



Treatment and Recovery Resource Guide

June 2023

This guide includes treatment and recovery resources across Albany, Rensselaer, and Schenectady. Please contact Lauren Selmon at Lauren.Selmon@sphp.com if you notice information is outdated or incorrect. The Treatment and Recovery Resource Guide was developed by the Community Health Connections Staff Development Subcommittee.

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Mental Health Services

Crisis and Talk Lines

988

988 is the new three-digit number that connects people to the National Suicide Prevention Lifeline. This service is for anyone who is suicidal, experiencing a mental health or substance use-related crisis, experiencing any kind of emotional distress. When you call, text, or chat 988 you are connected to trained counselors that are part of the National Suicide Prevention Lifeline network. Moving to 988 does not mean the 1-800-273-8255 number goes away. Using either number will get people to the same services.

Crisis Text Line

Text HOME to 741741 (National).

This is for those who might be either unable to make phone calls or have anxiety talking on the phone. If you text "HOME" to 741741, it will connect you with a crisis counselor that will talk with you via text for as long as needed. The following link includes an FAQ and information pertaining to the resource: <https://www.crisistextline.org/about-us/faq/>

Friendship Line

800-971-0016, 24-hour crisis intervention hotline and non-urgent warmline for seniors (National). Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. They also make on-going outreach calls to lonely older adults. Check the website for program services: <https://www.ioaging.org/services/friendship-line/>

Mental Health Empowerment Project (MHEP) Peer Support Line

1-800-643-7462, M-F, 9am-5pm. MHEP hosts a confidential, non-crisis support line that is operated by individuals in all stages of recovery who offer hope and strength to others who may be experiencing a variety of feelings including fear, grief, sadness, anger, anxiety, or loneliness.

SPHP Crime Victims

24-hour hotline: (518) 271-3257. Intake: (518) 271-3410 or

ALHSSACVAPIntake@sphp.com (Albany, Rensselaer, and Schenectady).

SPHP's Crime Victim Services provides free, confidential, and comprehensive clinical and advocacy services to primary and secondary survivors of trauma, including but not limited to therapy, short-term counseling, support groups, legal and medical advocacy, forensic nurse examiner program, community and professional education, and crime victims compensation assistance. <https://www.sphp.com/find-a-service-or-specialty/crime-victim-services/>

Mobile and Walk-In Crisis

Albany County Mobile Crisis Team

(518) 549-6500, This is the mobile crisis team serving adults in *Albany County*. They also serve children if Northern Rivers Mobile Crisis is unavailable. If an individual is determined to need an in-person assessment, the mobile crisis team will respond in the community.

Northern Rivers Mobile Crisis Services

(518) 292-5499 (*Rensselaer, & Schenectady County*). *Albany Northern Rivers Mobile Crisis serves children only. They also cover Saratoga, Warren, and Washington Counties.* Their current hours of operation are Monday-Friday 7am – 11pm, Saturday and Sunday 11am-7pm. Holidays 10am-6pm.

The Living Room

Main Line: (518) 243-1523, Referral Contact: Alyssa Starrantino – (518) 243-1527. 1023 State St., Schenectady.

The Schenectady location is open Monday through Friday, 10am- 6pm. Guests can call or come in person during those hours.

The Living Room is a walk-in program designed to be a comfortable, home-like space for guests who are experiencing a mental health crisis. The Living Room aims to reduce mental health emergency room and crisis department visits. Guests will meet with a LCSW for assessment and then may spend time in the Living Room. There are rooms set up for meditation, activities, watching tv, or to have a quiet space. In addition to the LCSW there is also a Care Manager on staff who will work on community linkage and discharge planning. There is a peer on site to provide support as well.

Mental Health Outpatient Clinics

Unless otherwise indicated, all locations listed in this section have med providers, will administer injectables, and offer 1-on-1 therapy.

Albany County

Albany County Dept. of Mental Health Clinic

Main Line: (518) 447-4555. Referral Contacts: Jodi Rogers & Kelly Jensen - (518) 447-4555. 260 S Pearl St, Albany.

Albany Medical Center Clinic

Main Line: (518) 262-7239. Referral Contact: Mark Lukowitsky - (518) 262-7239. 25 Hackett Blvd, Albany.

Albany Community Support Center (ACSC)/ Albany CDPC Clinic

Main Line: (518) 549-6400. Referral Contact: Amber Devries - (518) 549-6400, amber.devries@omh.ny.gov. 75 New Scotland, Ave, Albany.

Equinox Mental Health Clinic

Main Line: (518) 435-9931. Referral Contact: Laura Fernandez - (518) 435-9931 ext.5281, LFernandez@equinoxinc.org. 500 Central Ave, Albany.

Northern Rivers Behavioral Health Clinic

Main Line: (518) 431-1650. Referral Contact: Frankie Connelly - (518) 917-2103, frankie.connelly@northernrivers.org. 401 New Karner Rd, Albany.

RSS Capital District Clinic

Main Line: (518) 462-1094, Option 1. Referral Contact: Micah Ilowit - (518) 462-1094 x229, Milowit@rehab.org. 314 Central Ave, Albany.

Rensselaer County

Hoosick Falls Satellite Clinic

Main Line: (518) 686-0694, Referral Contact: Eric Katz – (518) 686-0694. 69 Church St, Hoosick Falls.

Rensselaer City Clinic

Main Line: (518) 463-8869, Use the mainline for intake. For questions, call Chris Cosgrove – (518) 270-3420. 1641 3rd St, Rensselaer.

Samaritan Hospital Outpatient Behavioral Health Clinic

Main Line: (518) 271-3374, Referral Contact: Charlie Vogel - Charles.vogel@sphp.com. 2215 Burdett Ave, Troy.

Schenectady County

Ellis Mental Health Clinic

Main Line: (518) 243-3300, Option 1. Referral Contact: Lauren Grady - gradyl@ellismedicine.org. 1023 State St, Schenectady.

Hometown Health Behavioral Health Center

Main Line: (518) 370-1441, 1044 State St., Schenectady. (This location does not specialize in or prescribe meds for severe mental illness)

Northern Rivers Behavioral Health Clinic

Main Line: (518) 381-8911, 530 Franklin St., Schenectady.

Schenectady Community Support Center (SCSC), Sch'dy CDPC Clinic

Main Line: (518) 374-3403. Screener: James Thomson - 518-388-3615. Referral Contact: Sandra Cordova- (518) 388-3625. 738 State St, Schenectady.

PROS Programs

All locations listed in this section provide groups. Unless otherwise indicated, all locations have med providers, will administer injectables, and offer 1-on-1 therapy.

Albany County

Equinox PROS

Main Line: (518) 435-9931. Referral Contact: Janet Furbeck - Jfurbeck@equinoxinc.org.
500 Central Ave, Albany.

RSS PROS

Main Line: (518) 462-1094. Referral Contact: Ciera Holt - (518) 462-1094 x225. 306
Central Ave, Albany.

Northeast Career Planning (NECP) PROS

Main Line: (518) 465-5204. Referral Contact: Theresa Hennessey - (518) 465-5204 x237.
150 Broadway, Suite 650, Menands.

They have the ability to serve other counties as well. (No prescriber or 1-on-1 therapy)

Rensselaer County

Samaritan PROS

Main line: (518) 271-1122. Referral Contact: Courtney Howes -
Courtney.Howes001@sphp.com. 1801 Sixth Ave, Troy.

Schenectady County

Ellis PROS

Main Line: (518) 243-3300, Option 2. Referral Contact: Elissa Owens - (518) 243-3300,
Option 2. 1023 State St, Schenectady. (No prescriber or 1-on-1 therapy)

Peer Support

A mental health peer is someone who has personal or family experience with mental illness and provides support, coaching, information, and motivation to others seeking or sustaining recovery.

Capital Area Peer Services (CAPS)

Main Line: (518) 427-5056. 354 Central Ave, Albany. CAPS offers a drop-in center and peer advocacy for those who are inpatient at Capital District Psychiatric Center and Albany Medical Center.

Mental Health Empowerment Project (MHEP)

Main Line: (518) 235-2173. 2136 Burdett Ave, Troy, NY. MHEP offers peer support, peer led groups, and more. <https://www.facebook.com/MentalHealthEmpowermentProject>

TeleMental Health Therapy Only

Apti Health

Main Line: (518)238-6028, support@aptihealth.com. Guide Members to self-refer through the website if possible: www.aptihealth.com and click "Get Care".

Valera Health

Main line: (646) 450-7748. Referral Contact (For staff only): Linda Brown, linda.brown@valerahealth.com. Refer a Member by going to www.valerahealth.com/consult. Members can use this link as well.

Inpatient MH

If you are struggling to connect with someone on any of the below units, please reach out to Lauren Selmon, Community Liaison and she can assist - Lauren.Selmon@sphp.com

Albany Medical Center E2

Main Line: (518) 262-5518. 43 New Scotland Ave, Albany

Capital District Psychiatric Center Crisis Unit

Main Line: (518) 549-6500. 75 New Scotland Ave, Albany.

Ellis Crisis Unit

Main Line: (518) 243-4000 - Ask for the Crisis Unit. 1101 Nott St, Schenectady.

Ellis C-Wing (C2 and C3)

Main Line: (518) 243-4000 – Ask for C2 or C3. 1101 Nott St, Schenectady.

Four Winds

Main Line: (518) 584-3600. 30 Crescent Ave, Saratoga Springs.

Samaritan MICA

Main Line: (518) 271-3580. 2215 Burdett Ave, Troy.

Samaritan MHU

Main Line: (518) 271-3382. 2215 Burdett Ave, Troy.

Samaritan Gero Psych

Main Line: (518) 271-3150. 2215 Burdett Ave, Troy.

Samaritan Crisis Unit

Main Line: (518) 271-3540. 2215 Burdett Ave, Troy.

Addictions Services

Crisis Lines

OASAS Hope Line

Phone: (877) 8HOPENY or (877)-846-7369 Services Provided: Offering help and hope 24 hours a day, 365 days a year for alcoholism, drug abuse and problem gambling. Crisis and motivational interviewing for callers in need; referrals to more than 1,500 local prevention and treatment providers; 48 hours call back to those who wish to be contacted; multi-lingual. All calls are confidential.

Project Safe Point

Phone: 1-866-930-4999. Project Safe Point offers targeted outreach to those who have experienced a recent overdose and/or are risk of an overdose. They also offer crisis intervention and harm reduction counseling services, immediate access to safer injection supplies, referral and linkage to community-based services, and health/would care assessments by a Nurse Practitioner. <http://www.projectsafepointcc.org/>

Narcan Resources

Narcan or Naloxone is a life-saving medication that can reverse an overdose from opioids—including heroin, fentanyl, and prescription opioid medications. [Brief Video on Naloxone](#)

Alliance for Positive Health

Call 518-346-9272, ext. 3213. They offer harm reduction services, overdose prevention (including Narcan), treatment readiness and referral, HIV and Hepatitis C Screening. Fentanyl test strips are also available by calling the number above.

N-CAP

N-CAP co-payment reimbursement process is open to any valid prescription or standing order for anyone with prescription coverage. There are no enrollment requirements. If you have insurance, you can use N-CAP to cover up to \$40 in copayments, so there are no or lower out-of-pocket expenses when getting Narcan at a participating pharmacy.

https://www.health.ny.gov/diseases/aids/general/opioid_overdose_prevention/docs/n-cap_faqs.pdf

Project Safe point

Call the office at (518) 449-3581 to request training. Any person who is interested can get trained on Narcan. Project Safe Point staff have provided this training to individuals and small groups throughout the region, whether they be drug users, families, self-help groups, community agencies, task forces, or others. Narcan kits and Fentanyl test strips are available.

Rensselaer County Department of Health

Contact the Dept. of Health mainline: 518-270-2655. Rensselaer County Department of Health offers free training on heroin/opioid overdose prevention. Registration is required! You will receive a card of completion when you are finished and will go home with an overdose kit. They offer it to everyone in the public with or without insurance. They will go to community organizations and hold trainings for 10 or more people.

NALOXONE NOW - Rensselaer County can provide a curbside delivery of Naloxone (Narcan) to a person's home Monday through Friday 9am-5pm. Most requests are delivered within 24 hours. Text the word "NARCAN" to 21000 to arrange for delivery.

Schenectady County Public Health

Schenectady County Public Health Services was granted a Certificate of Approval to operate an Opioid Overdose Prevention Program. Interested individuals can complete the training by viewing the recording in the link below. It covers how to recognize an overdose, respond to a suspected overdose and administer Narcan. The training is free to Schenectady County residents and employees. Those who are interested in obtaining a Narcan kit, can fill out the form in the link below after completing the training.

<https://www.schenectadycounty.com/public-health/narcan>.

Call Jennifer Hayden at (518) 386-2067 or the Office of Community Services at (518) 386-2218 for more information.

Outpatient SUD Clinic

NYS OASAS Treatment Availability Dashboard

Website: <https://findaddictiontreatment.ny.gov/>. The dashboard shown below allows you to search openings for OASAS Outpatient Clinics across New York State. Please reach out to the program contact person provided to confirm openings, as they may differ slightly from what is shown.

NYS OASAS Treatment Availability Dashboard

Search For State Certified Outpatient Or Bedded Programs

The screenshot shows a search interface for the NYS OASAS Treatment Availability Dashboard. At the top, it says "Check all that apply" with a "Help" link. Below this are several filter sections:

- Type of Program:** Show only Programs with Availability, Show all Programs
- Gender:** All, Male, Female, Transgender
- Age Group:** Adult (Age 18 and above), Adolescent (Under age 18)
- City, County or Zip Code:** A text input field containing "12180".
- Within:** 5 Miles, 10 Miles, 25 Miles, 50 Miles, 100 Miles

At the bottom of the form are two buttons: "Search" and "Clear".

Harm Reduction

MAT, Needle Exchange, Test Strips, Screenings and More

Alliance for Positive Health

Phone: 518-346-9272, ext. 3213. They offer harm reduction services, overdose prevention (including Narcan), treatment readiness and referral, HIV and Hepatitis C Screening. Fentanyl test strips are also available by calling the number above.

<https://www.allianceforpositivehealth.org/get-help/addiction/>

COAST

Phone: (866) 518-4991. Coordinated Opioid and Stimulant Treatment (COAST) is a support call line for substance users and their family, as well as the providers who work with them. Through the support line, people can be assessed by professionals and connected to MAT appointments that day, as well as referred to treatment and peer services. <http://cbhnetwork.com/coast/>

MATTERS

Medication for Addiction Treatment and Electronic Referrals (MATTERS) is a network of regional hospital systems, healthcare providers, and corrections facilities that have

partnered with community-based substance use treatment programs. The goal of this partnership is to reduce inappropriate controlled substance prescribing, increase access to medication assisted treatment (MAT), and provide rapid access to substance use treatment programs. <https://mattersnetwork.org/>

Project Safe Point

Phone: 1-866-930-4999. Project Safe Point offers targeted outreach to those who have experienced a recent overdose and/or are risk of an overdose. They also offer crisis intervention and harm reduction counseling services, immediate access to safer injection supplies, referral and linkage to community-based services, and health/would care assessments by a Nurse Practitioner. <http://www.projectsafepointcc.org/>

Rensselaer County Recovery Helpline

Phone: 1-833-467-3123. Operating 7 days a week, 9am – 9pm. This is a confidential line that offers information, resources, and referrals to county residents.

Support and Self-Help

Meetings may be in-person, virtual, telephonic, or hybrid.

Alcoholics Anonymous - Find a Meeting + Phone App

Website: <https://aaalbany.org/meeting-information>. Find all local meetings in one easy location.

Al Anon - Find a Meeting

Website: <https://al-anon.org/al-anon-meetings/>. Find all local meetings in one easy location. Al Anon is for family and friends of problem drinkers.

Narcotics Anonymous – Find a Meeting + Phone App

Website: <https://www.na.org/meetingsearch/>. Find all local meetings in one easy location. As meeting information changes frequently, you may wish to verify that the information is accurate through local helplines or webpages.

Second Chance Opportunities

Website: <https://www.scoalbany.com/>. Phone: (518) 489-1929. Second Chance Opportunities' community Center supports people in recovery from substance use disorder, their family, and their friends. SCO is also a Janitorial Company that employs individuals in recovery. They offer financial rehabilitation, recovery coaching, housing opportunities, medical referrals, and community engagement too.

Peer Support

A certified recovery peer advocate (CRPA) is someone who has personal or family experience with substance use disorder (SUD) and provides support, coaching, information, and motivation to others seeking or sustaining recovery. This list is not extensive.

CDPHP

Recovery Peer Contact: Kevin Monahan - Office (518) 641-3038, Cell (518) 390-8365, kevin.monahan@cdphp.com.

New Choices

New Choices Main Line: (518) 346-4436. Recovery Peer Contact: Mikal Butler – mbutler@newchoicesrecovery.org

Project Safe Point

PSP Main Line: (518) 449-3581. Recovery Peer Contacts: Kelly Shaw - kellys@ccalbany.org and Miguel Lopez - miguell@ccalbany.org.

Rensselaer Co Dept of MH

RCDMH Main Line: (518) 270-2800. Recovery Peer Contact: Jesse Chapman – Office (518) 270-2857, Cell (518) 925-8067, JChapman@rensco.com.

Detox and Inpatient Rehab

NYS OASAS Treatment Availability Dashboard

Website: <https://findaddictiontreatment.ny.gov/>. The dashboard shown below allows you to search openings for OASAS Detoxes and Inpatient Rehabs across New York State. Please reach out to the program contact person provided to confirm openings, as they may differ slightly from what is shown.

NYS OASAS Treatment Availability Dashboard

Search For State Certified Outpatient Or Bedded Programs

Check all that apply [Help](#)

Type of Program Show only Programs with Availability Show all Programs

Gender All Male Female Transgender

Age Group Adult (Age 18 and above) Adolescent (Under age 18)

City, County or Zip Code

Within 5 Miles 10 Miles 25 Miles 50 Miles 100 Miles

Problem Gambling Resources

Problem Gambling is oftentimes called “the hidden addiction” because it has no obvious physical symptoms and can frequently go unnoticed.

Northeast Problem Gambling Resource Center

Mainline: (518) 801-1491. The NYPGRC offers one-to-one therapy sessions, peer support groups, clinician led groups, connection to recovery community, online resources, and referrals to local resources. <https://NYProblemGamblingHELP.org>

New York Council on Problem Gambling Self-Screener Tool

Sometimes, self-screening tools can help people decide if they are ready to reach out for support for problems related to someone’s gambling. NYCPG offers an anonymous screening tool to help determine if a person is at risk for developing a gambling problem. Take the e-screener here: <https://nyproblemgamblinghelp.org/e-screener/>