COLUMBIA COUNTY PATHWAYS TO RECOVERY (CCPR)

JULY 2025 Newsletter



Columbia County Pathways to Recovery is a 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.

Stories of Impact:

-Stories of Hope

<u>-Three moms, three stories</u> of success over addiction in <u>Schenectady court</u>

-Brad Pitt Went to
Alcoholics Anonymous
Because He "Needed to
Wake the Fuck Up"

-Art helps New Yorkers in their recovery from addiction In this newsletter you can expect:

Community Updates

Schedule of Meetings and Events

Recovery News

List of Local Food Pantries

Resources and HELP Lines

Harm-reduction and Prevention Education





CCPR extends our heartfelt sympathies to the families and friends of those who were lost to the recent fatal overdoses in our county.

We at CCPR are here for support, either in person or through our Helpline 877-HOPE-365 9am-9pm 7days/week. Addiction is a disease. Non judgmental help is available without stigma. Please remember.

No one should be face a life-or-death situation without the tools to help. That's why've install *Harm Reduction Vending*, *Iva* available 24/7 at 713 Union Street in Hudson. It offers free aces:

- · Naloxone (Narcan) to reverse opioid overdose
- · Fentanyl test strips
- · Xylazine test strips

No questions. No judgment. Just life-saving tools.

This effort is about protecting lives and supporting safety for everyone. Whether yorlooking for yourself, someone vou care, or, the community at large – these resources are here for you.

Together, we can reduce harm and prevent loss.

Simple and Easy to Use

- Enter the machine code 8377
 Printed on machine so no need to memorarize.
- 2 Enter your year of birth and zip code
 Not enough to identify but helps ensure supplies
 continue to be available within the community.
- Select which supplies you want
 Up to 3 items may be dispensed at a time. Simply
 press "1 for ech Selecting item.



MHACG's Clubhouse CRPA's

Certified Recovery Peer Advocates (CRPAs) are available through MHACG's Clubhouses, a New York State Office of Addiction Services and Supports (OASAS) funded program.

CRPAs draw from personal experience and professional training to provide non-clinical support services. Can't make it to Hudson for the vending machine? Clubhouses provide supplies out in the community, as well as training on how to use Naloxone to reverse an opioid overdose.

If you or someone you care about is in need of support, call the Clubhouses: 518.491.2432



Narcan is available from

<u>CCPR</u>, <u>C-GAC</u>, <u>Greener</u>

<u>Pathways</u> or the free vending
machine in front of the

<u>MHACG</u> building at 713 Union

St. Hudson, NY

CCPR Work From June

Interagency Day 2025



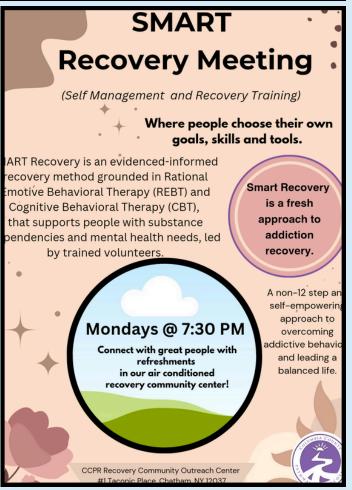


Youth Summit 2025



CCPR Meetings and Events





Young People's Coffee & Recovery Hour

THE 2ND AND 4TH THURSDAY OF THE MONTH AT 7:30PM

@ CCPR RECOVERY COMMUNITY
OUTREACH CENTER

1 TACONIC PLACE, CHATHAM, NY

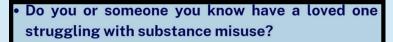
Come hang out for an open hour of casual conversations and discussions about recovery. This is not a 12-step meeting or structured group; we welcome anyone at any stage of recovery to join us.

Call or text 518-495-4796 or 518-816-7751

Presented by Columbia County
Pathways to Recovery, Inc. (CCPR)
www.columbiapathwaystorecovery.org
columbiapathwaystorecovery@gmail.com
518-966-2775



HELPLINE 877-HOPE-365 9am-9pm | 7days



- Feeling helpless and hopeless?
- Want to learn a better way to communicate with your loved one?

CCPR is now offering One-On-One Support with CRAFT family training

Beginning mid-September

Monday/Tuesday/Wednesdy Late afternoons or evenings

Please call Barbara at 518-764-1749

By appointment only

Location: CCPR Recovery Community Center 1 Taconic Place, Rt. 66 Chatham, NY 12037









CCPR Meetings



Tuesdays @ 7:30pm

Tuesday Traditions &

Steps
OPEN MEETING

LOCATION

Columbia County Pathways to Recovery
Community Outreach Center
#1 Taconic Place, Rte 66, Chatham, NY 12037

Contact Us: 518-966-2775



Thursdays @ 6pm Men's Meeting

Thirsty for Recovery CLOSED MEETING

LOCATION

Columbia County Pathways to Recovery
Community Outreach Center
#1 Taconic Place, Rte 66, Chatham, NY 12037

Contact Us: Frank @ 518-755-0236



Tuesdays @ 6pm

Step Sisters
Women's 12 Step Study Group

OPEN MEETING

LOCATION

Columbia County Pathways to Recovery
Community Outreach Center
#1 Taconic Place, Rte 66, Chatham, NY 12037

Contact Us: Michele @ 518-929-2014



Saturday @ 7pm

How It Works

CLOSED MEETING

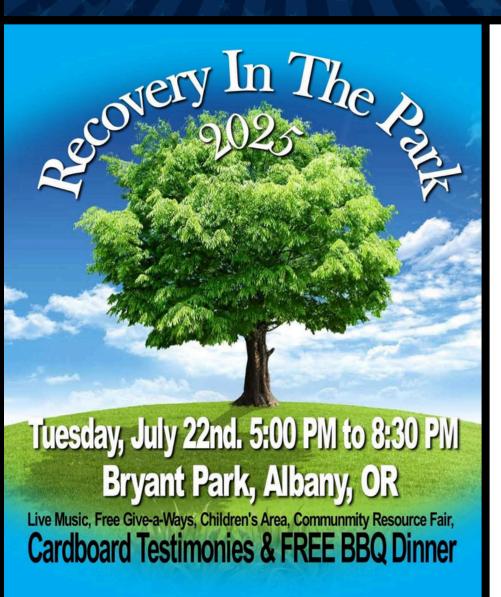
LOCATION

Columbia County Pathways to Recovery
Community Outreach Center
#1 Taconic Place, Rte 66, Chatham, NY 12037

Contact Us: 518-966-2775



music + food + games + fun Dutchman's Landing Park, Catskill // 4 pm - 7 pm



Current Exhibits and Events

Eco-Inspired | July 19 to

Sept. 6, 2025

An exhibit of work made from materials like leaves, twigs, rocks, flowers, or other art that expresses your relationship with nature.

ARTLife717 717 Columbia St., Hudson, NY 12534

Thurs. 12pm - 5pm Fri. 12pm - 5pm

Sat. 3pm - 7:30pm









Help Shape Our Open Hours — Take Our Survey!

Now that the FREE Hudson–Chatham Shuttle is up and running, we're excited to welcome even more of our community.

We want to hear from YOU about how we can make our Open Hours more helpful, fun, and meaningful.

As part of our community, your voice matters. Let us know what programs or activities you'd like to see offered during our Open Hours. Whether you're looking for support, creativity, or connection—we want to make this space work for you.

Click here to take our quick survey! We'd love your input.

Thank you for helping us grow our space together!



MHACG MACCO

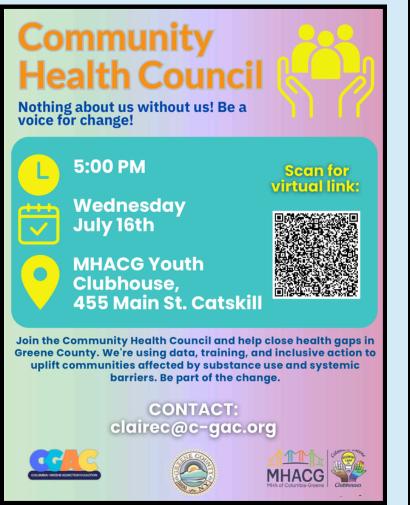
Learn more & stay up-to-date

at mhacg.org/peersupport

Looking to stay inspired and informed? Check out these powerful tools to support your recovery and growth or to help others on their journey.

-Resources for Peer **Support**

-Podcasts and Books





CCPR Tabled at Chatham's 1st Pride Event!

Click here for story!



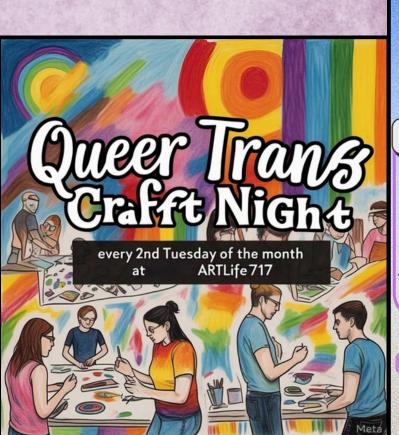


family-friendly event!

(iii) TogetherforYouth.org

518-671-6550





QUEER & TRANS CONNECTION NETWORK

COME CONNECT WITH FELLOW
MEMBERS OF THE QUEER AND TRANS
COMMUNITY, EXCHANGE RESOURCES
AND BUILD RESILIENCY!

CRAFT NIGHT

Date/Time

2nd Tuesdays 6-8

Location

ARTLife717 Gallery 717 Columbia Street Hudson

FOR HELP WITH
TRANSPORTATION OR
TO JOIN VIRTUALLY
CONTACT
TOBY@C-GAC.ORG

COMMUNITY NIGHT

Date/Time

Every Thursday 5-7

Location

CCPR

#1 Taconic Place Chatham

(entrance in back)

children are welcome













Weekend sessions led by:

Qi GongDAVID LEHMAN
www.hudsonvalleymindfultaichiandqigong.com

Banjo Workshop

zachary@friendlybanjos.com

Music & Breathwork

DR. ADAM O'BRIEN support@woundedhealersinstitute.org www.woundedhealersinstitute.org

Guided Nature Walk ANNABEL ROBERTS-MCMICHAEL annabel@tend-and-gather.com www.tend-and-gather.com

Yoga SAMA SHAKTI samashaktiyoga@gmail.com samashaktiyoga.com

Sound Bath A. MICHELLE

drumsinger@gmail.com

Meditation

BRYAN CLOGG recoveryhikeny@gmail.com

Community Mural Making, Field Games, telescopes and AA meeting space.

Dinner provided. No other meals provided.

Bring your camping gear, instruments and yoga mats!



\$40 donation is suggested. Scan QR Code for EventBrite info

Children Welcome, Please No Pets & No Alcohol.

MARCH 1 • BIG DAY OUT • DUTCHESS COUNTY HIGHPOINT BRACE MOUNTAIN • QUARRY HILL RD MILLERTON 12546 • 3.6 MI/1,509' VG

MARCH 15 • BURGER HILL PRESERVE NY-RT 9G RHINEBECK 12572

APRIL 19 • NYQUIST-HARCOURT WILDLIFE SANCTUARY 133 HUGUENOT ST NEW PALTZ 12561

MAY 17 • 4TH ANNIVERSARY CELEBRATION AT HOWE CAVERNS (EMAIL TO RESERVE SPACE)

JUNE 1 • BIG DAY OUT • GREENE COUNTY HIGHPOINT HUNTER MOUNTAIN • 6.8MI/1,971' VG

JUNE 21 • ESOPUS MEADOWS PRESERVE (LITTER CLEAN UP ALONG THE TRAILS) 255 RIVER RD. ULSTER PARK 12487

JULY 19 • INNAKE NATURE PRESERVE 9 VAN DAM RD HYDE PARK 12538

AUGUST 15-17 • 2ND ANNUAL CAMPOUT 907 LIVINGSTON RD ELIZAVILLE 12523 (EMAIL FOR DETAILS)

SEPTEMBER 20 • HEMLOCK RIDGE LEWIS LN PLATTEKILL 12589

SEPTEMBER 21 • BIG DAY OUT • COLUMBIA COUNTY HIGHPOINT HARVEY MOUNTAIN • 521 E. HILL RD AUSTERLITZ 12017 • 4.3MI/925' VG

OCTOBER 18 • BUTTERCUP FARM AUDUBON SANCTUARY STISSING LN STANFORD 12581

NOVEMBER 23 • FIRE TOWER TRADITION • STISSING MOUNTAIN 499 LAKE RD PINE PLAINS 12567

NOVEMBER 24 • BIG DAY OUT • ULSTER COUNTY HIGHPOINT SLIDE MOUNTAIN • 1991 OLIVEREA RD BIG INDIAN 12410 • 5.3MI/1,781' VG

DECEMBER 21 • ISRAEL WHITMAN SANCTUARY OLD MILL RD SAUGERTIES 12477

FOR MORE INFORMATION SEND AN EMAIL TO RECOVERYHIKENY@GMAIL.COM OR GO TO:

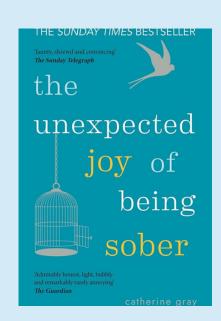
News

- New York AG announces \$7.4B
 settlement with Purdue Pharma
- As opioid rates plummet, NY officials hope 2025 a turning point
- Albany County launches street psychiatry program

Book of the Month



The Unexpected Joy of Being Sober by Catherine Gray



In this witty and brutally honest memoir, Catherine Gray shares her journey from daily drinking to discovering a joyful, sober life. Through personal stories, science, and reflection, she challenges the idea that sobriety is dull or restrictive. Instead, she shows how letting go of alcohol can lead to freedom, clarity, and unexpected happiness.

What is ITC?

SUPPORT GROUP FOR FAMILIES FACING ADDICTION

SUPPORT AND SKILLS GROUP FOR NEW YORK STATE



Support and Strategies for anyone helping a person who uses substances

FREE Group in Hudson and on Zoom

Thursdays 6:00 - 7:30 pm Starting Jan 9th 2025 Clubhouse of MHACG 47 North 5th St Hudson, NY 12534

This is an ongoing, drop-in anytime, peer supported, facilitated group - come check it out!

Invitation to Change

A different approach to addiction

- · Learn tools for helping
- · Deepen understanding about substance use
- · Strengthen relationships and communication

For more about ITC visit cmcffc.org or contact Jaime Cooper at bttcgroup@gmail.com



SCAN OR CLICK HERE TO LEARN MORE AND REGISTER!









ITC Website Link

July ITC Lunchtime Series for Families

Join us for 11 weeks of discussion, support, and skills learning based in the Invitation to Change Approach.



These weekly one-hour sessions will have a "sandwich" structure: they start with group discussion on the previous week's topic, feature a lecture on the current week's topic, and then move into a second group discussion.

Who: Families and Loved Ones of those struggling with Substances

When: Fridays (12pm - 1pm ET)
July 11th - September 19th

Where: Zoom

Cost: \$75 for the whole series (Sliding Scale Available)

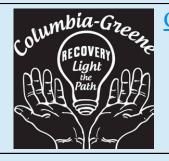


Youth Resources

Local Youth Clubhouses

Mental Health Associations of Columbia-Greene County (MHACG)

Hudson, NY Youth Clubhouse
47 North 5th Street
Hudson, NY 12534



Catskill, NY Youth Clubhouse

455 Main St

Catskill, NY 12414

(518) 491-2432

Facebook Link
Website Link





Local Recovery Resources:



NYS Office of Addiction Stepener Pathways Mobile Outreach Columbia & G

and Supports

Website: Click Here

Youth Voices Matter-NY 1529 Western Avenue Albany, NY Reach out to a Youth Recovery Program Specialist in Your Region! Website: Click Here

518-291-4500 **Afterhours Hotline:** (518) 822-0090 Website: Click Here

Alliance offers free HIV testing, mobile needle exchange, and more!



No Judgement No Shaming No Preaching JUST LOVE!

Call if you're going to use when you're alone. An operator will ask for your first name, EXACT location, and the # you're calling from. If you stop responding after using, we will notify EMS of your location, & possible overdose.

> 1(877)696-1996 www.NeverUseAlone.com

Naloxone Box Locations in Columbia County, NY

CLICK HERE FOR MAP



160 Fairview Ave, Hudson, NY 12534





100 Great Oaks Blvd., Suite 104, Albany, NY

Providing 1:1 attention and support to those seeking assistance for a gambling problem or a friend or family member's gambling. We also raise awareness of gambling harm through agency partnership development and by offering educational training opportunities.

Phone: (518) 801-1491

Email: rfetterman@nycpg.org Click here for resource center:

Click here for further information and blog





COLUMBIA COUNTY PUBLIC HEALTH, 518-828-3358
FOR FREE SHARPS CONTAINERS!





77 Main Street, Chatham M-F 9-3 or call 518-392-3451 COLUMBIA COUNTY SHERIFF SUBSTATION
Route 22 & Route 23, Hillsdale
24/7 COLUMBIA COUNTY SHERIFF'S DEPT. 85 Industrial Tract, Hudson 24/7

CMH, ER WAITING ROOM

CVS HUDSON 160 Fairview Ave, Hudson

8am-10pm CVS VALATIE 2982 US-9, Valatie 8am-10pm

HUDSON POLICE DEPT. 107 Union Street, Hudson 24/7

HANNAFORD HUDSON HANNAFORD VALATIE 32 NY-82, Hudson 7am-10pm 2967 US-9, Valatie 7am-10pm



Columbia County Food Pantries:

Food Pantries near Chatham, NY

Tracy Memorial Village Silent Food Pantry.

Tracy Memorial Village Hall Basement (enter through back door) 77 Main Street Chatham, NY 12037

MONDAYS: 10:00-12:00noon TUESDAYS: 10:00-12:00noon CLOSED WEDNESDAYS THURSDAYS: 4:00-6:00pm FRIDAYS: 10:00-12:00noon

518-392-7794 chathamsilentpantry@gmail.com

• Ghent, NY Food Pantry

Hours: Monday through Thursday 9:00am - 12:00pm For more information, please call (518) 392-4644 2306 NY-66, Ghent, NY 12037

Seventh-day Adventist church food pantry

Drive-thru Hours: Saturday May 15, August 21, November 20 2:00 pm to 4;00 pm First-come first-serve basis. For more information, please call, (518) 784-4400, for details or questions or just stop by.

Mellenville-Philmont Food Pantry at Claverack Town Hall

Food Pantry Distribution Hours: Tuesdays 10:30am - 11:30am and 5:30pm - 6:30pm (518) 672-7911

Food Pantries in Hudson, NY

- Columbia Opportunities Food Pantry &
 Emergency Assistance (Please call ahead for an appointment) (518) 828-4611 540 Columbia
 Street, Hudson, NY, 12534
- Rock Solid Church Food Pantry 2nd and 4th Friday of the month from 10-12 noon, adding 1st and 3rd Thursday from 4-5pm Pre-packaged groceries (518) 828-2444 334 Union St., Hudson, NY 12534
- Salvation Army Food Pantry Monday, Wednesday, Friday, 8am-10am. Pre-packed groceries Pre-packaged groceries. Monday -Friday, 11:30-12:30 (518) 822-1602 40 S. Third St., Hudson, NY 12534
- St. Mark's Lutheran Food Pantry Mon and Thurs, 9-12 noon Pre-packed bags of groceries going forward (518) 822-1688 200 Fairview Ave., Hudson, NY 12534
- Time & Space Limited 5:30 PM comfort food suppers for pick-up or delivery \$5, or pay what you can Order ahead of time: (518) 822-8100 or jeff@timeandspace.org 434 Columbia St., Hudson, NY 12534
- Zion Community Food Pantry 2nd and 4th Tuesday of the month from 5:30pm 6:30pm, and 1st and 4th Friday of the month from noon to 1pm. They offer grocery bag delivery to Providence Hall on 3rd Tuesday; available to 70+, and handicapped. Please sign up on the sheet in Providence Hall (518) 610-1980 Bliss Towers; 41 N. Second St., Hudson, NY 12534
 - Our Community Cares is an organization that provides emotional and financial support to residents of Columbia County who are experiencing hardships.

Click here for website

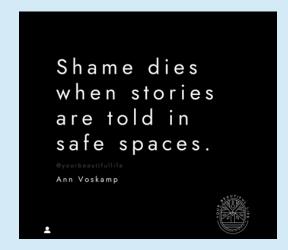
We would like to express our gratitude to all of our donors, contributors and volunteers who have continued to support us. Your generosity and dedication has allowed Columbia County Pathways to Recovery to continue its programs and meetings, offering help and resources to our loved community.

2025 Grants:

OASAS—grant through NYS SENATOR MICHELE HINCHEY; Local Impact Initiative grant SAMHSA—Community Talks Berkshire Taconic Foundation—Fund for Columbia County and Technology grants Coon Self Storage The Ackerman Foundation Ghent Reformed Church Community Bank NA Clara Gott Incentive Fund The Greene County Bank Northern Columbia Lions Club Rotary Club of Northern Columbia

2024 Individual Donors:

Dr Joseph Lalka and Teresa
Ribadeneyra
Donna and Wesley Coon
Northlands Foundation
Wheelock Whitney
Kneller Insurance
First Fuel & Heating
Frank Marshall
Long Energy Ginsberg's Foods
Joseph Lalley
Metz-Wood Insurance
Framarin family
Callander's Nursery





CALLING ALL SUPPORT MEETINGS!!



<u>WE HAVE</u> SPACE!!

WE'D LOVE TO HOST YOUR SUPPORT MEETING!

We welcome <u>ALL</u> recovery-related support groups: substance use; 12step and non 12-step; mental health and wellness; codependence; gambling and overeaters; family support, etc.

CCPR's Recovery Community Outreach Center is here to demonstrate hope and help in sustaining long term recovery by providing a meeting location, peer-led and peer-driven mutual support groups; sober social and recreational activities, and connections to area services... all in a beautiful, air conditioned, judgment-free, safe space.

PLEASE START OR BRING <u>YOUR</u> MEETINGS TO OUR RECOVERY COMMUNITY OUTREACH CENTER!

1 Taconic Place, Chatham, NY

Call 518-966-2775 or email columbia pathwaystorecovery@gmail.com

COLUMBIA COUNTY PATHWAYS TO RECOVERY

<u>(518)</u> 966-2775

New Website coming soon!

<u>Facebook</u>: CCPR's Main Page

<u>Facebook</u>: Community Outreach Center

Chatham, NY 12037

Address: #1 Taconic Place, Rt 66

CCPR's Instagram:

Mailing Address: P.O. Box 486, Ghent, NY 12075