	Saranac Lake, NY 12983
Phone: (518) 483-3261	Phone: (518) 891-5535

<http://www.citizenadvocates.net/>

Clinton County Mental Health and Addiction Services

Outpatient clinic serving Clinton County residents who struggle with alcohol or drug addiction as well as mental health and co-occurring disorders. Offers an integrative approach to treatment by addressing all aspects of recovery. Supportive services are also available for family members.

130 Arizona Avenue, Suite 1500
Plattsburgh, NY 12903
Phone: (518) 565-4060
<http://www.clintoncountygov.com/departments/MHAS/MHClinic.html>

Essex County Mental Health Services

Any Essex County resident can be referred to the Essex County Mental Health Clinic - a professional referral is not necessary.

P.O. Box 8, 7513 Court Street

Elizabethtown, NY 12932

Phone: (518) 873-5670

24-Hour Phone: 1-888-854-3773

<http://www.co.essex.ny.us/MHReceivingServices.asp>

Franklin County Community Services/Mental Health

Franklin County Community Services manages a system of agencies that provide mental health programs throughout the county.

70 Edgewood Road

Saranac Lake, NY 12983

Phone: (518) 891-2280

<http://franklincony.org/content/Departments/View/33>

Mental Health Association in Essex County, Inc.

Advocates and assists adults with emotional or psychiatric challenges on their road to recovery, dignity, and independence.

6096 NYS Route 9N

Westport, NY 12993

Phone: (518) 962-2077

<http://www.mhainessex.com/>

NAMI-Champlain Valley

Provides free education, advocacy, and support services to all those affected by brain disorders – including serious mental illnesses and/or emotional/behavioral disorders – in Clinton, Franklin, and Essex Counties.

304 New York Road
Plattsburgh, NY 12903
Phone: (518) 561-2685
Fax: (518) 536-9898
Email: namiofcv@aol.com
<http://nami-cv.org/home>

PROS [Personalized Recovery Oriented Services]

PROS partners with individuals who are in recovery from mental illness by providing an array of services using integrative approaches in rehabilitation and counseling. PROS is committed to helping individuals achieve goals in work, education, housing, and developing a healthier lifestyle.

Integrated Treatment for dual disorders [IDDT] is an evidence based practice designed to address mental health and substance abuse needs of persons with co-occurring disorders simultaneously. The primary modes of treatment are: motivational, cognitive behavioral and harm reduction approaches.

2155 State Route 22-B
Morrisonville, NY 12962
Phone: (518) 563-8000

Saint Regis Mohawk Mental Health Clinic

Provides confidential outpatient mental health services for children and adults.

412 State Route 37

Hogansburg, NY 13655

Phone: (518) 358-3141 ext. 160

Toll free: 1-800-647-7839 ext. 160

http://www.srmt-nsn.gov/divisions/indian_health_service/mental_health_kanikonriihne_good_mind_counseling/

FOOD AND CLOTHING

Catholic Charities

Clinton/Essex
43 Durkee Street, Suite 300B
Plattsburgh, NY 12901
Phone: (518) 561-0470

Clinton County WIC Program

133 Margaret Street
Plattsburgh, NY 12901
Phone: (518) 565-4830
Hours: Monday-Friday 8:00am-4:30pm
<http://www.clintonhealth.org/wic/>

Essex County WIC Program

132 Water Street
Elizabethtown, NY 12932
Phone: (518) 873-3560
<https://www.co.essex.ny.us/ecph/wic/>

Franklin County Health Department

355 West Main Street
2nd Floor (Courthouse)
Malone, NY 12953
Phone: (518) 481-1709
<http://franklincony.org/content/Departments/View/2>

Clinton County Nutrition Program for the Elderly

45 Veterans Lane
Plattsburgh, NY 12901
Phone: (518) 561-8320
<https://www.clintoncountygov.com/Departments/Aging/OFA-NutritionSvc.html>

Food Pantries/Community Meals

Clinton County

JCEO

54 Margaret Street
Plattsburgh, NY 12901
(518) 561-6310
M-Fr 12:30-3:30pm

JCEO-Ausable

1908 Route 22
Keeseville, NY 12944
(518) 834-9043
M-Fr 8:30-4:00pm

JCEO-Champlain

1104 Route 9
Champlain, NY 12919
(518) 298-2373
M-Fr 8:30-12:00pm

JCEO-Clinton

Churubusco Town Hall
23 Smith Street
Churubusco, NY 12923
(518) 497-6133
M-Fr 8:30am-12:00pm

JCEO-Ellenburg

Municipal Building
Ellenburg, NY 12933
(518) 594-3007
M-Fr 8:30-4:00pm

JCEO-Saranac

3668 Route 3
Saranac, NY 12981
(518) 293-6661
M-Fr 8:30am-4:00pm

JCEO-Altona

Altona Town Hall
Altona, NY 12901
(518) 236-7621 ext. 107
M-Fr 8:30-3:00pm

JCEO-Black Brook

Ausable Forks Town Hall
Ausable Forks, NY 12912
(518) 647-5411 ext. 23
M-Fr 8:30-3:00pm

JCEO-Chazy

West Chazy Town Hall
West Chazy, NY 12992
(518) 493-3491
M-Fri 8:30- 12:00pm

JCEO-Dannemora

44 Emmonds Street
Dannemora, NY 12929
(518) 492-7357
Tu/W/Th 9:00am-1:00pm
1st Wed Lyon Mt fire Dept

JCEO-Town of Plattsburgh

1403 Military Turnpike
Plattsburgh, NY 12901
(518) 563-2836
M-Fr 8:30-4:00pm

JCEO-Peru

Peru Town Hall
Peru, NY 12972
(518) 643-8455
M-Fr 8:30-4:00pm

United Methodist Church

127 Beekman Street
Plattsburgh, NY 12901
(518) 563-2992
M-Fr 9:00am-12:00pm

Seton Academy

23 St. Charles Street
Plattsburgh, NY 12901
(518) 563-1692
St. Peter's Church Soup Kitchen
Tuesday 5:15 pm

Trinity Episcopal

18 Trinity Place
Plattsburgh, NY 12901
(518) 561-2244
Community Meal
Wednesday 5:30pm

Essex County

ACAP Outreach Program

First United Methodist Church
1699 Front Street
Keeseville, NY 12944
Mon 8:30am – 10:00am
Tues 8:30am – 3:30pm
(518) 873-3207

Ecumenical Food Pantry

1682 Creek Road
Crown Point, NY 12928
(518) 597-4305

E'town Community Food Shelf

Church of the Good Shepard
20 William Street
Elizabethtown, NY 12932
M,Th 5:00pm-7:00pm
(518) 873-2509

Our Lady of Victory

4919 South Catherine St
Plattsburgh, NY 12901
(518) 561-1842

Salvation Army

4804 South Catherine St
Plattsburgh, NY 12901
Community Meal
M-F 12:00pm

JCEO Food Pantry

1908 Route 22
Keeseville, NY, 12944
M-Fr 8:30am-4:00pm
(518) 834-9043

ACAP Food Pantry

7572 Court Street
Elizabethtown, NY 12932
M-Fr 8:30am-4:00pm

Families First Pantry

196 Water Street
Elizabethtown, NY 12932
M, W, Fr 9:00am-12:00pm
(518) 873-9544

Jay Food Pantry

11 School Lane
 Ausable Forks, NY 12912
 M-Fr 8:00am-4:30pm (call first)
 (518) 673-2204

Keene Food Pantry

Keene Public Library
 Main Street
 Keene, NY 12942
 M 9:00am-12:00pm
 (518) 576-9964

Town of Moriah Food Pantry

Church of All Saints
 Bartlett Pond Road, Mineville 12956
 W 10:00am-12:00pm
 (518) 942-3386

Lake Placid Ecumenical Food Pantry

St. Agnes Church Basement
 6 Hillcrest Ave, Lake Placid 12946
 Friday 9:00am-12:00pm
 (518) 523-9620

St. Paul's Assumption

7 Cold Brook Road, Vermontville 12989
 3rd Thursday of the month, call first
 (518) 891-1619

Mountainside Food Pantry

Route 9, Schroon Lake, NY 12870
 Tuesday, Thursday 9:00am-4:00pm, Sat 9:00am-12:00pm
 Phone: (518) 532-7128

Schroon Lake Food Pantry

24 Fairfield Avenue, Schroon Lake, NY 12870
 Tuesday, Thursday 10:00am-12:00pm
 Phone: (518) 532-7641

JCEO Food Pantry

18 North Main Street
 Au Sable Forks, NY 12912
 M-Fr 8:30am-3:00pm
 (518) 647-5411

Minerva Food Pantry

Town Hall Basement
 5 Morse Memorial Hwy
 Minerva, NY
 2nd & 3rd Tu 3:00-4:30pm
 (518) 251-3083

Food Collectors

Methodist Church
 Newcomb, NY 12852
 Call for hours
 (518) 582-4211

Ticonderoga Food Pantry

First United Methodist Church
1045 Wicker Street, Ticonderoga, NY 12883
Monday, Wednesday, Friday 11:00am-12:00pm
Phone: (518) 585-7995

Westport Food Pantry

Father McCarthy Hall
6605 Main Street, Westport, NY 12993
Call first please
Phone: (518) 962-4448

Willsboro Food Pantry

Town Hall
5 Farrell Road, Willsboro, NY 12996
Phone: (518) 963-7809

Essex County Office of the Aging

Congregate Meal Sites

132 Water Street, PO Box 217
Elizabethtown, NY 12932
Phone: (518) 873-3695

Franklin County

Tupper Lake Community Food Pantry

179 Demars Boulevard
Tupper Lake, NY 12986
Phone: (518) 359-3080

Saranac Lake Ecumenical Food Pantry

Bloomington Street & Church Street, Saranac Lake, NY 12983
Saturday 10:00am-12:00pm
Phone: (518) 891-0141

Family Champions

46 Pine Street
Tupper Lake, NY 12986
Phone: (518) 359-9110

Fort Covington Helping Hands Food Pantry

Mill St.

Fort Covington, NY 12937

Phone: 518-358-2873

Good Samaritan Food Pantry

57 Rennie St.

Malone, NY 12952

Phone: 518-483-1460

Emmaus Soup Kitchen Inc - Food Assistance

87 W Main St.

Malone, NY 12953

JCEO Food Pantry

43 Valco Drive

Malone, NY 12953

HOUSING

Adirondack Community Action Programs, Inc.

7572 Court Street, Suite 2

PO Box 848

Elizabethtown, NY 12932

Phone: (518) 873-3207

Fax: (518) 873-6845

Toll-free: 1-877-873-2979

<http://www.acapinc.org/>

Adirondack Housing Trust

103 Hand Avenue

P.O. Box 157

Elizabethtown, NY 12932

Phone: (518) 873-6888

<http://www.adkhousing.org/>

Barnabus House Homeless Shelter and Services

200 Finney Boulevard

Malone, NY 12966

Phone: (518) 521-3754

<http://www.beggared.com>

Behavioral Health Services North – Adult Housing Services

69 Margaret Street

Plattsburgh, NY 12901

Phone: (518) 563-0575

<http://www.bhsn.org/residential.php>

Champlain Valley Family Center (CVFC)

20 Ampersand Drive
Plattsburgh, NY 12901
Phone: (518) 561-8480
<http://cvfamilycenter.org>

Clinton County Department of Social Services

13 Durkee Street
Plattsburgh, NY 12901
Phone: (518) 565-3300
Fax: (518) 561-8101
Email: DSS@clintoncountygov.com
<http://www.clintoncountygov.com/Departments/DepartmentOfSocialServices/SocialServicesHomePage.html>

Clinton County Housing Coalition

Phone: (518) 834-9606 ext. 31
<http://www.clintoncountyhousingcoalition.org/>

Essex County Department of Social Services

7551 Court Street, PO Box 217
Elizabethtown, NY 12932
Phone: (518) 873-3441
Fax: (518) 873-3472
<https://www.co.essex.ny.us/wp/departments-of-social-services/>

ETC Housing Corporation

6 Tara Lane
Plattsburgh, NY 12901
Phone: (518) 563-2223
Fax: (518) 563-2320

Franklin County Community Housing

337 West Main Street
Malone, NY 12920
(518) 483-5934

25 ComLink Way
Lake Placid, NY 12946
(518) 523-1300

<http://www.housingassistanceonline.com/>

Franklin County Department of Social Services

184 Finney Boulevard
Malone, NY 12953
(518) 481-1888

136 Broadway Street
Saranac Lake, NY 12983
(518) 891-0240

Hannah House

343 W Main Street
Malone, NY 12953
Phone: (518) 483-1261

Harrietstown Housing Assistance

14 Kiwassa Road
Saranac Lake, NY 12983
Phone: (518) 891-3050

<http://www.harrietstownha.org>

Housing Assistance Program of Essex County

103 Hand Avenue
PO Box 157
Elizabethtown, NY 12932
Phone: (518) 873-6888

Email: info@hapec.org

<http://hapec.org/>

Joint Council for Economic Opportunity (JCEO)

Clinton County Branch
54 Margaret Street
Plattsburgh, NY 12901
(518) 561-6310

Franklin County Branch
17-19 Webster Street
Malone, NY 12953
(518) 483-7022

Malone Housing Assistance

215 Elm Street
Malone, NY 12953
Phone: (518) 483-3070

The Mary DeVeau House

Box 2002
Plattsburgh, NY 12901
Phone: (518) 324-5598
Fax: (518) 324-5471
Email: marydeveaufoundation@me.com
<http://www.marydeveauhouse.com/>

Plattsburgh Housing Authority

4817 South Catherine Street
Plattsburgh, NY 12901
Phone: (518) 561-0720
Fax: (518) 561-1769
<http://www.phaplattsburgh.com>

Salvation Army

4804 South Catherine Street
PO Box 368
Plattsburgh, NY 12901
Phone: (518) 561-2951
Email: Mark.Hager@use.salvationarmy.org

United Way of the Adirondack Region, Inc.

45 Tom Miller Road
Plattsburgh, NY 12901
Phone: (518) 563-0028
<http://www.unitedwayadk.org>

TRANSPORTATION

Clinton County Public Transportation

Dispatch Office

Phone: (518) 561-1452

<http://www.clintoncountypublictransit.com/>

Essex County Transportation

8053 US Route 9, P.O. Box 217

Elizabethtown, NY 12932

Phone: 1-800-914-9266

<https://www.co.essex.ny.us/wp/transportation>

Franklin County Public Transportation

14981 State Route 30 North

Malone, NY 12953

Office phone: (518) 481-1598

Toll-free: 1-800-397-8686

Routes phone: (518) 483-9000

<http://www.franklinrides.com>

Medicaid Transportation

Transportation Contact: Medical Answering Services

www.medanswering.com

Clinton County: 1-866-753-4435

Essex County: 1-866-753-4442

Franklin County: 1-888-262-3975

HEALTH CONCERNS

Adirondack Health Center

7 Stetson Road
Tupper Lake, NY 12986
Phone: (518) 359-7000

Adirondack Medical Center

2233 State Route 86
Saranac Lake, NY 12983
(518) 891-4141

<http://www.AdirondackHealth.org>

Lake Placid Office

29 Church Street
Lake Placid, NY 12946
(518) 523-1717

University of Vermont Health Network

Alice Hyde Memorial Hospital

70 Constable Street
Malone, NY 12953
(518) 481-6131

<http://www.alicehyde.com>

Alliance for Positive Health

202 Cornelia Street
Plattsburgh, NY 12901
Phone: (518) 563-2437

<http://www.allianceforpositivehealth.org>

American Red Cross North Country Chapter

17 Webster Street, Malone, NY 12953 (518) 483-0360
26 Emory Street, Morrisonville, NY 12962 (518) 561-7280

<http://www.redcross.org>

Birthright

66 Clinton Street
Plattsburgh, NY 12901
Phone: (518) 563-4300
Toll-free: 1-800-550-4900
<http://www.birthright.org>

Clinton County Health Department

133 Margaret Street
Plattsburgh, NY 12901
(518) 565-4840
<http://www.clintonhealth.org>

Clinton County Office for the Aging

135 Margaret Street
Plattsburgh, NY 12901
Phone: (518) 565-4620
<http://www.clintoncountygov.com/departments/aging/ofa-home.html>

**University of Vermont Health Network
CVPH Medical Center**

75 Beekman Street
Plattsburgh, NY 12901
(518) 561-2000
<http://www.cvph.org>

**University of Vermont Health Network
Elizabethtown Community Hospital**

75 Park Street
Elizabethtown, NY 12932
Phone: (518) 873-6377
<http://www.ech.org>

Essex County Office for the Aging

132 Water Street, PO Box 217

Elizabethtown, NY 12932-0217

Phone: (518) 873-3695

<https://www.co.essex.ny.us/wp/office-for-the-aging/>**Essex County Public Health**

132 Water Street

Elizabethtown, NY 12932

Phone: (518) 873-3500

<http://www.co.essex.ny.us/ecph>**Franklin County Office for the Aging**355 West Main Street, 3rd Floor

Malone, NY 12953

Phone: (518) 481-1526

<http://franklincony.org/content/Departments/View/17>**Franklin County Public Health Department**355 West Main Street, 2nd Floor

Malone, NY 12953

Phone: (518) 481-1709

<http://franklincony.org/content/Departments/View/2>**Inter-Lakes Health, Inc.**

1019 Wicker Street

Ticonderoga, NY 12883

Phone: (518) 585-2831

<http://www.interlakeshealth.com>**Mountain Health Center Keene**

New York State Route 73

Keene, NY 12942

Phone: (518) 576-9771

<http://www.adirondackhealth.org/locations/mountain-health-center-keene>

NYS Department of Health

District Office

11 St. Bernard Saranac Lake, NY 12983

Phone: (518) 891-1800

<http://www.health.ny.gov>

Planned Parenthood of the North Country New York Inc.

Plattsburgh Health Center Saranac Lake Health Center

66 Brinkerhoff Street

41 St. Bernard's Street

Plattsburgh, NY 12901

Saranac Lake, NY 12983

(518) 561-4430

(518) 891-0046

Planned Parenthood of the North Country New York Inc.

Malone Heath Center

246 West Main Street, Suite 1

Malone, NY 12953

(518) 483-7150

<http://www.plannedparenthood.org/planned-parenthood-north-country-new-york>

Urgent Care – Mountain Medical Services

Lake Placid Office

1927 Saranac Avenue

Lake Placid, NY 12946

(518) 523-7575

Massena Office

2 Hospital Drive

Massena, NY 13662

(518) 705-0700

Malone Office

Cedar Commons

3372 State Route 11, Suite H

Malone, NY 12953

(518) 521-3322

Saranac Lake Office

354 Broadway Street

Saranac Lake, NY 12983

(518) 897-1000

<http://www.mountainmedical.net>

Urgicare of the Northeast/Beach Medical Services

79 Hammond Lane, Suite 2

Plattsburgh, NY 12901

Phone: (518) 563-5900

<http://www.beachmedicalservices.com/>

GET INSURED!

NY State of Health Marketplace

<https://nystateofhealth.ny.gov>

Federal government website:

<https://www.healthcare.gov/>

LEGAL CONCERNS

Legal Aid Society of Northeastern New York Inc.

Serving Clinton, Essex, Franklin and Hamilton Counties

100 Court Street, P.O. Box 989

Plattsburgh, New York 12901

Toll-free: 1-800-722-7380

Phone: (518) 563-4022

Fax: (518) 563-4058

<http://www.lasny.org/>

NYS American Civil Liberties Union

125 Broad Street

New York, NY 10004

Phone: (212) 607-3300

<http://www.nyclu.org/>

New York State Department of Corrections

41 Veterans Lane

Plattsburgh, NY 12901

Phone: (518) 562-8132

<http://www.doccs.ny.gov>

New York State Division of Parole

Handbook:

http://www.doccs.ny.gov/Parole_Handbook.html

Rural Law Center of New York, Inc.

22 U.S. Oval, Suite 203

Plattsburgh, New York 12903

Phone: (518)561-5460

Toll Free: (866) 324-1183

Fax: (518) 561-5468

www.rurallawcenter.org

Clinton County

Justin Meyer Esq., Assigned Counsel Coordinator

Phone: (518) 561-4400

Essex County

Brandon E. Boutelle, Public Defender

Phone: (518) 873-3880

Molly Shubert Hann, Public Defender

Phone: (518) 873-3880

Franklin County

Thomas G. Soucia, Public Defender

Phone: (518) 481-1624

Lorelei B. Smith Miller, Conflict Defender

Phone: (518) 481-1593

Jill Dyer, Assigned Counsel Coordinator

Phone: (518) 481-1423

ONLINE RESOURCES

Drugs and Substance Abuse

- **Drug and Alcohol Abuse Resources available in various languages (Department of Health and Human Services)**
<https://healthreach.nlm.nih.gov/>
- **Drugs and Young People (MedlinePlus)**
<https://medlineplus.gov/drugsandyoungpeople.html>
- **Drugs, Herbs, and Supplements (MedlinePlus)**
<https://medlineplus.gov/druginformation.html>
- **Drug Information from the National Library of Medicine (National Library of Medicine)**
<https://www.nlm.nih.gov/learn-about-drugs.html>
- **Exercise your brain and test your knowledge of drugs and how they affect the brain and body. (National Institute on Drug Abuse for Teens)**
<https://teens.drugabuse.gov/activities/test-your-knowledge>
- **Office of Alcoholism and Substance Abuse Services**
<https://www.oasas.ny.gov>
- **Opioid and addiction information (MedlinePlus)**
<https://medlineplus.gov/opioidabuseandaddiction.html>

- **Recovering from Addiction Resource Guide (CEFLS)**
<http://cefls.libguides.com/addiction>
- **Substance Abuse Prevention and Recovery of Clinton County**
www.facebook.com/SPARCCNY/
- **Substance Abuse Problems (MedlinePlus)**
<https://medlineplus.gov/substanceabuseproblems.html>

Mental Health and General Health

- **Child Mental Health (MedlinePlus)**
<https://medlineplus.gov/childmentalhealth.html>
- **Health Check Tools (MedlinePlus)**
<https://medlineplus.gov/healthchecktools.html>
- **Memory and Mental Health (NIHSeniorHealth)**
<https://nihseniorhealth.gov/category/memoryandmentalhealth.html>
- **Mental Health and Behavior (MedlinePlus)**
<https://medlineplus.gov/mentalhealthandbehavior.html>
- **Teen Mental Health (MedlinePlus)**
<https://medlineplus.gov/teenmentalhealth.html>

LIBRARIES / LITERACY



CLINTON • ESSEX • FRANKLIN
LIBRARY SYSTEM

There are 30 public libraries and 3 reading centers in Clinton, Essex, and Franklin counties. Libraries offer free Internet access, books, and a great deal of information regarding substance abuse and mental health. Call the Clinton-Essex-Franklin Library System (CEFLS) in Plattsburgh at (518) 563-5190 for the name and hours of the library closest to you or check out our website for more information: <http://www.cefls.org>

Akwesasne Library	Hogansburg	(518) 358-2240
Altona Reading Center	Altona	(518) 236-7621 ext. 109
AuSable Forks Free Library	AuSable Forks	(518) 647-5596
Belden Noble Memorial Library	Essex	(518) 963-8079
Black Watch Memorial Library	Ticonderoga	(518) 585-7380
Champlain Memorial Library	Champlain	(518) 298-8620
Chateaugay Memorial Library	Chateaugay	(518) 497-0400
Chazy Public Library	Chazy	(518) 846-7676

Dannemora Free Library	Dannemora	(518) 492-7005
Dodge Library	West Chazy	(518) 493-6131
Dodge Memorial Library	Rouses Point	(518) 297-6242
Elizabethtown Library Association	Elizabethtown	(518) 873-2670
Ellenburg Center Reading Center	Ellenburg Center	(518) 594-7489
Ellenburg Sarah A. Munsil Free Library	Ellenburg Depot	(518) 594-7314
Goff Nelson Memorial Library	Tupper Lake	(518) 359-9421
Hammond Library	Crown Point	(518) 597-3616
Keene Public Library	Keene	(518) 576-2200
Keene Valley Library Association	Keene Valley	(518) 576-4335
Keeseville Free Library	Keeseville	(518) 834-9054
Lake Placid Public Library	Lake Placid	(518) 523-3200
Mooers Free Library	Mooers	(518) 236-7744
Paine Memorial Library	Willsboro	(518) 963-4478
Peru Free Library	Peru	(518) 643-8618
Plattsburgh Public Library	Plattsburgh	(518) 563-0921
Saranac Lake Free Library	Saranac Lake	(518) 891-4190
Schroon Lake Public Library	Schroon Lake	(518) 532-7737 ext. 13

Sherman Free Library	Port Henry	(518) 546-7461
Wadhams Free Library	Wadhams	(518) 962-8717
Waverly Reading Center	St. Regis Falls	(518) 856-9720
Wead Library	Malone	(518) 483-5251
Wells Memorial Library	Upper Jay	(518) 946-2644
Westport Library Association	Westport	(518) 962-8219
Wilmington E.M. Cooper Memorial Public Library	Wilmington	(518) 946-7701

Literacy Volunteers of Clinton County

Provides one-on-one tutoring for both basic literacy and English language learners. Their mission is to empower residents throughout the county who seek to improve their literacy skills, including reading, writing, and speaking, as well as math and computer skills. Services are delivered free of charge by well-trained tutors who assist learners in achieving their personal, educational and job-related goals.

Hawkins Hall Room 052

101 Broad St.

Plattsburgh, NY 12901

Phone: (518) 564-5332

Fax: (518) 564-5335

Email: literacyvolunteer@gmail.com

<http://lva-cc.org/>

APPOINTMENT CALENDAR

January						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
February						
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8	9	10	11	12	13	14
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March						
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April						
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May

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June

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July						
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August						
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September						
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October						
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November						
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December						
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