



Columbia County Pathways to Recovery

“Every day is a chance to begin again.” — *Catherine Pulsifer*

Welcome to our March newsletter. As spring approaches, we look forward to new opportunities to connect, learn, and support one another through resources, stories, and community events focused on recovery and hope.

Issue # 21 - March 2026



Community Meetings and Updates

Due to inclement weather and to ensure the safety of our presenters, CCPR's February Community Meeting has been rescheduled.

The meeting will now take place on March 2, from 7:00–8:00 PM.

COMMUNITY MEETING SERIES:



This Month's Topic:

TALKING TO KIDS ABOUT DRUGS

Featuring youth and parents with lived experience working in prevention, recovery, and support services.



MONDAY

March 2, 2026

7:00 - 8:00 PM



1 Taconic Pl. Chatham, NY 12037
(entrance in the rear)

We'll Cover:

- What to say & when
- How to keep communication open
- Where to get help
- Age-appropriate guidance

- ✓ **Childcare available (RSVP)**
- ✓ **Pizza and refreshments provided**
- ✓ **PLUS: A GROCERY GIFT CARD DRAWING!**

Hosted By:



Have an idea for a future meeting?
Share it with us!

@columbiapathwaystorecovery

For more information contact:
518-966-2775

www.columbiapathwaystorecovery.org

Because of our recent rescheduling, we're excited to share that our 2nd Community Meeting Series will take place on March 23rd!

Subscribe

Past Issues

Translate ▼

Coalition and Upstate New York Poison Center.

Get informed, ask questions, and be part of the conversation shaping our community's response.

COMMUNITY MEETING SERIES:



Featured Topic:

COMMUNITY SUBSTANCE USE UPDATE: EMERGING TRENDS



MONDAY

March 23rd, 2026

7:00 - 8:00 PM



1 Taconic Place Chatham, NY 12037
(entrance in the rear)

✓ **Childcare available (RSVP)**

✓ **Pizza and refreshments provided**

We'll Cover:

- What's most common right now (street drugs, retail/gas station products, prescription misuse)
- Risk & protective factors in our community
- Emerging trends reported by local partners
- How awareness improves safety, reduces stigma, and connects people to support

Hosted By:



Have an idea for a future meeting?
Share it with us!

@columbiapathwaystorecovery

For more information contact:
518-966-2775

www.columbiapathwaystorecovery.org

Subscribe

Past Issues

Translate ▼

518-966-2775 | 877-HOPE-365

March 2026

| MON | TUE | WED | THU | FRI | SAT |
|------------------------------------|---|---|---|--|--|
| <p>🍁 7:30 PM SMART MEETING</p> | <p>☕ 10 AM-1 PM COFFEE HOUR DROP-IN</p> <p>👥 6 PM AA WOMEN'S STEP MEETING</p> | <p>🍷 6 PM REVELATION WELLNESS EXERCISE CLASS</p> <p>📖 8 PM THE CHATHAM BEGINNERS AA MEETING</p> | <p>🌈 5-7 PM LGBTQ CONNECTION NETWORK</p> <p>📖 6 PM AA MEN'S MEETING</p> <p>✍️ 7 PM CREATIVE WRITING FOR WORKSHOP</p> <p>👥 7:30 PM YOUNG PEOPLE'S COFFEE HOUR (MAR. 12TH AND 26TH)</p> | <p>☕ 9 AM-12 PM COFFEE HOUR DROP- IN</p> <p>🎮 6-8 PM LGBTQ GAME NIGHT (MAR. 13TH AND 27TH)</p> | <p>🕒 7-7:45 AM QIGONG (MAR. 14TH) \$10</p> <p>🕒 8 AM REFUGE RECOVERY (MAR. 14TH)</p> <p>📖 7 PM AA MEETING BIG BOOK STUDY GROUP</p> |

☀️ ALSO - MON/TUES/WED afternoon/eve BY APPOINTMENT - CRAFT (Community Reinforcement and Family Training) one-on-one support meetings 📞 Call Barbara 518-764-1749.

♥️ All are welcome in our safe, nonjudgmental space.



 **Stay Up to Date**

For full details on our upcoming meetings and community offerings, visit our [website](#) for the latest updates.

March Mental Health & Awareness Dates

- Self Harm Awareness Month
- National Drugs and Alcohol Facts Week (Mar. 22-28)
- Self-Injury Awareness Day (Mar. 1)
- World Bipolar Day (Mar. 30)
- International Transgender Day of Visibility (Mar. 31)

Subscribe

Past Issues

Translate ▼



Community HOPELINE 877-HOPE-365

Addiction, Mental Health & Community Resources
9am to 9pm every day of the year

Hope is just a call away

Local and State News



The proposed methadone dosing clinic in Hudson would be in the Twin Counties Recovery Services outpatient building on Power Avenue, pictured.
Roger Hannigan Gilson/Times Union

Methadone clinic to open in Hudson

The clinic would be staffed and managed by the Lexington Center for Recovery, which operates clinics and programs in the mid and lower Hudson Valley. The clinic would be located in the Twin Counties Recovery Services outpatient building on Power Avenue in Hudson.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Why Teen Mental Health Deserves Greater Focus in 2026

Being a teenager has never been easy, but as we enter 2026, the challenges teens face are no longer temporary disruptions they are shaping an entire generation's emotional development. The pressures of adolescence today extend far beyond school or social life, reflecting more profound shifts in how young people grow, connect, and cope.

[READ MORE HERE](#)



What Are the Signs of Having a Problem With Drugs?

Addiction can happen at any age, but it usually starts when a person is young. It's the result of changes in the brain that can come from drug use. Addiction affects how people think and what they do. But what exactly are the signs?

[READ MORE HERE](#)



Hospital workers raise concerns over Columbia Memorial Hospital’s proposal

HUDSON, N.Y. (NEWS10)— Columbia Memorial Hospital's proposal to change its designation from a main hospital, to a critical access hospital, is sparking outcry from employees. The potential change would allow the hospital to receive a higher reimbursement rate. Hospital officials say it's an effort to align with community needs. Yet, for many healthcare workers and community members, this potential change brings many questions.

This includes twenty five medical and surgical beds, and thirty four behavioral health beds.

Other concerns raised this evening included transportation for patients, the future of employment for staff, and a lack of accessible healthcare to the community at large.

[READ HERE](#)

Recharge & Renew Respite
A Community Program Supporting Caregivers and Their Loved Ones

Now Open!

Recharge & Renew Respite provides a safe, welcoming environment for older adults with mild to moderate memory loss or physical/cognitive conditions requiring supervision. While participants enjoy enriching social interaction, caregivers gain valuable time to rest, run errands, or simply recharge.

Program Highlights
When: 3rd Friday of Each Month
Where: Canaan Congregational Church - County Rte 5, Canaan, NY
Cost: This is a FREE program
Schedule: A structured yet flexible daily schedule tailored to individual needs, nutritional lunch included.

Activities Include:
 ☕ Coffee and conversation
 🪑 Chair exercises and Zumba
 ✂️ Crafts, games, and puzzles
 🎵 Music and floral arranging
 🌟 Companionship with volunteers

Registration Information
 Registration is required. To sign up, please contact:
Columbia County Office for the Aging at 518-828-4258 (ask for Intake)

Office for the Aging **NYS CRC**
New York State Caregiving & Respite Coalition

This program is made possible with financial support from the New York State Caregiving & Respite Coalition (NYS CRC) and Assemblymember Didi Barrett.

Caregiver Support (Respite)

Do you provide unpaid care to a family member, friend, or neighbor who has an illness, disability, memory loss, injury, or special need? If you answered yes to any of these questions, you are a caregiver! Are you feeling overwhelmed, constantly worried, tired, sad, easily irritated, and/or extremely stressed? You are not alone and there is support available. If you would like to learn more about resources, tools, and supports available for caregivers, please answer the following questions to get connected to the right starting place.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Governor Hochul Launches Public Awareness Campaign to Educate New Yorkers on Access to Behavioral Health Treatment

February 27, 2026

Governor Kathy Hochul today announced the launch of a public awareness campaign to educate New Yorkers on regulations that improve access to mental health and substance use disorder care. The 'Real Care, Real Access to Behavioral Health Services' campaign highlights regulations that give New Yorkers with qualifying health plans access to initial outpatient appointments for behavioral health care within ten business days of the request and require insurers to help insured individuals access the care they are entitled to receive. The campaign also includes a [new website](#) with information about patient rights and how to file a complaint if those rights are violated.

[READ MORE](#)



February 27, 2026
by The Alliance for Rights and Recovery

Alliance Alert: New York cannot solve homelessness by expanding shelter capacity alone. To improve outcomes for people with mental health and substance use challenges, our system must shift toward what works: **permanent supportive housing, low-barrier access, and Housing First approaches** that provide stability without preconditions such as sobriety or treatment compliance.

[READ MORE](#)

Subscribe

Past Issues

Translate ▼

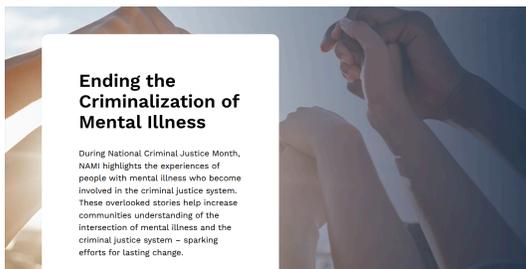


Initiative Aims To Provide Stable Employment Opportunities for New Yorker's in Recovery From Addiction

Governor Kathy Hochul today announced awards totaling \$42.9 million to fund job training and placement efforts across New York State for individuals impacted by addiction, who are ready to join the workforce. This includes more than \$35.6 million for the hiring and retention of vocational rehabilitation counselors at addiction services providers, as well as an additional \$7.3 million for two organizations that will provide regional support services for the counselors hired through this program and the organizations providing services. Research shows stable employment for someone in recovery can have several key benefits, including financial stability, as well as providing structure and purpose, and social connections which can help prevent isolation.

This initiative will help to improve employment outcomes for individuals in treatment and recovery for substance use disorders by offering employment training and job placement assistance. Funding provided allows each recipient to hire or retain two counselors. Each of the following providers was awarded a five-year contract for the amount listed, for a total of \$35,620,085:

[READ MORE](#)



NAMI invites you to be part of our efforts to educate, advocate, and ensure people with mental illness receive help, not handcuffs.

People with mental illness are overrepresented in our nation's jails and prisons. About two million times each year, **people with mental illness are booked into jails — often for reasons related to the symptoms of their untreated illness**. Roughly two in five people who are incarcerated have a history of mental illness,

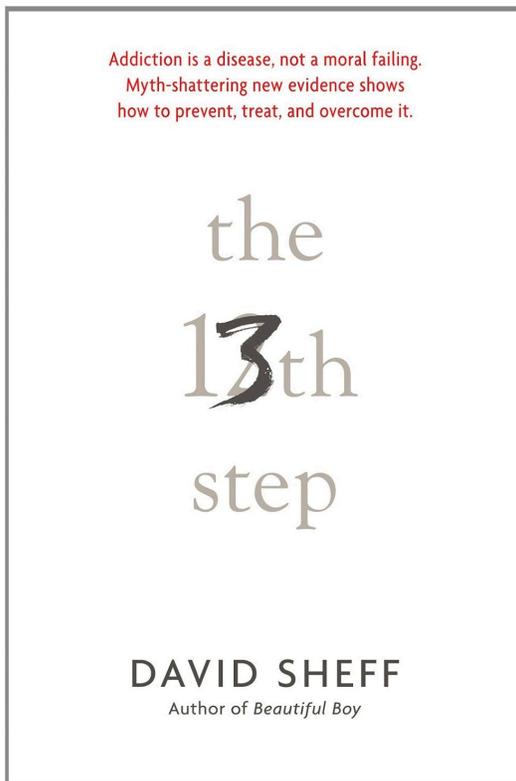
[Subscribe](#)[Past Issues](#)[Translate ▼](#)

juvenile justice system have a
diagnosable mental health
condition.

[READ MORE HERE](#)

Book of the Month

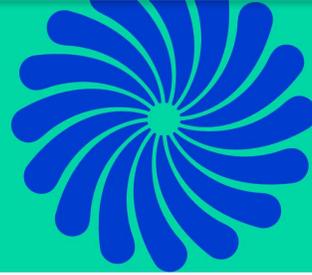
Clean: Overcoming Addiction and Ending America's Greatest Tragedy by [David Sheff](#)



Clean by David Sheff is a myth-shattering look at drug abuse that goes beyond traditional prevention and treatment. Drawing on the latest research in psychology, neuroscience, and medicine, Sheff explains why existing systems, like rehabs and Twelve Step programs, help some but fail many. Based on interviews with scientists, doctors, counselors, addicts, and their families, **Clean** offers practical guidance for preventing and treating addiction and its related mental health challenges — making it essential reading for parents, loved ones, and anyone interested in this pressing public health issue.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Recovery Works: Columbia County



What is Recovery Works: Columbia County?

Recovery Works is a community-based support program for anyone who is interested in becoming **Credentialed Alcoholism and Substance Abuse Counselors** (CASAC) or **Certified Recovery Peer Advocates** (CRPA) in Columbia County.

The program can support people at any stage, whether they are just exploring a career in the recovery field or need help navigating certification requirements, training programs, or accessing financial supports.

What Support is Offered?

We Provide Guidance With:



- Understanding the **CRPA** and **CASAC** certification requirements
- Identifying approved training and education programs that fit your goals
- Exploring scholarships, grants, and financial assistance
- Support with applications, paperwork, and next steps
- Connecting to local recovery-related employment opportunities



Interested or Know Someone Who Might Be?

Contact: J.P. Cahill

Phone: (518) 822-7041

Email: John.Cahill@columbiacountyny.gov

This Month in Our Community

[Subscribe](#)

[Past Issues](#)

[Translate](#) ▼



Mental Health Matters Day

A tradition for nearly three decades, advocates visit Albany to rally support for critical investments and programs that support mental health and suicide prevention in communities across New York State.

Register Now
March 11, 2026
Empire State Plaza, Albany, New York



MHANYS
Mental Health Association
In New York State



**American
Foundation
for Suicide
Prevention**

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

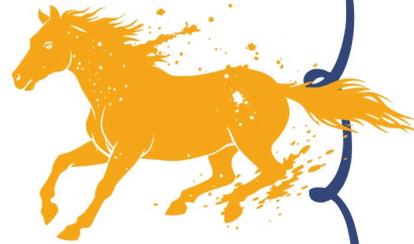
High & Mighty Therapeutic Riding and Driving Center, Inc.
and Northern Columbia County Rotary present

MEET THE HORSES

[AND YOUR LOCAL ROTARY CLUB]

That's a horse of a different color!

Learn how Northern Columbia County Rotary's volunteers support our community in so many ways from youth, education and food insecurity to EMS equipment and support for senior citizens. Meet the horses of High & Mighty and learn about the therapeutic programs which they are the heart of.



MONDAY, MARCH 30 • 6-7:30PM
71 ROUTE 21C, GHENT

FREE ADMISSION • CHILDREN WELCOME!
DOOR PRIZES • LIGHT REFRESHMENTS SERVED

PLEASE BRING A DONATION OF APPLES, CARROTS, OR HORSE TREATS





CHATHAM COMMUNITY WELLNESS FAIR

Healthy Minds, Healthy Bodies, Healthy Schools

Investing in our well-being is the first step toward student success.



We invite all families, staff, and neighbors to explore a variety of local wellness experts, mental health resources, and preventative care tips. Discover new ways to nourish your body and mind in a supportive, family-friendly environment.

Over 40 local wellness services, organizations, and businesses will be in attendance!

DATE: Thursday, March 12, 2026
TIME: 5:30 PM – 7:30 PM
LOCATION: Mary E. Dardess Elementary School (50 Woodbridge Ave, Chatham, NY)



All families, staff, community members, and neighbors are welcome!



Wellness Activities for all ages!



No Cost Admission



Food Truck (at a cost)

Subscribe

Past Issues

Translate ▼

RECOVERY HIKES

COLUMBIA-GREENE COUNTY

PLEASE, BE AT THE DESIGNATED LOCATION PARKING AREA AT 10 AM TO BEGIN THE HIKES.

MARCH 14: THE WILLOWS AT BRANDOW POINT|
480 RT 385 ATHENS

MARCH 20: "BIG DAY OUT" WINDHAM HIGH PEAK|
6.8MI/1751VG

APRIL 11: SIEGAL-KLINE KILL|
1452 CHURCH ST. GHENT

MAY 16: FIFTH ANNIVERSARY CELEBRATION|
TBA

JUNE 13: HIGH FALLS PRESERVE|
540 ROXBURY RD. PHILMONT

JUNE 21: "BIG DAY OUT" ASHOKAN HIGH POINT|
8.6MI/2125VG

JULY 11: OCTAPARAGON WILDLIFE REFUGE|
1819 HIGH HILL RD. COXSACKIE

AUGUST 13-16: SUMMER CAMPOUT AT SPICEBUSH FARM|
ELIZAVILLE

SEPTEMBER 12: OVERMOUNTAIN|
503 CARSON RD. ANCRAM

SEPTEMBER 22: "BIG DAY OUT" ALANDER MT.)
4.5MI/1528VG

OCTOBER 10: HARLEM VALLEY RAIL TRAIL|
64 MILES RD. COPAKE

NOVEMBER 14: LONG VIEW PARK|
1886 RIVER RD. NEW BALTIMORE

DECEMBER 12: SCHOR|
58 SHORE VIEW DR. EAST CHATHAM

DECEMBER 21: "BIG DAY OUT" CAT'S ROCK|
7.8MI/1026VG

WE ARE LOOKING FOR VOLUNTEER HIKE LEADERS.
CONTACT US IF YOU ARE INTERESTED IN LEADING A HIKE.

Subscribe

Past Issues

Translate ▼

WINDOWS & Doorways

to
Mar. 28, 2026

Artists are invited to interpret windows, doors, and thresholds—literal or symbolic—as representations of transition, opportunity, challenge, or hope. This theme welcomes artwork about change, boundaries, openness, and the spaces between where we’ve been and where we’re going.

RECEPTION:

Saturday, Jan. 24, 2026 - 5pm to 7pm at the gallery.

ARTLife717

717 Columbia St., Hudson, NY 12534

Gallery Hours

Thurs. 12pm - 5pm

Fri. 12pm - 5pm

Sat. 12pm - 5pm



Recovery Tool of the Month



Disputing the “Rewards” of Addiction — A SMART Recovery Tool

One of the core tools in **SMART Recovery’s toolkit** focuses on challenging the *unhelpful beliefs* people hold about addiction—especially the idea that substance use truly *rewards* them or is justified because of supposed benefits. This tool helps individuals **identify, evaluate, and change beliefs that fuel addictive behavior**, replacing them with more realistic, helpful thinking.

This strategy is part of the “Disputing Unhelpful Beliefs” method, a

Subscribe

Past Issues

Translate ▼

- **Notice thoughts that make addiction seem appealing or “deserved.”**

For example: *“I deserve a drink because I had a hard day,”* or *“Using helps me cope.”*

- **Critically examine whether those beliefs are true, logical, or helpful.**

Participants are encouraged to ask questions like:

Is this belief supported by reality?

Does acting on this belief actually improve my life or goals?

- **Replace old thoughts with more balanced, constructive ones** that support change and well-being instead of reinforcing addictive patterns.

[READ MORE HERE](#)



Featured Partner of the Month

WE ARE

A prevention coalition and 501c3 nonprofit serving two counties. We bring together youth, local organizations, businesses, and concerned residents from all sectors, united by a shared goal: **Helping our loved ones and the community, not only live but THRIVE.**

WE OFFER

- Education & Training** – Workshops, presentations, guest speakers, and youth-led programs
- Media Campaigns** – Focused on current and emerging substance use threats
- Free Safety Supplies** – Narcan, test strips, lock boxes, and drug disposal kits
- Community Events** – Substance-free activities and youth engagement
- Advocacy & Policy** – Promoting systems change and community voice
- Resource Linkage** – Connection to local/state/national prevention, harm reduction, treatment & recovery services

WE ENVISION

A prosperous community where everyone has access to services and supports. **Through cross-sector collaboration, we're building a healthier, informed and more connected region.**

WWW.C-GAC.ORG | **INFO@C-GAC.ORG** | **518.303.3665**

CGADDITIONCOALITION

Partner Highlight of the Month: Columbia-Greene Addiction Coalition

This month, we celebrate the Columbia-Greene Addiction Coalition and our longstanding partnership in supporting local initiatives. We also extend our heartfelt thanks for their recent donation to the Wellness Speakers Series, coming this spring to Columbia County Schools.

Subscribe

Past Issues

Translate ▼

day.

If you would like to make a contribution to our efforts, please [click here](#).



We could use your support and donation

[View this email in your browser](#)

Donate Today



Share



Tweet



Forward

Columbia County Pathways to Recovery (CCPR) is an RCO (Recovery Community Organization) – a grassroots group which grew out of the concern for a need for awareness, education, advocacy, and change in regard to the public health crisis of addiction.

RECOVERY HOPELINE
877-467-3365
Information, Resources and Referrals
9am to 9pm | 7 days a week

We provide comprehensive resources for individuals and families impacted by the crisis of substance use disorder. We offer hope, awareness, advocacy, education and pathways for those who seek support, relief and recovery.

Our mailing address is:
PO Box 486 Ghent NY 12075

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)

This email was sent to <<Email Address>>
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
Columbia County Pathways to Recovery · PO Box 486 · Ghent, New York 12075 · USA

