

WellnessRecovery.org



Wellness & Recovery Resources for Ulster County, NY

Health & Medical Services

Mental Health Services

Addiction Services

Senior Services

Developmental Disabilities Services

Children & Family Services

Bereavement Services

Wellness

Training & Education

Volunteering & Employment

Legal Assistance

Housing

Transportation

Benefits & Entitlements

About WellnessRecovery

Crisis Services

Children & Family

Click below to find resources for children & adolescents, for young adults, and for parents, caregivers, and families.

Children's Services

Services for Young Adults:

Adolescent Partial Hospital Program at Benedictine Hospital

The Adolescent Partial Hospitalization Program (APHP) at Benedictine Hospital is a voluntary, intensive, short-term multi-disciplinary psychiatric treatment for adolescents ages 13-18 (18 year olds must be currently enrolled in a school program). Individuals who are admitted must be at risk of psychiatric hospitalization or be transitioning from an inpatient stay to the community. APHP is designed in compliance with NYSOMH and JCAHO standards to provide an alternative to inpatient treatment for persons with acute symptoms of a psychiatric or emotional illness. Applicants must meet criteria for medical necessity and be able to be safely treated with less than 24 hours daily care.

The major treatment focus is symptom reduction through medication management and the acquisition of coping skills through Dialectical Behavior Therapy. A psychiatrist directs the treatment team and mental health clinicians provide supportive individual therapy, group therapy, family therapy, case management, and advocacy. Academic tutoring is also offered in this program. The goal of the program is to lessen the difficulties individuals are presently experiencing while teaching coping skills to be used throughout life.

The program operates from 8:30am-2pm, Monday-Friday for program recipients. Staff is available on site from 8:00am-4pm Monday-Friday. When the program is closed, an on-call staff clinician is available via telephone.

HealthAlliance of the Hudson Valley
at Benedictine Hospital
105 Mary's Avenue in Kingston
(845) 334-3110
<http://www.bahv.org>



WHAT'S NEW...

ACCESS: MOBILE MENTAL HEALTH TEAM

The first place to call.

#844-277-4820

1 pm - 11 pm

Connect with a trained counselor when stress, depression or other mental health issues create a personal crisis:

- suicidal thoughts
- emotional trauma
- serious mental illness
- anxiety
- depression
- family crisis

The team can respond to an urgent issue in the community, at home or in a school.

Part of their offering is a follow up plan, and they assist to make sure it is carried out.

Youth Leadership Program

This program is offered to adolescents ages 13 -15 who reside in the Kingston area and is designed to engage participants in 4 days/week 4 hours/day internship placement sites, participation in weekly 2-3 hour skill-building workshop, and participation in a community service project. Supported by the United Way of Ulster County.

YWCA of Ulster County
Youth Leadership Program
(845) 901-1661

Teen WRAP: Wellness Recovery Action Planning

WRAP is a manualized group intervention that is recognized as an evidenced-based program by NREEP-SAMHSA. It is a process of self-exploration whereby individuals identify their vision of wellness, share effective coping skills, and set goals to achieve and maintain wellness. At the same time, individuals identify their thoughts, feelings, and behaviors in times of stress, distress, and crisis, creating action plans to better cope during such difficult times. This voluntary 6-week group for high school students will be offered in the fall of 2013; Dates and times to be determined. Registration is required.

MHA: Mental Health Association in Ulster County, Inc.
Contact Michele Galea Bertelle, Copeand Center Certified WRAP Facilitator
at (845) 339-9090 Ext. 115

Children's Case Management Services

Case Management services for children with social/emotional challenges include: ongoing assessment of child and family strengths and challenges, development of a child focused, goal oriented service plan, linking child and family to appropriate services, monitoring effectiveness of services as they relate to the service plan, and advocacy.

Case Management Services Are Offered By Family of Woodstock, Parson's Child & Family Center, and MHA in Ulster County

Applications & Referrals Are Submitted To Ulster County Single Point of Access (SPOA) Coordinator, Eileen Murphy, at (845) 340-4119

Ulster County Department of Mental Health
239 Golden Hill Lane in Kingston

Transitions Program

Comprehensive Case Management, counseling and socialization services for young adults aged 18 - 24 with mental health diagnoses, substance abuse (past, present, or risk), and homelessness or risk of homelessness. Linkages are made to mental health treatment, alcohol and drug abuse services, housing, case management, and social support.

A Collaborative Partnership of Family of Woodstock, Ulster County Department of Mental Health, and MHA in Ulster County

Contact:
Tori Barner, Family of Woodstock Transitions Coordinator
at (845) 331-7080 Ext.146
or Deb Kiernan, MHA Transitions Coordinator at (845)
339-9090 Ext.114

Download Ulster
County's FREE
Suicide Awareness
& Prevention App



Adolescent Anger Management

The Anger Management for Teens Program is a FREE five week co-ed group for youth ages 12-18, who are having difficulty controlling their anger and it is causing problems at home or at school. Youth are commonly referred to this program by their parents, school, or through a probationary agreement. The group is designed to give young people a safe and confidential space to talk about, identify, express, and learn to manage their anger.

Contact Nicole Villani at (845) 331-7080 Ext.155 regarding groups in Kingston, New Paltz & Saugerties.
<http://www.familyofwoodstockinc.org/teens>

LifeSkills Training (LST)

LST is based on both the social influence and competence enhancement models of prevention for school age youth in grades 3-12. Consistent with this theoretical framework, LST addresses multiple risk and protective factors and teaches personal and social skills that build resilience and help youth navigate development tasks, including the skills necessary to understand and resist pro-drug influences. LST is designed to provide information relevant to the important life transitions that adolescents and young teens face, using culturally sensitive and developmentally and age-appropriate language and content. Separate programs are offered for youth in elementary school (grades 3-6), middle school (grades 6-9) and high school (grades 9-12).

Contact Cheryl DePaolo, Director at (845) 458-7406

Ulster Prevention Council
 85 Grand Street
 Kingston, NY 12401
<http://www.ulsterpreventioncouncil.org>

Life Skills Groups

Once a month Family offers a life skills training group open to any youth in Ulster County who is between ages of 14 and 21. The groups are free and offered around the county. Geared towards helping young people to learn the skills they need to be on their own.

Contact Jessica Pierce, Program Director at (845) 331-7080 Ext. 144

Family of Woodstock, Inc.
 39 John Street
 Kingston, NY 12401
<http://www.familyofwoodstockinc.org>

Independent Living Program

Created in 1989 in collaboration with the Department of Social Services, this program is designed to help youth in foster care who are 14-21 years old to gain the skills and knowledge needed to leave foster care and move on to independent living as productive adults. Youth in the program work with a case worker to set and attain goals in the areas of education, employment, vocational training, discharge planning and life skills building. This program is not open to the public. All referrals must come through Department of Social Services.

Contact Jessica Pierce, Program Director at (845) 331-7080,

ext. 144
or Nicole Villani, Assistant, Program Director at (845) 331-7080, ext. 155.

Family of Woodstock, Inc.
39 John Street
Kingston, NY 12401
<http://www.familyofwoodstockinc.org>

GAP [Getting Ahead Program]

The GAP Program was designed to help Ulster County residents ages 16-21, with mental health issues. The program is designed to help you get your life in order. The GAP case worker can help you acquire housing if you need it, or help you maintain the housing you have. You will receive assistance in returning to an academic program if you are no longer in one, or help gaining employment if you need to. The program can help you manage your treatment, your medications if you're on them, and your appointments that you're responsible for. The GAP case worker will come to you. Services are available anywhere in Ulster County and are free of charge.

Contact Jennifer Pineda, Program Director at (845) 647-1346

GAP [Getting Ahead Program]
189 O'Neil Street
Kingston, NY 12401
<http://www.familyofwoodstockinc.org>

St. Cabrini Home, Inc.

St. Cabrini Home provides comprehensive care integrating clinical, educational, recreational, and socialization strategies for neglected, abused, and emotionally fragile adolescents, ages 12-21. Our group home services youngsters who do not require the intense structure of a residential placement but who are not ready to or are unable to live with family or on their own.

Our residential treatment center serves 86 adolescent girls who attend our on grounds school, the West Park Union Free School. Seven group homes provide family-like living arrangements for adolescent boys or girls in Poughkeepsie, Wappingers Falls, and Middletown, NY. St. Cabrini Home also provides substance abuse counseling and intervention to all students as needed in its programs through its OASAS licensed substance abuse clinic. The clinic, located on our West Park campus, provides initial assessments, regular counseling, groups, and referrals to inpatient substance abuse services as needed. We are sponsored by the Missionary Sisters of the Sacred Heart of Jesus.

Contact Tony Cortese, Executive Director at (845) 384-6500.

St. Cabrini Home, Inc.
2085 Rt. 9W
West Park, NY 12493
<http://www.cabrinihome.com/>

Parenting