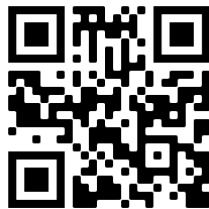


# ROUTES TO RECOVERY

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 the content may change over time. However, the free website version of Routes to Recovery will be updated regularly. Scan the QR code or use the link below to access the information online.



<https://routestorecovery.org/>

This publication was produced in association with Substance Abuse Prevention and Recovery of Clinton County (SPARCC). The resources reported in this publication are supported by the National Library of Medicine (NLM), National Institutes of Health (NIH) under cooperative agreement number UG4LM012342 with the University of Pittsburgh, Health Sciences Library System. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.





## 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](mailto:abouchard@cefls.org)

Email: [dfuller@cefls.org](mailto:dfuller@cefls.org)

<https://cefls.org/>

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

<https://twitter.com/CEFLSTweets>

[https://www.instagram.com/cef\\_librarysystem/](https://www.instagram.com/cef_librarysystem/)

If you see anything that is incorrect in this booklet, please feel free to contact us. Last revised on April 27, 2022.

# Where Do I Start?

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# SUBSTANCE ABUSE

## Search for treatment providers near you:

Online: [findtreatment.samhsa.gov](http://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://211ny4regions.communityos.org/adirondack>

## 1-866-5PREVENT or 1-866-577-3836

24 Hour North County Crisis Helpline offers phone consultation and provides access to mobile crisis services aimed at preventing mental health and substance abuse crises in adults and children.

## 1-877-8-HOPENY (1-877-846-7369)

Find help and hope for alcoholism, drug abuse, or problem gambling. Available 24 hours/7 days.

## 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/>

**Celebrate Recovery Group in Ticonderoga**

Phone: (518) 585-6391

**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  
<https://www.cvfamilycenter.org/>

**Circle of Healing and Hope Support Group**

Phone: (518) 562-7169  
[cvph.org/foundation/circle-of-healing-and-hope](http://cvph.org/foundation/circle-of-healing-and-hope)

**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
(518) 483-8980	

<https://citizenadvocates.net/>

**Citizen Advocates Crisis & Recovery Center**

Voluntary setting where individuals experiencing a mental health, substance use, or co-occurring crisis are provided prompt, effective, and recovery-focused services. No referral or formal appointment is required.

15 Fourth Street

Malone, NY 12953

Phone: (518) 481-8160

24 hour crisis line: (518) 483-3261 or (518) 891-5535

**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

<https://www.clintoncountygov.com/mental-health-addiction-services>

**Clinton County Mobile Crisis Team (BHSN)**

24-Hour North County Crisis Helpline offers phone consultation and provides access to mobile crisis services aimed at preventing mental health and substance abuse crises in adults and children.

Phone: 1-866-577-3836

**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>

**Employee Assistance Services (EAS)**

Employees of participating organizations and all of their household members can schedule a face-to-face appointment to discuss mental health issues, substance abuse (in self or loved one) and other stressors in life. EAS is also available to employers for workshops and training sessions including DrugFree Workplace, Talking to Your Child About Drugs, and more.

Phone: (518) 563-8293

**HOPE NY**

Find help and hope for alcoholism, drug abuse, or problem gambling. Available 27 hours/7 days.

Phone: 1-877-846-7369

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

**MHAB**

“MHAB started as a transitional housing opportunity. Our people are a community of caretakers, pathfinders, and changemakers that foster hope and open doors for those who come to us for guidance.

“We're people in recovery who found a way to give people like ourselves a chance at a fresh start.”

Phone: (518) 324-6422

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

**Narcotics Anonymous Meeting Search**

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.

<https://www.na.org/meetingsearch/>

**PROS [Personalized Recovery Oriented Services]**

PROS utilizes evidence based practices to improve wellness and the ability to self-manage symptoms, reduce symptoms through medication management, involve families in treatment, help people find and keep jobs, and to address co-occurring mental health and substance abuse when present.

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

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

Outpatient clinics in Malone, Elizabethtown, Keeseville, Ticonderoga, Massena, Tupper Lake, and Saranac Lake.

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

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

[https://www.srmt-nsn.gov/alcohol\\_chemical\\_dependency\\_outpatient\\_program](https://www.srmt-nsn.gov/alcohol_chemical_dependency_outpatient_program)

**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](mailto:Team@PreventionTeam.Org)  
[www.preventionteam.org](http://www.preventionteam.org)

**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](mailto:tobaccofree@cvfamilycenter.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

# MENTAL HEALTH SERVICES

## Search for treatment providers near you:

Online: [findtreatment.samhsa.gov](http://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://211ny4regions.communityos.org/adirondack>

## 1-866-5PREVENT or 1-866-577-3836

24 Hour North County Crisis Helpline offers phone consultation and provides access to mobile crisis services aimed at preventing mental health and substance abuse crises in adults and children.

## 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

<https://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

Malone, NY 12953

Phone: (518) 483-3261

70 Edgewood Road

Saranac Lake, NY 12983

Phone: (518) 891-5535

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

**Citizen Advocates Crisis & Recovery Center**

Voluntary setting where individuals experiencing a mental health, substance use or co-occurring crisis are provided prompt, effective, and recovery-focused services. No referral or formal appointment is required.

15 Fourth Street  
Malone, NY 12953  
Phone: (518) 483-8160  
24 hour crisis line: (518) 481-3261 or (518) 891-5535

**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  
<https://www.clintoncountygov.com/mental-health-addiction-services>

**Clinton County Mobile Crisis Team (BHSN)**

24-Hour North County Crisis Helpline offers phone consultation and provides access to mobile crisis services aimed at preventing mental health and substance abuse crises in adults and children.

Phone: 1-866-577-3836

**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) 873-3670  
24-Hour Phone: 1-888-854-3773  
<http://www.co.essex.ny.us/MentalHealth.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  
[https://www.franklincountyny.gov/departments/human\\_services/community\\_services\\_mental\\_health/index.php](https://www.franklincountyny.gov/departments/human_services/community_services_mental_health/index.php)

**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  
24-Hour Hotline: 1-800-440-8074  
<http://www.mhainessex.com/>

**MHAB**

“MHAB started as a transitional housing opportunity. Our people are a community of caretakers, pathfinders, and changemakers that foster hope and open doors for those who come to us for guidance.

“We're people in recovery who found a way to give people like ourselves a chance at a fresh start.”

Phone: (518) 324-6422  
<https://www.mhab.org/>

**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](mailto: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.

PROS utilizes evidence based practices to improve wellness and the ability to self-manage symptoms, reduce symptoms through medication management, involve families in treatment, help people find and keep jobs, and to address co-occurring mental health and substance abuse when present.

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

[https://www.srmt-nsn.gov/mental\\_health\\_kanikonriihne\\_good\\_mind\\_counseling](https://www.srmt-nsn.gov/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 Nutrition Program for the Elderly

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

## Clinton County WIC Program

133 Margaret Street  
Plattsburgh, NY 12901  
Phone: (518) 565-4830  
<http://www.clintonhealth.org/wic/>

## Community Health Center of the North Country - Franklin County

380 Creighton Rd.  
County Rte. 51  
Malone, NY 12953  
Phone: (518) 651-2650  
<https://www.wicstrong.com/agency/213676/>

## Essex County WIC Program

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

## **Food Pantries/Community Meals**

### **Clinton County**

For hours, please visit:

[www.clintoncountygov.com/aging/snapshots/food-pantries](http://www.clintoncountygov.com/aging/snapshots/food-pantries)

#### **JCEO**

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

#### **JCEO-Altona**

Altona Town Hall  
Altona, NY 12901  
(518) 236-7621 ext. 107

#### **JCEO-Au Sable**

1908 Route 22  
Keeseville, NY 12944  
(518) 834-9043

#### **JCEO-Black Brook**

Au Sable Forks Town Hall  
Au Sable Forks, NY 12912  
(518) 647-5411 ext. 23

#### **JCEO-Champlain**

1104 Route 9  
Champlain, NY 12919  
(518) 298-2373

#### **JCEO-Chazy**

West Chazy Town Hall  
West Chazy, NY 12992  
(518) 493-3491

#### **JCEO-Clinton**

Churubusco Town Hall  
23 Smith Street  
Churubusco, NY 12923  
(518) 497-6133

#### **JCEO-Dannemora**

Dannemora Methodist Church  
Dannemora, NY 12929  
(518) 492-7357

#### **JCEO-Ellenburg**

Municipal Building  
Ellenburg, NY 12933  
(518) 594-3007

#### **JCEO-Town of Plattsburgh**

1403 Military Turnpike  
Plattsburgh, NY 12901  
(518) 563-2836

#### **JCEO-Saranac**

3668 Route 3  
Saranac, NY 12981  
(518) 293-6661

#### **JCEO-Peru**

Peru Town Hall  
Peru, NY 12972  
(518) 643-8455

**United Methodist Church**

127 Beekman Street  
Plattsburgh, NY 12901  
(518) 563-2992

**Our Lady of Victory**

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

**St. Augustine's Church**

3030 Main Street  
Peru, NY 12972  
(518) 643-2435  
Soup Kitchen

**Salvation Army**

4804 South Catherine St  
Plattsburgh, NY 12901 (518)  
(518) 561-2951  
Community Meal

**Trinity Episcopal**

18 Trinity Place  
Plattsburgh, NY 12901  
(518) 561-2244  
Community Meal

**St. Joseph's Parish**

1349 Military Turnpike  
Plattsburgh, NY 12901  
(518) 561-5039  
St. Alexander's and  
St. Joseph's Parish Soup  
Kitchen

**Essex County****ACAP Outreach Program**

First United Methodist Church  
1699 Front Street  
Keeseville, NY 12944  
(518) 873-3207

**JCEO Food Pantry**

1908 Route 22  
Keeseville, NY, 12944  
(518) 834-9043

**Ecumenical Food Pantry**

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

**ACAP Food Pantry**

7572 Court Street  
Elizabethtown, NY 12932

**E'town Community Food Shelf**

Church of the Good Shepard  
20 William Street  
Elizabethtown, NY 12932  
(518) 873-2509

**Families First Pantry**

196 Water Street  
Elizabethtown, NY 12932  
(518) 873-9544

**Jay Food Pantry**

11 School Lane  
Au Sable Forks, NY 12912  
(518) 673-2204

**JCEO Food Pantry**

18 North Main Street  
Au Sable Forks, NY 12912  
(518) 647-5411

**Keene Food Pantry**

Keene Public Library  
Main Street  
Keene, NY 12942  
(518) 576-9964

**Minerva Food Pantry**

Town Hall Basement  
5 Morse Memorial Hwy  
Minerva, NY  
(518) 251-3083

**Town of Moriah Food Pantry**

Church of All Saints  
Bartlett Pond Road, Mineville  
12956  
(518) 942-3386

**Food Collectors**

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

**Lake Placid Ecumenical Food Pantry**

St. Agnes Church Basement  
6 Hillcrest Ave, Lake Placid 12946  
(518) 523-9620

**St. Paul's Assumption**

7 Cold Brook Road, Vermontville 12989  
(518) 891-1619

**Mountainside Food Pantry**

Route 9, Schroon Lake, NY 12870

Phone: (518) 532-7128

**Schroon Lake Food Pantry**

24 Fairfield Avenue, Schroon Lake, NY 12870

Phone: (518) 532-7641

**Ticonderoga Food Pantry**

First United Methodist Church

1045 Wicker Street, Ticonderoga, NY 12883

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**

Bloomingdale Street & Church Street, Saranac Lake, NY 12983  
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**

227 W Main St.  
Malone, NY 12953  
Phone: 518-481-4885  
Check their Facebook for updates.

### **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

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

## **Adirondack Housing Trust**

103 Hand Avenue

P.O. Box 157

Elizabethtown, NY 12932

Phone: (518) 873-6888

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

## **Barnabus House Homeless Shelter and Services**

200 Finney Boulevard

Malone, NY 12966

Phone: (518) 521-3089

[https://211ny4regions.communityos.org/statewide-resource-readonly/render/id/22/form/site/record\\_id/54740](https://211ny4regions.communityos.org/statewide-resource-readonly/render/id/22/form/site/record_id/54740)

## **Behavioral Health Services North – Residential Services**

<https://bhsn.org/residential/>

## **Champlain Valley Family Center (CVFC)**

20 Ampersand Drive

Plattsburgh, NY 12901

Phone: (518) 561-8480

<https://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](mailto: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

<https://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

[www.franklincountyny.gov/departments/human\\_services/social\\_services/index.php](http://www.franklincountyny.gov/departments/human_services/social_services/index.php)

**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](mailto:info@hapec.org)

<https://hcr.ny.gov/location/housing-assistance-program-essex-county-hapec>

**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  
<https://marydeveauhouse.org/>

**MHAB**

This transitional housing community is located in Plattsburgh, NY. It is an illicit drug & alcohol free, violence free, and judgement free environment for people in recovery. Everything a resident needs – support programs, transportation, healthy food, laundry, internet, fitness, education & employment advocacy and community – is available.

Phone: (518) 324-6422  
<https://www.mhab.org/>

**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

**United Way of the Adirondack Region, Inc.**

45 Tom Miller Road

Plattsburgh, NY 12901

Phone: (518) 563-0028

<https://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

[www.co.essex.ny.us/wp/transportation](http://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

[www.franklincountyny.gov/departments/transportation/index.php](http://www.franklincountyny.gov/departments/transportation/index.php)

## **Medicaid Transportation**

Transportation Contact: Medical Answering Services

[www.medanswering.com](http://www.medanswering.com)

Clinton County: 1-866-753-4435

Essex County: 1-866-753-4442

Franklin County: 1-888-262-3975

# HEALTH CONCERNS

## **Tupper Lake Health Center**

7 Stetson Road

Tupper Lake, NY 12986

Phone: (518) 359-7000

[www.adirondackhealth.org/locations/tupper-lake-health-center](http://www.adirondackhealth.org/locations/tupper-lake-health-center)

## **Adirondack Medical Center**

2233 State Route 86

Saranac Lake, NY 12983

(518) 891-4141

<https://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

<https://www.alicehyde.com/>

## **Alliance for Positive Health**

202 Cornelia Street

Plattsburgh, NY 12901

Phone: (518) 563-2437

<https://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

<https://www.redcross.org>

**Birthright**

66 Clinton Street  
Plattsburgh, NY 12901  
Phone: (518) 563-4300  
Toll-free: 1-800-550-4900  
<https://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  
<https://www.clintoncountygov.com/aging>

**University of Vermont Health Network**

**CVPH Medical Center**

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

**University of Vermont Health Network**

**Elizabethtown Community Hospital**

75 Park Street  
Elizabethtown, NY 12932  
Phone: (518) 873-6377  
<https://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

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

Malone, NY 12953

Phone: (518) 481-1526

[www.franklincountyny.gov/departments/human\\_services/office\\_for\\_the\\_aging/index.php](http://www.franklincountyny.gov/departments/human_services/office_for_the_aging/index.php)**Franklin County Public Health Department**355 West Main Street, 2<sup>nd</sup> Floor

Malone, NY 12953

Phone: (518) 481-1709

[www.franklincountyny.gov/departments/human\\_services/public\\_health/index.php](http://www.franklincountyny.gov/departments/human_services/public_health/index.php)**Inter-Lakes Health, Inc.**

1019 Wicker Street

Ticonderoga, NY 12883

Phone: (518) 585-2831

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

New York State Route 73

Keene, NY 12942

Phone: (518) 576-9771

<https://www.adirondackhealth.org>

**NYS Department of Health**

District Office

11 St. Bernard Saranac Lake, NY 12983

Phone: (518) 891-1800

<https://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

<https://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

<https://www.mountainmedical.net>



**WellNow Urgicare – Plattsburgh Urgent Care**

474 NY-3

Plattsburgh, NY 12901

Phone: (518) 536-3071

<https://wellnow.com/locations/plattsburgh/>**GET INSURED!****NY State of Health Marketplace**<https://nystateofhealth.ny.gov>**Federal government website:**<https://www.healthcare.gov/>

# DOMESTIC VIOLENCE

## MHAB

“Our goal is to help anyone who we can, including people in recovery from mental, emotional or behavioral disorders, domestic violence, homelessness and poverty.”

Phone: (518) 324-6422

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

## **STOP Domestic Violence**

Provides services and support to victims of domestic violence and their children in Clinton, Essex, and Franklin Counties. Staff can inform victims of their rights, assist in the exploration of options, and provide support during the decision making process.

Services include but are not limited to: crisis intervention, safety planning, advocacy, child care, support group, community education, transportation, emergency housing, emergency needs (food, clothing, personal care items, etc.), and assistance with the New York State Office of Victims' Services.

24 hour crisis line: 1-888-563-6904

- Answered by trained staff and volunteers who listen without judgment and help with safety planning.

There are offices in Plattsburgh, Malone, Tupper Lake, and Westport, NY.

<https://bhsn.org/social-services/stop-domestic-violence/>

# 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

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

## **NYS American Civil Liberties Union**

125 Broad Street

New York, NY 10004

Phone: (212) 607-3300

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

## **New York State Department of Corrections**

41 Veterans Lane

Plattsburgh, NY 12901

Phone: (518) 562-8132

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

## **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

<https://rurallawcenter.org/>

**Public Defenders - Clinton County**

Phone: (518) 565-3660

<https://www.clintoncountygov.com/public-defender>

**Public Defenders - Essex County**

Phone: (518) 873-3880

**Public Defenders - Franklin County**

Phone: (518) 481-1423

[https://www.franklincountyny.gov/departments/public\\_safety/public\\_defender/index.php](https://www.franklincountyny.gov/departments/public_safety/public_defender/index.php)

# 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>
- **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>
- **Health in Aging**  
<https://www.healthinaging.org/a-z-topic/drug-and-substance-use>
- **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/](http://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>
- **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: <https://cefls.org/libraries/>

Akwesasne Library	Hogansburg	(518) 358-2240
Altona Reading Center	Altona	(518) 236-7621 ext. 109
Au Sable Forks Free Library	Au Sable 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, Essex, and Franklin Counties**

Literacy Volunteers of Clinton, Essex, and Franklin Counties (LVCEF) is about bringing people together to make a real difference. LVCEF trains volunteers who provide free, confidential and individualized tutoring in basic literacy and English to Speakers of Other Languages (ESOL). They provide one-on-one tutoring for adults who seek to improve their reading and math skills as well as English conversation skills for non-native speakers. All of the services are provided 100% free of charge.

<https://www.lvcef.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						
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

**March**

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				

**April**

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					

May						
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15	16	17	18	19	20	21
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29	30	31				
June						
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**July**

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				

**August**

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				

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

November						
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					
December						
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					

# NOTES