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Columbia County Pathways to Recovery



Issue # 22 - April 2026

"I understood, through rehab, things about creating characters. I understood that creating whole people means knowing where we come from, how we can make a mistake and how we overcome things to make ourselves stronger."

— Samuel L. Jackson

Welcome to our April newsletter!

As spring continues to bloom, we look forward to new opportunities to connect, learn, and support one another through resources, stories, and community events.

Check out our upcoming Health Fair on May 16th!

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Need someone to talk to?



Call the Community Hopeline

877-HOPE-365

Confidential, local support
for addiction, mental
health & more

Here for you every day,
9am–9pm

Upcoming CCPR Community Events

April 27 | 7:00–8:00 PM

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Featured Topic:

HOUSING RESOURCES IN COLUMBIA COUNTY, NY



MONDAY

April 27th, 2026

7:00 - 8:00 PM



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

- ✓ In-person or virtual attendance available (RSVP for Zoom link)
- ✓ Childcare available (RSVP)
- ✓ Refreshments provided!

Need Housing Help? We'll Cover:

- ✓ Local resources you can access now
- ✓ Rental & emergency assistance options
- ✓ Tenant rights and protections
- ✓ How to apply for housing programs
- ✓ Q&A with service providers

Presented By:



Columbia
Opportunities

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

@columbiapathwaystorecovery

For more information contact:

518-966-2775

www.columbiapathwaystorecovery.org

May 16th | 11:00 AM–3:00 PM

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Columbia County Pathways to Recovery and Northern Columbia County Rotary present

HEALTHY AT ANY AGE

A FREE COMMUNITY HEALTH FAIR



Join local organizations for a day of FREE fun, fitness, and education including:

- FITNESS CLASSES (GENTLE YOGA, STRENGTH TRAINING)
- BLOOD PRESSURE CHECKS • CHILDREN'S ACTIVITIES • FACE PAINTING
- SEEDLING SWAP • NUTRITION & HEALTH BINGO
- REIKI MINI-SESSIONS • PLUS MORE...

BAKED GOODS AND SNACKS AVAILABLE FOR PURCHASE

SATURDAY, MAY 16, 11AM-3PM

1 Taconic Place, Chatham
[entrance in back]



columbiapathwaystorecovery.org

Northern Columbia County



northerncolumbiacountyrotary.org

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CCPR CHECK-IN TEXT

Sometimes socializing in early recovery can feel hard. Our peer check-in text provides **simple daily support**.

- ✓ Daily check-ins
- ✓ Encouraging messages
- ✓ Peer support

Example Check-In

Good morning! Just checking in to see how you're doing today. You're not alone.

Sign up today on our website or contact us for more information.

CCPR Recovery Community Center

1 Taconic Place, Chatham, NY
 columbiapathwaystorecovery.org
 518-966-2775 | 877-HOPE-365

April 2026

MON	TUE	WED	THU	FRI	SAT
	☕ 10 AM-1 PM COFFEE HOUR DROP- IN 🍷 6 PM AA WOMEN'S STEP MEETING (Meeting ON HOLD)	🍷 6 PM REVELATION WELLNESS EXERCISE CLASS 📖 8 PM THE CHATHAM BEGINNERS AA MEETING	🌈 5-7 PM LGBTQ CONNECTION NETWORK 📺 6PM AA MEN'S MEETING 🍷 7PM CREATIVE WRITING FOR WORKSHOP 🍷 7:30 PM YOUNG PEOPLE'S COFFEE HOUR (APRIL. 9TH AND 23RD)	☕ 9 AM-12 PM COFFEE HOUR DROP- IN 🎮 6-8 PM LGBTQ GAME NIGHT (APR. 10TH AND 24TH)	🕒 7-7:45 AM QIGONG \$10 (No Class in April and May) 🕒 8 AM REFUGE RECOVERY (No Class in April and May) 📖 7PM AA MEETING BIG BOOK STUDY GROUP

☀️ 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.



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

April Mental Health & Awareness Dates

- **Alcohol Awareness Month**
- **Stress Awareness Month**
- **April 24** – National Prescription Drug Take Back Day
- **April 29** – National Fentanyl Awareness Day

April is Alcohol Awareness Month, an opportunity to update your knowledge about alcohol use disorder (AUD) and the adverse impact of alcohol misuse on health and society. Alcohol-related problems continue to take a heavy toll on individuals, families, and communities. Researchers estimate that each year there are more than 178,000 alcohol-related deaths, making alcohol a leading preventable cause of death in the United States. In addition, more than 200 disease and injury-related conditions are associated with alcohol misuse.

NIAAA offers a wealth of research-based resources related to alcohol misuse. These resources are free, cover many topics, and are available in multiple languages. Examples include the following:

- [Facts About Teen Drinking](#): Designed for teens, this website contains in-depth information about how alcohol affects health, how to identify signs of an alcohol problem, and how to get help.
- [NIAAA for Middle School](#): This web resource contains interactive activities to help parents, caregivers, and teachers introduce and reinforce key messages about peer pressure, resistance skills, and other important topics related to underage drinking.
- [Kahoot! quiz about underage drinking](#): This quiz can be taken at home or in the classroom to help teens gain a better understanding of underage drinking. Topics covered in the quiz are negative health consequences associated with drinking, signs of an alcohol problem, and how to find support.
-

In addition, the [Rethinking Drinking](#) website features interactive calculators as well as tips and strategies to cut down or quit drinking.

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We often think of addiction
as substances.

But it can also show up
as patterns—like stress.

Under stress, the body releases
adrenaline, cortisol,
and even dopamine.

This can make stress feel
rewarding to the brain—
reinforcing patterns
that are hard to change.

Over time, these patterns can
contribute to
anxiety, depression,
and burnout.

Perceived Stress Scale (PSS)

The Perceived Stress Scale (PSS), created by the psychologist Dr. Sheldon Cohen, is the most widely used tool in scientific research for assessing the perception of stress. Your

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Take the Test



MATTERS

How to Access Free Supplies?

Enter:

1. "8377" and "ENTER"
2. The item number you'd like and "ENTER"
You can select up to 3 items
3. Your home ZIP code and "ENTER"
4. Your 4 digit year of birth and "ENTER"

- ✓ Naloxone (Narcan)
- ✓ Fentanyl Test Strips
- ✓ Xylazine Test Strips

NO CREDIT CARD, CASH, OR ID NEEDED

Columbia County Mental Health Center **CFAC**

¿Cómo acceder a suministros gratuitos?

Marque

NO SE NECESITA TARJETA DE CRÉDITO, DINERO NI IDENTIFICACIÓN

1. "8377" y "ENTER"
2. El número de artículos que desea y "ENTER"
Puede elegir hasta 3 artículos
3. Los 4 dígitos del año de su nacimiento y "ENTER"
4. El código postal de su domicilio y "ENTER"

- ✓ Naloxona (Narcan)
- ✓ Tiras reactivas de fentanilo
- ✓ Tiras reactivas de xilacina

Columbia County Mental Health Center **CFAC**

FREE Harm Reduction Supplies Available 24/7

Harm Reduction Vending Machine
Free life saving supplies for opioid overdose reversal and prevention.

WHAT'S AVAILABLE

- Naloxone
- Fentanyl Test Strips
- Xylazine Test Strips

Located outside MHACG Main Offices
713 Union Street in Hudson

MHACG
MHA of Columbia Greene

Columbia Greene **Clubhouses**

765-MATTERS

Training and support provided by OASAS through MATTERS and Catholic Charities of the Diocese of Albany
Office of Addiction Services and Supports **MATTERS** **CATHOLIC CHARITIES**

Local and State News

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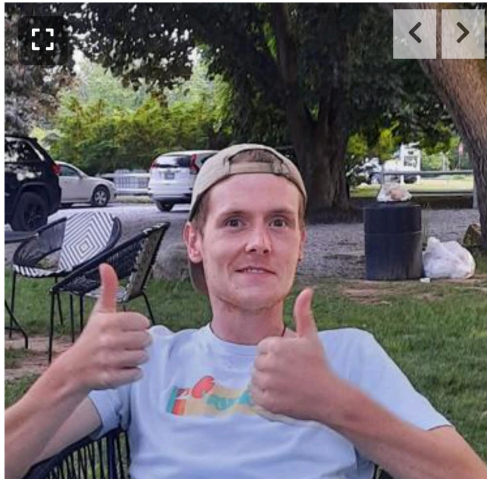
mother learns more about son's kratom use

Cari Scribner vouches for legislative action on herbal tea product

By Tyler A. McNeil

Dec 8, 2024 Updated Jan 13, 2026

1 of 2



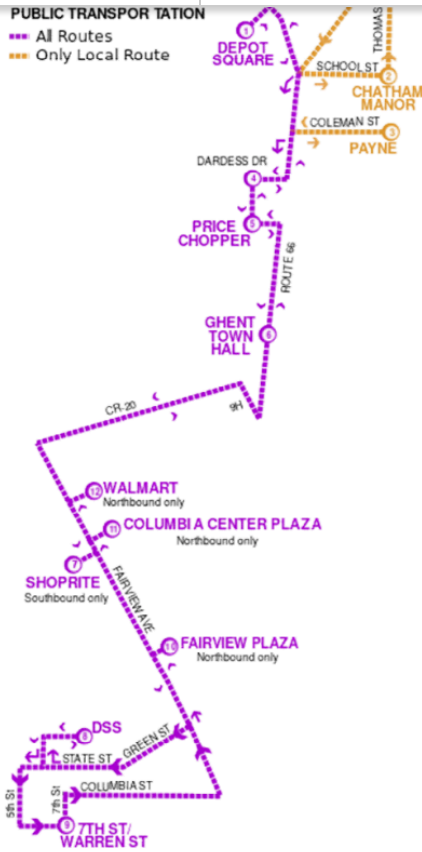
Grieving Ballston Spa mother turns son's death into push for state kratom regs

Nickolas Scribner was a hardworking 27-year-old when he died in his sleep in November 2024.

According to Nickolas' mother, an autopsy found her son's system contained nothing but ice cream and an herb known as kratom.

This week, Nickolas' death has helped inspire new statewide regulations.

[READ HERE](#)



bus route extended through May 2027

“When Columbia Pathways to Recovery, which is an addiction and mental health support service, moved from Hudson to one of the locations on this route, on 2596 state Route 66, Assemblywoman Barrett took a tour of their new location and realized that it would be beneficial for the citizens of Hudson and Greenport and the surrounding area that didn't have vehicles, to be able to use a transportation service to get up to this critical addiction support service,” Collins said. “She was really the thrust of pushing for this.”

The success of the route expansion shows that public transportation can work and is needed in rural areas, Barrett said.

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Psychologist shares 5 signs you're addicted to stress: 'It's a lot more common than you think'

Published Sun, May 7 2023·10:00 AM EDT
Updated Thu, May 11 2023·12:39 PM EDT

 Morgan Smith
@THEWORDSMITHM

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stress addiction, but exercise and meditation are solid places to start.

Both practices boost “happy chemicals” in the brain, including dopamine and endorphins, which are strong antidotes to the flight-or-fight response you’re in when you’re stressed, according to the Mayo Clinic.

Most importantly, see if you can figure out what triggers “bad stress” for you, says Sorensen. Look out for issues with your sleep, appetite, focus and mood. What do you do when you’re stressed? What helps you, and what makes you feel worse?

Stress, even with the myriad of negatives it brings, can be addicting.

It’s a trick our brains play on us: In addition to cortisol, stress releases dopamine, a “feel good” chemical that encourages repeat behaviors by activating the reward center in our brains, according to Heidi Hanna, an integrative neuroscientist.

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Stopping the Intergenerational Cycle of Addiction are Just Two Critical Effects of Focused Prevention Efforts

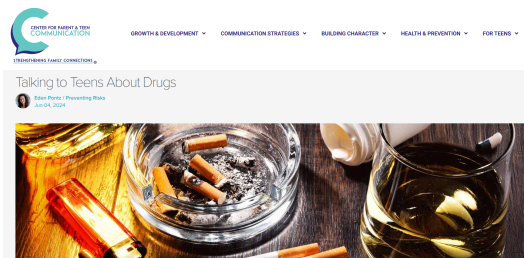


Drug Prevention

While not every SUD can be prevented, much more can be done to target risk factors and strengthen protective factors.

The U.S. currently has one of the highest rates of substance use and SUD in the world. Americans account for approximately 4 percent of the world's population—and 27 percent of the world's drug overdose deaths. Proven prevention programs should be implemented nationwide to reduce substance use, SUDs and overdose deaths.

[READ MORE HERE](#)



Talking About Drugs and Substance Use With Teens

Our goal is to raise our children to become successful, responsible adults prepared to thrive in a world full of challenges.

Certainly, one of the most important things they must know is how to manage life with a clear mind, free of drugs and substances.

Young people have heard the “drugs are bad” and “cigarettes kill” messages. The reassuring news is that, as a result, most young people are substance free. Yet, too many young people still experiment with and ultimately use, substances. Although they hear messages about harm, they are also exposed to the hype that paints mind-altering substances as exciting. They are surrounded by marketing messages that suggest cigarettes, alcohol, and drugs

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Did you know??

You can get hired faster with a free bonding program that helps employers take a chance on you.



NEW YORK STATE FEDERAL BONDING PROGRAM

WHAT IS THE NYS FEDERAL BONDING PROGRAM?

It is a unique tool to help a "high risk" job applicant get and keep a job. The program issues Fidelity Bonds, and is sponsored by the New York State Department of Labor.

WHAT IS A FIDELITY BOND, AND WHAT DOES IT COVER?

It is a business insurance policy that protects the employer in case of any loss of money or property due to employee dishonesty.

HOW DOES THE BOND HELP SOMEONE GET A JOB, AND WHO IS ELIGIBLE?

The bond is given to the employer for six months free-of-charge and serves as an incentive to the company to hire a job applicant from one of several target groups, such as:

- People with poor credit
- People who declared bankruptcy
- Welfare recipients
- Ex-offenders
- Recovering substance abusers (alcohol, drug abuse)
- Youth who have participated in any state or locally-operated summer or year-round youth program
- People who lack a work history
- People with a dishonorable military discharge

After six months, the employer has the option to purchase continued coverage.

WHAT RESTRICTIONS EXIST IN THE PROGRAM'S BOND COVERAGE?

The worker must meet the legal age for working in New York State and be paid wages with federal taxes automatically deducted. Any full or part-time job is covered, as well as long-term temporary and temporary-to-permanent positions.

IF FIDELITY BOND INSURANCE PROTECTS AGAINST EMPLOYEE DISHONESTY, WHY IS THE PROGRAM'S BOND NEEDED?

Fidelity Bonds that employers purchase do not cover anyone who has a poor credit history or has committed "a fraudulent or dishonest act."

CAN BONDING BE ISSUED TO COVER AN ALREADY EMPLOYED WORKER?

Yes. A bond can be issued to cover a current employee who is not bondable under the employer's insurance, and needs the program's bonding in order to secure a promotion to a new job requiring bonding or to prevent being laid off or terminated.

WHO MUST REQUEST ISSUANCE OF THE FIDELITY BOND?

Either the employer or the job applicant may ask that a bond be issued. This request should be made to the nearest Local Bonding Coordinator.

HOW MUCH BOND INSURANCE COVERAGE WILL BE ISSUED?

A total of \$5,000 bond coverage is usually issued, with no deductible amount of liability for the employer. Bonds come in amounts of \$5,000, \$10,000, \$15,000, \$20,000 or \$25,000. Bonds above \$5,000 must have both justification and approval by the State Bonding Coordinator.

HOW MUCH PAPERWORK IS INVOLVED?

None. Once the date is set for the applicant to start work, the bond can be issued instantly. The employer signs no papers, and keeps no special records since the bond is self-terminating. To apply, contact your nearest Local Bonding Coordinator. (NYS Department of Labor Bonding Coordinator: 518-485-8037)

The complete list of Local Bonding Coordinators in New York with contact information is available at: <https://dol.ny.gov/federal-bonding-program-0>

P239 (7/24)

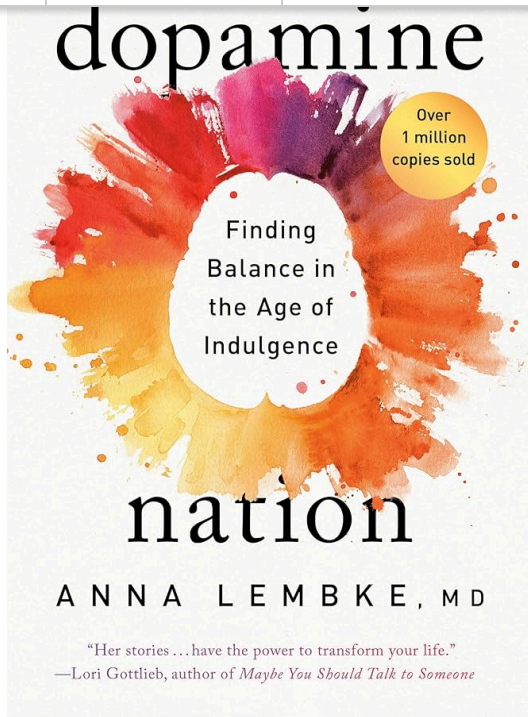
The New York State Department of Labor is an Equal Opportunity Employer/Program. Auxiliary aids and services are available upon request to individuals with disabilities. The Fidelity Bonding Demonstration Program is funded by a federal grant of \$100,000, which constitutes 100% of its budget. 0%, or \$0 is funded by state or non-governmental sources.

Book of the Month

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In *Dopamine Nation*, Dr. Anna Lembke explores how our modern world—full of constant stimulation—can quietly drive cycles of overconsumption and addiction. Blending science with real-life stories, she offers insight into how the brain’s reward system works and how we can find balance again.

This Month in Our Community

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Join us for
Soup Night @ **LEFT BANK CIDERS**

Thursday, April 10
5pm - 7pm

Join the MHACG REACH Center
 for soup, cider, and conversations.
 Help support an end to violence and abuse.

 **Left Bank Ciders**
 150 Water Street
 Catskill, NY 12414

Donations to support survivor programs graciously accepted.



 MHACG: 518.828.4619

 www.mhacg.org/reach

MHACG | 
 MHA of Columbia-Greene | **The REACH Center**



Recovery Tool of the Month

Stress Management and the Challenge of Balance



April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues.

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are some things to think about and pursue for a diminished stress level.

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Featured Partner of the Month



Partner Highlight of the Month:

[Mental Health Association of Columbia & Greene Counties](#)

This month, we proudly celebrate the **Mental Health Association of Columbia & Greene Counties** for their ongoing commitment to supporting individuals and families across our community.

From mental health services and housing support to advocacy and outreach, MHA plays a vital role in strengthening the well-being of Columbia and Greene County residents. Their work helps ensure that people have access to the care, resources, and support they need—when they need it most.

We are grateful for their partnership and the meaningful impact they continue to make every day. It is an honor to highlight their efforts in our April newsletter, and we look forward to continuing to collaborate to better serve our community.

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We could use your support and donation

[View this email in your browser](#)

Donate Today



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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**

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