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Columbia County Pathways to Recovery

Issue # 23 - May 2026

Welcome to our May newsletter!

As spring continues to unfold, we're excited to share new opportunities to connect, learn, and support one another through community resources, stories, and upcoming events.

We invite you to join us for our upcoming **Health Fair on May 16th** —a day focused on wellness, connection, and access to valuable local services.

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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

May 16th | 11:00 AM–3:00 PM

Activities for the Day Include:

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FREE Classes:

Strength Training - 11 AM
Yoga - 12 PM
Pilates - 1 PM

Wellness Services:

Massage & Lymphatic Drainage –
Chatham Bodywork Collective
(Erin Maxwell & Kelly Bancroft)
Psychiatry Consults – Kate Stein
Reiki Sessions – Christopher
McMahon

Blood Pressure Screenings
Seedling Swap
– Bring a plant, take a plant!

Community Organizations:

(Outdoor Tables)
Columbia County Mental Health
Columbia County Health Department
Invitation to Change (ITC)
Columbia-Greene Addiction Coalition
(CGAC)

Kids Activities:

Face Painting
Bubbles & Bubble Machine
Arts & Crafts

CCPR Community Events

May 18th | 7:00–8:00 PM

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CCPR COMMUNITY MEETING SERIES



FEATURED TOPIC:

FEEDING THE BRAIN

AMINO ACID THERAPY AND HEALTHY LIVING



MONDAY
May 18th, 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!

We'll Cover: _____

HOW AMINO ACIDS SUPPORT RECOVERY

Learn how nutrients like amino acids can help restore brain chemistry, reduce cravings, and support mood stability.

FOOD AS MEDICINE

Explore how healthy eating and simple diet changes can improve energy, sleep, and overall wellness in recovery.

PRESENTED BY:
TERRY BUCK, CASC

10+ Years Experience in Herbal Medicine & Holistic Health

Have an idea for a future meeting?

SHARE IT WITH US!

@columbiapathwaystorecovery

FOR MORE INFORMATION CONTACT:

518-966-2775

www.columbiapathwaystorecovery.org

May 4th/5th | 5:30 PM

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PAID FOCUS GROUP

Monday, May 4th at 5:30 pm

Tuesday, May 5th at 5:30 pm

We're seeking 8–12 participants to join a 60–90 minute virtual focus group. We're especially interested in hearing from individuals who have experience accessing or needing support services related to: **Mental Health • Addiction • Housing Food • Transportation**

REGISTER HERE ->

- Participants will be required to register
- Participants will be paid \$25 Walmart gift card
- Participants must reside in **Columbia County or Greene County, New York**



QUESTIONS? Reach out!

Hello@c-gac.org | 518-303-3665



**Community
HOPELINE**



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COLUMBIA PATHWAYS TO RECOVERY (CCPR)

LOOKING FOR VOLUNTEERS!



MAKE A DIFFERENCE IN YOUR COMMUNITY

Get involved in wellness and recovery while building real-world skills you can carry forward. Gain hands-on experience supporting healthy lifestyles, connect with other students who care about healing and positive change, and strengthen your resume or college applications.

WHO WE'RE LOOKING FOR

- Students who care about people and their community
- Anyone curious about public health, social work, or advocacy



GET INVOLVED

- 📍 Chatham, NY 12037
- ✉ columbiapathwaystorecovery@gmail.com
- ☎ [\(518\) 966-2775](tel:(518)966-2775)
- 🌐 columbiapathwaystorecovery.org

YOUTH ADVISORY BOARD

BE A LEADER. MAKE A DIFFERENCE.

WHO CAN JOIN?
AGES 12-19
GREENE AND COLUMBIA COUNTY
YOUNG PEOPLE
NO EXPERIENCE NEEDED!

WHAT IS IT?
YOUTH ADVISORY BOARD IS A
YOUTH-LED SOCIAL ADVOCACY
AND COMMUNITY ACTION
COALITION

WHY SHOULD I JOIN?
BECOME A COMMUNITY LEADER
DEVELOP LIFE SKILLS
BUILD YOUR RESUME
MAKE NEW FRIENDS

HOW DO I JOIN?
1ST WEDNESDAY OF
EVERY MONTH
AT 3:30-5
1 TACONIC PL,
CHATHAM
&
455 MAIN ST,
CATSKILL

SCAN HERE TO JOIN!
IN-PERSON & VIRTUAL

Logos: Columbia-Greene Addiction Coalition, Columbia County Pathways to Recovery, MHACG (MHA of Columbia-Greene), Clubhouses, Tobacco Free Action Communities (Columbia-Greene).

Starting in June!

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HIKE & HANG

Recovery is better together.

**Get outside, breathe deep, and connect—
with nature, with others, and with yourself. Fresh
air, real conversations, and a supportive
community can make all the difference. Join us!**

Upcoming Outings

June 13 | High Falls Preserve, Philmont

July 11 | Octoparagon Wildlife Refuge, Coxsackie

August 15 | Olana, Hudson

September 12 | Overmountain, Ancram

October 10 | Harlem Valley Rail Trail, Copake

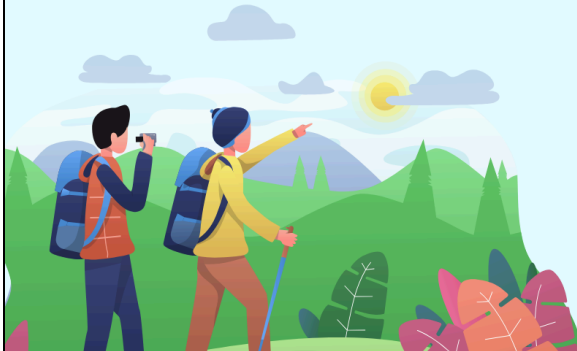
November 14 | Long View Park, New Baltimore

December 12 | Schor Conservation Area, East Chatham

OUTINGS BEGIN AT 10AM

TRANSPORTATION IS AVAILABLE

SCAN TO REGISTER



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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.

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518-966-2775 | 877-HOPE-365

MAY 2026

MON	TUE	WED	THU	FRI	SAT
	<p>10 AM-1 PM COFFEE HOUR DROP- IN</p> <p>6:00 PM AA WOMEN'S STEP MEETING</p>	<p>6:00 PM REVELATION WELLNESS EXERCISE CLASS</p> <p>8:00 PM THE CHATHAM BEGINNERS AA MEETING</p>	<p>5-7:00 PM LGBTQ CONNECTION NETWORK</p> <p>6:00 PM AA MEN'S MEETING</p> <p>7:00 PM CREATIVE WRITING FOR WORKSHOP</p> <p>7:30 PM YOUNG PEOPLE'S COFFEE HOUR (MAY. 14TH AND 28TH)</p>	<p>9 AM-12 PM COFFEE HOUR DROP- IN</p> <p>6-8 PM LGBTQ GAME NIGHT (MAY. 8TH AND 22ND)</p>	<p>7:00 PM AA MEETING BIG BOOK STUDY GROUP</p> <p>10 AM REFUGE RECOVERY (MAY 9TH)</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.

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In honor of Mental Health Month, reach out if you need support or guidance. We are your community HOPE Line.

Addiction, Mental Health Support & Local Resources

 877-HOPE-365

Community HOPELINE



May Awareness Dates:

Mental Health Awareness Month

National Children's Mental Health Awareness Day - May 7

National Prevention Week - May 10-16



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Inside the Brain of an Addict

Addiction is not a lack of willpower.
It's a neurological hijack.



Substance is consumed



Dopamine floods the brain triggering the reward system



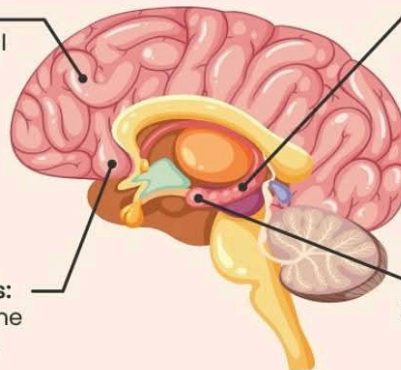
Hippocampus locks the **memory of pleasure**

Prefrontal Cortex:
Loses control over logical decisions.

Memory & Emotions:
Drive relentless cravings, overpowering reason.

Nucleus Accumbens:
Craves repetition of the substance or habit.

Amygdala:
Links it to triggers like people, places, or situations.



Local and State News



NEW YORK STATE RAISES AWARENESS OF CONNECTION BETWEEN FOOD INSECURITY AND MENTAL WELL-BEING

New York State Office of Mental Health sent this bulletin at 03/30/2026 03:11 PM EDT

Up to \$30,000 in 'Eat Well NY' Grants Available to Bolster Healthy Eating Habits; Reduce Food Insecurity Among New Yorkers Living with Mental Illness

Office of Mental Health Alerts Service Recipients and Providers About Federal Rule Changes to Supplemental Nutritional Assistance Program Eligibility

The New York State Office of Mental Health today announced the availability of individual \$5,000 grants to help service providers reduce food insecurity and bolster healthy eating among individuals living with mental illness. Announced during National Nutrition Month, Eat Well NY is a three-part intervention program that teaches individuals how to incorporate healthy, nutritious foods into their diet – a practice that is connected with positive mental well-being.

Approximately one in nine households in New York –roughly 875,000 people statewide – face food insecurity.

Chronic stress associated with food insecurity is linked to ill-health effects including mental health conditions, including anxiety and depression.

Proper nutrition supports clearer thinking and greater emotional stability by giving the brain the nutrients it needs to function well. Research shows that diets rich in diverse vegetables, fruits, whole grains, nuts, seeds, legumes, and healthy fats provide the micronutrients — vitamins, minerals, and phytonutrients — that help reduce inflammation and support neurotransmitter activity.


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NEW YORK // MARIJUANA

New York's cannabis treatment gap is growing

Cannabis treatment admissions in New York have dropped 50% even as ER visits climb. Young people struggling with marijuana addiction face a system not built for them.

By **Grace Jiang**, *Capitol Bureau*
April 5, 2026



Marcus, a 25-year-old from Long Island, knows what that gap looks like from the inside.

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offered him a sample. Marcus had never used marijuana before. He had mild anxiety and ADHD, and the edible made him feel like “nothing else mattered.”

[READ MORE HERE](#)



April 15, 2026-

The process begins, as always, with the President’s budget recommendation, which was released on April 3. Once again, the White House has called for the elimination of both SAMHSA and HRSA, and the creation of the “Administration for a Healthy America.” Also called for is the merger of the three major block grants (Substance Use Prevention Treatment & Recovery, Mental Health Services, State Opioid Response).

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Stress, the Nervous System, and Substance Use Recovery in 2026

clinicians and informed consumers think about recovery:

Nervous system regulation (mental fitness, self-regulation skills, body-based calming)

Preventive mental health and longevity-focused recovery (healthspan, not just abstinence)

Stress prevention and resilience (skills that reduce relapse risk long after treatment)

This article connects all three trends to the best current science on substance use—then shows how a structured, nature-based residential setting like Top of the World Ranch in Milan, Illinois operationalizes those principles in real-world treatment programming.

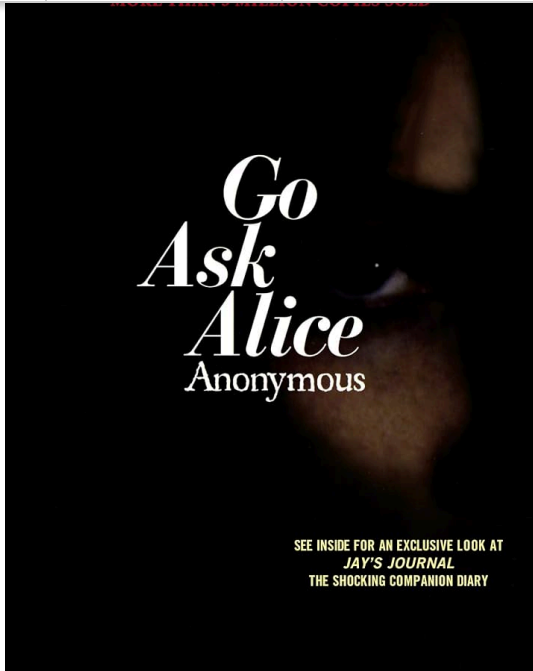
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Book of the Month

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Told through diary entries, this novel follows a teenage girl as she navigates peer pressure, identity, and eventually substance use. What begins as experimentation quickly spirals into addiction, showing how rapidly life can become unmanageable. The story offers a candid look at the emotional highs and devastating lows of substance use, while opening the door for important conversations about choices, consequences, and the need for support.

Community & Partner Events

New Location Grand Opening!

Friday
May 1st
4-7pm

Please Join us to Celebrate and Explore our NEW Clubhouse Location!

- Barbecue
- Presentation of Dr. Martin Luther King Jr. Award
- Community Building
- Games and Activities

All are welcome



Join us on Friday May 1st
from 4-7 p.m.
at the Hudson Youth Clubhouse
369 Warren Street, Hudson



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MHA OF COLUMBIA GREENE PRESENTS

BOOTLEGGERS BALL

◆◆◆ LIVE MUSIC BY ◆◆◆
THE HAMMERHEAD HORNS

MAY 7, 2026

JOIN OUR 3RD ANNUAL
FUNDRAISER DINNER

[GET YOUR TICKETS](#)

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*A listening experience
for the mind, body, & soul*



**Join MHACG's Apogee Center & WGXC Wave Farm
Radio for music to inspire peace, ease, and calm.**

**Sunday, May 17th | 11 am - 3 pm
Wave on Main | 393 Main Street, Catskill**

Free & Open Community Event

Join us for snacks, information, & resources for mental health & wellbeing



Recovery Tool of the Month



Five Questions:

The Five Questions tool explores how to go about getting what you want. Sometimes it's hard to see what you could do differently to achieve your goals. The tool provides direct questions about future wants, current actions, current feelings, alternative actions, and future feelings. Helpful

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Featured Partner of the Month



[Columbia County Mental Health Center](#)

This month, we are proud to highlight the Columbia County Mental Health Center and recognize their vital role in supporting the well-being of our community. Through their comprehensive mental health services, compassionate care, and commitment to improving access to resources, they make a meaningful difference in the lives of individuals and families across Columbia County every day.

We are grateful for their partnership and their continued dedication to fostering a healthier, more resilient community.

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

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Berkshire Taconic Community Foundation

General operating support for personnel and overhead costs has been provided by a grant from the Fund for Columbia County, a fund of the Berkshire Taconic Community Foundation. We thank them for their continued generous support of CCPR.

www.BerkshireTaconic.org



We could use your support and donation

[View this email in your browser](#)

Donate Today



Share



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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

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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

www.columbiapathwaystorecovery.org

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